



The Ark Community

90: Our Deepest Fear
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suggested by Kate Mayo (UK)

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 we not to be?

You are a child of God.

Your playing small doesn't 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 when 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.

LET'S DARE TO LIVE WHO WE REALLY ARE!!