

Stillness



Mushiba: Being quiet is about *stillness* within Self. Many, because they have practiced it, are able to be *still* within Self while in the midst of external chaos ~ they have achieved that because of their ability to *still* their internal chaos.

During his discussions on *Gaining Self Awareness: A Beginning*, Waith said:

Waith: *"It is critical that you find at least one point in the day to be quiet. There is much for you to investigate about Self ~ it is the **Search for Self.**"*

Waith's counsel presents a concept we know and is certainly not new. However, it is a concept that many find difficult to apply, claiming there is not enough time for being quiet.

We must find that time ~ every day ~ to shut off all the stimuli that surrounds us. Find a place each day to sit and be *still* ~ literally *still* ~ for five minutes. If you find your mind racing, that is all right. Each day, deliberately place aside five minutes to sit and be *still*. Try doing this for one week and by the end of the week your mind will begin to race less. Five minutes a day will gradually turn into six minutes, seven, ten, fifteen, twenty...

Imagine if every person was *still* for five minutes each day ~ and then, imagine that a sense of calm was a result ~ and then, *Self Reflection* came as a result of that calm ~ and then, loss of anger and hatred came as a result of that *Self Reflection* ~ the possibilities are limitless!