

# *The Stillness Newsletter*

## *August 2008*

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Dallas, TX

Written by just me, Renee Baker. Thanks for reading!



*NASA—The Sombrero Galaxy*

## **Living In The Mystery**

Over the years of my life, as the strands of grey hair and wrinkles continue to both teach me and tease me, I like to believe I am becoming a bit wiser. It often seems though, the more I know, the less knowledgeable I find myself to be. My views ever change, the one before being refined or completely thrown out. Each change brings on that feeling of loss and gain, a sadness and a joy.

At some point, it is important for all of us to be humble and learn to be okay with saying “I don’t know” or “I can’t be for sure”. It is a lessening of our own egos to give up opinions. It gives us permission to always enrich our understanding and not have to expend energy defending what we already “know.” We can still be believers, as we have to believe something to walk the Earth, but we can change our beliefs as well, as new knowledge comes in. Our permission to change is one we grant out of love. Fear takes away our permission to explore, perhaps to maintain relationships and intimacy, or perhaps in denial of who we really are or how we are living.

In Greek, “Know Thyself” was inscribed on at the Temple of Apollo, a god who had the ability to heal. The saying encourages us to explore life itself—our own and that of the universe. Socrates said that a life lived unexamined is one not worth living. In our examination, we become more conscious and more loving, and thus find more meaning, value and joy in life.

But we can go too far, ever examining and not living. We can never get to infinity or the end of a rainbow, so we have to be satisfied with not knowing it all. Instead we have to satisfy ourselves with the exploration itself for we can never get there. And there is joy too in not knowing it all, for if we did know the nature of God or the Universe or ourselves, there would be a total collapse, and then what left would there be to explore.

Take joy in living in the mystery and when you feel overwhelmed in not knowing, allow yourself to know less. For in the end, the only thing we really need to know, is to remember to love.

## You Have My Permission

### Give Yourself Permission

Give Yourself Permission  
.....To Lead a Spiritual Life

Give Yourself Permission  
.....To Believe in Love

Give Yourself Permission  
.....To Know Less Than You  
Can

Give Yourself Permission  
.....To Just Simply Be



### Watercolor of Life

I often say instead of trying to find ourselves, we have to stop looking and unfind ourselves instead. It is the busy-ness of looking that keeps us from our "truth".

Water coloring is but one way to escape our heads and become one with our true art. Allow yourselves even just 10 minutes a day, to express yourself in some creative way.

## Quantum Leap

Quantum leap? I know, you may ask what quantum physics possibly has to do with stillness, or perhaps you are ready to run for your life at the mere site of the word quantum. It may be too much for most of us to grasp modern physics, but we can delight that modern physics has unraveled as much mystery as it has brought on hundreds of new questions.

Most of all for me, quantum physics allows for a spiritual look at the universe. It is the old-school classical look at the universe that has painted a somewhat bleak picture of life. With quantum physics, we know longer can look at the nature of the universe in the same way. What we see with our eyes cannot be seen as truth -what is reality, could very much be an illusion.

Some scientists now view matter as trapped light, owing to the famous  $E = mc^2$  relativistic equation of Einstein. It says that energy is equal to mass times the speed of light squared.

Some say electrons don't exist until we observe them, they are otherwise clouds or waves. They postulate that so too may be true for our brains, that without our minds observing them, they too cease to exist. Hence our minds must exist outside of space and time, whereas our brains do not.

We know too through the Heisenberg Uncertainty Principle that the universe is not so deterministic after-all, that perhaps we are not set on pre-determined paths. For if we were, we would have no free-will, hence it would be impossible to be conscious, and therefore would not be able to even love. We would simply be robots. That is it, I am out of space and time. Enjoy the Mystery!



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