

**Love Whatever Arises**  
**By Matt Kahn & Julie Dittmar**

Instead of trying to silence your mind chatter, simply love the one who wants to chat.

Instead of trying to shift your feelings, just love the one who can't stop feeling.

Instead of trying to resolve each fear, simply love the one who's always afraid.

Instead of trying to not take things personally, just love the one came here to make life personal.

Instead of trying to prove your worth, simply love the one who feels worthless, lost, ashamed, and alone.

Instead of trying to leap forward in evolution, just love the one who feels left behind.

Instead of having something to prove, simply love the one who came here to play.

Instead of bossing yourself around and measuring your progress through spiritual obedience, just love the one who refuses to listen.

Instead of trying to believe, simply love the one in doubt.

Instead of trying whatever you attempt, just love the one who needs permission to be.

Whatever arises, love that. This is the way of an awakening heart.