

INSTRUCTIONS FOR REMAINING HUMAN

Start with listening;

Find a still place, far from machines.

Open. Send out roots. Wait for the rain.

Do not worry if it's a dry day.

Tell stories;

Meet the people that live in the deep ravines of your mind.

Follow the winding paths of them. Learn their dreams.

Do not worry if they make little sense.

Make something;

Something that leaves your skin dirty and your bones tired.

Something that you will share.

Do not worry if it falls apart.

Eat with friends;

Listen more than you speak.

If their stories are of contentment, let them warm you.

If their stories are painful, let them hurt you.

Do not worry that you have no answers.

Sleep;

Close your eyes.

Tomorrow is not decided,

And today was just a gift.

Do not worry if you wake in the night.

JOHN BIGLANDS