

*"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"*