

## **Midwives of the Soul**

My grandmother once gave me a tip:  
In difficult times, you move forward in small steps.  
Do what you have to do, but little by little.  
Don't think about the future, or what may happen tomorrow.  
Wash the dishes.  
Remove the dust.  
Write a letter.  
Make a soup.  
You see?  
You are advancing step by step.  
Take a step and stop.  
Rest a little.  
Praise yourself.  
Take another step.  
Then another.  
You won't notice, but your steps will grow more and more.  
And the time will come when you can think about the future  
without crying.

- Elena Mikhalkova

## Security

Tomorrow will have an island. Before night  
I always find it. Then on to the next island.  
These places hidden in the day separate  
and come forward if you beckon.  
But you have to know they are there before they exist.

Some time there will be a tomorrow without any island.  
So far, I haven't let that happen, but after  
I'm gone others may become faithless and careless.  
Before them will tumble the wide unbroken sea,  
and without any hope they will stare at the horizon.

So to you, Friend, I confide my secret:  
to be a discoverer you hold close whatever  
you find, and after a while you decide  
what it is. Then, secure in where you have been,  
you turn to the open sea and let go.

-- William Stafford

## Yes

It could happen any time, tornado,  
earthquake, Armageddon. It could happen.  
Or sunshine, love, salvation.  
It could, you know. That's why we wake  
and look out — no guarantees  
in this life.  
But some bonuses, like morning,  
like right now, like noon,  
like evening.

-- William Stafford