

When I started loving myself" - A poem by Charlie Chaplin written on his 70th birthday on April 16, 1959:

*When I started loving myself
I understood that I'm always and at any given opportunity
in the right place at the right time.
And I understood that all that happens is right –
from then on I could be calm.
Today I know: It's called TRUST.*

*When I started to love myself I understood how much it can offend
somebody
When I tried to force my desires on this person,
even though I knew the time is not right and the person was not ready for it,
and even though this person was me.
Today I know: It's called LETTING GO*

*When I started loving myself
I could recognize that emotional pain and grief
are just warnings for me to not live against my own truth.
Today I know: It's called AUTHENTICALLY BEING.*

*When I started loving myself
I stopped longing for another life
and could see that everything around me was a request to grow.
Today I know: It's called MATURITY.*

*When I started loving myself
I stopped depriving myself of my free time
and stopped sketching further magnificent projects for the future.
Today I only do what's fun and joy for me,
what I love and what makes my heart laugh,
in my own way and in my tempo.
Today I know: it's called HONESTY.*

*When I started loving myself
I escaped from all what wasn't healthy for me,
from dishes, people, things, situations
and from everything pulling me down and away from myself.*

*In the beginning I called it the “healthy egoism”,
but today I know: it’s called SELF-LOVE.*

*When I started loving myself
I stopped wanting to be always right
thus I’ve been less wrong.
Today I’ve recognized: it’s called HUMBLENESS.*

*When I started loving myself
I refused to live further in the past
and worry about my future.
Now I live only at this moment where EVERYTHING takes place,
like this I live every day and I call it CONSCIOUSNESS.*

*When I started loving myself
I recognized, that my thinking
can make me miserable and sick.
When I requested for my heart forces,
my mind got an important partner.
Today I call this connection HEART WISDOM.*

*We do not need to fear further discussions,
conflicts and problems with ourselves and others
since even stars sometimes bang on each other
and create new worlds.
Today I know: THIS IS LIFE!*

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