

As I began to love myself...



I found that anguish and emotional suffering
are only warning signs
that I was living against my own truth.
Today, I know, this is **AUTHENTICITY**.

As I began to love myself
I understood how much it can offend somebody
As I try to force my desires on this person,
even though I knew the time was not right
and the person was not ready for it,
and even though this person was me.
Today I call it **RESPECT**.

As I began to love myself
I stopped craving for a different life,
and I could see that everything that surrounded me
was inviting me to grow.
Today I call it **MATURITY**.

As I began to love myself
I understood that at any circumstance,
I am in the right place at the right time,
and everything happens at the exactly right moment.
So I could be calm.
Today I call it **SELF-CONFIDENCE**.

As I began to love myself
I quit stealing my own time,
and I stopped designing huge projects for the future.
Today, I only do what brings me joy and happiness, things I love to do
and that make my heart cheer,
and I do them in my own way and in my own rhythm.
Today I call it **SIMPLICITY**.

As I began to love myself
I freed myself of anything that is no good for my health -
food, people, things, situations,
and everything that drew me down and away from myself.
At first I called this attitude a healthy egoism.
Today I know it is **LOVE OF ONESELF**.

As I began to love myself
I quit trying to always be right,
and ever since I was wrong less of the time.
Today I discovered that is **MODESTY**.

As I began to love myself
I refused to go on living in the past and worry about the future.
Now, I only live for the moment,
where **EVERYTHING** is happening.
Today I live each day, day by day, and I call it **FULFILLMENT**.

As I began to love myself
I recognized that my mind can disturb me and it can make me sick.
But as I connected it to my heart,
my mind became a valuable ally.
Today I call this connection **WISDOM OF THE HEART**.

We no longer need to fear arguments, confrontations
or any kind of problems with ourselves or others.
Even stars collide,
and out of their crashing new worlds are born.
Today I know **THAT IS LIFE!**

Charlie Chaplin

