

## Silence; is it ever silent?

by Alex McEwan

silence is a state of mind  
external noise has no bearing on internal silence  
the sound of silence is stillness  
silence are the sounds that bring me peace.  
that calm the inner maelstrom  
a space where clarity returns  
between the action and inner critic is muted  
when the fire crackles  
when the wood pigeons call  
when the wind howls  
when the waves crash  
pencil scratching across a sketchbook page  
blissful silence submerged beneath the icy surface  
the sound of blood echos  
alignment is a breath every fifth stroke  
out of your element but in silence

