

Fighting the Instrument

By Mark Nepo

Often the instruments of change
are not kind or just
and the hardest openness
of all might be
to embrace the change
while not wasting your heart
fighting the instrument.

The storm is not as important
as the path it opens.
The mistreatment in one life
never as crucial as the clearing
it makes in your heart.

This is very difficult to accept.
The hammer or cruel one
is always short-lived
compared to the jewel
in the centre of the stone.

Mark Nepo is a poet, storyteller and spiritual teacher who has been called 'one of the finest spiritual guides of our time' and has delighted millions of readers with his bestselling books. Find out more about him on his website: marknepo.com

