

“How to”

of Stillness

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ISBN: 979-8349599026 (Paperback)

Front Cover Image by Delyth Williams.

Book Design by Amanda Alley.

Printed by IngramSpark, in the United States of America.

First printing edition 2025.

EVERFLOW Publishing

Seattle, WA

United States of America

www.everflow.world - everflow@everflow.world

I'll keep this little book focused, clear and short ...

First, to begin... what *is* stillness?

Stillness *is a Being* in rest.

Rest develops through a natural layering and effortless flow. Though it “feels” like a striving-to-achieve rest, what is actually happening is each One of us strives to *cease striving* till that “*feeling of striving*” is no more. We know this only through our own experiential journey, not through information taught to us.

Basically, it feels a great task to do nothing in order to know we already have, already are.

Rest begins from within us, our internal world, and permeates out of us, flowing

into our lives; situations, relationships, movements.

Remember, stillness *is a Being* in rest.

So, when stillness becomes Our way, a life that may appear as chaos is not chaotic to Us, though it may be for Another.

When stillness becomes Our way, we'll notice how subtle this is. Unassuming, and it is more of a waking into becoming rather than a "learning through memorizing of gathered facts and so obtaining."

Stillness *is a Being* in rest, this being is the Way for every human.

What makes us unique is not the How or Way, but the *What* of each journey.

*It is nearly impossible for me to tell you *what* your journey will look like, because this is personal and intimate. And though I may be a *part of* your journey, it is by your *Own* conscience you must live.*

In our beginnings(*beginning*) thoughts give rise to emotion, this being memory thriving as present actuality (this can be so

strong in us, that the emotion that comes because *of*, will consume the physical body).

So, let us now look at the “*how to*” in *stillness*...

How *does* One begin in stillness?

- Allow all you know to rest.
- Quiet complaint, the thought of, the feeling of.
- Trust who you really are, allowing familiarity of self to fade.
- Lay to rest *what* you believe to know *about* Creator or non-creator.

Allow all you know to rest

I would never take away or invalidate our thoughts or experiences.

In our beginnings of stillness, our thoughts, experiences and knowledge are merely a disservice to us.

In our beginnings of stillness, they act as mighty guardians protecting us, keeping us safe and secure. And though the reality of this is not innately evil, it is pure in its immaturity and simply needs to rest for a season.

*Quiet complaint, the thought of, the feeling
of*

Our thoughts are not right or wrong, our feelings are not right or wrong. They are a part of our being. A world of their own. And in this raw pure state that thought and feeling is, each is honored, not hated or obsessed over.

In our beginnings of stillness we will notice how there has been an enmeshment of thought, emotion and body. Stillness surrounds these 3 worlds and rightly divides them so there may be true unity.

Complaint, in essence, is an immature place of opinion with its base line as “lacking” or “needing” because One does not have. This too is not evil, it is simply a revealing of

how one sees and where one finds their being.

There is a resting place for thought and emotion within stillness.

*Trust who you really are, allowing
familiarity of self to fade*

In order to trust One's self, one must be willing to journey through the experience of emotion and thought which pervades our being, consciously laying to rest *what* we've ever known about ourself. "The good, the bad, the ugly..."

Familiarity of self is a fixed self-image. There is no where to go for us if this continues. We will continue through the cycle of familiarity, fixed in emotion and thought, this revealing memory of (what was) *as* our present actuality.

Familiarity of self must be laid to rest so we are able to trust our own conscience and not the life of Another in comparison.

Trusting self must come before leaning
into *Another* ... no matter how messy it
may appear.

*Lay to rest what you think you know about
Creator or non-creator*

Just as we have fixed ourself in familiarity,
we have done the same to our Creator or
non-creator.

Lay to rest *what* you think you know *about*
Creator or non-creator...

In most cases, and I don't actually know any person who doesn't begin this way, but you never know(!), stillness of *body* is the beginning.

There are many reasons as to *why* but one reason is how our busy from within permeates our without. And though it is stillness from within we seek, it begins from our within calling our without to be still.

From here we see a whole lot about our self and so begin our process of growing up, of waking up ...

Stillness is not inactivity.
Stillness *is a Being* in rest.

When stillness has found its place within
us, a whole new world opens up.

This is indescribable.

As a sandy shore awaits a cool tide, so too
do I rest.

I have rested.

I have my rest within resting.

Waiting.

Suddenly, imperceptibly, this cool tide
came.

The coolness came in, then went out.

Came in, then out.

Very soft in my beginning.

Unassuming, subtly moving.

Without explanation, this steadfast
coolness submerged me and began to
consume my shore.

I felt all emotion subside, a masquerade of
this cool water.

Every formed thought appeared to flutter
and fly, till there was no sight of its flurry.

There was stillness.

I was stillness in my core being. This is
who I am.

Out of stillness, out of my inner being,
came a flooding of color.

As a river in perpetual motion, awareness
of all things became mine.

As much as I would drink in was mine to
drink of.

Becoming a part of what I am.

Awareness was my new knowing.
No longer did I have need for thought.
It was just ... different.

I was as a child of wonder,
“Show me, submerge me.”
My inner being did relay.

As this saturation of stillness continued on,
all of Life opened up before me, within me
... as me.

In this, I am knowing the One who knows
me, sees me, consumes me.

















Audio Book



