

# Tomorrow's Sunrise – A Plea for the Future You, Me and We

**Barbara Nussbaum**

Written in Santa Barbara,  
Near the Brown Pelican Restaurant, Cliff Road  
Inspired by Thich Nhat Hanh  
*Dedicated to Timothy Conway, spiritual teacher*

I am the beach open and receptive  
Hearing the waves, seeing the birds, enjoying the dogs,  
Taking in the rhythm and energy of all I see and feel

We are the excited crests of the sea's waves  
Crashing with surprised delight, Unfolding  
Releasing life's exuberant flow gently on the beach

I am the solitary resilient tree trunk  
Washed ashore with no roots,  
No leaves, no branches and no fruits

We are the confident sea gulls  
Flying high with graceful certainty and Joy  
Soaring, at times, darting down sometimes, with no clear focus

I am the cluttered pile of debris  
Resting on the beach with no obvious pattern  
Random wooden shapes that may please the aesthetic eye of a beachcomber

We are the dogs romping freely, flirting  
With the waves' white froth, and delighting  
In our repeated forays in and out of the ocean

I am the husky puppy on a leash  
Reluctantly being pulled by the owner  
Wanting to go home before I am ready to leave

We are the Javanese poodles at the beach restaurant  
Enjoying the prawns fed to us by our owner  
Oblivious to what other dogs may or may not be eating - elsewhere

I am the solitary person with my dogs  
Delighting in the comfort and joy they bring me  
Sometimes wishing that I had a real human being for a companion

We are the carefree 10 year old girls, wearing yellow helmets  
Riding scooters on the pavement for fun  
Unaware of other children walking five miles to school in Africa

I am the pure sound of the ocean  
Loud, passionate and clear  
Simply enjoying the way life is

We are the surfers, braving the waves  
Sometimes standing, perfectly balanced on the board  
Sometimes falling and laughing - ready to try again

I am the gentle wind, carrying the scent  
Of the fresh salty seas,  
Cooling the faces of the beach's visitors

We are the collective power of the waves  
The serene silence of the sea, the tide gently reaching out  
To mother earth and each other

I am the sun, shining with full brilliance  
Illuminating the ocean in moving diamond shapes  
Bringing warmth and radiance to all

We are the devoured prawns,  
The unconscious dogs, the well intentioned beach visitors  
We are Santa Barbara's children

We are Africa's children  
Embracing the sun's gentle light reflected on the ocean at sunset  
Hoping that tomorrow's sunrise, brings compassion to the world.

*Barbara Nussbaum is a writer and currently works at CIDA City Campus in Johannesburg, South Africa, where she teaches in a masters programme on Social and Economic Transformation. She is passionate about ubuntu, which is a South African indigenous word for our common humanity. Her writings about ubuntu can be accessed on her website: [www.barbaranussbaum.com](http://www.barbaranussbaum.com), [bnussbaum@mweb.co.za](mailto:bnussbaum@mweb.co.za) or [barbara.nussbaum@gmail.com](mailto:barbara.nussbaum@gmail.com)*