

Still @ the centre

Try and be a sheet of paper with nothing on it. Be a spot of ground where nothing is growing, where something might be planted, a seed, possibly from the Absolute. Rumi ~ I have discovered that all human evil comes from this, man's being unable to sit still in a room. Blaise Pascal ~ I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time. Anna Freud ~ To a mind that is still, the whole universe surrenders. Chuang Tzu ~ The voice of your eyes is deeper than all roses. ee cummings ~ Just this moment, when this silence pervades, who are you? A nobody, a non-entity. You don't have a name, you don't have a form. You are neither man nor woman, Hindu nor Mohammedan. You don't belong to any country, to any nation, to any race. You are not the body, not the mind. Then who are you? In this silence, what is the taste of you? How does it taste to be? Just peace... just a silence... and out of that peace and silence a great joy starts surfacing, welling up, for no reason at all. It is your spontaneous nature. Osho ~ I stood at the center. The center, a place where I related myself to full understanding and to truth.... And so I know something certain.... I see the meaning of all things for now I know my own spirit. I own my life, and whatever happens to me, I make happen.... And so I know that whichever thing that flows, flows from within me and returns to me.... The four directions come together in me. I am man, body and spirit.... I am man, reason and choice.... I am man, truth and understanding.... I am man, someone who stood at the center. I am the center. Donni Buffalo Dog ~ Beyond the beauty of external forms, there is more here: something that cannot be named, something ineffable, some deep, inner, holy essence. Whenever and wherever there is beauty, this inner essence shines through somehow. It only reveals itself to you when you are present. Eckart Tolle ~ It doesn't interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart's longing. I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments. Oriah Mountain Dreamer ~ I shut my eyes in order to see. Paul Gaugin ~ You need not do anything. Remain sitting at your table and listen. You need not even listen, just wait. You need not even wait, just learn to be quiet, still and solitary. And the world will freely offer itself to you unmasked. It has no choice, it will roll in ecstasy at your feet. Franz Kafka ~ God help us to live slowly, To move simply, To look softly, To allow emptiness, To let the heart create for us. Amen. Leuning