

## StillPoint eMagazine

© 2020 StillPoint Retreats, Inc. All Rights Reserved

[www.stillpointretreats.com](http://www.stillpointretreats.com)



StillPoint Retreats | 117 Walnut Hill Rd., Derry NH 03038 | 603-490-2271 | silentretreats@gmail.com

### NEW ADDITION TO THE STILLPOINT FAMILY:



#### Congratulations Mark & Alyssa:

On Sunday, July 5th, at 3:30 PM in Exeter, NH, a child of God was entrusted to Mark and Alyssa McDermott - a special new soul to care for and bring into the awareness of His Blessings and Love. Miraculously, she was born at the instant that Jupiter, the symbol of the living Christ, touched a conjunction of her Sun [inner-self] and Moon [outer-self]. Clearly, God's child on loan! Please welcome her into our spiritual community with prayers and well wishes.

#### Welcome Elizabeth Rose McDermott!

“Before I formed you in the womb, I knew you, and before you were born, I consecrated you. My name is not complete without yours.”

~ Jeremiah 1:5



**MAYA (THE WORLD)  
TROUBLES ME MUCH!**



About 100 years ago there lived a great saint in India who is called Sai Baba of Shirdi. When I first heard of Him, I acknowledged that, because He had such a vast following in India, He must have had something of worth to impart. And, over time, I have learned that ALL saints' teachings point to the same ideals and a new set of teachings is not much more than a different wrapping to hold the diamond of Supreme Knowledge - Truth.

When I first started out on the spiritual path, I drank the "Kool-Aid" that life would get better and better if only I "did" this and thought "that" and "acted" in a certain way. Well, needless to say, life unfolded indifferent to my thoughts, deeds and actions. What a disappointment. What made it worse was those who were teaching me at the time indicated that if my outer life was not one of perfect health, prosperity, and love, then I just have to look inside myself and make the necessary corrections to manifest it. I felt like such a failure!

Then I heard of an old saint in India, perhaps the most followed true Holy Man of our time, who once sat on the steps of His little temple and put His head in His hands and said "Maya (the world) troubles Me much!" Wait a minute! This is a great saint. Shouldn't His life be perfect?

**"It's about our inner state."**

Then I got it. It's not about the conditions of the outer life. It is about our relationship with God - or another way to say this - it is about our inner state of peace and contentment. So, if the world of the senses, the world of the waves on the Ocean, can trouble the great saint, of course, it can and will trouble us - but this is the point of discrimination and understanding - yes, we are troubled, but we are not OVERSHADOWED.

**Lesson: The outer world is troubling  
by design**

So, being troubled is not a sign of being spiritually deficient. Thinking that you shouldn't be troubled, and being completely overshadowed, well, that just means that it's time to add to your "to do list" - meditation, reading the Pure Knowledge, silent retreats, and Practicing the Presence of God daily (this means continuously remembering the truth that this - all of this -is God, it is all happening for a higher purpose and we are His witness).

We are in the eternal cycle of pleasure-pain, happiness-suffering, life-death is designed to cause us to be eventually disenchanted and compel us to focus on going inside to find fulfillment and to complete our wholeness. That fulfillment and wholeness is achieved as we live in Divine Communion. And this is the purpose of all life: that all things reach their potential. However, we are gloriously unique because:

**We have not only a human potential, but  
a Divine potential. And until they are in  
balance, we suffer.**

Troubled with the world? OK! Fair enough. Go inside and dwell in the arms of God! How? Faith that it is all as it should be and it is all to our greatest spiritual advantage.



**DAILY PRAYER THAT WE MAY  
CONTINUE TO BE ONE NATION  
UNDER GOD:**

Our Father, Who are in Heaven, Hallowed be Thy Name. Thy Kingdom come, Thy will be done, on earth as it is in Heaven. Give us this day our daily bread. And forgive us our wrongdoings, as we forgive others their wrongs to us. And lead us not into temptation but deliver us from evil. For Thine is the Power and Kingdom and Glory - and we reaffirm these Unites States of America as Your Country - in Your Love and Protection forever!

**OUR NEXT 2020 RETREAT:**  
**Starts December 5th**  
Christmas – Infinite Love  
Takes Finite Form



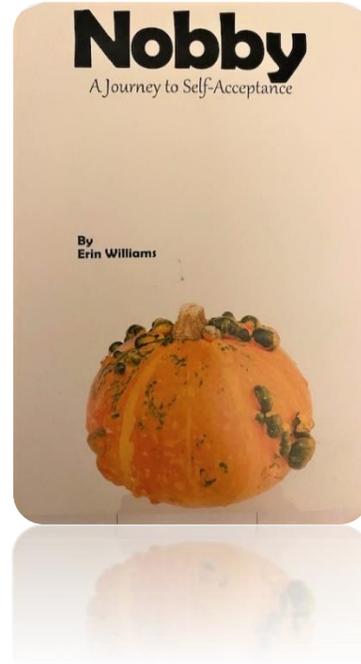
**STILLPOINT HOSTS A DIFFERENT:**

*Ongoing One Hour Retreat - Every Wednesday*  
[www.stillpointretreats.com/in-home-group-meditation](http://www.stillpointretreats.com/in-home-group-meditation)

At any time, you can view and participate in the current retreat and any one of 12 that we have in our archives. On Wednesday of each week we present a new One Hour Retreat. We will send you a notice with the topic and a link to the StillPoint webpage which has the new retreat audio/visual recording posted as well as a library list of the last 12.

*Please join us at any time you wish.*

\*\*\*\*\*



**NOBBY:**  
(Excerpt by Erin Williams)

*The world is like a big costume party: the point is not to love or hate or want or reject the costumes, but rather to peek behind the mask and recognize Him in all His variety of Disguises. This will allow you to let your own light shine always, my little Jack o' lanterns, no matter what darkness surrounds you.*