



Tranquility

Tranquility, allowing the mind to take the time to de-stress from the rest of a busy day of dealing with humanity

Tranquility, allowing the mind to reassess solutions for conflict of dealing with brokenness, bring peace-ability to troubling lives

Tranquility is learning problem solving techniques to calm a mind moving at the speed of life out of control, taking a time out to move back into the balance place where life is on an even plane, keeping it real

Tranquility, knowing that you have options to take the higher road to liberation, without contemplation, knowing that the confirmation in your own heart will guide you through the stormy seas of life, reducing strife, knowing everything is going to be alright

Tranquility.

~ Ron Britton

Ron Britton, a Family-Youth Partner with Harmonium, composed this original poem for the Trauma Informed Care Symposium "Responding to Community Violence: Impact, Awareness, Empowerment" in October 2012.

This unique symposium was designed for all members of the community who are experiencing or supporting others to navigate through the trauma associated with community violence.

