

THE COURAGE TO LIVE CONSCIOUSLY

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Were you taught not to draw attention to yourself?
Don't take unnecessary risks!
Go with the flow, and don't rock the boat!

Instead of setting your own goals, making plans to achieve them, and going after them with gusto, you play it safe?

A side effect to *'playing it safe'* in your life is that it can cause you to live your life reactively. There are real dangers in life that must be avoided however there is also a huge gulf between being reckless and having courage.

Having the courage to live courageously means having the ability to face imaginary fears and reclaim the powerful life that you have quite possibly, denied yourself.

Have you ever had a, fear of failure, fear of rejection, fear of humiliation, fear of public speaking, fear of being criticized or ostracized by family and friends, fear of being alone, fear of physical discomfort, fear of regret, fear of success? How many of these fears are holding you back?

How would you live if you had no fear at all? You'd still have your intelligences and common sense to safely navigate around any real dangers.

But, you would be more willing to speak up for what you want. You would be more ambitious about projects and the career you dream of; and what if you began enjoying the aspects of your life that you currently fear. What kind of difference would that make in your life?

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

Courage is mastery over fear. Courageous people are still afraid, but they don't let fear paralyse them. They summon the courage to confront their inner voice.

Yesterday, my life changed!

I had the best-est weekend presenting our 'speak-up master class'. I've taught the speak-up master class before, it's like no other. Yesterday I realized that as I develop myself, so my 'master classes' change. Never before had we attracted people for this class that were so ready and committed to improve their Public Speaking Skills and On-Stage performance.

As I scrutinized the weekend one word contributed to the success of the program more than any other emotion and that word is *'safe'*. Participants felt safe to explore, safe to give-it-a-go. Safe to express, safe to step outside their comfort zone, safe to explore new avenues of doing and expressing, far beyond the average person, they felt safe to raise their level of awareness-consciousness.

Safe?

How does one create that space. I asked for it. I asked my class on Saturday morning to create a place whereby we each felt safe to totally participate, to be able to reach further than we had ever stretched before without remorse or a feeling of being thought a bit silly *or totally outrageous*.

Do you have a coach or mentor that has openness, eagerness and courage and unlocks the same in you?

Love takes off masks that we fear we cannot live without and know we cannot live within.
~ James A. Baldwin

When you meet a person who seems to be at total peace with their self, don't deny the fact that you crave that level of inner peace too. Move to a place where you admit, "I really do want this, but I just don't feel I currently have the ability to get it."

I have known many people who pretend they don't want to be 'the best'!

You do want to become 'your best', don't you?

The one ingredient you may be hunting for is courage. Courage to live consciously!

I suggest you first begin with knowing what **'safe'** is. Create that place! And in creating your safe place

make sure it is not a place of tight security, but a place whereby you can grow without fear of retribution.

As you grow ... remember the oak tree, it was once an acorn that sprouted, put its roots down and grew!

"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.
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