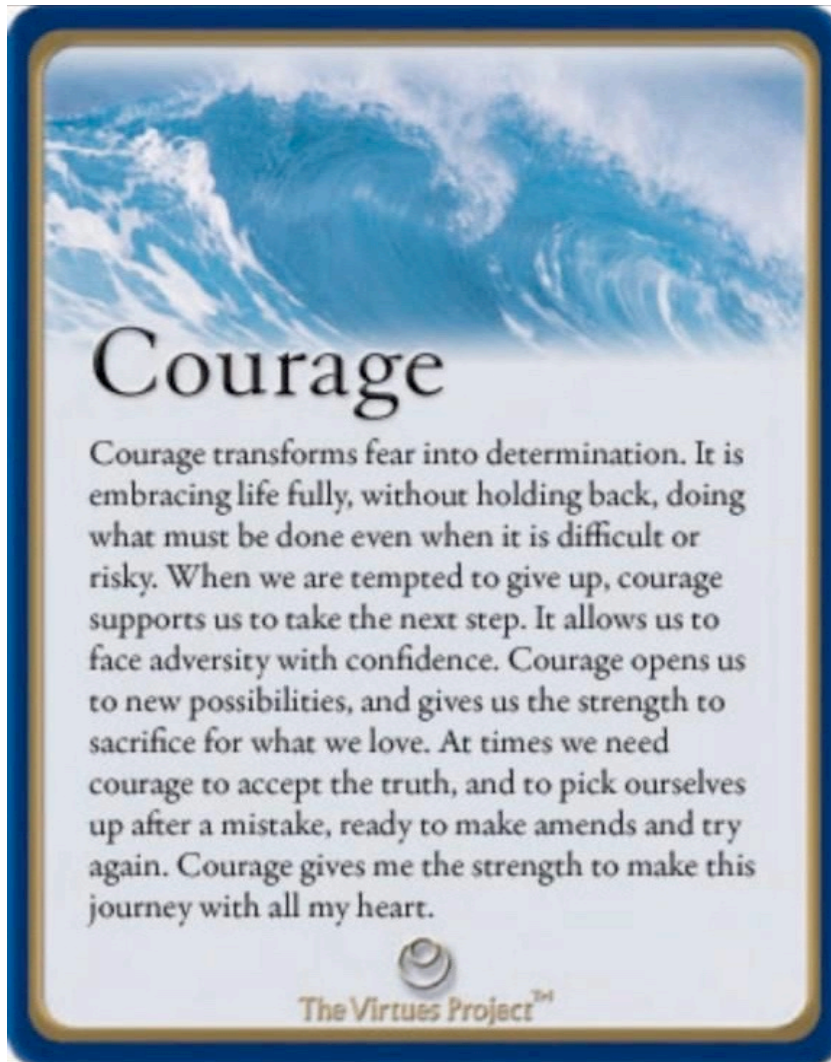


Tranquility Zone 36

COURAGE



1. "One of the greatest regrets in life is being what others would want you to be, rather than being yourself."
~ Shannon Alder
2. "Let the fear of no one dismay thee. Trust in the Lord, thy God, for He is sufficient unto whosoever trusteth in Him." - Baha'u'llah
3. "Scared is what you're feeling. Brave is what you're doing."
~ Emma Donoghue
4. "We cannot escape fear. We can only transform it into a companion that accompanies us on all our exciting adventures....Take a small risk a day – one small or bold stroke that will make you feel great once you have done it."
~ Susan Jeffers
5. "Take courage! God never forsakes His children who strive and work and pray!" ~ 'Abdu'l-Bahá
6. "Moral excellence comes about as a result of habit. We become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts." Aristotle
7. "A ship is safe in harbor, but that's not what ships are for." ~ John Shield
8. "Advance, and never halt, for advancing is perfection. Advance and do not fear the thorns in the path, for they draw only corrupt blood." ~ Khalil Gibran
9. "With everything that has happened to you, you can either feel sorry for yourself or treat what has happened as a gift. Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose."~ Wayne Dyer

10. “Being aware of your breath forces you into the present moment - the key to all inner transformation. Whenever you are conscious of the breath, you are absolutely present. You may notice that you cannot think and be aware of your breathing. Conscious breathing stops your mind. But far from being in a trance or half asleep, you are fully awake and highly alert. You are not falling below thinking, but rising above it.”

~Eckhart Tolle (A New Earth pg. 246)

11. “Courage is not the lack of fear. It is acting in spite of it.” ~ Mark Twain

12. “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”

~Deuteronomy 31:6

13. “To pray is to trust in God and to be submissive in all things to Him. Be submissive, then things will change for you. Put your family in God's hands. Love God's will. Strong ships are not conquered by the sea; they ride the waves! Now be a strong ship, not a battered one.”

~'Abdu'l-Bahá

14. “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” ~ Joshua 1:9

15. “Our life is shaped by our mind, for we become what we think.” ~ Buddha

16. “The world, especially in these days, is full of woes and sufferings. We should be brave and have a stout heart. Trials and tribulations should arise in us added vigor and greater determination and not dampen our zeal and kill our spirit.”
~ Shoghi Effendi

17. “Do one thing every day that scares you.” ~ Eleanor Roosevelt

18. “Fear doesn't shut you down; it wakes you up.” ~ Veronica Roth

19. “O God! Refresh and gladden my spirit. Purify my heart. Illumine my powers. I lay all my affairs in Thy hand. Thou art my Guide and my Refuge. I will no longer be sorrowful and grieved; I will be a happy and joyful being. O God! I will no longer be full of anxiety, nor will I let trouble harass me. I will not dwell on the unpleasant things of life. O God! Thou art more friend to me than I am to myself. I dedicate myself to Thee, O Lord.”

~ 'Abdu'l-Bahá

20. “Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing.” ~ August Wilson

21. “Don't be satisfied with stories, how things have gone with others. Unfold your own myth.” ~ Rumi

22. “Have courage for the great sorrows of life and patience for the small ones; and when you have laboriously accomplished your daily task, go to sleep in peace. **God is awake.**” ~ Victor Hugo

23. “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.” ~ Marianne Williamson

24. “By nothing, under no conditions, be ye perturbed. Be ye anchored fast as the high mountains, be stars that dawn over the horizon of life, be bright lamps in the gatherings of unity, be souls humble and lowly in the presence of the friends, be innocent in heart.” ~ 'Abdu'l-Baha