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Stillness

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Stillness

Lydia Anderson

There is beauty in stillness,
in unspoken word and calm.
A frozen pond before first footfall shatters
has no need of sound.

There is beauty in stillness,
grace in flights of birds that do not flap but soar;
A shadow against the sky that leaves no mark
but memory

There is beauty in snowfall's still result
Beauty in the wind that does not sigh
Beauty that defines perfection
with no motion to disfigure

There is a beauty in stillness;
Few will ever understand
Its gentle softness calls
and sometimes peace answers.

Sometimes it does not.