

Gestalt at 60

Adapted from May Sarton

..I am learning to trust death as I have trusted life.
I am moving toward a new freedom
born of detachment, and a sweeter grace--
Learning to let go.
I am ready to die.
I turn my face toward the sea.
I shall go where tides replace time,
Where my world will open to a far horizon over the floating, never-still flux and change.
I shall go with the changes,
I shall look far out over golden grasses and blue waters.

Lovers and friends, I came starved to you for all you had to give...
We talked of first things and last things....
No one came to my house who was not changed.
I met no one there who did not change me.

There are no farewells.