

(Counting to Ten)  
ENTERING STILLNESS

1.-----

Be Still and Know

In this stillness that is light

a blue dragonfly poised above blue water

even sounds are silent

2.-----

silent, still

leaves fluttering in the summer smell of oak

a child's laughter from somewhere beyond the trees

not heard  
but seen

gold cast into gold

3.-----

a small bird's sudden hop

silent

in the brush

not heard but seen brightly in the mind

All this is light

4.-----

brilliant                      still                      silent                      empty

5.-----

empty

seek the emptiness of voice in silence  
seek the emptiness of silence in stillness  
    seek the emptiness of stillness in light  
        seek yourself in the brilliance of emptiness

all this is light

6.-----

this emptiness that I am  
    this light that I am

this light that floats in light  
    this light that sees light

my heart opening into

this

7.-----

                                 light illuminates light  
nothing else                      nothing else                      but this

8.-----

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