



Heart-Based Mindfulness

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MBSR – Poems – Fall 2016

James Dillet Freeman
Unity minister, author, and poet

I have resisted change with all my will ...
Cried out to life, "Pass by life and leave me still."
But I have found as I have truded time's track
That all my wishing will not hold life back.
I cannot bid the mearest moment "stay."
So finding I have no power to change
I have changed my self. And this is strange.
But I have found when I let change come,
The very change that I was fleeing from
Has often held the good I had prayed for,
And I was not the less for change, but more.
Once I accepted life and was not loathe to change
I found change was the seed of growth.

"With that Moon Language"
by Hafiz

Admit something:
Everyone you see, you say to them, "love me"
of course you do not do this out loud,
otherwise someone would call the cops.
Still though, think about this, this great pull in us to connect.
why not become the one who lives with a full moon in each eye
that is always saying,
with that sweet moon language,
What every other eye in this world is dying to hear?

"Kirpal Venanji"
by Hindu Monk

Break your heart no longer. Each time you judge yourself, you break your heart. You stop feeding on the love that is the wellspring of your vitality. But now the time has come, your time to live, to celebrate and then see the goodness that you are. There is no evil, no wrong in you or in any other. There is only the thought of it, and the thought has no substance.

You are dear, divine and very, very pure. Let no one, no thing, no idea or ideal obstruct you. If one comes even in the name of truth, forgive the thought for its unknowing. Do not fight it, just let it go and breathe the goodness that you are.