

## Courage

By Lisa Pickart 4/17/2015

Courage; [kur-ij] -noun- the quality of mind or spirit that enables a person to face difficulty, danger, pain etc.; without fear; bravery (dictionary.com)

I believe courage exists deep within one's heart. A light, a force, the grit of diamond dust. Courage never acts alone but dances with wisdom, spirit, and grace leaving ego, selfishness, and weakness far behind.

Courage can manifest as soft and delicate as a cherry blossom, quietly uplifting a pure truth, a balance, into the world that moves around you. It can also be explosive and correcting, pushing ones spirit to an extreme, demanding right without yielding.

Courage is the catalyst that binds one's fortitude to act steadfast, stand straight, firm, with a smile when life crumbles around you. Courage wins, always.

Courage reside within all of us. No one is exempt from life's harshness and pain. Whether you live in a third world country facing disease and hunger, fighting a war, holding the hand of a dying love one, or a scared child alone on the street, opportunities to be courageous will present to every human being. We are one people. During these moments in life we have to **choose** to act courageous, we have to **choose** to use our wisdom, spirit, and grace to balance and hold us in strength. If we do not deploy the light of courage we become cowards, shrinking into the dark, thinking only of ourselves and we taste the bitter flavor of weakness and discontent.

I too have experienced many opportunities to be courageous. Some ended not short of a miracle because courage and bravery shot forth steadying the ground beneath me allowing movement forward with love and compassion which aids in rebuilding. Some opportunities I chose the latter, to be a coward, running from a truth, falling prey to fear. In that aftermath, in shame, we learn the shape of courage and wisdom grows so we can greater choose the path of a warrior next time.

Recently someone observed a change in my stature and asked if I had been working out. I replied yes and added I don't want to discuss it. He said, "Still embarrassed about the color of your belt"? I just smiled and kept my mouth shut. Courage and wisdom also know when not to act. I pondered this statement and realized the beginning steps are the most courageous and exciting. Without a white

belt there are no others. In this sense the white belt is truly the offspring of courage and the foundation of all warriors. Within “White” lives the spirit of first beginning. Courage.