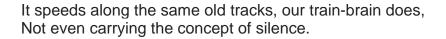
## **EARS ARE NOT CULPRITS**

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.



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.

