

## ***Activate Your Inner Champion***



### ***131 Thoughts to Inspire Courage***

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<http://www.angelavatar.com/>

"One way to defeat invisible, limiting beliefs, even ones you may not know you have, is to simply dream of a life so grand, that they couldn't possibly make sense. And then start living that life, today, however humbly at first." TUT, the Universe

Dear Reader:

When I read the book Seabiscuit, and then saw the movie (three times), I was deeply touched because there is in all of us, I believe, a Seabiscuit.

Today, I find myself at yet another cross roads and Seabiscuit's story came to mind.

So I decided to write this little e-book based on that theme. I find that when I need a bit more courage, what works for me is to "write myself up the ladder of consciousness."

And since we all can use a little more courage at times, I'd like to share this with you.

If you'd like to know more about Seabiscuit, visit this link <http://www.pbs.org/wgbh/amex/seabiscuit/index.html> .

You can even listen to the actual audio recordings of Seabiscuit's winning races! Quite a treat!

Sincerely,

A handwritten signature in cursive script that reads "Montana".

Montana Gray, C.H.  
Author/Speaker/Personal Development Coach  
Dare to live your destiny AND get rid of the  
blocks that are keeping you from it  
<http://www.angelavatar.com/>

You may freely distribute and share this book. I'd be grateful if you did not amend it in any way, however.

## *What I know for sure (today)*



I know for sure that most of us are a lot like the horse Seabiscuit – we may not look the part, but within each of us there is a champion.

Seabiscuit was knobby kneed, undersized, and not much to look at. He was also lazy and slept a great deal of the time. But with the love and training of a special team, Seabiscuit became Horse of the Year, in 1938, drawing more column inches of press than President Roosevelt. It is a story of triumph and pure courage. The kind of courage we all have within us when we just tap into it.

I know for sure today that I am able to tap into my own inner courage.

I know for sure that whenever I feel unloved, nature will always hug me.

I know for sure that when I am in chaos, a new order is being created.

I know for sure that what makes my heart sing is usually a simple thing.

I know for sure that every time I thought of giving up and didn't, it was the right choice.

I know for sure that my memory book is filled with fabulous journeys that I could never have imagined – and that the Universe has more of those journeys waiting for me.

I know for sure that some of my best teachers have been my animal angels.

I know for sure that life is a flowing river but you cannot step in the same river twice.

I know for sure that right now is my point of power. I cannot create from the past or the perceptual future – I can only create from right now.

I know for sure that my past is not a definition of me in any way. It is simply a series of journeys I have experienced.

I know for sure that some of my best experiences were when I walked into the unknown with the optimism of a child.

I know for sure that a heart can be wounded, and still overflow with love.

I know for sure that learning to forgive was one of the best things I have ever done.

I know for sure that there is an Oprah in all of us – and that we should always keep reaching for the stars.

I know for sure that there is more beauty on this planet than darkness and to see the beauty I must only focus my inner lens toward it.

I know for sure that the universe is a mirror – and the reflection that is my life is what I have shown that mirror. If I want my life to change, I simply change what I show the mirror.

I know for sure that the universe does not judge me and I must not judge myself or others either.

I know for sure that I have been happiest when listening to my inner voice.

I know for sure that I want to live in every moment without regret.

I know for sure that when I say I need a break – that I must give it to myself.

I know for sure that any sense of value that comes from outside myself is ethereal and that my true sense of value must be from within.

I know for sure that even my biggest losses had seeds of opportunity and new growth in them.



I know for sure that some of the greatest life forms in nature stay invisible for a long time before they manifest.

One form of the bamboo is underground for almost 4 years, and then when it sprouts it does so at 100 cm (3 feet) a day! I, too, may still be growing my roots – and when I sprout, I also can reach the skies quickly.

I know for sure that comparison is the root of much unhappiness.

I know for sure that judgment of self is like quick sand – the more I struggle with it, the deeper I am sucked down.

I know for sure that nature will teach me everything I need to know – if I will only listen.

I know for sure that I have a child's heart – one that is willing to try and try again. And that is a good thing.

I know for sure that there are some things I just can't know right now.

I know for sure that every person in my life has a purpose and they are meant to be here.

I know for sure that my cat Ninja teaches me every day. She teaches me about curiosity and persistence and boundaries and staying original. Yes, that's it – she teaches me to be only myself ... no one else.



I know for sure that the Universe sends me messages in many ways – and when I pay attention to them, I will be guided.

I know for sure that God is not real estate and no one owns Source.

I know for sure that the Light that is within me is inexhaustible when I stay connected.

I know for sure that it is not about what I do, who I become, or how much I accumulate. It is about learning to cherish the now and do the best I can.

I know for sure that when I do any thing good for another, my soul smiles.

I know for sure that there is huge power in saying thank you.

I know for sure that being in joy is high soul work – I am feeding the quantum pool well.

I know for sure that this life isn't about me – it is about every one of us.

I know for sure that one act of kindness can dissipate hundreds of acts of darkness.

I know for sure that I am ok – I always will be ok – I always was ok.

I know for sure it's ok to cry. Tears melt the icicles of the heart.

I know for sure that we are all spiritual beings doing the best we can.

I know for sure that the Divine Intelligence behind all of this is unconditionally accepting.

The universe loves me – and you – and them.

I know for sure that trees have intelligence and heart – and that is why I hug them.

I know for sure that I've always been a little bit different – but in the end, not so different after all. It was only my interpretation that made me believe that.



I know for sure that every thought I choose is a ripple in the quantum pool that will reach eternity. Therefore, I will choose my thoughts wisely and from the heart.

I know for sure that something inside of me never truly gives up – I just dance with the idea every once in a while.

I know for sure that I can never know the truth of another's journeys – but I can know the truth of their soul light.

I know for sure that the ones I have been lucky to be loved by were angels of the heart.

I know for sure that love never dies – it just sometimes changes form.

I know for sure that once we shed our body here, the spirit continues to dance.

I know for sure that the dreams I believe in exist somewhere – ready to be fulfilled.

I know for sure that I must continue to dream – or I will deny myself the blessings that await me.

I know for sure that feeling invisible isn't so bad really. When I am feeling invisible, my inner self is planting new seeds and getting them ready to sprout.

I know for sure that I am not meant to live just one life theme while I am here. I am meant to live as many as I allow myself to.

I know for sure that when I say: "I can't afford it," what I really mean is "I don't deserve it."

I know for sure that the most hugged I have ever felt is when I was in nature.

I know for sure that life is like the ocean's waves – ever renewing, ever returning to the sea.

I know for sure that when I have been unkind, it was because I was unconscious.

I know for sure that I have had many “dark nights of the soul.” After each one, a new Light emerged.

I know for sure that I love mysteries so much because they speak to me of the mysteries of life.

I know for sure that I have loved my animals so much because they reminded me that I, too, come from unconditional love.

I know for sure that when life does not arrange itself to my desires, that something greater is trying to push through.

I know for sure that fear is an umbrella that keeps me in the shadows.

I know for sure that my soul has existed in other dimensions and other times – and this journey that I am experiencing right now is only a part of my soul’s landscape.


I know for sure that the human spirit can never be extinguished – it is Infinite.

I know for sure that the energy of those in my life affects my energy – as I do theirs. I choose carefully.

I know for sure that the flowers in my garden feel it when I cherish them. They smile back at me.

I know for sure that the monarch butterfly that landed on my hand during my hike was saying “hello and welcome.”

I know for sure that just as I wrote that, the most magnificent yellow butterfly flew by my window and that was no accident.

 <p><i>All of nature is my teacher</i></p>	<p>I know for sure that I can raise my vibrations quickly by just thinking of nature and this infinite universe.</p> <p>All of nature is my teacher.</p>
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I know for sure that a closed heart is like a closed fist.

I know for sure that my kitty ninja knows things she will never tell me.

I know for sure that when I stay in gratitude that my world is made better – and so is yours.

I know for sure that I must pay attention – distractions take me off course.


I know for sure that my greatest unhappiness has been when I was attached to how something should happen and life didn't conform to my desires.

I know for sure that my greatest serenity has come when I trusted in Spirit and held no attachment to an outcome.

I know for sure that somewhere, someplace, I knew all this before – and I am just remembering it now.

I know for sure that I have loved myself the most when loving someone else.

I know for sure that this is not a “go get” Universe. It is a “become” Universe.

<p>I know for sure that my life is an “invitation only” event. Therefore, I invite into my experience only the thoughts I choose. I am the ticket holder for what gets into my mind.</p>	
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I know for sure that my mind is “my house.” I need not let in uninvited guests, such as fear, worry, doubt, anxiety.

I know for sure that when I came into this world, I didn't know how to gossip or judge the self. I learned those things – and I can unlearn them.

I know for sure that every day is my day – I just need to set my intent.

I know for sure that the universe is not busy grading my report card – and neither should I be.

I know for sure that I am a unique fingerprint on the universe – there is no other me.

I must learn from nature: the tree does not want to be a squirrel, the squirrel does not want to be the fox, and the cat certainly does not want to be the dog. I am to be who I am and not wish to be anything else.

I know for sure that if I had to do it over, I would choose to never judge myself again.

I know for sure that, in this moment, I can do it over. My life can be a "do-over" in every moment.

I know for sure that I can have as many second chances as I allow myself.

I know for sure that I am unlimited. I also know that I may need to remind myself of that moment by moment.

I know for sure that I will never understand cruelty of any kind toward humans, animals or any part of life. When I witness cruelty I will pray for consciousness.

I know for sure that there is so much I don't know, but I will continue learning.

I know for sure that I have experienced other places where there was no war, no cruelty, no dominion over others, no illness. I know for sure that I miss those places.

I know for sure that I got a lot of things done in my life because I didn't know I couldn't do them. So if you want to tell me it can't be done, my plea to you is "don't burden me with that knowledge."

I know for sure that all things are possible when I believe they are. And nothing is possible when I believe that.

I know for sure that my imagination is my creation laboratory – so I spend a great deal of time there.

I know for sure that my mind is my mental gym – to be effective I must work out there.

I know for sure that when I am reviewing my life in my last minutes, that I wish to be saying, "Yes, yes yes!"

I know for sure that every person in my life wants to be "seen" just as much as I do.

I know for sure that my cat Ninja will never need anti-depressants. If she's bored, she just goes outside in search of a new adventure.

I know for sure that getting it done is more important than making it perfect. I have volumes of writing not released because they are stored in the "not yet perfect" file.

The same is true of me. I do not need to "get perfect" to go out into the world. I just need to go as I am right now. Because I'm perfect just as I am.

I know for sure that "revisiting" any unhappy event only continues to wound me. If I wish to heal, I must take the lesson and move on.

I know for sure that my body stores my inner conversations, so I want those conversations to be happy, peaceful ones.

I know for sure that my parents were judgmental because they didn't know any better. I do know better so I can do better.

I know for sure that I often get "signs" from loved ones on the other side. They are telling me that they are watching over me.



I know for sure that I have teams of angels. There's no way I could have made it this far without them.

"For he shall give his angels charge over thee, to keep thee in all thy ways." Psalm 91

I know for sure that life is a team sport. None of us can make it alone. We need each other.

I know for sure that one of the most powerful questions in the Universe is "Can I help?"

I know for sure that choosing to be honest means that I listen to my feelings and honor them – every one.

I know for sure that I can wear a thousand costumes – but none of them are the real me. The real me needs no costumes.

I know for sure that laughter heals and that in almost every situation there lurks a funny theme.

I know for sure that what someone thinks of me is really none of my business.

I know for sure that when I second guess, I am wasting thought energy.

I know for sure that the biggest mistakes I've made in life were because I did not heed my inner wisdom. I did not listen to my little small voice.

I also know that some of my greatest successes are because I listened to my inner voice and "stayed outside of logic."

I know for sure that it often takes "near genius" to recognize "true genius." If I have an idea others cannot see but I believe in, I must keep going. The idea will find it's home.

I know for sure that if love is the answer to the last question I will ask, why shouldn't it be the answer to every question I ask?

I know for sure that I can't hit any target unless I take aim. To get what I want in life, I must take aim and keep practicing until I get it right.

I know for sure that I can pilot my own life or let others pilot it for me. I choose to be in the captain's seat.

I know for sure that I'm never broke unless I'm out of ideas.

I know for sure that sometimes in life you need a bridge. If you don't see one, build your own – then get over it.

I know for sure that if I'm in a hole I need to stop digging.

I know for sure that when Spirit is trying to get my attention, if at first I don't listen, the knocking will get louder. If I still don't pay attention, I will run into that brick wall.

I know for sure that Spirit has a sense of humor. Sometimes it's hard to understand, though.

I know for sure that honoring life and honoring myself is my way of being a true God Spark.

I know for sure that there's still a lot I don't know for sure ... but I'll keep searching.

Above all, I know for sure that I AM.

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