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GETTING OUT & STAYING OUT

A Guide to San Francisco Resources for
People Leaving Jails and Prisons



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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, and fabulous?

Actually, who are you not to be?

You are a child of God. Your playing small doesn't serve the world.

There's nothing enlightened about shrinking
so that other people won't feel insecure around you.

We are all meant to shine, as children do.

We are 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