



We are all Magnificent

*W*e do not have to defend our right to be. We do not have to make excuses for why we feel a certain way or feel bad for a thought or action. If we do not like a thought or action, simply stop. That is our choice and we do not have to defend it.

This is how we express our will in our lives. It is our will, not someone else's that guides us to joyous living.

Do not defend yourself and reclaim the power in your life. We give away our power by defending ourselves to others. However, the biggest loss of power is when we defend ourselves to ourselves.

What we say has the power to create our magnificence or to make us feel inadequate. When we say "Why did I do that, I am so stupid sometimes," or "I should know better than that," we diminish ourselves. If we did know better, in that moment we would do better.

We do not have to defend our right to be.

Each of us does the best that we can in each moment with the information that we have.

We each won the first and biggest race we will ever face in our lives. We beat out over one million other little racers to become the human being you see in the mirror each day. The person reflected back to us is magnificent just because we exist.

*"If we do not go within we go without."
We only feel inadequate when we compare ourselves to others.*

Look inside, find what inspires you in each moment and in doing so you relax into your magnificence, ease up on yourself and live the life of wonder you are here to live. This should be your first step to living your lives on purpose. Reclaim your right to be, not for any reason other than because you're here, and I for one am glad.