

SIMPLY LOVE

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 let things go,
just love the one who keeps holding on.

Instead of trying to not take things personally,
simply love the one who makes life personal.

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

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

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

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

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

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

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