



A Hero's Journey, by Satish Kumar

A hero is not a special kind of person; every person is a special kind of hero when he or she is without fear. Every life is a hero's journey. When I trust in the universe, I am not afraid to take risks. If I am afraid of taking risks, is life worth living? All human beings are part of the tapestry of the universe, part of a pattern which connects. Nothing exists in isolation, in separateness. When I realize this network of grand relationships, I lose the illusion of my separate self, I lose the ego, I lose the sense of "I" and "my." When there is no ego, who is afraid of whom? When I am no longer self-concerned or self-seeking, then I am also not so critical and judgmental of others. I am able to get on with living life rather than worrying about it. I get up in the morning, I clean my teeth, I eat a piece of fruit, I dig the garden, I answer letters, I shop for myself and for my neighbor who is ill, I cook lunch and share it with my family, I clean the dishes, and I rest, I read, I write, I go for a walk, I attend a meeting, I make a few phone calls, and I go to bed at night. The next day is another day. Whatever needs to be done, I do it. Without always questioning, complaining, criticizing, doubting, and, above all, fearing. In Gerald Jampolsky's words, "Love is letting go of fear." I always seek love but am unable to love because I am unable to let go of fear. Love is all I need. Love is the source of joyful living. Love is my true destiny. In love I find the meaning of life. Love is the ground of all relationships. I am longing for love, but fear stops me from giving and receiving, from being fulfilled. When I have been able to cultivate fearlessness in my everyday life and have accomplished solid trust from which all activities flow, then I am able to act socially, politically, and collectively without fear and to follow a truthful and right course of action. -- Satish Kumar