

## THE MYTH OF FEAR

by Don Marlette

As I peruse the bookshelves of libraries and bookstores, notice the trending topics of spirituality online, and attend to the conversations of those around me, I quickly become aware that FEAR is one of the most popular topics of discussion, debate and concern in people's lives.

The "gurus" out in the world fall into two camps when it comes to the subject of fear. The fake ones say that fear can be obliterated, stamped out and destroyed, either with a mantra or other magical technique. The real ones? Well, they tell the truth.

Fear is simply a thought. It is not an object that can be tasted, touched or experienced. It is not a real situation that can be dealt with or resolved in any way. It is not even a person that we can speak with candidly. Fear is simply a thought, and nothing more.

As a thought, fear has no tangible reality. We have the decision to latch onto the fear-thought or push it away. When we consciously grab onto the fear-thought, we give it energy. It becomes larger-than-life and consumes our conscious awareness. The result is anxiety, worry, thinking the worst of all possible situations.

When we consciously push away fear, we also give it energy. It becomes bigger and bigger until we can no longer ignore it. The result is the same anxiety, worry and projection of worst-case scenarios.

However, there is a THIRD OPTION. We can accept and love the fear for what it is: a thought. Rather than latch onto it or push it away, we can lovingly accept its existence and let it go its merry way. And we go ahead with life.

Fear itself simply remains in our awareness, and we focus on life as it is happening in front of us, rather than on fairy-tale possibilities that may or may not happen. Be here. Now.

How does this play out?

I have a fear of heights. (That statement itself is pregnant with some spiritual teachings itself, but I won't get into that here!) So when I was herded onto the elevator of the Sears Tower several years ago, I had to deal with the fear. When I latched onto the fear, it got much worse. When I pushed it away, it continued its downward spiral.

So I decided to love it. I acknowledged the fear-thought, simply let it exist in my awareness without giving it any energy, and went on with what I was doing: riding the elevator to the top of the Tower.

The result?

I won't lie to you; I was still afraid. However, I accepted the fear rather than let it dominate my thinking, and ended up enjoying the experience.

The truth is that fear, like all our thoughts, will exist whether we want it to exist or not. This is simply a matter of human existence. When we accept our thought condition with compassion, and move forward in life, we find that fear loses its potency and life becomes electric with possibility.

The antidote to fear? There is no antidote to fear. Instead...

Be here.

Now.