

WHAT IS COURAGE?

By Michele Barnes

To me, having courage, or being courageous, can be summed up in a simple statement...Courage is the energy of finding what the truth is in your heart. We all have our own opinions, but for me personally that statement carries many meanings.

For example, one may find courage in making changes in their life that seemed at times like the most impossible tasks. But through the search of their heart and what they know to be true, the decisions became easy and most of all right. Change is never easy for anyone. If you can find the courage to stand up for what you believe in your heart, I couldn't think of a more courageous person.

It takes a person with much courage to look outside of themselves and love unconditionally. That also means selfless. It is hard work to do this and people who live their life this way are extremely courageous to me. It can be so easy sometimes to get caught up in life's negative aspect about people and things, but a person who has much courage inside them can rise above and be a better human being to everyone they meet.

Another example of courage is someone who defends our country by their own free will. They are offering their life everyday so we can have ours. What courage it must take to leave family and life behind and put their life on the line for millions of strangers they will never meet or know. This is so incredible and amazingly courageous. To me this reminds me of my faith in God and the sacrifices Jesus made for us.

Courage is also, I believe, our way of fighting fear. Often times we can be so affected by fear and its hold over us. If we can look deep into our hearts and find "MY Courage" for whatever challenge you are facing in life, the fear diminishes and courage takes over. It doesn't matter how big or small the fear is, finding the courage to overcome is exhilarating and worth it.

Courage can be big, small, life changing or simple. It is knowing that you have scoured the depths of your own heart and found what your truth is and how you want to be courageous in your own life, whatever that may be. It can be ending relationships, starting new ones, moving, staying, trying new things, climbing mountains, and almost any other facet of this beautiful amazing life. With every new day we are faced with challenges and fear and I know with faith in ourselves and courage from within our hearts, we can accomplish and overcome anything.