

## Stillness – Why be Still?

Are some of you tired? And if yes, why are you tired early in the day after a full night's sleep? The industry of sleep is growing. Books on sleep are best sellers. You can pay a lot of money to get advice from a sleep consultant. You may even see companies advertising drugs that they claim is a solution for your tiredness. People are looking for solutions for why they are tired, lacking in energy and unable to respond to the events life presents to them.

So why do so many people say they are tired? What is the key to high levels of energy? An easy thing to say is go to bed early and sleep more. There is some merit in that. However, the solution may not be as easy as that, as the quality of sleep may be very poor.

The analogy of a racing car may help. The racing car goes very fast, but when it goes around a corner, it slows down so that it can take the corner. After braking into the corner, it then accelerates again as it comes out of the corner.

We are like the racing cars. We can run at full speed during the day. Particularly our minds and hearts can race along all day with thoughts and feelings of one kind or another. However, we too, like the racing car, need to slow down. After we slow down, we can accelerate again.

Another analogy is that of a tiger. A tiger before it pounces on its prey, falls still, gathers its energy and then pounces. We too, like the tiger, can fall still and gather our energy.

To help us slow down we have the Pause. It is a simple exercise where we invite you to slow down the racing mind, heart and body by becoming aware of what is happening around you and within you.

When we Pause, there comes a clarity of the mind and an opening of the heart. Moreover, after we Pause, there is a sort of happiness and freshness, which enables to respond to the situation with energy, enthusiasm and contentment.

So the challenge for this week is to ask yourself the question:

Why be Still?