



## daily GOOD

So it always is: when you escape to a desert the silence shouts in your ear. --Graham Greene

### **The Sounds of Silence**

"When I was a sixteen-year-old naturalist in training, we were instructed to sit in the forest and wait for the return of something called the baseline symphony. The baseline symphony was the music of a landscape at ease--the confluence of insect, bird, and animal song, underscored by wind and water. The dynamics of that symphony shifted as day progressed into night. There were brief caesuras, but it did not fall silent for long except in the case of a disturbance. Silence signaled the onset of weather events, a stalking predator, the encroachment of loggers, or the footfalls of a teenager with punk rock looping loudly in her brain. As I picked down the forest path, an unnatural quiet fell, broken only by the occasional bird alarm. With practice, I learned to still my mind and body long enough for the baseline symphony to return..." Lisa Wells explores the many shades of silence and loss in this poignant piece.

### **Be The Change:**

For more inspiration, check out, "The Mystery of Silence," a short excerpt from Dorothy Hunt.