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Silence

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Silence

In silence, I can feel.

In silence, I can come to know.

In silence, my heart grows through love.

In silence, my trust in my surroundings gives me strength.

In I can connect more deeply with what is around and within.

But where is silence?

I open my window, and the sounds of engines, the plastic factory, and the radio from
someone's car reverberates through my apartment.

Spaces claimed by the corner store, parking lots, a gas station,
traffic lights, and neatly manicured lawns.

Burnt plastic from that factory, mixed with the gas of the lawn mower.

The City needed to expand and urbanize, so my silence was swept away with the swipe of
industrial progress.

Dear Urban Developer, does the silent forest scare you?

Dear Construction Company, does the silent mountain bore you?

Dear Financial Loan Officer, does the silent lake not entertain you?

Dear City Planner, do the silent skies annoy you?

Dear Industrial Revolutionist, did the silent earth betray your desires?

Silence makes me come alive, my silence is annihilated.

Who will help me to find ?

MEMONA HOSSAIN is a PhD candidate in Applied Ecopsychology at Akamai and Portland State Universities and holds a Master's in Education from the University of Toronto. Memona has completed courses in Art Therapy and is working towards a certification in EcoArt Therapy. She has been working in the field of Mental Health, Addictions, and Developmental Disabilities for over 10 years and currently delivers workshops across the GTA in health and wellness.