

# Stillness

**Recommendations from Rayson on achieving stillness**

## How the wisdom coding system works.

### WISDOM CLASSIFICATION SYSTEM

#### Type of wisdom (purple box)

- E** = Evolutionary wisdom
- R** = Revealed wisdom
- H** = Hybrid wisdom (evolutionary + revealed mix)

#### Target audience (green box)

- P** = Personal
- G** = Group (non-personal)

#### Type of content (yellow box)

- C** = Curated content (paraphrased, re-written, enhanced, translated, etc.)
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- M** = Mix of both curated and original content.

#### Reliability factor of content (blue box)

- 1** = High
- 2** = Average
- 3** = Low
- X** = Cannot be determined.

### APPLICABLE JURISDICTION(S)

soil  Land  Sea  AIR

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Question: When we are seeking communication with the Thought Adjuster in silent receptivity, what do we focus on in order to quiet down, what do we try to be aware of?

Answer: First, I would recommend time spent in prayer which are not selfish petitions but prayer for more spiritual fruits, higher values, service and fellowship, thanksgiving, worship. Then merely relax and try to attain the peace, which surpasses all understanding. This is not an easy task. Many never achieve a clear enough state to consciously hear the guidance of the Father, however what is more likely is you will receive an impulse feeling to proceed in a certain direction and illumination of good acts or action, and these proddings should be followed. Evaluate the spiritual content and you will have an arrow pointing to the Mystery Monitor.

Question: Is there something specific we should focus on in order to quiet the chatter of the mind? To achieve the stillness?

Answer: There are many techniques which you humans engage in. To do this each person is different. There are many paths to the same destination, and I am not able to know which might be best for you. Certainly, quiet time is a must. Many benefit from time spent on a routine basis, in communion with the higher nature. Exercising a spiritual muscle, whichever form it takes, will lead to eventual success and breakthrough. Try out different methods of relaxation and meditation. Reflect on spiritual receptivity and decide which works best for you. There is no formula that I can give you. Each person must work out their relationship with their indwelling Divinity on their own.

The electro-chemical process of the mind, of the human mind, is very difficult to control. The process requires energy on your part and it requires practice. As you seek the stillness seek to quiet your mind's activity, even if it's for ten seconds, or less. What is necessary is a continual practice. Do not feel discouraged by your inability. If you are able to do it only for short periods of time, very short, as you begin to practice you will definitely improve. Do not expect improvement overnight. It is like growth. It takes time. If you are diligent and you look back on it after a week or two, you will see that you are able to control your mind action better and better. Once you have gained some control over that ever present, incessant, clamoring of your mind to be heard, then

you may truly listen and relax. This is not a process that you must try hard. It is actually the act of not trying. Practice is essential. Continue that daily if you can. And just listen; listen for your Thought Adjuster's voice speaking to you. Have faith that it will occur. He is there waiting, eager, to make direct contact and to give you his marvelous, wondrous, words of love and encouragement.

Question: Is there a distinction between the times we spend being still and desiring communication with our Thought Adjuster and time we might spend being still to receive communications from a celestial teacher? Can those happen at one and the same time?

Answer: Communications you receive from the celestial teacher must be okayed by your Thought Adjuster. In other words, it is your Thought Adjuster who is the gatekeeper to your body and mind, and so any entity wishing to speak with you must have the permission of your Thought Adjuster as well as your own free will. And so you must practice being still so that when you give your okay to your Thought Adjuster that a celestial being may talk through you, the celestial being is contacted by their Thought Adjuster and so achieves intimate use of your mind. So, no, it is not two separate things, it is one and the same.

Question: My concern was that perhaps in trying to effect a communication with a celestial teacher I might be pre-empting communication with my Thought Adjuster, sort of getting sidetracked. As wonderful and important as it is to the teaching mission I just had this confusion over whether getting centered and being still to receive communication from a teacher would black out that possibility during that time of receiving communication from my Thought Adjuster. I wondered if I should - like - have two separate meditations every day; one for communication with my Thought Adjuster, and one for being open to a celestial teacher that was closer to my level.

Answer: One communication is sufficient. But be aware of - that depending on the form of communication - sometimes your Thought Adjuster will not be present when the celestial personality is talking to you. Although you must have the agreement of the Thought Adjuster to contact the celestial personality, if you wish to talk merely to your own Thought Adjuster you may do that freely as long as you are capable, for as you well know, the Thought Adjuster will become one with you.

Question: At this stage of the game in my spiritual progress, would you say that I am more likely to be able to receive communication from a celestial teacher than I would my own Thought Adjuster? In terms of consciously receiving it?

Answer: You are capable of many things. There is a vast potential within you. You must decide. The Thought Adjuster is, or will be a part of you. Maybe you should start to think of the Thought

Adjuster as yourself. And relax. Being relaxed is very important.

Question: To those of us who believe that we are trying to reach the stillness, yet who are unable to contact, or be contacted by, yourself, do you have any suggestion as to how we might accomplish this other than to keep on trying?

Answer: It is important to be relaxed, without stress, and to be free from bodily needs: free from aches, pains, thirsts, hunger, and all things which your animal organism insists on pampering to.

Seek happiness from The Father. Smile. And enjoy communion. Do not take yourself too seriously. Do not be afraid of failure. Voice your innermost thoughts. Be conscious of the outside but be more conscious of your spiritual world. Handle expectations.

Question: I gather from that, that it is possible to try too hard. Is that correct?

Answer: Yes. By saying, "try too hard" you mean to try too hard in the wrong direction. You must try, but do not put your energies where it will not be of value. Be free of poisons that stimulate or drag down your physical organism, including the brain. Those poisons can be those that you ingest, also poisons produced in your brain by negative emotions such as anger, hate, jealousy, envy, distrust. Fill your mind with love. Clean your body with love. Control the things which influence the functions of your body and mind, for that will influence how your mind contacts the spirit.

### **Recommendation from Elyon on achieving stillness**

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I say the stillness is of increasing importance to your spiritual development because, as you develop spiritually, it is helpful for you to return frequently to the well to draw your support, your strength, from the Father and from the very practice of your stillness. You will find that more and more this will be your comfort zone, your reality check, and your safe house where no pretense need be made, no appearances need be maintained, and no truth be hidden in your times of stillness.

Your dialogue earlier about interpersonal relationships and mediation of a higher power is an appropriate direction for your lines of thought. In fact, all personal relationships, if turned over to the will of the Father, can be quite satisfactorily administered. It is a good practice to return to the space, the stillness, and attempt to discern there the appropriate action to be taken, whether in a one-on-one personal relationship, or a in a relationship between yourself and many others. Guidance can still be secured through this channel of the stillness.

If you are sincere in your desire to not be clouded with issues of ego. To be granted greater insight into your relationships will facilitate much growth and much learning on your part.

The times are nearing for you all here today to be more dynamically connected to the stillness, to bring from the stillness into your actions the direction and wisdom you gain, to quickly access the stillness and receive guidance and direction at a moment's notice. This is not a difficult task, merely one which takes much practice. The more trips you make to that isle of stillness within you, the easier the journey becomes each time until at some time you feel the connectedness of that isle of stillness within you and that thought/mouth process of communication. This establishment of this connection between your stillness and your active thoughts is your desired goal in this life, to be conscious always of the direction and insight from the stillness in your everyday life.

It may seem to you now that this is a place you go only occasionally for refreshing and for support. This will change as you practice the stillness to support and refresh while you are in active

participation mode. It is a process of training you must endure to bond this connection better, but your efforts will be rewarded many times in the fruits you can draw from such a connection. You are even now becoming aware much more rapidly than in the past of the connection between lessons and interactions immediately following with you brothers and sisters. You are seeing patterns repeat themselves; opportunities arise before you; challenges come your way.

Continue in your pursuits in your direction towards the Father, towards the stillness through which you get to the Father. Each time will become easier and easier until it is second nature to you to gravitate towards the stillness whenever the opportunity arises.

I would extend affirmation in your direction as well as encouragement that, just like the practice of stillness, the practice of communication builds for stronger and better results. The more you stillness, communication, attempt a project, the easier the next time becomes.

Tom: Something you said triggered for me the mota in the Urantia Book that says, "Few mortals dare to draw the sum of personality credits established by the combined ministries of nature and grace." I have trouble accessing the stillness. Can I cash in a couple of these personality credits and use them to help me in the stillness? How do you go about doing that? Is that the appropriate vehicle to use?

Elyon: You have much to your credit, so to speak. However, you need not feel you must bargain away anything that you have in order to gain the benefits of stillness. Stillness is yours for the earning. It may take a longer period of time for some than for others. The adjustments necessary may be different from individual to individual. Therefore, all human experiences will not be the same in relation to stillness.

Stillness is an attitude, the seeking of awareness, the sharing of one's life experience with the Father. It may include prayers; it may include some dialogue on your part, some sharing of your life experience, some asking for direction and guidance, and then by its very nature it requires the cessation of dialogue and the opening up of receptivity for insight, for awareness to pervade.

Stillness is primarily the preparation of the attitude of receptivity for spirit contact. It is beneficial for people to prepare themselves for the attitude of receptivity to accept spirit contact.

I would also add that very much spirit contact takes place with the individual mortal involved being relatively unaware of this process. For example, whereby a strong urge, thought, a compelling idea, surfaced in your mind that you then latched on to and agreed with and determined to be correct and worthy of your pursuit, the series of events that I just described many times is spirit contact.

The simple elevation of an idea at a certain time in relation to a certain topic or subject is not wholly a human mind process. Your human mind is a vast storage facility much like a computer. What triggers the appropriate bit of information to surface at the appropriate time can often be facilitated by sources other than your human mind. Your Thought Adjuster, celestial teachers, even Christ Michael are all capable of elevating these highest of human ideas and thoughts in your mind and giving them life and voice.

Many times many transmitter/receivers feel as though they are involved in the transmitting process, that there is a personal aspect to the transmitting process. They are correct in that teachers cannot use what is not present in some form in the transmitters memory banks. Therefore there is an intertwining of the personal thoughts and ideas with the teacher's capacity to bring these thoughts and ideas to the surface at the appropriate time.

I say this to you to perhaps raise your level of awareness that when you feel prompted or inspired to interject an idea or a worthy thought in conversation or to direct conversation towards another level, that this very likely is due to external prompting coupled with your internal desire. This occurs in you regularly in individuals who care a great deal about their thought processes, about the content and direction of what they have to offer to others. These are keys to being of service.

I encourage you as I encourage the entire group to remain in pursuit of these goals, remain in pursuit of achieving stillness easier and faster and better, maintain your pursuit of service to your brothers and sisters through your words, thoughts, and actions. You really cannot go wrong in this direction.

Tom: I still have one more bit of that last question. What are personality credits?

Elyon: Personality credits refer not to some form of barter you have available to you but rather to your personal spiritual advancement. It may be seen to think of these credits as applying towards perhaps skipping a grade in your ascension, perhaps a mansion world, perhaps providing a unique opportunity to you because of these credits you have built up. Again I say these credits need never be taken away or exchanged from you for anything. They are to your credit forevermore.

Tom: They say we don't dare to draw personality credits. That intrigues me. I have sources I can tap by asking; that's the richest mind a person could have, to spend time in stillness and ask the teachers. Your point is well taken on barter. But what personality credit could there be that I wouldn't have the courage to draw on? How would I use this untapped credit source for whatever, in trying to be still, to be of service? I don't want to hoard it for personal use, but what is this?

Elyon: The untapped credits you refer to may be more helpfully thought of as potentials available to you. Each one of you has many potentials before you that you have not at this time chosen to access, chosen to develop. This does not go against you as a debt, but rather it is an untaken

credit on your part. Many traits are around you that simply have not been embraced, recognized, and developed to their full potential or to even their partial potential.

It is not required that each individual expand and embrace in every possible aspect of existence on this plane. However each individual has far more latent potential than actualized potential that they choose to develop. There may be aspects of yourself that with but a little energy could be developed into glorious avenues of expression. These are your untapped credits; these are waiting for your freewill choice to expand and to come to fruition. They will be there for you whether you choose to tap into them at this point or whether you choose to access them at a later time; they are latent credits you have yet to draw on.

Tom: When you use the word "dare" it implies that I know what it is but I'm afraid to ask for it. Does it begin by asking? Can you give an example of how these would work?

Elyon: It always begins with the expression of desire on your part; that is key in any avenue that you choose to express. The first step always remains to open up, to embrace and ask that this new direction, this new credit you wish to explore be fully revealed to you, and that you be in an attitude whereby you can appreciate and utilize and function in this new direction.

An example might be a person who has never tried to put their thoughts down in the form of writing and has lived most of their life never having given this avenue of expression a sincere try. This person then decides with their entire being that they wish to do this project. Their emphasis then shifts; their priorities then shift, and they determine what capacity they have for the avenue of writing.

It is never too late to give one of these avenues a try to see what your personal tendencies are. I use writing; it could be painting; it could be sailing; it could be roller skating. It could be any one of numerous, numerous talents or qualities. Many times we are the ones who stop ourselves from expressing this particular talent. We are the ones who either say we are not interested or not good at any particular avenue and shut that off to ourselves. Many other times we are not even aware that avenues exist to us. As I said, these avenues are available to you, if not now in this life, then perhaps in the next or the next or the next. But it is helpful to ever be on the lookout to expand your potential through these other sources.

Elyon: If you all could see, if you could truly stand back and witness all that is available to you, it would seem, as it does even to me, as a road map. As many roads go out from a city on a road map, all intersecting at the city and all taking various routes away from the city to various different directions, this is what each of you has to look around and see all around you. There are directions and avenues available to you all around. Most individuals choose their favorite highways that access their center being, and they stick to these highways, these familiar roads that are well traveled and are comfortable. But there are many, many side roads and alternative routes which can expand your experience while you are here which are equally as valid as the main roads which

come and go from your center.

So perhaps keep this in mind as you turn full circle in your life and see the many different directions you could take. Perhaps this could serve to arouse some curiosity in you as to the roads not taken, the paths not chosen.

The roads you do choose you walk down well. You are very sure-footed on these roads. You are becoming well versed in these paths. As your life experience proceeds you will find it challenging and intriguing to walk a different path from time to time and see what happens.

**Stillness bears great fruit**

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Solonia: The time you spend in stillness with your Fragment of Father, is the greatest gift imaginable. If you could know how much those of my order envy the opportunity that you have to spend time in personal communication with a Fragment of our Universal Father, you would look for every opportunity to have that time. Stillness helps you at bringing Father into your daily efforts, ministries, services. It feels wonderful when you do so. You see opportunities opening up. You see the value of Love being shared with those who feel unloved. You connect in these times with your Fragment of our Infinite Father. If only you would take more opportunity to have individual communion and personal communication with your Indwelling Father Partner, you would so much more easily accomplish the difficult things in your personal spiritual growth.

You bear great fruits from those times wherein you allow your Father Fragment to have your personality for expression. You feel the connection. You recognize it relatively quickly now in situations. This does much for the growth of yourself and your human life. If you would desire to actively incorporate your soul, then you must communicate directly from your soul. Over and over we have stressed the stillness in our teachings, yet we never cease to be astounded at how relatively few of you take full advantage of the incredible opportunity this offers to you. Again I say, communion with Father, communion with Jesus. It is the time of full focusing of your Soul upon and with your Father.

I cannot emphasize enough how much a regular practice of this stillness will transform you beyond what you can even now imagine. Practice this, be religious about it. It is a Right that you have as God's child to communicate with your Parent. It is a Rite that you should often practice.

There is a fear of being seen for who you truly are in stillness. It is a struggle between your ego being afraid of being seen in its immaturity, and the soul desiring to be seen in its joyfulness. It is a

difficult struggle that a human must make between the human ego struggling to maintain some form of control, and the evolving soul desiring so badly to give control completely over to Father. It does not come easy to any mortal, most especially on this planet.

Jill: I just got a little revelation if you will, or insightful flash, that what I do so beautifully with my clients, my brothers and sisters, in asking God to guide me for their highest good and let me be a facilitator, I don't do the same for myself and I think this has been my issue throughout my life of giving myself the same equal value in the eyes of God that I see all others having. So that may be why the discomfort with going into the silence on my own is still this level of accepting my own child position with my Father as totally equal. So I'm going to be able to do stillness with a renewed sense of self love and self worth. I'm looking forward to it.

Solonia: Indeed you have discovered something. This is an issue with most people. This is a fear of being seen for who you truly are. It is a struggle between your ego being afraid of being seen in it's immaturity, and the soul desiring to be seen in it's joyfulness. It is a difficult struggle that a human must make between the human ego struggling to maintain some form of control, and the evolving soul desiring so badly to give control completely over to Father. It does not come easy to any mortal, most especially on this planet. You have made a realization tonight dear one. Now you must follow up on it.

Jill: What I felt after I said that, and then started listening to your response was, "Oh, for me personally, I'm afraid to hear what Father has to say to Me." For all my brothers and sisters, because I see them from my soul, and I see their soul, I see all their beauty and I have no fear of what Father will say to them. And so, I think this is where you're pointing out the ego and its fear in its need to control, and I'm afraid to let the Father in. And from my soul perspective, that seems so silly and yet I can feel that fear from the ego self. It's quite a journey I will be on.

Solonia: Yes. It is Quite a Journey. I have observed many in my time here on this planet, struggling, recognizing and overcoming. You all have this ability. Your ego fears to be shown how incredibly beautiful the soul is, for it fears losing it's desire for control. It tells you that it is afraid to see how bad you are, but in reality, it is truly afraid to see how good you are.

Jill: And I interpret that as the conflict that I try to explain to a lot of people I work with, of the conflict between the mind and the heart, where we have two messages; The message we've learned from our ego self about who we are, with all the criticism and the demands to do better, do better, do better, without the validations of how well we've done, verses our heart recognizing how well we've done. Resolving that conflict is an ongoing battle, and yet the more I move into living from my soul consciousness in my daily choices, the more tired I get of having to do battle with the ego's fear because it feels so uncomfortable now.

Solonia: This is why it is so very important to give your soul personal communion time with Father. He knows you as a beautiful complete individual. He does not see your immaturity as negative. He sees it as appropriate. When you choose to give your soul the still silent time to communicate in worship and in questioning, this is an example to the clinging human self which allows it to feel good about itself. In these times it is captivated by the beauty of the relationship with God. The more often that you do this, the more easy it is for ego to cease the desperate struggle and to embrace itself as partner to soul and partner with God. Stillness is a golden key. Use it daily.

Jill: Once again you gave me another insight, another revelation. Even though Stillness is the key, I had a conceptual problem. What I think I've been doing and why I felt I've had so little success in my stillness, you said it's the opportunity to allow the Soul to commune with Father, and I think I've always approached it from my ego self, and I think that comes from a socialized belief system drilled into us from the time we get religious, Christian experience anyway, of how imperfect we are and how inadequate we are and how shameful we are and we're so guilty for all of our mistakes, and so it is this shameful ego that reaches out in the stillness to talk to God and not my beautiful Soul that I'm allowing to have the commune time with. And the ego with it's shame blocks Father's message whereas the soul would allow the message to come through because the soul understands and accepts it's beauty, and that is me. So I have a whole new approach now that I can try and see if perhaps that was one of my major blocks to having stillness that rejuvenated and was effortless, and becomes effortless. So perhaps others have struggled with stillness from a similar conceptual misconception, if you will.

Solonia: Oh yes indeed. Many, many others. The ego merely needs to make the choice to allow it. It is a difficult choice to make for reasons you have given, and others, yet when done habitually, it becomes easier and easier of a choice to make. You would do well to make your stillness time a habit. Ego is more easily taught in habitual situations. You must stand firm in your soul, and demand the opportunity for this quiet time with your Divine Partner. And you must be firm until, through habitual practice, ego begins to experientially learn that it is not a threat, but the most ennobling experience there is.

Barona: I would like to add one small piece of guidance relative to stillness. After you have allowed your soul to insist on its communion time, I would like to suggest that you could also then invite your ego to join in joyously in the sharing of the Father's message. Your ego is the little child and it becomes very frightened when it is left out, especially when it is left out of Love in action. So with warmth and Love, invite your ego to silently join in with you and you may just discover that one of the benefits of the habitual practice of stillness is the eventual elimination of all fear in your consciousness.

**Stillness is grasping the whole**

### CLASSIFICATION

R	P	M	I
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**SOURCE:** tmtranscripts teamcircuits email archive February 5, 1998.

Teacher Evanson

T/R Jonathan

Evanson: I make these comments to provide insight into what is a distinction between what is spiritual awareness and what is spiritual thinking. You have in your upbringing learned the laws of mathematics. In so doing you have come to be proficient in such techniques as addition, multiplication, and those higher applications of algebra and such. When you use these principles today in your life, you are no longer concerned with rehashing the theorems that describe how these principles work. You are capable of executing a function and deriving your answer with relative ease. Though you had at one time spent hours memorizing your multiplication tables, today they flow when you need to have a quick response, an answer that is independent of the more laborious derivations of how multiplication takes place.

Stillness is that ability to be aware of the Father even when your mind is not occupied with spiritual concepts. Stillness is the ability to be instantly able to function in service without having to prepare yourself, without having to review the original principles, truth theorems, which are the foundations to your actions. In a sense, stillness is similar to having the ability to simultaneously express all the numbers in a multiplication table. It is whole-grasping rather than particular citing.

This is why such emphasis is made by us teachers, for it encourages you to become even more capable in function; it encourages you this way far more than it will encourage you to become more enlightened, for the process of enlightenment is the process of grasping at the unattained which implies degrees of inability. Function, on the other hand, is a demonstration of attained states. Stillness is the bridge.

Just as you all in years past have grappled with the concept of fractions, today the ability to perceive proportion, percentage, and partitions happens spontaneously. It is because you have mathematical insight. This insight in a spiritual dimension is derived from stillness. It is based upon your understanding but transcends this understanding.

Mark: I want to practice for the game. At some point practice becomes the game. Practice gets more intentional and directed, and thus you have the game. So when do we go from practice into the game?

Jada: Volleying before the game, the idea is to keep it moving. How many times can you get it across the net?

Evanson: Rare are the times in your lives when you have the position as the apostles, with Michael when on earth as Jesus, wherein you are deliberately ordered to go out two by two and begin ministry. More often for the whole of you inhabitants here there is a gradual and unnoticed transition, as you have indicated, where the warm-up transitions into a game. You are more often afforded the hindsight view where you realize that, in the course of this interval of time, you have shed your warm-up sweats and are now standing in uniform. The practice of small kindnesses is this very method that you have indicated. The establishment in yourselves of a naturalness ... and the truths contained makes this transition feasible. It is much like in tennis when you are being instructed by the coach as to how to execute a backhand. It is deliberately broken into particular steps. But the time comes when the backhand is applied spontaneously with skill. You do not note the moment of change. It is more of a gradual rise and fall than a sharp peak.

When we express to you that your hour has come it will not be expressed as, "now is the time to put on your uniform." It will be expressed as a recognition that you are now fully in uniform and prepared. All your effort as preparation is more valuable than you can this day comprehend. As you are today diligently seeking to be of service to this world, that which you are acquiring has implications that will be far transcendent of the current goals and objectives of this planet. There are projects, there are achievements, to be made throughout this universe that require these skills you are developing, skills that do not replicate the skills of others. These unique acquirements you have are beyond the ability to value; they are priceless. So do not let your playful, pregame volleys lead you to a sense that it is not for purpose, that it is merely play without direction.

## Stillness is a method of association with the divine

### CLASSIFICATION

R	P	M	I
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**SOURCE:** tmtranscripts teamcircuits email archive March 18, 2001.

Teacher Aaron, Elyon

T/R Jonathan

Aaron: I wish to present a means whereby you can practice stillness without having to necessarily create a scheduled event. There is an expression that goes something like, "as the days pass by". You have another expression, that you are "running to catch up" when your schedule is hectic and you feel behind. Let us work with these two expressions and apply them to stillness.

When for example you are busy, you have in your expression of "running to catch up" a dual motion at play. The first is that your schedule of events, your daily activities, are moving forward at a speed faster than you are heading, and you are falling behind, attempting to accelerate to bring your velocity in line with your schedule. This is what I would call two temporal actions at play. They are transient; they are in motion; there is no fixed, still reference. When it is encouraged that you practice stillness, to sit in silence quietly for ten minutes to let the Father speak, it is with the intent that you will cease one of these two motions. In actuality if you practiced this successfully both motions would stop, your advancing schedule and your running to

catch up. This stillness can be difficult to accomplish, for the time of pause only brings a sharper sensitivity to all that needs to be done and all that you are not doing and the stirring to get up and get after it. It takes discipline. It may not suit your specific needs of a particular day, though at times you may find it a beneficial approach to fellowship with the Father. But let us look at the expression, "days passing by".

Now you can assign to yourself and "days" different time frames. The days are transient; they are in motion. They have temporal sequence. You are fixed. The days pass you by. You stand still. This is a means of communion while you are engaged in activities. Father has bestowed upon each one of you His divine gift, the fragment of absolute perfection, your local representative of the perfect will of the Father. The Father never moves from Paradise. All the universe is astir around and about Him. This spark of divinity within is its own central Isle of Paradise, and you, your life, is like a universe astir around and about Him. You can exercise your activities as a reference of comparison to the stillness of the Father's presence.

Computer technology can also illustrate what I mean, for there is a mode wherein you can scroll your page while your cursor is fixed rather than scroll your cursor while your page is fixed. Your "days passing you by" is your moving page with your fixed cursor. This approach to stillness can be done at any time, in any place, during any degree of intensity of activity. All it takes is a moment's reflection and, perhaps more significantly, a moment of association wherein you reference yourself to this motionless divine spirit at the center of your miniature Paradise Isle in your being. While you are busy running here and there take a moment to freeze yourself and perceive all else in motion in reference to you. The world comes your way and passes by rather than you running to it. Integrate this perspective with your understanding of friendship with God. Develop this technique and you will find stillness ever-present, not necessarily an exercise to go do, but something always active.

Elyon: I want to play some with Aaron's description of stillness. I will not speak about stillness per se, but his comparison of your being to the Father resident on Paradise.

You know that the Father gave thought to creation, His Son gave expression to creation, and the Spirit activates creation. To sense centeredness, control, in your busy schedules, you can use this same pattern from your mini-paradise within. The thought of creation is the expression of the will of the Father as given by your Thought Adjuster. You are the Father's son and you express the manner in which this will will be accomplished. You, the Son or Daughter of God, have your own universe stations through which you can activate this will, and that is your mind, your body, your growing soul. Know that even the Father is not immune to events taking place throughout His busy universe of the potential and the actual occurrence of developments that do not fit with His projected plan for universe unfoldment. Likewise, have you experienced such changes in your projected plans for your day. But the Father has done well in absorbing these events into the

grand scheme of things. It is not unusual for yourselves to react negatively, with frustration or discouragement at unexpected changes in our plans. But we should draw from the Father's example the quality of patience, of overarching comprehension. He has never, to the knowledge of anyone in this vast universe, exhibited discouragement or disappointment with what has taken place all about Him. No event topples that peaceful, serene divine dignity, rather they contribute to the emerging manifestation of God throughout the universe.

We likewise are our own Supreme Being; we have souls that are absorbing the events of our lives, recreating through time the perfect will of the Paradise Father. In this case this is your mini-paradisaical Father, the Thought Adjuster. If the Father were to move from Paradise, the universe would crumble.

Picture your divine gift within in the same manner. Be still and you will find greater acceptance of what appears to be chaos about you. You will discern more of the complex interworking of events that contribute to soul development, and you will begin to perceive that all people around you are in the same undertaking

whether they know it or not, the same mechanics at play; this is, in collective, a rubbing of shoulders. What appears to be an unnecessary twist of events for you, you will begin to see is the contribution to the development of another's growth. This will give birth to compassion, understanding, and acceptance when things do not appear to go your way but do in greater insight help a brother or sister.

Mary: So much of our success in accomplishing our spiritual goals is in disciplining our minds to pay attention to what we want to pay attention to ultimately instead of being constantly distracted.

Elyon: The very beauty and nature of the mind is also a contributor to one's frustration with the practice of stillness, for Mother Spirit has given you this mind that you may discover, become more knowledgeable, discern reality, choose, accumulate and express. Its very nature is dynamism. That is its beauty. It is your gathering mechanism; it is your extension mechanism coupled with your physical vehicle for being about the Father's business. But it can work difficulty in the practice of communion and worship, for it isn't naturally given to a state of repose. This is where the image that Aaron has shared today is useful, for even your mind can move around you as you sit in stillness.

The human desire for peace and tranquillity, for divine communion, for stillness, for spiritual repose is due to the presence of the Father within who is that very set of qualities: perfect, complete, centered, pure, all those descriptives that a tumultuous life, or even a moderately normal active life, do not appear to contain.

That is the magnetism that draws one to the Father. However, the Father is within you seeking all that dynamism, all that display of activity. He desires to encounter the coordination of purpose

with chance. As we ascenders seek the Father, the Father is seeking our experiences.

When you are not able to spend time in stillness, hold forefront in your mind that you are giving dynamism to the Father. It is good for the human being to seek stillness, and it is equally good for the human being to give activity to the Father.

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