

**UNITY**  
CHURCH OF BAKERSFIELD  
"A POSITIVE PLACE TO GROW!"

Today's Lesson  
*A Matter of Courage*  
PowerPoint notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

*A Matter of Courage*

Success IS NOT FINAL.  
FAILURE IS NOT FATAL:  
IT IS THE  
courage to continue  
THAT COUNTS.

Courage has been defined as: The state or quality of mind or spirit that enables one to face danger, fear, or changeable circumstances with self-possession, confidence, and resolution; bravery.

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In her book Feel The Fear and Do It Anyway the late Susan Jeffers, Ph.D. tells us that there are five truths about fear and when we understand them, fear will no longer have a hold on us. The Five Truths About Fear are:

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1. The fear will never go away as long as I continue to grow.
2. The only way to get rid of fear of doing something is to go out and do it.
3. The only way to feel better about myself is just do it.
4. I am not the only one who experiences the fear of new beginnings.
5. Pushing through the fear is far less immobilizing than living with a sense of helplessness.

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The Buddha is reported to have said: "Gripped by fear men go to the sacred mountains, sacred groves, sacred trees and shrines".

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He also went on to teach that we must go forth with courage and convictions so that we may understand our fears, to lessen our desires and to calmly and courageously accept the things we cannot change. To replaced fear, not with irrational belief but with rational understanding.

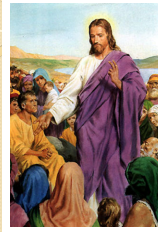
This begs the question: If fear is an innate emotion, how can I rationally understand its purpose on my spiritual journey?

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In his book *Your Sacred Self*, Dr. Wayne Dyer gives us some insight into the fears that tend to dominate our lives:

1. The Fear of Failing
2. The Fear of Disapproval
3. The Fear of Suffering
4. The Fear of Isolation
5. The Fear of Looking Foolish
6. The Fear of Success

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*But seek His kingdom, and these things will be added to you. Fear not, little flock, for it is your Father good pleasure to give you the kingdom.*

*Sell your possessions and give to charity; make yourselves money belts which do not wear out, an unfailing treasure in heaven, where no thief comes near nor moth destroys. (Luke 12:31-33)*

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**I MUST NOT FEAR**  
**FEAR**  
**IS THE MIND KILLER**  
FEAR IS THE LITTLE DEATH THAT BRINGS  
**TOTAL OBLITERATION**

Courage and fear are states of mind. How can we get our minds to activate the courage to face these fears?

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Two gentlemen by the names of Martin Hawes and Steve Ruben have given us seven points for all people to share and find for themselves that they have the power courage to overcome the fears in their lives. They are known as the Declaration of Freedom.

### *A Matter of Courage*

1. You are free to explore a completely different way of living and seeing. You are free to meet the wholeness of life and put aside your fear. You don't need to think as others think, or live as others want you to live. Be free, and life will unfold in ways you could never have imagined.

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2. Don't be afraid that you might not succeed. Failure and success exist only in imagination. Act from love, and your actions will be their own fulfilment, their own reward. Allow yourself the freedom to draw breath and simply be.

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3. You do not need riches to live a rich life. Nor do you need status, for it is based on empty comparisons. Appreciate the wealth you have – your health, your loved ones, the miracle of being alive. Be free of the habitual desire for ‘more’.

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4. Don't limit your thinking with beliefs. You believe because you want to be certain, but letting go of certainty gives you freedom to discover the new. Look beyond the boundaries of knowledge, for it is only a trace of what has been and gone. The nets of knowledge and belief cannot catch the ocean of life.

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5. You are free to question what others have said, even in books that are held to be sacred. Understanding comes through learning and insight, through compassion, through seeing beyond self-interest – not through the repetition of words. Learn from everyone you meet, from everything you experience. The greatness of life cannot be folded between the pages of a book.

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6. In relationship, be free of divisions between us' and them'. Whatever our nationality, race or religion, each of us shares a common humanity. Similarly, question the lines you draw between 'mine' and 'not mine', me' and 'you'. Your life is all that you see and touch, and everything you say and do makes a difference in the world.

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7. We share responsibility for the world, with its conflicts and its promise of freedom. Inquire deeply, so that through self-awareness you end the confusion from which conflict arises. Question the way you are living now, and have the courage to follow your heart. The more we are free in our own lives, the greater the freedom we endow to our families, to our communities, and so to all humanity.

### *A Matter of Courage*

The Daily Word's lesson for yesterday addressed the issue of courage:

I am strong of heart, courageous, and triumphant... I live fearlessly in each moment as God inspires me to move forward with confidence and zeal.