

Explore the Theme — SEEDING FOR LIFE!

Poem by Spanish philosopher/poet Unamuno & reflection by Australian theologian, Sarah Bachelard
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¡Siembrate! / Throw Yourself Like Seed Miguel de Unamuno, translated by Robert Bly



Shake off this sadness, and recover your spirit;
sluggish you will never see the wheel of fate
that brushes your heel as it turns going by,
the man who wants to live is the man in whom life is abundant.

Now you are only giving food to that final pain
which is slowly winding you in the nets of death,
but to live is to work, and the only thing which lasts
is the work; start then, turn to the work.

Throw yourself like seed as you walk, and into your own field,
don't turn your face for that would be to turn it to death,
and do not let the past weigh down your motion.

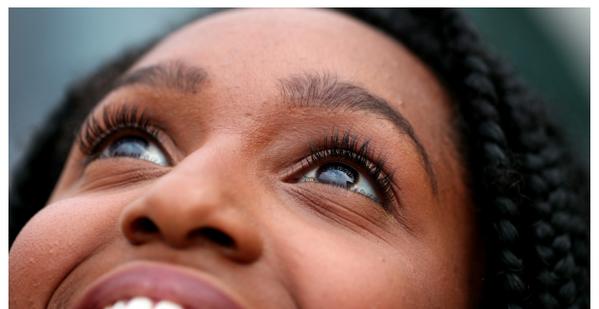
Leave what's alive in the furrow, what's dead in yourself
for life does not move in the same way as a group of clouds;
from your work you will be able one day to gather yourself

“[Unamuno] knew what it meant to **live** in the face of threatened death and the eclipse of meaning, to give yourself to something without any guarantee of the future.... being fully alive ... means giving yourself to life.

And so the question Unamuno poses is this:

What are you going to feed in your life? What are you going to nourish? Despair, regret, death? Or life?

And **how must we keep going?** ‘Throw yourself like seed as you walk’ ... give yourself – without remainder, without safety net – into the life that is yours, ‘your own field’. Don't just sow some seeds in some field over there – observing from a safe distance to see if they'll grow. Rather — **become seed, be a whole-hearted commitment**



A seed thrown into a furrow is covered by the earth, and does not control the process of its own germination and emergence into the light. Yet it's as if the deepest fruitfulness can only be wrought in us as, by faith, we dare entrust ourselves to what is beyond us. “

Sarah Bachelard, “Throw Yourself Like Seed,” 15 July 2017; Benedictus Contemplative Church, Lyneham ACT, Australia; see the full article at: <https://benedictus.com.au/files/pdf/2017/july/Throw-Yourself-Like-Seed-150717.pdf>