**Stillness**

**Moses said to the people,**

**“Do not be afraid, stand firm, and see the deliverance**

**that the Lord will accomplish for you today;**

**for the Egyptians whom you see today you shall never see again.**

**The Lord will fight for you,**

**and you have only to keep still.**

***(Exodus 14:14)***

**The sun stood still in the midst of heaven,**

**and hasted not to go down, about a whole day.**

***(Joshua 10:13)***

**And after the fire a still small voice.**

**And when Elijah heard it,**

**he wrapped his face in his mantle**

**and went out and stood at the entrance of the cave.**

**And, behold, there came a voice to him,**

**and said to him, What are you doing here, Elijah?  
*(1 Kings 19:12)***

**He maketh me to lie down in green pastures:**

**he leadeth me beside the still waters.**

***(Psalm 23:2)***

**Be still, and know that I am God.  
(Psalm 46:10)**

**As you rest your mind and hearts in spiritual attunement throughout the day, you will know what to do and to say and will attract to you all that you require of the world’s goods and services in order to support your spiritual work. *(Mary’s Message to the World, 8-20-’93)***

**Meditation is simple. It is we who are complex. But we also are wise and courageous, each and every one of us. No matter how many times we forget, or for how many years, stillness awaits us with great patience. (Nina Wise)**

**Any wildlife expert will tell you that, when confronted with a potentially dangerous animal, you must remain calm and not make any sudden movements. That’s why I always say: “The hell with wildlife experts.” *(Dave Barry)***

**Wife: “How was the baseball game?” Husband: “Terrible! They played three and one half innings, then there was a three-hour and forty-minute rain delay before the game was finally cancelled! I just sat through a doubleheader and didn’t get to see a single game!” *(Art & Chip Sansom, in The Born Loser comic strip)***

**I do most of my work sitting down; that's where I shine. (Robert Benchley)**

**Human blood has three segments - plasma, white cells, and red cells. Our blood will settle into three layers if left in a test tube. Red blood cells, the most numerous cells of the body, will settle to the bottom; white blood cells, including lymphocytes, monocytes, eosinophils, basophils, neutrophils, and platelets, will form a thin white line of separation and a deep, yellowish, watery plasma will float on the top. (Tom Valentine, in Let's Live magazine)**

**The soft mass of the adult brain is motionless. Though it consumes up to 25% of the blood’s oxygen supply, it does not grow, divide or contract. *(Isaac Asimov’s Book of Facts, p. 320)***

**It is no simple matter to pause in the midst of one’s maturity, when life is full of function, to examine what are the principles which control that functioning. *(Pearl S. Buck, American author)***

**Admiral Richard E. Byrd, at Ross Barrier: He stood, that afternoon, looking out over the Barrier, feeling its beauty and its power. He listened to the stillness, filling that vast brooding space with mystery. He thought of the orderly swing of the planets in their orbit, the everlasting movement of the constellations across the sky, the steady rhythmic change of the seasons. And he thought how all these things went together, how they showed a master’s touch. *(Lillian Eichler Watson, in Light From Many Lamps, p. 33)***

**Reader writes: “The part of the car wheel that’s touching the pavement is not going backwards. It’s standing still.” *(L. M. Boyd)***

**The divers of ancient times who carried oil in their mouths to release beneath the surface when rough water made their work difficult were applying what every seaman today knows -- that oil appears to have a calming effect on the free waves of the open ocean. Instructions for the use of oil in emergencies at sea are carried by most official sailing directions of maritime nations. Oil has little effect on surf, however, once the dissolution of the wave form has begun. (Rachel L.Carson, in The Sea Around Us, p. 95)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**The Arctic woolly bear is a caterpillar that lives 14 years. No other in said category lives that long. Sadly, though, the woolly bear remains frozen solid through most of its life. *(L. M. Boyd)***

**What causes a caterpillar to suddenly find a quiet place to hang upside down, spin a bunch of threads around itself, and wait quietly for some catastrophic change to occur? *(Rev. Richard Stratford)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**If you like cats, you may want to add this Jules Renard observation to your repertoire: “The ideal of calm exists in a sitting cat.” *(L. M. Boyd)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**In one of Edward Everett Hale's stories, he speaks of a little girl who, amidst her play with the butterflies and birds in a country place, used to run into a nearby chapel frequently to pray, and after praying always remained perfectly still a few minutes, “waiting,” she said, “to see if God wanted to say anything” to her. Children are often nearest the kingdom. (H. Emilie Cady, in Lessons in Truth)**

**On the surface, when we look at them, our children look like they did before (the attacks). They’ve gone on to be more concerned about school or soccer. It’s only when they wake up in the night, or in the quieter moments, that we get a glimpse of what is bothering them. (Nancy Carlson Paige, a Boston psychologist)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Our son, Rob, loved using the saw and hammer, but never seemed to clean up afterward. One day I was in the garage, stepping over the sawdust, and my hand automatically reached for the broom and dustpan. Suddenly, my brain ordered my body to stand still and appraise the situation. Instead of leaving the work area clean, I propped the broom against the workbench with the following note attached: “As ye saw, so shall ye sweep! Love, Mom.” (Carnita Brandner, in Reader's Digest)**

**Safely hidden in a cocoon, nature turns them into an adult moth. *(Larry Masidlover)c***

**Grandma says to Earl who is in the bathroom: “Earl! Are you ever coming out? I’m beginning to regret we ever got that new padded seat.” *(Brian Crane, in Pickles comic strip)***

**Recently, a friend of mine told me about an elderly lady who had worked as cook for a family since she was a young woman. The lady of the house noticed that practically every day during the long summer months, after the noonday luncheon dishes had been washed and put away, Auntie Bea made her way to a chair in the back yard to sit with eyes closed, facing the sun. One day, becoming a little concerned, her employer walked out to her and asked, “Auntie Bea, are you asleep?” The little old lady raised her soft brown eyes and smiling contentedly said, “No, Ma'am, I'm just sittin’ here lettin’ God love me.” (Freda K. Routh, in Between Us)**

**President Calvin Coolidge once got this message delivered to Congress via a brief conversation he had with a senator. “Don’t you know four-fifths of all our troubles in this life would disappear if we would only sit down and keep still.” *(L. M. Boyd)***

**For-sale ad in the Rapid, S.D., Journal: “Cross-country skis for approximately 6 foot man. Like new. Used only 3 times, mostly while lying down.” *(Reader’s Digest)***

**The best cure for seasickness is to sit under a tree. (Spike Milligan)**

**The surface of a pond is moved by wind, yet the bottom remains still; rivers run faster near the surface than they do near the bottom; water never moves of its own volition except when it descends. (Leonardo da Vinci)**

**First man: “What have you done so far?” Second man: “I decided which tool to use.” First man: “That’s it? And the rest of the time you’ve just been standing there?” Second man: “Well, I had to decide where to stand, too.” *(Jerry Bittle, in Geech comic strip)***

**When despair for the world grows in me – in fear of what my life and my children’s may be – I go and lie down where the wood drake rests in his beauty on the water and the great heron feeds. I come into the peace of still water. For a time, I rest in the grace of the world and am free. *(Wendell Berry)***

**Some people's hearts stop beating when they dream. This cessation may last for as briefly as a few seconds or as long as nine seconds. (Marc McCutcheon, in The Compass In Your Nose)**

**After spending a happy evening drinking together, two acquaintances promise to meet again in ten years at the same bar, same time. Ten years later, the first guy walks in, looks around, and sure enough, there is his friend on a bar stool. He clasps the old friend’s hand and cries, “The day we left, I didn’t think I’d really see you here!” The friend looks up, stares, sways slightly and asks, “Who left?” (Alan Thomas, in Quote magazine)**

**The eagle also can soar effortlessly for hours on rising thermals, without ever flapping its wings. Besides this ability to soar is a body that seems almost lighter than air. All its bones are hollow, and its entire skeleton weighs only half as much as the eagle's 7000 or so feathers. (Mark Walters, in Reader's Digest)**

**Overheard: “The government keeps saying the economy is on the right track. There’s only one problem: the train isn’t moving!” (Ashley Cooper, in Charleston, S.C., Post and Courier)**

**In Washington, D. C., a high-stress town, I stepped into an elevator on my way to the 11th floor. As the door shut, I discovered that all the indicator buttons were lit. Furious at the prospect of stopping on every floor, I suddenly noticed, taped to the door, a piece of paper with a short handwritten note. It said, “In the middle of this day full of pressure and haste, my gift to you is a fully justified four-minute break. So step back and enjoy a few moments of total peace.” With no other choice, I did just that as the elevator slowly made its way upward. When I got to my floor, I found myself amazingly refreshed. *(Joseph Belotte, In Reader’s Digest)***

**It is only the finite that has wrought and suffered, the infinite lies stretched in smiling repose. *(Ralph Waldo Emerson)***

**While everyone is fighting and throwing things around in the bar, the servant asks Hagar: “Hagar, why do you enjoy coming here so much?” Hagar then answers: “Because it’s a great place to just sit and think.” *(Chris Browne, in Hagar The Horrible comic strip)***

**The eye at rest focuses on infinity, and close work requires a change in the shape and thickness of the lens so that the light rays from a near object will come into focus. (University of California at Berkley, Wellness Letter)**

**The best way to find things out is not to ask questions at all. If you fire off a question, it is like firing off a gun -- bang it goes, and everything takes flight and runs for shelter. But if you sit quite still and pretend not to be looking, all the little facts will come and peck round your feet, situations will venture forth from thickets, and intentions will creep out and sun themselves on a stone; if you are very patient, you will see and understand a great deal more than a man with a gun does. *(Elspeth Huxley, in The Flame Trees of Thika)*  
Some fish light up with a luminescence when they swim, but remain dark when still. An underwater photographer says schools of them hang motionless so they won’t be seen. But when spooked, they spread the depths with sudden light, creating a sort of deep sea fireworks. *(L. M. Boyd)*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  
In early spring, if you're willing to plod through snow banks in northern woods, you just might get to watch a miracle unfold. As shallow ponds melt and then quickly freeze again, a tiny brown wood frog may get locked in the ice, just a few inches beneath the surface. Crouched as if contemplating a jump it will never get to make, the frog becomes frozen stiff. Its heart stops; its breathing ceases. But when the sun thaws the pond again, the frog can thaw, too. Ice melts in its body, its heartbeat returns, and its blood begins to circulate anew. The creature gulps for air and then, as if hours or days of suspended animation were just a small inconvenience, it hops away. (Wallace Ravven, in Discover magazine)**

**The anatomy of a frog is such that it must close its eyes to swallow, and if its mouth is held open too long it will suffocate.  *(E. C. McKenzie, in Tantalizing Facts)***

**It is a natural matter for the golden frogs of Panama to remain in the mating embrace for several months until the female lays her eggs. *(L. M. Boyd)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**As people used to be wrong about the motion of the sun, so they are still wrong about the motion of the future. The future stands still; it is we who move in infinite space. *(Rainer Maria Rilke, German poet)***

**Man: “If you gain any more weight you won’t be able to move!” Garfield: “Wow! A fringe benefit.” *(Jim Davis, in Garfield comic strip)***

**Pickles: “Well, I guess I should get up and do something useful. On the other hand, who am I to argue with fate?” *(Brian Crane, in Pickles comic strip)***

**Can you imagine the awe of the first New Zealanders who entered Waitomo Cave? Above them the ceiling shimmered with thousands of tiny, bluish-white lights that looked like sparkling stars in the night sky. Perhaps they gasped or called out to a companion. Any sound would have plunged the cave into darkness as if someone had pulled a switch. A cough, even a whisper, frightens these New Zealand glow-worms and causes them to turn off their lights at once. Guides caution the thousands of tourists who visit Waitomo today to keep still, or else they too may be left in the dark. *(Francine Jacobs, in Nature’s Light)***

**It is good to get still and think about the inexhaustible resources of infinite Mind; about its presence in all its fullness and its readiness to manifest itself when the law is complied with. Pray with persistence and pray with understanding. Be instant in prayer; and never allow anything to keep you from having your daily quiet hour of communion with God, your own indwelling Father. *(Charles Fillmore, in Atom-Smashing Power of Mind, p. 32)***

**Man: “Why don’t you move around more?” Garfield: “Not my fault. Gravity wasn’t my idea.” *(Jim Davis, in Garfield comic strip)***

**Man: “That’s it! If I see one more mouse around here, you’re grounded! Let me rephrase that.” As Garfield lays down for a nap, he says: “No, no. I like the concept!” *(Jim Davis, in Garfield comic strip)***

**When my son Tony was 4 or 5 years old, we were returning from a long car trip, and he asked if I had any gum. I didn’t. He sat quietly for a while, then asked if we could please stop and get some gum. “My teeth are tired of standing still,” he earnestly explained. Creative thinking like that deserves to be rewarded, so we stopped for gum. *(Lonnie Gallaher, in Country Extra magazine)***

**In my junior year, I defied the University of New Mexico’s policy against pets in the dorms and bought myself a hamster. When my pet escaped from its cage, I worried that it would get out of the room and give me away. I found the hamster under my bed, but couldn’t reach it. Finally, I lured it out by sitting motionless for three hours, holding a cupcake. I was proud of my cleverness and couldn’t wait to tell one of my friends. “That’s amazing,” my friend replied. “I can’t believe you sat in front of a cupcake for three hours without eating it.” (Michelle Ellis, in Reader’s Digest)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Your heart rests between beats. If you add up the length of time of these rests over a lifetime, you will find that your heart stands still for about twenty years. (Barbara Seuling)**

**Certain people in India are able to control their own heartbeats. They can actually make their hearts stop for short periods of time. *(Barbara Seuling)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**The green-backed heron does not just stand there motionless at water's edge, waiting for fish. It often drops a single small feather on the water in front of it -- to bait said fish. (L. M. Boyd)**

**That heron called the American bittern has a curious defense. Walk close enough and it freezes, with neck and head stretched skyward as though to pretend it’s a cattail stalk. *(L. M. Boyd)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**The human body needs twenty-four hours without exercise every week in order to cleanse itself of lactic acid and other waste products from exercise. *(Noel Botham, in The World’s Greatest Book of Useless Information, p. 97)***

**The hurricane’s revolving heat engine is at its peak of deadly efficiency, sending out enormous energy like a monstrous natural turbine. At the vortex of this spinning wheel is the hurricane’s eye -- virtually still but with the highest temperatures and the lowest barometric pressure of all. Inside this calm core, the hunter plane’s occupants often look up at a blue sky and down on a sea in turmoil from the surrounding winds. Sometimes there are birds swept into the center to circle around in their cage of clouds. *(A. B. C. Whipple)***

**You do not need to leave your room. Remain sitting at your table and listen. Do not even listen, simply wait. Do not even wait, be quite still and solitary. The world will freely offer itself to you to be unmasked, it has no choice, it will roll in ecstasy at your feet. (Franz Kafka)**

**The good memories are all of stopping and staying awhile. I realize I've always driven too fast through life, carrying in my baggage too much impatience and apprehension, missing too many chances, passing too many good people in the dust. (Charles Kuralt, in A Life on the Road)**

**Many a false step is made standing still. (Patti LaBelle, gospel singer)**

**I am so stiff. I made it about halfway through the L.A. Marathon, but then I just had to turn the TV off. You sit in one spot for 3 ½ hours on that La-Z-Boy! That’s tough! *(Jay Leno)***

**The oldest known letter in Myrtle Fillmore's handwriting, dated September 7, 1891, says in part: “My dear, you ask why you do not enter into the understanding you so desire. I will tell you. You are already in it, but think you have some great thing to do to get there. The kingdom of God is within you! All you need to do is ‘Be still and know.’” (Unity Progress Newsletter)**

**Lighthouses don't go running all over an island looking for boats to save; they just stand there shining. *(Anne Lamott)***

**Let us, then, labor for an inward stillness -- an inward stillness and an inward healing; that perfect silence where the lips and heart are still, and we no longer entertain our own imperfect thoughts and vain opinions, but God alone speaks to us, and we wait in singleness of heart, that we may know His will, and in the silence of our spirits, that we may do His will, and do that only. *(Longfellow)***

**If you want to lose weight, take up aerobatic flying. It’s one of the most grueling sports. The athlete doesn’t walk, run or jump -- just sits there. Yet said athlete can lose 5 to 10 pounds in one competitive event. When a pilot puts a plane through rolls, loops, spins, hammerheads and Immelmanns, the high-negative high-positive G forces are incredibly punishing. *(L. M. Boyd)***

**Minnows use their sense of smell not only to identify the shock substance but to recognize their traditional enemy, the pike. When the small defenseless minnows catch an approaching pike’s odor, they do not attempt to flee. The pike is much faster and could catch them. Instead, the little fish become totally invisible and sink to the bottom of the water. The pike which is primarily sight-guided, reacts chiefly to the sight of motion, and so it passes by the minnows. *(Ruth Winter)***

**An entertainer named Micheline Bernard received more than 50,000 fan letters for a performance in which she didn't dance, sing or even recite lines. She just stood there. In 1946. Her assignment: to model the first bikini bathing suit. (L. M. Boyd)**

**The big surprise is that the moon had a fairly eventful life from 4.6 to 3.2 billion years ago -- and has since been still. *(Earl Ubell, in The Living World of Nature)*  
Our motto does not need be always, “Don't just stand there, do something.” Often it need be, “Don't just do something, stand there.” (Phil Barnhart, in Seasonings for Sermons, p. 114)**

**We built our retirement home on a hilltop in southern Indiana and finally settled on a name for the place: Mount Rush-No-More. *(Reader’s Digest)***

**Muddy water let stand becomes clear. (Old Chinese saying)**

**Each of us needs time in our lives to sit beside still waters. We need to make the time to be very quiet for a moment and allow time for the Voice of God to be revealed to us. There is a kind of inner assurance that can come only when we have allowed for some deeper inner moving. *(Jon Mundy, in Listening to Your Inner Guide)***

**NASA is asking for volunteers who’d like to lie in bed for 24 hours a day for 10 weeks. The test subjects, who’ll have access to TVs, books, and computers, will even wash up in bed. They’ll be paid $12,000, but NASA has warned lazy people looking for easy money not to apply, since it wants to see how prolonged idleness affects fit and healthy people. “We’re not looking for couch potatoes,” warned a spokesman. (The Week magazine, October 11, 2013)**

**The ocean is never perfectly calm. *(E. C. McKenzie, in Tantilizing Facts)***

**Pain immobilizes us when we are injured so that healing can occur. *(Claudia Wallis, in Reader’s Digest)***

**Good week for: Taking it all in stride, after Lexington, Kentucky, mocked its selection by Men’s Health as the country’s least active city by staging a “Sedentary Parade.” Mayor Jim Gray rode on a motorized couch, with his feet up on a table, as residents looked on from lawn chairs. *(The Week magazine, October 21, 2011)***

**Earl: “Wow! Can you believe we got this parking spot? We’re right by the door!” Grandma: “Yes, it’s very nice. Good job, dear. Aren’t you going to come into the store with me, Earl?” Earl: “No, I think I’d like to sit here and enjoy the parking spot for awhile.” *(Brian Crane, in Pickles comic strip)***

**All the troubles of man come from his not knowing how to sit still. (Blaise Pascal, French philosopher)**

**The male penguin incubates the egg, resting it on top of his feet to protect it from the ice. He stands perfectly still, not even moving to eat. For he must conserve his body temperature to warm the egg 51 degrees C. warmer than the surrounding snowy wastes. *(James Wiley)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**In the early days of photography, the long exposure time necessary for an adequate shot required the photographer to attach a head clamp to the person sitting for a portrait to prevent movement and a blurred image. The clamp did much to produce the rigid, artificial facial expressions typical of most early photo portraiture. *(Denver P. Tarle, in A Treasury of Trivia, p. 156)***

**In photography’s pioneer days, sitting for a portrait called for extreme patience. Making a daguerreotype in 1837 required a fifteen-minute exposure. The subject’s head was put in a clamp to hold it still. *(Isaac Asimov’s Book of Facts, p. 172)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*There is a place in you where there is perfect peace. There is a place in you where nothing is impossible. There is a place in you where the strength of God abides. *(A Course in Miracles)***

**What you hope when you go by air is that your plane will stall – at the right time in the right place. The “stall” comes in every good landing. It's just before the wheels touchdown. (L. M. Boyd)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Plans come to me, but I never decide on my movements until I have let the matter rest without argument. I take it into the silence and lay my plan before Infinite Intelligence. The inner conviction will come. Follow it. Do not argue. Trust. Maintain the quiet, trustful attitude. Eliminate the personal wish. Do not be afraid to follow the inner conviction. There is the guiding voice in every experience. *(Dr. Nona L. Brooks, in In the Light of Healing)***

**Helga: “Hagar, do you have any plans to get dressed today?” Hagar: “Why do you ask?” Helga: “Because it’s almost tomorrow.” (Chris Browne, in Hagar The Horrible comic strip)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**A 22-year-old man was arrested after posing as a mannequin in the window of a shop in a Warsaw mall, then robbing businesses after the mall closed. The suspect, holding a bag, stood motionless alongside two other mannequins “until he felt safe,” said police. He then roamed the mall, stealing jewelry, but was spotted by security and arrested. *(The Week magazine, November 17, 2023)***

**Man to friend: “I figured out why the Postal Service raised the postage rates. The extra four cents is for storage.” *(Angie Papadakis, in Reader’s Digest)***

**A still mind cannot create chaos. A conflicted mind can create nothing else. How can peace be welcomed into an unpeaceful heart? How can quietness be received by a busy mind? How can I know love if I cherish unloving thoughts? How can I be aware of the eternal and changeless if I Am centered on my desire for something to change? To experience God, I must become as still as God. *(Hugh Prather, in Morning Notes)***

**When you develop the capacity to put your mind into neutral, you will have acquired inexhaustible patience. You will be able to listen to another person’s point of view with such concentration and detachment – even when your opinions are being torn to shreds – that sometimes you will say to yourself, “Hey, he is right. I am wrong. I can learn from him.” Your attitude of open-mindedness is the beginning of kindness, and kindness is the foundation of a harmonious world. (Eknath Easwaran)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**In quicksand, a mule floats, a horse sinks. This has been seen a few times. Witnesses say the mule lies still and seems to relax, but the horse jumps hysterically until it goes under. *(L. M. Boyd)***

**Quicksand is actually a mass of particles which are supported by rapidly circulating water. Quicksand can't suck you down because it is more dense than the human body, making it possible for a person to float in it. The easiest way to get out of quicksand is to remain still until you are floating, then slowly swim into a horizontal position and roll yourself onto firm ground. (Quentin Compson, in Amazing Facts & Trivia, p. 37)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Sales manager: “Would you rather reach for the top, or stand firmly on the bottom?” Man: “Why stand firmly on the bottom, when you can lie down?” *(Joe Martin, in Willy ‘N’ Ethel comic strip)***

**Even if you are on the right track, you will get run over if you just stand there. *(Will Rogers)***

**Dad: “Well Hec, you warned P.J. about running in the house and now look! When you were young and you broke the rules, you were given a good stiff smack on your nalgas. Then we sat you down!” Son: “Trust me Dad. Sitting was the last thing I wanted to do.” *(Pedro Ramirez, in Raising Hector comic strip)***

**As Ziggy sits in the traffic jam, he says to himself: “Why do they call it ‘rush hour’, when nobody’s moving?” *(Tom Wilson, in Ziggy comic strip)***

**A seal stops breathing when it goes to sleep, even on land. It wakes up every 15 minutes or so to catch its breath. *(L. M. Boyd)***

**There are seasons when to be still demands immeasurably higher strength than to act. Composure is often the highest result of power. (Channing)**

**This art of resting the mind and the power of dismissing from it all care and worry is probably one of the secrets of energy in our great men. (Captain J. A. Hadfield)**

**No one can see their reflection in running water. It is only in still water that we can see. *(Taoist Proverb)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Sheep will not drink from running water. Hence the line in the Twenty-third Psalm: “He leadeth me beside the still waters.” (David Louis, in Fascinating Facts, p. 14)  
  
Did I tell you that “He leadeth me beside the still waters” alludes to the fact that sheep won’t drink from running streams. *(Boyd’s Curiosity Shop, p. 252)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Sit at the feet of the master long enough, and they’ll start to smell. *(John Sauget)***

**Sometimes I sits and thinks, and sometimes I just sits. (John-Roger & Peter McWilliams, in Life 101, p. 362)**

**Billy says to his mom while sitting in the chair: “Mommy! Am I sittin’ quietly enough? Am I, Mommy? MOMMY!” (Bil Keane, in The Family Circus comic strip)**

**Still sitting after all these years: David Dawson is a master of sitting still, said Ben Lake in the London Evening Standard. Every day for the past two and half years, Dawson has been sitting in the same position and spot for hours along with his whisper, Eli, as the painter Lucian Freud labors over his portrait. "I am naked, sitting upright on the wooden floor, with Eli by my side," says Dawson of his days, which begin at 8 a.m. and stretch into the afternoon. "It's quite a large work." Freud, 88, is a notoriously slow worker, but, for the most part, Dawson doesn't seem to mind. "Of course, there are days when you just feel, "Good God! Move on a bit faster!" he says. "But that's the way Lucian works, he keeps pushing a bit more every day and it slowly becomes more accomplished." Lest Freud slow things down ever more, he and Dawson seldom speak during their sittings. "I don't start talking ab out his paintings when he is in the middle of things. I know when to talk and when not to talk." Dawson, a painter himself, is enduring his ordeal solely for the experience of working with Freud. "I really do rate him as an amazing painter. That is what I am with every day. And it you're trying to up your game, it's a good thing." (*The Week magazine, March 18, 2011)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**One of the Spanish explorers who sailed to the New World in the wake of Columbus was Alvar Nunez Cabeza de Vaca. De Vaca shipwrecked along the Texas coast, an area inhabited by fierce Indians. Fearing for his life, de Vaca hid by burying himself in the earth, where he remained for several days amid a cold Texas winter. In this condition, he literally could do nothing. When he dug himself out he discovered that something utterly miraculous had occurred: he now had the power to heal. De Vaca then began a trek westward. As he walked, word of his healing powers spread ahead of him. Native Indians would bring their sick to him for healing, and he was thus able to pass through hostile territory unharmed. De Vaca's new ability was ushered in by a physical--and, we can presume, an emotional and spiritual--crisis. Buried alive, he could not do, he could only be. And out of this extreme state he was transformed. (Dr. Larry Dossey, in Unity magazine)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**It’s hard to stand still in life. If you are not going forward, you may be going backward. Sometimes this movement is so subtle we’re not aware of it. *(Bits & Pieces)***

**Even when you’re standing still, you’re actually traveling at incredibly high speeds. The earth is revolving at the speed of 1,000 miles per hour, and orbiting the sun at the speed of 66,700 miles per hour. *(Denver P. Tarle, in A Treasury of Trivia, p. 123)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*We have been for some years unwilling hosts to a tribe of starlings. At least we think of them as a tribe. Isn't a flock more ethereal, gentler-mannered? They're back this year as usual, waiting for us to plant our garden, from which they'll cull the tenderest green lettuce and other goodies. I can truthfully say we have never had a kind thought about them -- until tonight. At suppertime we had a glorious double rainbow, with growly thunder for sound effects. And I saw what I couldn't have dreamed -- it was too improbable. As the rainbow brightened and defined, all the starlings flew from their favorite shed to the very tops of our maple trees and sat facing east, at attention. Maybe it was toward Jerusalem, or Mecca, but beyond doubt it was toward the rainbow. Every starling sat still and gazed. A little later, the rainbow vanished, and the starlings went back to their usual helter-skelter arrangement, chiefly on the shed. Not one in a treetop. And never before had I seen them there in the tops of the trees. They were simply using the treetops as the best seats for the evening's spectacle. (Ruth Camp, in Reader's Digest)**

**Quiet minds cannot be perplexed or frightened, but go on in fortune or misfortune at their own private pace, like a clock during a thunderstorm. *(Robert Louis Stevenson)*  
How do most Hymenoptera decide: to sting or not to sting? Entomologist Roger Morse, of Cornell University, says that stinging insects are incensed by perfume, pomades, movement, dark-colored rough clothes and sweat. If you don't want to be stung at your next picnic, stay completely still and perfectly clean in your smooth, light clothes. (Mort La Brecque, in The Sciences)**

**I thought it was wonderful, and I signed up for the class. I worked at it very hard. I practiced it every day, and I went to class twice a week. I was really proud that I was getting stronger and was becoming very competent at tai chi. But there was one movement toward the end of the series of movements that, no matter how hard I tried, I just couldn’t master. I would come to the part where you stand on one foot, and then you kick out the other leg almost to shoulder height. I’d try to kick, and I’d fall over. I was sure I knew why this was happening -- it was because I wasn’t yet strong enough to do this kick. And then, one day, after three years of doing tai chi in the class, something different happened. As I came to the kick, suddenly it was as if time slowed down. I was aware of a still center in me that was absolutely trustworthy. As I began the kick, my body moved effortlessly around this center in a sort of natural balance. And for the first time in three years, I didn’t fall over. *(Rachel Noami Remen, in Unity magazine)***

**Tapioca comes from the root of the cassava plant, which grows in Brazil, West Africa and Malaysia. The juice of the root is bitter and poisonous but when it is left to settle a starchy substance forms at the bottom of the dish. When this starch is dried, it becomes pellets of tapioca, which is used for several purposes including making milk puddings. *(Simon Goodenough, in 1500 Fascinating Facts, p. 235)***

**Ask your thoughts to be still, but let them still be. *(David J. Seibert, Unity Minister)***

**Do you know what kind of ticket you’re most likely to get on I-25? A parking ticket. *(Rep. Lola Spradley, R-Beulah, Colorado)***

**Wisdom comes from 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)***

**Grandma: “And so it begins. Are you going to sit in front of the TV all summer and let your brain turn into pancake batter?” Child: “Tapioca pudding maybe.” *(Steve Breen, in Grand Avenue comic strip)***

**One famously creative person who didn’t see the need of rising early – or rising at all – was Mark Twain, who often wrote while lying in bed. Once, when a reporter arrived to interview Twain at his home, his wife, Livy, asked him, “Don’t you think it will be a little embarrassing for him to find you in bed?” “Why, if you think so, Livy,” Twain replied, “we could have the other bed made up for him.” *(Ben Franklin’s Almanac, p. 22)***

**Even if something is left undone, everyone must take time to sit and watch the leaves turn. *(Elizabeth Lawrence)***

**A sniff of vanilla tends to calm you, evidently. At least, that’s reportedly what doctors at Sloan-Kettering in New York give some patients who have to lie still for long periods during diagnostic exams. Vanilla aroma is said to relax them. *(L. M. Boyd)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**A little boy cherished his grandfather's pocket watch. At night he would keep it next to his bed, where the ticking would lull him to sleep. Every day he would take it with him to school and then afterwards to his father's lumberyard, where he would play each afternoon until it was time to go home. One day as he was running and jumping around some piles of wood scraps, he suddenly realized the watch was missing. He searched frantically among the bits of lumber but had no luck in locating his beloved timepiece.He felt awful about it and, sitting down upon the heap of strewn wood, he began to cry. After remaining for some time with his tears and his despair, an idea popped into his head. “If I sit very still and don't make a sound, I will hear the watch,” he realized. “I'll find it because I will hear it ticking!” His sobbing stopped, and as he sat completely still, the tick...tick...ticking of the watch announced its location a few feet away under a pile of wood. (Richard & Mary-Alice Jafolla, in Unity magazine)**

**Husband says to another couple: “I bought this cool new watch that sets itself to the correct time every time I move!” Wife: “The only problem is, he never moves.” (Chris Browne, in Raising Duncan comic strip)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Perfectly still water can be lowered to temperatures several degrees lower than the freezing point (32 degrees F., 0 degrees C.) and remain liquid. *(Isaac Asimov’s Book of Facts, p. 130)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**A walking man looks taller than the same man standing still. So reports a wax museum operator. He makes his immobile wax figures one-half inch taller than their real-life models. *(L. M. Boyd)***

**In 1931, when I was 12, I had a job collecting tickets at the wax museum at the Savin Rock amusement park in West Haven, Connecticut. I would sit very still, with a newspaper in my hands. When a girl came close, she usually asked, “Is he real?” That’s when I’d suddenly move – and the girl would scream. *(Jeff Asard, in Reminisce magazine)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**A few years ago, National Geographic featured an amazing photograph of a beluga whale stranded on pebbles in inch-deep water off Canada’s Somerset Island. What was striking about this picture was that the white whale was calm as can be. The writer gave two explanations for the beluga’s composure. First, it didn’t want to make sounds that would attract hungry polar bears. Second, it knew from experience that in a few hours the high tide would return and restore its freedom. When we are in helpless predicaments, few of us remain as calm as the beluga. Dismay grows; panic sets in. We impulsively do things that make matters worse. (Lester Seto, in Portals of Prayer)**

**A whale’s heart beats only nine times a minute. *(David Louis, in Fascinating Facts, p. 13)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**We were at a function and our 4-year-old daughter, Lisa couldn’t sit still. I told her to stop wiggling, and she said, “I’m trying, but my skeleton won’t let me.” (Dorine McCall, in Country magazine)**

**The word stillness comes from the old English word “stilnes.” meaning silence. Stillness is not merely the absence of motion or sound, but something much deeper and more powerful. (Unity Daily Word, December 11, 2019)**

**Words that soak into your ears are whispered, not yelled. *(S. C. U. C. A. Regional Reporter)***

**Sitting may be worse for us than smoking. A study revealed that remaining sedentary for extended periods can dramatically increase the risk for chronic health issues, including heart disease, diabetes, and depression. Not only that, but the negative effects of prolonged sitting aren’t offset by intense exercise before or after work. People with desk jobs should be on their feet for at least two hours daily, either by taking occasional strolls or using a standing desk. “We are creatures of habit,” says co-author Gavin Bradley, “and we have come to the wrong conclusion, that sitting is the optimum way of conducting office work.” *(The Week magazine, December 25, 2015)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***