

A Still Mind

12-15-11

9:40 a.m.

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.

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