

## Note to Self: How to Receive Love

Do not shrug off  
the gift of the  
stranger's smile,  
the friend's embrace,  
the grandchild's hand  
in yours.

There are so many ways  
to receive love.

All of the offerings,  
small and not-so-small,  
together could fill  
and nourish  
your hungry heart,  
if only you would  
recognize and  
welcome them in.

All your life  
you have wished to be  
one of those regarded as  
open-hearted and loving,  
The truth is,  
it is not that  
you give insufficiently.  
It is that you do not  
replenish the supply  
by accepting fully  
and consciously  
all that is offered  
to you.