

The Sound of Silence.

For a muddy pool to clear, it needs to be still.
The stillness after a windy day, is bliss.
Silence fills the air when a noise switches off.
Welcome the sound of silence.
Balance - be - breathe.

To silence the mind is to find clarity, space and peacefulness.
These are magic moments to be treasured.
Listen, breathe, gently expand.
Tune to the rhythm of your body.
Feel your breath rise and fall.
Listen to the silence within.

The sound of silence,
Breathe it, let it fill your soul
Feel the energy of life
Feel the balance
The sound of silence.
Bliss - clear the muddy water.
Balance - Be - Breathe.



Jen Binney 27/10/14