

ART BY AMIT PRESENTS



Stillness & Proverb

*Mindfulness, Reminders & Words of Wisdom from the
Hindu Tradition*

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Stillness & Proverb

*Mindfulness, Reminders & Hindu Wisdom for the Ordinary
Day*

by Amit

First digital edition · Art by Amit

Written from the place where art and spirit meet.

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Preface — Why Stillness

We rarely lack information about how to live well. We lack the stillness in which that information could actually reach us. This small book is not a teaching so much as a set of doorways — short reminders, breathing practices, and old proverbs — meant to be returned to often, a page at a time, rather than read once and set aside.

Much of what follows is drawn from the long tradition of Hindu thought: the Bhagavad Gita's meditations on a steady mind, and the proverbs passed, generation to generation, through households far older than any book. None of it is meant as doctrine. It is meant as company — words to sit beside you the way a lamp sits beside a reader.

Reminders for the Ordinary Day

Small, portable truths — for the moments between the large ones.

- ❖ You do not have to win the morning. You only have to meet it.

- ❖ The breath is always available. It is the one door that is never locked.

- ❖ What you practice in small moments is what will show up in the large ones.

- ❖ Stillness is not the absence of thought. It is no longer being ruled by it.

- ❖ You are allowed to begin again, as many times as the day requires.

- ❖ Attend to what is in front of you. The rest will keep.

- ❖ Peace is rarely loud. Listen for the quiet version first.

❖ The mind that rushes to judge rarely has room left to understand.

❖ Gratitude is a doorway that opens from the inside.

❖ Even the busiest day holds one full breath, if you are willing to take it.

CHAPTER THREE

On Breath and Presence

In the Hindu contemplative tradition, breath — *prana* — is treated as more than biology. It is the visible thread between body and awareness, the one process that is both automatic and, the moment you choose to notice it, entirely within your control.

This is why so many practices begin with breath rather than thought: it is easier to steady a storm by starting with the surface of the water. Slow the breath, and the mind, more often than not, follows.

The Bhagavad Gita speaks often of the disciplined mind — not a mind forced into silence, but one that, through steady practice, learns to rest without being dragged along by every passing desire or fear. A single slow breath, taken on purpose, is a small rehearsal of that same discipline.

"For one who has conquered the mind, the mind is the best of friends; but for one who has failed to do so, the mind remains the greatest enemy."

ADAPTED FROM THE BHAGAVAD GITA

Words of Wisdom from the Gita

The Bhagavad Gita is, at its heart, a conversation about how to act in the world without being ruled by it — how to hold both engagement and peace in the same hand. A few of its enduring themes, offered here in paraphrase:

On steady action: "You have a right to your actions, but never to the fruits of your actions." Do the work fully; release your grip on the outcome.

BHAGAVAD GITA, PARAPHRASED

On the senses: a mind chasing every desire is like a boat swept off course by the wind — peace belongs to the one who is not dragged along.

BHAGAVAD GITA, PARAPHRASED

On discipline: calmness, gentleness, silence, self-restraint, and purity are named among the true disciplines of the mind.

BHAGAVAD GITA, PARAPHRASED

*On peace: real peace does not come from satisfying
every desire, but from no longer being ruled by them
— like an ocean that stays full and still, however
many rivers pour into it.*

BHAGAVAD GITA, PARAPHRASED

Hindu Proverbs for Living

Proverbs are wisdom small enough to carry in a pocket.

Here are fifteen, drawn from the long oral and written traditions of India.

1. Truth is like a star: it does not shine for everyone, but it lights the way for those who seek it.

Traditional Hindu Proverb

2. Silence is the language of the wise; all others are merely translations.

Traditional Hindu Proverb

3. Trees refuse no one their shade, not even the woodcutter.

Traditional Hindu Proverb

4. A mother and one's homeland are greater than heaven itself.

Traditional Hindu Proverb

5. Ask not a person's caste — ask of their knowledge.

Traditional Hindu Proverb

6. The pot calls the kettle black, and both are covered in soot.

Traditional Indian Proverb

7. A single lamp can light a thousand others without losing its own flame.

Traditional Indian Proverb

8. Slow and steady waters carve the deepest riverbeds.

Traditional Indian Proverb

9. The river that forgets its source will eventually run dry.

Traditional Indian Proverb

10. He who is contented is rich, even in poverty; the discontented remain poor, even in wealth.

Traditional Hindu Proverb

11. Do not judge the ocean by the wave you happen to see.

Traditional Indian Proverb

12. A kind word costs nothing but is worth more than gold.

Traditional Indian Proverb

13. The tortoise that keeps walking will outpace the hare that stops to boast.

Traditional Indian Proverb

14. What the mind believes, the body soon follows.

Traditional Hindu Proverb

15. The lotus does not resent the mud it grows from.

Traditional Hindu Proverb

A Short Practice

A simple five-step practice, for any ordinary moment that asks for a return to stillness.

- ❖ **Arrive.** Feel the surface beneath you — floor, chair, ground. Let your weight settle into it.

- ❖ **Soften.** Unclench your jaw, drop your shoulders, loosen your hands.

- ❖ **Breathe.** Take four slow breaths, a little longer on the exhale than the inhale.

- ❖ **Notice.** Name, silently, one thing you can see, one you can hear, one you can feel.

- ❖ **Return.** Carry this steadiness back into whatever you were doing — a little slower than before.

Closing Blessing

May your mind rest like a lamp undisturbed by wind.
May your actions be full, and your grip on their
outcome be light. May you remember, on the hardest days,
that stillness is not something you must build from nothing —
it is something you return to, the way a river returns,
eventually, to the sea.

Om Shanti, Shanti, Shanti.

Peace, peace, peace.



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