

Approaching Stillness is the practice of suspending grasping attachments
(entrenched narratives, rigid storylines, and intransigent opinions)
to the 'suchness' or 'this-ness' of things past, present, and future.

- Physical Awareness
- Following the Breath

(Body)

I will not leave you comfortless: I will come to you. (John 14:18) Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me. (Rev 3:20) Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me.... (D&C 88:63)

Approaching Stillness

- Empty of Striving, Enmity
- Bridled/Cooled/Stilled Emotions
- Extinguished Fires
- Suspended Grasping
- Equanimity, Liberation
- Child-like Wonder
- Release is Peace
- Rest

(Feelings)

(Mind)

- Habitual and Reactive
- Subjective and Limited
- Socially Conditioned
- Organically-Grounded Moods
- Self-Referential...I, Me, Mine
- Expectations

- Objectified Conceptions
- Entrenched Narratives
- Calcified Assumptions
- Ready-Made Perceptions
- Emotionally Conditioned
- Rigid Judgments
- Intransigent Opinions

(Teachings)

- Constitutive Names and Forms
- Socially-Approved Symbols
- Authorized Story Lines and Beliefs