



BESTILL


be Still

ILLUSTRATED BY
SARAH CRAY

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SARAH CRAY





*In today's rush, we all think
too much — seek too much —
want too much —
and forget about the joy
of just being.*

ECKHART TOLLE



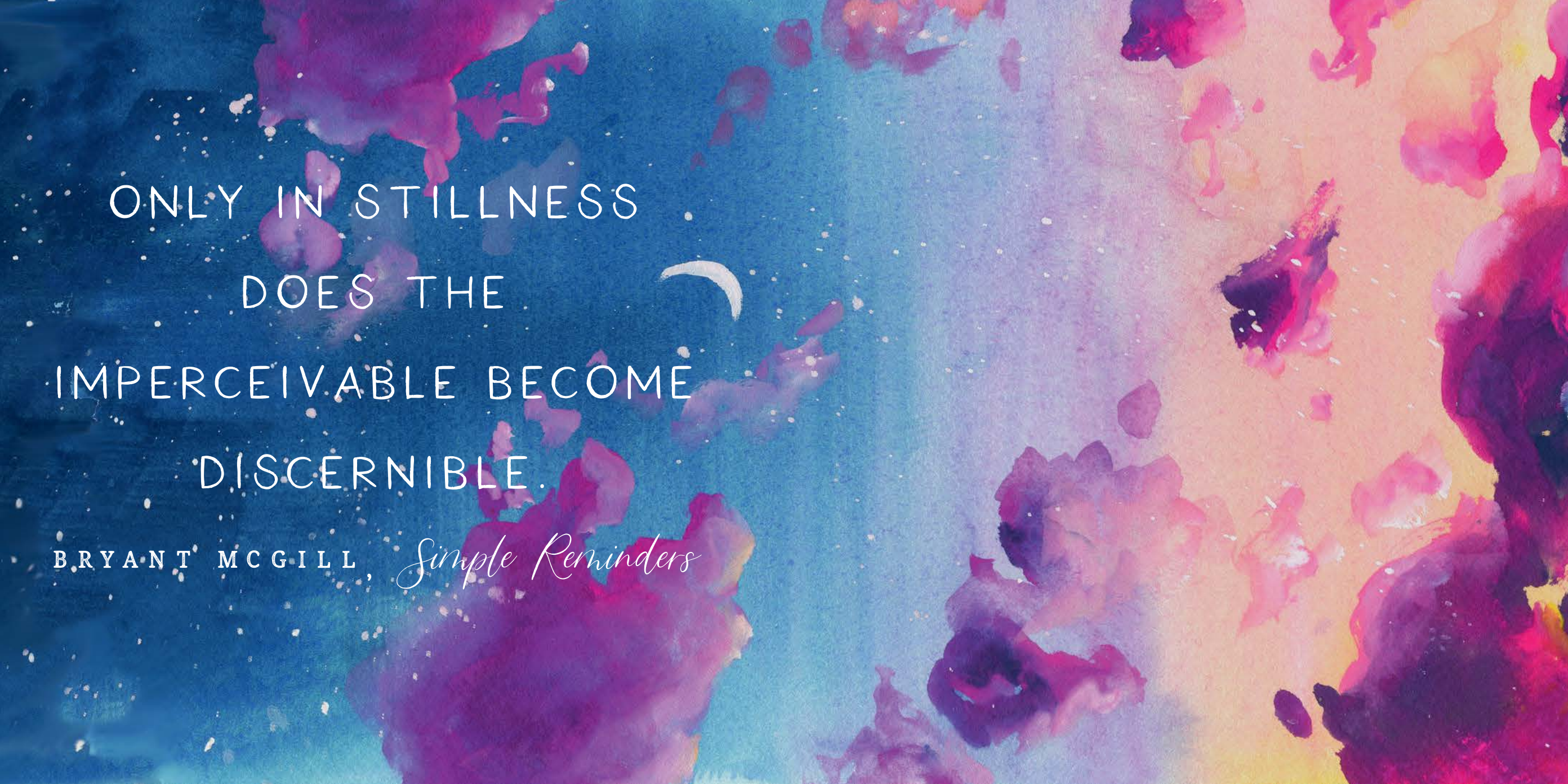
NEVER BE IN A HURRY: DO
EVERYTHING QUIETLY AND
IN A CALM SPIRIT.
DO NOT LOSE YOUR INNER
PEACE FOR ANYTHING
WHATSOEVER,
EVEN IF YOUR WHOLE
WORLD SEEMS UPSET.

St. Francis de Sales

YOU ARE THE SKY, EVERYTHING ELSE—
IT'S JUST THE WEATHER.


Pema Chödrön





ONLY IN STILLNESS
DOES THE
IMPERCEIVABLE BECOME
DISCERNIBLE.

BRYANT MCGILL, *Simple Reminders*



HOW WE SPEND
OUR DAYS IS OF
COURSE HOW WE
SPEND OUR
LIVES.

Annie Dillard. THE WRITING LIFE

*Be still,
Stillness reveals the
secrets of eternity.*

LAO TZU

