

Contents

Just This	3
I. <i>Manual for Living</i>	
Approach Life as If It Were a Banquet	7
Always Act Well the Part That Is Given You	8
Briefly Accept Events as They Occur	9
Care for What You Happen to Have—There Is Nothing to Lose	10
Desire Demands Its Own Attachment	11
Everything Has Two Handles	12
Faithful Is Not Blind Belief	13
Everything Happens for a Good Reason	14
Happiness Can Only Be Found Within	15
No One Can Hurt You	17
Make Full Use of What Happens to You	18
Events Themselves Are Impersonal and Indifferent	19
Know What You Can Control and What You Can't	20
Living Wisdom Is More Important Than Knowing About It	21
Our Duties Are in Relation to One Another	22
Pay No Attention to Things That Don't Concern You	24
All Advantages Have a Price	25
Never Regret	26
Recognize Mere Appearances for What They Are	27
Refrain from Defending Your Own Reputation	28
Stick with Your Own Business	29
Don't Demand That Things Happen as You Wish	30
Avoid Adapting Other People's Negative Views	31
Your Will Is Always	32

II. *Black Paintings*

Pilgrimage	35
The Coven	36
Frail Pair	37
Or, Judith	38
Saturn	39
Maja	43
The Fountain	44
The Reading	45
Duel with Clubs	46
Two Old Folks Eating	47
Atropos or the Three Fates	48
The Dog	49

III. *Of Hours*

Psalm of the Flying Shell (4:30 a.m.)	53
Window with Wild Garlic in Wellfleet (5 a.m.)	54
How Many Dawns (5:30 a.m.)	55
Morse and Fractals (Dawn Blessings)	57
Let Me Thrum (6 a.m.)	60
With Roses (6:30 a.m.)	61
Psalm of Morning Mist	63
Thistle and Hull (7 a.m.)	65
Duet of Tree House and Rain (7:30 a.m.)	67
Rose/Boat (8 a.m.)	68
Blue Ladder (9 a.m.)	70

Blue Window (10 a.m.)	71
Green Laddered Thanksgiving (11 a.m.)	73
Lament of Shovel and Bell (Noon)	75
Urn and Hooks (1 p.m.)	76
Depth Lure Notebook (2 p.m.)	77
Scissored In (3 p.m.)	79
Blackberry City and Sundial Talk (4 p.m.): <i>Time</i>	80
Moon Lilies (5:30 p.m.)	82
Moth over City at Dusk	84
Scroll and Pencil in Late Light	85
Globed and Curtained (7 p.m.)	86
Thorny Bridge	87
Nesting Book (Bedtime)	88
Notes	91
Acknowledgments	93