

Silence; is it ever silent?

by Alex McEwan

silence is a state of mind
external noise has no bearing on internal silence
the sound of silence is stillness
silence are the sounds that bring me peace.
that calm the inner maelstrom
a space where clarity returns
between the action and inner critic is muted
when the fire crackles
when the wood pigeons call
when the wind howls
when the waves crash
pencil scratching across a sketchbook page
blissful silence submerged beneath the icy surface
the sound of blood echos
alignment is a breath every fifth stroke
out of your element but in silence

