



THE HERO INSIDE US - AN INHERENT EXCELLENCE

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We were never aware at times that there is that hero inside of us, that is, an inherent excellence which is coaching within you. Humans as we all are, we were born with an incredible inner mind which give us an understanding of being able to produce whatever results that we actually desire. I really believe that here is a hero inside each and every one that we tend to overlook and we barely notice it most of the time. We are not even aware and conscious of the fact that we are the best human beings we can be. At the same time, we have all the potentials that we can actually acquire overtime in our life.

We all believe in heroes and this is the sole reason why we all want to hear stories about a hero. We were endowed and bestowed by God with a heart feeling not only for ourselves but with a heart for everybody else. Oh yes, we cannot deny the fact that there are a lot of times when we come to know a story that grips us, as in we are easily moved, bring us to tears and even give us hope or joy. We can see them either in the stories in the Bible or in the movies, where the hero will come and rescue his beloved or maybe rescue his people that he must die so that they can be set free. That is best described in one movie that I have watched several times, the movie "Braveheart" which stars Mel Gibson and I just think that we all have seen and were moved by this story.

You do not have to save the world for you to become a hero for there is a hero inside each and every one of us. It can come up either in a big or small way but in any ways it could be, we are in our own special way a hero to somebody too. It is because of the sole reason that we can make a big difference to one person and that is all that matters. To that one person, you were a hero since you have changed his world. Definitely it makes a big difference when you touch the lives of people around you.

We are not touching on the hero inside us because of intelligence alone, but because of an inherent intelligence, that is not only really referring to perfection. Inherent intelligence, meaning the love and belief in the greatness of the human spirit which is everything we need inside of us. This also means bringing out your gifts and uniqueness in the clear process. We can never know the hero inside us until it comes along. Let's not waste our time looking for heroes, for the hero that we are looking for is already here and that is us!

When the going gets tough, that is when the hero inside of us is, that inherent excellence of making or trying to make circumstances better for everyone else.

Questions for discussion:

1. Do you believe that you have got what it takes to be a hero? Why or why not?
2. Can you feel that inherent excellence inside of you? How?
3. Do you think other people feel indifferently and never thought of themselves as heroes? Why do they never succeed in life?
4. When was the last time that you felt like a hero in your life?
5. Does it pay to think and feel that you are a hero in your own right and respect? Explain your answer.