



# Living Your Personal Myth

## Finding And Following Your Bliss



### ALL THE TRUE VOWS

All the true vows  
Are secret vows  
The ones we speak out loud  
Are the ones we break.

There is only one life  
You can call your own  
And a thousand others  
You can call by any name you want.

Hold to the truth you make  
Every day with your own body,  
Don't turn your face away.

Hold to your own truth  
At the center of the image  
You were born with.

Those who do not understand  
Their destiny will never understand  
The friends they have made  
Nor the work they have chosen

Nor the one life that waits  
Beyond all the others.

By the lake in the wood  
In the shadows  
You can  
Whisper that truth  
To the quiet reflection  
you see in the water.

Whatever you hear from  
The water, remember,

It wants you to carry  
The sound of its truth on your lips.

Remember,  
In the place  
No one can hear you

And out of the silence  
You can make a promise  
It will kill you to break,

That way you'll find  
What is real and what is not.

I know what I am saying.  
Time almost forsook me  
And I looked again.

Seeing my reflection  
I broke a promise  
And spoke  
For the first time  
After all these years

In my own voice,

Before it was too late  
To turn my face again.

**- David Whyte**