



Fear

by iPriority

Is the monster under the bed. It's not really there; but that doesn't matter because our mind tells us it is and we don't argue. Fear of spiders, elevators, being alone, the future, or terrorists are all valid fears consuming the heart. Spiders appear just as destructive as the terrorist to one frightened by it. It may seem like, somehow, fear is the armor we use to thwart pain. But fear causes us to live in a state of pain and it eats at us, it belittles us. Like trickery.

In the trash bin of our minds sit experiences we are afraid will reinvent themselves. Experiences that caused pain or humiliation. The memory of a spider bite in childhood grows into godzilla by the time we reach adulthood. It sounds silly, yet a fear of spiders is merely an example of whatever ails us.

What we're really afraid of is not the fear itself but our minds recognition of the past. We sweat, we run away, our heart races, we are filled with negative thoughts. Abraham Maslow wrote in *Toward a Psychology of Being*, "We tend to be afraid of any knowledge that could cause us to despise ourselves, or to make us feel inferior, weak, worthless, evil, shameful...we also tend to avoid personal growth because this, too, can bring another kind of fear...This is the struggle against our greatness."

Overcoming the mind and bodies reaction to whatever triggers fear takes courage. Martin Luther King, Jr. once said, "Courage faces fear and thereby masters it."

And it was Eleanor Roosevelt who said, "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face."

Whatever your greatest fear, take courage: courage will master the fear. Courage acts as a protective barrier, your personal armor. With it, fear starves to death.

He who fears being conquered is sure of defeat. – Napoleon Bonaparte