

11.5

UNORTHODOX

Methods to CULTIVATE

# COURAGE

now!

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## 1 Tap into your inner Diamond Core

Diamonds are gorgeous, shimmery, unbreakable, flawless, shiny, crystal clear objects. In other words, ideally suited to describe your inner essence -- the place at the center of your being where all of your intuitions, creativity, power and life purpose pour forth to ignite you so you can serve your immediate community and the WORLD!

## 5 Know that you may die tomorrow, so you'd best live in the NOW

Not to be morbid here, but what legacy would you want to leave from today if you knew you were going to die tomorrow? What would you want to share with the world? How would you show up differently? Wouldn't you want to hold your shoulders a bit higher, move with greater purpose, speak & act from a place of love, and be unafraid to accomplish miracles? The present moment is the greatest gift, the greatest teacher. It is a seed of inspiration & momentum to grow us. Delve into your 12 senses and seek solace in truth, beauty & BIG love, discovering it all around -- and most importantly, within.

## 2 Focus on the work (of serving others)

Get your ego out of the way and start showing up for someone other than YOU. There is a constant stream of giving and receiving that we have a choice to dip into or not. When you take the plunge, rewards abound & you enter the realm of bliss.

## 3 Move towards your ALIVENESS!

Get to know yourself, intimately. Wake up to what really moves you in this world and feeds your sense of fully living. Drink from the well of aliveness & freedom each day, co-creating the ultimate vision of a life you would adore. Inhabit your purpose, passion & strengths. Inject them into all you do. Connect with your Diamond Core to mine your inner resources and offer them up to the world. Pronto!

## 4 Ignore what everyone else thinks, does, says, IS...

Courage means creating your own rules and taking your own risks. It means people may not like you, but they will at least respect you. It means drawing boundaries with the ones you love, boundaries that they often won't appreciate. It means you can't emulate another -- you must be authentically YOU. To overcome illusion and stand in the truth is to live dangerously.

## 6 Reach out (for a throw down)

Get yourself an accountability buddy: a best friend or partner that you can call up anytime & ask them to remind you of your own greatness as well as what you're capable of. Have them mention at least one of your recent successes, and you chime in too when ready. THEN: Give yourself a hug. Give someone else a hug. Share your bliss. Be infectious.

## 11.5 Don't go back to SLEEP!!!

## 6 Visualize the 20 yr. regret if you don't ACT

Taste the guilt, feel it in your gut. Fully embody it now so you won't have to go through the agony later. Imagine the full breadth of sorrow within you if you don't follow your dreams. Let the discomfort move you through the barriers that are holding you back.

## 7 Celebrate your greatness NOW!

Remember that there is only one YOU and there will NEVER BE ANOTHER. You must deliver what the indigenous people call your 'original medicine.' Know that you are robbing the world & everyone in it if you DON'T share your unique 'medicine.' We need your voice. Now. Heal yourself and get out there and heal the world. Hup Hup!

## 10 Put a muzzle on the voice of fear

Largely, our lack of courage is due to fear. Our small self holds fast to this fear like a life preserver in the ocean during a fierce storm. Our higher self knows that only love is real, however, and that this fear is just an illusion. Next time, put a muzzle on the cries of your small self and step into the largeness of your life.

## 8 Get moving (literally)

Jump up and down, flail your arms, punch, shake your ass, gyrate your hips and scream for 5 minutes. Straight. Go ahead. I'm waiting ... Now, from this pulsing alive place, make something happen.

## 11 Move from a place of LOVE

Do everything with heart & authenticity. Show up as you, playing for the world. The world needs more realness. Bring it.

## TAKE ACTION!

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