"Everybody understands the single drop merging into the ocean. One in a million understands the ocean merging into a single drop."
- Kabir

"Sitting quiet is most essential. Don't waste your time by not doing this."
- H.W.L. Poonja

Stop talking, stop objecting. Just for a moment let quietness happen.

Notice how you cannot do that, you cannot bring that about. Notice how objections and judgements and resistance continue to arise as long as they continue to arise.
Let it be. Let quietness, stillness, be.

Notice how nearly every thought you have is a 'me' thought, an 'I' thought. Almost every thought you have starts with 'I' or is about 'me' or 'mine.' 'I feel..., I think..., but it's not that way for me..., and my experience..., where I am coming from..., and so on. Even when those words are not used, the thought is important to you because you think of it as your thought. Your opinion. Something you feel about yourself or your 'reality.' Drop it.

"Do not seek the truth: only cease to cherish opinions... If you wish to know the truth, then hold no opinion for or against anything. To set up what you like against what you dislike is a disease of the mind." (Seng-Ts'an)

When you are given the unspeakable grace, the unbelievable, undeserved, unearned gift, of being able to see, to notice, that what you are thinking is an opinion, or is something by which you identify yourself; the gift of being able to listen to yourself; then stop. Honor the gift by stopping. And let it drop. The opinion. Let it drop. The bit of identity contained in every statement about yourself, every comment involving yourself, every question coming from yourself; let it drop. Let the grace of this moment of catching yourself having an opinion, talking as an 'I;' let that grace stop you.

"Do you want to know how to live life? Be still. Be still means, don't think. You see? It's so simple!" (Ramesh)

"Be still" does not mean to stop moving the body. "Be still" does not mean to try to stop all thoughts and feelings from
30. Stop

arising. Thoughts and feelings will always arise. “Be still” means letting go of that secondary level of thought; opinion, judgement, commentary. This is what it means to stop.

No thought you have ever had is true. No opinion you have ever held is right. Let them go. No idea you have of yourself, or of who or what you are, has ever corresponded to reality. Or ever will. Let them go.

Comparing, sifting, learning, struggling, imagining, feeling, thinking, all chasing after wind. Instead there is the awesome, overwhelming gift of stopping, of letting it drop.

“You must have a clear understanding that all things are only a manifestation of the mind itself. Everything, everything in this world is nothing but a complex manifestation of one’s mental activities.” (Lankavatara Sutra)


II

For every action there is an equal and opposite reaction. For every force applied, there is an equal force applied back. The ‘world,’ the universe, maya only exists because of resistance to it: you push against it, it pushes back.

The only way to freedom is surrender. You stop pushing, asserting yourself, and illusion stops pushing back, asserting itself. Stop pushing, putting energy into the system, and there is no energy in the system to push back.
Stop telling the story, and without that constant input of energy the story collapses. This, I suppose, is the law of *karma*. The only way beyond is to stop; stop creating it.

This is the purpose of self-inquiry. Who is it that is doing all this acting, all this pushing? The ego, the sense of a separate self, has convinced you that the only way to survive is to push, to act, to make things happen. Because then the illusion will push back, and seem real, and that is the only way that the sense of self, which relies on separation, can survive.

Self inquiry brings this to awareness. Who is it that is doing all this? Who is it who thinks, ‘I have to do something’? Who is the one who is thinking this? When this inquiry begins, some of the pushing stops, and so some of the pushing back stops, and things quiet down a little. As long as you are involved in pushing, in making things happen, you appear to be the one doing things. The individual self is convinced that if it doesn’t do something, nothing will get done, and it won’t be able to survive. Which is true. It won’t. But You will.

If you stop, something amazing happens. The individual stops being involved, stops acting; and amazingly, everything continues to happen. Without ‘you’ doing it. Because, surprise, ‘you’ were never doing it.

Try this as an experiment, if you can. The sense of separate self will panic as you come to the point where you stop doing anything; it may actually prevent you from stopping. But if the grace of stopping happens, and there is the experience of watching everything continue to happen, you will never again be able to believe there was ever anyone there doing anything.

This book and much more is available free at www.PerfectBrilliantStillness.org