

For The Senses

May the touch of your skin
Register the beauty
Of the otherness
That surrounds you.

May your listening be attuned
To the deeper silence
Where sound is honed
To bring distance home.

May the fragrance
Of a breathing meadow
Refresh your heart
And remind you you are
A child of the earth.

And when you partake
Of food and drink,
May your taste quicken
To the gift and sweetness
That flows from the earth.

May your inner eye
See through the surfaces
And glean the real presence
Of everything that meets you.

May your soul beautify
The desire of your eyes
That you might glimpse
The infinity that hides
In the simple sights
That seem worn
To your usual eyes.

– John O'Donohue – Irish Poet Philosopher