



Our Deepest Fear

Most people are not trained to see past their struggles, so you may find clients sabotaging their own efforts because they don't know how to envision life without their struggle. If this goal is reached, then what? While we attribute most fears to failure, some fears can also be attached to success.

The quote below can be given to a client at any point in the program, but we recommend providing it early in the program. Many clients post the quote to their refrigerator or computer screen as a reminder of their potential after success.

Directions:

Copy and paste this text into an email or new document to present to a client. If this doesn't speak to you, we encourage you to provide a different quote or motivational piece.

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.

Excerpt from *A Return to Love: Reflections on the Principles of a Course in Miracles* by Marianne Williamson