LOVE AFTER LOVE

The day will come
When, with elation,
you will greet yourself arriving
at your own door, in your own mirror,
and each will smile at the others welcome,

and say, sit here. Eat.
You will love again the stranger who was yourself.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you

all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,

the photographs, the desperate notes,
peal your own image from the mirror,
Sit. Feast on your life.

-By Derek Walcott

“Meditation is simply the act of making an appointment with yourself.”
-Dr. Romie

"Don’t meditate to fix yourself, to improve yourself, to redeem
yourself; rather, do it as an act of love, of deep warm friendship to yourself.

In this way there is no longer any need for the subtle aggression of self
improvement, for the endless guilt of not doing enough.

It offers the possibility of an end to the ceaseless round of trying so hard that
wraps so many people’s lives in a knot. Instead there is now meditation as an act
of love. How endlessly delightful and encouraging.”

-Bob Sharples