

Go Gently

Go gently into your day.

Before you jump out of bed
and brace yourself to meet the world again,
pause and feel your breath.

Gently allow your hands to instinctually offer comfort
to the places on your body that have
already started to fill with tension –

a gentle hand on the knot in your belly,
a soothing palm cupping your clenched jaw.

Acknowledge what is here – the pleasant and unpleasant

–

with the kindness and patience of a wise grandmother
listening to her grandchildren

Whisper to all the parts within you, “I am with you.”

Go gently as you dress,

eat your breakfast and greet your dear ones.

Slow it all down.

Welcome a soft smile to your face.

Soften the muscles around your eyes.

Let the love within you

Pour warm light into

your conversations.

Go gently as you depart.
Linger just for a moment
to let your departing touch be gentle,
a sacred embrace to warm the hearts of those you hold
in this moment.

Go gently as you go about your day
so you pause before you pick up the usual worries
like a permanent backpack with heavy stones
that have made your shoulders ache
and fold in on your heart.

Go gently and offer your shoulders reprieve
with an expansive stretch and a gentle massage.

Go gently as everyone returns home,
greeting your dear ones with delight in your eyes.

Go gently into the demands of the evening –
from soccer practice to violin lessons –
slowing way down once again.

Turning off the phone and letting go
of the need to check email one more time.
And let yourself just be there,
resting, watching,
breathing.

Go gently as the day comes to an end.
Forgiving – yourself and each other.

Softening the harsh judgments.
Ending the day as you began –
Feeling the comfort and warmth of your hand
on your heart and belly,
feeling yourself being breathed,
feeling the vast ocean of gentleness and compassion
smooth any harsh edges and
invite you now to
gently rest.

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