

# This is Life

- Published on February 27, 2024



*To thrive and lead a fulfilling life, I believe we need to nurture the most important relationship in our life - the one we have with our Self! Thus, my intention here is to share with you matters I hope you'll find useful to guide you on your journey to create a loving relationship with yourself and others, and to build a life you desire.*

*For this special 2nd birthday edition of The Self-Expedition newsletter and project, I decided to share with you a poem written by Charlie Chaplin on his 70th birthday, on 16 April 1959.*

I hope this project will continue to live beyond me and improve the lives of people like you, the readers ❤️ I thank you for reading, following, liking, sharing ❤️

Hope you like the poem:

## **As I Began to Love Myself**

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 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 not 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 **Fulfilment**.

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!**



*Expect gifts in the March edition to guide you on your expedition to meeting and loving your magnificent Self* 📖