

Embodiment of Courage and Individuality

We all want to embody courage and assertiveness in our work and in our lives. We all want to be able to stand alone in this world.

In this part of the training we will look at what enables us to develop self-confidence and courage in our work and livelihoods.

So much of ourselves is compromised by trying to fulfill others expectations - which causes us to sell out our individual integrity and lose respect for ourselves.



To live a life full of self-confidence, we need courage and strength. This strength arises from our capacity to separate and individuate. This means separation from our ideas, concepts, images, life stories and old identifications. Once we are able to recognize what is not my true Being, we can actually separate from the false and slowly learn to realize our own personal, individual essence. Understanding and experiencing this form of separation, gives us a profound sense of meaning and self-esteem, as well as the strength and the stamina to confront difficult issues. Especially, as a therapist we need this aspect of strength and courage in order to face challenging issues both in our lives and in working with people.

People live and go on missing life. It needs courage. It needs courage to be realistic, it needs courage to move with life wherever it leads, because the paths are uncharted, there exists no map. One has to go into the unknown. Life can be understood only if you are ready to go into the unknown. If you cling to the known, you cling to the mind, and the mind is not life. Life is nonmental, non-intellectual, because life is total.

~ Osho