

Stillness

*Deep within my heart
I hear the whispers,
“Come to the desert
and I will speak to your heart.”*

Is the desert real or a metaphor? Can it be both?

“Of course,” I hear.

“Your reality is yours to create.”

Then I remember it all begins with me.

*I take a deep breath,
bring my awareness to my heart
and enter the desert deep within me.*

Ahhhh, I am still.

~Victoria

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