

[http://w3.atlcon.net/~mperla/h\\_keller.htm](http://w3.atlcon.net/~mperla/h_keller.htm)

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**"Security is mostly superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing."**

**Helen Keller**

The woman who wrote this quote was certainly remarkable. She had so many excuses and reasons to resign her fate, but she was willing to venture into uncharted waters and take the reigns of the only life she would be granted. I agree wholeheartedly with this quote. Security is really an illusion and does not exist. I don't want to imply that one should take unreasonable risks, but the only way to grow as person is to venture out of your comfort zone, as another quote on this site implores you to do. An animal in nature that attempts to meet its needs and grow and become what it can be is going to take risks. There is no other way. A squirrel looking for a nut or a piece of fruit is one day going to miss a branch and possibly fall to its death. Because you will fail and fall time and again in your life does not mean that those actions were wrong or misguided. One thing I have learned in life is that a positive characteristic or action will not always be positively reinforced. One day you will speak up about what you think and someone will not like it or tell you to be quiet. That result does not mean speaking up is a bad thing, it's just that positive actions are not always rewarded.

The bottom line is that the only person you really have control over is you. What is important is that you are positive, happy, and kind - not that others are the same way, although that would be nice, you will never have true control over them. The first rule of life revolves around self-management. If you have self-management, you will easily manage the rest of the world. You cannot control what happens in the world, you can only control your interpretation or internal representation of it. If you learn nothing else from this quote, remember that the key in life is how you manage your own mind, body, and emotional health, not how others react to you. It's true that a security blanket is often comforting, but blankets can also be suffocating.

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