

FEAR

I am fear.

I am the menace that lurks in the paths of life,
never visible to the eye but sharply felt in the heart.

I am the father of despair, the brother of procrastination,
the enemy of progress, the tool of tyranny.

Born of ignorance and nursed on misguided thought,
I have darkened more hopes, stifled more ambitions,
shattered more ideals and prevented more accomplishments
that history could record.

Like the changing chameleon, I assume many disguises.
I masquerade as caution. I am sometimes known as doubt or worry.

But whatever I'm called, I am still fear,
the obstacle of achievement.

I know no master but one. Its name is Understanding.
I have no power but what the human mind gives me,
and I vanish completely when the light of understanding reveals
the facts as they really are, for I am really nothing.

You see, if you have the courage to acknowledge your fears,
you will be taking the first step toward controlling them,
instead of them controlling you.

And if you take the next step toward understanding,
you will be able to move past them
to empathy...perhaps even to love.

Love and hugs,

The Voice of Fear
(False Evidence Appearing Real)