

One of my coaches recently read a quote to me. The quote was by Carlos Casteneda, and goes like this:

“Anything is one of a million paths. Therefore, a warrior must always keep in mind that a path is only a path; if he feels that he should not follow it, he must not stay with it under any conditions. His decision to keep on that path or to leave it must be free of fear or ambition. He must look at every path closely and deliberately. There is a question that a warrior has to ask, mandatorily: ‘Does this path have a heart?’”

What struck me about these words was the notion that our decision about taking a path must be free of fear or ambition. Is this possible? When considering all of the paths we’ve been down, can we truly say that we didn’t make those choices with some amount of fear or ambition?

As humans, it seems we are filled with fear. Fear about failing. Fear about succeeding. Fear about loving and loss. Fear about our health. Fear about our children. Fear about our jobs and our security. When examining fear as it exists in our psyche, we can rationalize our reasons for feeling this way. Anything can happen! We must keep safe! People are out to get us!

Is this really true? If we expect people to be “out to get us”, then clearly people will fulfill our expectations. And is it really possible that by operating in a state of fear that we’ll avoid bad things? Anything can happen...good things as likely as bad.

Should we allow fear and ambition to guide us to our path?

Ambition is defined as: “an ardent desire for rank, fame.” Ambition is seen by many as positive; not having ambition means we are a slug. Should we take a path based upon our ambition? It’s one thing to begin with the end in mind; it’s quite another to take a path that is self-centered.

We are constantly faced with choices that lead us down certain paths. Consider the value of removing fear and ambition, and simply choosing a path because it has heart. Does it serve others? Is it love centered? Is it humane? How will you feel when you get there?

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