

A Moment In Time

Reach down deep inside you mind,
If the thoughts are too much,
Go deeper, until the noises are quieted,
When you are alone, nothing by your side.

As your mind travels into the dark,
Wipe away even the little white spots.
Let no noise disturb this space,
As you are entering a silent place.

Peacefulness calms your soul.
Now that you are in the dark, deep, place,
You still find you are not alone.
Who or what is by your side?

Sedate, calm, restful, place,
In this quiet and peaceful state,
With someone at your side,
Who doesn't disturb the space!

Who is it sharing this place with you?
What have you found, do not be afraid.
Asking for His name, will ensure,
That you will never be the same.