

Be Fierce Video Synopsis

First, what I don't mean by "fierce". I don't mean that we should be aggressive and mean or hurt anyone. Being fierce just means being unapologetic and uncompromising in standing up for ourselves, those we love, and our own values.

Why do we need to be fierce? Because there are people in the world who will try to take advantage of us through intimidation and manipulation. Also, we sabotage ourselves by listening to our harsh inner critic and letting that inner voice shut us down. As well, we have an inner voice that makes excuses, and blames others or our circumstances for our failure to do what we know we need to do. That voice leads us to pleasure and comfort as a way to avoid discipline and anything uncomfortable. We need fierceness to resist that voice.

When being fierce with another person, we can be fierce in words, voice and body. We should be clear and say what we mean and mean what we say. We should use ample volume, speak clearly. With good diction, and be grounded and upright in our body. Rather than adjust our posture or movements to the other person's demeanor, we should move from our own core. We are not trying to intimidate or scare the other person. We are simply taking control of what we are willing to give them, if anything, and not let them coerce us into giving more than we are willing to give.

When we are fierce with ourselves, we are firm, but not so harsh as to evoke shame. We simply decide to take responsibility for ourselves and not be taken in by our own bullshit and excuses, because our goals and values matter to us.

There is always a place for gentleness and acceptance. If that is all we have, and we aren't also fierce, that "spiritual" approach can become a disguise for complacency and a lack of courage.

Being fierce about our values, in my opinion, means we hold ourselves to our own standards, not that we fiercely push our values onto others.