

## I TALK TO MY BODY

*My body, you are an animal  
Whose appropriate behavior  
Is concentration and discipline.  
An effort  
Of an athlete, of a saint and of a yogi.*

*Well trained  
You may become for me  
A gate  
Through which I will leave myself  
And a gate  
Through which I will enter myself.  
A plumb line to the center of the earth  
And a cosmic ship to Jupiter.*

*My body, you are an animal  
For whom ambition  
Is right.  
Splendid possibilities  
Are open to us.*

**Anna Swir**

**Translated by Czeslaw Milosz and Leonard Nathan**