



Image by [Holger Detje](#) from Pixabay

Rise early  
when spring darkness  
still enwraps the trees.  
Walk into the dark forest  
with only your attentive heart.  
Gaze toward the east,  
take a deep breath, and wait.

After a short while you will see God  
carrying a lantern through the forest,  
bits of light bobbing up and down,  
in and out, higher and higher,  
the light climbs, spilling over  
into the spaces between the leaves  
and into the world beyond the forest.

Then the beautiful darkness  
hands you over to the light.  
It slips away reverently  
into the bark of the tree trunks,  
into the black earth,  
into all those other countries  
that wait for its return.

Lift your face to the daystar now.  
Experience the coming of dawn.  
Bathed in morning light, pray  
that the lantern of your life  
move gently this day  
into all those places  
where light is needed.

Rise Early by Macrina Wiederkehr, [\*Seven Sacred Pauses: Living Mindfully Through the Hours of the Day\*](#)