



Finding Your Stillpoint

by Lynn Scheurell, the Official Guide To The Purpose Of Life

"Only let the moving waters calm down; and the sun and moon will be reflected on the surface of your being." ~ Rumi

What's a stillpoint you ask? A stillpoint is the place where movement ceases and everything becomes clear as a result. Think of a rollercoaster – the kind that loops around first one way, then backwards through the loop, getting ever higher in its circle until the cars are at the top of the circle, hanging upside down – just hanging. THAT is a stillpoint. The object in motion has come to rest, balancing on its' stillpoint. The same can be true for us even in the midst of our lives.

Our stillpoint is revealed to us when we can see through our conditioning, bring conscious compassion to all that we know and discover about ourselves, embrace all of who we are (warts and all), and find the freedom in the newness of life experiences. Some people would define it as the ageless connection with source energy, of merging with your divine for even just a moment... before the busy-ness of your linear mind, the connections of your relationships and the activities of your life come in and take over (which, as an entrepreneur, is exponentially more when the business-mind kicks in!). However, when we can attain our stillpoint, we have the opportunity to breathe with our entire being. We can stop the resistance, the struggle with what IS in appreciation of simply being.

One of my recent clients experienced her stillpoint for the first time. She hired me because her business wasn't working. There weren't enough clients, not enough money, too much to do, and a feeling of "not being enough". Of course, when that starts, that message becomes internalized and becomes magnified as a vicious circle. She's been going at a frenetic pace on all levels for nearly a year – she was worn down, fried out, and frustrated by other solutions she had tried but that didn't make a difference. She'd tried time management, hiring a professional organizer, working with a marketing firm to handle her promotions, working with a life coach, and more – but each was a band-aid that addressed symptoms temporarily but didn't last.

The reason was that she hadn't met herself in the space of her stillpoint to remember her power, her true purpose, and the abundance of time to get what was truly important done – she not only had more than enough but she now knows that she IS more than enough in her stillpoint being. By taking a "break" to reconnect with her personal stillpoint, even though the first experience of it lasted less than a minute, she began to go beyond her current state to relate to a much bigger picture of herself. She no longer views her past, or even her current state, as a predictor of what can be... and when she needs to fill up again on that level, now she can always access her stillpoint to feel the expansive focus of who she IS to align her world with that.

Take a minute to think about that... the expansive focus of your personal stillpoint.... What would that feel like? How do you get there?



Three Things You Can Do Today:

- 1. Stop and be still.** Give yourself permission to just stop. Close your eyes and imagine yourself as a blender that you turn off, or of being on a rollercoaster that just stops, or as a pebble that stops tumbling in the water to simply reflect the sun's light. Be still. Breathe. Turn your conscious attention inward to find what your stillpoint looks like – it might look like you are a circle of light balanced at the top of a pyramid. It might be a feeling of the universe coming to a point in your center or a feeling of non-sensation in your body, as though you are free to do anything and gravity isn't holding you. The most important thing is that you stop and be still – even if it's less than a minute, it will help you to connect to your source energy, to that place where no one else can go but you.
- 2. Pay attention to your near-wake or near-sleep state.** In the few moments that dance between being asleep and waking up, or just before you fall asleep, the "veil" is thin for us because our conscious mind has already started to disengage or hasn't quite engaged yet. In those "limbo" places, you can access your stillpoint more easily – the place where you are completely content and have no need to do anything other than be in that moment. If your conscious mind tries to horn in, you can sometimes push it back; over time, you will be able to prolong that in-between state to the extent that you might feel like you were there for a really long time (even if in chronological time it only lasted 30 seconds). It doesn't take much to feel your stillpoint if you are attuned to doing so.
- 3. Feel your feelings fully.** When we are disconnected from, or don't allow ourselves to feel, our feelings completely, they will find a way somehow to be acknowledged. Just like a child that demands to be heard, our feelings will find a way to get noticed. And "old" or "stuck" feelings can clog up our stillpoint because it becomes "noise" over time instead of a valid messenger in the moment. When you can be internally still enough to feel your feelings, and act accordingly, your internal world is in flow and you can more easily access your stillpoint.

And one last thought – taking the time to create a personal ritual for yourself can be a powerful way to access your stillpoint (see my New Year's Eve ritual above).

At the risk of using "woo-woo" language, connect with your stillpoint to be in who you are in the largest sense, and then bring that back into your everyday world for faster results on your priorities. It's about vibrational creation from who you are in your most pure form to make manifest your gifts and desires in a tangible way. Imagine if everyone created their lives from the purity of their essential being... gives me the chills just thinkin' about it!



Author's Bio



Lynn Scheurell, Creative Catalyst, helps soul-driven entrepreneurs strengthen their inner systems for faster business results. Having walked the path of being a soul-driven entrepreneur for over a decade, she teaches renaissance souls how to gain clarity on their purpose. From there, it's vital to align everything they do to be an expression of their gift through their business while working with practical business systems. Download a free report to learn "The Seven Deadly Mistakes That Keep Soul Driven Business Owners from Making Money" at

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