Our Greatest Fear

What holds us back in our lives is our fear. And sometimes when you take a very close look you find out that your fears aren’t exactly what you thought they were.

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 and fabulous?

Actually, who are you not to be? You are a child of God.

Your playing small does not serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you.

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.

So it’s holy work to move past your own fear. It doesn’t just help you. It helps the world.

—Marianne Williamson