



Painting by Ursule Molinaro; oil & mixed media on wood

*I am*

*says the Lion at Noon:*

*take heart from the sunlight streaming through windows of the space*

*you're blessed to be in now,*

*take it to heart,*

*the light playing tag with the clouds,*

*take it to heart,*

*the changeableness of the flag*

*flying either way in the breeze,*

*take it to heart,*

*the resoluteness of the trees*

*standing bare or clothed,*

*take it to heart,*

*the warmth or cold and the courage*

*each teaches,*

*the light dappling the beginning of your day*

*whenever your day starts, whatever kind of light,  
the luxury of time that is out of time  
the syrup of light mixing with time to dissolve time,  
the heartbreak of time  
that can be overcome by light,  
take that to heart;  
the knowledge of the noon light,  
keep it centered within you,  
know you're worthy,  
on your couch  
or out in the street  
lounging and loafing,  
pushing and striving,  
your pace is set by the light,  
the on and off of everything,  
the clatter and the silence,  
the stop and go of it,  
the dark and light of it,  
the chiaroscuro,  
the shadow falling on you  
and the shadow suddenly dispelled for you,  
the shadow dancing with you  
the way the light dances with you.  
The Lion at Noon inside you  
is steady: know your tempo  
is set by the light,  
paced by the light,  
the steady light of the lion at noon,  
no matter how it looks,  
no matter how the light appears.*

*“ADVICE FROM THE LION AT NOON”*

From: [NOTEBOOKS FROM MYSTERY SCHOOL](#) by Margaret McCarthy  
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ABOUT THE BOOK:

[NOTEBOOKS FROM MYSTERY SCHOOL](#) by Margaret McCarthy  
Poetry Chapbook; 24 pages

A coming of age journey told through poems; our rites of passage, with nature as our greatest school. A journey through shadow and light, arriving at the ultimate destination: the balance of opposites.

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