

5 Days of Stillness

Poems & gentle reflections for
conscious moments

René Roldão

An invitation

This small book is an invitation.

An invitation to slow down.

To pause for a moment.

To return to yourself.

You do not need to understand everything
you read here.

You do not need to do anything “right”.

There is no goal to reach.

These pages are not meant to teach you
something new.

They are meant to remind you of
something you already know.

Over the next five days, you will find poems,
images, and gentle questions.

Take them as companions — not as tasks.

Read slowly.

Skip what does not resonate.

Stay longer where something touches you.

You may read one day at a time,

or open the book intuitively,

wherever it wants to meet you.

There is nothing to achieve here.

Only space to be.

If even one sentence allows you to breathe
more deeply,

if one moment feels a little quieter,

then this book has already fulfilled its
purpose.

Welcome.

Take your time.

Day 1 – Arriving



The Language of Earth

In the silence,
the world keeps breathing —
softly, patiently,
waiting for us
to listen again.

To slow down.
To feel the pulse
beneath our feet.
To remember

that we are not separate,
but a part
of everything.

Here, in the quiet,
I find myself —
not lost,
but finally
home.

An invitation to pause:

- *Where do I notice calm right now, even if it is subtle?*
- *What is allowed to slow down today?*
- *What does “arriving” mean to me in this moment?*