

*In the wandering of the mind
I clearly heard the chatter of my Thoughts*

*And I wondered aloud,
Is this mine or someone else?*

*I stood in silence pondering this
And again I heard the chatter,
But this time, it was much softer and gentle, and I called out
Is this mine or whose it is, and only silence answered me,*

*Silence whispered in my ear
Be still and know that You are God
And I said what is that,
And Silence answered me*

*In the stillness, there is movement and vibration and sound and Colours
Rebirth and Death and new creation and this I understood,
As the seed, know itself to be in this surrender,
So that it could grow and fulfill its dharma
In this knowingness I became silent and Free and peaceful and Joyful
For I have found my path, my dharma.*

*Rae Chandran
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