

Learn to sit with silence,  
the calmness of yourself.  
Listen to your conscience,  
the voice inside your soul.

Where does your mind take you?  
Where does your spirit go?

To a far away place?  
To a place closer to home?  
Can you find your way back,  
from the journey of your soul?

Can you hear the whispers of angels wings?  
Feel the soft breeze upon your lips?  
Can you feel the tears of heaven fall?  
Like the universe blowing a kiss.

Wings?  
S?  
H?

### "Sit with Silence"

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Like the universe blowing a kiss.

Does your heart skip a beat when love touches your soul?  
Listen to your heart talk...  
when you're sitting all alone.

Janell N  
Pennsylvania

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# Thank You FOR READING!

Below are some questions to reflect on from this piece. Feel free to also use one as a conversation starter with a fellow reader, or even a loved one on the outside!

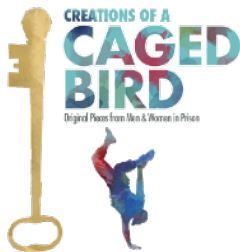
*When might you find time during your day or night to "sit with silence"?*

*What kinds of things do you think you might discover?*

We'd love to hear what you thought of the piece, or if you've had any meaningful conversations as a result. Or perhaps you'd like to share an expression of your own (visual art or creative writing). You are always welcome to write to us at Shining Light at P.O. Box 267, Annville, PA 17003.

*\*Note: We will not be able to provide a response to your letter or receipt of your submission, but know that we value your feedback and contributions and will take them seriously.*

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