

Fore & Aft

Traherne's Śavāsana

I.

My Body being dead, my Limbs unknown;
Before I skill'd to prize
Those Living Stars, mine Eyes,
Before my Tongue or Cheeks were to me shown,
Before I knew my Hands were mine,
Or that my Sinews did my Members join,
When neither Nostril, Foot nor Ear
As yet was seen, or felt, or did appear:
I was within: Within
A House I knew not, newly cloth'd with Skin.

II.

A disentangled and a naked Sense,
A Mind that's unpossessed,
A disengaged Breast,
An empty and a quick Intelligence
Acquainted with The Golden Mean,
An even Spirit — pure, serene —
Is That where Beauty, Excellence
And Pleasure keep their Court of Residence...
My Soul retire,
Get free — Thus canst One even All admire.

Fore & Aft

Traherne's Śavāsana

Adapted & Arranged from 'The Preparative'

By Thomas Traherne (1636?-1674)

A

©

2017

V