

# Marianne Williamson: Our Deepest Fear. ('Coach Carter,' 2005)

Samuel L. Jackson stars in the 2005 movie [Coach Carter](#), based on the story of basketball coach Ken Carter who helps turn a rebellious high school basketball team around. The narrator in the clip is [Rick Gonzalez](#), playing the part of Timo Cruz, one of the students on the team. The quotation in the clip is by [Marianne Williamson](#) – you can visit [her website](#) to see the full quotation.

At the beginning of the movie, Coach Carter asks Timo what his deepest fear is. The answer comes towards the end of the movie in this section:

Timo Cruz (Rick Gonzalez): 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.

Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do.

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.