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Stillness Recovers

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Stillness Recovers

Cover Page Footnote

You are Enough. 1000 Times, Enough.

As a secret scribe I once wrote about whirlwinds that formed instant happiness.

In fact, I once opened an eagle's eye and "created" bright lights to heighten my mind.

I relieved a well-hidden fright as I closed my eyes and stood still in the middle of a desert storm.

In my "very own" mind.

My fist held a pen "up high" knowing that my ink would sing a final lullaby.

Yet, the dimmed desert stars that I "righteously" roared about sometimes brought me comfort.

STILLNESS RECOVERS

BY DALIAH BRYANT

The hail and ice strokes of my taunts didn't appear to
create movement or sound.

The ink didn't hurt at all and again I closed my eyes to
study from a book riddled in lesson.

The Book wore a cross for its cover and clearly spoke
about many professors and physicians

And of their quiet times, while in their very own minds.

I stood still and watched the crowds of cacti steal the
words from under my pen

At that time, I learned to "keep" still to speak from within.

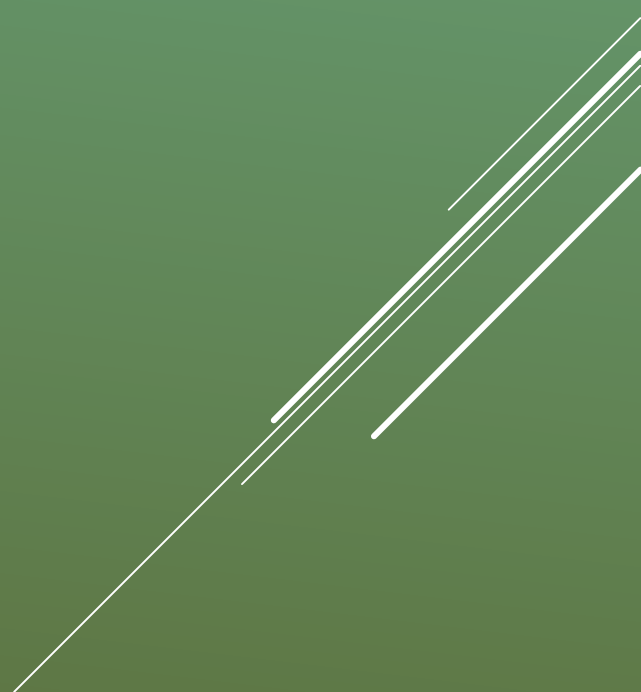
It's a nuclear blessing, an internal flame that burns without
desires

To possess a gift to be able to feel and "know" to be aware
to take time before you show

And like a physician's or professor's hand and mind

I stand still before I reach in

I stand still to ensure that I know the exact treatment
before I begin.



As Stillness Recovers

A demented or mature mind that doesn't always
decline with time.

It's shared, yet not always accepted as a genuine
or mindful contribution that binds.

The "act" of listening and knowing

Some believe that being still is a Divine Illness
because they don't understand

That stillness from within, is not always.

The End

Daliah Bryant is a Barry University Graduate and NSU graduate student studying for her masters degree in Medical Studies.

She currently teaches Health Occupations and loves to read short articles and poems.

Her specialty and interests are in Psychology and Trauma.

ABOUT THE POET
DALIAH BRYANT