

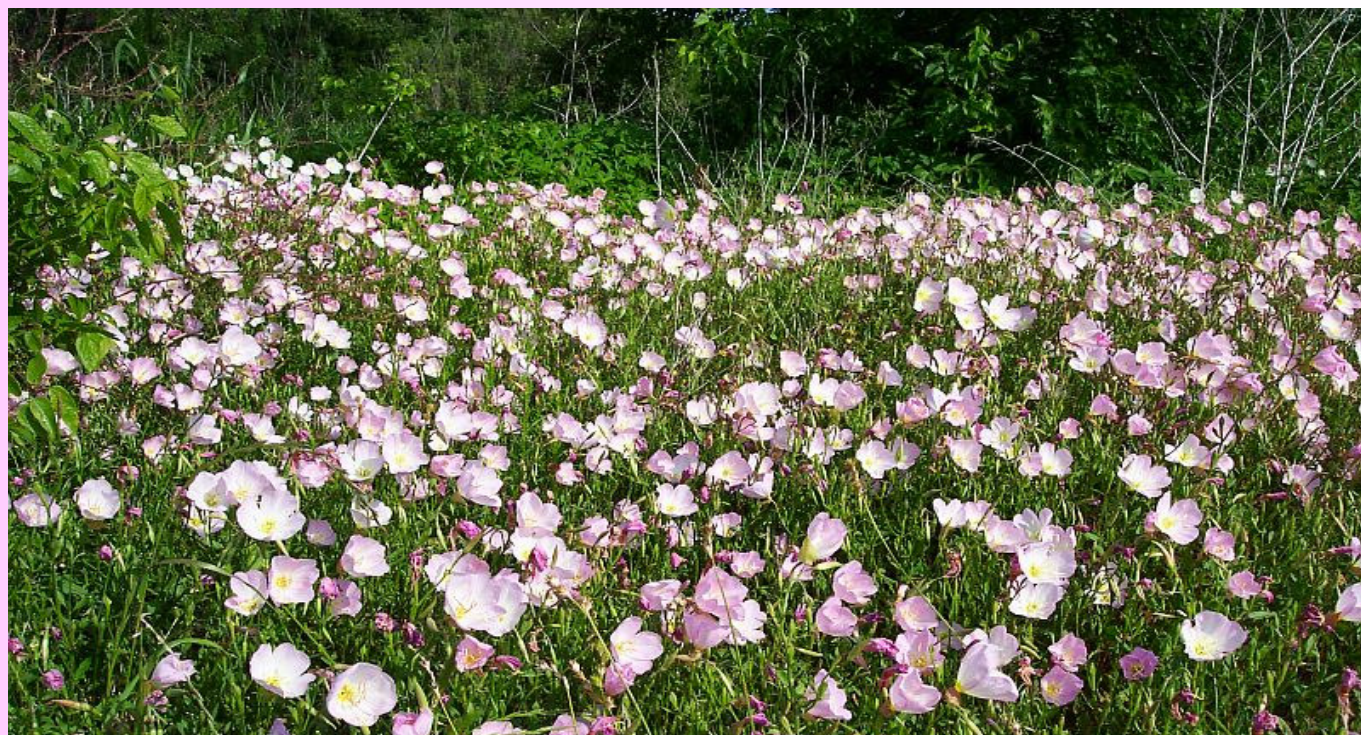
The Stillness Newsletter

May 2008

Vol. 1—No. 2

Dallas, TX

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



The First Flower Blossoming Into a New Dimension

Spring is in full bloom. The buttercups bumble with bees drunk on nectar. And it is time again for a newsletter—this time in pink and this time on thinking. Hmmm....

Sometimes I say that thinking is our final addiction. Perhaps it is not the last one, but it is an addiction that few of us can begin to recognize. An addict is rarely able to admit their addiction because rarely are they aware enough to believe it themselves. And if they do, they say they are powerless to overcome it. But an addiction to thinking? It sounds absurd, because surely we have to think. After all, it is what the brain does isn't it? Humor me for a moment. Assume we *can* be addicted to thinking. Then how can we know if we are? Well, the test is simple—if you can't stop it, you're addicted. If you can stop all words from manifesting in your head, then you have broken the addiction. If you need words to arise in your mind, then you are still addicted. Got it?

Let me give you an example to clarify. If we count "one, two, three" and so on, there is a space between the words. That space is a stillness. If we can extend the space to longer times, saying "one.....two.....three" slower and slower, then we reach a point of stillness, no longer having to say "two" after we say "one". At this point, we are said to awaken from the dream of thought and have broken our addiction to it. We have gained control of our thinking and are now separate from it. Our consciousness will have risen. We have reached what many spiritual teachers call salvation—no longer are we a slave to our own thoughts. And hence no longer slaves to the emotions stemming from them.

Not convinced? Imagine the first flower opening on the planet. It discovered something new that no other plants had found. It was like a two-dimensional flat creature first discovering a third dimension and trying to share that with the rest. "Hey ya'll, there is more to our world than we realized!" A few heard the message and then a few more and eventually the whole planet was covered in flowers.

Our planet is just now beginning to blossom, discovering a new dimension. Approximately 2 million people on the planet understand what it means to quiet the mind, to awaken from the dream of thought. When we all reach this point, then our planet will be still. We will finally be at peace. We will have Heaven on Earth.

To join in the blossoming taking place now, we have to first decide to think about our own thinking. And then we have to admit our own addiction to it. It takes an act of humility and an act of courage. It will force us to sit with our feelings as we quiet our minds. But the journey is worth it, for to break the addiction is to raise our awareness. And who would choose the opposite, to be less aware. So go for it! Quiet your mind! It's absolutely incredible!

Have I Lived?

*If I have lived my life in thought,
Have I lived my life at all?*

Copyright 2008—Renee Baker

A Simple Prayer for Stillness

*Oh Great Spirit, breathe with me today
Let me inhale your love
Let me exhale my fear*

*Oh Great Spirit, bring me to my knees
Let me admit my own lies,
Hold me to my truth*

*Oh Great Spirit, help me sit with my pain
Help me cleanse all my wounds
Heal me to my deep*

*Oh Great Spirit, please help me quiet my mind
Let me see what I miss,
Let me hear of your Voice*

*Oh Great Spirit, awaken me into Now
Bring me closer to stillness
Bring me closer to You*

Copyright 2008—Renee Baker

River Legacy Parks of Arlington



Our search for stillness can begin by giving up the search itself and just learning to be with Mother Nature. (If you are near Arlington, try [River Legacy Parks](http://www.riverlegacy.org) for a treat. See their website www.riverlegacy.org) To get out of our heads, we have to get into our bodies. We have to learn to feel, to smell, to see, to touch, to taste, to listen, to breathe and to move. We have to focus on our senses. We have to watch our thoughts until we can stop them. To become self-aware, we have to stop our thinking and become aware of our body and our surroundings.



**Sign Up Now for the
Online Newsletter!**

**To join, simply send a blank e-mail to:
subscribe@mmtherapeutics.com.**



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

The Stillness Newsletter—Copyright 2008—Renee Baker