

In the midst
of
movement
and
chaos,
keep
stillness
inside
of
you.



photo by Ragini

Deepak Chopra

To touch this Stillness our mystic speaks of, we must become aware it is not the everyday ordinary stillness that is the opposite of movement. Our mystic is speaking of the Essential Stillness that pervades the spaciousness behind, between, and throughout, our thoughts, words, and actions.

Within the realm of human experience, that is, inside your body and your mind, the rules of duality will always govern. The rhythm of both/and is the pulse of this universe. Without understanding this facticity and honoring its reality on this plane (as well as its illusory nature on the spiritual plane), your unconscious mind will misunderstand much spiritual guidance. You will find yourself judging one polarity as being more valuable than its opposite. This creates an unconscious scenario that is out of alignment with how things unfold in our world. Thinking life is an either/or proposition rather than a both/and harmony creates stress and confusion.

Because you cannot remove or destroy one pole of a polar pair, setting up stillness as more desirable than movement creates a no-win situation. Without a deep understanding of the nature of duality, the reality of your Essential Stillness can easily remain borrowed knowledge rather than your own knowing.

Essential Stillness and its cohorts - Silence and Love - rest beyond your mind, beyond the realm of conceptual thought. Beyond notions and ideas is the home of this Stillness that allows peace in the midst of movement and chaos. Patiently resting there, it is waiting to celebrate the arrival of your Presence and attention.