



Stillness Speaks, by Eckhart Tolle

Silence is helpful, but you don't need it in order to find stillness. Even when there is noise, you can be aware of the stillness underneath the noise, of the space in which the noise arises. That is the inner space of pure awareness, consciousness itself.

You can become aware of awareness as the background to all your sense perceptions, all your thinking. Becoming aware of awareness is the arising of inner stillness.

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Pay attention to the gap -- the gap between two thoughts, the brief, silent space between words in a conversation, between the notes of a piano or flute, or the gap between the in-breath and the out-breath.

When you pay attention to those gaps, awareness of 'something' becomes -- just awareness. The formless dimension of pure consciousness arises from within you and replaces identification with form.

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True intelligence operates silently. Stillness is where creativity and solutions to problems are found.

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Is stillness just the absence of noise and content? No, it is intelligence itself - the underlying consciousness out of which every form is born. And how could that be separate from who you are?

The form that you think you are came out of that and is being sustained by it.

It is the essence of all galaxies and blades of grass; of all flowers, trees, birds, and all other forms.

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Stillness is the only thing in this world that has no form. But then, it is not really a thing, and it is not of this world.

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[...] What is wisdom and where is it to be found? Wisdom comes with the ability to be still. Just look and just listen. No more is needed. Being still, looking, and listening activates the non-conceptual intelligence within you. Let stillness direct your words and actions.

--Eckhart Tolle, from "Stillness Speaks"

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