

## FEAR VS COURAGE: IT'S YOUR CHOICE

by Danny Cox

"Once when Marshall Ney was going into battle, looking down at his knees which were smiting together, he said, 'You may well shake; you would shake worse yet if you knew where I am going to take you.' Napoleon was so much impressed with the courage and resources of Marshall Ney, that he said, 'I have two hundred millions in my coffers, and I would give them all for Ney.'"

-- Orison Swett Marden

What or who builds self-imposed barriers? A stonemason named Fear, one who is highly skilled in building powerful barriers from nonexistent stones. Where does this craftsman live? In our minds. He's always there, but it's up to us whether he lives in the back of our minds or the front of our minds.

Fear is the sworn enemy of adventure, which is the third and perhaps most exhilarating force driving no-limits achievement. And Fear goes exactly where we tell him to go.

We move Fear from the back of our minds to the front of our minds by shifting our concentration away from our own courage, and choosing instead to focus on that which frightens us. Not only does that action change Fear's location, but through the process of concentration, it means we actually start to strengthen Fear. Fear has no strength of its own; its only strength is that which we choose to give it.

When Fear defeats us, it does so because of our own mental focus. And unfortunately, the strength we pass along to Fear is the very strength we need to overcome it! If, on the other hand, we choose to push our goals, wrapped in courage, to the forefront of our minds, then barriers break.

You already possess sufficient courage to initiate this process and see your personal adventure through. A person may not be born with an overabundance of talent, but he or she will certainly possess all the courage needed, whether used or unused, to develop the talent that is there. Long after passing on to the next world, we will be remembered by family and friends, not necessarily for our inborn talents, but for the amount of courage we used, especially during our times of trial. The strength and vividness of the memories our loved ones and friends hold of us after we are gone will be directly proportional to the amount of courage we have chosen to use.

**Immediate Action: Starve your fear! Feed your courage! Embrace your adventure!**

Point to Ponder Before You Go On:

"Fear knocked at the door. Faith answered. No one was there."

(From above the fireplace at Hinds' Head Hotel, near London.)

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