

*Arriving At Your Own Door 108 Lessons In Mindfulness Jon Kabat  
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you will greet yourself arriving at your own door, in your own mirror and each will smile at the other's welcome, and say, sit here. Eat. You will love again the stranger who was your self. 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.

### **Love After Love Poem by Derek Walcott - Poem Hunter**

you will greet yourself arriving at your own door, in your own mirror and each will smile at the other's welcome, and say, sit here. Eat. You will love again the stranger who was your self. 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.

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arriving at your own door ...feast on your life. About Me & My Blog; February 5, 2015 / Jenny Ann Fraser. The Beauty Experiment: how I skipped lipstick, ditched fashion, faced the world without concealer and learned to love the real me. (Repost) (Reposted from another URL September, 2014)

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"Love After Love The time will come when, with elation you will greet yourself arriving at your own door, in your own mirror and each will smile at the other's welcome, and say, sit here. Eat. You will love again the stranger who was your self. Give wine. Give bread. Give back your heart to itself, to the stranger who has loved you all your ...

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you will greet yourself arriving at your own door, in your own mirror and each will smile at the other's welcome, and say, sit here. Eat. You will love again the stranger who was your self. Give wine.

### **Derek Walcott - Love After Love | Genius**

you will greet yourself arriving at your own door, in your mirror, and each will smile at the other's welcome, and say, sit here. Eat. You will love again the stranger who was your self. 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.

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Letting Everything Become Your Teacher: 100 Lessons in Mindfulness By Jon Kabat-Zinn Published by Random House 2009. Just as with Arriving at Your Own Door, this little book is a product of collaboration with Hor Tuck Loon of Malaysia.

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