

COURAGE! IS IT YOUR FRIEND?

Courage is the ability to take action in spite of fear.

The word courage derives from the Latin *cor* which means 'heart.' It is a quality, a core strength that in the face of fear gives you the determination to take action.

The more you learn to act in spite of fear, the more human you become. The more you follow the fear, the more you live like a lower mammal. The question, "Are you a man or a mouse?" is consistent with human neurology.

Last Monday in our *Good Medicine notes we asked the question; do you live in a world where to trust another human is difficult? ... today I ask....do you trust yourself?

Courage is not the absence of fear, but rather the judgment that something else is more important than fear...Ambrose

Courageous people are still afraid, but they don't let the fear paralyse them. Understand that people who lack courage, give into fear more often than not, which actually has a long-term energy of strengthening the fear.

When you avoid facing a fear and then feel relieved that you escaped it, this acts as a psychological reward that reinforces mouse-like 'avoidance behaviour', making you even more likely to avoid facing the fear in the future. This behaviour conditions the self to become more timid. You begin to criticize people who have a healthy self image. Jealously, *foolish pleasure* ... this reinforces avoidance behaviour.

Eventually people cocoon their self into a life that insulates them. Insulated in a stable but unhappy marriage, insulated in a job or income that keeps them comfortable but they hate it. They frequently hear their own words of justification, I'm not trained for anything else, too old to change career, he/she is a good person and even though I'm unfulfilled in the relationship I can't complain... But you do!

There's something else going on behind the scenes, isn't there?

That voice in the back of your mind recalls that this isn't the kind of life you wanted to live. It wants more, much more.

It wants you to have the courage to have a meaningful relationship, to experience companionship truth and love, to learn new skills, to travel the world, to have friends you can trust, to help people in need, to make a meaningful difference.

The foundation for self mastery is to learn how to heal your fear! Surrender to love. Love is the essence of life and living, the antithesis of love is fear. Have courage my friend.

'Don't be afraid to go where you've never gone; And do what you've never done, because both are necessary to have what you've never had, and be who you've never been.' ... *Sylvia Marina*

The self mastery programs <http://sylviamarina.com/Programs/MasteryProgramsAndRetreats.htm> that we present are all designed to give you back the control of your life rather than your long held beliefs anchoring you to references that are no longer appropriate for now or into your future.

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