

Charlie Chaplin's poem *(at 70)*

As I began to love myself
I found that anguish and emotional
suffering are only warning signs that I was
living against my own truth.
Today, I know, this is Authenticity.

As I began to love myself
I understood how much it can offend
somebody if I try to force my desires on this
person, even though I knew the time was not
right and the person was not ready for it,
and even though this person was me.
Today I call this Respect.

As I began to love myself
I stopped craving for a different life,
and I could see that everything
that surrounded me was inviting me to
grow.
Today I call this Maturity.

As I began to love myself
I understood that at any circumstance,
I am in the right place at the right time,
and everything happens at the exactly right
moment. So I could be calm.
Today I call this Self-Confidence.

As I began to love myself
I quit stealing my own time,
and I stopped designing huge projects
for the future.
Today, I only do what brings me joy and
happiness, things I love to do and that make
my heart cheer, and I do them in my own
way and in my own rhythm.
Today I call this Simplicity.

As I began to love myself
I freed myself of anything
that is no good for my health –
food, people, things, situations,

and everything that drew me down
and away from myself.
At first I called this attitude a healthy
egoism.
Today I know it is Love of Oneself.

As I began to love myself
I quit trying to always be right,
and ever since I was wrong less of the time.
Today I discovered that is Modesty.

As I began to love myself
I refused to go on living in the past
and worrying about the future.
Now, I only live for the moment,
where everything is happening.
Today I live each day, day by day,
and I call it Fulfillment.

As I began to love myself
I recognized that my mind can disturb me
and it can make me sick.
But as I connected it to my heart,
my mind became a valuable ally.
Today I call this connection Wisdom of the
Heart.

We no longer need to fear arguments,
confrontations or any kind of problems
with ourselves or others.
Even stars collide, and out of their crashing,
new worlds are born.
Today I know: This is Life!