

The Stillness Newsletter

June 2008

Vol. 1—No. 3

Dallas, TX

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



Humility

When our hearts are not pumping. When our minds are spinning. It is then when a prayer for humility is needed the most. A call for humility is a call for rebirth, to be born again into this moment. It is in our humility that we admit our egos have taken a hold once again, pulling us out of this moment into some other imagined moment. And praying for humility is learning to accept that this moment is all there ever is.

Being humble is our deepest calling. It is what I pray for most. Being humble is in essence the same thing as having good self-esteem. We all have egos and to get control of them is to be aware of them. When we become aware of them, we can recognize that they are separate from us and hence we don't have to take our own egos personally. Nor do we take anybody else's ego personally. To criticize our self is to criticize our ego, which is again an act of ego. Hence, celebrate awareness of catching yourself in an act of ego. In other words, try not to take your own thoughts seriously. Be aware of them, but do not identify with them for they are not who you are. They are just thoughts and you can even laugh at the ridiculousness of our own egos.

The concept of Self and ego are complex, yet simple. Our Self is just our awareness, our consciousness. It is not our body or our mind. Our ego is really our thinking mind. We can develop our ego by reading and interacting with healthy people and so on, but it is still not who we are. In other words, our ego changes from day to day, but our Self stays the same. Our consciousness is who we are and to be conscious is to stay in this moment. The one constant of our whole lives is who we are, and that constant is this moment.

So pray for humility. Watch your own ego or thinking mind, but refuse to identify with it. Celebrate each new real-I-zation when you awake from ego. Stay in the Now and enjoy the power of being present this very moment.

Winks From God

Sometimes we are gifted with little winks from God that we are on the right track for our lives. They are nice little “coincidental” confirmations and faith builders in the choices we are making. When we open our eyes, we see them everywhere. As I was driving back to Texas the other day from the Midwest, I was looking for a photo of a cow for the newsletter, because the cow to me is the symbol of humility - and I pray to a spirit guide who is too humble to have a name, yet who I call My Sacred Cow.

Well, I had driven 2000 miles thus far on my trip and couldn't seem to find the right picture. At one point, I was detoured off of US75 right before driving south into Kansas, through a small town called Humboldt—in Nebraska. Perfect. “Humble Humboldt” I thought. As I reached closer to the city, I climbed a hill and saw a small cattle farm. The grasses were too high to march through to get a good shot, so I prayed I would find another photo. I thought to myself, “I wonder if I will find a loose cow—then I will know it is the right one.” Sure enough, less than a minute later, as I climbed over the top of the hill and reached the other side, a baby calf was loose on the side of the road. Its mother was nearby, but on the other side of the fence.

I laughed and smiled. This was my wink and I knew which photo to choose, the one you see on the previous page. Even the town's water tower, had rays of light coming down from the sky upon it, seeming to bless the picture. And as I traversed the bridge of the miry Nemeha river, leaving Humboldt, I knew to get a picture of it too, to remember yet another crossing point in my life.



Humble Humboldt



The Nemeha (The Miry River)

A Humble Prayer

Oh Great Spirit, I call to you on bended knee

For the strength I need, is my humility

Oh Great Spirit, lead me the way

For the roads are many, and for but You I stray

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Massage 'N Motion Therapeutics
Renee Baker, LMT, Ph.D.
3530 Forest Lane, Suite 306
Dallas, TX 75234

Phone: 214-607-5620
E-mail: renee@mmtherapeutics.com
Website: www.mmtherapeutics.com
License: Texas DSHS MT104375



Dr. Renee Baker

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