

## **Courage: A Meditation**

**Richard Schwartz:** Take some deep breaths. This time, think of a time in your life when you had a lot of courage. Maybe it was a time when you were able to speak or act towards something scary, to do something that a lot of your parts were afraid to do, but you went ahead.

So go ahead and take a little time and scan your past. And see if you find points like that until you find a time that feels right to you to explore.

And when you can see or sense that courageous, younger version of you, put him or her in a room by themselves, and look at that person through a window. See how you feel toward that younger version of you, who had the courage and clarity and strength to do that.

See how your other parts react to that person. See if those other parts would be willing to let you embody that again, to be that person and enter into that space, even though circumstances are different now. And if they're not up for that, it's OK. You can just explore their fears about what they're afraid would happen if they let you embody that courage even for a little while.

But if they are willing, then go ahead and go into the room and embody that person in the room and feel that courage in your body now. And just notice what it feels like this time. And again, see how your parts react to being in that courageous state again.

And when the time feels right, you can shift your focus back outside. But see how possible it is to come back with that courage and clarity, that strong state, even as you come back, even as you open your eyes.