



## **Emotional Chains, by Marianne Williamson**

The problem isn't that we're lost or apathetic, narcissistic or materialistic. The problem is we're terrified. A lot of us know we have what it takes--the looks, the education, the talent, the credentials. But in certain areas, we're paralyzed. We're not being stopped by something on the outside, but by something on the inside. Our oppression is internal. The government isn't holding us back, or hunger or poverty. We're not afraid we'll get sent to Siberia. We're just afraid, period. Our fear is free-floating. We're afraid this isn't the right relationship or we're afraid it is. We're afraid they won't like us or we're afraid they will. We're afraid of failure or we're afraid of success. We're afraid of dying young or we're afraid of growing old. We're more afraid of life than we are of death. You'd think we'd have some compassion for ourselves, bound up in emotional chains the way we are, but we don't. --Marianne Williamson

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