



daily GOOD

Someone I loved once gave me a box full of darkness. It took me years to understand that this too, was a gift. --Mary Oliver

6 Compensations for Sleeplessness

"1. The Sky. Trust me when I tell you that the most stunning part of a sunrise comes way before those predictable smears of oranges and reds. In the nights east, watch the blackness for the outline of a cloud to brighten. That's the signal for what occurs next, a lightening so gentle you might barely notice it until you look up and see that the sky has already paled, is now almost translucent. When those more famous colors finally appear, you might come to feel, as I have, that they are as showy as drummers banging snares, especially compared to the fleeting delicacy you have just witnessed." Debbie Urbanski shares five more beautiful "compensations for sleeplessness," here.

Be The Change:

Consider the unexpected gifts you have discovered in the dark.