

Uncommon Courage

Working the Cutting Edge of Love

This is the third of a three-part series exploring the principles and practices to keep you on the cutting edge of Love. Applying this will empower you to live with purpose that moves you. In Part I, we considered what it means to apply Raw Honesty. In Part II, we covered the principles of Radical Responsibility. Now, in part III we will learn about Uncommon Courage.

What is the “cutting edge of Love?” you may ask. There are many moments when we are faced with an important choice. Answering one simple question could bring clarity and transform the trajectory of your life. This powerful question is, “**Do you trust fear over Love, or will you trust Love over fear?**”

The cutting edge of Love is a moment in which we choose to be guided by fear or by Love On Purpose.

To be clear, the reference to Love here is not about a feeling or an emotion. Rather, it is a powerful force that transcends and transforms yourself and your life. It is a Love that will kill you. The beginning of Love is the end of the Ego. In this way, it does kill the fearful self. Yet it is not violent. Fear grows in denial, confusion and blame. Fear dissolves in Love.

Uncommon Courage is a cutting edge of Love that dissolves fear.

This is going to the edge of all you have known and taking one more step, into the unknown. A leap of faith that causes a leap of consciousness.

Have you ever run headfirst into the oceans surf? You can take off running from the beach and accelerate into the water. If you keep running, the ocean tackles and takes you. Exactly when or how that will happen is totally unknown. What is known, is the vastness of the ocean overcomes you. Yet as you surrender and give yourself unconditionally to the ocean, you find yourself immersed in its strength and power. The transition (we could say transformation) from running to swimming happens naturally. There is also a transfer of trust from the known of the beach to the unknown of water. You can literally feel that transfer, a leap of consciousness from trusting the beach that you can see, to trusting the ocean with all its unseen mysteries. All you have to do is muster the courage to take off running. From there, the ocean tackles you, takes you, and shows you the rest.

Any time you have faced the unknowns of life, and moved into it, you have activated this type of courage. Think of the way a toddler learns to walk; Take a step... and fall down. Get up and take another step. How to walk, by taking two steps in a row, is completely unknown until it is accomplished. The first day of school, the first time you took the training wheels off your bicycle, learning a new skill or sport, the first kiss, the first time you had sex.

Aren't you so glad you activated the power of uncommon courage, faced the unknown by daring the risk of failure and did it anyway!?

If you have made a choice to learn, live On Purpose, you will face similar unknowns again and again, over and over.

- How do I nourish and energize my body On Purpose, rather than from a place of guilt?
- How do I raise my children with intention, rather than by judging, attacking and punishing them with the fears of my ego?
- How do I create a relationship that is a true expression of my love and purpose?
- How do I live with purpose in my work?
- I must make money, how do I earn, manage and spend money on purpose?

To fully realize the opportunity of living On Purpose across the spectrum of life, you will need to unlearn old fear-based habits of the ego. In this case, it will take uncommon courage applied to facing and admitting fears. You will come to understand that **“know fear = no fear”**.

Let’s see how we can put this theory of “uncommon courage” to work for you in a current situation. Bring to your mind a relationship where you’d like to experience a greater sense of freedom, power and inspiration. Maybe this is with a spouse, child, or sibling. It could also be with an employee, boss, parent, or dear friend.

When you see this person, allow recent scenes of your interactions and thoughts to play and give you a sense of the current situation in your mind. Notice your thoughts and feelings.

Is there a way you can bring raw honesty to yourself about how you feel and what you’d like? Notice what you imagine them thinking and feeling. Is there a way you can bring radical responsibility to the relationship by owning your thoughts and feelings absolutely? Can you also disown their thoughts and feelings completely, allowing them to have what is theirs?

Now, create an intention for the relationship with this person:

In the relationship with _____ (name), my Heartfelt Intention is:

_____.

Next ask yourself:

If this is my Heartfelt Intention, what are options for my next interaction with _____ (name) that could express this and start to make it true? (List at least 3 options.) I could:

1. _____.

2. _____.

3. _____.

Consider that each of these options might involve a risk of failure to fulfill in the intention. In fact, depending on how the other person responds, it could be disastrous.



Ask yourself what, if any, of the above would be the application of uncommon courage to this relationship? Read each one and give yourself a moment to really consider it.

Chances are, none of your first three options would really involve uncommon courage, the kind that causes you to risk all you've know and step into the unknown.

Here are some ideas that may help spur your thinking:

- Maybe you want to know if your spouse is still attracted to you sexually, or discover ways to spice up your love life together?
- Is there a question of your son or daughter's sexual orientation, or whether or not they are sexually active?
- Do you wonder how secure you are and/or how happy your boss is with your work?
- Is there a question of, whether your parents know how much you appreciate them?

Now, regarding the relationship you have in mind, come up with the very next interaction you'd love to have with them expressing your Heartfelt Intention:

Describe it: _____
_____.

Now imagine yourself about to have this interaction. Feel the rush of adrenaline as the fears of risk fill your mind. See yourself activating Uncommon Courage, surrendering to the possibility and intention (just as you might run into the ocean).

Now make that call, schedule that time to talk, extend the invitation to create that adventure, have that conversation as soon as you can!

There is a type of courage that opens your heart – sometimes with so much joy, it feels like it will burst. Other times, this courage breaks your heart open. This is the courage to stop fighting and instead make a shift to live and express yourself thoughtfully... from a place of Purpose. **It takes "Uncommon Courage" to live with purpose.**

I am hoping you will be surprised at the freedom, power and inspiration you experience from activating and taking the action to live with Uncommon Courage, On Purpose Now.

Feel the cutting edge of Love...