

## Explore the Theme — SEEDING FOR LIFE!

Poem by Spanish philosopher/poet Unamuno & reflection by Australian theologian, Sarah Bachelard  
for other “Explore the Theme” postings visit [EXPLORE THE THEME](#):

### ¡Siembrate! / Throw Yourself Like Seed

Miguel de Unamuno, translated by Robert Bly



Unless the grain of wheat ...

### 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.

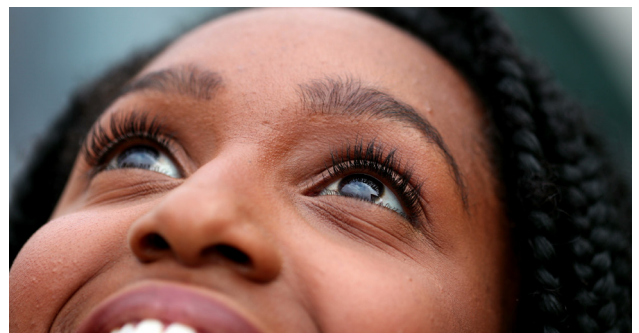
Leave what's alive in the furrow, what's dead in yourself,  
for life does not move in the same way as a group of clouds;  
from your work you will be able one day to gather yourself.

“[Unamuno] knew what it meant to live  
in the face of threatened death and the eclipse  
of meaning, to give yourself to something with-  
out 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 your-  
self – 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, Aus-  
tralia; see the full article at: [https://benedictus.com.au/  
files/pdf/2017/july/Throw-Yourself-Like-Seed-150717.pdf](https://benedictus.com.au/files/pdf/2017/july/Throw-Yourself-Like-Seed-150717.pdf)