

676-1000  
the stillness for me

What is this stillness to which so many refer  
I always hear some kind of humming or purr  
A use a fan to create a constant white noise  
My ears always ringing, so much music destroys  
The silence  
But not the stillness  
For the stillness is found in every breath  
Inhale, exhale  
You don't need to hear my tale  
Exhale, inhale  
In the stillness  
I can never ever fail  
For me  
The stillness is  
One leaf fluttering in a winter tree  
Icy pellets crunching 'neath my feet  
Wind howling, and no one around  
All is frozen, nary a sound  
And that one leaf  
Defiant  
Fuck the wind  
Fuck the snow  
I'll go where ever the fuck i wanna go  
And i laugh  
That the stillness  
For me  
For me