

# *"How long has it Been?"*

*Once lost, it is again found,  
In the silence the heart flutters,  
present in the moment.  
Aware of all and nothing.  
In silence, stillness, one smiles.*

*How long has it been?  
Too long! Too many years!  
Too many tears!  
Broken but reborn.*

*A Phoenix risen from the ashes.  
Flames die, ash settles  
Silence rises.  
Stillness descends.  
Echoes murmur.*

*Darkness and shadows abate  
It awakens again  
How long has it been?  
Sunlight shimmers within.  
Happiness, contentedness renewed.*

*Smiling for a new day.  
A new beginning.  
A new adventure.  
How long has it been?*