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Reflections

on and from

stillness

*Come within
Come dance to the music
of the cosmos*



The Leonis Foundation of Australia Limited
www.leonis.org



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about this book

This book contains pieces inspired from the inner journeys of seven like-minded seekers. Their work is being shared in the hope that it may touch you in some way, resonating with your experiences, hopes and wishes.

These writings come from a place of stillness, where the writer sits quietly and calms their usual 'inner chatter'. The words are often about responses to life, growth from these experiences and inspiration from a higher source.



The chapter headings trace a path that an individual's inner search might take, from initial steps to the discovery of something profound, including challenges and moments of respite along the way.



You are invited to explore this book as you please. You can begin at the beginning, or you might wish to ask a question in your mind and open the book at random, to see what it reveals...

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Beginning

Start from the beginning

Start from now 

the call

I hold before you a lamp,
the flame of which
has never been extinguished


I hold before you an urn,
the waters of which
are ever-renewing

I hold before you a hope,
the light of which
has never been put out

I hold before you a truth,
one you hold within
the beating of your heart



*It lies within you –
all you need – all you think is missing
It runs like a silent river from a secret well,
deep and knowing, stirring now
calling to you to listen,
to awaken to the silence,
to hear its mystery and respond to its truth*



becoming

Can you hear me?

I am the silence that waits for you to notice.

I am the beginning that forms in the quiet space within.

Hear me.

Let my touch awaken you to the presence of another reality:
one that sings with the heart-vibration of its purpose.

Let me open inside you,
and here may we dance the beautiful realisation awakening as the sun.

May I become your new centre,
the place to which you return for comfort, for peace, for understanding.

May I hold you,
and may you know yourself cradled by the very life you are becoming. 

song of mystery

It is as if we keep reaching down with heavenly hands
to lift your chin
to raise your gaze
and call you to see the life that is of your world –
to feel the light shining from the stars above
reminding you of the journey that brought you here.

May you feel this,
and know each guiding wish as growing compassion,
as hands held in welcome for the life you may surrender into,
and be received by.



The stars sang to her as she walked through the night, calling the mystery within her sleeping heart. They joined in a chorus, emitting the vibration of light that could penetrate her world.

Awakening a little she lifted her eyes. The stars spoke their ancient message ... a pattern of destiny ... the call of her beyond.

She paused, hearing a memory stir from within: a childhood longing, an ache of long ago wonder. Quietly, secretly, it grew.

She looked again to the stars, seeking understanding. Their message, so simple and beautiful, spoke a language outside her mind.

She heard it calling her to leave behind everything, to dance and surrender into the rhythm of its beauty, to melt in the simple order of its presence.

Her heart expanded ... breaking, dissolving, overflowing. Its pain became relief as the flow of an unexpressed life released into the expanse ... opening as the dawn to receive all colours of her nature.

Slowly, as a tiny bud coming to life, her wish shyly unfolded its petals before the sun, absorbing its warmth, tasting its caress and releasing the sweet scent of beginning.

*She stands now in perfect stillness
as the stars call her name,
singing the light of her journey home.*



Feel it child – the sound of remembering –
the stirring of who you really are.

Feel the gentle wave of the Mother –
she within you who would nurture this state of awakening.
She who would soften your thinking that you might bathe
in the mystery of your sacred possibility.

Allow for this – this journey into expansion,
this stepping into space.
And as each taste would feed a deeper need, may you grow.

May you come to trust more

May you remember



in the moment

Beauty is within
the presence of now

For here is where
all can be held,
nurtured and cared for




from the writers

Eva 

My inspiration to write is most often born from a suffering, a difficulty, or an emotional situation, where a need arises that causes me to go deep within myself – deep within to a stiller, richer place where I can hear the simple voice of a truer guidance and gain a clearer understanding.

When I can quieten my everyday thoughts enough, then the words will start to bubble up from below like a fountain of wisdom. At other times I see a story or picture unfold before me, and the challenge is to find the appropriate words that will capture the essence and describe what I am seeing and feeling.

Jan 

I find I experience a subtle change in the rhythm of my heartbeat, along with a feeling of being drawn into a deep, still pool. From here words flow into my mind as if being silently spoken; other times it's a journey to find the words, like blending colours to paint a picture.

By stilling my mind I find there are deeper responses given to life situations just waiting to be discovered; as if tapping into a source of love-intelligence that sees through more expansive eyes.

The lovely thing about this experience is the feeling of mystery – a journey taken, never quite knowing what it will reveal and open up.



Reflections...

Lynne 

Writing allows me to access responses from my inner world to questions and explorations that arise from living my life. It allows me to put into words the quiet, wise voice that seeks to be heard amid the noise and activity of my everyday thinking and emotions.

Melissa 

When writing I try and stay out of the picture as much as possible and let the words find me. Often if I'm sitting quietly a single sentence will present itself over and over, almost willing me to write it down. If I do then more usually follows.

Writing this way is mostly like trying to follow a very fine thread that keeps twisting and changing as it dances in front of me. I have to keep as still and focussed as possible to stay in touch with its essence. Then there's my inner critic – a persistent background voice that says 'This doesn't make sense. No-one will relate to it...' and so on. My constant challenge is to keep writing regardless of this helpful voice!


Nicoletta 

Whilst travelling in an aeroplane I heard a calling to pick up a pen and write – and so I did. In that moment, I was immersed into a most beautiful space. After experiencing the feeling of this mystery, I became inspired to try and write in an objective way. I can only come in touch with this creativity when I quieten my thoughts and blend with the vibration of stillness, where my heart and my mind's eye open. It is shown simply as a vision that my heart deciphers, or words filter into my mind – it's all in the moment.

So for me, writing is a wonderful tool, as it helps in allowing some space in my day-to-day challenges. In welcoming intimate stillness the miraculous may call, it can be anywhere, anytime – if I am open to it.

Sandi 

My writing comes from the wish to tune into the notes of a deeper self and allow them to flow through me.

Sarah 

The best way I could describe how I come to write these pieces would be to say I feel 'called' to write. I might be anywhere, either at work, shopping, in my car, or meditating and I feel the sense of an image - kind of like 'seeing with the eyes of my heart'. It's almost always something simple, like the image of beautiful wings, or a sense of the ocean. When I find time to sit at my computer and write, I come in tune with those wings, or the ocean; I breathe more deeply and put aside the concerns of my day, allowing the image to grow as I try and let it inspire my heart to 'speak'.

From this place I write, very much in a stream of consciousness; very in the moment. I try not to think about it a lot, nor do I 'doctor' the piece too much when I am done. I simply trust my heart will know what to say and how to say it.



Reflections...

about Leonis

Leonis was founded in 1977. Its teaching however is timeless - embracing the essence of many great spiritual traditions, providing a unique opportunity for transformative inner work, becoming whole again and discovering why we are here.

The Leonis teaching supports and nurtures the growth of the 'seed' within us and with patient gentle work a reconnection with soul and our purpose on earth.

The essence of Leonis exists in the moment of being still, then relating to life from new heart and new intelligence. Leonis is a living, breathing teaching, based on meditative practice.

The work unfolds...

between personality

and essence,

both inner and outer,

both spiritual and practical

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Life's inner journey...

If you have begun or are about to embark on a journey with meditation as your transport and stillness as your guide, this book will support your travels.

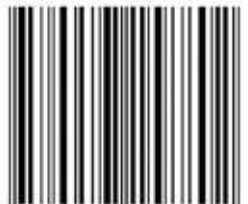
Filled with pieces written from and inspired by stillness, this book contains gentle reminders of why we seek stillness, what can be found in stillness, and what else might be encountered along the way.

It is hoped this book will inspire your search and invite you further into the world of stillness.



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