

# III SPIRIT SPEAK

## AIX | STILLNESS

NICOLE BONOMI

While you live in the period of gestation,  
Give active thanks for the tomorrow that is. (Has already bloomed).

While indeed you move toward it, your focus need not be on “the movement toward it”.  
“It's coming”  
“It has happened and I am going toward it”  
“It's just around the corner”  
“It's changing or, shifting”

These all infer [that] the ‘the movement’ is. (The isness)

Focus on the isness of the garden (bloomed already).  
In this moment, that moment already is. Time a mere divider.

Negation of inness occurs through a focus on the movement to.  
Therefore, a focus on “movement to” as “gestation” and “period” negates ‘isness’.

The isness and the sensation roused through faith of, and in the mind's eye is the way - [and]  
(is in fact the movement). But to focus on [the] movement, means One never is.

Now, the foundation for the idea that “being” or isness is movement itself, by second degree.

Now you understand [foundationally] the very power found in the Mastery of Stillness.  
So, be.

This is a space to Master. Stillness.

*Nicole Bonomi*