

## Charlie Chaplin

Today I would like to share with you a quote, which has impressed me a lot, when I first came across it:

**the speech Charlie Chaplin held on the occasion of his 70th birthday on the 16th of April 1959 – one of the most beautiful messages on the subject „self-love“.**

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 as 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 it **“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 it **“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 it **“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 it **“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 worry 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 THAT IS "**LIFE**"!

\*) Quoted by many sites and blogs as "speech that Charlie Chaplin gave on his 70th birthday". Acutally, a re-translation [from Portuguese-BR] of a text from the book "When I Loved Myself Enough" by Kim & Alison McMillen (2001).

