

OUR DEEPEST FEAR

PRIMARY FOODS | INSPIRATION

Most people aren't trained to see past their struggles. If this goal is reached, then what? While we attribute most fears to failure, some fears can also be attached to success.



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 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.

Excerpted from Marianne Williamson's *A Return to Love: Reflections on the Principles of a Course in Miracles*