

# *Down and Up*

Some sages believed  
That in order to rise up, you must go down  
That mountains rise from valleys  
That darkness precedes the light  
And the moon appears before the sun.

How do you spring upward?  
Like a runner, you bend your knees  
Crouch low and are catapulted.

Descending, we ascend  
Do not fear the night  
For it comes before the dawn  
It was evening  
And it was morning  
One day.

It is folly to give darkness immortality  
The fog will lift  
The dark is not my eternal ambience.

The fog will dissolve  
The stars will shine  
The sun will emerge  
Descending we are on the road to ascent.

Go down to come up  
Go down and come through.

