

## 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,  
peel 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

*Compiled and presented by Teddy Gardner, M.Ed., PCC, WHE*  
[www.partnership-works.com](http://www.partnership-works.com)    [teddy@partnership-works.com](mailto:teddy@partnership-works.com)

Provided by Julia Hanfling, RD, CDE for the Hawthorne Diabetes Group [www.3peachesnutri](http://www.3peachesnutri)

