

'This is the time to be slow,
Lie low to the wall
Until the bitter weather passes.

Try, as best you can, not to let
The wire brush of doubt
Scrape from your heart
All sense of yourself
And your hesitant light.

If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures of promise,
Where the air will be kind
And blushed with beginning.'

from *To Bless the Space Between Us: A Book of Blessings* by John
O'Donohue

(Hear [this piece read](#) by BBC's Fergal Keane)