For one who clings, motion exists;

But for one who clings not, there is no motion.

Where no motion is, there is stillness.

Where stillness is, there is no craving.

Where no craving is,

There is neither coming nor going.

Where neither coming nor going is,

There is neither arising nor passing away.

Where neither arising nor passing away is,

There is neither this world, nor a world beyond,

Nor a state between.

This, verily, is the end of suffering.

Anguttara Nikaya, Udana 1.8

Vertical vs. Horizontal Graphic

Adapted from “Stepping Out Of Self-Deception” by Rodney Smith

**Complete, non-self, all-inclusive, open**

**This Moment**

**Silent Stillness**

**Vertical Universe**

**Time-bound, spatial, aspirational**

**Horizontal Universe**

**Future** (narrative)

**Past** (narrative)