

"My Perfect Year – 2014"

A Dreaming and Planning workshop with Jude Murray

Poems and Readings



A Morning Offering

I bless the night that nourished my heart
To set the ghosts of longing free
Into the flow and figure of dream
That went to harvest from the dark
Bread for the hunger no one sees.

All that is eternal in me
Welcome the wonder of this day,
The field of brightness it creates
Offering time for each thing
To arise and illuminate.

I place on the altar of dawn:
The quiet loyalty of breath,
The tent of thought where I shelter,
Wave of desire I am shore to
And all beauty drawn to the eye.

May my mind come alive today
To the invisible geography
That invites me to new frontiers,
To break the dead shell of yesterdays,
To risk being disturbed and changed.

May I have the courage today
To live the life that I would love,
To postpone my dream no longer
But do at last what I came here for
And waste my heart on fear no more.

John O'Donohue

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There is a vitality,
a life force,
a quickening
that is translated through you into action,
and because there is only one of you in all time,
this expression is unique.

And if you block it, it will never exist through any other medium and be lost.
The world will not have it. It is not your business to determine
how good it is
nor how valuable it is
nor how it compares with other expressions.

It is your business to keep it yours clearly and directly
to keep the channel open.
You do not even have to believe in yourself or your work.
You have to keep open and aware directly to the urges that motivate YOU.

Keep the channel open...
No artist is pleased...

There is no satisfaction whatever at any time
There is only a queer, divine dissatisfaction
a blessed unrest that keeps us marching
and makes us more alive than the others.

Martha Graham
(- a letter to Agnes De Mille-)

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START CLOSE IN

*Start close in,
don't take the second step
or the third,
start with the first
thing
close in,
the step
you don't want to take.*

Start with
the ground
you know,
the pale ground
beneath your feet,
your own
way of starting
the conversation.

Start with your own
question,
give up on other
people's questions,
don't let them
smother something
simple.

To find
another's voice,
follow
your own voice,
wait until
that voice
becomes a
private ear
listening
to another.

Start right now
take a small step
you can call your own
don't follow
someone else's
heroics, be humble
and focused,
start close in,
don't mistake
that other
for your own.

*Start close in,
don't take
the second step
or the third,
start with the first
thing
close in,
the step
you don't want to take.*

**David Whyte – from "River Flow" –
new and collected poems**

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"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you *not* to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Marianne Williamson

From "Return to Love: Reflections on the principles in a Course in Miracles"