

Zelfzorg | Anne Speckens | zondag 5 april 2020

**“Wild Geese”**

*You do not have to be good.*

*You do not have to walk on your knees  
for a hundred miles through the desert repenting.  
You only have to let the soft animal of your body  
love what it loves.*

*Tell me about despair, yours, and I will tell you mine.*

*Meanwhile the world goes on.*

*Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.*

*Meanwhile the wild geese, high in the clean blue air,  
are heading home again.*

*Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting –  
over and over announcing your place  
In the family of things.*

*Mary Oliver*