

Weakness: mind and strength

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A great writer once said; “ Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. You’re playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others. “ A person’s biggest weakness and strength is their mind. And unfortunately I fall under this influence. Your mind deceives you by playing a role in the blasphemy of our weakness. Our strength takes a back toll to the things that we use to empower ourselves. Let’s take a further look into the deepest parts of our mind which is our weakness. Our mind works in its own perplexity but it holds the key to our deepest fears which controls majority of our weakness. I have come into prospective about this and experience my fears being my ultimate weakness. I allowed them to overcome me and take mass control over my strengths leaving me an empty vessel. I believe that when we are frightened we tend to lose access to the strength of our mind. The reason for this is a human being is naturally ready to be negative rather positive about a mental state. Not being able to control the factors that frighten us makes our fears a weakness. For instance, my biggest fear is clowns. I was put in the predicament where I was sitting in the corner and a clown walked into the room I had nowhere to run or escape which is my strength and that left

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me to just endure the pain/suffering of the presence of the clown. Obviously, our weakness doesn't allow us to always have control over the strengths that we possess. What is the meaning of the word strength? When considering the mental definition strength means mental power, force, vigor. To me the definition is more to that; it means to conquer fear and weakness in a mental state. Your strength originates from your trusting factor. If you don't trust something/someone you mentally are overpowered. Your mind is a talent that grants authority to the sanity that we all hold to a certain tense. The minds powers coexist with the hearts obligation which gives the mind a certain strength that weakness can never live up too. What becomes one that never lives in their strength? They are wasting the gift that was given to them. My strength is I possess the power to forgive. I don't allow those to influence my thought process by regretting. The best way to conquer the weakness of resentment is to forgive. Evidently, your strength rests the hands of the beholder. We continue to go back and forth about strength and weakness to only end up with same result. Strength and weakness go hand and hand; like peanut butter and jelly. You have to have a weakness to discover your strength and sanity; and you have to have strength to discover that it's normal to have weakness that sometime gets the best of you. For instance, if I didn't have a weakness I would be fearless this would make me uneducated towards others weaknesses. I would respond to certain things unethically and thus hurting people. And vice versa with strength; I think a person who lacks strength lacks confidence. This would ultimately leave them an empty vessel. Nobody wants to be around a person who lacks motivation. Moreover, strength and weakness are a combo pack that just can't be over looked. To sum up, Criss Jami said; " To share your weakness is <https://assignbuster.com/weakness-mind-and-strength/>

to make yourself vulnerable; to make yourself vulnerable is to show your strength. " By discovering not being able to control the factors that frighten us makes our fears a weakness; we have taken our understanding of weakness to whole new level. By stumbling over the minds powers coexist with the hearts obligation which gives the mind a certain strength that weakness can never live up too; we put ourselves in a predicament where we don't fall short of our strength. But at the end of the day we as humans cannot live without one or the other.