

Meditation On Stillness

Stillness is a deep inner state of peace that exists in your core. You can connect with it and feel it even amidst the motions and commotions of daily living experiences. As you center and calm yourself in your core of inner stillness, circumstances seem to stabilize, organize and settle into a state order on their own. From inner stillness you can receive the most profound, clear, intuitive, inspiring inner guidance that leads you into just the right simple, easy action for beautiful, harmonious solutions and outcomes. Centering yourself in inner stillness, rather than reacting with stress or desperation, is the key for mastering any challenge or apparent crisis.

Feel your feelings fully and freely.

Feel grateful for how you feel, however uncomfortable or painful your feelings might be.

Feel the center of inner stillness at the root, core or base of how you feel.

Feel the subtle flow of energy in your center of inner stillness.

Feel that energy at the center of your inner stillness expanding until it fills the entire, infinite universe.

Feel yourself totally resting in the infinite sea of perfect inner stillness.

Feel your openness to receiving perfect intuitive guidance in your inner stillness.

Feel grateful to the energy in your inner stillness for directing all of your circumstances into a state of perfect balance, harmony, beauty and order.

Feel your willingness to trust your inner stillness for perfectly managing your circumstances.

Feel your willingness to let go of any thought, belief or fear that would persuade you to abandon your state of inner stillness under any circumstances.

Feel the presence of the Divine in your state of inner stillness.

Feel yourself uniting with the Divine Presence in your state of inner stillness, feeling yourself at one with It.

Feel grateful for the perfect guidance, safety, abundance and support lovingly provided to you by the Divine Presence that you can feel in your state of inner stillness.

Feel your willingness to remain rooted, steady and stable in your state of inner stillness under all circumstances.

Yield to the deep feeling of your soul being nourished on the energy of your inner stillness.