***Becoming Still***

*- by Diane Weller*

“Time only flies, if we let it get away without savoring every moment.” These are the words in the greeting card I received from my husband on our last wedding anniversary. The words are a nice reminder that if we slow down and let ourselves feel deep gratitude for every single day, we will experience a sense of abundance, including abundance of time.

**Do you mindfully & purposefully slow down? Do you practice becoming still?**

In my first written reflection, *The Leap*, I wrote about the necessity of becoming still in order to make a life-changing decision. A reader asked to learn more about how I became still. In this second reflection, I am grateful for the opportunity to offer my insights in order to help others reap the benefits of this life-changing practice.

**Did you know that, when we become still, we are better able to …**

* …see more clearly?
* …become unstuck?
* …improve our relationships?
* …become more self-aware?
* …shed the weight of heaviness and burden?
* …recognize our negative feelings?
* …experience happiness *now*?
* …become more in tune with the world around us?
* …take back our power?
* …see new possibility?

Simply put, we can only change what we are aware of. When we become still and stay in our true selves, we give ourselves the strength, purpose and worth to see more and to achieve more.

I ask you to also think about the difference that could be made for the organizations in which you work, engage socially or engage spiritually, if they practiced becoming still. I’ve seen many organizations rob themselves of the opportunity for new creativity and possibility by not becoming still and asking these three questions: What are we doing? What do we need to start doing? What do we need to stop doing?

We become still by intentionally spending sacred time with ourselves. In doing so, we can better see who we are today so we open the door to who we want to be. In stillness we can contact the quiet, secure, and peaceful nature of ourselves. By peeling back the layers and frenzy in our lives to hear and feel stillness, we can be aware of complete silence. We can use this silence to change the world within us by regaining the personal power that can achieve our goals.

Meditation is a great way to become still and need not be performed in the way our preconceived­ notions might suggest. If we simply think about creating “white space” for ourselves, our creative selves will find boundless ways to do it. I create white space by walking in nature and releasing everything from my mind – the work project, the dinner menu, the weekend plans – and taking in only the sounds of nature. This requires practice! You will be amazed, however, at the power and the gift of staying in white space, even if for just a few minutes. It is de-stressing, refreshing and enlightening! The soul always knows what to do to heal itself. The challenge is to quiet the mind. I challenge you to become still and trust your true self to lead you and to heal you.

Mind and body only live in the present. The body can no longer feel the pain of past injury that has been healed, nor can it feel the pain of future injury. Dwelling in the past, by regretting and reliving, or anticipating or fearing the future or fantasizing, we weigh ourselves down. Living in the present holds tremendous organizing power in life, but we must become still to experience it!

Every day our lives are shaped by forces we may not even realize are part of us. The greatest transformation comes from when we own our power. Too often, however, we lose our power when we shrink to others.