

I Am Me

My Declaration of Self-Esteem and Self Acceptance

In all the world there is not one exactly like me. Everything that comes out of me is authentically mine because I choose it...I own everything about me, my body, my feelings, my mouth, my voice, all my actions whether they be to others or to myself...I own my fantasies, my dreams, my hopes, my fears...I own all of my triumphs and successes, all of my failures and mistakes...because I own all of me. I become intimately acquainted with me...by so doing, I can love me and be friendly with me in all my parts...I know there are aspects about myself that puzzle me and other aspects I do not know...but as long as I am friendly and loving to myself, I can courageously and hopefully look for solutions to the puzzles and for ways to find out more about me...however I look and sound whatever I say and do, and whatever I think and feel at a given moment in time is authentically me...if later some parts of how I looked, sounded, thought and felt turned out to be unfitting, I can discard that which is unfitting and keep the rest and invest something new for that which is I discard...I can see, hear, feel, think, say and do. I have the tools to survive, to be close to others, to be productive, and to make sense and order out of the world of people and things outside of me...I own me and therefore I can engineer me...I am me and **I AM OKAY.**

Virginia Satir

Our Deepest Fear

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you *not* to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

Marianne Williamson

From: A Return to Love: Reflections on the Principles of a Course in Miracles, Harper Collins, 1992.
Chapter 7, Section 3