

SILENCE

Silence is always there,
from the innermost place
to the far horizon,
from the horizon
to the innermost place.

To become aware of it
is a question of practice.
If we become aware of it,
it is like a miracle.

It is like a miracle
that we ourselves are then
nothing but
this silence,
from the innermost place
to the far horizon.

Nothing but
this silence,
as we
just sit here,
just like this.

From Sylvia Ostertag's book,
Finding Silence, 2017
Available at Penticton Zen Center
or Oxford Zen Center.