



How To Maintain Courage~ In those Pesky Moments of Self Doubt

**Courage: Finding it in the Pesky Moments of Self-doubt
begins with knowing how to listen to your innate truth.**

Listening.

*Finding out who you are is not always easy
but it does not have to be dramatic.
It takes time for the chatter to quiet down
and to still our emotions.*

In learning how to, we begin to hear.

We hear what is being offered from deep within.

*We find a compass to guide us to our courageous life
~ to powerful inner peace, joy and abundance.*

When we do this, we are living Soul Wise.



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Finding Your True North (otherwise known as your inner wisdom, your soul's truth etc) **and the courage that comes with it is easier than you think.**

In fact, you can find in during all the chaos that surrounds us in our hectic lives.

All you have to do is to look to nature and learn how to use it to get answers that align with your truth and feel the confidence and courage ignite from within.





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Finding Your Soul's Rhythmical Voice Using the Four Elements ~ Air, Water, Fire, and Earth.

The Universe is made up of rhythms including your own. Every part of nature (and you) has a unique language and rhythm. It's what weaves us together.

We are constantly surrounded by this cyclical energy. The seasons. The sounds of birds. The growth of trees. The nature of flowers. The cycle of women. They all encompass a certain kind of rhythm.

Every day has a rhythm. It begins softly in the stillness of the early morning hours. The sounds begin in earnest as the day progresses onward. Until, the evening falls and the sounds softly shift to those as night approaches and into the silence and stillness again.

Because you are an inherent part of this cycle, when you understand how to use rhythms to support your being, you can hear the wisdom that is within you. You can use what's found in nature to hear your own soul's voice more consistently, understand it more fully, and act upon it more courageously.



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Using the 4 Elements to Find Your Courage

Air: The Mental Element

Aligning with Air and your breath is a powerful way to deeply connect with your inner voice. It purifies and balances our thoughts.

“Let’s take a break and get some air.” You’ve heard this before and perhaps even said it.

We know, intuitively, that when we are stuck, stepping back, getting some air, and looking at something objectively allows us to see new ideas and find the courage to continue onward.



WATER: The Emotional Element



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Water traditionally represents the emotional aspect of self, and symbolizes intuition, trust, nurturing, dreams, and innocence.

Have you ever been in the shower and received an ‘intuitive’ hit? It’s because the water soothes our emotions and allows our soul’s truth to guide us forward.



FIRE: The Spirit Element



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Fire is pure energy and has long been associated with Spirit. Fire is your life force, the spark of life within you, and the pure white light within.

“Rise up ole Flame, by thy light glowing. Show to us beauty, vision and joy” This old folklore and Scout song reminds us of how a fire can connect us to the eternal flame within us that is full of vision and joy.

When we look into a fire pit or a candle and bring it's energy near us. It connects us to that flame and strength of spirit. It rises within us and allows us to be and vibrate in a way that is in alignment with who we really are at a core level.





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Earth: The Body Element

All the solid forms around you, including your body, are a part of the physical earth. Notice how when you sit up straight and tall you feel different than when you are tired and slouching?

Notice how when you walk barefoot through a park or on the sand how you begin to feel stronger ~ By letting the energy of the earth enter your body you feel more courageous Let the reality of your relationship with the earth fill your consciousness. Feel it in every pore of your being.



Courage: It comes from Connection to Your Inner Truth



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Nature supports this connection.

Using the elements will quiet your mind, soothe your emotions, ground your body and embrace your spirit. By doing so your inner wisdom will shine and your strength will be renewed.

By developing an awareness of how you are thinking, feeling, standing and vibrating, you will instantly be able to see which element to use to harness the courage you are seeking.

This inner knowing ~ finding your True North ~ is where your confidence and courage arise!





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You will be able to quickly and effortlessly step forward in your truth with confidence and courage. These steps will be made in alignment with your soul's truth and will exponentially help you achieve the results you are seeking in any situation for your highest good.



An Introductory Exercise to the Elements and Their Use:

www.soulwiseliving.com



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I'm a believer of putting what you learn into practice. Seeing how it fits and then tweaking it to work best for you. Here is an exercise to begin to use the 4 elements to find your courage. Take 3 minutes and do each and write down the answers to the questions.:

Air: Close your eyes and take a deep breath of air.
What are you FEELING when you do? What are you thinking immediately when you stop? How did this support you?

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**Water:** Wash Your Face, use cool water. Let it flow off of you and only dab your face dry.  
What are you FEELING when you do? What happens to your emotions? How did this support you?

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Fire: Look into a Candle & allow yourself to drink in it's light.



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What are you FEELING when you do? What is happening to your spirit? How did this support you?

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**Earth:** Go outside and walk barefoot in the garden. (If it's an off season, you can do this exercise on hardwood floors.) Let the ground support you and feel it's strength below you. What are you FEELING when you do this? What is happening to your body? How did this support you?

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Knowing how the elements make you feel now allows you to remember that feeling when you need it. It also let's you recognize which element you need most in those moments of self-doubt and to call upon it quickly to boost your confidence and courage!



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ABOUT SOUL WISE LIVING



Soul Wise Living is the brain child of Laura Clark. It grew out of her bodywork practice where she recognized that her clients needed more than just momentary relief to their challenges. They needed soul-utions they could take into their lives and businesses.

As a sought after Master Soul Coach®, Laura empowers professionals, entrepreneurs and creatives to get off the roller coaster that delays action and supports them to discover ways to follow their own intuition. By hearing it more consistently, understanding it more clearly, they come to act upon this truth with more conviction.

Laura is an International best-selling author, engaging speaker and coach. She brings her unique wit and a down to earth, practical approach to empower people to embrace their own brilliant spirit and bring Soul-Wise Living into their lives for greater joy and abundance in following their passions.

Laura is blessed to live on the water in New England where her 2 sets of twins (of the canine type) show her daily exactly what it means to live passionately and in-joy!

Discover more at www.soulwiseliving.com/about