

SOUL LIGHT - Thirty Eight

SPEED AND STILLNESS

In 1908, just 100 years ago.....

The average life expectancy of a white European was just 47 years.

Only 14 percent of homes in the US had a bathtub; and only 8 percent had a telephone.

There were just 8,000 cars and only 200 kilometres of paved roads on the planet.

The maximum speed limit in most cities was 10 miles per hour.

The tallest structure in the world was the Eiffel Tower.

The average western wage was 22 cents an hour.

More than 95 percent of all births in the US and Australia took place at home.

Ninety percent of all western doctors had no college education.

Sugar cost four cents a pound, coffee fifteen cents a pound and eggs fourteen cents a dozen.

Most women washed their hair only once a month, and used Borax or egg yolks for shampoo.

There was no Mother's Day or Father's Day.

Two out of every 10 adults in the world's more "advanced" countries couldn't read or write.

Only 6 percent finished high school.

Marijuana, heroin, and morphine were all freely available over the counter at the local corner drugstore. Back then pharmacists said, 'Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health.'

The United States reported just 230 murders for the entire year; Australia probably had less than one a week.

Just one century later our societal changes are radical and self-evident.

Yet, every supposed advance is a change in our external condition only.

The only advances we truly make are internal.

The only advances that really matter are those we make within.

Over the next century change is sure to happen at a far greater speed than ever before; society will advance far more radically than it has in the last hundred years.

Yet, the measure of our greatness will not be determined by the breadth and speed of our technological skills or by our enhanced physical wealth creation abilities.

It will be determined by our stillness.

The stillness that comes from our connection to the Divine Presence.

The stillness that comes from surrender to Love.

The stillness that comes from being truly blessed and grateful for our very being; nothing more, nothing less.

The stillness that comes in the midst of the maelstrom and reminds us what is real.

This fortnight, practice accessing this stillness.

Take time each day - morning and evening - to be real, to be really still.

To be absolutely still.

To be stillness itself.

To be so still that your stillness cannot be violated.

This is the path of sanity - the sanity which will see you safely through the next hundred years!

Love and Blessings,

Les