

Listen

Listen and gentle be present
to all you've ever close kept in your loving heart!
Try to remember the moment
when you felt clearly the gift to be truly alive.

Often look up and see the splendor of life suspended
in your heart and mind so longing
to be forever alive in this moment's stillness:
the thrush echoes your delight.

Bright the colors of hidden longing
and dreams wet woven in silk
and rainbow wonder.

Shadows appear at your doorstep,
but don't you worry,
life's lesson has blossomed now.
This moment immense with a stillness
that makes you listen and want to be listening, and want to be listening.