



ukraine
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this vast silence that surrounds you
is expanding and expanding and expanding
just a vast ocean is surrounding you...
pure silence in this expanded state
the taste of bliss
so sweet...
so vast...

you have wings of silence surrounding you
deep within is the same silence
hidden deep within you...this silence and stillness
surrounding you...this silence and stillness
in the middle there is this wall
in the middle there is this division
you bodymind is in the middle

how to disappear so that the inner and the outer merge
and there is no more any separation
this is your search !
to dissolve this separation between you and the sky
become so silent
that you can hear the outer silence penetrating
this is the whole knack