

From Fear to Love and Forgiveness

What is this cancer inside me?
The fiery anger that lingers,
In its thin disguise...
The coldness and the brittleness
That comes from my pores
At a moment's notice.

Could it all be fear,
And nothing but fear?
Is there no roadmap
That can lead me to peace
And freedom?

Can I really feel
Whole and at one
By simply crossing
The bridge of forgiveness?

Why does something
That seems so simple
Bring out my greatest
Resistance?

Obstacles, obstacles, obstacles.
Is that all there is to life—
A series of obstacles
Separating me from others?

When will I awaken to
The full awareness
That all obstacles
Between myself and others
Are self-imposed?

I have manufactured them
Through my own fear of love
And my own fear of God.

Gerald G. Jampolsky