

RIP

There is no peace in silence. Not in my head
The outside quietness is a complete contrasting reflection to the noise within

There are memories, thoughts, questions, song lyrics
Regrets from the past, plans for the future

Ideas, venues
Party menus

I try to drown them in the sea of sleep, yet they float up to the surface causing further ripples to spread into my waking hours

Lists for shopping
Taunting, mocking

No one knows the bustle of activity beneath the calm exterior
They may see a tiny clue in the distracted eye or the forgotten sentence ended.....

Prematurely

What will it take to make noise cease
Calm my mind and bring me peace?

One word from you can trigger a song to play back internally from beginning to end.....except it *doesn't* end
until replaced by a new repetitive thought or tune

Meditation is less successful than mediation
Distraction works better than inaction

When my life ceases
and they say 'Rest in peace'

Will I?