



## Spiritual Warrior Training 101 ~ Lesson 9

### Stepping Into Courage

*“When despair for the world grows in me,  
... I come into the peace of wild things,  
who do not tax their lives with forethought of grief.  
For a time I rest in the grace of the world, and I am free.  
~ Wendell Berry, The Peace of Wild Things*

Nature knows no fear. As storms ravage the wilderness, the mighty oak doesn't crouch or whimper in pain; instead it holds strong, unflinchingly confronting the fiercely brutal winds in silent fortitude. And as the storm subsides, as it always does, this mighty presence, weathered and gnarled, offers its branches that we may be supported, finding shelter in its leafy arms. We can always count on nature to be just what it is, day after day, year after year, asking no questions and demanding no answers. Honoring the underlying order of the universe, nature offers us a role model of strength, fortitude, stability and unity.

Can you imagine what your life would be if you could embody the qualities of this mighty oak, courageously offering yourself up to whatever betrayed and battered you? How could your life change if you believed that you could weather any storm, securely rooted in the strength of your inner spirit? In his book *Profiles in Courage*, John F. Kennedy states that to be courageous “requires no exceptional qualifications, no magic formula, no special combination of time, place, and circumstance. It is an opportunity that sooner or later is presented to us all... In whatever arena of life one may meet the challenge of courage, whatever may be the sacrifices he faces if he follows his conscience—the loss of friends, his fortune, his contentment, even the esteem of his fellow men—each man must decide for himself the course he will follow... For this each man must look into his own soul.”

We are once again invited to dive into the cascading depths of soul. Outwardly our worlds may appear chaotic, overwhelming and unstable. Yet, as we enter the inner sanctuary of our mysterious soul with wide eyes and an open heart we begin to sense that underneath the seeming chaos of the surface is a meaningful dimension of order, much like the multi-webbed root system hidden beneath the damp forest floor. As we shine the light upon our deepest Self we are likely to discover the meaning and purpose for which we were born, all the while experiencing the interconnected pool of reality in which we are immersed. It is this sense of oneness that lifts our spirits holding us steady through the trials of life. Courage is stepping into the void in faith that the universe is by our side, trusting that everything is happening for a reason and accepting the gifts being offered.

By coming to know our deeper self, we will find it far easier to hold our course amongst the whirlwinds of a discontented world, each walking our unique path, regardless of circumstances. Although the external world will invariably ask us to be someone we're not,

courage is a choice we make, to honor the innate essence of light that dwells inside. Courage arrives through discovering and giving voice to our uniquely radiant heart.

True courage is freedom from fear. For the most part, fear, (false evidence appearing real) is an illusory, rangy, black cloud serving only to decay our spirits and prolong our journeys. In the words of author Carlos Castaneda, “We either make ourselves miserable or we make ourselves strong. The amount of work is the same.” Courage is where possibility and intention intersect. When we set our intention to walk the path of peace, we are unstoppable. It is up to each one of us to reclaim our lives, to feel the inevitable fear life offers and move with dignity into its essence, trusting in the universal order, underlying unity, and the strength of our own soul. Stepping into courage is the conscious choice of a spiritual warrior. Will it be yours?

### **Dancing Lesson for Your Soul ~ Stepping Into Fear**

Uncover a crevice in your life where fear has a toehold and step with valor into that fear. Examine the fear to the core. Look to where it keeps you from speaking your truth. What is its origin? How far back can you trace it? Is there a person in your past or present whose hurtful words continue to dialogue through your consciousness? If so, it is up to you, and only you, to make the choice as to whether or not you will continue to allow them to run your life. Courageously choose to reclaim your soul, to love and honor yourself, for this is the path of peace.

Janet Dwinells M.A., CCH is a Soul Coach & Transformational Hypnotherapist  
who can be reached at 707.888.8388 [janet@thepathofpeace.net](mailto:janet@thepathofpeace.net) [www.thepathofpeace.net](http://www.thepathofpeace.net)