


Alchemy for First Light

by Weber Mack

First, take from the morning a deep sip of silence.

Open yourself wide to the motion of air which has been up all night,
coming towards you.

Take the small gold coin of joy and slip it into that narrow
opening of wakefulness before it can
close down into duty and forgetfulness.



And if today the coin is only iron, and rusted with old memories.
build a raging fire of your sorrow,
build a wild leaping fire, build an inferno,
drop the coin into the blue-white heat,
and strike it hard with the hammer of your amazement.

And if today the coin is only a stone, and if the stone is a weighted rock,
carve a rune on it and drop it deep into the well,
listen for the deep single slap of rock into water,
and let that one small note sing you through the day.

Take joy then, in whatever form it allows itself to be taken.
Take joy as the coin of the morning. It will keep the day alive
and yourself in it.

There are too many dead days in this world,
and the air coming toward us sighs to brush our vacant eyes.
Spend the coin, for it will not come again in today's first light.