

## Poems

### 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 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.

— Derek Walcott

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, “who am I to be brilliant, gorgeous, talented, and fabulous?” Actually who are you not to be?

YOU ARE A CHILD OF GOD. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to manifest the glory that is within us. And as we let our light shine we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

— Marianne Williamson

(Nelson Mandela used this passage in his 1994 Inaugural Speech.)