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Silent Stillness

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The Locket

Allison Anderson

A locket lurks around your tawny neck
And I wonder whose portrait it aims to protect
Smithed of fine silver and strung on a chain
I hope to inhabit that locket one day

Tenderly clasped at the nape of your neck
It prompts me to study your family crest
I linger on each individual link
And wonder if maybe it's crazy to think

That someday it will be someone's aim to protect
My portrait which hangs from around their neck

Silent Stillness

Christine Cianciosi

In the wind,
I am silence—
In the trees,
I am stillness—

Mind is an ocean,
forever in thought—
one wave fades
yet another comes about.

Cloudy thoughts drift away
make way for sunlight—
deep ascending breath,
I am bright.

Between each thought,
there is no-thing—
yet some-thing is
continually sought.

Meditative moment
I find me—
In silent stillness
I am free.