

Do You Have the courage to ignore the experts?

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By graham and julie

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Do you have the courage to ignore the experts? Do you have the willingness and ability to understand and use the power that is within you? Courage is that state of mind when you do something that you know is right for you and your loved ones and the rest of the world thinks you're mad. The ability to make the decision and then make it happen. Courage is not progressing through life with gay abandon, ignoring all the fears. Quite the contrary. Courage is an understanding of fear. An understanding of what to fear and what not to fear. Courage is the ability to challenge what is deemed to be common sense.

The world will constantly knock the courageous because they want mediocrity. They want mediocre players and people. People who don't rock the boat. People who do what they are told. People who willingly stay within the rules even though they know they are causing harm to others.

Pause for a moment. Just think . Does it take courage to make the latest technology go faster, make it bigger, more complex than the last edition? Does it take courage to add to what already exists? For us, courage is shown by those who fight for something new. Follow their dream and see the benefit of going in the opposite direction.

The question is do you have the courage to do what you want? To touch your potential. Do you have the courage to speak out for what you believe in? Do you have the courage to go for it? Remember when you were a child. Were you curious? Were you a risk taker then? No doubt you had lots of courage when you were a child. You did many things based on a focus and no evidence. As a child no doubt you trusted the processes of life. So what's different now?

If you are now feeling a huge resistance to going forward to naming your aim and objective, to realising your potential. Don't worry it's normal. The resistance is a normal way of moving forward. It's your natural brake that is saying hang on a minute lets have another look at this. Every time you meet resistance within yourself or others it means you are growing because only as you start to think and state something outside your box do you encounter opposition. So don't be discouraged and write yourself off. Stay with it.

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You see, the feeling of fear and not following your beliefs was no doubt planted in your childhood. The time when you were told that you ought to value money. That you ought to save. You need to be careful, you need to have heroes and follow others. Perhaps instead we should have been taught to respect money but to be generous with it rather than be thrifty. Perhaps we should have been taught to go for our dreams rather than settle for security. As Andrea Dworkin, the feminist and civil rights activist, stated in one of her speeches:

By the time we are women, fear is as familiar to us as air. It is our element. We live in it, we inhale it, we exhale it, and most of the time we do not even notice it.

We think it applies to men as well as women. Well at least Graham says it applies to him. Every time he thinks of stepping out of his box, fear is present.

So there isn't a fearless state. We just have to accept it and carry on. What is that phrase? "Feel the fear and do it anyway". Start by looking at your aim and objective. What is your aim? Do you have one? Is it a general I want to earn \$50,000 a year or is it more focussed on an activity. For example, I want to tap into, understand and use the power that is within me. I want to assist others to do the same. All you need is an aim and the willingness, the courage to make effort to implement it.

Once you have your aim the hard work really starts. Now it's time to practice, practice, practice. To read all you can around your subject. To buy all the books that will help you. Go on courses that will help. Meet successful people in the sphere of your chosen aim. Pick everyone's brain. Whatever needs to be done to reach your aim.

Don't worry about your capabilities they will come. If you have chosen the aim from your heart, from your subconscious then the capabilities will follow. How do you know your aim is chosen from your subconscious? Because you have no doubts about it. It feels comfortable. More than that it makes you get up in the morning.

As they say, the journey begins with a first step. Now; do you have the courage to take it? Do you have the courage to ignore the experts and do what you really want to do in the world?

It's up to you.

Courage charms us, because it indicates that a man loves an idea better than all things in the world, that he is thinking neither of his bed, nor his dinner, nor his money, but will venture all to put in action the invisible thought of his mind.
Ralph Waldo Emerson (1803 – 1882)

Good Luck

Graham and Julie
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Courage

By Sharif Khan

"Courage is being scared to death – but saddling up anyway." - John Wayne

"Courage is the cliché hallmark attributed to the hero. I say cliché because people talk about courage as if it is some mysterious force only a hero is born with. Courage is a vague and fleeting concept for many people because they lack it themselves. People lack courage because they lack knowledge. They have no idea where the true source of courage comes from. Even worse, they don't know it and continue to live in fear. As Socrates pointed out, 'People not only don't know, but they don't know that they don't know.'

This is why so many people on earth live in fear. Fear of death. Fear of life. Fear of living their nightmares. And fear of living their dreams. Most people are followers because they lack self-confidence and live in constant fear. Anyone who is brave and can show them how to overcome fear, they follow and respect. But...anyone that reminds people of their own fear, they attack and abuse viciously! This is human nature in its lowest, animal form.

What is fear? Fear is the perception or misperception of the unknown. Perception of how we negatively view reality, but not reality itself. I once heard somewhere, a useful acronym for FEAR: False Evidence that Appears Real. The 'false evidence' being our own manufactured worries, doubts, and negative images often of events that haven't even taken place yet. William Shakespeare understood this principal well when he said, 'Our doubts are traitors, and make us lose the good we oft might win, by fearing to attempt.'

The cause of fear is lack of knowledge. Therefore, 'knowledge is the antidote to fear' according to the great American hero philosopher, Ralph Waldo Emerson. That is why heroes are brave souls. They immerse themselves with knowledge, plus knowledge, plus knowledge. Heroes know that they don't know, but are willing to learn. They are humble and learn from everyone regardless of rank or status. Leaders know their potential. Followers ignore their potential. Courage and self-confidence comes from knowledge and self-knowledge...

This being said, no human hero is entirely fearless. Great heroes are not born fearless and brave. Nelson Mandela had this to say about courage: 'I learned that courage was not the absence of fear, but the triumph over it...I felt fear myself more times than I can remember, but I hid it behind a mask of boldness. The brave man is not he who does not feel afraid, but he who conquers that fear.'" [Excerpted from, "Psychology of the Hero Soul," by Sharif Khan, Chapter 16.]

Psychology of the Hero Soul is an inspirational book on awakening the Hero within and rekindling people's passion for greatness. It is based on author, Sharif Khan's ten years research to the field of human development and was recently mentioned in USA Today. The Hero Soul is available to order in most major bookstores including Borders, Barnes and Noble, Chapters, Indigo, and Coles bookstores.

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Psychology of the Hero Soul, by Sharif Khan, ISBN 0973192208, Diamond Mind Enterprises, 160 pages, \$14.95 US, trade–paperback, Self–help/Inspirational, distributed by Ingram, Baker & Taylor, and University of Toronto Press.

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