

Calm

To be calm is to be exempt from strong feelings, to refrain from worry about goals or threats, and to feel your body relaxing. To be calm is a pleasure, though it is quite a different pleasure from sexual satisfaction, the eating of a fine meal, or having a wonderful conversation. To be calm is to be at peace.

1

Recently I have waked in the early morning, gone to the bathroom, and then returned to bed in silence. (My wife is out of the country.) I have lain down under the covers, closed my eyes, and emptied my mind. (Often I cannot do that.) I have become very calm. There is no noise in the house, no noise outside—for it is the dead of winter in this small town—and I have the sense that my beating heart and my flowing blood are all that there is in the world. I remain that way, my own silent presence, for minutes on end. I am very calm. I am my body, rather than being aware of my body.