

# Fortifying Our Fortitude



**Mushiba:** If you are reading this post, then you have survived the year thus far and your sense of Fortitude is in place. If the second half of the next year picks up where the first half finished ~ and there are strong indication that it will, if not even more ~ then, we may want to plan on *Fortifying our Fortitude*.

Waith elaborates on the concept of Fortitude:

**Waith:** *“The idea of Fortitude is that you have developed a strength within Self, that you are doing the best you can at that moment and you want to strive for something greater. To have Fortitude means you believe in Self and take that belief in Self to work with those around you ~ while recognizing that another may have a different standard than you.*

*“It has been a conscious choice, a Soul’s choice, that the quality of Fortitude is available to help you work through difficult lessons. You develop a sense of Fortitude, a sense of doing and getting it done regardless of what it takes for Self ~ your own value, your own standard.”*

“What does *Fortifying Our Fortitude* mean,” you might ask? Here is how I would break it down: *Fortifying* ~ build defenses around and protect. *Fortitude* ~ courage, toughness of spirit. Thus, *Fortifying Our Fortitude* simply means ~ to me ~ to build our defenses around and protect our own courage and toughness of spirit. Whew! Or, I would say, *“Protecting Self ~ while I Focus on Lightheartedness and the Spreading of Light!”*

**Question to Ponder:** What would you say it means to you?