



**Throw Yourself Like Seed**  
**by Miguel de Unamuno**

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.

## Commentary and quotes from “Ten Poems to Set You Free” by Roger Housden

*Sluggish you will never see the wheel of fate  
That brushes your heel as it turns going by,*

“This kind of lethargy, or dullness of spirit, can cause us to miss not only opportunities, but even the whole direction and purpose of our life. We forget what we are here for, and don’t even notice when the door opens in front of us – the very door we have been anticipating all of our life.”

*Leave what’s alive in the furrow, what’s dead in yourself*

"When Unamuno tells us to leave what's dead in ourselves, I think he is advising us not to spread about our despair or our self-pity - those things that won't give any harvest -- but only to share what is alive in us. In sharing our gifts and talents with the world, we give ourselves away -- we die a little -- and in that way, we reap the harvest".

*from your work you will be able one day to gather yourself*

**The quote is from W. H. Murray, the leader of the Scottish Himalaya Expedition.**

Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one’s favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way.

Whatever you do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.