

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?

Your playing small does not serve the World.
There is nothing enlightening about shrinking
so that other people won't feel unsure around you.

We were born to make manifest the glory that is within us.

It is not just in some of us; it is in everyone.

As we let our own Light shine

We unconsciously give other people
the permission to do the same.

As we are liberated from our own fears,
Our presence automatically liberates others.

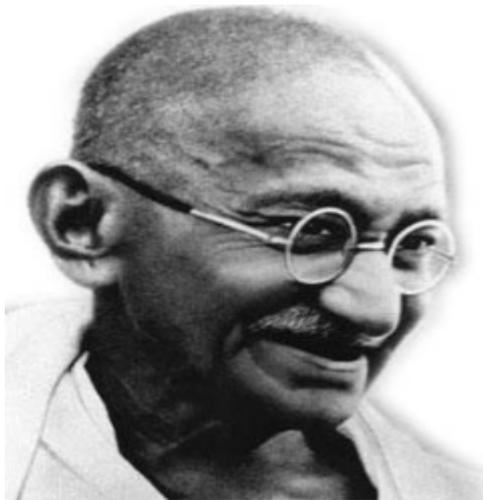


*-Former South African President
Nelson Mandela*

“Man often becomes what he believes himself to be.

If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it.

On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.”



-Mahatma Gandhi

Within You is the Strength to Meet Life's Challenges

**You are stronger than you think –
remember to stand tall.**

**Every challenge in your life
helps you to grow.**

**Every problem you encounter
strengthens your mind and your soul.**

**Every trouble you overcome
increases your understanding of life.**

**When all your troubles weigh heavily on your shoulders,
remember that beneath the burden
you can stand tall,**

**because you are never given more than you can handle –
and you are stronger than you think.**



Comes the Dawn

After a while you learn the subtle difference
Between holding a hand and chaining a soul.
And you learn that love doesn't mean leaning
And company doesn't mean security.
And you begin to learn that kisses aren't contracts
And presents aren't promises.
And you begin to accept your defeats
With your head up and your eyes open,
With the grace of a woman,
Not the grief of a child.
And you begin to build all your roads today
Because tomorrow's ground is too uncertain for plans,
And futures have a way of falling down in mid-flight.
After a while you learn
That even sunshine burns if you get too much.
So you plant your own garden
And decorate your soul,
Instead of waiting for someone to bring you flowers.
And you learn that you really can endure,
That you really do have worth.
And you learn and learn,
With every good-bye you learn.

~Veronica A. Shoffstall

