

# MARCH: MINDFUL POETRY

Snippets of Mindful Poetry to Inspire and Ground

SATURDAY

1

**"Rest as deep as I am.  
You are moving  
too fast. Become soil"**

- Emily Pearce

SUNDAY

2

**"Giving thanks  
for abundance  
is sweeter than  
the abundance itself"**

- Rumi

MONDAY

3

**"I will not regret love.  
I will not regret hope"**

- Nikita Gill

TUESDAY

4

**"When we look into the heart,  
may our eyes have the  
kindness and reverence  
of candlelight"**

- John O'Donohue

WEDNESDAY

5

**"Little grows on jagged rock.  
Be ground. Be crumbled, so  
wildflowers will come up  
where you are"**

- Rumi

THURSDAY

6

**"Who has the magic to make  
the sun appear every morning?  
Who makes that bird  
on the elegant tree chirp?"**

- Anam Thubten Rinpoche

FRIDAY

7

**"I lay my hand on  
my own heart and see  
through my thoughts,  
and practice loving"**

- Rosemerry Wahtola Trommer

8

**"Another day of life,  
in all its messy  
'everything-ness'.  
Lucky us"**

- Donna Ashworth

9

**"The inner - what is it?  
if not the intensified sky,  
hurled through with birds and  
deep with the winds of  
homecoming"**

- Rainer Maria Rilke

10

**"Thank you for  
the wonder of even this  
one ordinary moment."**

- Julia Fehrenbacher

11

**"Live the life that  
chooses you, new  
every breath"**

- Rebecca del Rio

12

**"Pure fascination with this  
moment, exactly as it is.  
Allowing everything to be."**

- Jeff Foster

13

**"A homecoming in this life.  
A coming in out of  
the cold; a drying off the  
icy rain's touch"**

- Frank MacEwen

14

**"Sit upright.  
Sit with solidity.  
Sit in peace."**

- Thich Nhat Hanh

15

**"Open the door, then close it  
behind you. Take a breath  
offered by friendly winds"**

- Joy Harjo

16

**"A love so enormous  
I can love anyone,  
anyone, even myself"**

- Rosemerry Wahtola Trommer

17

**"We travel on into the night,  
all of us grown precious,  
each of us alive and rare"**

- Imtiaz Dharker

18

**"Take this quickly passing  
day by the hand and dance  
like there's no tomorrow"**

- Julia Fehrenbacher

19

**"Be soft with other people  
don't break them with your  
words and don't let them  
break you with theirs"**

- John Roedel

20

**"In the space of letting go,  
she let it all be. A small  
smile came over her face"**

- Safire Rose

21

**"Give up the fight for some  
other moment, some other  
life, than here, and now"**

- Gretchen Haley

22

**"If it's true we are alone,  
we are alone together,  
the way blades of grass are  
alone, but exist as a field"**

- Rosemerry Wahtola Trommer

23

**"Slow down,  
breathe deeply,  
and open your eyes"**

- Rob Bell

24

**"Let your hurts melt away  
in the waves. Let your cries  
be carried by the birds"**

- Clare Dubois

25

**"I stood still and thought  
of nothing. Then I began  
to listen. Then I was  
filled with gladness"**

- Mary Oliver

26

**"Daring to be human  
creatures, vulnerable to  
the beauty of existence"**

- Anne Hillman

27

**"May your fears yield  
Their deepest  
tranquilities"**

- John O'Donohue

28

**"I want to be like the  
maples, letting go so  
easily of their leaves"**

- James Crews

29

**Truly, we live with  
mysteries too marvellous  
to be understood!**

- Mary Oliver

30

**"I am throwing arms open  
to the whole of myself—  
especially the fearful"**

- Julia Ferenbacher

31

**"When the heart  
is right 'For' and  
'against' are forgotten"**

- Zhuangzi

[Click here to access our  
Mindfulness Poetry Page](#)



Mindfulness  
Association