

## Stillness Speaks by Eckhart Tolle

<http://www.happierabroad.com/StillnessSpeaks.pdf>

"When you lose touch with inner stillness, you lose touch with yourself. When you lose touch with yourself, you lose yourself in the world.

Your innermost sense of self, of who you are, is inseparable from stillness. This is the "I Am" that is deeper than name and form.

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Stillness is your essential nature. What is stillness? The inner space or awareness in which the words on this page are being perceived and become thoughts. Without that awareness, there would be no perception, no thoughts, no world.

You are that awareness, disguised as a person."

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"Do you need more knowledge? Is more information going to save the world, or faster computers, more scientific or intellectual analysis? Is it not wisdom that humanity needs most at this time?"

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"But what is wisdom and where is it to be found? Wisdom comes with the ability to be still. Just look and just listen. No more is needed. Being still, looking, and listening activates the non-conceptual intelligence within you. Let stillness direct your words and actions."