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## How to Sleep Through a Train in the Night

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## How to Sleep Through a Train in the Night *Logan Moody*

When the whistle sounds, please do not be afraid.

At first, it may sound as  
an iron howl in the distance  
or a storm gathering grey, a constant grumble  
of swelling earth and sky;  
but remember this—

summer nights need the savage dance of rainwater  
to cool the grass at our feet, the wind soft on our faces.

Remember, too, that this all will pass,  
leaving along its tracks a soft fullness  
heard as a somewhere-symphony  
playing under rolling blue waves.  
Steam merges with pale clouds  
as all noise drifts into the simple song of the owl.  
And with flannel sheets pulled to your chin,  
a time will come when  
a whistle from the far-off countryside  
carries you deep into the night.