

WEEK 48 FEAR

“Fear is the path to the dark side. Fear leads to anger. Anger leads to hate. Hate leads to suffering. I sense much fear in you.”
– Yoda

Fear is one of the strongest emotions a human can experience. Fear is as primordial as life on Earth and ingrained in our biology. An element of fear underpins much of what we do and motivates us into action that ensures survival and well-being. Without Fear you would not be motivated to care for your health, seek out food and shelter or defend yourself against attack. You could not survive without the “Fight and Flight” response which fear elicits when it ignites the adrenal gland and fills the body and brain with adrenaline. Fear can be beneficial, but it can also be devastating.

Imagine being at the mercy of another human being. You live under constant fear of being punished and abused physically and mentally any time. Your loved ones are held in ransom and routinely abused in a similar way. You have no idea of what will happen and have no control over your life. Imagine being a slave living in Fear. It would be terrifying and soul destroying.

The child Anakin was a slave and grew up in an environment that was brutal and cruel. Anakin was not allowed to have a childhood and had to work to earn his keep and avoid punishment. Fortunately for the young Human he was intelligent beyond his years and already a skilled pilot before he was ten. Anakin’s owner, Watto, was able to profit from the boy which bought Anakin a measure of freedom that other slaves did not enjoy.

When Yoda met Anakin, he sensed the Fear and an emerging darkness in the boy. The Force was strong in Anakin but so was the fear he had grown up with. Fear can reside deep within for decades. With time it grows and shapes like a cancer. Life becomes haunted by fears both real and imagined. Fear manifests itself in poor choices, anger, resentments, aggression, ignorance,

and hate. It did so with Anakin, as Yoda feared it would and Fear consumed him utterly.

Myths and legends remind humanity of the consequences of giving in to Fear. Most of the fears that are experienced are imagined. You fear an idea, an illusion, a nightmare, or a thing not yet realized rather than reality. People are terrified to leave their homes convinced that they may fall victim to crime, terrorism, or a virus without considering the actual risks. They suffer in their minds more than in reality, in anticipation of something that will likely only ever occur in their imagination.

The Hero overcomes fear by confronting it. She will throw open the door on which fear beats and find nothing there. The Hero will stop running from fear and turn to face it. What was tangible, insurmountable and undefeatable turns out to be a harmless illusion that quickly fades away. The Hero realizes at the end that the greatest challenge is overcoming one's own fears. True courage is not the absence of fear but the ability to continue on despite it. The Hero's Journey is all about overcoming your fears.

Fear is a natural response to a threat. Sometimes that threat is real and sometimes it is exaggerated or imagined. Fear is sometimes the correct and appropriate response. More often it is an unnecessary mental burden which creates unnecessary barriers to progress. Fear will prevent you from taking risks worth taking, from making the changes needed to live a better life. Fear more than any other emotion will stop you being the person you were meant to be. The only choice you have is to "Do. Or do not".

There is no shame in being afraid. Cowards are those who are unwilling or unable to face up to their fears. They choose to give in to fear and allow it to control them without concern for others. Anakin gave in to his fears by betraying everything dear to him for the illusion of security and control. To be Jedi is to acknowledge the presence of fear but train the mind to let go of everything you fear to lose. Never be a slave to fear. Be brave.

DAY 330

“If you make decisions out of fear you are more likely to be wrong.” – Ahsoka Tano

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 331

“I used to be afraid, all the time. Then I realized that a decision based on fear is usually the wrong one.” – Ahsoka Tano

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 332

“Named must your fear be before banish it you can.” - Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 333

“Hmm. In the end, cowards are those who follow the dark side.” - Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 334

*“I felt a great disturbance in the Force, as if millions of voices suddenly cried out in terror and were suddenly silenced.” –
Obi-wan Kenobi*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 335

“I’m not afraid.” – Luke Skywalker

“Oh you will be. You will be” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 336

*“Train yourself to let go of everything you fear to lose.” –
Yoda*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

WEEK REVIEW

Reflect on your daily practices and personal goals for the week.
How did you do? Where can you refocus your attention?

Meditation:

Physical Exercise:

Diplomacy:

Awareness:

Self-Discipline:
