

Always Try and Read Something Beautiful on Waking, First Thing

This was a piece of advice given to me by the artist David MacDermott approximately ten years ago. We were standing on the road where I live in Dublin. I'm not sure if he was advising more or just telling me quite simply what he does on rising every day. I received his words as advice some time after when I realized that I can never forget them.

On rising I remind myself often to read something that I really want to read but sometimes I stumble or forget or distract myself. This is not an anti device rant, as I manage to read compelling thoughts and words on them. More, I wish to start my day on a right turning 360 degree axis more than a left turning one, or maybe where the axis is poised turning neither way.