

"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 enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's 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

"This above all: to thine own self be true, and it must follow, as the night the day,
Thou canst not then be false to any man."

"Of all knowledge, the wise and good seek most to know themselves."

I know myself now, and I feel within me a peace above all earthly dignities, a still
and quiet conscience."

~ William Shakespeare

"Look as long as you can at the friend you love. No matter whether that friend is
moving away from you or coming back to you."

~ Rumi

Contemplate the importance of relationships . . . shared love adds meaning and
value to our lives, indeed, shared Love is what it is all about.