

February 13, 2023

## A Drifting Mind

Sometimes I just want to close my eyes  
And let my mind drift into silence  
Yet it's not silence I drift into

I drift into my imagination  
I drift into my past  
But this drifting isn't scary  
Nor is it painful

I believe there is a need for calm  
For times when there are no demands on us

This drifting isn't the loud silence after a battle  
It is the calm silence of passing time,  
Years of thought, of putting words onto feelings

After drifting off for some time  
I wake into the present  
Feeling rested and refreshed  
My mind is clear as I breathe freely

So if time permits  
Close your eyes and let your mind drift  
Into the past, the present, or just your imagination

Drift with closed eyes  
Drift into deep, soft breathing  
Feel your body's pain and tension ease  
Savor every minute of this calm drifting

When you let your mind drift  
You will always return for the better

