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We are Maybe Not Prepared

Yvonne Morgenstern
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Every stage
is a whole life to lead,
with happiness,
and sorrow,
and problems that fit one’s age
and may be solved
or not.
Each year,
even each day,
is a whole life to live.
We renew our cells
but memory
somewhere remains
of what we thought and were.
As what we will become,
we could maybe foresee
if we stopped for a while
our activity
to think and reflect.
Think about what, and how?
There is no one to ask,
no manual to consult.
We may maybe find answers
if we but take some time
from pressure and from talk,
but generally we don’t.
So, when the future
knocks at our door,
we are surprised and do not understand
what is we have done wrong,
and why we’re not prepared.