

## **When I Started Loving Myself – Charlie Chaplin**

“When I started loving myself” apparently by Charlie Chaplin written on his 70th birthday on April 16, 1959:

When I started loving myself

I’ve understood that I’m always and at any given opportunity  
in the right place at the right time.

And I’ve 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 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 know: It’s called “RESPECT”.

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 have 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’ve stopped depriving myself of my free time

and I've 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've 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've 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've refused to live further in the past  
and to 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 though requested for my heart forces,  
my mind got an important partner.

I call this connection today 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 THIS LIFE!