

2023

Silence

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Recommended Citation

Gipson, Amaya (2023) "Silence," *The Laureate*: Vol. 21, Article 76.

Available at: <https://scholarworks.wmich.edu/laureate/vol21/iss1/76>

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AMAYA GIPSON

Silence to you, is peace to me
Your lack of words gives me energy
This fast-paced world is often blinding
Reminding of how silence can set you free
An internal relief
From the ones who speak
For their words are too noisy
The quick mumbles of tongue and cheek
Replaced with a gentle heartbeat
And thoughts to keep me company
Silence to you, is peace to me
Carefully observing
And quietly listening
A mindful break from our loud reality

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Silence