

Awakening Rights by Mark Nepo

We waste so much energy
trying to cover up who we are
when beneath every attitude
is the want to be loved,
and beneath every anger
is a wound to be healed
and beneath every sadness
is the fear that there will not be enough time.

Our challenge each day
is not to get dressed to face the world
but to unglove ourselves
so that the doorknob feels cold and the car handle feels wet
and the kiss goodbye feels like the lips of another being,
soft and unrepeatable.

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