

RUNNING
TOWARD
STILLNESS

STEPHEN LEGAULT







RUNNING
TOWARD
STILLNESS

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WINNING
DOWNWARD
ILLNESS

PHEN LEGAULT



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Cataloguing data available from Library and Archives Canada

Published by RMB in paperback in 2013

ISBN 978-1-927330-64-7



Canadian
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This electronic version published in 2013
Canada Council for the Arts / Conseil des Arts du Canada
ISBN 978-1-927330-65-4



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Photos on pages 154 and 176 by Jennifer Hoffman

Rocky Mountain Books acknowledges the financial support for its publishing program from the Government of Canada through the Canada Book Publishing Fund and the Canada Council for the Arts, and from the province of British Columbia through the British Columbia Arts Council and the Book Publishing

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Cataloguing data available from Library and Archives Canada

Published by RMB in paperback in 2013
ISBN 978-1-927330-64-7

Heritage Canada
This electronic version published in 2013
Canada Council for the Arts / Conseil des Arts du Canada
ISBN 978-1-927330-65-4

British Columbia Arts Council
Cover photo: barefoot runner © iStockphoto.com/redmal
Photos on pages 154 and 176 by Jennifer Hoffman

Mountain Books acknowledges the financial support for its publishing from the Government of Canada through the Canada Book Fund (CBF), the Canada Council for the Arts, and from the province of British Columbia through the British Columbia Arts Council and the Book Publishing Tax Credit.

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.”

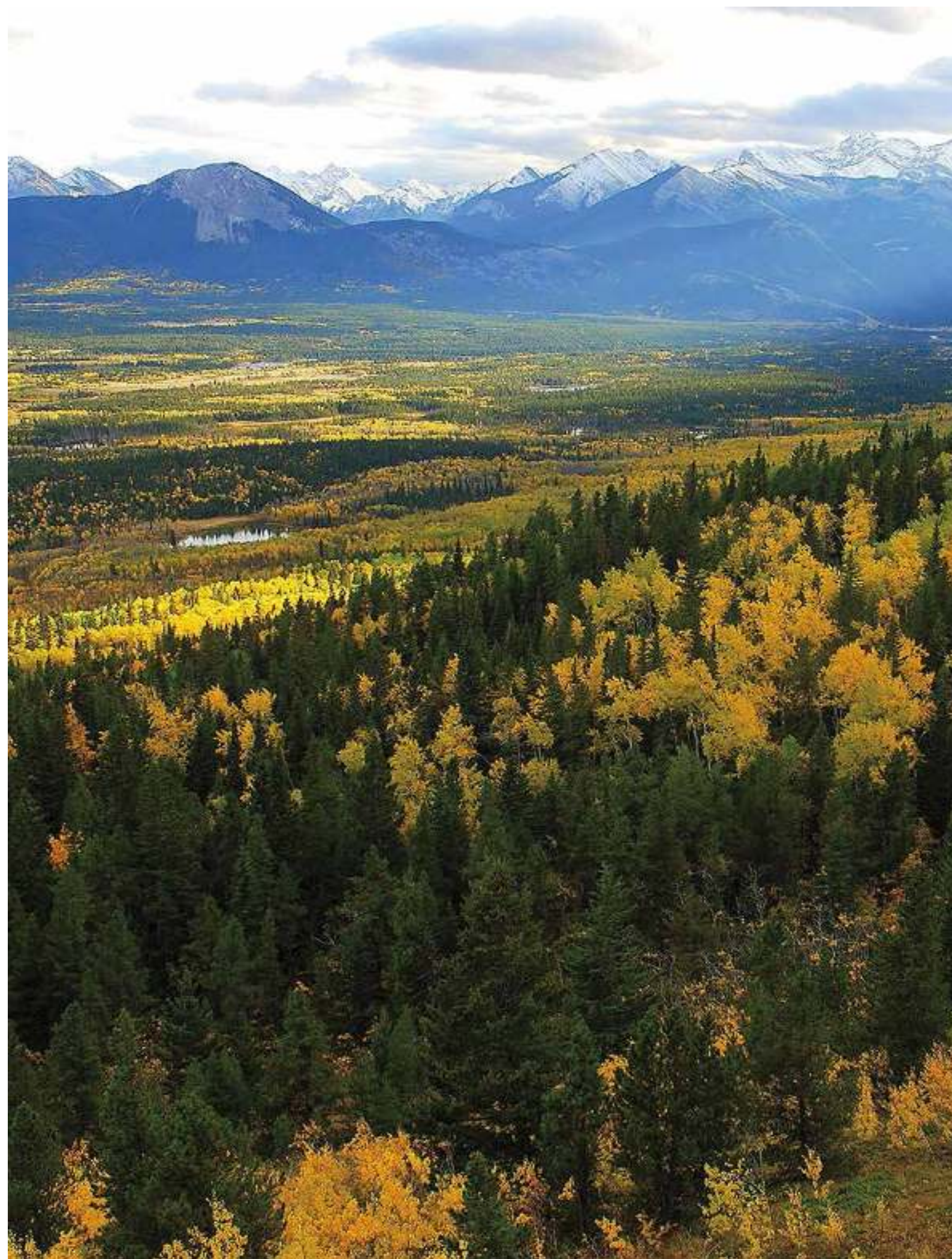
—MICHAEL
FRANTI

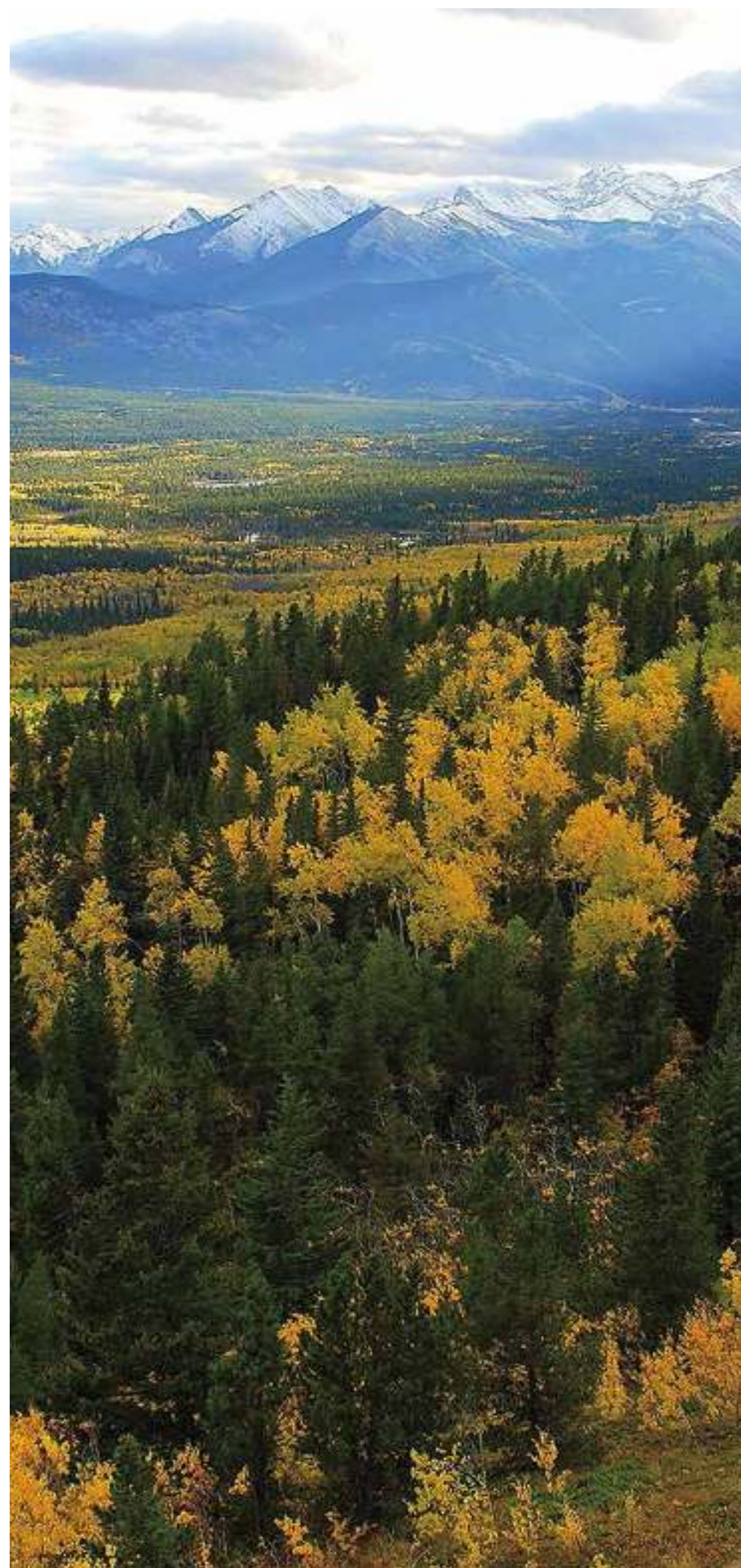
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Or who said it, no matter if I have said it,
Unless it agrees with your own reason and
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—BUDDHA

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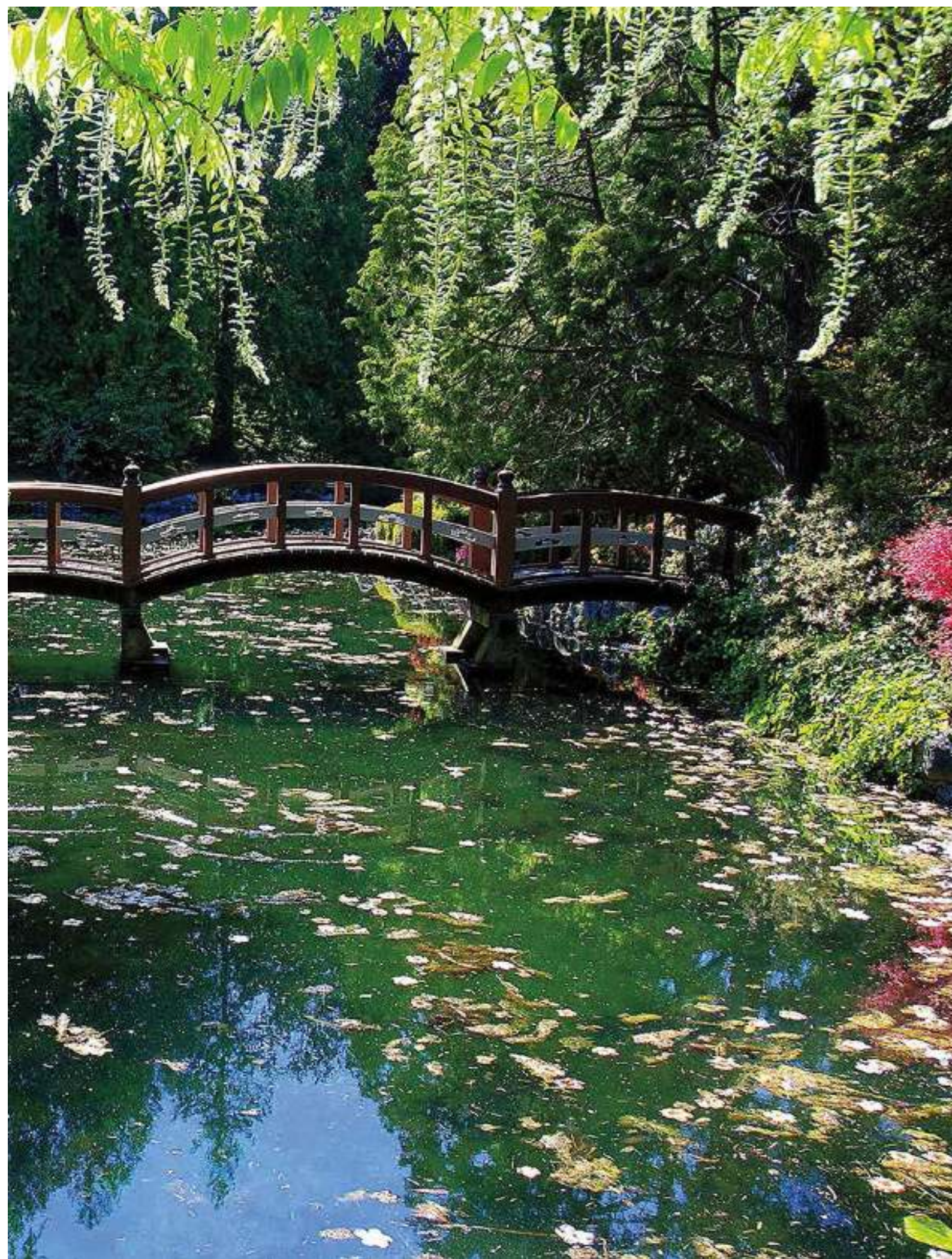
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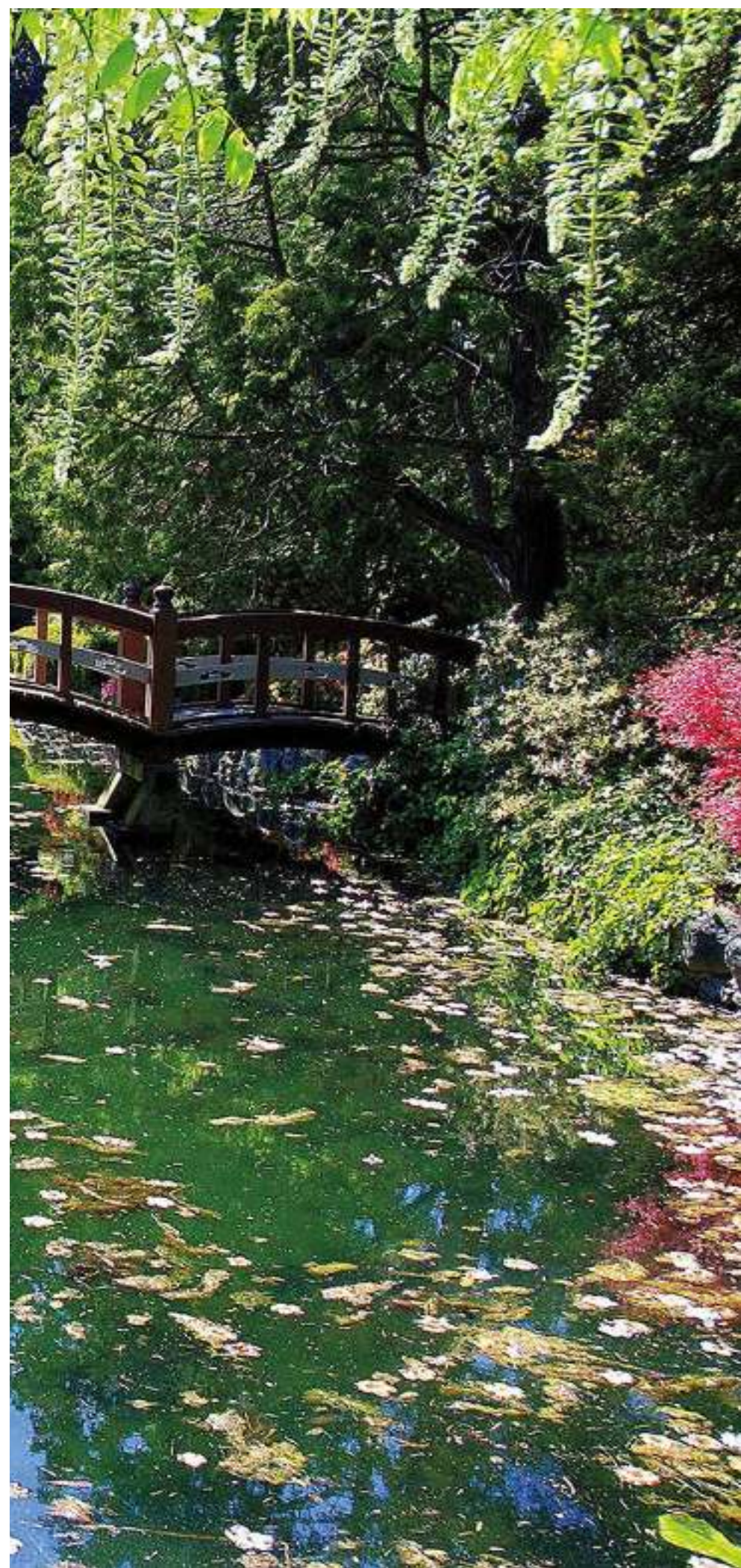
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PREFACE



Start Again

There is motion in stillness and stillness in motion.

I'm always a little nervous before a long run, often it hurts. I'm an enthusiastic but not particularly talented runner. Nor am I a particularly good Buddhist. Sometimes Buddhism is uncomfortable to follow any particular doctrine or school of Buddhism. Sometimes days pass and I forget to meditate, sometimes I don'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 knees hurt. I'm an enthusiastic but not particularly

endurance runner. Nor am I a particularly good Buddhist.

Buddhism is uncomfortable too. I don't

follow any particular doctrine or school of Buddhism;

but every few days pass and I forget to meditate, and I can't

keep up more than half the steps of the Eightfold Path.

Nevertheless, this book is the result of the intersec-

tion of two important things in my life – running and

– and what they have taught me. Running

and meditation 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
they vary in structure. Some were penned in th
tense and others in the past. I've chosen to maint
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This book is a snapshot of my life over a si
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completes its narrative arc in the autumn of
karma is to share this story.

before the first essay in this volume, I left a
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ressed, and had briefly considered suicide as a
I made bad decisions and people I love dearly
and from this darkness I was able to start again.

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that you will be honest with yourself as you
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to preserve the original tone of each piece.

ok is a snapshot of my life over a six-year pe-
because it has a beginning and an end, it may
the journey is somehow complete. It isn't. Even

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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