

Clearing

Do not try to save
the whole world
or do anything grandiose.
Instead, create
a clearing
in the dense forest
of your life
and wait there
patiently,
until the song
that is your life
falls into your own cupped hands
and you recognize and greet it.

Only then will you know
how to give yourself to this world
so worthy of rescue.

by Martha Postlethwaite ¹

Storytelling in a small group or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next prompt and so forth. A person can pass.

1. What thoughts, feelings, or memories arise when you read these words? Say more.
2. Do you have, or have you had, thoughts of “saving the whole world or do[ing] anything grandiose”? Can you identify where those thoughts come from in your being? From your parent(s), family, a teacher, friends, community, nation, world, God, Creator, or deep within your being, your soul? How did you respond and act on those thoughts? What happened then?

¹ [Clearing - Martha Postlethwaite - Words of Wonder - Mindfulness Association](#) , (accessed September 5, 2025).

3. Share what you experienced and/or learned about one of your parents, grandparents, or great-grandparents about “create[ing] a clearing in the dense forest of your life and wait there patiently, until the song that is your life falls into your own cupped hands, and you recognize and greet it.”
4. Share about a time in your life that you created a clearing and waited patiently. What happened then? Say more.