

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

Marianne Williamson, A Return to Love: Reflections on the Principles of "A Course in Miracles"

Storytelling with Family or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next prompt and so forth. A person can pass.

- 1. Share about what is your deepest fear.** When in your life did your deepest fear show up? Share more.
- 2. Share about how you hear Marianne’s words: “Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God.”** Do you agree or disagree, why?
- 3. Tell a story about a time you felt “liberated” from one of your fears.** How has that changed your life and influenced others?

Check out and download at <https://lifesjourney.us/storytelling-in-small-groups-menu/>

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