

FCWCC Great Start – March 27, 2007

Our Deepest Fear is that We Are Powerful Beyond Measure

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? ... 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.

an abbreviated quote
from Marianne
Williamson, often
wrongly attributed to
Nelson Mandela

FCWCC Great End – March 27, 2007

One of our greatest powers is the strength of our words

We have the ability to heal, to empower, to encourage, to console, to brighten the spirits of those around us. We harness this power by choosing our words and unleashing inspiration. The art of the compliment is something we cannot afford to lose. It takes practice, but the results of a good compliment are that we know we've lifted someone and by giving, we have received. Right now, as we end our meeting, let's practice giving a compliment. Turn to your neighbor, and silently praise that person for a moment, then turn your thoughts to words and see what happens. Enjoy the rest of your day, and please don't hesitate to say the powerful and the good you see in others!