

Deep Listening, by Mary-Elizabeth Cotton
UU Fellowship of the Peninsula, Newport News, VA

Let us listen...

Just for a while
Let us silence our minds
And open our hearts.

Just for a while
Let us listen from within.

Listen...

Not to gain knowledge,
Not to formulate questions,

Rather to chance upon
Sacred bonds and
Profound wisdom.

Just for a while
Let us not seek information
Or answers.

Let us not rouse the intellect
But embrace the spirit.

If thoughts cloud the brain
May we let them pass.

If replies tingle on the tongue.
Let us breathe them away silently.

Return to them later
But here...

Here in this precious time of sharing

Let us listen...

Let the words wash over us
And seep into a still, quiet pool.

Let us listen.