

STOP TURNING AWAY

Stop turning away.

Connect with
your experience,
face
the unpleasant,
what
you don't
want to see.

No more excuses.
No more complaining.
No more blaming.

No one
is going
to save you
from
your own
intentions,
thoughts,
decisions,
actions.

Now,
it's up to you,
to be skillful or unskillful,
to point your mind
towards
clarity, balance,
and peace
or
towards
confusion, struggle,
and dissatisfaction.

The compass
always
points inwards

Dennis Warren