

## **Day**

### *Morning*

I shall wake up to the sound of the robins  
and sleepily roll out of my bed.  
I shall walk bare-feet through the doors  
and gaze up to the mighty sky.  
I shall admire the beauty of the rising sun  
as I breathe deeply the salty air.  
I shall count my blessings  
as I stroll lightly along the ocean.  
I shall dip my feet in the cold water  
as I release my burden into the sea.

### *Noon*

I shall lay under the shade of an old oak tree  
and lazily stamp the pages with my thumb.  
I shall look into the leaves behind a branch  
and fondly remember a story.  
I shall sip my Earl Gray tea  
as I taste the cracker bit by bit.  
I shall open my arms in the air  
as the wind graciously blows by.  
I shall ask for a sweet dream  
as I slowly close my eyes.

### *Evening*

I shall put up my feet on a little flat rock  
and brush off all the sand.  
I shall clink the wine glass with my friends  
and cheer for the many wonders.  
I shall break bread along with many hands  
as we recount the merry tales.  
I shall fix my eyes westwards  
as the sun moves solemnly home.  
I will receive God's grace  
as I claim my space in the universe.

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