

A Glimpse Inside

We're told to look within and ye shall find

Question; our eyes are directed outwards so how can we possibly look within?

Be still, silent, aware, cast away all thoughts without a care
Clearing the mind, what will it bring?

Maybe the feeling will allow the silence to sing.

The heart beat sounds like a prominent tune, its rhythm resounding inside; senses heighten as external sounds are magnified

Stillness appears bringing peace and harmony, thoughts and visions near reassuring, keeping us company

Whilst time stands still in this glorious state
All the trivia and trials of life abate

Stirring, maybe opening the eyes,
So much to say, what a surprise!

A glimpse inside revitalising and fun,
Like facing the rays of a magnificent sun

Take the feeling into your everyday life,
And use it wisely at the first sign of strife.

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