

## Blessing the Mystery of My Unfolding

May I learn to appreciate the mystery of my unfolding.  
Bless my impatience with myself and my blindness  
in seeing the Divinity in what appears  
to be non-action, stuckness and most of all  
my fault.

As with any good mystery book,  
the unexpected twists and turns  
make the story sometimes feel scary  
and sometimes feel exciting.

As with any good love story,  
the expectations and disappointments  
make the story sometimes feel exhilarating and  
sometimes feel sad and lonely.

Not knowing what's really going to happen  
in my life-story builds anticipation and awareness  
of the experience, especially when I stay present.  
And, whenever I fall back and think I know  
what's what -- I can be very surprised.

May I remember that when my heart is  
opened to being surprised  
I'm awed at the greater mystery  
at how the story unfolds completely  
without my direction and control.



May I allow myself to feel lost and to just ride that wave  
to accept that I may not be able to see everything clearly --  
where I'm going -- where I've been.  
What's really important is where I'm at now --  
the wave that I'm riding right here and now.

Where am I? Who am I?  
A mystery unfolding  
. . . unfolding . . .  
. . . unfolding . . .

~ Deborah Saunders  
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Art Source: "Ocean Wave" by Lionlaw-db8cz9r