

Forgive Me  
by Frank Cavano

Based on ACIM\*

If I stared too long  
At ripples and waves  
And failed to look beneath  
    To find that  
You were both Stream  
    And Ocean-  
    Forgive me.

If in your face I found  
Not pleasure enough  
Or in your silhouette  
Too little to stir the male of me  
And failed to look beyond the skin  
    To find your soul-  
A loving hearth by which  
I should have tempered  
    My cold, cold heart-  
    Forgive me, please.

If I saw not in your apparent cruelty  
    The eyes of fear  
    And the lance of pain  
And judged you without mercy  
As if I, myself, were somehow free  
Of those twin, piercing demons-  
    Forgive me.

And if, in my own distress,  
I launched a barrage of anger  
Causing you to wince or weep  
As guilt's ghostly garland  
Was taken from my shoulders  
And draped about your innocent neck-  
    Forgive me.

In error, have I asked the brilliance  
    Of the sun  
    To take my vision  
In error, have I asked the whistling

Of the wind  
To hide your perfect Song  
Behind its sibilant notes.  
In error, have I made of myself  
A judge without eyes-  
A judge without ears.  
Forgive me.  
Forgive me.

Then, looking to eternity, eternity-  
I will forgive you-  
You will forgive me.  
Day after day, we shall both forgive  
Until, at last, we dare remember  
We Are as One in the Ocean of God.

I wrote *Forgive Me* while reflecting on some of the errors I recalled having made during the course of my life as well as the missed opportunities to be kind. In asking for forgiveness in this poem I am also stating that I have forgiven all those whose errors seemed to have some effect on me.

\*ACIM is a book which sees forgiveness as our main function in our earthly lives. It defines forgiveness as a looking past error (ours or others) toward our true identity as spirit. Any behaviour or thought which is not an expression of Love is a call for that Love.

Bio: Frank Cavano, a retired psychiatrist, writes poetry when moved by his own life experiences or by those of his patients. His poems and short stories speak to what he has learned about the healing process. They emphasize the importance of being there for those who are hurting, the importance of non-judgmental listening and the key role the Spirit can play in healing. You may reach him at: [frankcavano@hargray.com](mailto:frankcavano@hargray.com)