

The Complete Transcript of Podcast 25 Where we discuss: Courage

Intro: Welcome to solutions for health and happiness with Claire and Helen - the Lightning Process Team. Want to live a life you love? Start here...

Helen: Hello and welcome to Podcast 25 in our series. I'm Helen Harding and my co-host is Claire Brooker.

Claire: Hello everyone!

Helen: I can you believe we've got to 25 Podcasts already?

Claire: I'm so excited that we've got to 25.

Helen: Our silver anniversary!

Claire: Woohoo! So in our last podcast we talked about emotional energy and our top tips for replenishing your emotional energy are to let go of other people's expectations of you - if they no longer serve you, start rediscovering yourself by asking what you want and if it were up to you what would you do?

Helen: Bring playfulness, beauty and fun back into your world. Yes you do have stuff to do and you'll feel energised instead of drained if you just make some time for some fun. And drop or do any of those outstanding projects that have been hanging over you, and instead of worrying, recognise that this is just an energy drain and it's not constructive so take positive action instead and make time for you by learning to say 'no'.

Claire: So in today's podcast, we're discussing the importance of courage and how it's like a muscle that you can build. We believe it's an essential ingredient to creating a life you love. Every day we are inspired by the courage of our clients, the courage that you have to address your challenges, the courage you have to explore other ways of doing things, the courage you have to change long standing issues and problems.

Helen: We believe that it can take courage to recognise when things aren't working and make a change, and that's deciding to live a life that you love, and it certainly does take an amount of bravery, perseverance and yes, you've guessed it – courage.

Claire: Absolutely Helen, and I just have to say ok before we get going with our 25th 'courageous' podcast is that I've found some great quotes and I have gone slightly quote happy with this one, but they are awesome - they're so awesome that I didn't feel that I could leave them out!

Helen: In 'Psychology Today' Melanie Greenberg describes six aspects of courage that we thought you'd find really interesting.

Claire: Yes the first one is feeling the fear yet choosing to take positive action anyway. You know, perhaps you don't feel ready or you feel scared and that's ok because courage is all about accepting that things may feel a bit scary but you're choosing to take positive action anyway. For me personally, I hardly ever feel 100% ready for any new thing I embark on.



Helen: So for the first of our quotes, a brilliant one by Nelson Mandela, “I learned that courage was not the absence of fear but the triumph over it. The brave man is not he who does not feel afraid but he who conquers the fear.” There’s is a great proverb that describes fear and courage as brothers and this reminds me that whenever I feel fear, courage is very close at hand and it gives me a lot of comfort.

Claire: Yes me too. So the key lesson here is not to keep waiting for yourself to be completely and utterly confident before you take the first step because you might be waiting a long time if you did that.

Helen: The second thing is to follow your heart; living a life you love does take courage and often it means stepping away from others expectations, cultural norms and asking yourself what you really want or need.

Claire: I found this great quote as well by Steve Jobs that really demonstrates this. He says “And most important have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.” And if you get a chance to watch him do this on YouTube, I think it’s the Stamford Commencement Speech June 2005; it’s such a powerful speech - it really did touch me. Another one I found by Marianne Williamson in her ‘Reflections on the principles of a course in miracles’, she says “It takes courage to endure the sharp pains of self-discovery rather than choose to take the dull pain of unconsciousness that would last the rest of our lives.” And I think that’s so relevant to us isn’t it because really it is all about our voyage of self-discovery.

Helen: It is. So in summary to that, learn to trust yourself and ask yourself what you want and what a life you love really looks like.

Claire: The next one, the third one, is persevering in the face of adversity and this is so important isn’t it. Lately I’ve become more and more inspired by the words of Theodore Roosevelt. You may have heard this one before and it’s quite a long one but it’s awesome. Ok, so...

“It’s not the critic who counts, not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who’s actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs, who comes short again and again because there is no effort without error and shortcoming. But who does actually strive to do those deeds, who knows great enthusiasms, the great devotions who spends himself in a worthy cause. Who at the best knows in the end the triumph of high achievement and who at the worst if he fails, at least fails while daring greatly so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”

Helen: So, you’re on a hero’s journey and there are going to be dragons to slay and obstacles to overcome and that’s ok. Claire has given me a quote here from The Hobbit and actually I’m a bit of a Harry Potter fan over The Hobbit but I’ll go with it because it’s quite fun anyway. It says “Go back he thought, no good at all. Go sideways, impossible. Go forward, only thing to do, on we go. So up he got and trotted along with his little sword held in front of him and one hand feeling the wall, and his heart all of a patter and a pitter.”

Claire: You know, sometimes being a hero is about having the courage to not give up and to keep going even though you may not feel that you can. And another quote I really, really love is by Mary Ann, and I think you pronounce it ‘Radmacher’ but I’m not quite sure.

Helen: I’m glad you had that one!

Claire: But what she says is really lovely, she says “Courage doesn’t always roar, sometimes courage is the little voice at the end of the day that says I’ll try it again tomorrow.” And it is about persevering isn’t it; taking those steps that are really positive day by day. When you have persevered in the face of adversity, how can you use this experience to help you feel courageous in a challenging situation you may be encountering today?

Helen: And the fourth point is standing up for what’s right. Speak your mind even if your voice shakes. While you are on your hero’s journey there are going to be plenty of opportunities to stand up for what you believe is right. You may need to be assertive, voice your views, concerns or take positive action for what you believe in, but as I’ve said before, speak your mind even if your voice shakes.

Claire: In what area of your life do you want your voice to be heard? What would be the most appropriate state of mind and body to be in to do this?

Helen: The fifth point is looking at stepping outside of your comfort zone and expanding your horizons even though it’s unfamiliar.

Claire: There’s a wonderful quote by Lord Chesterfield “Man cannot discover new oceans unless he has the courage to lose sights of the shore.” And we find that in our coaching that doing things a bit differently is strange and new but once this positive action is repeated enough by a client it becomes second nature. So our advice would be to be okay with those feelings of unfamiliarity.

Helen: And Anais Nin says “Life shrinks or expands in proportion to one’s courage.” So I want you to ask yourself, do I want to shrink back or do I want to expand. Making the choice to expand is courageous and will lead you to fulfilment.

Claire: So the sixth point is facing suffering with dignity and importantly, faith. Remember we need the light and the dark to grow to learn and develop new ways that better serve us. Another great quote here.

Helen: Just one more!

Claire: Just one more... “There is no need to be ashamed of tears. For tears bear witness that a man has the greatest of courage, the courage to suffer.” Now I would like to tell you who this is by but apparently next to it I’ve just written ‘Frank’!

Helen: Thanks Frank!

Claire: Thank you Frank! That is a great, great quote and I love it because sometimes we think those feelings, when we’re tearful or when we’re upset. We see them as negative things but actually we do need that to help us to move forwards as well and it’s ok.

Helen: If you’re experiencing this at the moment then ask yourself what lesson am I being taught right now through this experience? What is this giving me that’s positive?

Claire: So lets just recap on some powerful courage building questions to ask yourself: Have you been waiting to feel 100% perfect or confident before you get going? If so, ask yourself whether this is reasonable? Would taking the first step with courage move you forwards quicker?

Helen: And learn to trust yourself and ask yourself what you want and what a life you love actually looks like to you. Courageous people learn to follow their instincts.

Claire: When have you persevered in the face of adversity, how can you use this experience to help you feel courageous in a challenging situation you may be encountering currently?

Helen: And be ok with the unfamiliar and the new. Ask yourself do I want to shrink back or do I want to expand? Making the choice to expand is courageous and will lead you to fulfilment.

Claire: You know what, it's not all supposed to be rainbows and flowers. At times we experience pain and that's uncomfortable to say the least, but at times it's necessary if we are to learn new deeper lessons. If you're experiencing this at the moment then ask yourself what lesson am I being taught right now through experiencing this? What is this giving me that's positive?

Helen: We believe that courage is like a muscle which can be strengthened. Just as you wouldn't go to the gym the first time and lift the heaviest dumbbell, you don't have to begin building courage by skydiving or by swimming with those sharks. People often think that courage has to be big like this, but actually it's those smaller daily acts of courage which really make difference to you. That's because it's a deeper level of courage. It makes you stronger, it makes you more resilient each day and makes you fall in love with being you and living the life more and more and more that you choose.

Claire: We really appreciate you spending time with us and we really hope you enjoyed this podcast and try out some of our tips for yourself. If you have any questions about the Lightning Process, we're happy to call you or answer your questions. You can contact us at the website which is www.lightningprocess.co.uk and while you're there you can keep in touch with us by signing up to our newsletter for our latest updates and events and you can download transcripts of these podcasts there too.

Helen: We would also love to say a big thank you to, I think it's Fazura – so apologies if I've got your name wrong - for leaving us a five star review on iTunes with the comment 'Super informative and lovely to listen to'. Thanks ever so much for the taking the time, we really appreciate it!

Claire: Thank you!

Helen: And if anyone else has got the chance, we'd love it if you could leave us a review on iTunes as well because it will really help to raise the profile not only of this podcast but also the Lightning Process. So if you feel it's been beneficial, please leave us a review. In the meantime have a great week and we'll speak to you soon.

Claire: Bye for now.

Outro: Thanks for joining us, until next time! You're one step closer to living a life you love.