



# HELP

## Heartfulness - Experience of Life's Potential



Dear students,

Welcome to the ONLINE HELP program. As informed to you all, we will be sharing reading materials as part of every session. The reading materials will be a short collection of notes, stories, quotes, and other inspiring material that will help all of us to deepen our understanding and experience of essential life-skills that are necessary as part of our lives. Please see the reading materials below.

***Read and Enjoy, Do and Feel and Become***

Yours affectionately  
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## HELP SESSION 8

### Need for Courage

*“Success is not final, failure is not fatal:  
It’s the courage to continue that really counts!”*  
- Winston Churchill

#### Concepts

#### 1. Fear    2. What is Courage    3. Key aspects of Courage

Most of us know how to **plan** and **prepare** a road map to achieve our **goals**. Along with planning, we need to have the **Courage & Confidence** to pursue that goal to reach our destination. But what is the main factor that may stop us from moving forward? The major factor is **‘FEAR’**.

#### What is fear?

- Fear is one of our fundamental emotions.
- It arises out of the perception of danger or separation;
- It results in the “fight or flight or freeze” response.
- It is wired into our autonomic nervous system, so everyone is affected by this emotion.

#### Major Fears:

Examinations, academic load, Competition, Poor performance, Comparison, Rejection & Ridicule by peers, Judgement and Expectations of Parents & Mentors. The list is long indeed!



#### Why are fears generated?

Fears are deep rooted and generated because of:  
Previous **experiences**, imagined **threat** or pain, Lack of **Knowledge & Skill**, Inadequate **preparation**, paucity of **time** to complete tasks etc.



#### How do we deal with fears?

There are two major ways to deal with fears. Either:

**‘Forget Everything And Run’ Or ‘Face Everything And Rise’**



If we are going to **face everything and rise**, we can achieve our goals!

#### How to face and overcome these fears?

Through **Courage & Confidence**. Courage Paves the Road to Confidence.

#### What is Courage?

**Courage** is a combination of two **Latin words**.  
Cour – meaning **Heart** and ‘-age ‘ – **to act with**.  
Therefore, courage means **‘to act with the heart’**.





### What is real Courage?

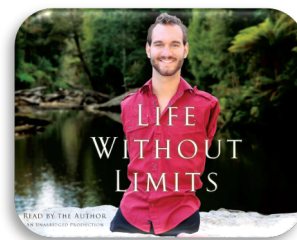
Read this real life story about Nick Vujicic an Australian.

Although he was an otherwise healthy baby, **Nick was born without arms and legs;** He had no legs, but two small feet, one of which had two toes. Nick gradually figured out how to live a full life without limbs, Nick **writes with two toes** on his left foot .

He can throw tennis balls, play drum pedals, get a glass of water, comb his hair, brush his teeth, answer the phone and shave.

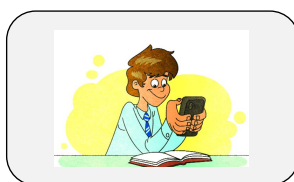
He is a positive person, **has no fears** and displays **real courage!**

<https://www.youtube.com/watch?v=zOzsJEmjHs>



### Five Main Aspects of Courage

Let's adopt them, to overcome our fears, remove negative traits and progress forward.



#### 1. To Let Go

**Time wasted** in browsing the net, chatting with friends, hooked to WhatsApp messages, watching Television etc. Minimize the time spent on these.

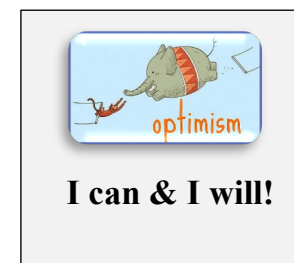


#### 2. To Stand Strong

When **ridiculed, rejected or judged**. Remember, that only **weak people** do this to others and know that you are strong.

#### When you are strong:

You don't get **angry** and **blow up**. You won't be **cold** and **give up**. You will be **cool** and **in control**. You will **respond** and **not react!**



#### 3. To Change as per Need

Change in our **attitude** will go a long way to accept certain things and overcome fears. **Avoid Pessimism**. Stop believing that the worst will happen to you. Have an **Optimistic attitude** - about yourself and others. It will generate a lot of **positive energy!**

This will generate a lot of positive energy from within.



#### 4. To Live in the Present

This is a **present, a gift** not to be Therefore, stop brooding & live in the present. Every moment is new and precious. Things can and will change. Have the courage to believe that it will be so!

Have the Courage: 'To understand that we can't **change the past**'. **That's over.**

Have the Courage: 'To **stop worrying about the future**, because it will ruin the present'.

#### 5. To Overcome our Weaknesses

This will be dealt with in the next chapter 'Courage & Confidence'



## Fear Detox Techniques

Heartfulness provides tools and techniques to handle fear. It is called as “Fear Detox” Technique and it has two steps to it.

Step 1 is called as “Self-Study – Guided Inquiry” and Step 2 is a “Left-Nostril Breathing Technique”.

### “Self-Study – Guided Inquiry”

Answer the following questions. For every question, pause, close your eyes, introspect, and then enter your answers:

Question 1: What situations and conditions create fear in you?

Question 2: What memories and imaginary situations create fear in you?

Question 3: What are your worst fears?

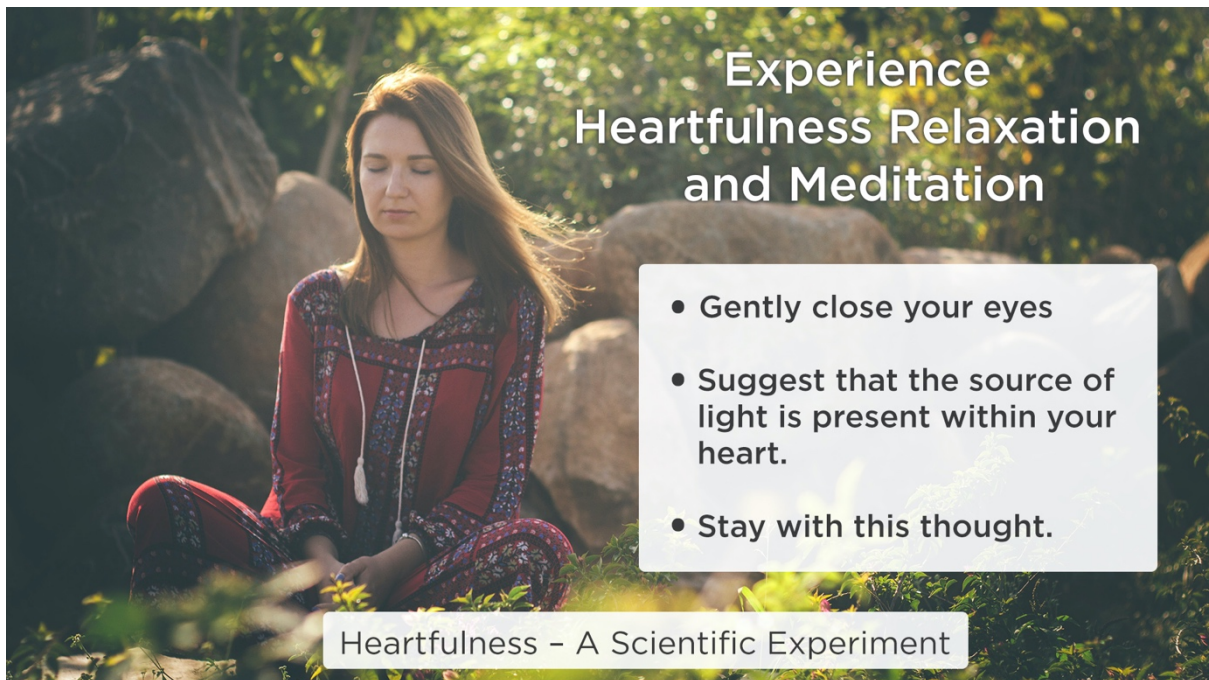
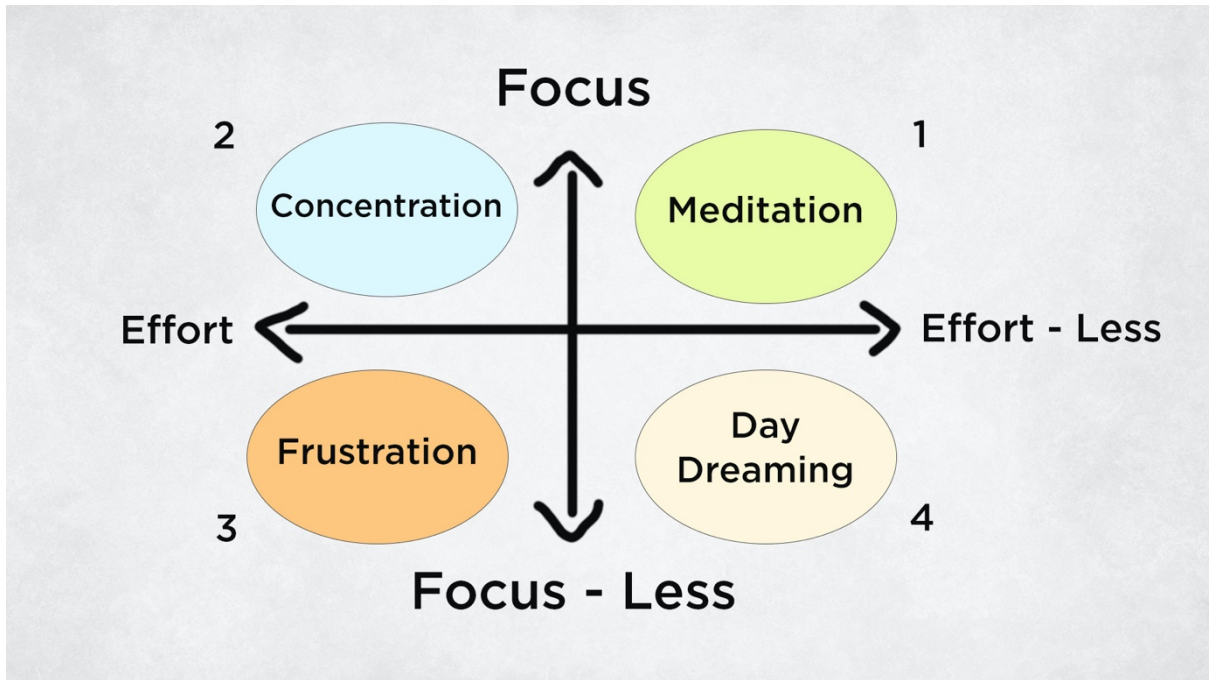
Question 4: Do you know why you feel fear?

### “Left-Nostril Breathing Technique”

- Relax your body and mind.
- Close your right nostril with your right thumb.
- Smile while you breathe.
- Slowly inhale through your left nostril and exhale through your left nostril, breathing deep into your abdomen.
- Repeat this 9 more times.



## MEDITATION IS EFFORT-LESS FOCUS





## Mahatma Gandhi's Stage Fright

Mahatma Gandhi is one of the most famous political and spiritual leaders of the 20th century.

He successfully led the Indian independence movement, which culminated in the founding of the modern-day Republic of India.

But, not many people realize that Gandhi could barely manage to utter a couple of words on stage.

During his twenties, he would suffer from panic attacks whenever he talked in public. During one speech to a group in London, he couldn't even finish.

He later explained what he had experienced. He said, "my vision became blurred and I trembled." He added, "though the speech hardly covered a sheet of foolscap."

He continued to worry about what he described as the "awful strain of public speaking" over much of his life.

When Gandhi discovered his passion for the freedom and independence of India, he found the strength to confront his fear.

He advised anyone who struggles with a similar fear to "**be stubborn**". You should focus on the "people who will benefit and wish to serve them by solidly banging the drum for what you know to be true."