

*"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?*