

RESTING IN STILLNESS



Come and rest your mind, Dear One. Rest and be still awhile. Let Us refresh you. Let Us cleanse the window of your soul that you may see clearly. Allow all that troubles you to slip away and create a void in which you may bask in quiet peace and be renewed. Know that the void within is being filled with Love and Light that cannot be contained. Allow it to flow out from you into the world around you, lighting everything that surrounds you. This is the purpose of sitting in quiet stillness Dear One. There is nothing to be done but to become an empty vessel into which the radiance of the Universe can pour its light through you and be made manifest in you. There is nothing to DO. Just *BE*. Rest and be still awhile.

~ **nwol.us**