

EARS ARE NOT CULPRITS

Our ears are not the culprits that prevent us
From experiencing silence.

Ear plugs don't even help.

No, it's the mind-in-the-brain that keeps running
Like a train on infinite tracks
With no stops,
No stations;
With people hopping on and off,
Things piled on and off,
And steam whistle blowing on and off.

It speeds along the same old tracks, our train-brain does,
Not even carrying the concept of silence.

Whew!

So how do we create *mind* plugs?

Well, practicing single-minded, focused attention
Is as close as we can get, and that takes a while
To perfect.

In the meantime, keep your lips together,
Watch the train slow down,
Watch *peace* surface, in your heart,
Watch everything.
Attach to nothing.

Observe what happens,
Within.

