

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 the 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**