

**Community Circles**  
**February 24, 2021**

**I Am Enough, with Rev. Chris Kell**

Aired 02/21/2021 – [Watch on YouTube](#) (high-speed available)



---

In her talk Chris stated that she was “not really qualified to talk about self-love.”

**Are you qualified to talk about self-love? Is this an easy subject for you to talk about?**

**Do you think of everyday trials and tribulations as suffering and simply inconvenient? Or do you believe suffering is only about major life events and circumstances that can often be devastating as well as sad and uncontrollable?**

In talking about self-love on a more spiritual level, Chris said: “we love ourselves more and connect to our inner divine essence when we appreciate our humanness with all its imperfections; by finding value in who we are in each moment and not denying the truth of what we find.” Ram Dass tell us that *we appreciate our humanness with all its imperfections; by finding value in who we are in each moment and not denying the truth of what we find*. Thomas Merton teaches that we are participants in the very process of our Creator’s inspired design, not simply an afterthought of divine creation.

**How hard or easy is it for you to accept your imperfections and still believe you are a “child of the Divine”? Do you believe you are enough just the way you are at any given time?**

Brené Brown tells us that:

*Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky, but not nearly as dangerous as giving up on love and belonging and joy — the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light.*

Self-love means showing up for ourselves even when we feel unlovable or shameful. It means accepting the truth of ourselves, both the light and the dark.

**How do we embrace our vulnerabilities and still feel safe?**

**Do you think self-love generates being the recipient of love in return? Of feeling like you belong?**

**Do you think that most of us are brave and afraid in the exact same moment all day long?**

Brené Brown asks us:

*What does it take to cultivate a Wholehearted life? What gets in the way? What does it take to live and love from a place of worthiness? How do we embrace imperfection? How do we cultivate what we need and let go of the things that are holding us back?*

She says the answers to all of these questions, are courage, compassion, and connection:

The **courage** to reach out is to own our story and risk sharing it with someone we can count on . . . reaching out, we need someone who is deeply rooted in their own **compassion**, able to embrace us for both our strengths and our struggles . . . [**connection**] fuels our worthiness, and lets us know that even in our imperfection we are accepted and worthy of love from others and from ourselves.

**How do you describe the qualities of courage, compassion, and connection in your interactions with others? Do these practices work for you? Would you add something else?**

Brown says:

*Until we can receive with an open heart we are never really giving with an open heart. When we attach judgment to receiving help, we knowingly or unknowingly attach judgment to giving help.*

**Do you agree with this statement?**

Brené Brown states that:

*Practicing self-love means learning how to trust ourselves, to treat ourselves with respect, and to be kind and affectionate toward ourselves. This is a tall order given how hard most of us are on ourselves.*

**Do you do this? Or are you too hard on yourself?**

Brené Brown has said that our struggles make us who we are.

**Who are you? Are you enough?**