

perfect brilliant stillness

perfect brilliant stillness is a concept that has captivated seekers, philosophers, and mindfulness practitioners alike. It refers to an unwavering state of inner peace, clarity, and absolute presence — a moment where the mind is free from turmoil, distractions, and unnecessary thought. In this comprehensive article, we'll explore the meaning behind perfect brilliant stillness, its historical and spiritual roots, practical techniques to achieve it, and its profound benefits for mental health and well-being. You'll discover how to cultivate this serene state through meditation, mindfulness, and lifestyle choices, as well as learn about its impact on creativity, productivity, and emotional balance. Whether you are new to the idea or seeking deeper insights, this guide will provide actionable steps and expert perspectives on embracing perfect brilliant stillness in everyday life.

- Understanding Perfect Brilliant Stillness
- Historical and Philosophical Perspectives
- Techniques for Achieving Perfect Brilliant Stillness
- Benefits for Mental Health and Well-being
- Integrating Stillness into Daily Life
- Frequently Asked Questions

Understanding Perfect Brilliant Stillness

Perfect brilliant stillness refers to a heightened state of awareness where one experiences deep inner peace, mental clarity, and a sense of timeless presence. Unlike ordinary relaxation, this state is marked by a profound absence of mental noise and emotional agitation. It is often described as being fully awake yet completely quiet within, where thought ceases and only pure consciousness remains. This concept is central to many spiritual traditions and modern mindfulness practices, emphasizing the importance of stillness for personal transformation and self-realization.

The Essence of Stillness

Stillness is more than the absence of movement. It is a dynamic, luminous presence that allows one to experience life directly, without filters or distractions. In perfect brilliant stillness, the mind is not merely calm; it is brilliantly alert, open, and receptive. This quality of awareness enables individuals to observe their experiences without judgment or attachment, fostering greater clarity and insight.

Why "Perfect" and "Brilliant"?

The terms "perfect" and "brilliant" highlight the completeness and radiance of this state. "Perfect" signifies a pure, unblemished stillness, free from internal conflict or disturbance. "Brilliant" refers to the clarity and luminosity of consciousness experienced in this state. Together, they describe a transformative presence that is both peaceful and vibrant.

Historical and Philosophical Perspectives

Throughout history, perfect brilliant stillness has been revered in various spiritual and philosophical traditions. From Eastern meditation practices to Western philosophies, the value of inner stillness and silence is universally acknowledged as essential for self-discovery and enlightenment.

Eastern Traditions

In Buddhism, perfect brilliant stillness aligns with the concept of "samadhi" – a deep meditative absorption where the mind is utterly quiet and awareness is heightened. Similarly, in Taoism, stillness is seen as the foundation for wisdom and harmony with the Tao. Yoga philosophy also emphasizes "dhyana," or meditative stillness, as a path to self-realization.

- Buddhist meditation practices
- Taoist contemplative techniques
- Yogic states of absorption

Western Philosophical Views

Philosophers such as Socrates and Plato spoke of the importance of silence and contemplation for accessing higher knowledge. In modern psychology, stillness is associated with mindfulness and flow states, which are linked to optimal functioning and well-being.

Techniques for Achieving Perfect Brilliant Stillness

Cultivating perfect brilliant stillness requires intentional practice and commitment. Various evidence-based techniques can help quiet the mind, foster inner peace, and enhance self-awareness. These methods are accessible to beginners and advanced practitioners alike.

Meditation Practices

Meditation is a proven way to achieve deep stillness and clarity. Techniques such as breath awareness, body scanning, and mantra repetition guide attention inward, reducing mental chatter and promoting tranquility.

- Mindfulness meditation
- Transcendental meditation
- Zen sitting (Zazen)
- Guided visualization
- Loving-kindness meditation

Breathwork and Relaxation

Breathwork techniques, like diaphragmatic breathing and box breathing, help regulate the nervous system and induce relaxation. By focusing on the breath, individuals can anchor their awareness and experience greater stillness.

Mindful Movement

Practices such as yoga, Tai Chi, and Qigong combine gentle movement with mindful awareness, facilitating access to both physical and mental stillness. These disciplines emphasize the importance of present-moment attention in every action.

Environmental Factors

Creating a supportive environment is crucial for achieving stillness. Quiet, uncluttered spaces, soothing natural sounds, and minimal distractions enable deeper relaxation and focus.

1. Dedicate a quiet space for practice
2. Limit digital distractions
3. Use calming sensory elements (e.g., candles, gentle music)

Benefits for Mental Health and Well-being

Perfect brilliant stillness offers remarkable benefits for mental health, emotional balance, and overall well-being. Scientific studies confirm that moments of deep stillness can positively impact stress levels, cognitive function, and psychological resilience.

Stress Reduction

Regular practice of stillness techniques lowers stress hormones and mitigates the impact of chronic stress. Individuals report feeling more relaxed, less anxious, and better equipped to cope with life's challenges.

Enhanced Focus and Clarity

Stillness sharpens attention and improves cognitive functioning. By reducing mental clutter, practitioners experience greater clarity, improved memory, and enhanced problem-solving abilities.

Emotional Regulation

Perfect brilliant stillness fosters emotional stability and resilience. It allows individuals to observe and process emotions without being overwhelmed, leading to healthier relationships and improved mood.

Creativity and Productivity

Deep stillness is a fertile ground for creativity and innovation. When the mind is quiet, new ideas and solutions emerge effortlessly. Many artists, writers, and entrepreneurs cite moments of stillness as essential for their creative breakthroughs.

Integrating Stillness into Daily Life

The benefits of perfect brilliant stillness extend beyond formal practice. Integrating stillness into everyday routines can promote lasting well-being and improved quality of life. Small changes and mindful habits can make a significant difference.

Daily Rituals

Simple rituals such as morning meditation, mindful walking, or evening reflection help anchor stillness

throughout the day. Consistency is key to experiencing lasting benefits.

Mindful Communication

Practicing mindful listening and speaking fosters deeper connections and reduces misunderstandings. Pause before responding, observe your thoughts, and engage with full presence.

Digital Detox

Regular breaks from technology create space for stillness and reflection. Unplugging from devices for short periods each day can dramatically improve mental clarity and emotional balance.

Nature Connection

Spending time in nature naturally evokes feelings of peace and stillness. Activities such as walking in a forest, sitting by a lake, or observing the sky can refresh the mind and enhance awareness.

Frequently Asked Questions

Below are trending questions and expert answers about perfect brilliant stillness, addressing practical concerns and deeper insights into this transformative state.

Q: What is perfect brilliant stillness?

A: Perfect brilliant stillness is a profound state of inner peace, mental clarity, and total presence, where the mind is free from distractions and disturbances. It is characterized by complete tranquility and heightened awareness.

Q: How can I experience perfect brilliant stillness?

A: You can experience perfect brilliant stillness through meditation, mindfulness, breathwork, and by creating an environment conducive to relaxation. Consistent practice and intentional daily habits are essential.

Q: Is perfect brilliant stillness related to mindfulness?

A: Yes, perfect brilliant stillness is closely related to mindfulness. Both involve present-moment awareness and non-judgmental observation, but stillness goes further by emphasizing complete silence and mental clarity.

Q: What are the health benefits of perfect brilliant stillness?

A: The health benefits include reduced stress, improved emotional regulation, enhanced cognitive function, increased creativity, and greater overall well-being.

Q: How long does it take to achieve perfect brilliant stillness?

A: The time required varies for each individual. Some may experience moments of stillness quickly, while others need consistent practice over weeks or months to reach deeper levels.

Q: Can perfect brilliant stillness help with anxiety?

A: Yes, regular practice of stillness techniques can significantly reduce anxiety by lowering stress hormones and promoting emotional balance.

Q: Do I need a teacher to learn perfect brilliant stillness?

A: While guidance from a teacher or mentor can be valuable, many people successfully cultivate stillness through self-guided practices and resources.

Q: Is perfect brilliant stillness a spiritual experience?

A: For many, perfect brilliant stillness is a deeply spiritual experience, but it can also be approached as a secular practice for enhancing mental health and well-being.

Q: What are some signs I've achieved perfect brilliant stillness?

A: Signs include a quiet mind, profound sense of peace, heightened awareness, and a feeling of timeless presence without effort or striving.

Q: How can I maintain perfect brilliant stillness throughout the day?

A: Incorporate short mindfulness breaks, engage in regular meditation, minimize distractions, and practice mindful communication to sustain stillness in daily life.

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Perfect Brilliant Stillness: Finding Peace in a Noisy World

Have you ever longed for a moment of perfect brilliant stillness, a sanctuary from the relentless chaos of modern life? In a world saturated with constant stimulation – notifications pinging, demands clamoring, thoughts racing – finding true stillness feels like a mythical quest. But what if I told you that this elusive state isn't a fantasy, but a reachable reality, a potent source of rejuvenation and clarity? This post will guide you on a journey to discover and cultivate your own perfect brilliant stillness, offering practical techniques and insightful perspectives to help you find peace amidst the storm.

Understanding the Power of Stillness

Before diving into techniques, let's clarify what we mean by "perfect brilliant stillness." It's not about complete absence of activity; it's about a conscious state of being where you're present, grounded, and at peace with your inner landscape. It's a space free from the incessant chatter of the mind, allowing for a profound connection with your inner self and the present moment. This state offers numerous benefits, including:

Reduced Stress and Anxiety: Stillness allows your nervous system to regulate, lowering cortisol levels and promoting relaxation.

Enhanced Creativity and Focus: A quiet mind is a fertile ground for innovative ideas and concentrated effort.

Improved Self-Awareness: Stillness provides a space to observe your thoughts and emotions without judgment, fostering self-understanding.

Increased Emotional Resilience: By facing your inner world with stillness, you build resilience to life's inevitable challenges.

Practical Techniques to Cultivate Perfect Brilliant Stillness

Achieving perfect brilliant stillness isn't an overnight transformation. It's a practice, a cultivated skill that requires consistent effort and patience. Here are some techniques to incorporate into your daily routine:

1. Mindful Breathing: The Anchor of Stillness

Mindful breathing is the cornerstone of many stillness practices. By focusing on the sensation of your breath – the rise and fall of your chest or abdomen – you anchor your attention in the present moment, gently pulling it away from distracting thoughts. Try this: find a comfortable position, close

your eyes, and simply observe your breath for 5-10 minutes. When your mind wanders (and it will!), gently redirect your focus back to your breath.

2. Meditation: Training Your Mind for Stillness

Meditation is a formal practice of cultivating stillness. Various techniques exist, from guided meditations to mindfulness meditation to transcendental meditation. Begin with short sessions (5-10 minutes) and gradually increase the duration as you become more comfortable. Consistent practice is key to experiencing the profound benefits of meditation.

3. Nature Immersion: Finding Stillness in the Natural World

Nature has an inherent calming effect. Spend time in nature – a park, forest, beach – and allow yourself to be enveloped by the sights, sounds, and smells of your surroundings. The natural rhythm of nature can help quiet the internal chatter of your mind.

4. Movement and Stillness: Yin Yoga and Tai Chi

Certain forms of movement, like Yin Yoga and Tai Chi, emphasize slow, deliberate movements combined with periods of stillness. These practices cultivate both physical and mental stillness, promoting flexibility, balance, and inner peace.

5. Journaling: Uncovering and Releasing Inner Chatter

Journaling provides a safe space to process your thoughts and emotions. Writing can help untangle the mental knots that contribute to inner restlessness. By expressing your thoughts on paper, you create mental space for stillness.

Obstacles to Perfect Brilliant Stillness and How to Overcome Them

The path to stillness isn't always smooth. We often face obstacles such as:

Restless Mind: A racing mind is a common challenge. Techniques like mindful breathing and meditation help train the mind to focus.

External Distractions: Minimize distractions by creating a quiet space and turning off electronic devices.

Negative Self-Talk: Practice self-compassion and challenge negative thoughts.

Lack of Time: Even short periods of stillness can be beneficial. Start with 5 minutes a day and gradually increase the duration.

Integrating Stillness into Your Daily Life

Perfect brilliant stillness isn't a destination but a continuous process. Integrate these techniques into your daily routine to cultivate a greater sense of peace and presence:

Morning Mindfulness: Start your day with a few minutes of mindful breathing or meditation.

Mindful Breaks: Throughout the day, take short breaks to practice mindful breathing or simply observe your surroundings.

Evening Relaxation: End your day with a calming activity such as reading, listening to calming music, or taking a warm bath.

Conclusion

The pursuit of perfect brilliant stillness is a journey of self-discovery and inner peace. By consistently practicing the techniques outlined above, you can cultivate a deeper connection with yourself and the present moment, transforming your relationship with stress, anxiety, and the demands of daily life. Embrace the journey, be patient with yourself, and enjoy the profound benefits that await you.

FAQs

1. Is it possible to achieve perfect stillness? The aim isn't to eliminate all thoughts, but to cultivate a state of peaceful awareness even amidst mental activity.
2. How long does it take to see results from stillness practices? The time varies for each person. Consistency is key. You may notice subtle shifts in your mood and focus within weeks.
3. What if I find it difficult to quiet my mind? Be patient and kind to yourself. It's a skill that develops over time. Start with short sessions and gradually increase the duration.
4. Can stillness practices help with physical health? Yes, studies show a link between stillness practices and reduced stress, improved sleep, and a strengthened immune system.
5. Are there any risks associated with stillness practices? No significant risks are associated with mindful breathing and meditation, but it's wise to consult a healthcare professional if you have any underlying health conditions.

perfect brilliant stillness: Perfect Brilliant Stillness David Carse, 2005 An intimate account of spontaneous spiritual enlightenment and its implications in a life lived beyond the individual self.

perfect brilliant stillness: Medicine of One Lomakayu, Patty Hall, 2014-12-05 From the moment we emerge into the world as an infant we begin a journey of experience. We all share the desire to be happy. In this journey we will all experience emotional and physical pain and the loss of what we love. How we meet our losses and pains will determine the amount of peace we have in our lives. If we meet them as the hardened warrior or the defeated victim we live from survival and peace escapes us. In Medicine of One, Lomakayu, spiritual teacher, Soul Dreamer, and the originator of primordial movements for emotional healing, offers us a path to spiritual awareness, self-compassion and freedom that is as simple as a Circle. Using his own unique teachings, personal experience, and poetic language, he shares a path that will enliven, bring clarity, inspire, and fulfill you no matter where you are in life. Allow yourself to open the pages of Medicine of One ... breathe

in the words ... and slowly grasp all you can from what is written. You will find yourself in a Circle full of deep understanding and self compassion.

perfect brilliant stillness: Stillness is the Key Ryan Holiday, 2019-10-10 Throughout history, there has been one quality that great leaders, makers, artists and fighters have shared. The Zen Buddhists described it as inner peace, the Stoics called it ataraxia and Ryan Holiday calls it stillness: the ability to be steady, focused and calm in a constantly busy world. Drawing on a wide range of history's greatest thinkers, Holiday shows us how crucial stillness is, and how it can be cultivated in our own lives today. Just as Winston Churchill, Oprah Winfrey and baseball player Sadaharu Oh have done, we can all benefit from stillness to feed into our greater ambitions - whether building a business or simply finding happiness, peace and self-direction. Stillness is the key to the self-mastery, discipline and focus necessary to succeed in this competitive, noisy world.

perfect brilliant stillness: The Way of Baseball Shawn Green, 2012-06-05 Major League All-Star Green shares how his baseball career has taught him to live life being fully present in every moment.

perfect brilliant stillness: *Stillness and Speed* Dennis Bergkamp, 2013-09-26 In *Stillness and Speed*, one of football's most enigmatic stars finally opens up about his life and career, revealing the things that motivate and inspire him. Viewed by many as one of the most influential figures in Premier League history, and scorer of the goal that Arsenal fans voted the best in the club's history, Dennis Bergkamp is a true giant of the game. As a youngster, Bergkamp learned from the Dutch master Johan Cruyff. By the time the pupil was ready to graduate from Ajax and move abroad, he was ready to spread the word, but in Italy he found few willing listeners. It was only when he moved to Arsenal and linked up with Arsene Wenger that he met someone else who shared his vision for football's possibilities. Bergkamp became central to everything the club did: now he had become the teacher, their creative genius, and the one who inspired some of the wayward old guard to new heights, helping them to seven major trophies. Few footballers' books make you think anew, but in *Stillness and Speed* Bergkamp presents a new vision for the game and how it might be played. He was a player like no other; his story is told like no other. It is a book that will inspire football fans everywhere, whatever their allegiance.

perfect brilliant stillness: Working On My Novel Cory Arcangel, 2014-07-31 What does it feel like to try and create something new? How is it possible to find a space for the demands of writing a novel in a world of instant communication? *Working on My Novel* is about the act of creation and the gap between the different ways we express ourselves today. Exploring the extremes of making art, from satisfaction and even euphoria to those days or nights when nothing will come, it's the story of what it means to be a creative person, and why we keep on trying.

perfect brilliant stillness: *The Interior Silence* Sarah Sands, 2021-03-11 Inspirational - The Daily Mail Sarah Sands has written about stillness with an eloquence that fizzles with vitality and wit. This wonderful book charts a journey to some of the most beautiful and tranquil places on earth, and introduces us to people whose inner peace is a balm for our troubled times. I loved every page of it. - Nicholas Hytner Suffering from information overload, unable to sleep, Sarah Sands, former editor of the BBC's Today programme, has tried many different strategies to de-stress... only to reject them because, as she says, all too often they threaten to become an exercise in self-absorption. Inspired by the ruins of an ancient Cistercian abbey at the bottom of her Norfolk garden, she begins to research the lives of the monks who once resided there, and realises how much we may have to learn from monasticism. Renouncing the world, monks and nuns have acquired a hidden knowledge of how to live: they labour, they learn and they acquire 'the interior silence'. This book is a quest for that hidden knowledge - a pilgrimage to ten monasteries round the world. From a Coptic desert community in Egypt to a retreat in the Japanese mountains, we follow Sands as she identifies the common characteristics of monastic life and the wisdoms to be learned from them; and as she discovers, behind the cloistered walls, a clarity of mind and an unexpected capacity for solitude which enable her, after years of insomnia, to experience that elusive, dreamless sleep.

perfect brilliant stillness: Breathing through the Whole Body Will Johnson, 2012-01-25

Explores the Buddha's own words on breathing meditation for healing, wholeness, and a deeper understanding of his teachings • Explains the complete series of steps in the Buddha's Satipatthana Sutta for refining awareness of the breath, from posture and center of gravity to extending breath awareness beyond the nostrils, lungs, and abdomen to the entire body • Shows that stillness in meditation refers only to the mind, not to the body • Reveals breath to be a direct agent of healing for chronic tensions and an agitated mind Explaining how stillness in meditation refers not to a rigid and frozen body but to a quality of mind, Will Johnson examines the Buddha's own words at the core of the Satipatthana Sutta: "As you breathe in, breathe in through the whole body; as you breathe out, breathe out through the whole body"--an instruction often overlooked in the majority of Buddhist schools. Exploring the Buddha's complete series of steps for deepening awareness of the breath, he shows how to invite natural, responsive movement back into the posture of meditation by extending breath awareness beyond the nostrils, lungs, and abdomen to the entire body--a practice that unifies the breath, body, and mind into a single shared phenomenon. Showing how the flow of breath is directly affected by chronic tensions in the body and in the mind, Johnson explains that when breath starts flowing through more and more of the body, it becomes a direct agent of healing, massaging and melting any areas of tension it touches and moves through, whether physical or emotional. By breathing through the whole body in accordance with the Buddha's instructions on breath, the body becomes much more comfortable, the mind starts resolving its addiction to thinking, and meditative practice deepens much more rapidly, allowing the teachings of the Buddha to be directly glimpsed and revealed.

perfect brilliant stillness: These Precious Days Ann Patchett, 2021-11-23 A BARACK OBAMA TOP BOOK OF 2021 'A heartfelt and witty collection of essays on everything from marriage and knitting to the inevitability of death' Guardian 'A pitch-perfect collection ... She can turn a sentence like no one else: her writing is clear, honest, witty, and just full of unsentimental humanity' Nigella Lawson 'Profound and clever and funny and wise' Meg Mason, author of *Sorrow & Bliss*

_____ An irresistible collection of essays and memoir from the internationally bestselling, Women's Prize-winning author of *The Dutch House* 'Any story that starts will also end.' As a writer, Ann Patchett knows what the outcome of her fiction will be. Life, however, often takes turns we do not see coming. Patchett ponders this as she explores family, friendship, marriage, failure, success, and what it all means. Ranging from the personal - her portrait of the three men she called her fathers; how a chance encounter with Tom Hanks led to one of the most important friendships of her life; how to answer when someone asks why you don't have children - to the sublime - the unexpected influence of Snoopy; the importance of knitting; the pleasure to be found in children's books - each essay transforms the particular into the universal, letting us all see our own worlds anew. Illuminating, penetrating, funny and generous, *These Precious Days* is joyful time spent in the company of one of our greatest living authors. 'Patchett's essays are both sharp and humane ... like a hugely enjoyable conversation with a particularly brilliant friend' Sadie Jones

perfect brilliant stillness: I Hope You Die Soon Richard Sylvester, 2006-03-20 This is an uncompromising and provocative book about non-duality. In liberation it is seen that all phenomena simply arise in awareness with no person mediating them. Purpose, religion and paths of spiritual development all lose their meaning when it is seen that there is no one who exercises choice. "The most common misconception about liberation is that it is something an individual can gain. But liberation is a loss—the loss of the sense that there ever was a separate individual who could choose to do something to bring about liberation. When it is seen that there is no separation, the sense of vulnerability and fear that attaches to the individual falls away ... then life is simply lived and relaxation takes place. There is a sense of ease with whatever is the case and an end to grasping for what might be. —From *I Hope You Die Soon*

perfect brilliant stillness: Stoner John Williams, 2012-11-30 This is the story of a quiet man, destined to be a farmer but who becomes an academic. It is book in which nothing and everything happens and is possibly the greatest novel you've never read. 'It's simply a novel about a guy who goes to college and becomes a teacher. But its one of the most fascinating things that you've ever

come across' Tom Hanks, Time William Stoner enters the University of Missouri at nineteen to study agriculture. A seminar on English literature changes his life, and he never returns to work on his father's farm. Stoner becomes a teacher. He marries the wrong woman. His life is quiet, and after his death, his colleagues remember him rarely. Yet with truthfulness, compassion and intense power, this novel uncovers a story of universal value - of the conflicts, defeats and victories of the human race that pass unrecorded by history - and in doing so reclaims the significance of an individual life. 'A beautiful, sad, utterly convincing account of an entire life' Ian McEwan 'A brilliant, beautiful, inexorably sad, wise and elegant novel' Nick Hornby INTRODUCED BY JOHN MCGAHERN

perfect brilliant stillness: *Of Stillness and Storm* Michele Phoenix, 2016-12-06 Award-winning and highly acclaimed author, Michèle Phoenix, pens a story of marriage and missions, and what happens when they don't always align. "The Poisonwood Bible for a new generation." —Elizabeth Musser, author of *The Long Highway Home* "I felt torn between two worlds. Each with its own mystery. One more captivating than the other, but the other more real and breathing." It took Lauren and her husband ten years to achieve their dream—reaching primitive tribes in remote regions of Nepal. But while Sam treks into the Himalayas for weeks at a time, finding passion and purpose in his work among the needy, Lauren and Ryan stay behind, their daily reality more taxing than inspiring. For them, what started as a calling begins to feel like the family's undoing. At the peak of her isolation and disillusion, a friend from Lauren's past enters her life again. But as her communication with Aidan intensifies, so does the tension of coping with the present while reengaging with the past. It's thirteen-year-old Ryan who most keenly bears the brunt of her distraction. Intimate and bold, *Of Stillness and Storm* weaves profound dilemmas into a tale of troubled love and honorable intentions gone awry. "In this fine novel, Phoenix realistically captures the deep struggles enveloping a missionary family." —Publishers Weekly

perfect brilliant stillness: *The Obelisk Gate* N. K. Jemisin, 2016-08-16 Winner of the Hugo Award for Best Novel The second book in the record-breaking triple Hugo Award-winning trilogy The season of endings grows darker, as civilization fades into the long cold night. Essun has found shelter, but not her missing daughter. Instead there is Alabaster Tenring, destroyer of the world, with a request only Essun can grant. Praise for this trilogy: 'Amazing' Ann Leckie 'Breaks uncharted ground' Library Journal 'Beautiful' Nnedi Okorafor 'Astounding' NPR 'Brilliant' Washington Post 'Heartbreaking, wholly unexpected' Brian Staveley 'Awesome' Book Smugglers 'A powerful story of hope and survival' The Root The Broken Earth trilogy begins with *The Fifth Season*, continues in *The Obelisk Gate* and concludes with *The Stone Sky* - out now. Also by N. K. Jemisin: *The Inheritance* trilogy *The Hundred Thousand Kingdoms* *The Broken Kingdoms* *The Kingdom of Gods* *The Dreamblood Duology* *The Killing Moon* *The Shadowed Sun*

perfect brilliant stillness: *Boundless Awareness* Michael A. Rodriguez, 2018-04-01 Suffering is part of the human experience, and everyone in the world is seeking relief. But there is something greater, something that we all share, indeed something that we all are, that can alleviate that pain: it is the formless presence—the loving, boundless awareness—at the heart of all experience. This book cuts through the esotericism surrounding spiritual awakening to help you realize your true nature and show you how to integrate that realization into everyday life. In life, there is turmoil and inevitable pain. There is war, hunger, failure, heartbreak, and trauma. We struggle in relationships and with our attachments, thoughts, feelings, and memories, trapped in the prison of psychological self-consciousness. Most of us have been conditioned to believe that we are all separate individuals to whom uncomfortable or upsetting things happen. We feel alone and isolated from the world, and convince ourselves that the beauty, truth, and goodness we long for are out of our reach. Really, it's this imaginary division that causes us to suffer. *Boundless Awareness* seeks to relieve this suffering by drawing attention to the beautiful, encompassing, cohesive nature of awareness itself, as found in your direct experience. Using practical, contemplative exercises and brief meditations, the author guides you along a broad path of spiritual awakening, deconstructing your delusions of self and separation and integrating a concept of existence that is free from the suffering of individual selfhood, but which acknowledges the attachments, traumatic experiences, and emotional pain of

being human. With this book, you'll come to realize your innate perfection as the uncreated light of boundless awareness, and soften into the open, spacious, and unconditionally loving essence of existence. You'll gain a deeper understanding of pain and attachments, and learn to meet these experiences with a new resilience. Most importantly, you'll find guidance on how to embody and express this awakening as love, joy, service, and creativity in your daily life.

perfect brilliant stillness: In The Stillness Andrea Randall, 2014-01-14 Natalie is a wife. Natalie is a mother. Natalie is a cutter. Clawing at walls built by resentment, regret, and guilt, Natalie cuts as an escape from a life she never planned. Staying present is only possible when you let go of the past. But, what if the past won't let go of you?

perfect brilliant stillness: Still Life Sarah Winman, 2024-07-23 *A GOOD MORNING AMERICA BOOK CLUB PICK* *A GLOBE AND MAIL BEST BOOK* "[A] winsome, large-hearted novel ... [Still Life] pulses from the page." —Entertainment Weekly Set between World War II and the 1980s, *Still Life* is a beautiful, big-hearted story of strangers brought together by love, war, art, flood, and the ghost of E. M. Forster, from the bestselling, prize-winning author of *Tin Man* and *When God Was a Rabbit*. In the wine-cellar of a Tuscan villa, as the Allies advance and bombs fall around them, two people meet and share an extraordinary evening: Ulysses Temper is a young British soldier from London's East End; Evelyn Skinner is a worldly older art historian and possible spy. She has come to Italy to rescue paintings from the ruins and relive her memories of the time she encountered E.M. Forster and had her heart stolen by an Italian maid in a particular Florentine room with a view. Evelyn's talk of truth and beauty plants a seed in Ulysses's mind that night, one that will shape the trajectory of his life—and the lives of those who love him—for the next four decades. Moving from war-ravaged Tuscany to the boozy confines of The Stoat and Parrot pub in London and the piazzas of post-war Florence, *Still Life* is both sweeping and intimate, mischievous and deeply felt. It is a novel about beauty, love and fate, about the things that make life worth living, and the things we're prepared to die for.

perfect brilliant stillness: This Too Shall Pass Julia Samuel, 2020-03-05 JULIA SAMUEL'S LATEST BOOK, EVERY FAMILY HAS A STORY, IS AVAILABLE TO PRE-ORDER NOW 'One of the most valuable books I've ever read' Adwoa Aboah

If change is the natural order of things, why do we struggle with the huge milestones in our lives? At a time when even the most certain things feel disrupted, acclaimed psychotherapist Julia Samuel provides an antidote to the chaos we are all feeling. In this Sunday Times bestseller, Julia draws on hours of conversations with her patients to show how we can learn to adapt and even thrive during our most difficult and transformative experiences. From a new mother struggling with the decision to return to work, to a father handling a serious medical diagnosis, from a woman deciding whether to leave her husband for a younger lover, to a man struggling to repair his marriage after the trauma of suffering with COVID-19 in the ICU, this book unflinchingly deals with the hard times in family, love, work, health and identity. Illuminated by the latest social and psychological research, these 19 powerful, unforgettable and deeply intimate stories about everyday people will inform our understanding of our own unique response to change and improve the way we approach challenges at every stage of life.

'Examines the power that comes from dealing effectively with change' Elizabeth Day

perfect brilliant stillness: The Book of Lost and Found Lucy Foley, 2015-01-15 Sweeping, escapist and heartrending – the perfect read for fans of Victoria Hislop and Kate Morton.

perfect brilliant stillness: One Last Stop Casey McQuiston, 2021-06-01 *INSTANT NEW YORK TIMES BESTSELLER* *INSTANT USA TODAY BESTSELLER* *INSTANT #1 INDIE BESTSELLER* From the New York Times bestselling author of *Red, White & Royal Blue* comes a new romantic comedy that will stop readers in their tracks... For cynical twenty-three-year-old August, moving to New York City is supposed to prove her right: that things like magic and cinematic love stories don't exist, and the only smart way to go through life is alone. She can't imagine how waiting tables at a

24-hour pancake diner and moving in with too many weird roommates could possibly change that. And there's certainly no chance of her subway commute being anything more than a daily trudge through boredom and electrical failures. But then, there's this gorgeous girl on the train. Jane. Dazzling, charming, mysterious, impossible Jane. Jane with her rough edges and swoopy hair and soft smile, showing up in a leather jacket to save August's day when she needed it most. August's subway crush becomes the best part of her day, but pretty soon, she discovers there's one big problem: Jane doesn't just look like an old school punk rocker. She's literally displaced in time from the 1970s, and August is going to have to use everything she tried to leave in her own past to help her. Maybe it's time to start believing in some things, after all. Casey McQuiston's *One Last Stop* is a magical, sexy, big-hearted romance where the impossible becomes possible as August does everything in her power to save the girl lost in time. A dazzling romance, filled with plenty of humor and heart. - Time Magazine, The 21 Most Anticipated Books of 2021 Dreamy, other worldly, smart, swoony, thoughtful, hilarious - all in all, exactly what you'd expect from Casey McQuiston! - Jasmine Guillory, New York Times bestselling author of *The Proposal* and *Party for Two*

perfect brilliant stillness: MacArthur Park Judith Freeman, 2021-10-12 A captivating, emotionally taut novel about the complexities of a friendship between two women—and how it shapes, and reshapes, both of their lives Filled with gorgeous prose and deep emotion . . . Explores what it means to be an artist, delves into the vicissitudes of life and death, and takes us on journey through the splendor (and sometimes ugliness) of the American West—with dollops of Flaubert, Faulkner, Chekhov, Collette, and Chandler along the way.—Lisa See, author of *The Island of Sea Women* Jolene and Verna share complicated ties that have crystallized over time. Beginning when they were girls discovering their needs and desires, their ongoing stories have been inextricably linked. But when Verna marries Vincent, Jolene's ex-husband, their paths may have finally, permanently diverged. A successful and provocative feminist artist, Jolene travels the world, attracting attention wherever she goes. Verna, a writer, works from her home near MacArthur Park in Los Angeles, where she and Vincent plan to spend the rest of their lives in a contemplative, intimate routine. Then Jolene asks one more favor of Verna—to take a road trip with her to their small hometown in Utah. It's a journey that will force them to confront both the truths and falsehoods of their memories of each other and of the very beginnings of their friendship, and to reckon with the meaning of love, of time itself, of the bonds that matter most to us, and with what we owe one another.

perfect brilliant stillness: Pause, Rest, Be Octavia F. Raheem, 2022-02-01 Gold Nautilus Book Award Winner Restoring your body, mind, and spirit amid change is an act of courage, empowerment, and hope. This warm, powerful guide will help you honor the changes and spaces in your life with purposeful rest and reflection. If you're trying to push your way through endings, beginnings, and places of uncertainty, only to find yourself more confused, disconnected, tired, and uncertain, this book will hold and fortify you. Yoga teacher and activist Octavia Raheem offers us the motivation and guidance we need to restore ourselves in the midst of all sorts of change. Change in our lives—whether it be welcome, joyful, challenging, or more subtle—presents us with the opportunity to pause and gather our energy to work with whatever lies ahead. Drawing wisdom from yoga philosophy and her many years of teaching experience, Raheem offers us the motivation and guidance we need to restore ourselves in the midst of all types of change. She gives us three simple restorative yoga poses (savasana, side lying pose, and child's pose), and offers short teachings, reflections, and practices to see us through times of ending, beginning, and liminal/transitional space. She shows us how slowing down, stillness, and deeper connection to our own transitions empower us to move through collective shifts with more grace—and what it means to navigate shifts and change with presence and courage.

perfect brilliant stillness: Into the Stillness Gary Weber, Richard Doyle, 2015-05-18 At once extraordinarily wide-ranging and sharply focused, *Into the Stillness* offers several deceptively simple and informal conversations about life, existence, and identity in one book. This is an important book. Don't be misled by the casually graceful repartee and lightness of touch. Without dogma, without

heavy shoulds and should nots, authors Gary Weber and Richard Doyle point toward something eternal, framed in our twenty-first-century understanding of neuroscience, spirituality, and something that arises from, and returns to, the Stillness and the Silence. In *Into the Stillness*, Weber and Doyle offer a practical investigation and guidance toward “the sweetest, fullest, most loving, caring, and manifesting experience that anyone could ever wish for.” Chapter headings include “Using dialogue for awakening,” “Can you ‘do nothing’ and awaken?”, “Why do we fear emptiness, silence, and stillness?”, and “Functioning without thoughts: sex, psychedelics, and non-duality.” As a journey, this collection of dialogues is inspiring, shifting, and full of little moments of insight that will linger for a long time afterward.

perfect brilliant stillness: Not for You Ronen Givony, 2020-10-01 There has never been a band like Pearl Jam. The Seattle quintet has recorded eleven studio albums; sold some 85 million records; played over a thousand shows, in fifty countries; and had five different albums reach number one. But Pearl Jam's story is about much more than music. Through resilience, integrity, and sheer force of will, they transcended several eras, and shaped the way a whole generation thought about art, entertainment, and commerce. *Not for You: Pearl Jam and the Present Tense* is the first full-length biography of America's preeminent band, from *Ten* to *Gigaton*. A study of their role in history – from Operation Desert Storm to the Dixie Chicks; Jeremy to Columbine; Kurt Cobain to Chris Cornell; Ticketmaster to Trump – *Not for You* explores the band's origins and evolution over thirty years of American culture. It starts with their founding, and the eruption of grunge, in 1991; continues through their golden age (*Vs.*, *Vitalogy*, *No Code*, and *Yield*); their middle period (*Binaural*, *Riot Act*); and the more divisive recent catalog. Along the way, it considers the band's activism, idealism, and impact, from “W.M.A.” to the Battle of Seattle and *Body of War*. More than the first critical study, *Not for You* is a tribute to a famously obsessive fan base, in the spirit of Nick Hornby's *Fever Pitch*. It's an old-fashioned – if, at times, ambivalent – appreciation; a reflection on pleasure, fandom, and guilt; and an essay on the nature of adolescence, nostalgia, and adulthood. Partly social history, partly autobiography, and entirely outspoken, discursive, and droll, *Not for You* is the first full-length treatment of Pearl Jam's odyssey and importance in the culture, from the '90s to the present.

perfect brilliant stillness: Better Than Happy Jody Moore, 2021-09-15 Our unconscious thought patterns determine our relationships, our spiritual life and our connection to God to a much greater extent than we know. That's an alarming thought, because the subconscious mind is a mysterious realm that is really difficult to access and influence...right? No. It's really not! And it's the most urgent and impactful thing we can do. This book will show you how. How do I choose faith over fear when my loved ones are making poor choices? Why don't I feel happier if I'm reading and praying like I've been taught? How can I stop feeling like I'm just not good enough? What am I to do when my spouse is judgmental of me? How do I trust in Christ when everything seems to be falling apart? Get answers to these and other tough questions in the context of Christ-centered principles throughout this book. Jody Moore is a Master Certified Life Coach who has taught and coached tens of thousands of women through her in-person and online workshops and podcast. She brings her characteristic clarity, wisdom, humor and disarming honesty to this groundbreaking book. In *Better Than Happy*, Jody shows how a simple 5-step model she uses in every session with her clients can reveal the unconscious patterns of thoughts that keep us from deeper and healthier connection with ourselves, with our loved ones and with God. Jody then shows how, once we clear the debris of our unconscious patterns of thought, new streams of understanding of Christ's teachings begin to flow. I am a mother of 4, a member of The Church of Jesus Christ of Latter-Day Saints, and a woman trying to figure out how to minimize resentment, overwhelm and guilt, and replace them with happiness, gratitude and joy. Three years after getting married I found myself with two kids under age 2, a loving husband, and a lot of self-loathing. I struggled with the duties associated with being a mom and wife and then I felt guilty for feeling that way. After all, this was the life I thought I'd always wanted. I have a BA in Communications and an MA in Adult Education along with 15 years of experience as a Corporate Trainer and Leadership Coach, but what has helped me the most to

overcome my struggles and to conquer all of my goals, are the tools I use now to coach my clients. Thanks to my extensive training with Brooke Castillo of The Life Coach School, I am now a Certified Life Coach, and I couldn't be more proud of the work I get to do in the world.

perfect brilliant stillness: Goblin Ever Dundas, 2017-12-06 "A profoundly affecting, intellectually challenging and beautifully written fable ... a marvellous piece of work." -Stuart Kelly, Scotsman. Goblin is an oddball and an outcast. But she's also a dreamer, a bewitching raconteur, a tomboy adventurer whose spirit can never be crushed. Running feral in World War II London, Goblin witnesses the carnage of the Blitz and sees things that can never be unseen...but can be suppressed. She finds comfort in her beloved animal companions and lives on her wits with friends real and imagined, exploring her own fantastical world of Lizard Kings and Martians and joining the circus. In 2011, London is burning once again, and an elderly Goblin reluctantly returns to the city. Amidst the chaos of the riots, she must dig up the events of her childhood in search of a harrowing truth. But where lies truth after a lifetime of finding solace in an extraordinary imagination, where the distinction between illusion and reality has possibly been lost forever?

perfect brilliant stillness: Architecture is a Verb Sarah Robinson, 2021-03-01 Architecture is a Verb outlines an approach that shifts the fundamental premises of architectural design and practice in several important ways. First, it acknowledges the centrality of the human organism as an active participant interdependent in its environment. Second, it understands human action in terms of radical embodiment—grounding the range of human activities traditionally attributed to mind and cognition: imagining, thinking, remembering—in the body. Third, it asks what a building does—that is, extends the performative functional interpretation of design to interrogate how buildings move and in turn move us, how they shape thought and action. Finally, it is committed to articulating concrete situations by developing a taxonomy of human/building interactions. Written in engaging prose for students of architecture, interiors and urban design, as well as practicing professionals, Sarah Robinson offers richly illustrated practical examples for a new generation of designers.

perfect brilliant stillness: Good Vibes, Good Life Vex King, 2018-12-04 OVER 1 MILLION COPIES SOLD: Instagram guru Vex King "teaches us how self-love is the key to unlocking your inner greatness" (Marie Claire) and shares inspirational quotes and universal wisdom for manifesting positive vibes. Join the self-love revolution—and be the best version of you that YOU can be! Vex overcame adversity to become a source of hope for millions of young people, and now draws from his personal experience and his intuitive wisdom to inspire you to: · Practise self-care, overcome toxic energy, and prioritize your well-being · Cultivate positive lifestyle habits, including mindfulness and meditation · Change your beliefs to invite great opportunities into your life · Manifest your goals using tried-and-tested techniques · Overcome fear and flow with the Universe · Find your higher purpose and become a shining light for others In this beautiful, giftable book, Vex will show you that when you change the way you think, feel, speak, and act, you begin to change the world.

perfect brilliant stillness: The Moon Keeper Zosienka, 2020-03-10 Emile has a new job as moon keeper. He spends his evenings making sure the moon has everything it needs to shine its light over the night creatures. Night after night he keeps watch over the moon--clearing away the clouds and telling the fruit bats to move along when they play too close. Emile finds the moon nice to talk to in the stillness of the night. But what happens when the moon starts to change and slowly disappears? From debut author and illustrator Zosienka, The Moon Keeper is a perfect bedtime story with gentle messages about friendship, impermanence, and nature.

perfect brilliant stillness: The Great Undoing Stuart Schwartz, 2007-11 In love with Presence, Stuart's vision is radically non dual - a perfect foil for the thoroughly conditioned, dualistic image maker, story teller called the mind. At first, his approach to mind might appear too pithy. Your mind is not your friend. Leave it alone. And if you want a quiet mind, don't listen. But wisdom often hides behind simple, direct phrases. Most of Stuart's verse offerings included in the five chapters of this book have arisen out of silence during the past few months, while others have appeared over a longer period of time. While the words and phrases themselves could not be more modern and

colloquial, the poems have arranged themselves nicely into classical yogic themes: Vedanta's 'world-as-object' or Illusion; Attachment to the Illusion brought about by wrong identification with 'body/mind'; the separate, isolated Me as the centerpiece of limited, egoic 'becoming'; Mind, which is merely another word for thought which conditions all existence; and, finally Awakening to and in no-thing. Some of the aphorisms are presented from the first person perspective of the individual who at times exults in new found freedom and at others awakens only to a new found appreciation of his or her awful predicament as a body/mind. Others bespeak teachings directly from the mouth of the Impersonal Itself. Whatever the form, these Western sutras are uncompromising in their spirit and message. Characteristically, when asked, Stuart describes them simply as 'disarming.' They are both a map of Advaita's 'pathless path' and a statement beyond fact. The Great Undoing is a remarkable book, tender and fiercely direct, it feeds discernment! Thank you, Stuart. Pamela Wilson

perfect brilliant stillness: The Fifth Season N. K. Jemisin, 2015-08-04 Winner of the Hugo Award for Best Novel Book 1 in the record-breaking triple Hugo-Award-winning trilogy ***One of Time Magazine's top 100 fantasy books of all time*** ***Shortlisted for the World Fantasy, Nebula, Kitschies, Audie and Locus Awards*** ***A New York Times Notable Book and the inaugural Wired.com book club pick *** THIS IS THE WAY THE WORLD ENDS . . . FOR THE LAST TIME. IT STARTS WITH THE GREAT RED RIFT across the heart of the world's sole continent, spewing ash that blots out the sun. IT STARTS WITH DEATH, with a murdered son and a missing daughter. IT STARTS WITH BETRAYAL, and long dormant wounds rising up to fester. This is the Stillness, a land long familiar with catastrophe, where the power of the earth is wielded as a weapon. And where there is no mercy. 'Astounding' NPR 'Amazing' Ann Leckie 'Breaks uncharted ground' Library Journal 'Powerful' io9 'Elegiac, complex, and intriguing' Publishers Weekly 'Intricate and extraordinary' New York Times 'Brilliant' Washington Post The Broken Earth trilogy is complete - beginning with The Fifth Season, continuing in The Obelisk Gate (Winner of the Hugo Award for Best Novel) and concluding with The Stone Sky (Winner of the Hugo Award for Best Novel and Nebula Award). Also by N. K. Jemisin: The Inheritance trilogy The Hundred Thousand Kingdoms The Broken Kingdoms The Kingdom of Gods The Dreamblood Duology The Killing Moon The Shadowed Sun

perfect brilliant stillness: How to Do Nothing Jenny Odell, 2019-04-23 ** A New York Times Bestseller ** NAMED ONE OF THE BEST BOOKS OF THE YEAR BY: Time • The New Yorker • NPR • GQ • Elle • Vulture • Fortune • Boing Boing • The Irish Times • The New York Public Library • The Brooklyn Public Library A complex, smart and ambitious book that at first reads like a self-help manual, then blossoms into a wide-ranging political manifesto.—Jonah Engel Bromwich, The New York Times Book Review One of President Barack Obama's Favorite Books of 2019 Porchlight's Personal Development & Human Behavior Book of the Year In a world where addictive technology is designed to buy and sell our attention, and our value is determined by our 24/7 data productivity, it can seem impossible to escape. But in this inspiring field guide to dropping out of the attention economy, artist and critic Jenny Odell shows us how we can still win back our lives. Odell sees our attention as the most precious—and overdrawn—resource we have. And we must actively and continuously choose how we use it. We might not spend it on things that capitalism has deemed important ... but once we can start paying a new kind of attention, she writes, we can undertake bolder forms of political action, reimagine humankind's role in the environment, and arrive at more meaningful understandings of happiness and progress. Far from the simple anti-technology screed, or the back-to-nature meditation we read so often, How to do Nothing is an action plan for thinking outside of capitalist narratives of efficiency and techno-determinism. Provocative, timely, and utterly persuasive, this book will change how you see your place in our world.

perfect brilliant stillness: A New Earth Eckhart Tolle, 2006 First published in the United States of America by Dutton, an imprint of Penguin Random House LLC, 2005--Copyright page.

perfect brilliant stillness: Quantum Dimensions of Healing Robin J. Starbuck, Ph.d., 2017-03-26 This book can be summarized in one word: MORE. Every spiritual breakthrough that you have, every illumination, every glorious revelation has so much MORE to show you, to pull you into

and overtake you with - if you'll only go the distance. Renouncing organized religion, becoming increasingly aware of communication glitches, looking to quantum physics for insights into supernatural happenings - as well as the courage to expand our consciousness - gives us a whole new view on healing a body, a nation and a world. As you grow in your awareness of God's allness, you'll develop your own personal mechanism that will inform you on a moment-by-moment basis what you should take in and what to summarily dismiss. You'll wonder if you can still even speak from your own vantage point anymore and have your friends comprehend. Some will, some won't: such is the gift of God. This book is about one thing and one thing only: You ... yes you ... whoever you are ... you can heal your life. You, in spiritual reality, have never been harmed ... deliberately or otherwise ... and all the pain and only the pain can be expunged from your memory by God the moment you want to give it up. There's no such thing as trying spiritual healing. Once awakened, there's no return to sleep. I have been hit so hard by the raw power of God that I have been knocked to the ground in ecstasy. This has happened far too many times to count. Phil Mason, Quantum Glory It is I who made the earth and created mankind on it. My own hands stretched out the heavens; I marshaled their starry hosts. Isaiah 45:12 NIV The distinction between past, present, and future is only a stubbornly persistent illusion. -- Albert Einstein

perfect brilliant stillness: The Stillness Before the Start Jennifer Ann Shore, 2020-12-04 I'm Harper Reed. The valedictorian. The scholarship kid. The girl next door. The obsessive planner. I have big dreams and secrets, but against my better judgment, Dylan Archer is the one I confide in. He's the rich kid with the world at his fingertips. The sworn enemy of my best friend. The one who hides behind an arrogant smirk. The track star who wants to run away from reality. We're not in the same social circles or even capable of being friends, but when he asks for my help, I agree without considering the consequences. It's a reckless decision that has the potential to start something neither one of us can stop.

perfect brilliant stillness: *Moonwise* Greer Gilman, 2005-07-01

perfect brilliant stillness: *Mud Vein* Tarryn Fisher, 2016-05-03 When reclusive novelist Senna Richards wakes up on her thirty-third birthday, everything has changed. Caged behind an electrical fence, locked in a house in the middle of the snow, Senna is left to decode the clues to find out why she was taken. If she wants her freedom, she has to take a close look at her past. But, her past has a heartbeat...and her kidnapper is nowhere to be found. With her survival hanging by a thread, Senna soon realizes this is a game. A dangerous one. Only the truth can set her free.

perfect brilliant stillness: Experiencing God Directly Marshall Davis, 2017-05-19 We can know God directly. We can have immediate awareness of oneness with God in the present moment. It is not mediated through a church, a religion, a creed or a spiritual path. This is not theological knowledge about God. It is not a religious experience facilitated by a worship service. It is not a spiritual experience elicited by religious disciplines or practices. It is not a revelation of God mediated through Scripture or communicated by spiritual teachers. This is direct unmediated awareness of God. Jesus called this the Kingdom of God. He experienced it at his baptism, and it was his earliest message. Jesus described it to Nicodemus as being born of the Spirit. The apostle Paul referred to it as being in Christ. It was Moses' experience of God as I AM at the Burning Bush. It was the experience of Job when he met God in the whirlwind. It produces what the New Testament calls the fruit of the Spirit in our lives - qualities like Love, Joy, and Peace. It is the peace that surpasses all human understanding. It is sometimes called nondual awareness. This is just another term for union with God. It is the experience of mystics in the Christian tradition, and it is echoed in other spiritual traditions. It is the Way, the Truth, and the Life that is Jesus Christ. This is the heart of Christianity. And it is available now. All we have to do is wake up to this always present awareness of God. That is what this book points to. Marshall Davis interprets nondual awareness in language familiar to Christians. He calls it Christian Nonduality. He explores the teachings of Jesus, the Wisdom literature of the Hebrew Scriptures, and the writings of the apostles in the New Testament. He shows how all these writings communicate this experience of oneness with God. He concludes with practical instruction on how the reader can experience this same awareness now.

perfect brilliant stillness: The Deep Heart John J. Prendergast, Ph.D., 2019-12-10 An experiential guide for exploring the convergence of psychological healing and spiritual awakening that happens most clearly and powerfully in the depths of the heart “The Deep Heart is what I call a living book, that rare gem of a book that is alive with the presence of its author . . . A book like this should be felt and experienced as much as it should be read.” —Adyashanti The great human quest is to discover who we really are—a discovery that changes our lives and the lives of those around us. With *The Deep Heart*, spiritual teacher and psychotherapist Dr. John J. Prendergast invites us on a pilgrimage within, using the heart as a portal to our deepest psychological and spiritual nature. The “deep heart” is Prendergast’s term for our heart center—a subtle center of emotional and energetic sensitivity, relational intimacy, profound inner knowing, and unconditional love. “The heart area is where we feel most deeply touched by kindness, gratitude, and appreciation, yet it is also where we feel most emotionally wounded,” writes Prendergast. “Whether we realize it or not, the heart is what we most carefully guard and most want to open.” Throughout *The Deep Heart*, Prendergast expertly combines the boundaried wisdom of psychotherapy with a spacious, embodied path to liberation, bringing attention to both the joys and pitfalls of each approach with the compassion of a friend who’s walked the path for decades. In this experiential guide, Prendergast invites you to tune into your inherent wisdom, love, and wholeness as you journey into the deep heart. Through precise and potent meditative inquiries, insightful stories, and reflections drawn from Prendergast’s intimate work with students and clients, you’ll begin to open your heart, see through your core limiting beliefs, and discover the true nature of your being.

perfect brilliant stillness: This Freedom Senior Lecturer Obstetrics and Gynaecology Department of Postgraduate Medical Education Tony Parsons, Tony Parsons, 2015-10-14

perfect brilliant stillness: Still Matt Nable, 2023 Late one night, Charlotte Clark drives the long way home. She thinks about how stuck she feels: a young housewife, married to a cowboy who isn't who she thought he was, slowly suffocating in the stultifying environs of Nightcliff. She stops the car and steps out to breathe in the night air. She never hears a sound before the hand is over her mouth. As Senior Constable Ned Potter looks down at the body dragged from the shallow marshland, he doesn't need a coroner to tell him that this is a bad death. He also doesn't know that this is only the first - or that he is about to risk everything looking for answers. Both Charlotte and Ned are about to learn that the world they live in is full of secrets - and that it takes courage to fight for what is right.

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