

# UNIT TWO

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LEARN YOURSELF -  
AND LEARN TO SEE YOUR  
BRAVERY



# But first, a note.

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"The fear that the blank canvas and the blank side of life reflects back to us, which is so paralyzing, as you put it, and seems to tell us that we can't do anything." It's an abstract fear, though it finds a way to take on endless shapes.

Today it may be the fear of failure, but tomorrow it will be the fear of what others will think of us, and at a different time it will be fear of discovering that the worst things we suspect about ourselves are true...

...fear, being anticipatory, is always without knowledge. It is a mental calculation based on the future unknown. And yet the experience of fear is the experience of being in the grip of a sensation that seems to possess an unassailable conviction in itself. To be afraid that the plane will crash is, in a sense, to assume that the plane will crash. And yet even if we could scrape away the many forms our fear takes and get to the underlying source—our mortality, our division from the infinite — we would still discover that our fear is not based on actual knowledge, unlike the part of us that chooses to be free.

**Bravery is always more intelligent than fear, since it is built on the foundation of what one knows about oneself: the knowledge of one's strength and capacity, of one's passion."**

# So listen.

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This Unit is all about opening up the conversation with yourself, in order to begin really knowing what is hidden at times.

People talk about self-knowledge as though it is a finite thing, an achieved thing. That is just not so. We are continuous beings that adapt constantly to our environments and our circumstances. How we evolve and how we react are important things to take note of, to observe and to embrace.

You are more powerful and resilient than you know, friend. Its true of absolutely everyone around you. Our knowledge of our Self is always worth expanding.

My hope for you with this unit is that you begin to see the amazingness that is inside you, while gently shedding the shame and guilt that comes from those conversations. The slow feelings of embarrassment that cloak you when you become aware of the Other observing you. Let's learn together how to put that away from our minds attention span, okay?

For the record, we are not here to live our life for the contentment of other's sensibilities. Truly, we are here to achieve our purpose, to color our time here as fully as possible, and to continuously choose ourselves and our hearts. I promise you, it will always better the world around you in the long run.

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"I know you've heard it a thousand times before. But it's true--hard work pays off. If you want to be good, you have to practice, practice, practice. If you don't love something, then don't do it."

--Ray Bradbury

There is great power in repetition, we learn by doing and practicing things over and over again! (Side note, yes I am telling you to love yourself and practice **BECAUSE** you love yourself.)

With that in mind, let's work on rewiring our thought patterns. I want you to begin each day recording how you feel when you wake up, if you had any interesting dreams, and any leftover thoughts around yesterday.

Then, before bed I want you to record one new thing you did, no matter what it is. This can be anything!

Did you have a nice interaction with a stranger?

Did you brush snow off your neighbors car?

Wear the shirt you were too nervous to wear when you bought it 5 years ago?

All of these things deserve to be written down. This can be done as a note in your phone, or on slips of paper that you keep in a jar (I really like this idea!), or using the templates in the workbook here.

As you learn to connect the dots on all the things that happen around you, because of you, and within you there is a shift that happens. **You build up your tolerance for turning inward and seeing whats inside, and you layer days and days worth of actual bravery.**

Sometimes we stop looking within because we aren't happy with what we see, or perhaps we aren't ready to see it all. That's okay, it just takes practice.

See, the more you expand your awareness of the self the more you claim your resilience. Sure, you may struggle some days, but look at all the days you did something new, something brave, something outside of your routine! Not only are you gently turning the tide, you are also taking stock of how you feel, and how your subconscious is reacting.

This is why its so important to start your day with a check in, a temperature assessment, basically. The more you gently shift, the more your body and your heart start to respond and wake up.

This could bring some things up for you, of course. That's why we learned what we did in unit one! Take each negative moment/experience when you're ready, and gently give it back to its originator. Not just in relation to your work creatively, but in all things. **There's no wrong time to release yourself from bullshit.**

Check out the templates below for an example on how to create awareness and see how they feel! No matter how you record your existence, its important that you do it everyday.

What would life be if we had no courage to attempt anything?  
- Van Gogh

### Affirmation Break

I possess magnitudes of strength,  
and certainly enough to deal with this task

I have survived all things, and it is my decision to thrive because  
of it all

I know I am worth the time I pour into myself



# fear and bravery

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“One of the greatest regrets in life is being what others would want you to be, rather than being yourself.”

— Shannon L. Alder

Do not worry about doing things correctly, don't worry about arriving at a place of peace.

That is not what this is about, what you are learning instead is how to hear what your heart is saying, slowly. Intentionally. Don't worry about the resistance you feel at first, think of it instead as meeting yourself over and over again, every day. If you fall off one day, write down why. Then keep going.

These units aren't meant to be boxes that you check off, and then you've conquered the task. They're tools you slowly add to your tool box, and use as needed. What you learned in the first unit comes in handy often, and this practice of opening a dialogue with yourself will always be useful when you're feeling stuck or unsure.

you can do this