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Stillness in the Midst of a Storm

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Calm Before the Storm

Omar Hasan

Living it up in the middle of May
Build up to this day was nothing but grey
Never before were you so keen to lie
Staring at the reflection hoping for a reply
A sign or a hope, a ray or a key
To prepare you for what is there to see.
It hits you like a wave that can only be hard
Tumbling down we come like a deck of cards
In the middle of chaos is peace to feel
All emotions will lead you to kneel
You have now to save our souls
A little late to save all the petty goals
Fear is too wide for the plains that stretch
Answers just don't seem to ease through the mesh
Smoked mirrors to see hope and serenity form
Don't get too excited, this is just the calm before the storm.

Stillness in the Midst of a Storm

Christine Cianciosi

Meditating upon my golden cushion
lightning and I break in two
thunder, booming
disrupts this stillness
I focus back to within—
eyes closed I see illumination
intermittent flashes radiate—
are they from this stormy night?
A gentle reminder knocks within
keep negative views out of mind—
in the silence between my thoughts
reassuring voice, reminding me
there is stillness in the midst of a storm.