

Quiescence

Quiet nights pause and linger on the most
Filled to the brim with thought and reflection
In quiet minds, a memory's best host
They find a way to wax luminous sun¹

Sun's rays shine bright, they pierce and raze the night
Sending dark back to perpetual gloom
They warm the land, once fallowed springs to life
Releasing life from its once barren tomb²

A day goes by in twinkling of an eye
When night returns, greeting spry day with peace³
Once thoughts, like stars, they dance across the sky
Traveling homebound, in their sweet release⁴

Allow beauty and thought in your presence
Greet every day with twilight's quiescence⁵

¹ I find that quiet, still, beautiful nights are the best for thinking and pondering. They are so still and magnificent, they really bring peace to me, but they also stir in me deep thoughts. And while I believe people certainly remember the crazy, active moments the most or most vividly, it's amazing how many serene, beautiful moments one remembers. I think those quiet moments are vital to a healthy mind and thought life. They solidify our thoughts, but they also help us to sort through and organize our minds appropriately, so our memories are accurate and most helpful when we recall them. These quiet, pondering nights are ones that while physically dark, allow our minds to be illuminated.

² It's easy to live day to day, allowing our minds to be overgrown with vegetation and strangled in darkness. Being quiet and still allows us to hack back the weeds and make a path for clear thinking and illumination, whether that be with new thoughts or novel, synthesizing thoughts about old memories.

³ It's amazing how time stands still in these quiet moments. When you come to again, out of the abode of your mind, you may find yourself amazed that you time traveled. You spent a lifetime in your mind, yet didn't move anywhere in time.

⁴ But just as stars - born from the gasses and dust - explode and streak across the night sky, so it is with our thoughts. (I recognize that "shooting stars" aren't really stars but meteors/meteorites, I like the poetic imagery so I'm going with the figurative in the literal sense). The began as minutia, were formed into existence as something grand, and then return to dust as our mind releases them from its gravity.

⁵ Whatever you do, make time for quietness. Have a quiet spirit with others. Think, think, think - especially before you speak or pass judgment. And when possible, make extended periods of time to do this (your mother refers to these as "cave days"). This is important to a healthy mind, soul, and body, and it will help you to ensure that you are aligned in your reasons and thoughts. It keeps you on track and helps you to get back on track.