



Greta Sesheta

Poems To  
Wake Up To

# *Poems to Wake Up To*

*Greta Sesheta*

*7-Pointed Star Press  
Los Angeles, CA*



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Other Works by Greta Sesheta

*Calling in the Circle—Peace and Power Through Prayer and Meditation Manual with Accompanying CD  
Journal for the Journey*

For Mama Broyles, Mama,  
Lauren, Christina, Allegra,  
Anya and Dorothy  
My grandmother, mother, daughters and granddaughters—  
All me, comin' and goin', and then some.  
Among the poems in this collection, you will encounter  
Grace Notes,  
brief verses drawn from  
the experiences behind the poems.  
I offer them for further contemplation  
and with deep gratitude  
for the forces at work in our lives  
and the insights we draw from them.

—GS



## **A Grace Note Is**

An embellishment  
A filigree  
A flourish

A way to press pause  
Fancy that—  
And this!

A reflection—  
Crystal clarity  
Yet room to ruminate

Space for grace  
On a moment's notice  
In the margin

Worthy  
Watch words  
From the upper room.



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## ***Whose Child Is This?***

Have You Seen Her?

Rude Awakening

Golden Rule Days

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Gimme a Turn

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Just Asking\*

An Only (Inner) Child

Bitter Sweet

Divine\*

No Sugar Plums

Trust This Truth\*

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Daughters of My Daughters

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Once More with Exuberance\*

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Not Boxed In\*

Turn Over a New Leaf

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With Bated Breath

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Stanza for Her Solar Return

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Me, Perfect

Illumine Me\*

I Always Have Enough

See Me\*

Splendiferous Star

Grace Is the Way\*

Undaunted

Silly Song\*

Blessing for the True You

\*

## **Attitude of Gratitude**

Thank you, God, for opening my heart this day.

Thank you for making everything brand new again.

Thank you for the pressure and the energy

For the emergence and the birth pangs.

Thank you for the chance to go slipping into silence

And finding there—The Presence.

Thank you, Spirit, for lifting me on the wings of time

Beyond any ideas of what is.

Thank you, Life, for tapping me on my heart

And catching me unawares.

Thank you for whispering to my soul

Before the face of my fathers and

And the memory of my mothers were known.

Thank you for abiding in me.

Thank you for catching me when I fall

And for remembering me

When I forget to.

Thank you for this space to rest in.

Thank you, God, for the transitory torment

That makes the prevailing peace

So sweet.

## Key Change

When you take a hike and you stub your toe  
When you get a life but it's stop and go

When you help yourself and they smack your hand  
When you claim your wealth but it's less than grand

When you stand your ground and you start to sweat  
When you turn around and you lose the bet

When you blow your top and you won't be still  
When you go to shop and can't pay the bill

When you know it's wrong that they charge a fee  
When you sing your song but they change the key

When you're in a bind and you bought the rings

But you change your mind and don't want the things

Hold your peace, see your way. You know  
that what you reap is what you sow.

Mary Oliver ends her poem "The Summer Day" with a question many of us want to answer well: "Tell me, what is it you plan to do / with your one wild and precious life?" The poems in Greta Sesheta's collection, *Poems To Wake Up To*, offer her answer—rooted in her choices and her days—as they portray the poet "growing whole, going wide." There are stories here, but these poems are, importantly, songs and litanies—that describe and illuminate the path she takes. Poem by poem, the reader sees the steps on that journey of becoming the self that can say "I always have enough."

—Veronica Patterson, award-winning author of *Swan, What Shores?*

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"Greta, you are our Aurora Borealis:  
Inviting and dangerous and beautiful –  
as many edges (waterfalls, doorways) are.  
Bravo and thank you!"

—'dween' (Adwin Brown, *Poet, Artist, Creator of Flowskool™*)

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Reverend Greta Sesheta is an ordained minister of Agape International Spiritual Center and Centers for Spiritual living. She is teacher, author, spiritual counselor and coach, and founder of 7-Pointed Star Ministries, which guides individuals to find fulfillment and peace through her teaching, speaking, preaching, writing, coaching, counseling and healing. She has published the manual *Calling in the Circle* (and an accompanying CD) and *Journal for the Journey*, with prompts from her own writing to serve as "transformational signposts" to provide evocative guidance to a better understanding of self and purpose.

In *Poems to Wake Up To*, you will find evocative poems that bring you closer to Greta Sesheta and offer windows into the personal life sources of her wisdom and grace.

Visit her at [www.revgreta.com](http://www.revgreta.com) and [facebook.com/gsesheta](https://facebook.com/gsesheta)

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