



## THE NOISE OF THE WORLD

Noise makes both the body and the mind tense;  
When tension is constant, it can make us violent.

With time, when noise is constant,  
we no longer notice it.  
After a while, we'll say,

"Tense? Aggressive?  
Who, me?"

Truly, there's but one solution: stop  
the noise.

Who would guess it? . . . instantaneous  
new awareness; instantaneous:-

relief.