

This piece today is from the book Chicken Soup for the Soul... I am sure we have all heard it somewhere sometime over the course of our lives but I personally feel it is a piece that every so often it is good to hear it again. It is of course written by Nelson Mandela from his 1994 inaugural speech. The first time I ever came across it – it was written on the funeral programme of a very remarkable lady...

## **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 enlightening about shrinking so that other people won't feel unsure around you.

We were born to make manifest the glory of God 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 permission to do the same.

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