

# Winter

*My worst habit is I get so tired of winter*

*I become a torture to those I'm with.*

*If you are not here, nothing grows.*

*I lack clarity. My words*

*tangle and knot up.*

*How to cure bad water? Send it back to the river.*

*How to cure bad habits? Send me back to you.*

*When water gets caught in habitual whirlpools,*

*dig a way out through the bottom*

*to the ocean.*

*There is a secret medicine*

*given only to those who hurt so hard*

*they can't hope.*

*The hoppers would feel slighted if they knew.*

*Look as long as you can at the friend you love,  
no matter whether that friend is moving away from you  
or coming back toward you.*

*What you seek  
is seeking you.*

from [A Year with Rumi](#), readings of the 13th Century Persian poet as translated by Coleman Barks

video narrated by [Patrick Willis](#)