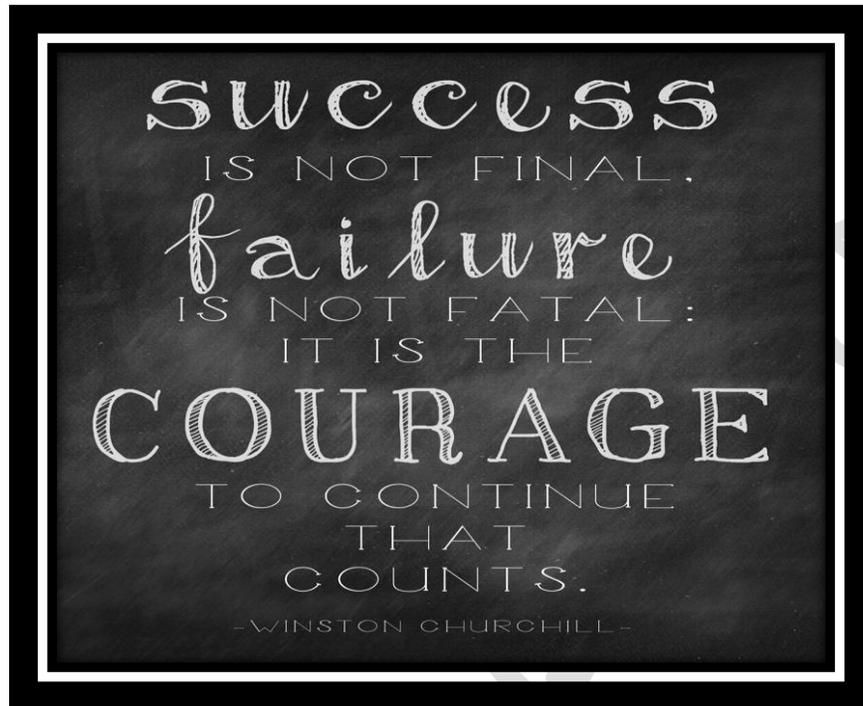


breath love nourish



COURAGE

"To live a brave life, you must believe you are worthy of love and belonging. And a strong belief in our worthiness doesn't just happen -- it's cultivated and practiced, with the intent of living a life defined by courage, compassion and connection.

People who live brave lives identify vulnerability as the catalyst for courage, compassion, and connection.

If you want to be brave with your life, you're signing up to get your ass kicked. We can choose courage or we can choose comfort, but we can't have both. Not at the same time.

Vulnerability is about having the courage to show up and be seen when we have no control over the outcome. Vulnerability isn't weakness, *it's our greatest measure of courage.*

Courage is contagious. Living a brave life changes not just you, but also the people around you. To bear witness to the human potential for transformation through vulnerability, courage and tenacity can profoundly affect the people around you, whether you're aware of it or not."

- BRENE' BROWN

Brene' Brown is certainly one of my grounding gurus; she is focused on living an authentic life, and I believe courage is a welcome relief to fear. There is a lot of talk these days about women's rights, and how we can come together to lift each other up, rather than tear each other down. I find that to be one of the most crippling addictions we have as a culture, and I am as guilty as the next. We are hard-wired to compare and compete, we seek validation and more than that, we want to be better than the rest – survival of the fittest! All this competing takes courage, and in my opinion, is not worth the effort. Instead, I prefer to lift each other up; see the positive in another, and not always seek to note the differences or negative possibilities. Our thinking needs tweaking, repeat... our thinking needs tweaking, not tweeting, but tweaking!

Dr. Melanie Greenberg explains courage as "something that everybody wants — an attribute of good character that makes us worthy of respect. From the Bible to fairy tales; ancient myths to Hollywood movies, our culture is rich with exemplary tales of bravery and self-sacrifice for the greater good. From the cowardly lion in *The Wizard of Oz* who finds the courage to face the witch, to David battling Goliath in the Bible, to *Star Wars* and *Harry Potter*, children are raised on a diet of heroic and inspirational tales."

This quote expresses the obvious about courage; that it is universal, and carries unlimited potential. So, starting with Brene', we focus on living an authentic life; without fear of judgement, while offering that same gift to those in our own lives. To me, this provides what we all crave at the root of it all – to be respected.

Where courage is needed in one's life varies over time, so I included a few quotes below that spoke to me, and a link that has even more quotes to look through:

<https://www.psychologytoday.com/blog/the-mindful-self-express/201208/the-six-attributes-courage>

breathe

A hero is no braver than an ordinary man, but he is braver five minutes longer.

Ralph Waldo Emerson

love

Passion is what drives us crazy, what makes us do extraordinary things, to discover, to challenge ourselves. Passion is and should always be the heart of courage.

Midori Komatsu

nourish

To dare is to lose one's footing momentarily. To not dare is to lose oneself.

Soren Kierkegaard

“Speak your mind, even if your voice shakes.”

Maggie Kuhn, Social Activist

This quote is my big share, although I have to tweak it a bit... “get yoga certified, even if your 50 year old muscles shake.” It is taking a large portion of courage to get certified for my birthday this year, and I am already doing homework, learning asanas, Sanskrit and other fun stuff. My musings will certainly include some yogi wisdom, I just can’t help but share.

That said, I am also taking on a couple projects that have me changing this newsletter a bit. I don’t want to lose the fun of this, just need to slow it down and do a monthly check-in. I also have another friend that is planning to contribute a bit, always nice to hear from other voices, and she’s an angel.

I also wonder... if y’all would like to share in a quest? I know I’m not the only person in this group that is turning 50 this year, and I’m thinking a few of you have a “challenge” you have set for yourself. Accomplishing most goals requires courage to not only set the sights, but to endure the path. They say that sharing in these challenges, aids in the attainment of one’s goals.

I also had a thought, that maybe my “courage” challenge might inspire others to create something regardless of one’s age. Up to you... but I am looking forward to hearing about anything, whether as simple as making your bed every day, or as complicated as changing careers.

You’ll find me sharing on our Facebook group, “Breathe Love Nourish”...

so, let’s have some fun there this summer!

Lots of BoHo love:-)