

# JOE WISE SONG STORY

## BE STILL

This one comes as I once more ask within myself, “Who am I?” “What am I?” Adyashanti, the modern mystic and spiritual teacher counsels me, not to look for the answer anywhere above the neck. But to be aware and open to any full-bodied felt heart-knowing.

My own spiritual acculturation includes the 1st-century teacher, Jesus, who confirms what he learned from his teachers in ancient scriptures. “Be still and know that I-Am God.”

In my last lap on the track here, and in my life on the earth, after all my years of spiritual inquiry, curiosity and thirst, the most persistent resultant awareness and distillation of Truth for me is this simple, brief invitation. Be still and know that I-Am. God. Within you.

This is our communion—our oneness with the already and always. Our looking to that which does not come or go. Our chance to be in the awareness and “see” if there is any separation. Where does I-Amness end? Jesus says, I and the Father are one. Blasphemy. You’re a human. Response: Even your own ancient teachers say “Know ye not ye are gods?” Many speculate that in his “lost years” he traveled the Silk Road to the Far East, and encountered wise men, saints, enlightened beings and teachings, in India and beyond. Some were “awake” in the Buddhist tradition. The Truth of Being—in unending, eternal, ever-expansive realization of who and what we are. Available to all, as all. Unearned. Simple. Direct. Assuring.

These are the qualities and ingredients I wanted to express song-wise. Including the wordless sections. Stillness as the fertile field. This song as a preamble, an invitation into what may arise, appear therein.

– Joe Wise

