

## Hokusai Says

*Hokusai says look carefully.  
He says pay attention, notice.  
He says keep looking, stay curious.  
He says there is no end to seeing  
  
He says look forward to getting old.  
He says keep changing,  
you just get more who you really are.  
He says get stuck, accept it, repeat  
yourself as long as it is interesting.  
  
He says keep doing what you love.  
  
He says keep praying.  
  
He says every one of us is a child,  
every one of us is ancient  
every one of us has a body.  
He says every one of us is frightened.  
He says every one of us has to find  
a way to live with fear.  
  
He says everything is alive —  
shells, buildings, people, fish,  
mountains, trees, wood is alive.  
Water is alive.  
  
Everything has its own life.  
  
Everything lives inside us.  
  
He says live with the world inside you.*

*He says it doesn't matter if you draw,  
or write books. It doesn't matter  
if you saw wood, or catch fish.  
It doesn't matter if you sit at home  
and stare at the ants on your veranda  
or the shadows of the trees  
and grasses in your garden.  
It matters that you care.  
  
It matters that you feel.  
  
It matters that you notice.  
  
It matters that life lives through you.  
  
Contentment is life living through you.  
Joy is life living through you.  
Satisfaction and strength  
is life living through you.  
  
He says don't be afraid.  
Don't be afraid.  
  
Love, feel, let life take you by the hand.  
  
Let life live through you.  
  
by Roger Keyes*