

## WHAT TO REMEMBER WHEN WAKING

In that first  
hardly noticed  
moment  
to which you wake,  
coming back  
to this life  
from the other  
more secret,  
moveable  
and frighteningly  
honest  
world  
where everything  
began,  
there is a small  
opening  
into the new day  
which closes  
the moment  
you begin  
your plans.

What you can plan  
is too small  
for you to live.

What you can live  
wholeheartedly  
will make plans  
enough  
for the vitality  
hidden in your sleep.

To be human  
is to become visible  
while carrying  
what is hidden  
as a gift to others.

To remember  
the other world  
in this world  
is to live in your  
true inheritance.

You are not  
a troubled guest  
on this earth,  
you are not  
an accident  
amidst other accidents  
you were invited  
from another and greater  
night  
than the one  
from which  
you have just emerged.

Now, looking through  
the slanting light  
of the morning  
window toward  
the mountain  
presence  
of everything  
that can be,  
what urgency  
calls you to your  
one love? What shape  
waits in the seed  
of you to grow  
and spread  
its branches  
against a future sky?

Is it waiting  
in the fertile sea?  
In the trees  
beyond the house?  
In the life  
you can imagine  
for yourself?  
In the open  
and lovely  
white page  
on the waiting desk?

~ David Whyte ~

*(The House of Belonging)*

