

Fearless

“Let me not pray to be sheltered from dangers but to be fearless in facing them. Let me not beg for the stilling of my pain, but for the heart to conquer it. Let me not look for allies in life’s battlefield but to my own strength. Let me not cave in.” Rabindranath Tagore

Deep within us all is a place where fearless lives. It is our innermost essence. Our soul. This place where fearless lives knows that life is not about possessing and holding on, but about learning and letting go. It lives for the adventure of experiencing and learning. This place where fearless lives knows we have a unique destiny that our soul brings forward each day.

We are all heroes of this story we are living. We all have our own dragons to slay and obstacles to overcome. It’s not always pretty, but somehow we find a way to move through these challenges. It’s not always by other people’s standards or even in our own timeframe. But, we do it in perfect timing. And our soul brings forward the exact right situation and person for the next step in our journey.

We have all shown our ability to be fearless, even if it doesn’t take the form of large heroic deeds. As Mary Anne Radmacher states, “Courage doesn’t always roar. Sometimes courage is the little voice at the end of the day that says I’ll try again tomorrow.” If you look back over your life you will see many times in your life where you tapped into that place of fearless and made it through another day, even when you thought there was no more hope. When a part of you wanted to give up, you may have heard the voice of fearless say, “It’s okay. You can do this.” You may see all those small or large acts of being fearless that are part of your journey.

Also inside us all lives a place of fear. This place of fear believes that the world is not a safe place. That we’re not strong enough to handle the difficulties we’re facing. It believes that our safety lies in things and people outside of ourselves. Fear would have us believe that we’re in this all alone and that we need to defend and justify what we do and who we are so that people love and accept us. You may have heard the voice of fear say things such as “What if I make a mistake? What if they get mad at me? This is too much for me to handle. It’s all my fault.” As you look at your life you may see many times when you let the voice of fear guide you.

This journey is about learning which voice to listen to....which one to trust. We can spend a long time finding out who we’re not before we discover who we are.

Our true voice which is soul brings forward the fearless in us when we...

- *make room in our heart for all parts of ourselves, all the choices we’ve made and love it all.*
- *are willing to follow our heart’s desire, even with no guarantee of success.*
- *sacrifice our need for approval and perfection.*
- *let go of old patterns, conditioning, addictions.*
- *are willing to love again, even after betrayal or hurt.*

- *learn to surrender to what is and let go of resistance.*
- *take action when it's needed, even if it's not a popular decision.*
- *are able to forgive and move on.*
- *are willing to stand up for what we believe despite judgment from others*
- *make our honoring ourselves more important than the opinion of others.*
- *are able to see our own worth and know that we're Divine.*

Being fearless is learning to trust our soul's agenda. It's allowing for fear and moving forward anyway.

There are some lyrics from a song called Do It Anyway by Martina McBride that speak to being fearless.

You can spend your whole life building something from nothing
 One storm can come and blow it all away ... build it anyway
 You can chase a dream that seems so out of reach
 And you know it might not ever come your way ... dream it anyway

This worlds gone crazy and it's hard to believe,
 That tomorrow will be better than today ... believe it anyway
 You can love someone with all your heart, for all the right reasons
 And in a moment they can choose to walk away ... love them anyway

You can pour your soul out singing a song you believe in
 That tomorrow they'll forget you ever sang
 Sing it anyway.

God is great, but sometimes life ain't good
 And when I pray it doesn't always turn out like I think it should
 But I do it anyway.

I sing ... I dream ... I love ... Anyway

Maybe that's the lesson fearless has for us. To have the courage to take that next step, to follow our heart, even with no guarantees of approval or success. To listen to the voice that loves us, believes in us and guides us on our path.

May we all have a fearless joy filled adventure on our journey.

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