From ***Shape of Time*** by Doris Kareva

You aren’t better than anyone.

You aren’t worse than anyone.

You have been given to the world.

See what there is to see.

Protect what is around you,

hold who is there beside you.

All creatures in their own way

are funny –

and fragile.

\*

The question isn’t

how to be in style

but

how to live in truth

in the face of all the winds?

With mindfulness, courage,

patience, sympathy –

how to remain brave

when spirit fails?

\*

Idleness is often empowering,

recreating oneself –

just as the moon gradually

grows full once again,

a battery surely and

steadily recharges,

so everything, everyone

must have time for the self –

for mirth and laziness

time to be human.

(translated from the Estonian by Tiina Aleman)

From: *Shape of Time*, Arc (2010).