

Begin Again, Again

Every day we wake again.

For a moment,
Maybe we are open—
Everything is clear.
We are wise,
Not confused,
Loving.
There is joy.
We can begin
Again.

Every day—

Perhaps
For a moment
Everything is fresh.
Gone are
Worries and prejudices
That closed
The open
Uncluttered mind.
The natural energy,
Fear,
Confusion,
Yearning,
Are what they are
And no thing more.
We can work with them
Fearlessly,
With joy—
In peace.
Again.

Every day
We can engage
In a different way
With those we love;
With those who
discomfort us;
With those we ignore.

Every day
We can begin again;
With fresh mind;
With the energy
Always there, if only for
a moment—
Again.

In sacred moments
We remember
We can begin again.
We renew intention.
We promise we won't
forget.
And we forget
Until the next sacred
moment
When we remember—
Again,
That we can begin again.
Again.

My wish is
That you remember
What is always there
In you,
For you,
And for everyone you
touch:
The loved,
The difficult,
The ignored.
And that every day,
And every moment
In every day
Can be sacred;
A time
To wake again,
And remember,
Again.
To begin again,
Again.

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December,
2003