

Courage Handout

HOW THE WHOLEHEARTED LIVE with a Strong Sense of Love and Belonging - Connection

- 1) Having the courage to be imperfect and to tell the story of who we are with our whole heart.
- 2) Having compassion for self and others.
- 3) Self-accepting of our imperfection and embracing our vulnerability.
- 4) Believing that what makes us vulnerable also makes us beautiful.
- 5) Willing to let go of ideas about who we should be, and instead being authentically who we are.
- 6) Letting ourselves be deeply seen, because we believe that connection is a result of authenticity.
- 7) Taking the risk to love with our whole heart.
- 8) Stop catastrophizing and feel grateful. Don't exaggerate.
- 9) Believing that we're enough.

THOSE WHO STRUGGLE FOR CONNECTIVITY & MEANING Shame Unravels Connection

- 1) Feeling not good enough, doubting ourselves.
- 2) Fearing rejection: If others really knew me, they wouldn't like me.
- 3) Having a big sense of privacy, fearing exposure.
- 4) Describing vulnerability as excruciatingly painful.
- 5) Feeling we should have all the answers, and trying to hide our ignorance.
- 6) Masking who we really are.
- 7) Taking things personally, causing us to defend our egos.
- 8) Fearing being seen or known, even by oneself.

BUDDHIST SUPPORTS

- Shamatha Meditation to recognize our Buddha nature, our basic worthiness, as an antidote to self-doubt
- Face ourselves, stay with discomfort, and don't run away.
- Trust that the world will have a message for us; success **and** failure are the path.
- Joyful with others in the middle of the river with "water logic" and lack of ground.
- Hold your seat with dignity, courage, gentleness and curiosity. Don't exaggerate.
- Use the echo of awareness to bring attention to your behavior of body, speech and mind.

Quotes

“If we wait to take action until we’re perfect and bulletproof, we’ll never take action, because that just isn’t going to happen. But even if it did happen that isn’t what we want to see. We just want to see you “dare greatly.” Brené Brown

“Enlightenment is not a peak experience. It’s a permanent shift in paradigm that deepens day by day.”
Shinzen Young

“Vulnerability is the most accurate measurement of courage.” Brené Brown

“Courage is the fundamental openness to face even the hardest truths. It makes room for all the pain, joy, irony, and mystery that life provides.”Dzigar Kongtrul

“Obstacles are only a hindrance when not seen. Getting to know them is rich training.”
Chogyam Trungpa

"To live the full life, one must have the courage to bear responsibility for the needs of others."
Aung San Suu Kyi

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."
Winston Churchill

“We must be willing to let go of the life we have planned, so as to accept the life that is waiting for us.”
Joseph Campbell

“It is not the critic who counts: not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, who, at the best, knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while daring greatly.”
Theodore Roosevelt

“When you hear, a mile away and still out of sight, the churn of the water as it begins to swirl and roil, fretting around the sharp rocks -- when you hear that unmistakable pounding -- when you feel the mist on your mouth and sense ahead the embattlement, the long falls plunging and steaming – then row, row for your life toward it.”
Mary Oliver