

*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 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 born to make manifest the glory of God that is within us.  
It is not just in some of us; it is 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*

I WILL NOT DIE AN UNLIVED LIFE.

I WILL NOT LIVE IN FEAR  
OF FALLING OR CATCHING FIRE.

I CHOOSE TO INHABIT MY DAYS,  
TO ALLOW MY LIVING TO OPEN ME,  
TO MAKE ME LESS AFRAID,  
MORE ACCESSIBLE;  
TO LOOSEN MY HEART  
UNTIL IT BECOMES A WING,  
A TORCH, A PROMISE.

I CHOOSE TO RISK MY SIGNIFICANCE,  
TO LIVE SO  
THAT WHICH CAME TO ME AS SEED  
GOES TO THE NEXT AS BLOSSOM, AND  
THAT WHICH CAME TO ME AS BLOSSOM,  
GOES ON TO THE NEXT AS FRUIT.

- DAWNA MARKOVA

Have patience with everything  
unresolved in your heart  
and try to love the questions themselves...  
don't search for the answers,  
which could not be given to you now,  
because you would not be able to live them.  
And the point is, to live everything.  
Live the questions now.  
Perhaps then, someday far in the future,  
you will gradually, without even noticing it,  
live your way into the answer.

Rainer Maria Rilke

There's a hero if you look inside your heart  
You don't have to be afraid of what you are  
There's an answer if you reach into your soul  
And the sorrow that you know will melt away.

And then a hero comes along  
With the strength to carry on  
And you cast your fears aside  
And you know you can survive  
So when you feel like hope is gone  
Look inside you and be strong  
And you'll finally see the truth – that a hero lies in you.

It's a long road when you face the world alone  
No one reaches out a hand for you to hold  
You can find love if you search within yourself  
And the emptiness you felt will disappear.

Lord knows dreams are hard to follow  
But don't let anyone tear them away  
Hold on, there will be tomorrow  
In time, you'll find the way.

– Mariah Carey, *Hero*  
from the recording *Music Box*

two roads diverged in a yellow wood,  
and sorry i could not travel both  
and be one traveler, long i stood  
and looked down one as far as i could  
to where it bent in the undergrowth;

then took the other, as just as fair,  
and having perhaps the better claim,  
because it was grassy and wanted wear;  
though as for that the passing there  
had worn them really about the same,

and both that morning equally lay  
in leaves no step had trodden black.  
oh, i kept the first for another day!  
yet knowing how way leads on to way,  
i doubted if i should ever come back.

i shall be telling this with a sigh  
somewhere ages and ages hence:  
two roads diverged in a wood and i—  
i took the one less traveled by,  
and that has made all the difference.

— ROBERT FROST, 1920

***“Befriending myself seems to be about opening my heart as a homeless shelter for all the destituted and prostituted aspects of my being that I have been running from for years without even knowing that’s what I have been doing.”***

– Dawna Markova in “I Will Not Die an Unlived Life”

***To Practice This Thought–***

Give refuge to the parts of yourself you’d rather not invite to dinner.