

Soft and Unrepeatable

Mark Nepo



We waste so much energy trying to cover up who we are

when beneath every attitude is the want to be loved,

and beneath every anger is a wound to be healed

and beneath every sadness is the fear that there will not be
enough time.

When we hesitate in being direct,
we unknowingly slip something on,
some added layer of protection that keeps us from feeling the
world, and often that thin covering is the beginning of a loneliness
which, if not put down, diminishes our chances of joy.

It's like wearing gloves every time we touch something, and then,
forgetting we chose to put them on, we complain that nothing
feels quite real.

Our challenge each day is not to get dressed to face the world but to unglove ourselves so that the doorknob feels cold and the car handle feels wet and the kiss goodbye feels like the lips of another being, soft and unrepeatable."