



# Charlie Chaplin's LOVE YOURSELF

M A N I F E S T O

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 **"FULFILMENT"**

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 & the person was not ready for it, and even though this person was me.

Today I call it **"RESPECT"**

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 stopped craving for a different life, and I could see that everything that surrounded me was

inviting me to GROW. Today I call it **"MATURITY"**.

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 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 it **"SIMPLICITY"**

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 →

**"THAT IS LIFE"!**

