

Listen for the quiet.

The ropes slapping on the masts of moored sailing boats around you can distract you, as will the roar of the Harley Davidson or the not-so-distant sound of a gunshot from the nearby neighborhood, but listen for the quiet.

It's there, so keep listening for that.

Don't let the noise lead you. Keep listening for the quiet.

Don't let the phone ringing pique your curiosity;

Instead, hear it without becoming attached.

I hear the soft sound of the logs in my wood stove burning,
the even fainter sound of the clock ticking on the mantle.

I am not distracted from listening for the quiet.

The End.

Written by Peter Skeels © March 2024