

You cannot stop condemning yourself
As long as you are condemning others.

You cannot stop condemning others
As long as you are condemning yourself.

Forgiveness of oneself
And forgiveness of others,

Neither can come first,

But are found as one
By those who seek forgiveness

As a state of being.

We do not learn to forgive all at once.
We learn to forgive little by little

And step by step.

We are inspired to forgive
And we aspire to forgive,

And when we fail to forgive,
We must simply

Try again.

Passage

s e v e n t y - f i v e

You Cannot Stop

I dreamt
That while looking through a newspaper

I came upon a large picture of myself.

Every expression
With which I studied this picture

Became my expression in it.

When I awoke, I asked,
"What did this dream mean?"

I was answered,
"However you look at yourself
Is how you are."

Look inside, and all you will find
Is you looking inside,

And the feeling
With which you look
Is the only feeling there.

You can look
With kindness and respect
Or without.

You can look
With compassionate regard
Or without.

Deciding how
You want to look

Does not make it so,
But it is a start.

As long as you are looking
With a critical eye

At your looking with a critical eye,
You are looking with a critical eye.

As long as you are trying

To stop looking with a critical eye,
It is just more of the same.

As soon as you start

To look at what
You are doing to yourself

And your inability to stop

With compassion and caring,
You will have stopped.

Not once and for all,
But over and over again.