

# ALIGNED

Transformational Program With Rony Reingold

## Love After Love

The time will come  
when, with elation  
you will greet yourself arriving  
at your own door, in your own mirror  
and each will smile at the other's welcome,

and say, sit here. Eat.

You will love again the stranger who was your self.

Give wine. Give bread. Give back your heart  
to itself, to the stranger who has loved you

all your life, whom you ignored

for another, who knows you by heart.

Take down the love letters from the bookshelf,

the photographs, the desperate notes,

peel your own image from the mirror.

Sit. Feast on your life.

-Derek Walcott