

## From "Thirty Poems of Blessing"

*By Tina Datsko de Sánchez*

3.

Such a blessing to observe

the fetters of the mind:

their Lilliputian grip of stale thoughts,

the hamster wheel of patterned behavior.

See how thin each rope is.

Slice them one by one with the blade

of sharpened awareness.

Daily presence is the best medicine.