

Do you hear the train?
You might hear a train, but listen
For the Wind.

Do you hear the traffic?
You might hear the cars, but listen
For the River.

Do you hear the jackhammer?
You might hear construction, but listen
For the Ocean
The surf, the tide, the sound of endless change.

Do you hear the sounds of the city?
There are many, intertwined.
One sound flows into another,
some are subtle, some loud, some, mysterious.

Do you hear the sounds of the world?
There are many, intertwined.
One sound flows into another,
some are subtle, some loud, some, mysterious.

Listen, for the Wind.
Listen, for the River.
Listen, for the Ocean.

Do you hear the Sandhill Cranes, landing in their thousands.
The joyous conversations of life,
Embedded in the sounds of the world.

Silence is a state of mind. The sounds of the world fill your heart.