

One of the hardest things to accomplish for ourselves is self acceptance. Rarely is anyone able to accept themselves fully, with all the good and the bad. Yet, time and again, we hear that in order to be able to accept, like, forgive and love others, we must first learn to accept, like, forgive and love ourselves.

“To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else means to fight the hardest battle which any human being can fight; and never stop fighting.” ~e.e. cummings

“Perfect Imperfection”

I am a contradiction
a perfect imperfection
On looking in from outside
I think I’d pass inspection

My nails are neat, each hair in place
My clothes the latest styles
But look a little closer,
And you can see my trials

The window to my balanced soul
Is stained from too much smoke
A birds eye view down at my heart
Will clearly show it’s broke

My best intentions lead to pain
And complicated messes
My head is filled with wishes,
My decisions second guesses

There was a time I tried to hide
each wrinkle, scar and tear

But I’m learning to appreciate
That I’m more than I appear

Each wrinkle tells a story
The path from there to here
I’ve earned a little wisdom
With every falling tear

My soul will soar in brilliant skies
But then I’ll need to rest
The embers of my passion
Still smolder in my chest

Perhaps I’ll let my hair go wild
And skip the manicure
I’ll wear my favorite color
They’ll say “Hey, look at her”

My hair, my heart, my clothes, my soul
Will walk in one direction
No longer contradicting
My perfect imperfection

– *Melissa Bachara*

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I live for those who love me,
For those who know me true,
For the Heaven that smiles above me,
And awaits my spirit too;
For the cause that lacks assistance,
For the wrong that needs resistance,
For the future in the distance,

And the good that I can do.

-George Linnaeus Banks

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“Beauty Tips“

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For attractive lips, speak words of kindness..
For lovely eyes, seek out the good in people.
For a slim figure, share your food with the hungry.
For beautiful hair, let a child run his/her fingers through it once a day.
For poise, walk with the knowledge that you never walk alone..
People, even more than things, have to be restored, renewed,
revived, reclaimed, and redeemed; never throw out anyone.
Remember, if you ever need a helping hand,
you will find one at the end of each of your arms.
As you grow older, you will discover that you have two hands;
one for helping yourself, and the other for helping others.
-Audrey Hepburn

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“Figure It Our For Yourself”

Figure it out for yourself, my lad,
You’ve all that the greatest of men have had;
Two arms, two hands, two legs, two eyes,
And a brain to use if you would be wise,
With this equipment they all began–
So start from the top and say, I CAN.

Look them over, the wise and the great,
They take their food from a common plate,
And similar knives and forks they use,
With similar laces they tie their shoes;
The world considers them brave and smart,
But you've all they had when they made their start.

You can triumph and come to skill,
You can be great if you only will;
You're well equipped for what fight you choose,
You have arms and legs and a brain to use;
And the man who has risen great deeds to do
Began his life with no more than you.

You are the handicap you must face,
You are the one who must choose your place.
You must say where you want to go,
How much you will study the truth to know;
God has equipped you for life, but He
Lets you decide what you want to be.

Courage must come from the soul within
The man must furnish the will to win.
So figure it out for yourself my lad,
You were born with all that the great have had;
With your equipment they all began,
Get hold of yourself and say, 'I CAN.'

-George Washington Carver

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