



**SOUL-WISE**  
LIVING  
INCREASED ENERGY FOR JOYFUL LIVING



## Maintaining Courage In The Moments of Self Doubt

Courage is the ability to confront fear, pain, danger, uncertainty or intimidation. In today's world, there is physical courage, moral courage and there is inner courage. Physical courage is necessary when facing physical pain or hardship. Moral Courage is when you act rightly when facing opposition. Inner courage is what is required of you when you need to step up and beyond your comfort zone. It's what is necessary to step away from the remote control of life and into a place of acting based upon your life's purpose.

Courage takes confidence and commitment. It is all too easy to shy away from both in this day of fast and fury. It is all too easy to allow yourself to take the path that everyone says you should take instead of leading yourself fearlessly down the path that you know supports your higher purpose...both professionally and personally.

The mp3 you receive, Maintaining Courage in the Moments of Self-Doubt, contains valuable information on how to subconsciously shift yourself into confidence and commitment. By creating this simple, fast & effective evening ritual, you honor all of your abilities and embrace who you are. This allows you to step boldly and fearlessly into your pursuits ~ from overcoming the fear of a speaking engagement to effectively standing up for yourself, from taking a big leap of faith in your business to knowing that you will be able to achieve that next goal you set for yourself. By doing this one evening ritual you will be able to create the confidence you need and grow the confidence you already have to maintain the courage you need when that pesky voice of self-doubt tries to speak to you.

Attached is a Synchro-Alignment Guided Meditation, Finding Symbols for Courage, that takes you into a sanctuary where you are safe and nurtured. During this meditation, you will find a place where you feel immense love and fortune. You will find symbols that strengthen you internally and that you can weave in and out of your life to lean on for the courage you seek and to stay strong to the commitments you make. By taking the symbols you find and adding them into your home or office (ex. a slow moving stream becomes a water fountain or the sound of rustling tree leaves becomes a wind chime), you are reminded of the strength and courage that comes from your inner wisdom, that comes from your core, that comes from your soul.

If you need further guidance, I hope that you will allow me to assist you in finding your own inner GPS and the courage that you have inside of you. You can learn more about me at [here](#).