

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 on his 70th birthday: **As I Began to Love Myself**