

Title:
No-Thingnesss

Word Count:
973

Summary:
From Silence . . . Sound
From Stillness . . . Flow
From Emptiness . . . Form

OK. Time for a pop quiz: If it were possible to remove all the "empty space" from your body, t

- A. Inside a bread box.
- B. In a wine glass.
- C. On the head of a pin.
- D. Inside an amoeba.

Here's a hint. Think small. Really small. No, even smaller than that. Think down to the subat

Keywords:

Article Body:
From Silence . . . Sound
From Stillness . . . Flow
From Emptiness . . . Form

OK. Time for a pop quiz: If it were possible to remove all the "empty space" from your body, t

- A. Inside a bread box.
- B. In a wine glass.
- C. On the head of a pin.
- D. Inside an amoeba.

Here's a hint. Think small. Really small. No, even smaller than that. Think down to the subat

I don't know about you, but I find that a bit mind boggling. That means that most of what make

We're told that water makes up more than 80% of our bodies and that we should, therefore, drin

Lets explore the concept of nothingness a bit since it tends to get a bad rap. It's easy to un

Getting past those negative connotations can be a bit challenging. It's perhaps easier if we o

But why is it important to develop a relationship with No-Thingness? What do we get from it? H

The first thing it does is help us clear our senses. Modern life is filled with stuff: Things

When we make a conscious effort to "retreat" from our daily routine, we give our senses a chan

In The Paradox of Success: A Book of Renewal for Leaders, business consultant Paul O'Neil puts

Think of retreat time as a spa treatment for the soul. Connecting with No-Thingness helps you

In order to connect with No-Thingness you must actively step out of your daily pattern and rou

Perhaps the most important and simple thing you can do to connect with No-Thingness is to take

No-Thing breaks do not require any additional time. There are hundreds of built-in opportunities

If you wish to do more than just get by. If you wish, rather, to embody your full potential, i

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>