



Listen to the Silence: Lessons from Trees and Other Masters

Jan Allegretti

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Listen to the Silence is an open invitation to wander a forest path or sit beside a mountain creek, letting the beauty of nature wash over you. See the world with new eyes as you learn compassion from a bug, feel the wind sweep away the ache in your heart, or let the gentle eyes of a beautiful black dog erase your fears. Here you will find peace and new hope in the silent wisdom of trees, spiders, and sunlit moss.

In this thoughtful and inspiring blend of prose-poetry, meditation, and narrative, you'll share the author's intimate relationship with the Earth and its inhabitants, and experience the transcendence possible as you enter the world of nature and simply listen.

Whether you read *Listen to the Silence* in one sitting or a page at a time, you'll find a new awareness of what lies outside your door—and inside your heart.

“*Listen to the Silence* is a meditation beside a fern-lined mountain stream. It's a slow, gentle walk in the woods where the only voice you hear is your own—and you suddenly recognize it is but a single instrument amidst infinite voices in Nature's symphony. This book is Pan's flute, opening our senses to subtle truths otherwise overlooked in the busyness of our little lives.”

~ Hal Zina Bennett, author of *The Lens of Perception: A User's Guide to Higher Consciousness*

“These gentle pieces are to be savored like listening to a new mother singing lullabies. They are reminders that we are missing real life if we neglect to wander in wild nature with soft eyes and open hearts. A famous writing teacher once said to write with ‘microscopic truthfulness.’ I've wondered what that meant until I read Jan's book. Now I know.”

~ Dave Smith, co-founder of Smith & Hawken, author of *To Be of Use: Seven Seeds of Meaningful Work*

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