

RUNNING
TOWARD
STILLNESS

STEPHEN LEGAULT







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UNNING
DWARD
ILLNESS

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For Jenn

For Rio and Silas



For Dan, J and James

For the Buddha within us all

For Jenn

For Rio and Silas



For Dan, J and James

For the Buddha within us all





“Believe nothing, no matter where you read
it, or who said it, no matter if I have said it,
unless it agrees with your own reason and
your own common sense”

—BUDDHA

“The day you let go is the day you are forgiven.”

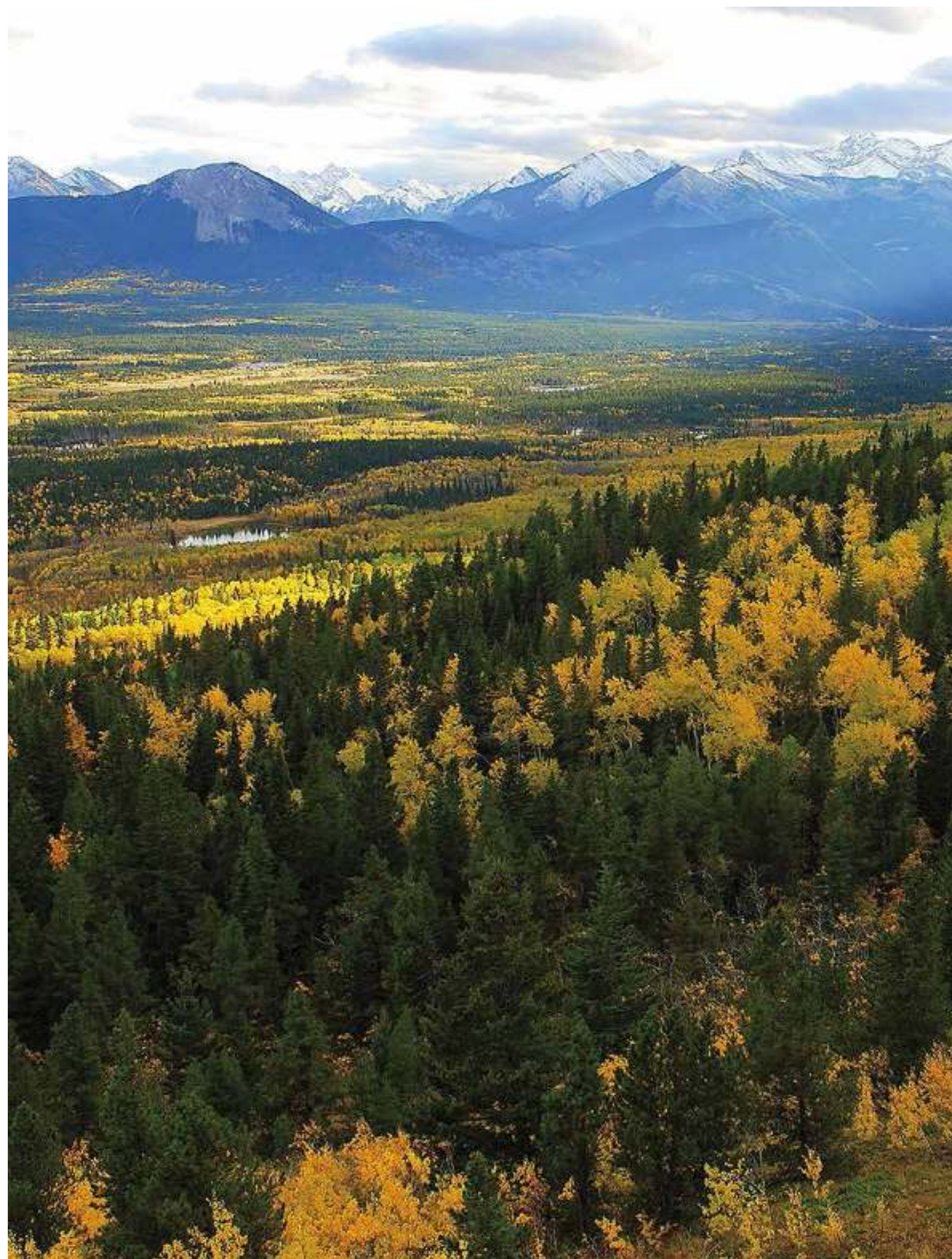
—MICHAEL
FRANTI

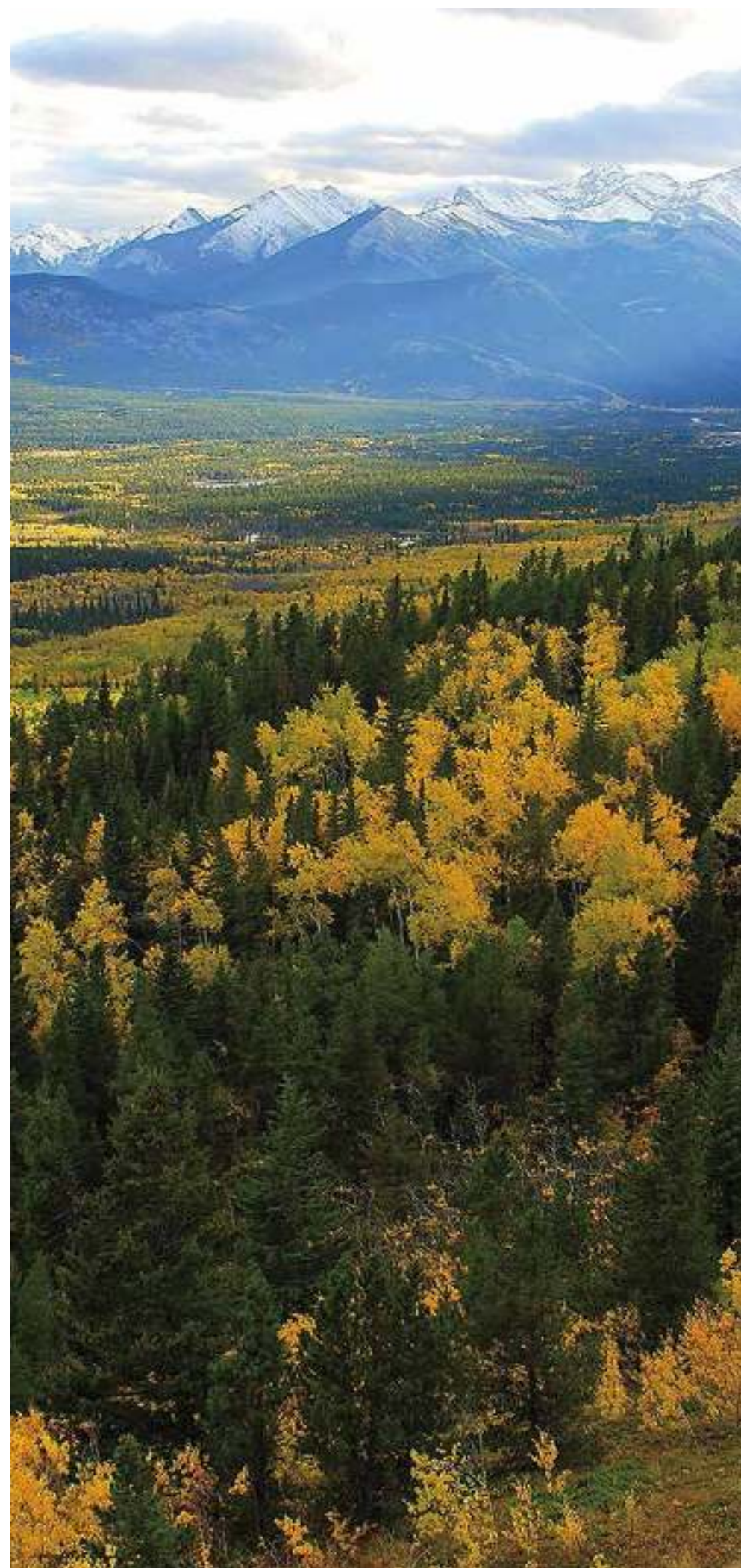
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Or who said it, no matter if I have said it,
Unless it agrees with your own reason and
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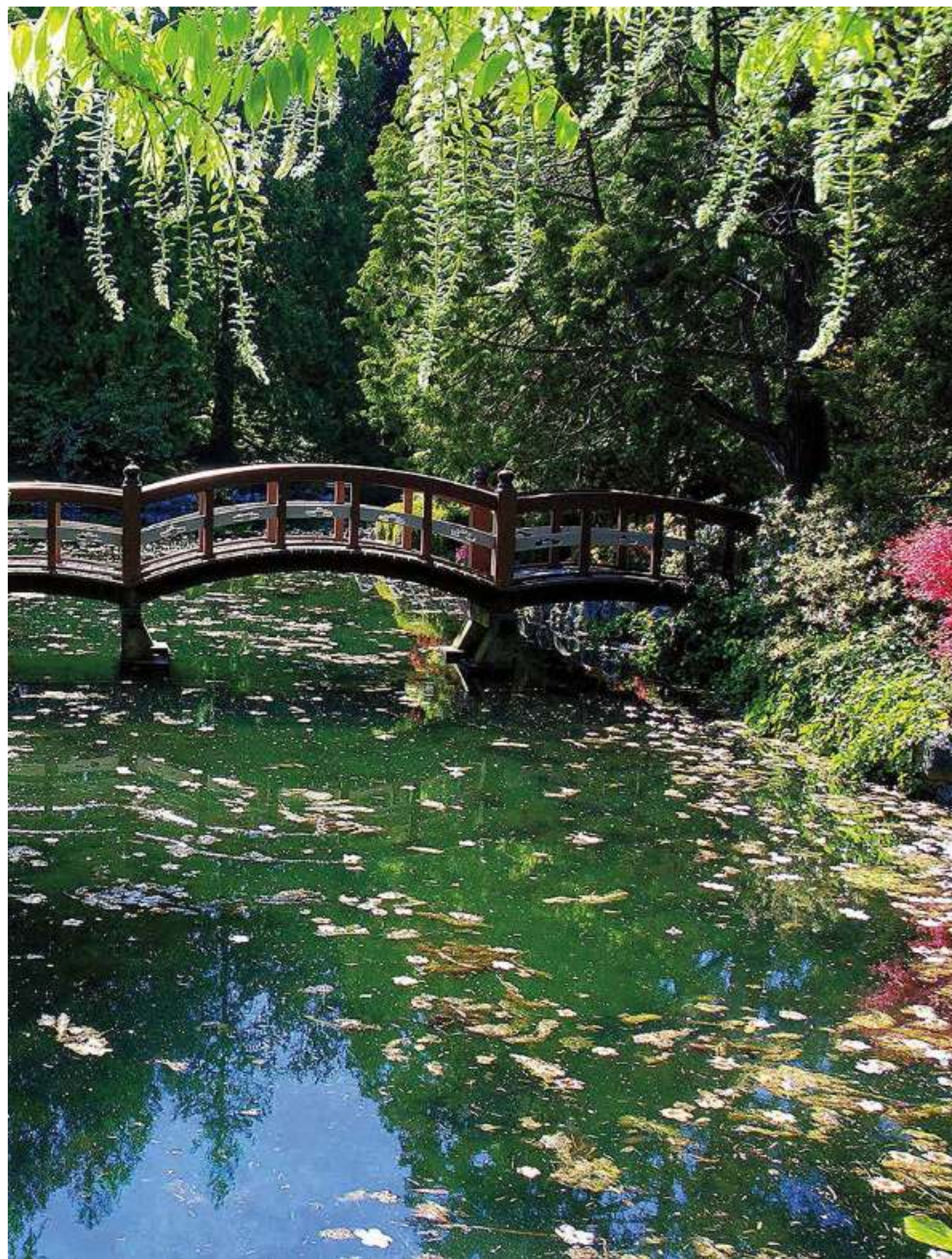
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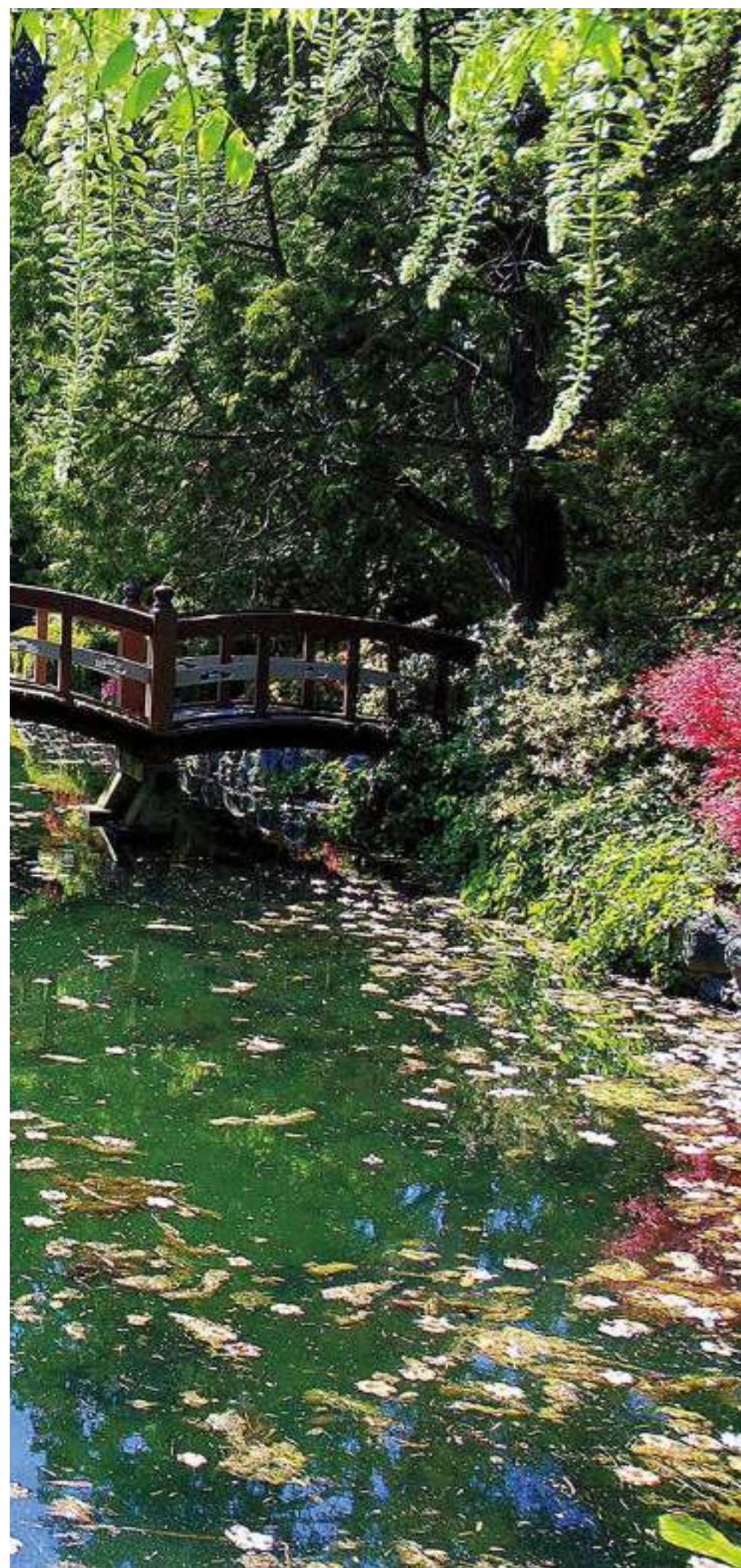
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PREFACE



Start Again

There is motion in stillness and stillness in motion.

I'm always a little nervous before a long run, and often it hurts. I'm an enthusiastic but not particularly talented runner. Nor am I a particularly good meditator. Sometimes Buddhism is uncomfortable to follow any particular doctrine or school of Buddhism. Sometimes days pass and I forget to meditate, and I can't remember half the steps of the Eightfold Path.

Nevertheless, this book is the result of the combination of two important things in my life – running and meditation – and what they have taught me. Running and meditation have been the two principal

PREFACE



Start Again

motion in stillness and stillness in motion.
I'm always a little nervous before a long run, because my back hurts. I'm an enthusiastic but not particularly fast runner. Nor am I a particularly good Buddhist.
Buddhism is uncomfortable too. I don't follow any particular doctrine or school of Buddhism; sometimes days pass and I forget to meditate, and I can't remember half the steps of the Eightfold Path.
In short, this book is the result of the intersection of two important things in my life – running and Buddhism – and what they have taught me. Running and Buddhism have been the two principal means by

2007 and completes its narrative arc in the a
2012. My karma is to share this story.

A year before the first essay in this volume,
relationship of eleven years. I had been unfaithf
deeply depressed, and had briefly considered su
solution. I made bad decisions and people I lo
were hurt, and from this darkness I was able to

This book's purpose is to help you learn one
path to end suffering. I will try to be honest
and I hope that you will be honest with yourself
read this book. We all suffer; we feel pain an
that we can't often explain. We also feel joy and
that provides us with an opportunity to understa
true nature of life and bring an end to our own

A note about style: because these posts were
as blog entries, and not as a concise book of sho
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This book is a snapshot of my life over a si
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and sometimes we feel as if we're standing still
in stillness; stillness in motion. Both are part of
ney. Let's begin.

– Canmore,

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