

Midlands Partnership University NHS Foundation Trust

Self-Portrait by Mary Oliver

I wish I was twenty and in love with life and still full of beans.

Onward, old legs! There are the long, pale dunes; on the other side the roses are blooming and finding their labor no adversity to the spirit.

Upward, old legs! There are the roses, and there is the sea shining like a song, like a body I want to touch

though I'm not twenty and won't be again but ah! Seventy. And still in love with life. And still full of beans.

From Devotions. The selected poems of Mary Oliver Penguin, 2017