

There has been this deep dark secret
I have been afraid to face,

The fact of my unworthiness,
The reality of my worthlessness

In my assessment of myself.

The fact that part of me does not like,
That part of me does not love,

That part of me does not accept
And does not respect me,

Despite my best efforts
To make this otherwise.

Now I discover there is no way
And there is no need to make this otherwise

And the belief that I must, somehow,
Has been the real source of my torment.

I can now regard that part of me
Lovingly and with forgiveness

And not be disappointed when
It is not transformed, as a result.

Passage

s e v e n t y - f o u r

What Is There to Fear?

What is there to fear?

A weeping, if ever started, that will not stop?
An unraveling, if ever started, that will not stop

And will not go back together?

An anger, if ever given voice,
That would rip and tear and destroy everything?

Or what I believe is an ugly truth about myself
I simply cannot face?

I write as I arrive and I arrive as I write

And I am now arriving at a point and place
Where my darkness can be regarded

With compassion and not condemnation,
With concern for and not fearfulness of.

There is a part of me that is uncaring,
A part of me that is condemning.

I cannot make this otherwise
And I am coming to accept this fact.

I am ceasing to think
I should be able to make this otherwise,

And as I do, there is a tension being relieved.

I accept that part of me for what it is,
An uncaring and condemning part,

And as I cease to struggle with it,
As I cease to strive against it,

I see it is just a little part of me,
Not the monster I have imagined it to be.

It is one element and aspect of me.

The kind and loving part of me
Shines upon this other with acceptance,

Not with a compulsion and insistence
It must be made to be other than it is.

I had a dream many years ago
In which I was being chased

By some vague, but fearful specter.

I turned and faced the thing
And wrestled it to the ground.

Somehow, as we wrestled, it changed
From something big and fearful

To something I felt compassion for.