

FEAR

FALSE
EXPECTATIONS
APPEARING
REAL

By
AiR
Atman in Ravi

Coronavirus won't kill the World!

FEAR WILL!



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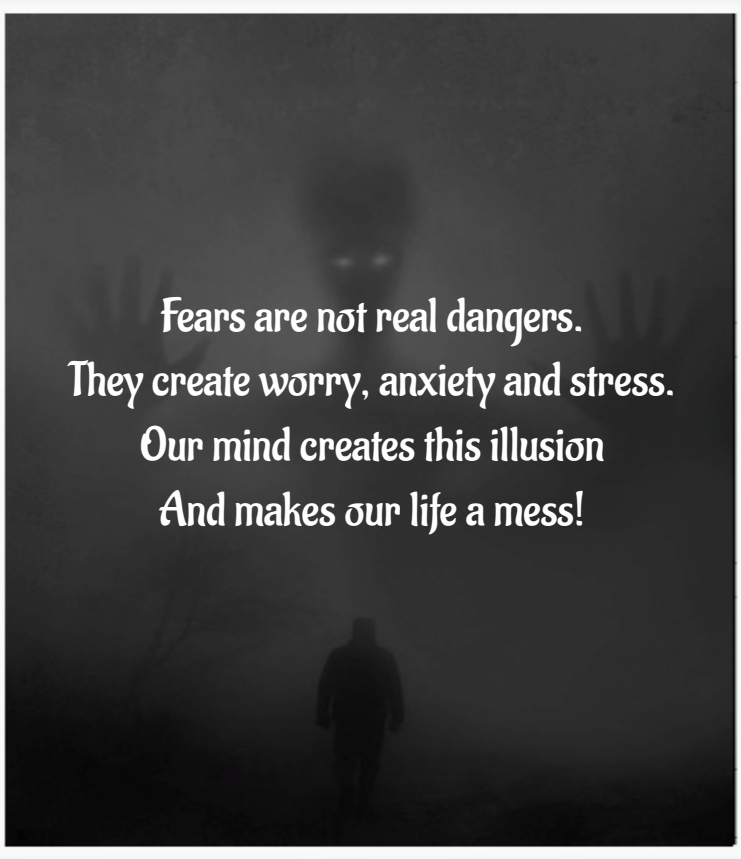
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*"More people die of the
Fear of disease
than of disease itself."*

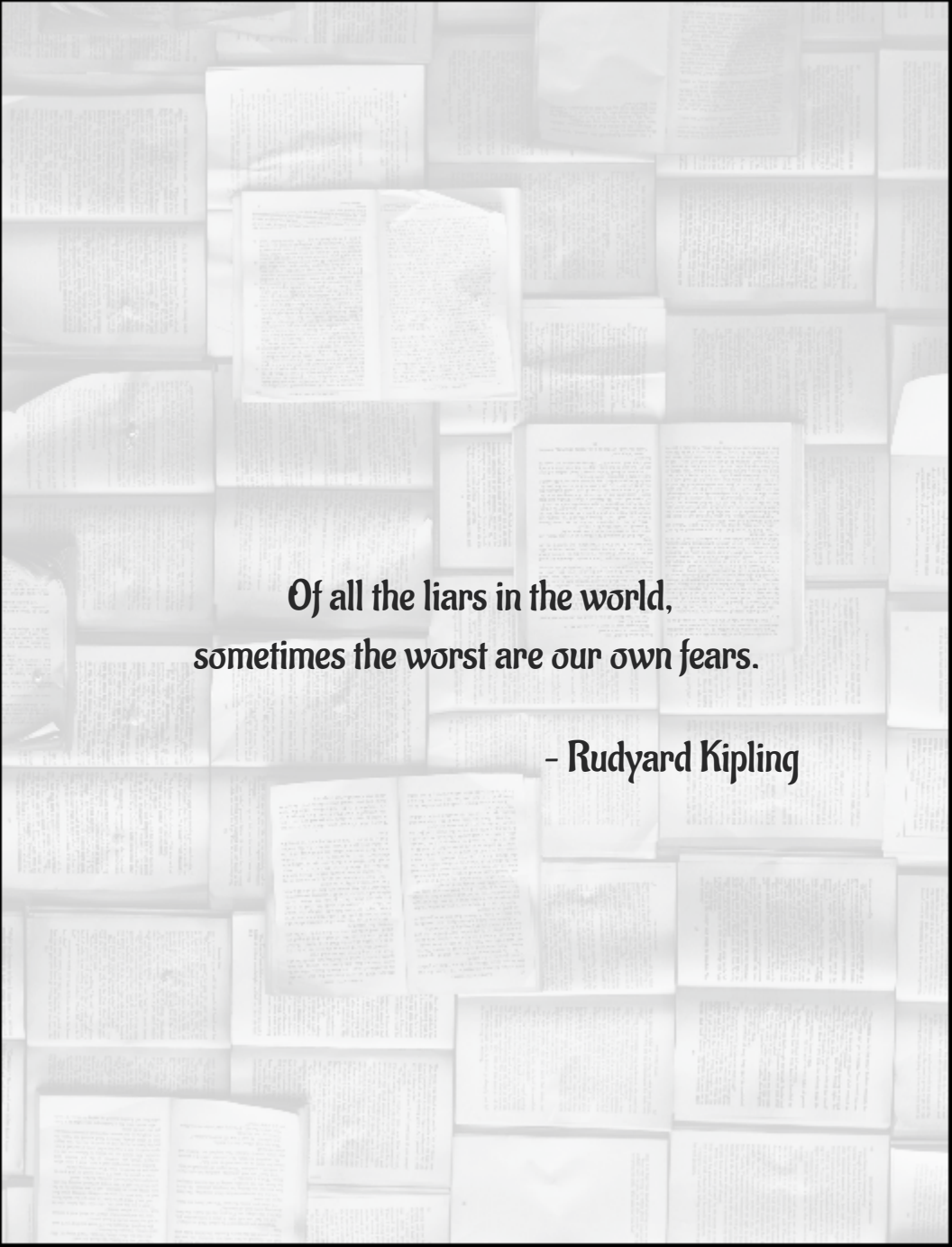
- Mahatma Gandhi

The background image is a dark, atmospheric photograph. In the center, a person's silhouette is visible, walking away from the viewer into a misty or foggy environment. In the upper center, there is a blurry, out-of-focus face that appears to be looking directly at the camera, adding a sense of mystery and unease. The entire image is framed by a thick black border, which is itself set within a white border, all on a light gray brick wall background.

Fears are not real dangers.
They create worry, anxiety and stress.
Our mind creates this illusion
And makes our life a mess!

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**Of all the liars in the world,
sometimes the worst are our own fears.**

- Rudyard Kipling

Preface

It was 9:00 p.m., on the 24th of March 2020 when the Indian Prime Minister announced on television that there was an epidemic that was sweeping the country. It could wipe out millions. The Coronavirus was now attacking India in a disease they called COVID-19. He announced a total lockdown of the country for 21 days. Otherwise, he said, the country may go back 21 years.

With all due respect to the task force, the group of ministers, advisors, doctors, and scientists, what made them take such a drastic step? They were aware this could lead to an economic crisis that India could not afford to face. Not only would it shut down all hotels and airlines, malls and commercial establishments, cinemas and restaurants, offices and businesses, it would also put the entire country into a virtual paralysis. Still, why did the government announce such a lockdown? But what was the cause of this lockdown? It was not the virus itself! It was FEAR!

Fear has gripped not only the national cabinet of ministers but has also spread to every regional chief minister and every citizen. Such is fear! It is more contagious than a virus. It spreads from person to person.

This is exactly what happened as television channels started to broadcast disasters of the COVID-19 disease.



**What is the cause of fear?
Get to the bottom of the root,
If you want to overcome worry and anxiety,
First, realize the truth.**

The social media continues to be full of the news of Coronavirus, and what are people forwarding through WhatsApp? COVID-19 and Coronavirus and with it the fear of disease and death!

Think about it – if this virus had not killed over 4,000 people in China, if it had stopped at fever and a cough, would fear envelop the world? It was the “Fear of Death” that swept through nations, not sparing any continent barring Antarctica which is uninhabited.

As of today, the world has seen the virus spread to over 175 countries. As on date, over two million people have been infected. But unlike the Spanish flu of 1918, the fatality rate of this disease is limited. Further, it is restricted mostly to the elderly, and especially to those over the age of 60 or 70. By and large, the working population that is below 60 years does not face the danger of death, unless they have a weak immune system or an underlying health condition. Knowing these facts, why did fear paralyze the economy of so many nations?

It is not just India where nearly 800 people have died after a month-long complete lockdown of the country, but at the same time, most of Europe is shut down. Italy had declared a lockdown of several weeks and the world has followed including Spain, France, Germany, Switzerland, the UK,



Bigger than the virus is the
disease called FEAR.
It has created panic and
forced masks for us to wear!
And though it hasn't killed many,
it has infected the world!
And shut us in our homes,
and our life it has crippled.

and even the USA. As the virus attacks the entire globe, fear grips communities all over the world. Why?

Because F E A R actually means False Expectations Appearing Real. There is a difference between fear and danger. There is no doubt that there was a virus spreading and therefore, the World Health Organization declared it as a Global Pandemic. But, far more dangerous than the Pandemic itself, was another Pandemic—FEAR. Fear was making people believe that the world may come to an end. It scared people and they thought that they would die. It made countries imagine that their entire population would be wiped out. Why? It was because of fear.

What has fear done? For the first time ever, practically all the countries of the world have closed their borders. While that is understandable, it has led to an unprecedented wave of unemployment as the world has shut down literally everything. Hotels and restaurants, airlines and airports, gyms and swimming pools, offices and businesses, even temples, churches, and mosques. The entire world has come to a standstill. The busiest streets in the largest cities of the world wear a deserted look as television channels show what seem to be ghost towns. What has made leaders around the globe resort to decisions that would create not just an economic crisis, but a financial disaster like never before?



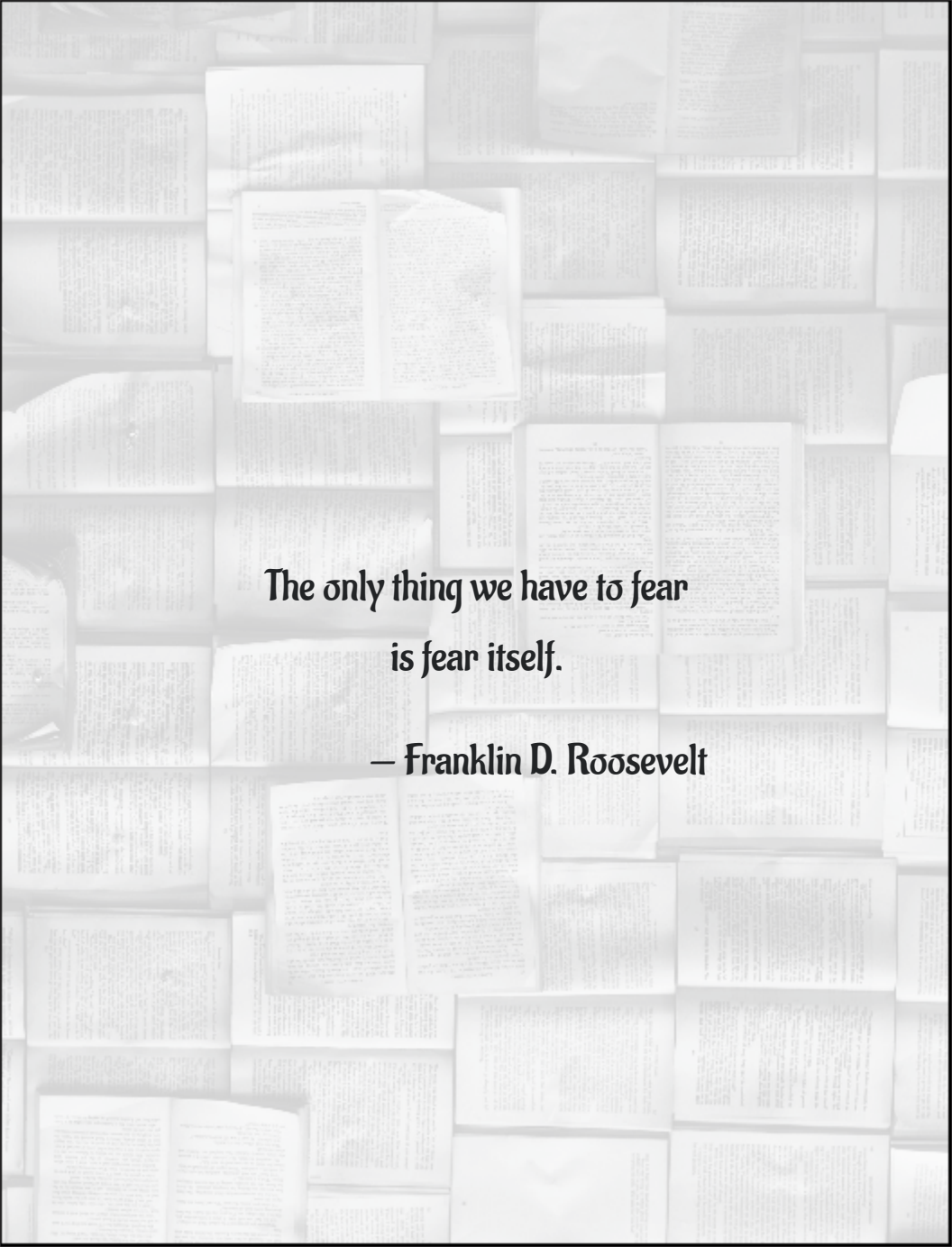
"FEAR
makes the wolf
bigger than he is."

– German Proverb

It is fear! Fear has an art of hiding the truth and projecting a myth. When we are captivated by fear, we are incapable of reasoning with the facts.

What are the facts? Since the virus erupted in December 2019, about 2,00,000 people have died around the globe. This is 0.0025% of the world population. However, 1,50,000 anyway die everyday in the world. As of April 2020, out of the total population of 1.4 Billion people in China, about 4,000 have died. This is 0.0002% of the population. In countries like Italy where the population is very aged, about 25,000 people have died, which is 0.04% of their population. In the USA, over 50,000 people have died and this looks alarming. However, it is only 0.015% of their population. When this is compared to the Spanish flu that killed 50 million people, nearly 25% of the global population, it is not as fatal a pandemic as the world thinks it to be. Facts confirm that those who are dying due to Coronavirus are mostly over the age of 65. Young people are being infected, but a large majority do not even show symptoms of the virus. Those who do, have to isolate themselves for about two weeks as the virus is very contagious. At this point, neither is there a proven cure for treating the virus nor is there a vaccine to prevent it.

Despite these facts, and even seeing several countries



**The only thing we have to fear
is fear itself.**

— Franklin D. Roosevelt

controlling the virus effectively like Japan, South Korea, Hong Kong and Sweden, a vast majority of the world has fallen prey to the virus, thanks to fear! Fear has gripped individuals and families who have locked themselves up in their homes, worrying that they would die. In a world that is so well networked today and has advanced beyond imagination in the last hundred years, why is fear paralyzing millions around the globe? It is because that is what fear does. It is meant to make False Expectations Appear Real.

It is due to these circumstances that are currently prevalent in the world that I am inspired to write a book on fear. At this point, even I am locked down in my home and will continue to be locked down for days, if not weeks! But I am sure that as long as we don't overcome fear, this virus will continue to haunt us. Experts project that the virus is surely going to last for months. It may come back as a second wave in many countries or it may end up being just another flu. Some people will die but the world will survive it. Most of us will become immune to it and soon and there will be both a cure and a vaccine. Then our fear will disappear!

Till then, people will live and die in fear. I decided to write a book to expose the truth about fear. Today, it is evident to all of us that fear is more destructive than the cause itself.



Whatever you fear most has no power.

It is your fear that has the power.

— Oprah Winfrey

We can see how it has paralyzed the world. I want to help people overcome the myth of the fear of the virus. I want people to realize the truth about what fear is, how damaging it is, and how to overcome it.

Fear is not real.

The only place that fear can exist
is in our thoughts of the future.

It is a product of our imagination,
causing us to fear things that do not
at present and may not ever exist.

That is near insanity. Do not misunderstand me
danger is very real but fear is a choice."

– Will Smith

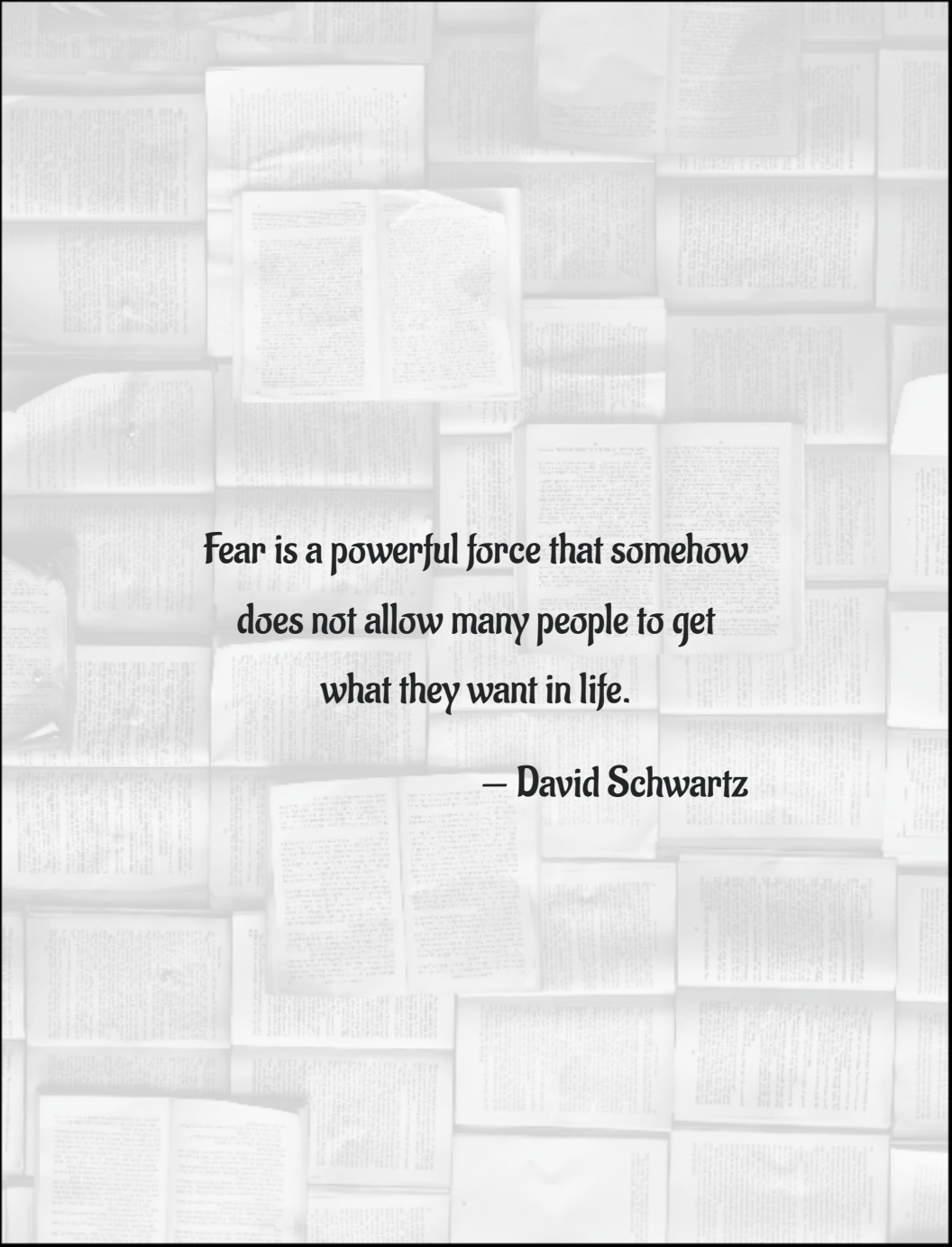
WHAT IS FEAR?

01

Fear is a negative emotion that threatens us with pain, danger, or harm. It is a very unpleasant feeling, triggered by thoughts that warn us of a perceived disaster. It is a powerful emotion and raises an alarm as it alerts us of a possible crisis. Whether the fear is a real danger or not, comes to light later. Thus, fear in the days of our ancestors was falsely believed to be a necessary element to protect people from real dangers and stay alive. Fear was considered to be a survival mechanism.

We all experience fear! We know what fear is. It makes us worry, it creates stress and we become anxious as our fearful thoughts play in our mind. There is no guarantee that what we fear is really dangerous. That is why it is called fear.

Fear surfaces right from childhood. A child is scared of darkness. There are people who can't sleep in a room without a light switched on and this fear often originates in our childhood. It is during these days that we develop a fear of insects, of animals, of people and even of God. It is fear that leads many people to pray, because people are frightened of consequences from nature, disasters or calamities, and when they have no other place to go, they go to God!

The background of the image is a dense, overlapping collage of numerous sheets of paper. These papers are scattered across the entire frame, some appearing as full pages and others as fragments. They are mostly white or light gray, with some showing faint, illegible text or markings. The papers are layered, creating a sense of depth and texture. The overall effect is a busy, textured background that contrasts with the clear, bold text in the center.

**Fear is a powerful force that somehow
does not allow many people to get
what they want in life.**

— David Schwartz

Religions around the world work in tandem with astrologers, palmists, Tarot card readers and the like, in taking people through what I would call, a journey of fear. Then by practising rituals, following superstitions and dogmas, people are convinced that their fears will not manifest into reality because of the mystical and magical acts they perform. However, all fears are not false. There would be some fears that are real dangers. For instance, you are in a jungle, and you come face to face with a wild beast. You are scared that you are going to die. Out of fear, you run for your life. But, what about running out of your shower without any clothes on, because a tiny lizard came close to you? This is not a danger. It is F E A R – False Expectations Appearing Real.

What can that little lizard do? In fact, it is threatened to see us. To the lizard, we are like a big dinosaur. Our fear of the lizard is false. Unlike the wild beast in the jungle, which is a real danger, our expectation that the lizard will harm us is a False Expectation Appearing Real. It is Fear!

A little child was enjoying an evening with her parents in an amusement park when suddenly she shrieked and burst into tears. An animated alligator suddenly came out of the waters with its mouth wide open and its 80 teeth inches away from the little girl, threatening to devour her. The child wouldn't stop crying out of fear.



The Enemy is fear. We think it is hate.

But it is Fear.

– Mahatma Gandhi

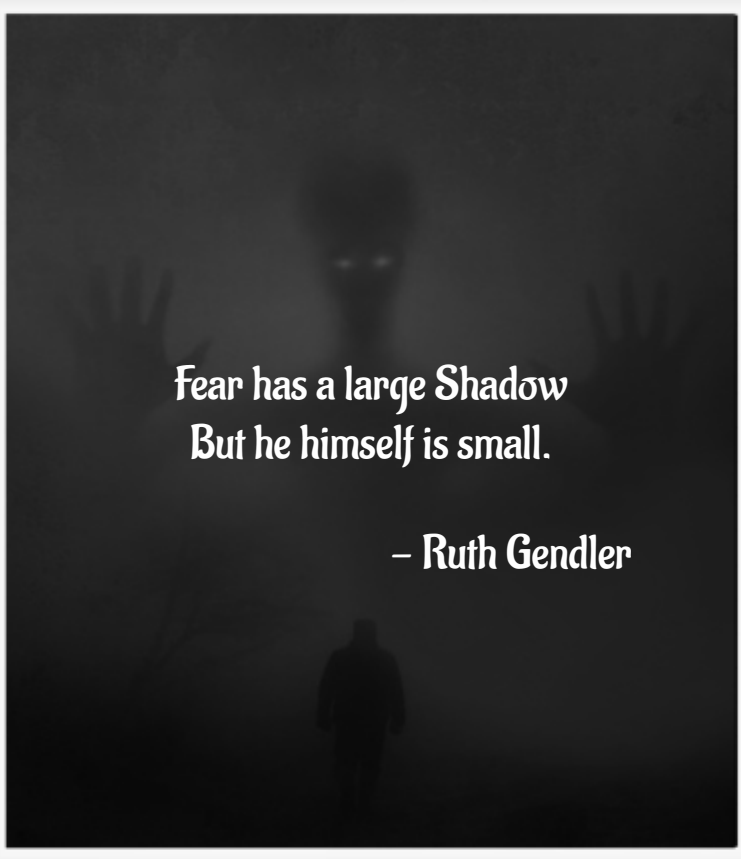
The parents, knowing it was an amusement gig, started laughing. They picked up the little girl and explained that it was not a real alligator. But the girl continued to scream with tears running down her face. More often than not, we grow up with such fears. Each one of us experiences and develops own unique fear.

Some of us fear spiders, while others may fear heights. While F E A R is False Expectations Appearing Real, our ignorance about fear makes fear a real emotion for us that causes misery throughout our life.

Shobana developed a fear of flying when she was a young child. In her 50 years of existence, she has never taken a flight. She travels by road, by train and even by ship. But she refuses to board an aircraft. She has been paralyzed by the fear of flying.

Very often, fear creates a paralysis that stops us from doing many things in life. It triggers in us an apprehension of a perceived danger, and nobody on earth can convince us of the truth. The result is, we live with worry and we carry our panic to our graves. The anxiety caused by fear continues to corrode our inner being.

Is there a way out of fear? The ultimate solution is the realization that F E A R is just a False Expectation Appearing Real.

A black and white illustration within a square frame. The background is dark. At the top, a large, dark shadow with outstretched hands and glowing eyes looms. At the bottom, a small, dark silhouette of a person stands with their back to the viewer, looking up at the shadow.

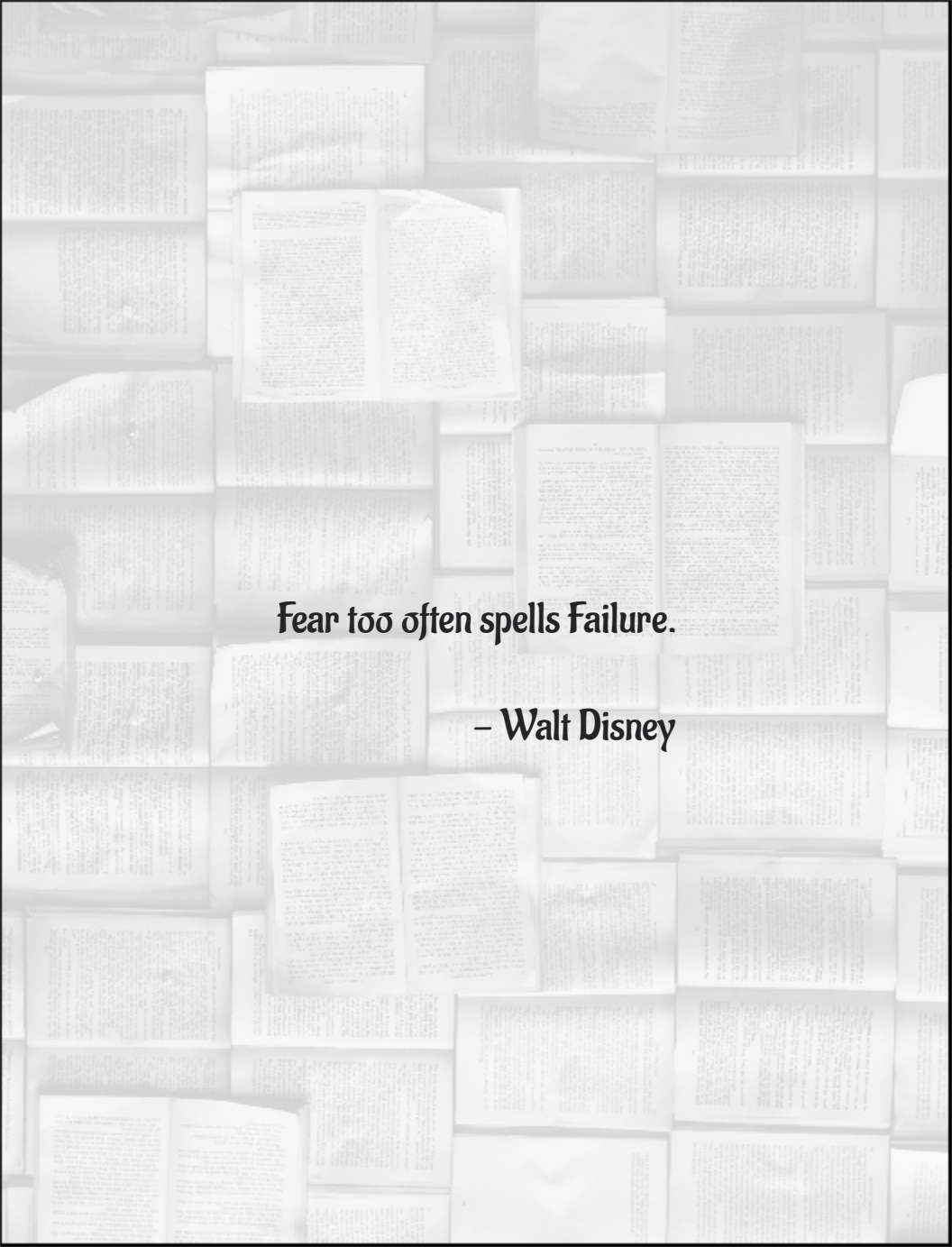
Fear has a large Shadow
But he himself is small.

– Ruth Gendler

But practically, people try to eliminate fear with courage. Courage is a positive emotion. It can undo fear if we replace the negative emotion with a positive one. However, fear starts as a seed and if we want to eliminate it, we need to destroy it with courage before it grows its roots into our life. Once fear becomes deeply rooted in our philosophy and psychology, then these roots develop shoots of anxiety, terror, and panic and we live consciously with fear, as the fruits of our fear create dread and terror every moment we live. Sometimes, fear is subconscious, but it doesn't stop us from being alarmed within.

Therefore, we must learn to live our life with courage and not fear. We must do the things we fear, for the fear to disappear. It may be riding on a giant wheel or a roller coaster. Those who don't eliminate this fear as children, will live through their life with the same fear and never enjoy the thrill of an amusement park.

Our life is made up of thoughts. Thoughts create feelings that lead us to actions. However, we don't realize what creates thoughts. Thoughts are produced in the mind which behaves like a thought factory. It keeps on producing thoughts like a popcorn machine pops corn. Whatever raw material we put into the factory that is our mind will be what pops as our thoughts. If we provide fear



Fear too often spells failure.

– Walt Disney

as the raw material to our mind, it will produce fearful thoughts. However, if our thought factory is pumped with the raw material of courage, this positive emotion will produce positive thoughts that are full of faith, and hope. We see this happening not just in our day to day life, but also in our dreams. Those who live with the emotion of fear, experience nightmares and are not spared from this dreaded terror, even while asleep.

Today, fear has caused panic around the globe with the COVID-19 disease caused by Coronavirus. This fear has consumed humanity so fiercely that a large part of the world has declared a lockdown. The false expectation that the virus can kill the entire world appears so real that we have ordered everybody to stay indoors. This is going to lead to an unprecedented economic crisis. Why is the whole world reacting with so much panic? It is due to fear. The fear of dying has paralyzed decision-makers around the world. Doctors, scientists, and politicians are all enveloped by this negative emotion. Their decision to shut down most of the world has led to a media blast that has gripped millions of people over the world with fear.

What is the reality? As of end of April 2020, about 2,00,000 people are reported dead due to this virus. This is less than 0.003% of the world's population. However, fear makes it



**Fear is nothing more than
an obstacle that stands
in the way of progress.**

look like we are all going to die. While statistics prove that the COVID-19 may infect anybody, it kills mostly those who are over the age of 65 and the danger of death goes up as one's age increases. Further, those with underlying health conditions and weak immune systems are more susceptible to the Coronavirus. While the entire world knows this fact, and people around the globe realize that our decision to lockdown the global economy will create far greater devastation than the virus itself, why are most countries not going by the facts? It is because of fear. Fear has created panic in decision-makers and has made people falsely believe that this virus that causes a cough and fever is going to wipe out all of humanity.

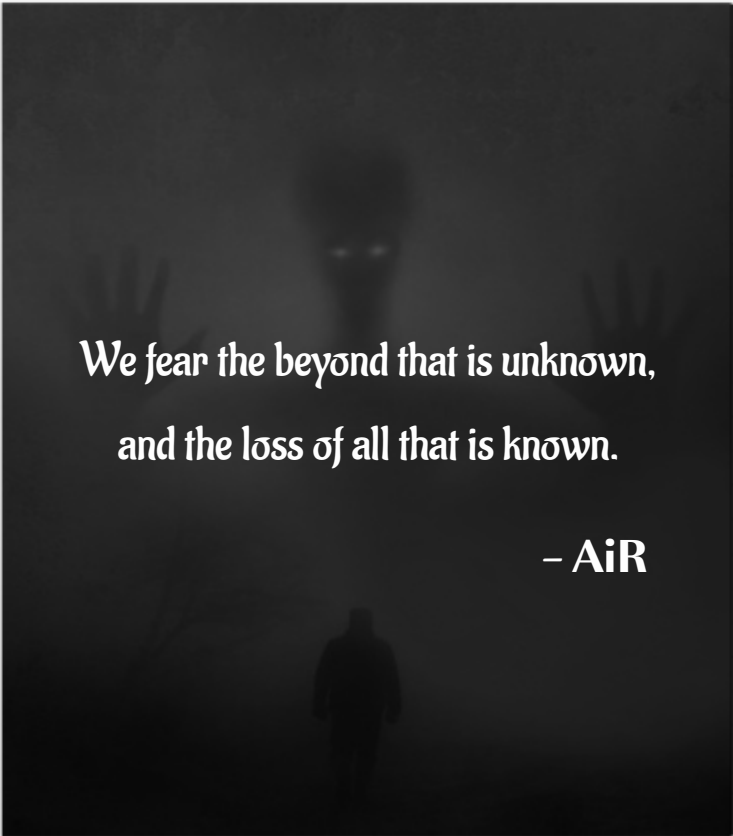
Definitely containment of the infected people can reduce the risk of the potential spread of the virus and there will be less load on the hospitals and the doctors. But as we are aware, the spread of the virus is unstoppable and we can only reduce the pace by which it might spread, through a lockdown. But is the lockdown a permanent solution? Our focus should be to protect the elderly and those who are more vulnerable to the virus—the sick with underlying health conditions. By causing the entire world to come to a standstill we are creating more threatening consequences. Of course, in every pandemic, there will be death.

TAKEAWAYS

WHAT IS FEAR?

- ✦ Fear is a negative emotion that paralyzes us.
- ✦ Fear creates stress, worry and anxiety.
- ✦ While a danger is real, fear is imaginary.
- ✦ Once we develop a fear, it often stays with us throughout our life.
- ✦ We must replace the negative emotion of fear with the positive emotion of courage.
- ✦ F E A R clouds the facts as it makes False Expectations Appear Real.

But nobody can escape death. Our challenge is to face the pandemic boldly. Mahatma Gandhi said, *"More people die of the fear of disease than of disease itself."* It's time to understand that fear is not real. It is a False Expectation Appearing Real.



We fear the beyond that is unknown,
and the loss of all that is known.

– AiR

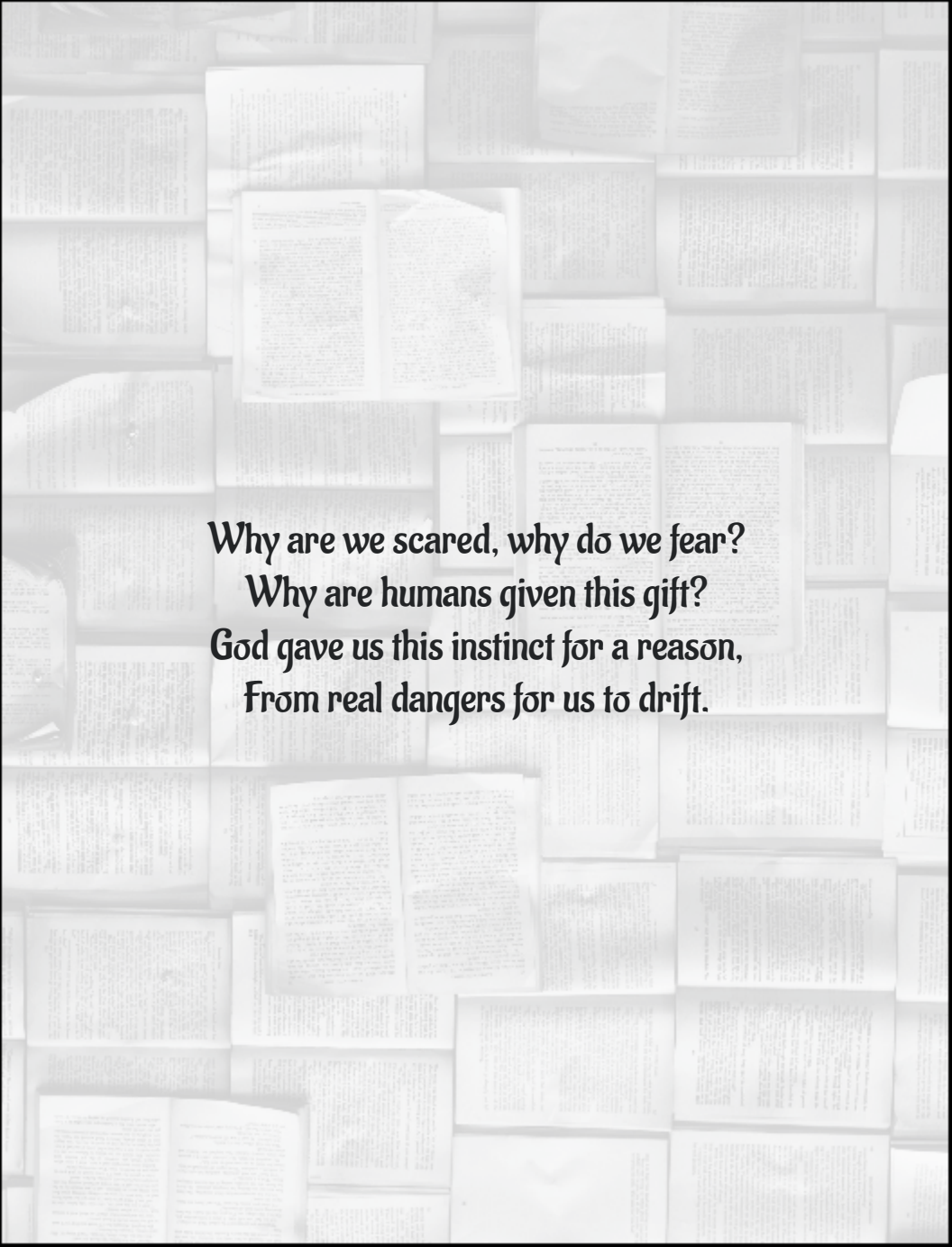
WHY DO WE FEAR?

02

It seems we human beings are born with fear. In the beginning, it may be just fear of a loud sound or the fear of falling. But soon we accumulate many fears from the world. That is why, we often find people being startled by a bang, or even by a lizard. It seems that fear is instinctive. It is built 'into our being human'. It absorbs our consciousness as our thoughts trigger feelings of fear. Then, we see a reaction to those fearful thoughts and feelings.

However fearful we might have been on a given day where a persistent fear stole our peace, what happens once we fall fast asleep? The fear disappears, only to reappear when we wake up! Fear is to do with the conscious body and mind. Sometimes, we have the most joyous day with celebrations and excitement. Then, our fear makes us startle and jump in a nightmare. It was not real as it was just a dream! But it felt as if a shark had caught hold of us as we were swimming in our dream waters. This makes us realize that fear is both of the body and of the mind.

We have five sense-perceptions that transmit thoughts from the sensory organs to the brain. The eyes see, the ears hear, the nose smells, the tongue tastes and with our skin,

The background of the image is a dense, overlapping collage of numerous sheets of paper. These papers are scattered across the entire frame, some appearing as full pages and others as fragments. They vary in orientation, with some lying flat and others slightly curled or overlapping. The papers contain faint, illegible text, suggesting they are documents or articles. The overall effect is one of a chaotic yet organized collection of information, creating a textured, layered appearance in shades of light gray and off-white.

**Why are we scared, why do we fear?
Why are humans given this gift?
God gave us this instinct for a reason,
From real dangers for us to drift.**

we touch and feel. Any of these five can raise an alarm. Most often, fear may be created by what we see. It may be a spider or a dangerous animal that confronts us. There have been times when I have jumped out of my skin when I smelt something burning. The tongue imagines thoughts of eating something poisonous, just as an eerie sensation on our skin can make us perceive something to be a great danger. But far more than the senses, there is a bigger rascal — our own mind. It can cook up fear in moments and then terrorize us.

What is the world fearing today? No doubt there is a spread of the Coronavirus. People around the entire globe have been infected by it. But what is fear? The reality is that many people are developing symptoms of cough and fever. Some with an underlying condition, those with weak immune systems, and primarily, the elderly over 65 are sometimes succumbing to the virus. Not all of those over 70 or 80 will die if infected by the virus. Statistics show that only 15% of those who are aged get the infection and mostly, coupled with some or the other health complication may lose their lives. But fear has made the entire world paralyzed. We have taken action around the globe as if we are ALL going to die out of this virus. The fear makes us believe that the virus is going to wipe out life on earth. Some people even ask, "Is the world going to end?" We understand this very



Why do we fear, have you ever thought?
We are born with this instinct, but its purpose we forgot!
From dangers that are real, it is meant to protect,
But instead, we worry, and in panic, react.

well that we can be potential carriers if we step out and come in contact with an infected person. So we need to be cautious and try to keep the elderly and vulnerable well protected. Also, we need to maintain hygiene and take precautions so that we don't catch the infection. Our mind makes us believe that since the virus is highly contagious and that there are asymptomatic carriers of the virus, we will be easily infected with it. It makes us fear the loss of our life. If this virus was creating only a cough and fever and not causing death, would people panic?

The mind has taken us back a hundred years, where another virus, infamously known as the 'Spanish flu', is said to have killed over 50 million people. That was a deadly virus! It attacked the age group of 20-40 years and it is said to have not only spread but also killed instantly, often within 24 hours. That seemed more like a danger, not just a fear. However, the thought of the hundred-year-old pandemic has made this epidemic into a global terror. What is the main cause of our fear? It is not that we will be infected and develop a cough and fever. It is not even the fact that the virus is highly contagious and is spreading through those who are not only sick with the virus but also those who are asymptomatic carriers of this strain. The panic that has gripped the world is the fear of death!

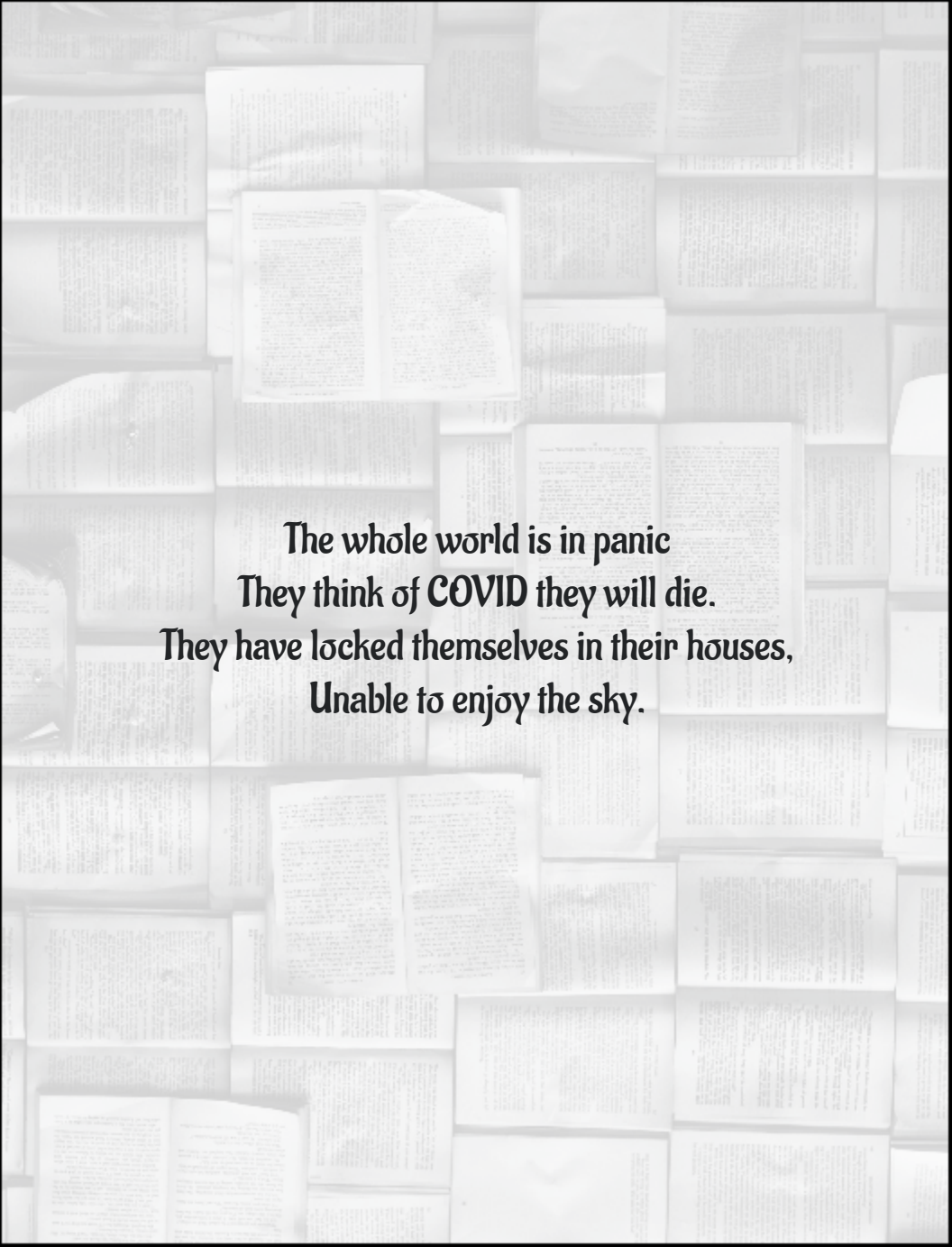


A virus has attacked us,
It is going to wipe out the world!
It is going to kill us all,
Through the media, we are told.

Most human beings fear death. We fear because we are ignorant of what lies beyond death. Therefore, there is a fear of the unknown. Coupled with the fear of the unknown, we fear the loss of all that is known to us. We fear the loss of our wealth, our property, and our possessions. We also fear the loss of all those who we love, our near and dear ones. Death by far is the greatest fear humanity faces. Why is it that we don't fear a butterfly, but we fear a tiger? It is because we fear we will be killed. Another 4-legged animal becomes our dear pet dog. Why? Because it is not a threat to our lives.

The next biggest fear after death is the misery and suffering caused by pain. Haven't we seen people shrieking even at the thought of going to a dentist? *Susan reluctantly went to her dentist and he started examining her at close quarters. She was squirming in her chair and she was frightened at the outcome of the appointment. The dentist was used to dealing with patients with such a phobia. As the dentist inserted the dental equipment into her mouth, she started screaming and she wouldn't stop. The dentist was irritated and told her, "I haven't even started drilling your teeth. Why this screaming?" Pushing his hand away from her mouth, she said, "Doctor, but you are stepping on my foot!"*

We all fear pain and the very thought of it can make us scream. We also fear danger. When we come face to face



**The whole world is in panic
They think of COVID they will die.
They have locked themselves in their houses,
Unable to enjoy the sky.**

with a wild beast, it's a real danger that we are confronting, and this danger can create extreme fear. In fact, the real reason we human beings have been gifted the emotion of fear is to trigger an alarm when there is a real danger confronting us. Fear sends a signal to every part of our body – "Attack! There is an enemy." Fear triggers the fight or flight response in us whether it is to kill that snake that suddenly appears from nowhere or to motivate us to run from a wild beast in the woods. Fear seems to be an inborn instinct, not just in human beings, but also in animals. If you have a pet dog, you must have experienced how it runs helter-skelter when it hears the sound of firecrackers bursting.

Instead of using the instinct of fear and letting it protect us from real dangers, we are hijacked by our own mind which destroys our peace and tranquillity. The mind creates False Expectations to Appear Real and through this fear, it makes us withdraw. Today, governments all over the world have made cities and provinces into virtual prisons where people are facing a lockdown for weeks, even months! Is this needlessly done? Some people need to isolate themselves to protect their weak immunity and their aged bodies from this seemingly killer virus. However, most healthy young people need not fear the virus. If they get the virus, either it will be asymptomatic, and they will become



**Fear is a gift from Danger to Protect.
But because we Panic,
We don't Introspect.**

immune to it or the mild symptoms of cough and fever will blow away like the breeze. Beware! This part of the population must not intrude into the privacy of those who are isolated due to their pre-conditions. They should instead work and keep the economy going. Sadly, fear has gotten the better of us. Most countries have shut down everything. Not just their borders, as they fear the intrusion of the virus, countries have also shut down all modes of transportation – airlines, trains, buses and ships. Fear has led to the closure of malls, cinemas, restaurants, and shops. Is it because they will give us the virus? Is it because the young and healthy are dying by the dozens? No! It is because of panic! Fear has created panic and instead of using our intellect to discriminate and choose the right action, we are being controlled by the fearful thoughts of our mind. The mind makes a mountain of a molehill. What it has done is that it has brought down the house to kill the rat!

But such is fear. Because we human beings have so many fears, we prefer to close our economy rather than build immunity from a virus. The fear of dying out of hunger is not as great as the fear of being killed by a virus. The media has projected the fear of death far greater than the fear of hunger and unemployment. We can't deny the natural tendency of a human mind when captivated by fear –

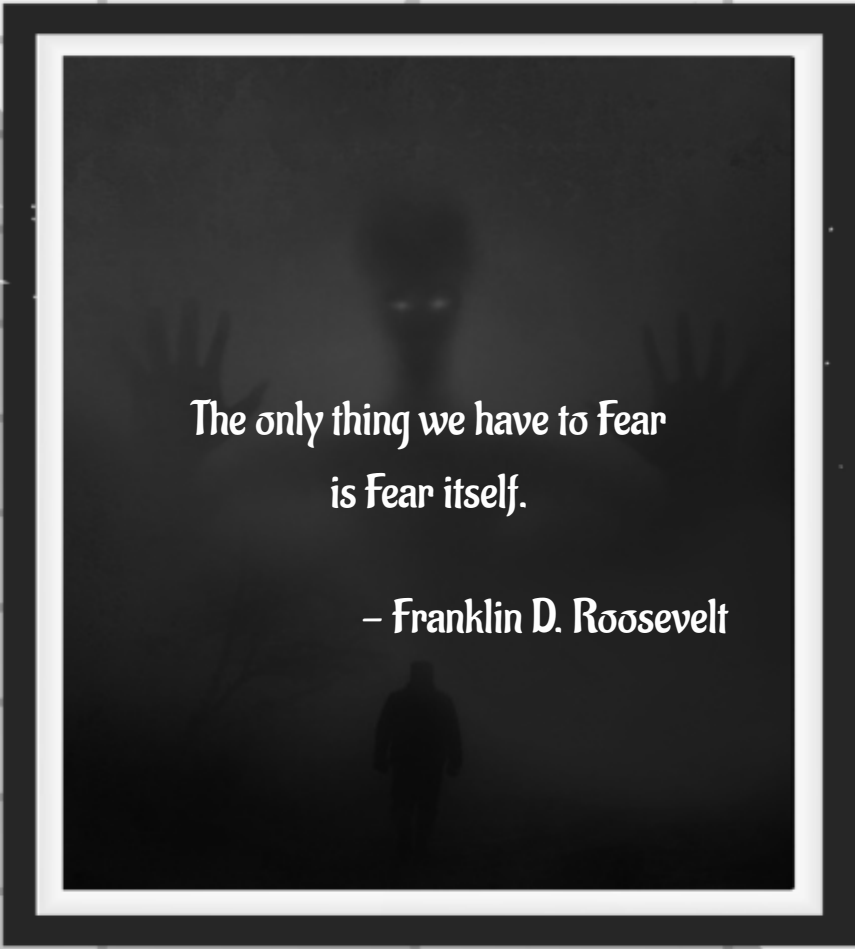
TAKEAWAYS

WHY DO WE FEAR?

- ✦ Human beings are born with an instinct – Fear, to protect us from real dangers.
- ✦ Unfortunately, our mind bombards us with fearful thoughts.
- ✦ Fear causes stress, worry, and anxiety because we do not use our intellect to discriminate.
- ✦ We fear because we let False Expectations Appear Real and create panic.

that it will always choose a less dangerous situation over the greater one. For instance, if there was a snake in our balcony and a lizard in our washroom, with us locked in between with no other option and both our enemies trying to enter our room, where would we prefer to go and lock ourselves safely? Chances are, assuming the snake as poisonous, we may lock ourselves in our washroom where there is a lizard. People are willing to risk the consequences of an economic crisis rather than dying of the virus. When people actually become desperate without the basic essentials, they will probably realize the truth of their fear. Unfortunately, by then it will be too late because the fear of the virus would have already destroyed the economy beyond what we can imagine.

Why does this happen? It is because the mind creates stress, worry, and anxiety. By producing over 50,000 thoughts a minute, it bombards our imagination with fear and terror. The fear of death has forced us to withdraw like a little tortoise in its shell. Instead of facing the virus with courage and intelligence, protecting those who are more prone to be affected, fear has made us shut down the world. Our instinct for survival, the greatest human instinct has been overtaken by the greatest negative emotion – Fear.



The only thing we have to fear
is fear itself.

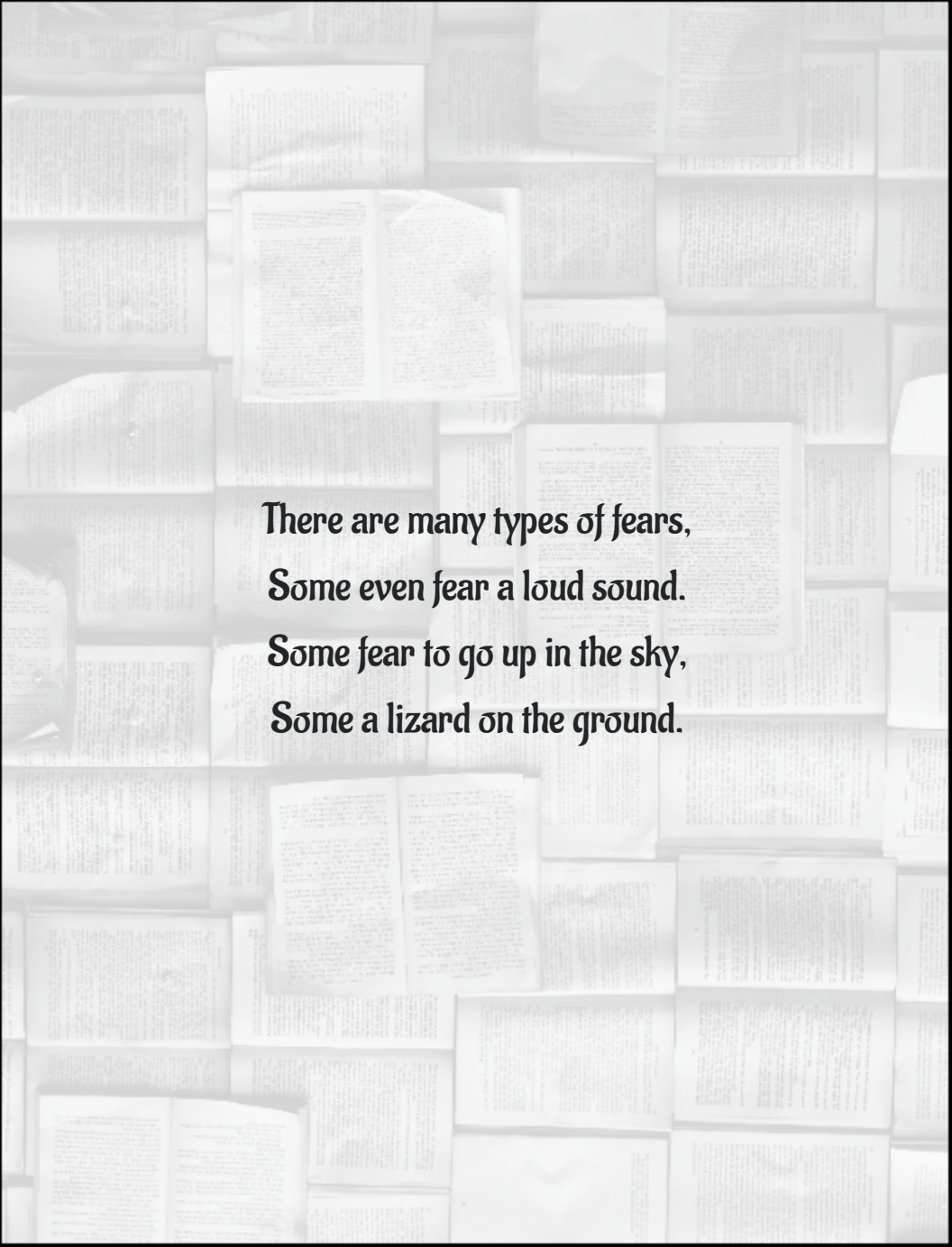
– Franklin D. Roosevelt

TYPES OF FEAR

03

James got a new job in Bengaluru, the Silicon City of India. To live close to the infotech company was an expensive proposition. So, he rented an apartment that needed him to travel by bus every day. His new home was very comfortable, except for one issue – a bulldog! Every day, when he got off the bus, a bulldog near the bus stop would go after him. As he would run for his life, the fierce dog would chase him. He feared that one day, the dog will grab him and bite him. The fear of the dog-bite, being hospitalized, losing his job and even death, preoccupied his mind all day. Not only did he discuss his fears in his office, but he also dreamt of them. He was lucky to have a friend in his office who was very positive. The friend would tell him something courageous every day – “Do the things you fear, and the fear will disappear!” “F E A R is False Expectations Appearing Real!” “Kill your fear before the fear kills you!”

James decided to change his paradigm. He couldn't let the fear of the bulldog destroy his peace. The next day, when the bulldog started chasing him, he did not panic. He had hidden a metal rod under his jacket. He turned and holding the rod with both hands confronted the dog with a Kung Fu style scream. But he was frightened! As the dog jumped at him with its huge mouth open, ready to bite, James was shocked! He saw that the bulldog had no teeth! Immediately, holding the staff in one hand, he started chasing the bulldog.

The background of the entire image is a dense, overlapping collage of numerous sheets of paper. These papers appear to be fragments of old documents, with some showing printed text and others appearing blank or with faint markings. They are scattered across the frame, creating a textured, layered effect that resembles a wall covered in discarded papers or a pile of documents.

**There are many types of fears,
Some even fear a loud sound.
Some fear to go up in the sky,
Some a lizard on the ground.**

Fear has no teeth. It cannot bite us. But we fear right from the time we are young kids. We fear darkness because we fear the unknown. Many of us fear loud sounds. As we age and with time, our fears change. From the fear of examinations in school and college, we get afraid of different things.

When Raj was a kid, he had several fears. He was scared that his teacher would spank him for not doing his homework. He couldn't sleep at night, because he thought he would fail in his examination. As he grew older, he began to fear competition in class, even the embarrassment of not being able to answer questions. When he was chosen for an interclass singing competition, he trembled because of stage fright. While all these fears passed one by one, the biggest of all his fears was the fear of passing the annual examination in his final year in school.

Then, Raj fell in love with a girl in college. Academics no more frightened him, but he was scared of losing his beautiful girlfriend to his best friend. He lived with so much worry and anxiety that he couldn't sleep at night. He would wake up in the middle of the night and spy on both of them – are they meeting or are they talking to each other? His fear made him doubt his girlfriend so much, that he ultimately lost her. While she loved him a lot, she couldn't accept that he doubted her so much, which was a consequence of his fear.



**Fear is of different types.
We start with it in school
We fear loss of love as we grow,
and our fear makes us a fool.**

Raj went on to start a business, but his fears wouldn't leave him. He couldn't take calculated risks and he lived like a frog in a well. Fear dominated his life and not just ruined his business, but also his wealth and his health. While he was a brilliant and skilled individual, the fear of failure destroyed his opportunity to be a success. He got married and had children. But fear continued to be his best friend. He was afraid that his children were in danger and would often rush to the school to check their wellbeing. One day, when his teenage daughter did not return in the evening, he rushed to her college only to see nobody there. He frantically started calling everybody he could think of—her teachers, her friends, the neighbours, but nobody could trace her. His fear was so intense that he called the police and asked them to start a search. His anxiety heightened and he started calling all the nearby hospitals one by one, checking if anybody with her description had been admitted. Late that evening, a car stopped outside the house and his daughter walked into the house. He was aghast! "Where were you?" he screamed. She smiled and replied, "I told you last week that I had a new Buddhist friend and I will be going for a meditation class for a few hours. That's why my phone was switched off." He looked at her sheepishly as he remembered, and his panic dissolved.

Raj is one person whose life was dominated by fear. We all fear, of course. But for some of us, fear blows, and it goes. But for people like Raj, it makes them so paranoid, that they develop a phobia.

The background is a light gray brick wall. In the center, there is a large black square framed by a white border and a thick black border. Inside the black square, there is a dark, atmospheric scene. At the bottom center, a person's silhouette is visible, walking away from the viewer. Above the person, in the upper center, a face with glowing yellow eyes is visible, with two hands pressed against a surface on either side, creating a horror or suspenseful mood.

**Courage is not the absence of Fear,
It is the ability to act in the presence of Fear.**

– Bruce Lee

Fear had become second nature to Raj. Everybody in his family knew that fear had got the better of him. The one who knew this the most was his family physician. Raj would call his doctor over every week to have his blood pressure, his sugar levels, and even his lungs checked. The doctor got used to it. Raj was very apprehensive that he would get some disease. He feared he would get cancer and would watch documentaries on heart attacks, kidney failure, and coma. He thus took comprehensive health check-ups every few months although all his reports indicated good health. He feared he would die.

Raj was very scared of death. He was scared of many things. What would happen to his daughter's marriage if he died? How will his young son cope? How would his wife manage after his death? While he was very much alive, the fear of death killed him as he lived in worry and stress every day.

If we peep into the life of Raj, don't we find similarities with the people we know? Fear grips many of us, more fatally than a wild bulldog can tear us apart.

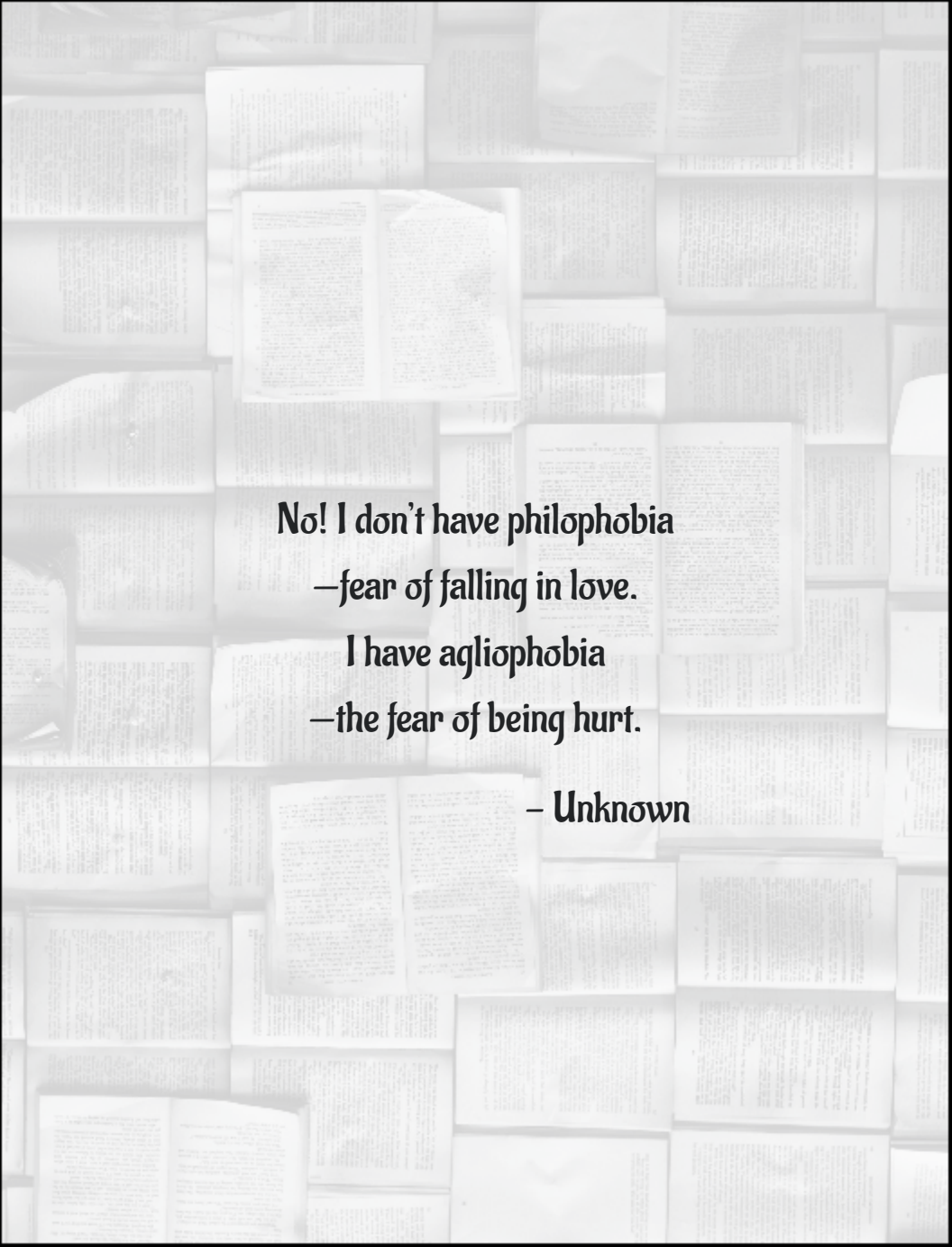
We human beings develop phobias – extreme irrational fears and this destroys our peace and joy. Today, we are living with the phobia that we will be attacked and destroyed by a virus. We fear not just the disease, but certain death. However, the virus is like a bulldog without teeth.

TAKEAWAYS

TYPES OF FEAR

- ✦ There are different types of fear. We grow up with fears as kids and we go on to live with fears.
- ✦ Fear of exams, fear of losing our love, and fear of failure are just some of the fears we start with.
- ✦ As we age, we fear disease, pain, and even death.
- ✦ Fear gets so extreme and irrational that we often develop a phobia.

It will mainly affect people over 65 and can possibly cause death to the aged with comorbidities. Majority of us, who are below 60 and relatively healthy will experience cold, cough and fever or even no symptoms if we are infected. However, the intense panic created by Coronavirus has developed a fear that has spread across the globe. No other phobia has enveloped the planet like this virus has done for the last 100 years.

The background of the image is a dense, overlapping collage of numerous sheets of paper. These papers are scattered across the entire frame, some appearing as full pages and others as fragments. They are mostly white or light gray, with some showing faint, illegible text or markings. The papers are layered in a way that creates a sense of depth and texture, with some papers appearing more prominent than others. The overall effect is a busy, textured backdrop for the central text.

No! I don't have philophobia

—fear of falling in love.

I have agliophobia

—the fear of being hurt.

— Unknown

FEAR AND PHOBIA

04

What is a phobia? It is an extremely irrational fear of something, an intense terror, panic that creates a reaction to something that is not proportionate to the real danger. However, those experiencing the phobia feel that the fear is very real because it is so strong. It masks their ability to discriminate and to realize the truth. Thus, while fear starts as a baby, it grows up and develops into this monster called a phobia.

While there are hundreds of phobias in the world, most people develop at least one or two irrational fears. It may be an intense fear of spiders or lizards, or even something as simple as going for a dental check-up. When the fear becomes a phobia, it causes so much anxiety and stress that it stops us from living a normal life. Things don't stop there. Fear and phobia can create paranoia—a state where we don't just fear but also start blaming and mistrusting people. Our fear leads us into suspicion that creates a mental condition that is so exaggerated beyond reality that it can destroy the life of an individual. However, not all fears need to become phobias or make us paranoid. While fear will possibly create some phobia, in varying degrees, light or serious, it undoubtedly affects our day to day life.



Fear grows into a phobia,
An extreme fear of something.
Dento phobia fears the dentist,
And claustrophobia, crowd of anything.

Let us consider some of the phobias that we see in the world and how these irrational fears affect our life, our belief systems, and our social wellbeing.

There are people who have aerophobia—a fear of flying. They become jittery at the thought of boarding an aeroplane or a helicopter. Some deprive themselves of an exhilarating paragliding adventure because aerophobia often creates a fear of a crash or even fear of death.

Claustrophobia is another commonly seen phobia. It is the fear of closed spaces. People with this phobia start sweating if they are in a windowless room or even in a crowded elevator. Claustrophobia may be of many types, but is always triggered by fear of congestion or fear of confined small spaces. It may arise even while driving on a highway, with bumper to bumper traffic.

I know people who have dentophobia or fear of the dentist. It is a common fear among all ages. People with this phobia delay going to the dentist for months, even years, despite suffering severe pain in their teeth and gums.

While some people are fond of their dentist, their fear may be latrophobia, the fear of doctors. They will not just desist from entering a hospital, but even stay away from being examined by a doctor as their nervousness makes them



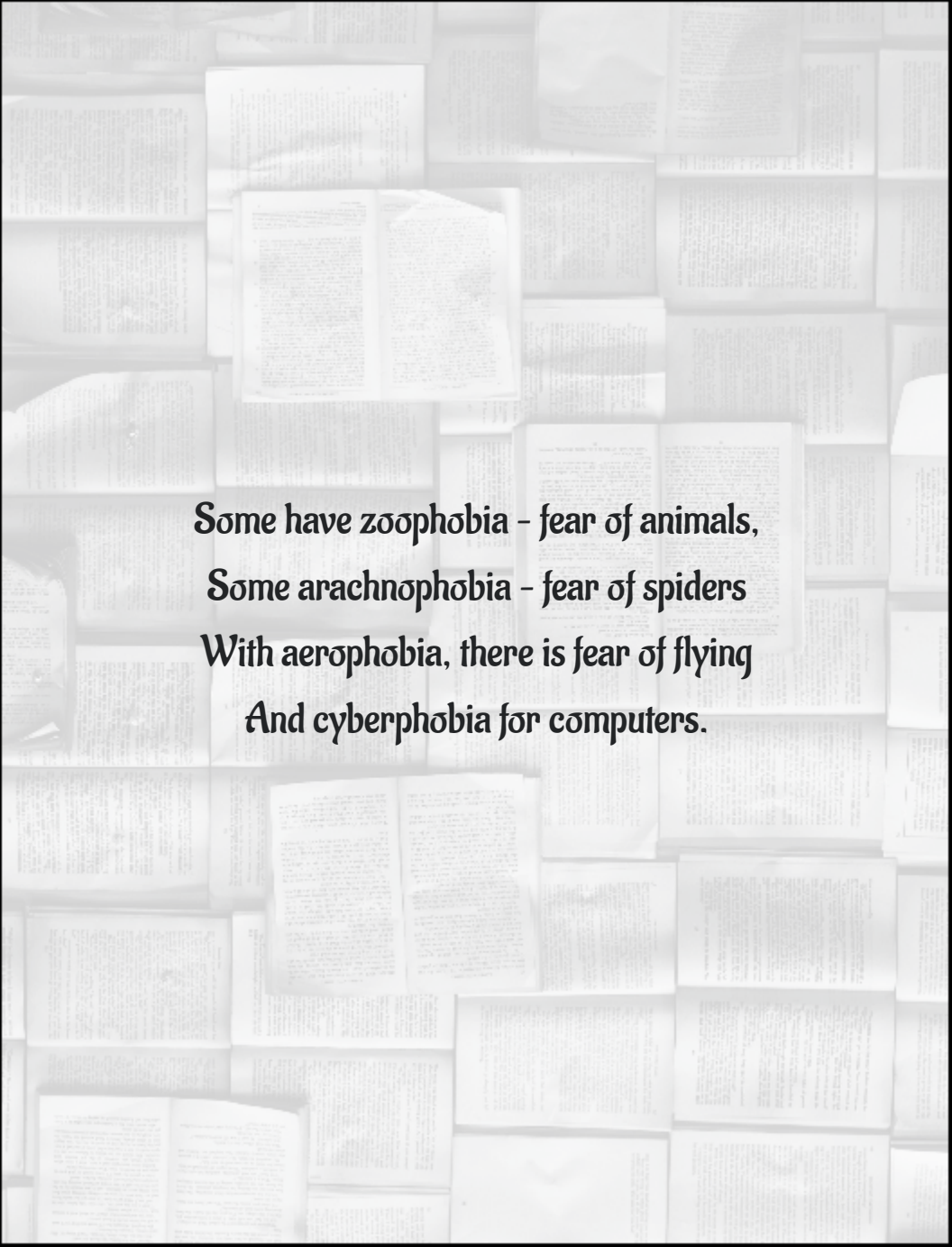
Fear can become so irrational;
it can create a phobia of death.
Airplanes, doctors, dogs, and spiders
we fear, will stop our breath!

shiver when they see a stethoscope or a nurse with an injection.

There are other related phobias like nosophobia—the irrational fear of contracting a disease. It may be HIV, tuberculosis, cancer or even a simple flu. Nosophobia may also be connected to mysophobia or germaphobia. These phobias pertain to the fear of germs or of dirt and contamination and results in an obsession for cleanliness.

Some people who escape from all this, develop hemophobia or an extreme terror of blood. Recently, I was in the Maldives and was snorkeling with a friend. As we emerged from the turquoise waters, my friend noticed a cut on the finger, enough to cause blood to ooze out and fill a couple of tissues. The executive in charge of the beach came running with a first aid box but couldn't help at all because he fainted on seeing the blood.

Often, irrational fears or phobias relate to animals. Arachnophobia is a very well known phobia that makes people petrified of spiders. One with such a phobia can scream and run at the sight of not just a tiny spider but even at the touch of a web. I know of somebody who changed their house because the house had many spiders.

The background of the image is a dense, overlapping collage of numerous sheets of paper. These papers are scattered across the entire frame, some appearing as full pages and others as fragments. They vary in orientation, with some being horizontal and others tilted at various angles. The papers are mostly white or light gray, with some showing faint, illegible text or markings. The overall effect is a textured, layered background that suggests a chaotic or information-heavy environment.

**Some have zoophobia - fear of animals,
Some arachnophobia - fear of spiders
With aerophobia, there is fear of flying
And cyberphobia for computers.**

Zoophobia is a fear of animals. People are scared not just of tigers and wolves, but even of dogs and cats. In fact, cynophobia is a specific phobia that arises out of fear of dogs and ailurophobia is a phobia that is caused by fear of cats. If we thought there was no phobia of rats, we are mistaken - it is called musophobia or murophobia.

While we understand that some people might have ophidiophobia or an abnormal fear of snakes or herpetophobia, more specifically, fear of reptiles, it is strange some people have ornithophobia – fear of birds.

All these phobias make us realize that F E A R is actually False Expectations that Appear Real. That is why different people have different phobias and there is no logic to the phobia. Why does somebody have cibophobia is a matter beyond understanding. Cibophobia is the fear of food. The sight of food itself terrorizes them.

We can write an entire book only on phobias and how these irrational fears affect our day to day life. In the modern world, people have developed cyberphobia – an irrational fear of computers or even technology. There is acrophobia – or the fear of heights, Spectrophobia or a fear of mirrors or even examinophobia, a common fear of examinations. Such a fear often causes people to develop high fever and even diarrhoea just before the examinations.

TAKEAWAYS

FEAR AND PHOBIA

- ✦ Fear can become so extreme and irrational that it becomes a phobia.
- ✦ A phobia is an intense fear that is not proportionate to the real danger.
- ✦ Phobias are of different kinds. The phobia of a dentist or a doctor, of spiders or snakes, or even of blood and love.
- ✦ Today the whole world is in the grip of 'Coronaphobia', an irrational fear that a large chunk of the global population will be destroyed by the Coronavirus.

Fear became a phobia centuries ago. In the ancient days, the Greeks talk of philophobia, or the fear of love. The fear extended into fear of emotional attachment, falling in love, being in love or even falling out of love. Fear has continued to create havoc in the world with some people becoming nervous of Hippopotomonstrosesquippedaliophobia—a fear of long words. These are not imaginary. They are real fears!

Today, we are in the grip of fear again. The whole world seems to be affected by 'Coronaphobia', the latest phobia born in 2020. The phobia has become so rampant and threatening that it has locked down most of the world. It is a virus that is not just causing cough and fever but is also killing people. However, death is not something that we can escape from. We have to learn to accept it. The fear of death looms large and envelops the entire globe. People are living locked in their homes, lest they get the COVID-19 disease and die. Coronaphobia is probably the greatest phobia the world has seen in the last hundred years. It has bypassed thanatophobia, the fear of death by miles and bounds. While Coronavirus is not anywhere close to being the major cause of death in the world today as compared to the people dying all over the world due to various other reasons, the phobia created by Coronavirus has convinced humanity to feel that the virus is going to destroy the world. This phobia, like any other phobia, is just an irrational fear.



Fear is not real.

It is the product of thoughts you create.

Danger is very real.

But fear is a choice.

– Will Smith

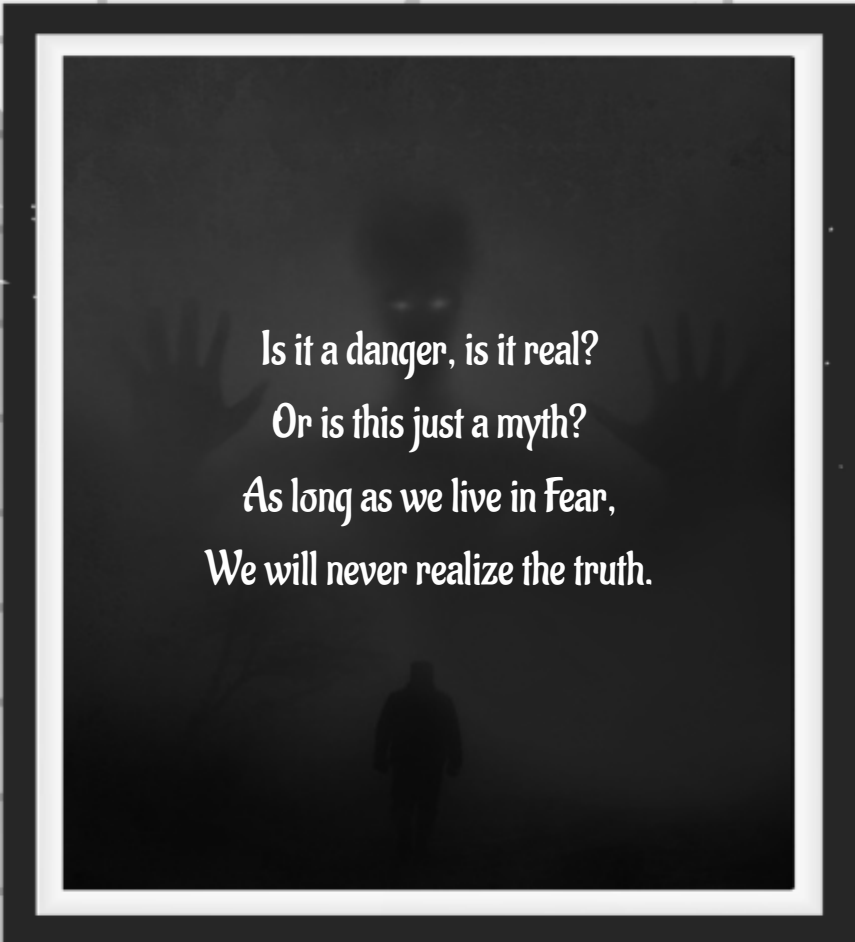
IS FEAR REAL?

05

Of course, fear is real. It is a very strong negative emotion and it grips us. It starts in the mind, but its effects can paralyze the body. It is said that fear weakens our immune system. The emotion can cause cardiovascular damage and also lead to ulcers and irritable bowel syndrome. Some people admit that it is not just gastrointestinal problems that it causes, but also causes decreased fertility. Analysts have written papers on how fear leads to accelerated aging and can even cause premature death.

If F E A R is False Expectations Appearing Real, then how can fear itself be real? Because it is! When we develop fear, which is caused by imaginary dangers, we create in our body-mind complex a state of anxiety. This anxiety is very real. The worry itself is not imaginary, while the cause of it is.

Suppose I fear that there is a snake in my house. In reality, there is no snake. But I imagine something that looks like a rope to be a snake. It is a false illusion that is appearing real. The moment I develop this fear, it becomes real in my life. I am stressed, I lose my appetite and I can't sleep. In fact, I can do nothing at all! The fear grips me and takes over my body and mind. The presence of a snake is an illusion,

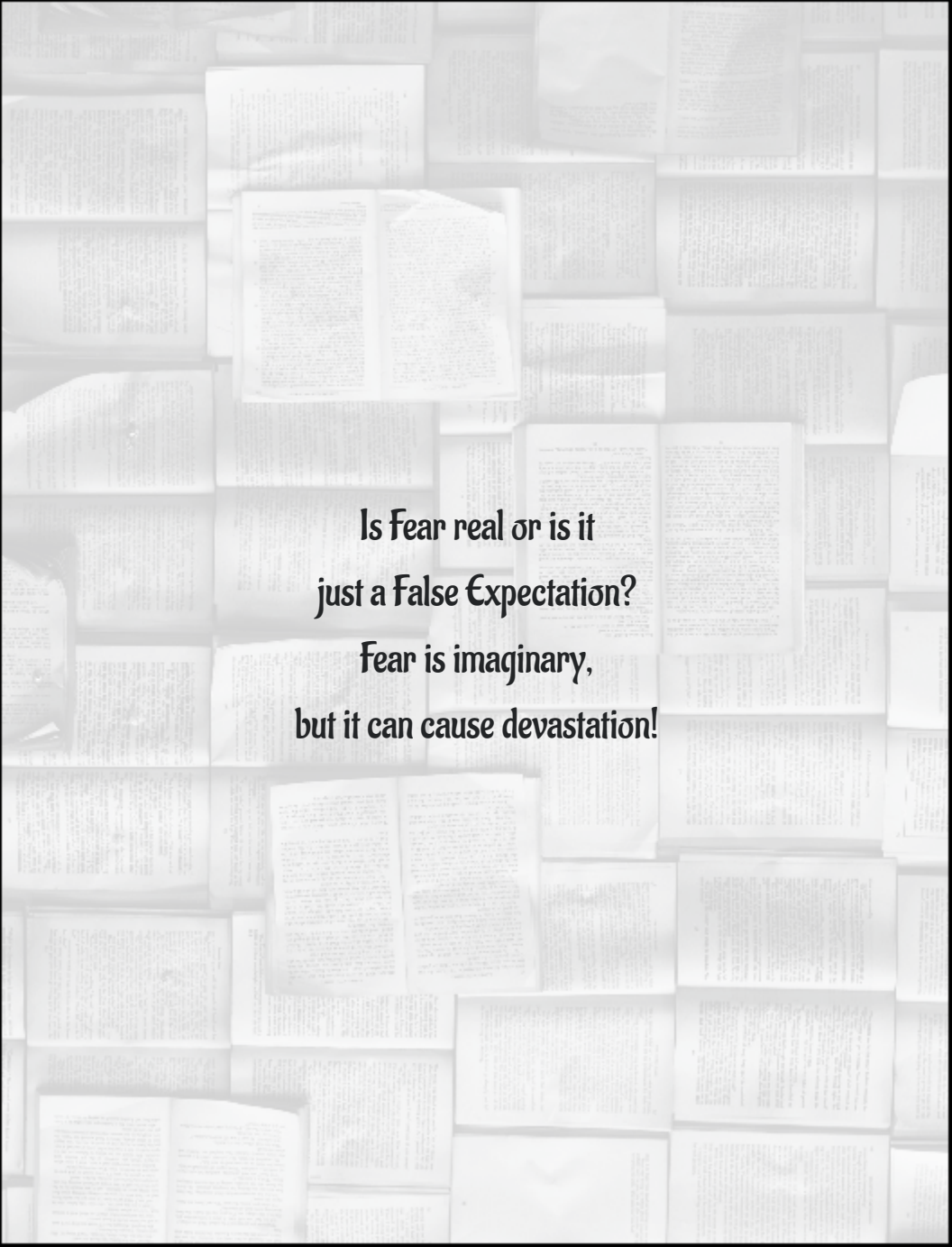


Is it a danger, is it real?
Or is this just a myth?
As long as we live in fear,
We will never realize the truth.

but once I fear the snake, the fear becomes very real. Today, doctors all over the world are actually treating fear. Not just with what we know as a placebo effect, but through active and rational counselling interactions. Fear has led to people developing serious mental health conditions like schizophrenia and paranoia, which challenges specialists to administer not just tranquilizers but also many antipsychotic drugs.

There is no doubt that by itself F E A R is not real. There are very few situations where fear is caused by actual dangers. But more often than not, fear arises out of imaginary expectations. Once fear takes charge, it is known that glucocorticoids, a fear and stress hormone, is released from the brain to fight the stress created by fear. Therefore, even scientifically and clinically, fear becomes real as its effects unfold.

Today, more than ever before, the reality of fear can be seen around the globe. 4,000 people were reported dead in China when the Wuhan virus appeared in December 2019. However, China shut down the entire Hubei province completely. Why? This was because of the fear that all of China could be wiped out by the deadly virus. Data clearly showed that the COVID-19 caused by Coronavirus was causing fatality specifically to people over the age of 65 or 70.

The background of the entire image is a dense, overlapping collage of numerous sheets of paper. These papers appear to be fragments of text, possibly from a book or a collection of documents, scattered across the surface. The papers are in various orientations, some showing full paragraphs, others just lines of text, and some with visible margins. The overall effect is one of a chaotic yet textured field of information.

**Is Fear real or is it
just a False Expectation?
Fear is imaginary,
but it can cause devastation!**

It was also killing some people who had underlying health conditions, be it heart disease, or lung or kidney disorders. It was absolutely clear that others with mild symptoms were recovering and could walk out. Still, the entire province in China was completely locked down for months. Fear caused the administration to take this drastic step that in turn badly affected China's economy. Instead of specifically self-isolating the infected ones and creating a quarantine for those who were more vulnerable, the entire country came to a standstill. Today, that lockdown is lifted, and people are moving about in China. Why this change? Because the Chinese seemed to have overcome the fear of the virus. If not, they would not permit such lifting of the lockdown. To the world that is currently obsessed with the Coronavirus, this decision is disastrous. Once fear is in our mind, it is difficult to convince ourselves and overcome it. It will be long before even all of China overcomes the fear that it instilled through its lockdown, although it is asking its people to get back to a normal life.

The world, however, is still living in fear. A fear, that the entire world will not just be infected, but large populations will be wiped out. What is the reality? Over 2,00,000 people have died as of end of April 2020, and this is concentrated in countries like USA, Italy, Spain, France and the UK.



The big lesson in life, baby,
is never be scared of anyone or anything.

– Frank Sinatra

The irony is that 8 billion people have literally created a pause in their life. Most economies are either under lockdown, emergency or like Singapore calls it, “circuit breaker.”

Let us analyze the scenario. Is the virus real? Of course, it is! Is it infectious and contagious? There is no doubt about that. Is it killing and wiping out the entire population? No! But fear is already wiping out millions in our mind. It is a False Expectation Appearing Real that millions of people will die from this virus. If that was to happen, indications would have appeared by now. We can see that the virus is not going beyond killing a few thousand people and declining. Instead of using our intellect to discriminate and analyse, we are letting our fear make us paranoid by thinking that the virus will annihilate the human race. There is no doubt that the virus is real. It is a fact that some people are dying. But fear is causing us to jump from the frying pan into the fire. We are already being tormented by the virus. Fear has made us lockdown our economy. More people will die out of unemployment and starvation than out of COVID-19. The facts are plain and clear, but fear does not let us see the light of truth. It creates a fog of stress, worry, anxiety and the false expectation that we will all lose our lives due to the virus has made us choose to shut down our economy only to create a far bigger crisis.



By itself, Fear is not real.
It's a trigger, a wakeup call.
That's all!

Those who are gripped by this fear should realize that this is just our anxious imagination. We cannot control death and those with weaker immunity, with underlying conditions and who are aged may suffer at the hands of the virus. Although they should be protected and given medical attention, we cannot afford to shut down airlines, hotels, factories, malls, offices, and everything else in fear of the virus.

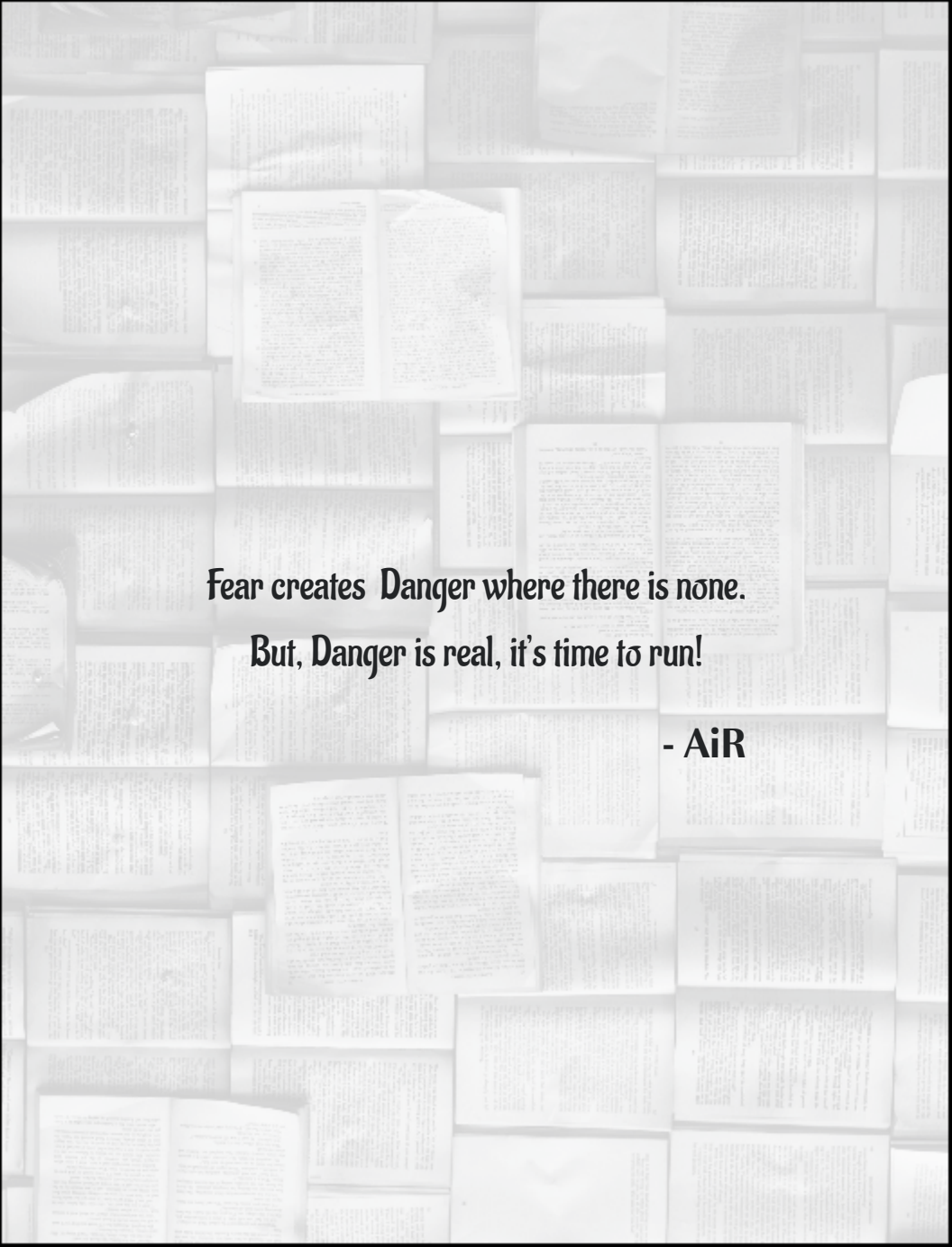
What is the solution? We have to become immune to the virus. This is possible either through herd immunity as the virus blows over or through the administration of a vaccine. The vaccine may take over a year as it first needs to be created and properly tested before it is released lest it does more harm than good. When it comes to immunity, many of us may be already immune to the Coronavirus as countries like Iceland have tested and proved that the virus is largely asymptomatic. Many of us may have got the virus, but not experienced any symptoms. However, for a combination of herd immunity and a vaccine, it may take a lot of time. Till such time, we have to face and fight the virus, protecting those that are more vulnerable from becoming severely ill or even from losing their life. Instead of doing this, we have locked ourselves into our homes in fear of being infected and we have caused ourselves harm all because of fear.

TAKEAWAYS

IS FEAR REAL?

- ✦ While F E A R itself is False Expectations Appearing Real, its consequences are not imaginary.
- ✦ Fear causes stress, worry and anxiety that creates a paralysis in our life.
- ✦ Fear makes us lose our power of discrimination as we live in the fog of the myth.
- ✦ Fear can cause serious problems and we can become paranoid and schizophrenic.
- ✦ If we do not overcome fear, it can kill us.

While Coronavirus is killing people, what we don't realize is that our fear is going to kill many more. We have already caused irreparable economic damage because we are paralyzed by fear. The fear is so real that it has not only made us lockdown our economy, but it has robbed us of our discrimination to protect those who are more susceptible to be infected and to die. The fear caused by a false expectation of the seemingly deadly virus is so REAL, that it has made us blind to the truth. When will we overcome fear and realize the truth?



fear creates Danger where there is none.

But, Danger is real, it's time to run!

- AiR

FEAR VS DANGER

06

Having come this far to realize that fear is actually False Expectations Appearing Real and having realized that we are all born with an instinct of fear that can protect us from real danger, then why do we let our fear become a phobia? Fear is a positive emotion if it is used to protect us from harm. Why then, does the world at large, acknowledge fear to be a negative emotion?

The reason fear has been classified as dangerous is because it leads to stress, worry, and anxiety. Fear has been misunderstood to be danger but in reality, fear is not the actual danger. Danger is real while fear is imaginary. As long as we let fear create false expectations that make us worry that they are real dangers, fear will continue to be a major cause of our anxiety.

We need to learn to differentiate between fear and danger which is a big challenge in itself. Suppose we are scuba diving in the middle of a deep ocean and we suddenly see a big shark. Our instinctive fear should make us hit the surface rather than remaining in the depth within. Here, the fear has triggered a reaction to protect us from the real danger of the shark. But suppose we are afraid to go onto the beach because we think a shark will kill us, this is fear, not danger!



**A Fear is not a danger.
There is a difference in these two.
A danger can attack us,
But fear just makes us feel blue.**

Killer Sharks don't come to beaches, and even if you see little baby sharks, they are harmless. Statistics show that the chances of a person attacked by a shark is 1 in 11 million and a person's chance of getting killed by a shark is less than 1 in 264 million. Why then do we fear the shark? While an instinct of danger is good to protect ourselves from any threat, we should not let imaginary fears take charge of our mind and our life.

Today, the COVID-19 virus has enveloped the world. Is it a fear or a real danger? To most people, the danger is very real. Several thousands of people are dying. To add to the already existing woes, television and social media platforms have only added fuel to the fire and created more terror even as we are confined to our homes.

The Spanish flu that became a global pandemic between 1918 and 1920 is said to have killed up to 50 million people, as it infected about 500 million, one-third of the world population. The flu was deadly. The age group between 20 to 40 years was most vulnerable and it killed people almost instantly, within 24 hours. While there is limited information available of the century-old pandemic, in comparison, the COVID-19 has infected 1.5 million people as of April 2020, less than 0.2% of the population. China, where it started, has already opened up its economy and a

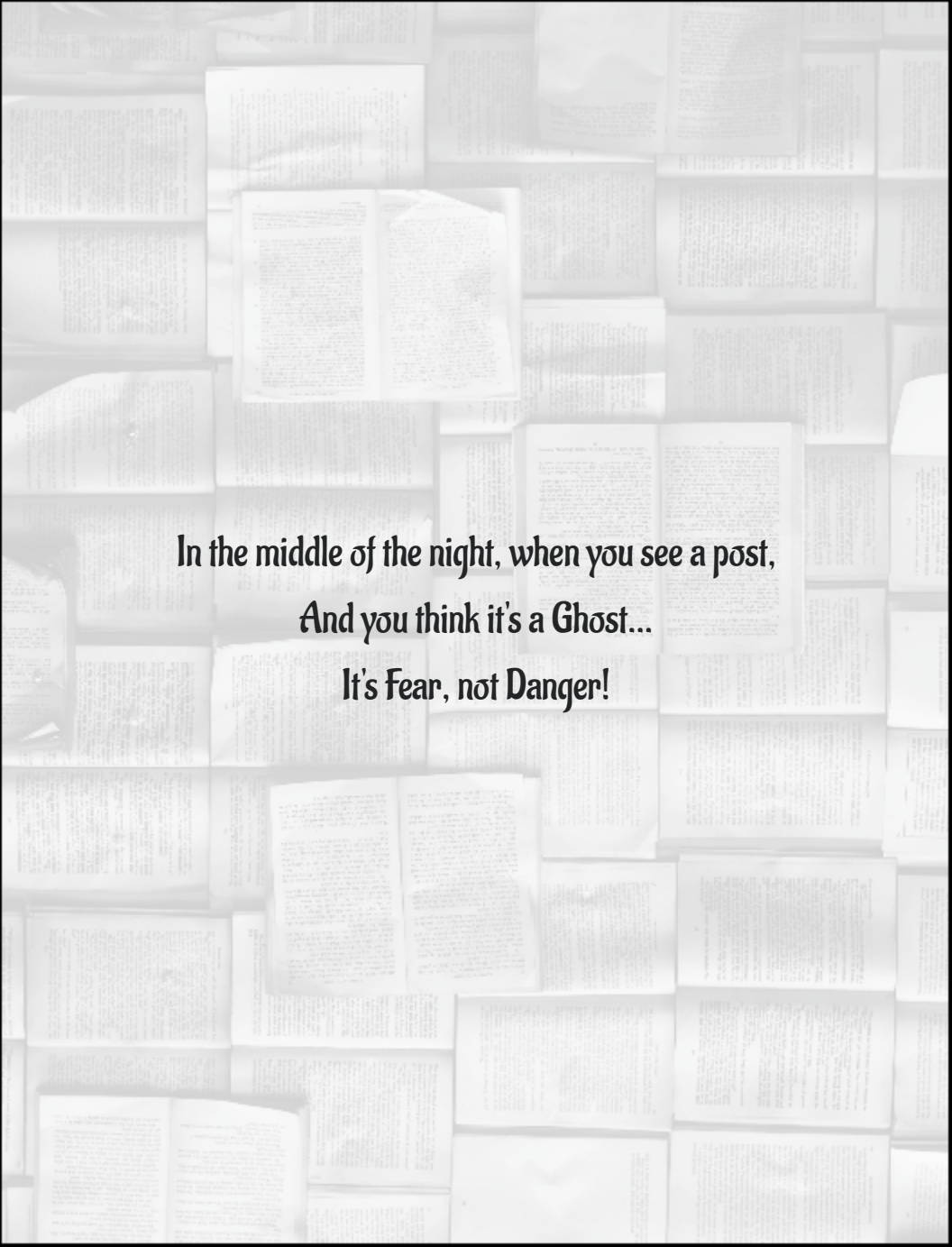


Fear is not Danger,
Dangers are real.
Fears are imaginary,
False Expectations Appearing Real.

few countries are marching on as the global pandemic creates fear in a few epicentres like Europe, the UK, the USA, and India. Is the fear of the COVID-19 a real danger or is it just fear? What are the facts?

The fact is that the virus is not wiping out thousands of people instantly. Old people over 65 or 70, having underlying health conditions are succumbing to the infection. A few minutes back, I heard that another COVID-19 death was recorded in Karnataka, India where I live. I was not surprised that the death was of an 80-year-old. Most people that are falling prey to the Coronavirus are elderly or sick. It is very difficult to find young healthy people becoming victims of the virus. Of course, young people are getting infected but they are recovering if they have a good immune system. Those who have developed panic and fear of the virus, may cause their own death if not to COVID-19, then to their own stress and anxiety.

Today, more than ever before, we can clearly differentiate between fear and danger. Coronavirus is a fear. It is not a real danger. If we compare our medical facilities today to 100 years back, we are far better prepared. Technology and supply chain, along with efficient communication and sharing of best medical practices, can easily contain and control Coronavirus. This is provided we don't let our fear



**In the middle of the night, when you see a post,
And you think it's a Ghost...
It's Fear, not Danger!**

get magnified into a danger. A country like Sweden has differentiated the virus and labelled it as a fear, not a danger. There is no lockdown. People are living a normal life with some precautions, despite the world living in panic of the virus, considering it to be a danger.

Therefore, is Coronavirus a fear or a danger? Experts around the world will endorse the fact that to an elderly person, COVID-19 may be dangerous and such a person must be very cautious. Those with underlying health conditions, diabetes, cancer, or an issue with their lungs, kidney, or heart, must also take every precaution against this virus. On the other hand, if a young healthy person happens to be infected, chances are nothing will go wrong with him. Therefore, in this unique case, to the young and healthy, Coronavirus is just a fear, but to the elderly and the sick, it is a real danger.

It is good to be afraid of a tiger, but it's not good to create fear of a cockroach. It is good to put on our seat belts when we are on an aircraft, but not good to fear that our aeroplane will crash. It is good to take a second opinion of a doctor before proceeding with a critical operation, but it is bad to fear that we will die because of the surgery. Fear is a positive instinct gifted to humanity. We have lit a fire on fear and created a huge flame, letting it terrorize us to live with anxiety and stress.

TAKEAWAYS

FEAR VS DANGER

- ✦ Danger is real. Fear is imaginary.
- ✦ While fear is an instinct to protect us from danger, we unnecessarily fear and live with stress and anxiety.
- ✦ Confronting a tiger is a real danger but getting scared of a cockroach is just a fear.
- ✦ We must discriminate real dangers from imaginary fears.
- ✦ If we don't differentiate between fear and danger, we will lose our peace and tranquillity.

It is time to realize the difference between fear and danger. Dangers are real, and we must protect ourselves from them. Fears must not create imaginary dangers, making us skeptics who live with pessimism and fill our life with a negative attitude. If we let fear control our lives, then we will think of everything as a danger and lose our peace of mind and our tranquillity.



*If the nail grows too much,
one should not cut the finger.*

– Unknown

CONSEQUENCE OF FEAR

07

The instinct of fear was gifted to man to create an impulse to protect himself from real danger. Fear is so powerful that it can drive human beings to do things that one normally can't imagine. There are instances where people trapped in a burning car develop fear which empowers them to break open the jammed door and escape. Fear is powerful but this powerful instinct is lost in an ocean of negative consequences that fear itself creates and ultimately destroys us.

The most common consequence of fear is worry. Because we fear something, we switch off our ability to discriminate wisely. Fear brainwashes us and the fearful thought keeps repeating itself, leading to tremendous stress and anxiety. Thereafter, instead of using our intellect to think, we let our mind call the shots in panic.

Fear makes a mountain of a molehill and blows up the problem. It stops us from putting our problems in proper perspective. It creates a feeling of nervousness and we start expecting the worst. Therefore, instead of solving the problem which is possible, we make our problem impossible to solve.

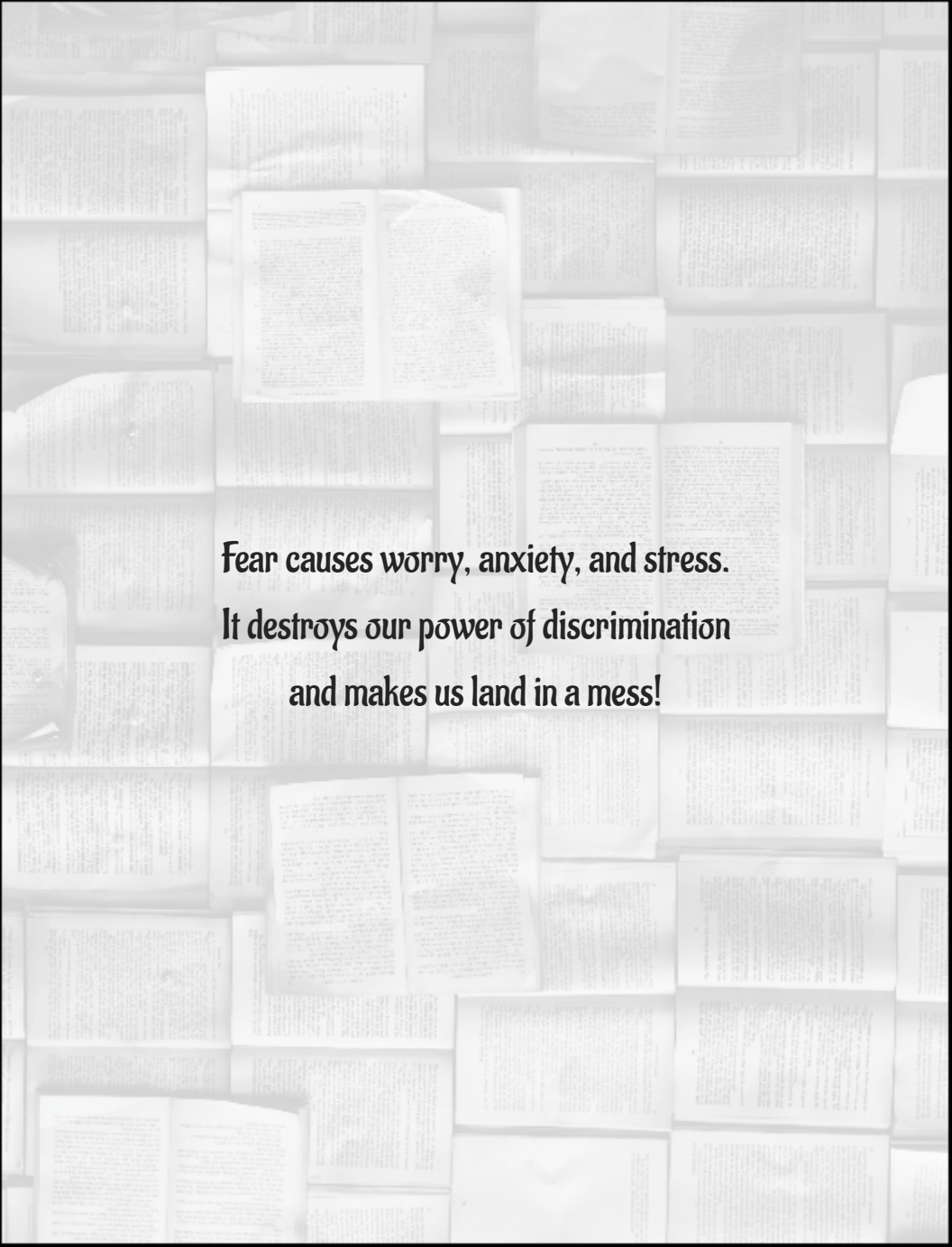


Fear is the cause of this panic,
It is making a mountain of a molehill,
Far more than the Coronavirus,
It is Fear that will kill.

Fear not only causes stress, it destroys hope. It kills our ability to expect positive results. It replaces our optimism with pessimism as we start imagining the worst outcome of our circumstances. Hope and optimism create energy within us, but fear defuses this energy.

Like any negative emotion, fear generates poison within. Instead of living with enthusiasm, we become lifeless as the negative poison drains our energy due to fearful thoughts. We become lethargic and are unable to let faith drive us forward and instead, we sink in fear.

What does fear actually do? It puts a blindfold on our ability to see the truth. Instead of seeing what is, we start imagining what could be, when in reality, that is a myth! The job of fear is to create false expectations and make them look so real that they make us shiver. Because we are unable to see the light of truth, we are unable to discriminate what is right from what is wrong. We start imagining disasters that don't exist. Our mind that can think up to 50 thoughts a minute, bombards us with terrorizing and fearful thoughts that destroy our ability to analyze the real circumstance. While fear can cause very serious health consequences like weakening of our immune system, damage in our cardiovascular health, fear can also cause ulcers due to gastrointestinal issues, irritable bowel syndrome, and



**Fear causes worry, anxiety, and stress.
It destroys our power of discrimination
and makes us land in a mess!**

many other medical conditions that can destroy our normal life. However, this stage of fear doesn't escalate in all of humanity but is only restricted to a few people afflicted by such severe consequence.

Today, we feel the consequence of fear more than ever before. What is the truth? The Coronavirus has spread across the globe. It has killed several thousand people in many countries. Those dying are mostly the elderly and the sick. Thousands are infected but don't have any symptoms. Those who develop symptoms are by and large recovering and returning home. There is no evidence to show a drastic increase in the number of global deaths. The fact is that over 1,50,000 people die in the world every day. We know that we cannot stop death. Death is beyond our control and the COVID-19 has only added to that list of diseases and reasons that we die of.

While this is the truth, what has happened at ground zero? Fear has enveloped most of the countries. Therefore, instead of discriminating and isolating the more vulnerable ones — the elderly and the ones suffering from some ailment, and then facing the virus till a vaccine and cure is found, fear has made us withdraw in our shell and locked us in our homes. We are behaving as if our cities have been attacked by a bunch of terrorists with guns and ammunition, forcing us to go into hiding.

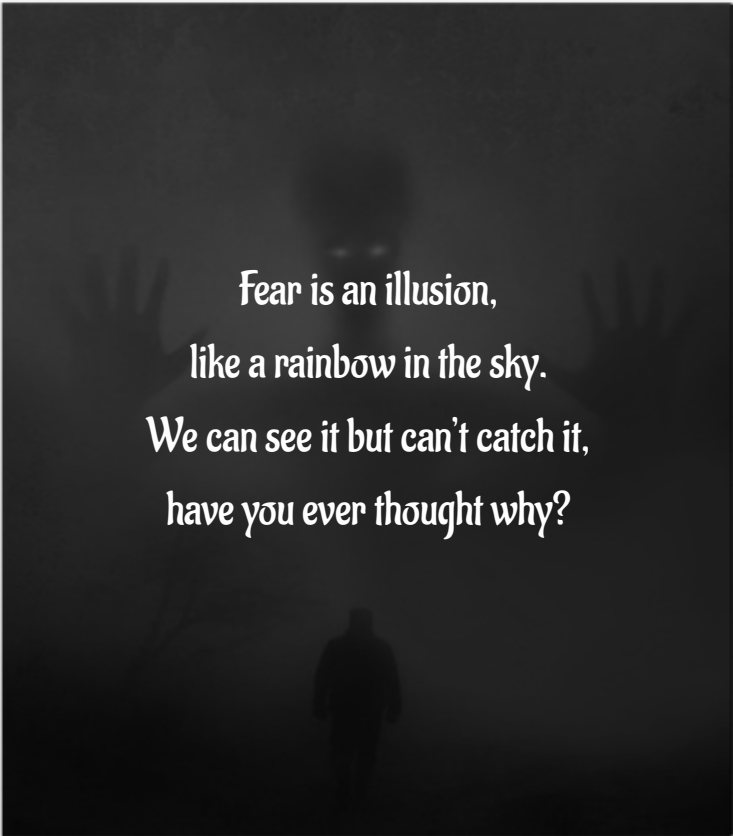


How very little can be done
under the spirit of fear.

– Florence Nightingale

By announcing lockdown in countries, are we able to overcome the virus? Are we able to find a cure? Are we able to control death? No! The fact is that due to the nature of this virus, that it is asymptomatic and highly infectious and contagious, we are helpless. Instead of using courage to face the disease, and to make intelligent choices and take the right precautions, we have permitted fear to create panic in our subconscious. Of course, we will not accept that it is panic that has guided our decision to lockdown our economies. But that is the truth. Far more damage than the virus will do, is the crisis that will be caused by the economic outcome of the lockdowns across the globe. Fear has made us not only shut our borders, which has led to shutting down of airlines, hotels, malls, businesses, but has also caused the loss of jobs to daily wage earners like taxi drivers, construction workers, and the likes.

What has fear done? In an effort to save a thousand lives through total isolation, we will ultimately lose several thousand lives through unemployment. No doubt there is a crisis, but the consequence of fear is making us take wrong decisions. Fear destroys our wisdom. It stops us from seeing that while we are trying to protect people from Coronavirus, many more will die of hunger. The economic recession that we will cause from the current decisions inspired by panic, will last for a very long time without actually stopping the virus from killing those it attacks.



Fear is an illusion,
like a rainbow in the sky.
We can see it but can't catch it,
have you ever thought why?

Experts have warned that we will go back decades in trying to delay the onset of the virus and our decisions that are born out of fear rather than courage will cause unimaginable damage. It is projected that there will be an economic disaster far greater than the great depression - something the world hasn't seen in the last 100 years. Fear has made us choose a cure that we don't realize is far worse than the disease itself.

The consequence of fear other than protecting us from a perceived danger is disastrous. Fear is making us panic rather than taking proper precautions. It is making us destroy the world to kill the virus! It is aiming to overcome a fatal disease at the risk of causing great destruction.

No doubt the world needs to attack the virus but not by decisions that are influenced by fear. We need partial and selective lockdowns that will protect the weak and vulnerable. We need a strong economy to support the poor in times of a pandemic. Our fear has not only created emotional decisions but has also created far more damaging consequences in our anxiety to protect our people. Instead of thinking practically and managing our hospitals and healthcare centres, our panic has created chaos and ignored the taking care of other diseases like that of the heart, kidney, and cancer.

TAKEAWAYS

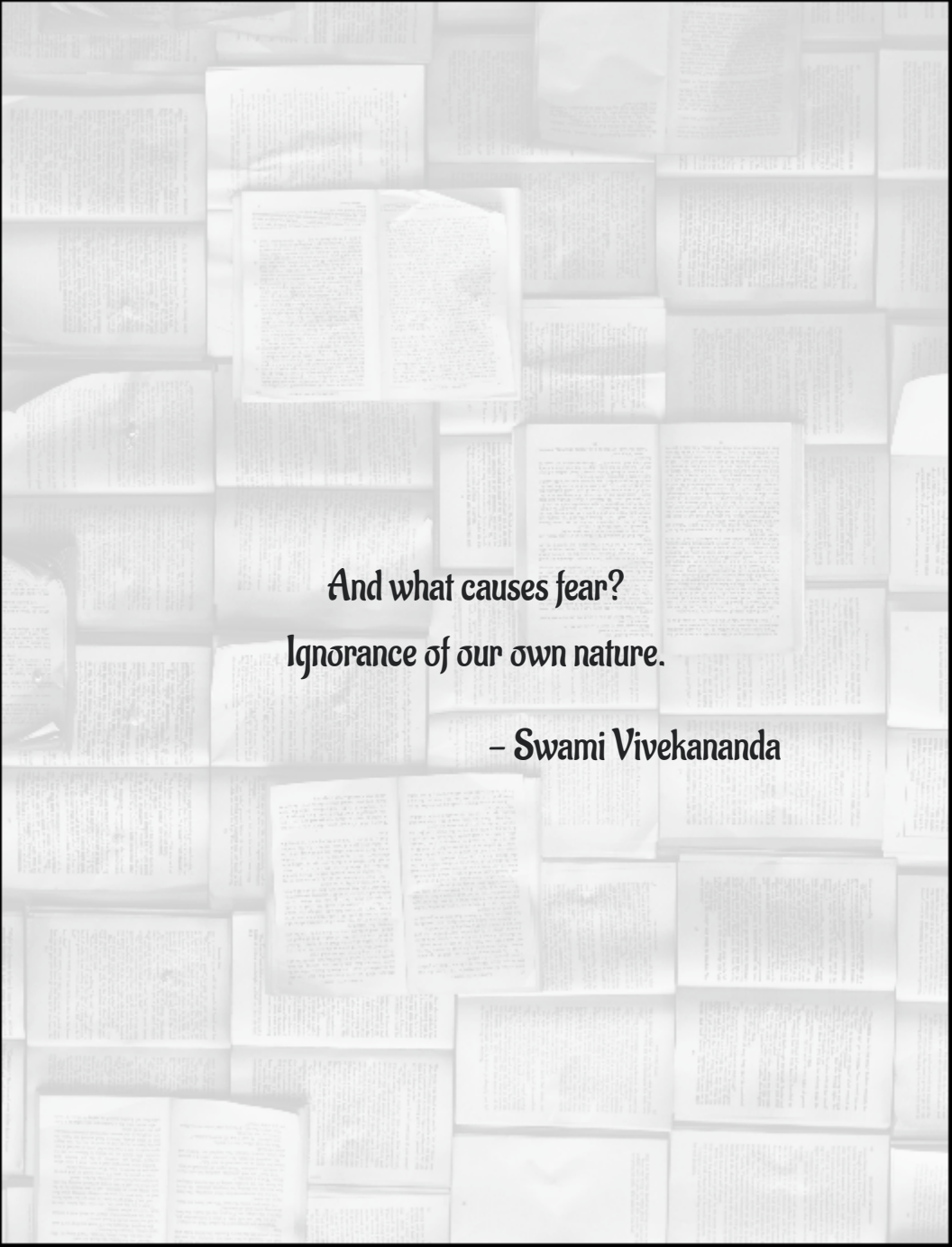
CONSEQUENCE OF FEAR

- ✦ Fear is a negative emotion.
- ✦ It causes us to react without discrimination
- ✦ Fear leads to worry, stress, and anxiety.
- ✦ Fear makes us blind and we are unable to see the truth.
- ✦ It is fear that makes us choose a cure that is far more deadlier than the disease itself.

Is the virus going to go away? If we assume so, it is a myth. Lockdowns can reduce the impact and the pace of the virus but cannot eliminate it. It can flatten the curve, as the media says, but in reality, it is only delaying it. By running away from the virus now, it will not disappear. It will reappear soon, and we cannot continue to lockdown until we find a cure or a vaccine. Fear is making us dig our own grave.

Living in India, we should open our eyes and see the truth. People live in cramped homes and are not educated enough to understand the meaning of 'social distancing'. It is impossible to stop people from passing the infection. If out of fear, we continue to take severe measures to stop the virus, not only will we fail, but we will create far greater consequences in the economic scenario.

FEAR is False Expectations Appearing Real. Its consequences lead us to decisions that imagine the worst to happen. Its offshoots like worry, stress, and anxiety lead to consequences of making emotional decisions, apart from causing serious health hazards. When will we overcome our ignorance about fear?

The background of the entire image is a dense, overlapping collage of numerous sheets of paper. These papers are scattered across the frame, some appearing as full pages and others as fragments. They contain faint, illegible text, suggesting a vast collection of documents or a library. The papers are in various orientations, some horizontal and some slightly tilted, creating a sense of depth and movement. The overall color palette is a range of greys, from light to dark, which makes the text in the foreground stand out.

And what causes fear?
Ignorance of our own nature.

– Swami Vivekananda

WHAT CAUSES FEAR?

08

The mother of fear is the mind. It produces thoughts that make us think and we turn an illusion into a reality. Fear is all about expectations that are born in the mind. Whether we fear a spider or a tiger, be it a loud noise or a fire, fear is triggered either directly by the mind or by our 5 senses that perceive the fear and transmit it to the mind.

The eye may see a rope as a snake and impulsively send a fear signal to the mind. The mind triggers an emotional response and our adrenal glands rush blood to our corresponding muscles. Similarly, the ear may hear a sound, a rustle behind trees in the woods and send a fear signal that there is a wolf hiding behind the trees. The nose may smell something burning and raise an alarm of fear that there is a fire. When the tongue only touches a scratch on our tooth, we run to the dentist thinking that our tooth is broken. Finally, through our skin, we may jump in fear when we are snorkeling underwater thinking that a stingray has approached us when we have actually touched a coral. These may not be real dangers. They may all just be fear signals caused by the senses, transmitted to the brain, causing our mind to react.

What is actually causing fear? The mind! It is the biggest



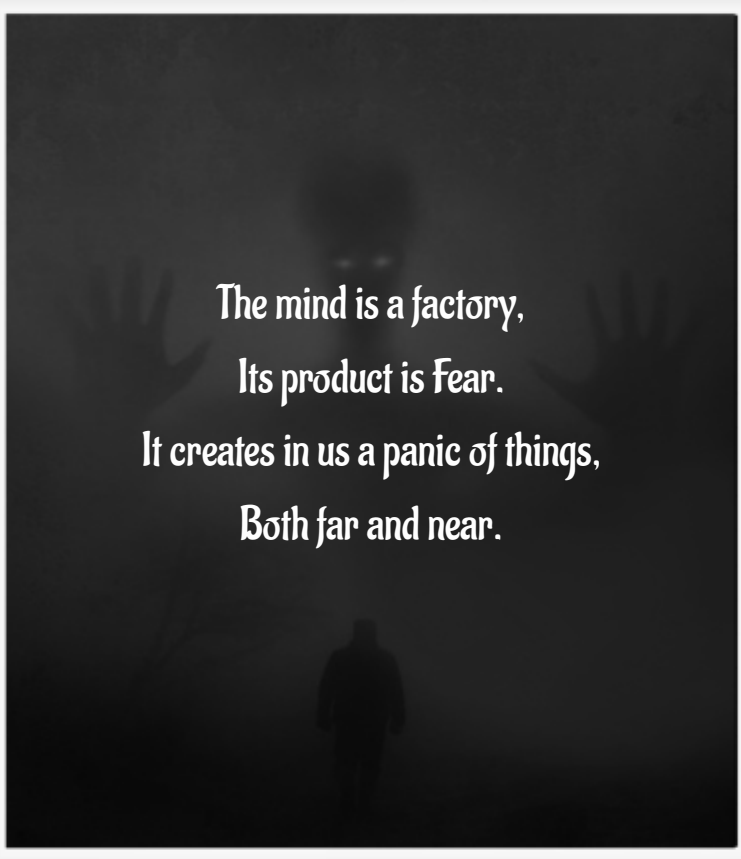
Fear is not real,
it's a creation of the mind.

The mind is the rascal,
that creates fear, we find.

rascal of all! Some argue that it is the senses that cause fear, but if we are asleep, can the signals of our 5 senses transmit fear? No, while they are unconscious, the senses cannot cause fear. However, the mind can continue to cause fear in nightmares that give us sleepless nights. Therefore, it is the mind that is the fulcrum of fear. It is a fear factory producing anxious thoughts all the time. Either by constant thinking that causes stress or by negative emotions that create panic, the mind leads us on our journey of terror.

Is there a way to stop fear? Yes. We can confront fear with courage by supplying the mind with positive raw material. Positive emotions like faith, hope, courage, confidence, enthusiasm, and optimism, can change the line of production of the thought factory and make the mind produce courageous thoughts instead of thoughts of stress and anxiety. However, unless we make it a habit to think positively, act positively and feed the mind with positive emotions, we will continue to produce mixed thoughts and by default, fear, being a stronger emotion, will dominate.

Since fear is to do with the mind and thoughts, another magical way to switch off fear is to silence the mind. A simple exercise like spending time in silence can quieten the mind and reduce the MTR – The Mental Thought Rate.



The mind is a factory,
Its product is fear.
It creates in us a panic of things,
Both far and near.

This helps us discriminate between the right and the wrong thoughts and does not let any False Expectation Appear Real.

Today, why is the whole world in panic? There is an 'invisible enemy', as the media calls it and we should use soaps and sanitizers, masks and gloves to protect ourselves. While it is good to take precautions, it is not good to let our mind cause panic. This knee-jerk reaction is caused by uncontrolled fear and anxiety and leads to irrational actions. Thus, we are locked down, but the virus continues to spread. It continues to kill. Instead of using our intellect to protect those who are susceptible to the virus, we have just locked down the entire economy, causing irreparable damage, with a loss of millions of jobs, only adding insult to injury. What causes the panic? The fear triggered by the mind that paralyzes the intellect and stops it from right thinking or discriminating.

What has caused fear and panic today? Primarily, it is the way that the media reports that is brainwashing viewers on television and browsers on social media to believe that the killer virus poses a great danger. Pictures of people dying in hospitals and even fake news has created so much panic that it has destroyed our power of discrimination. Our fear has got the better of us as it has destroyed our courage.

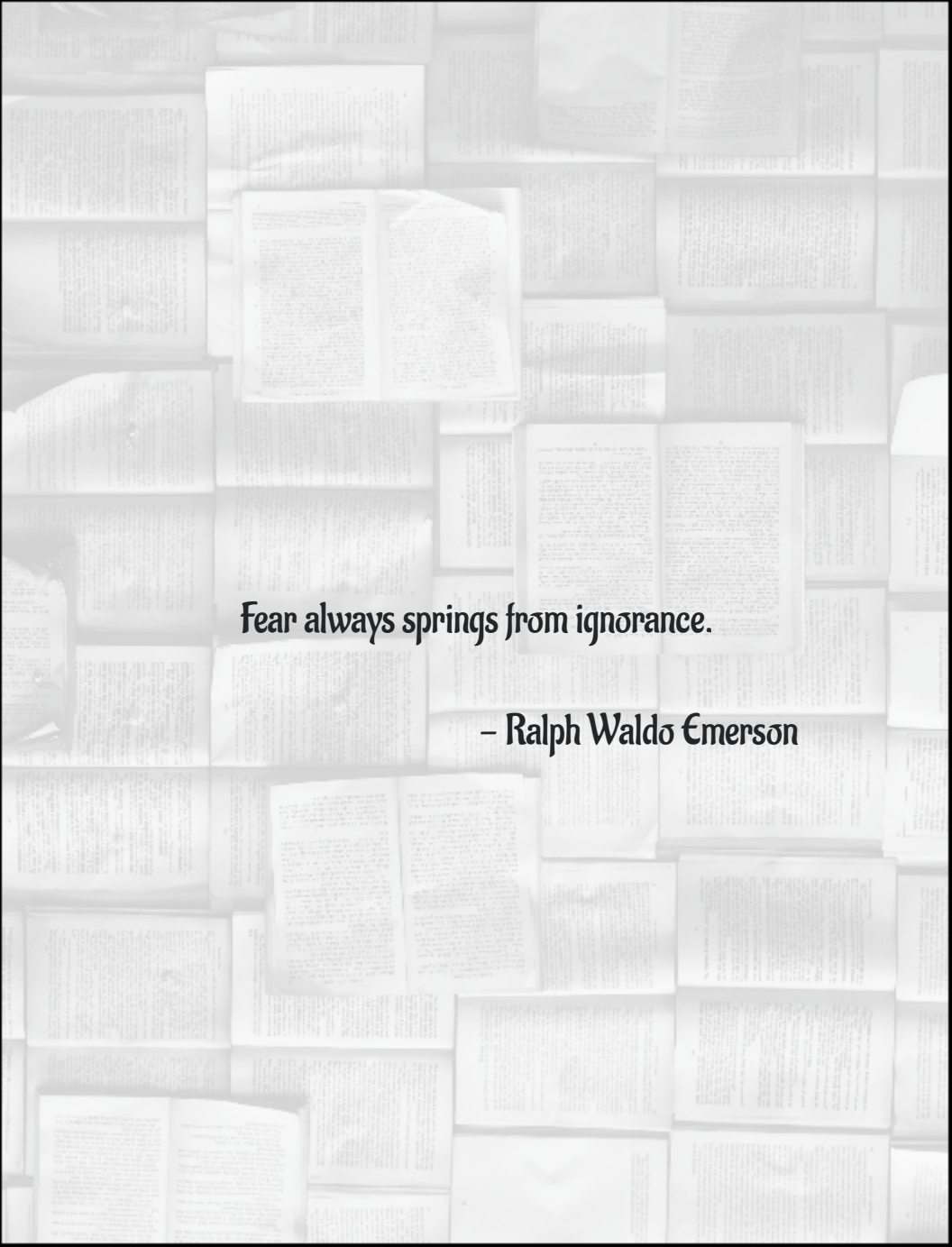
TAKEAWAYS

WHAT CAUSES FEAR?

- ✦ The mother of fear is the mind.
- ✦ The mind is a rascal, it makes False Expectations Appear Real.
- ✦ Our 5 senses trigger the mind and make us suffer from stress, worry, and anxiety.
- ✦ We must overcome ignorance created by the mind if we want to overcome fear.

Our optimism has been overcome by our pessimism. Instead of living with H O P E—Having Only Positive Expectations, we are living with F E A R—False Expectations Appearing Real.

The cause of fear is the mind. If we want to overcome fear, we have to kill the mind before the mind kills us. The mind is a rascal, it is like a monkey swinging to the past and then the future causing stress, worry and anxiety. It robs our present moment of peace and bliss, manipulating our intellect by bombarding it with fearful thoughts. It's time to overcome fear.



Fear always springs from ignorance.

– Ralph Waldo Emerson

THE MIND AND IGNORANCE

09

Most people think that the mind is the most valuable tool of our life. We think with the mind and without the mind, we would be doomed. Unfortunately, we are ignorant about the subtle nature of our body.

We are all familiar with the gross body. We have eyes to see, hands to grasp, legs to walk and we also know we have certain vital organs like our heart, lungs, kidney, and brain. But there are some aspects of our body that are subtle. They are not visible or tangible. Philosophers have even divided the body into the gross body and the subtle body. They have identified the subtle body to comprise the mind, the intellect, the memory, and the ego. All of these are not visible, but we experience their presence. The mind thinks, the intellect discriminates, the memory registers and recalls, while the ego creates a distinct identity for us.

While we consider our mind to be king, that it is everything, we don't realize that this is a myth. The mind is a thought factory. It is like an industrial machine that constantly and uninterruptedly produces thoughts. It produces a thought practically every second and this can be up to a whopping 50,000 thoughts a day. While there are positive thoughts, the majority of thoughts in most people are negative.



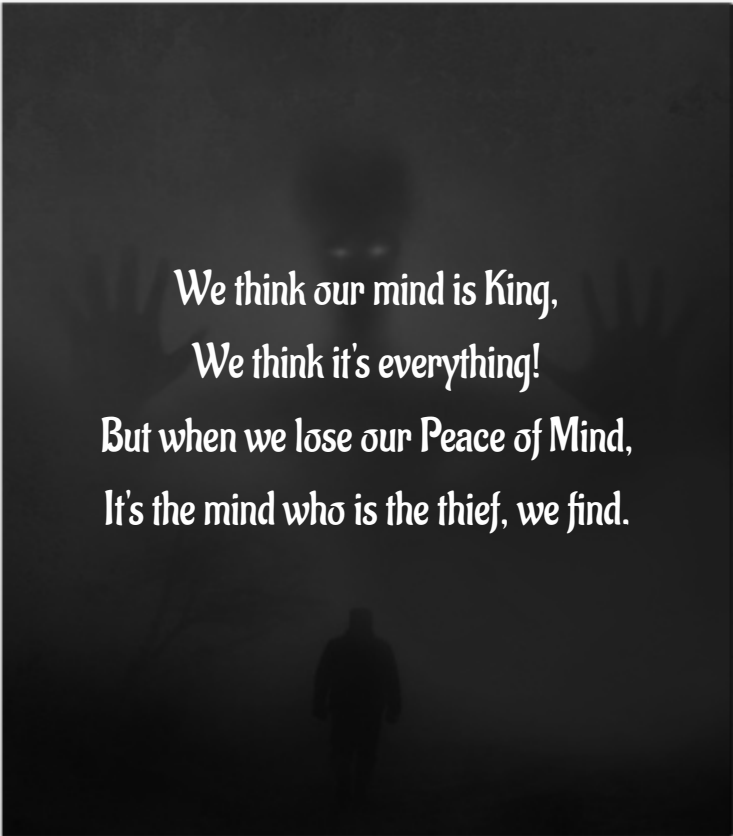
The mind is a thought factory,
It constantly produces thought.
It makes us live in ignorance and fear,
The truth we forgot!

These thoughts create stress, worry, and anxiety and get converted into a feeling of fear and panic.

What is more disturbing is that the mind bombards us with so many thoughts that it actually makes us ignorant of the reality. It does not permit us to discriminate the myth from the truth. It envelops us in darkness, and we live and die in ignorance.

How does the mind create ignorance? We human beings don't realize that our mind is the tool that makes us sink in what is known as the Cosmic Illusion. Many things in this world appear to be real, but in reality, they are a myth. For instance, we see a gold ring. Anybody will say it is a gold ring. But in reality, it is not. It is only gold. If we remove the gold from the ring, would the ring still remain? There would be no ring. But the mind sees only the ring, not the gold. This is because it is a slave of the cosmic illusion and thus it does not discriminate between the myth and the truth. As it continues to see what appears to be, it makes us sink in an ocean of ignorance and we suffer.

Today, the mind sees so much news on the pandemic and does not investigate beyond what we hear and see. Our ignorance creates fear and we live in panic. The mind bombards us with thoughts that we will also get the



We think our mind is King,
We think it's everything!
But when we lose our Peace of Mind,
It's the mind who is the thief, we find.

infection and we will die. The fear created by the mind stops us from using our intelligence. Not only does it make us panic, but it also doesn't let us take the right precautions peacefully.

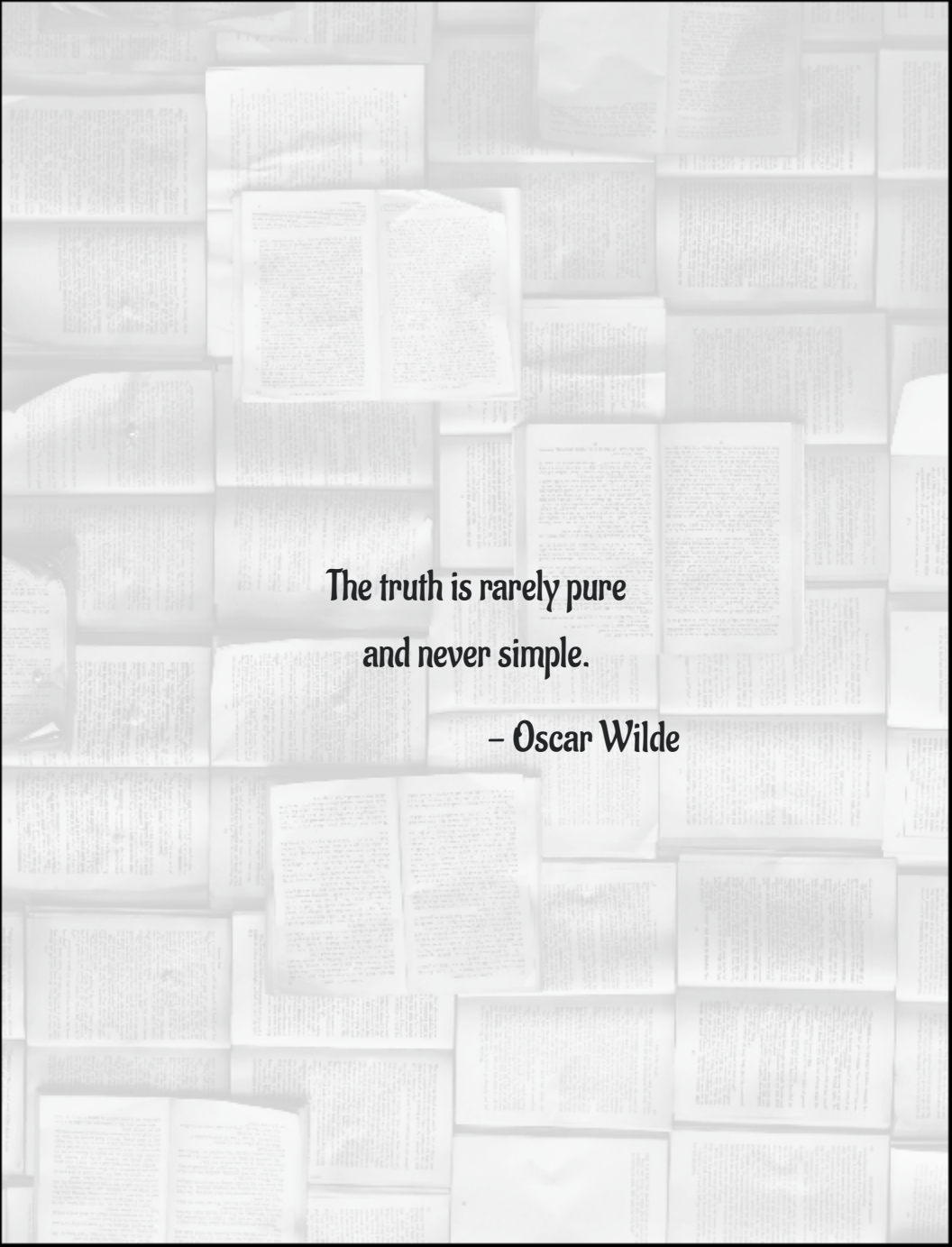
Today, the whole world is enveloped in fear that is caused by ignorance created by our own mind. What is the fact? The fact is that the vulnerable are the ones who are over the age of 65. As intelligent beings, our entire focus must be to protect the elderly and to work towards their health and wellbeing. Unfortunately, this has not been given the right priority. This is because the mind bombards us with thoughts that create fear and panic and continues to make us ignorant of the truth. Instead of seeing the virus as one that is attacking the sick and the aged, we are enveloped by the illusion that the virus will kill the whole world. Reliable data shows very clearly that if we remove all the aged and those with underlying health conditions that have died from COVID-19, this would hardly be called a pandemic. In fact, instead of it being declared as a global pandemic, it should have been declared as a pandemic for the sick and the aged. What has caused this declaration? Fear! Who caused the fear? It is our own mind. All our minds collectively used the emotion of fear and panic to let ignorance reign as we lost sight of the truth that was stark in black and white on records shared by all the countries affected.

TAKEAWAYS

THE MIND AND IGNORANCE

- ✦ Our own mind is our biggest enemy.
- ✦ The mind produces thoughts that bombard us, and this creates ignorance.
- ✦ This constant thinking creates fear, stress, and anxiety.
- ✦ Because of ignorance and fear, we are unable to discriminate and realize the truth.

Our goal in life is to overcome the ignorance caused by the mind. Our purpose is to be enlightened with the truth. Because we let the mind control our life, we live in ignorance that causes us fear. Fear evolves into worry, stress, and anxiety and controls all our decisions to be more emotional than intellectual. Ultimately, we live and die with fear. How can we overcome this ignorance? How can we be enlightened with the truth? How can we wipe out this darkness that has caused fear to make False Expectations Appear Real? There is a way – let's find out.



**The truth is rarely pure
and never simple.**

– Oscar Wilde

USE THE INTELLECT TO REALIZE THE TRUTH

10

Our subtle body is usually controlled by the mind. As long as the mind rules, we will live in ignorance and fear. If we want to realize the truth and overcome both our ignorance and our panic, we must use our intellect to discriminate thoughts and be free from the darkness of ignorance.

What is the intellect? It is another domain of our subtle body. It is not the mind. Just like the memory that is often considered to be the mind, is actually a separate faculty, so is the intellect. The mind does not record everything that happens in our life, that is the task of the memory. Like the memory is different, the intellect is a specific part of our subtle existence that discriminates thoughts.

The mind produces all kinds of thoughts. It is for the intellect to discriminate between what is right and what is wrong. The mind produces thoughts that are very real, just as it produces thoughts that are nothing but a myth. That is the job of the mind – to constantly produce thought. If our intellect is switched off, then we are unable to discriminate thoughts. But if we activate our intellect, it stops the thoughts from developing into action.

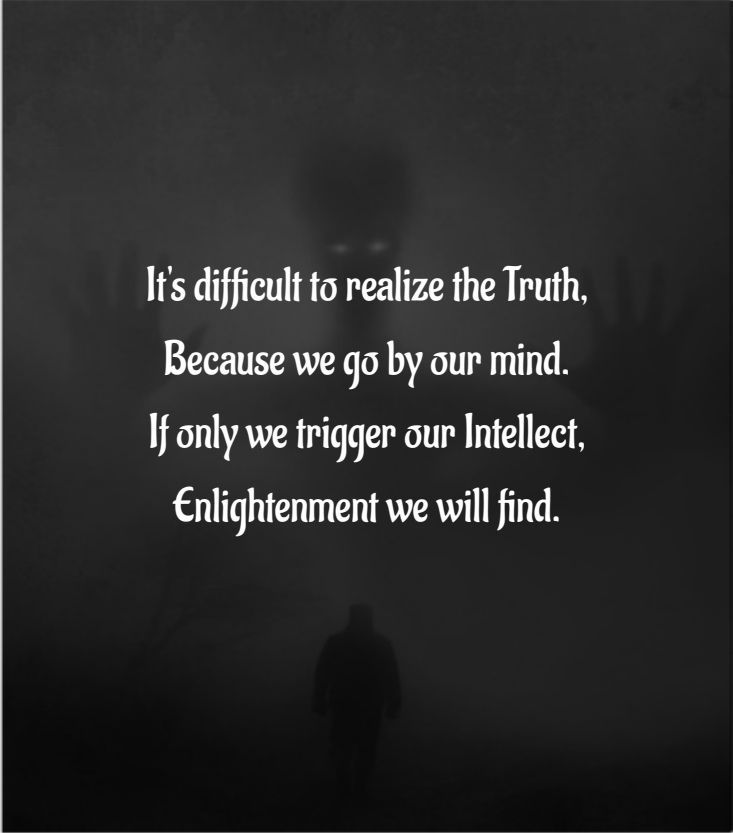
What actually happens in the human body? The mind



**If we don't use the Intellect to Realize the Truth,
We will be bombarded by negative Thoughts
And become slaves of the brute.**

thinks. Thoughts lead to feelings that translate into corresponding actions. The chain of thought-feeling-action continues if not interrupted by the intellect. If we let fearful thoughts create a feeling of panic, then our action is driven by fear caused by our ignorance. However, if we activate our intellect, then, thoughts do not proceed to become feelings and actions. The intellect destroys irrational thoughts as its function is to discriminate and to choose. If we do not use this important aspect of our existence, we will be doomed and ultimately face disaster.

Because we confuse the mind and the intellect; we often let the mind take command. In fact, the mind confuses us and makes us perceive that the mind and the intellect are one and the same. Thus, we do not consciously separate the two and fail to activate the intellect to discriminate. The mind cleverly mixes the myth with the truth. It makes us fear as it blindfolds us from the reality. Because the intellect is asleep, there is no discrimination. Wrong thoughts conquer the battlefield of our mind and hijack all positive feelings to create fear and anxiety. Once our body is kidnapped by the mind and its forces, we make wrong decisions that causes us suffering. Thus, it is important to activate our intellect as it discriminates thoughts of the mind and helps us to realize the truth.

A black and white photograph of a person walking away in a dark tunnel, framed by a thick black border. The person is a small silhouette in the center of the frame, walking away from the viewer into a dark, tunnel-like space. The walls of the tunnel are visible on either side, and the light is dim, creating a sense of mystery and depth. The text is overlaid on the image in a white, serif font.

It's difficult to realize the Truth,
Because we go by our mind.
If only we trigger our Intellect,
Enlightenment we will find.

Today, scientists, doctors, and leaders across the globe are enveloped by fear and it seems that their decisions are influenced by emotions rather than by their intellect. There is no doubt that there is an infectious pandemic spreading across the globe but the specialists in the field themselves will agree that the highest priority must be given to protecting the aged and sick with underlying conditions. It is most unfortunate that even after several weeks into the pandemic, there are no strategies to protect the ones who are more vulnerable to the virus. Why? Because the mind is bombarding us with thoughts, enveloping our intellect in darkness. The constant thinking, caused by repetitive broadcasts by the media and the internet, has brainwashed the most intelligent of people, stopping them from discriminating the myth from the truth. The entire world has come to a literal standstill when in reality, the danger attacks only a limited few. Fear showers false expectations and creates anxiety that makes it appear real that the entire world will be decimated by the virus. This is all a game between the mind and intellect. It is time to use the sharp arrow of the intellect to shoot down the destructive thoughts of the mind.

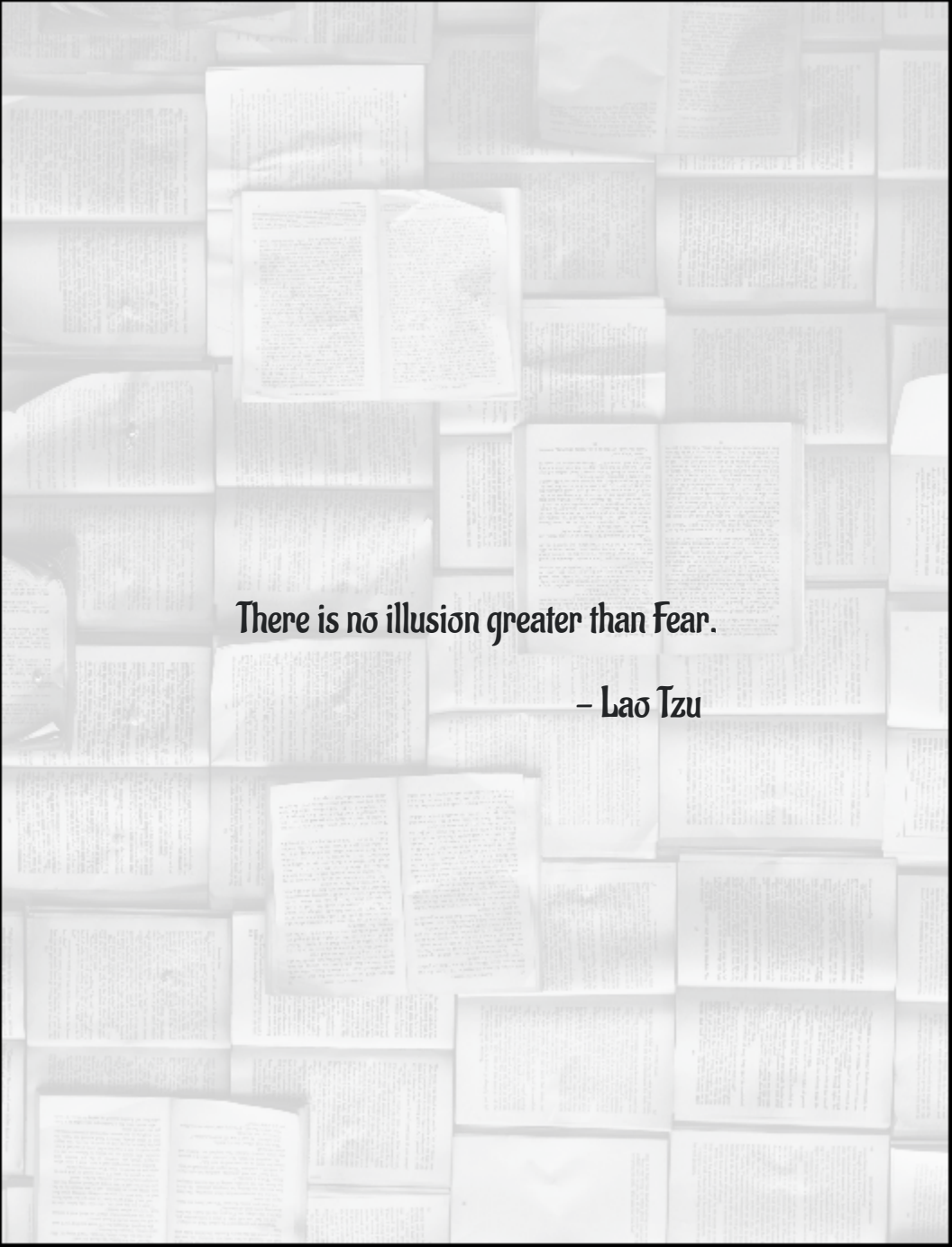
In the famous Indian scripture, the Bhagavad Gita, Lord Krishna tells Arjuna that we are like a chariot drawn by 5 horses. The 5 horses are the 5 senses—the sense of sight,

TAKEAWAYS

USE THE INTELLECT TO REALIZE THE TRUTH

- ✦ The intellect is different from the mind.
- ✦ While the mind thinks, the intellect discriminates.
- ✦ If we do not discriminate thoughts, they will become feelings and actions.
- ✦ Intellect can control fear and panic if we discriminate the myth from the truth.

hearing, smell, taste, and touch. To control the horses that may otherwise run wild, it is necessary that the reins or the mind is controlled by a charioteer or the intellect. Unfortunately, if we don't use the intellect, our senses go helter-skelter as the mind produces all kinds of thoughts that lead to our disaster. If we subdue the mind and make our intellect in charge of our actions, we will move forward in the challenge of overcoming fear.



There is no illusion greater than fear.

– Lao Tzu

HOW TO OVERCOME FEAR?

11

Fear is not real. It appears as a real danger, but it is just fear, a mere false appearance. It creates worry because it looks like a real danger. We acknowledged that it is our own mind that causes fear and this happens when our intellect is inactive. How do we overcome fear?

The first step is to acknowledge fear as only fear, and not as a danger. We must be able to differentiate between a real danger and an imaginary fear. If we don't acknowledge that we human beings live with fear, we will consider every illusory fear to be a real danger. Once we acknowledge that most of our fears are just fears and a very few are dangers, we have started the exercise of overcoming fear.

We have already realized that while fears are not real, fear itself is an actual phenomenon that we experience. What we fear is not a real danger but the experience of the emotion of fear is real. How does one eliminate this? It can be eliminated by developing courage. Those who develop the art of being courageous, do the things they fear and make that fear disappear. For instance, one has the fear of diving into a swimming pool. After developing courage, and repeating the dive several times, the fear disappears. Similarly, it may be the fear of a roller coaster or patting a dog. The fear can only be conquered and overcome by facing it.



Fear is like darkness,
you can't sweep it out with a broom.
It's only the Light of Truth,
that can create brightness in the room.

Those who eliminate fear, use faith as a positive reinforcement as they drop fear from their life. They use autosuggestions to inspire them —

“When God is for us, then Who can be against us?”

“God is Greater than my Greatest problem.”

“Lord help me to remember that nothing can happen tomorrow that you and me, can’t handle together.”

Such positive reinforcements with faith dilute fear until it dissolves and disappears.

While courage and faith are two antigens to fear, fear is not something that can be easily overcome. This is because the mind constantly produces fear and unless we make it a habit to live with courage and faith, we can easily be defeated by the mind.

The most effective way to overcome fear is to activate the intellect. How does one do this? Silence is a simple method. What does silence do? It reduces the MTR or the Mental Thought Rate. Once there is no bombardment of thoughts, it is easy for the intellect to discriminate fearful thoughts from real dangers. Therefore today, many people meditate on a “fear” to realize that it is an illusion. Meditation is prescribed as an effective cure from fear, worry, and anxiety.

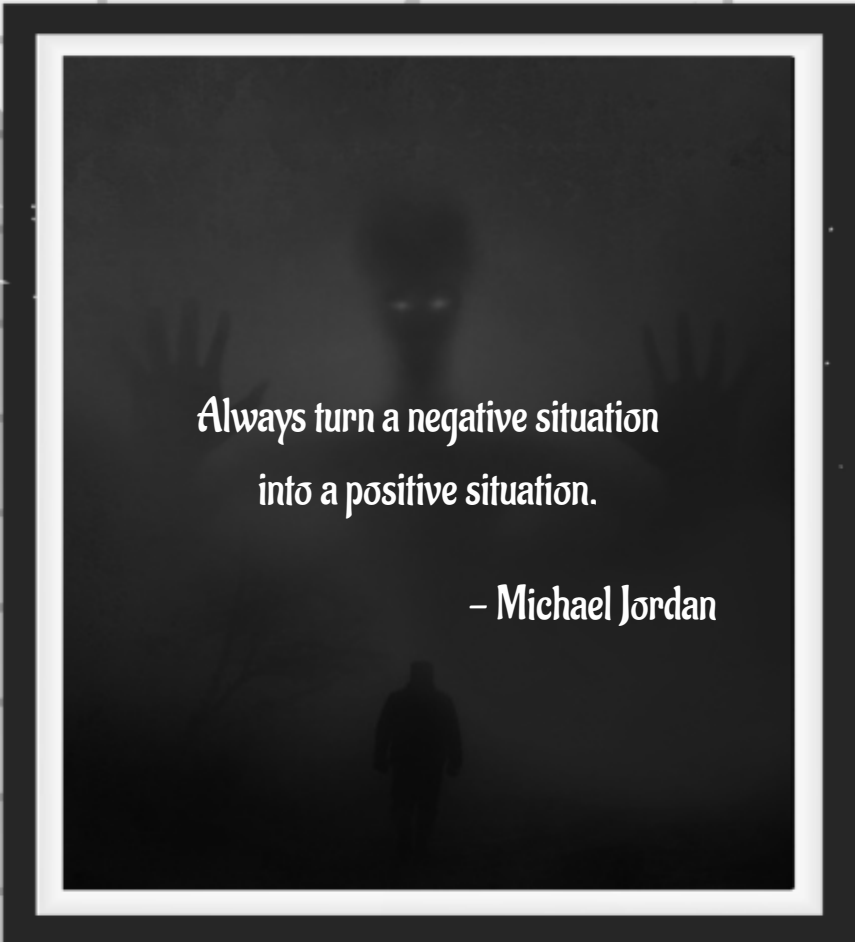
TAKEAWAYS

HOW TO OVERCOME FEAR?

- ✦ To overcome fear, we must first acknowledge that it exists.
- ✦ Instead of living with fear, we must live with courage.
- ✦ We must eliminate fear and replace it with faith.
- ✦ Silence can slow down our thoughts and give us peace.
- ✦ We must live in the 'Now' if we want to overcome fear, not jump to the past and the future.
- ✦ Advanced seekers realize the truth about fear by going on a spiritual quest.

One must develop the habit of living in the 'Now'. The mind behaves like a monkey. It swings to the past and makes us rehearse and regret a tragedy. This manufactures fear. Then it jumps to the future and makes us imagine a disaster in the making. Instantly, we become worried and anxious. This constant monkey business of the mind, swinging to the past and then to the future triggers fear. Stop! Live in the 'Now'! We must make it a habit to shut the door on yesterday that is gone, and on tomorrow that is not yet born. After all, we cannot change the past nor can we predict or control the future. However, by jumping like a monkey into the past and the future, we can definitely let fear ruin our present moment. If we want to overcome fear, we must learn to live in the 'Now'. If we live life moment by moment, chances are we will be able to eliminate fear.

There is an advanced method of overcoming fear. Some people go on a quest to realize the truth about life. A very few are fortunate to do this, but they are the ones who realize that fear is an illusion. It doesn't exist. The ego that thinks it is 'me', and the mind that produces fear for free make the body live with toxic thoughts and feelings, leading to depression and anxiety. Spiritual seekers realize that we are not the ego, mind, and body. We are the Divine Soul. This wipes our fear completely from our life.



*Always turn a negative situation
into a positive situation.*

– Michael Jordan

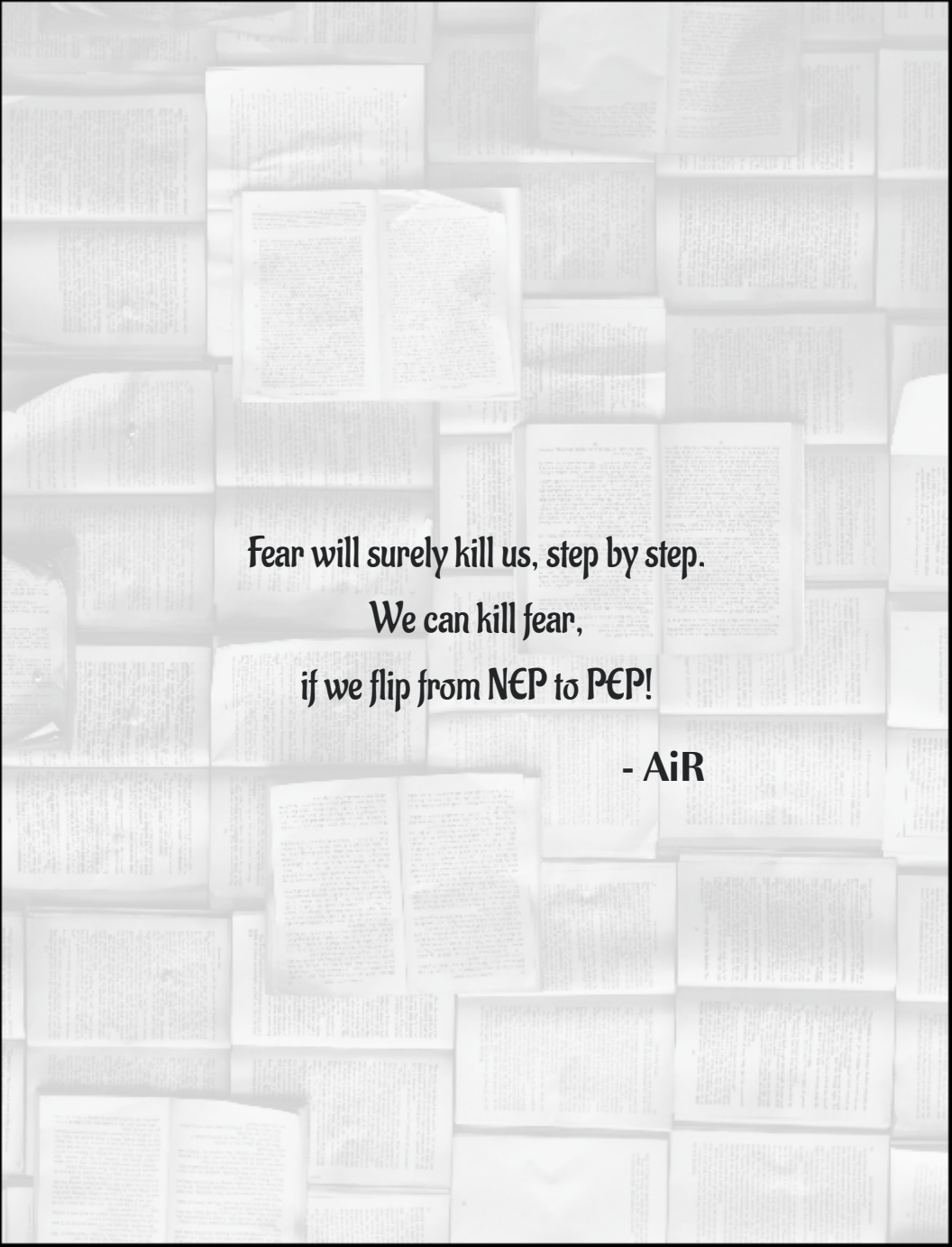
FLIP OVER FROM NEP TO PEP

12

For those who want to overcome fear, there is a practical method to do so. Fear is born out of negative thoughts created by the mind. The mind is the epicentre of stress. How can we change the mind from creating negative thoughts to positive thoughts? How can we choose to eliminate fear? We must flip over from NEP to PEP.

What is NEP? It is Negative Energy Poison. When we feed our mind, which is a thought factory with negative emotions, we are providing it negative raw material to produce thoughts. The negative emotions may be fear, worry, stress, anxiety, hate, anger, jealousy, revenge, greed, pessimism, or the likes. What do these emotions do? When we fill our life with these negative emotions, they create fumes of negativity and the mind emits negative thoughts. This creates poison. The mind only produces what it is fed. Since negative emotions are instilled in the mind, it produces negative thoughts—thoughts that are full of fear, worry, and anxiety, amongst other negative thoughts. If we want the mind not to think poisonous thoughts, we must stop feeding it with poisonous emotions.

What is PEP? It is Positive Energy Power. Just like negative

The background of the entire image is a dense, overlapping collage of numerous small, rectangular pieces of newspaper text. The text is in a small, serif font, typical of mid-20th-century newsprint. The pieces are arranged in a way that creates a textured, layered effect, with some pieces appearing more prominent than others. The overall color palette is grayscale, with varying shades of gray for the text and the background.

Fear will surely kill us, step by step.

**We can kill fear,
if we flip from NCP to PCP!**

- AiR

emotions create poison, positive emotions create power — positive emotions are faith, hope, trust, enthusiasm, love, compassion, courage, confidence, forgiveness and optimism. Even the thought of these creates energy. Imagine feeding our mind with such positive emotions. If the raw material supplied to the thought factory is positive, it produces positive thoughts that create power in our life.

Isn't it simple? We have a choice to live with NEP or PEP. We can choose Poison or Power. We are all given an opportunity to feed ourselves, not just with the food that we eat, but also with the emotions that we nibble on. What happens when we eat poisonous food? We feel lazy and powerless. We drag our feet, don't we? But do we feel the same when we eat some energy-rich food? Our body is energized, and we move with enthusiasm. Just as foods can either be nourishing or toxic, emotions too, can either be poisonous or powerful. It's our choice.

Today, the world is living with NEP. We are feeding on media that sensationalizes issues, focusing on the negative aspect. It is now obsessed with the virus. We are constantly absorbing negative information — "It is a global pandemic. People are dying. It is very contagious. There is no vaccine. We must lock ourselves up from this deadly disease." Information like this is absorbed by the mind to create



We have a choice!

Either we can choose Fear

or we can choose Faith and Hope.

If we choose Courage and fight our Fear,

then surely, with Life we can Cope.

poisonous thoughts. Fear not only paralyzes the body due to global restrictions but also paralyzes the mind and intellect from thinking positively. If we were to replace NEP with PEP, how would we deal with the virus? We would create an understanding based on facts — “It’s just a flu. Its fatality rate is very low. Because the mortality rate is higher in the aged and the sick, especially amongst those with underlying health conditions, we must protect our elderly, those with weakened immune systems. We must be careful of the symptoms that cause an alarm for the infection.”

If we flip over from NEP to PEP, our attitude towards the virus would not be that of panic, but of precaution. Don’t we take precautions while we live, doing the many things we do? Fireworks are dangerous but don’t we celebrate with fireworks? We take precautions! Road accidents kill people but don’t we drive safely wearing our seatbelts and helmets? It doesn’t mean we stop living due to fear. Just because a plane crashes, or a ship goes down like the Titanic, do people stop flying on aeroplanes and stop going on cruises?

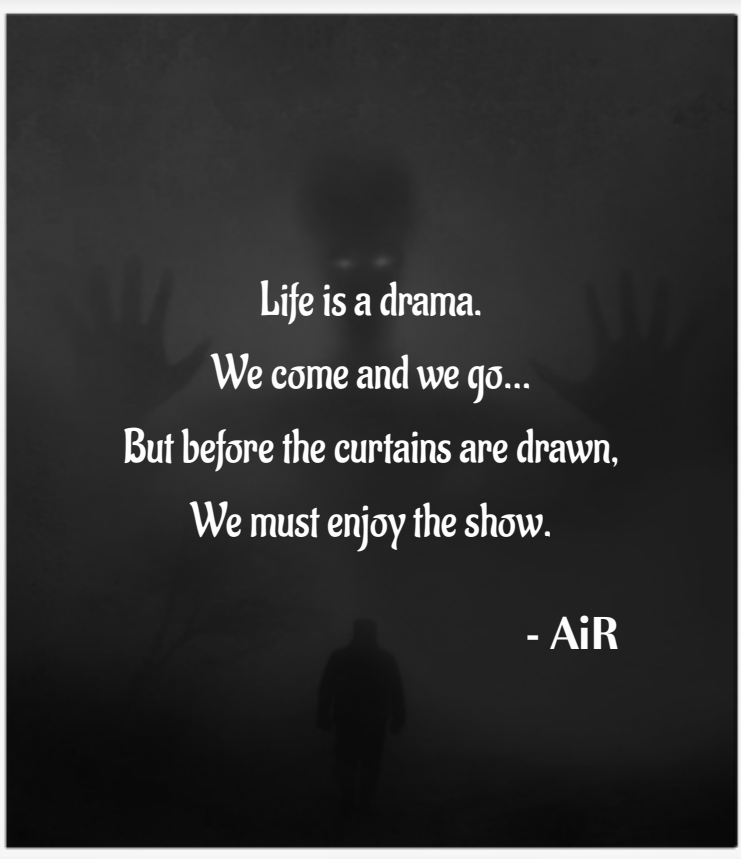
Today, the entire world is gripped by NEP. Fear dominates countries around the globe and one following the other, the world has shut down. Isn’t this NEP?

TAKEAWAYS

FLIP OVER FROM NEP TO PEP

- ✦ The mind is a thought factory. It produces thoughts based on the raw material we feed it.
- ✦ If we feed it with negative emotions, it will produce NEP – Negative thoughts which are poisonous.
- ✦ Instead, if we choose positive emotions like faith, hope, courage, and optimism, we can change the way we think.
- ✦ We must not only feed our body with nourishing food; we must also feed our mind with positive emotions.

There was once a man who lived in solitude in the woods. He was fairly courageous, but one day, on television, he saw that a monstrous beast was prowling the area where he lived. Normally, he would walk to a nearby village to pick up his groceries. Now, he was gripped by panic – he feared that the beast would attack him. A few days later he started hearing sounds that he thought were coming from the beast. He locked himself in his house. He fell sick as his food ran out. Ultimately, he starved to death. Because he was in the grip of fear, he lost the courage to step out. The beast may not have been anywhere close to him, but the fear of the beast locked him in his house. Finally, it was not the beast, but fear that killed him!



Life is a drama.
We come and we go...
But before the curtains are drawn,
We must enjoy the show.

- AiR

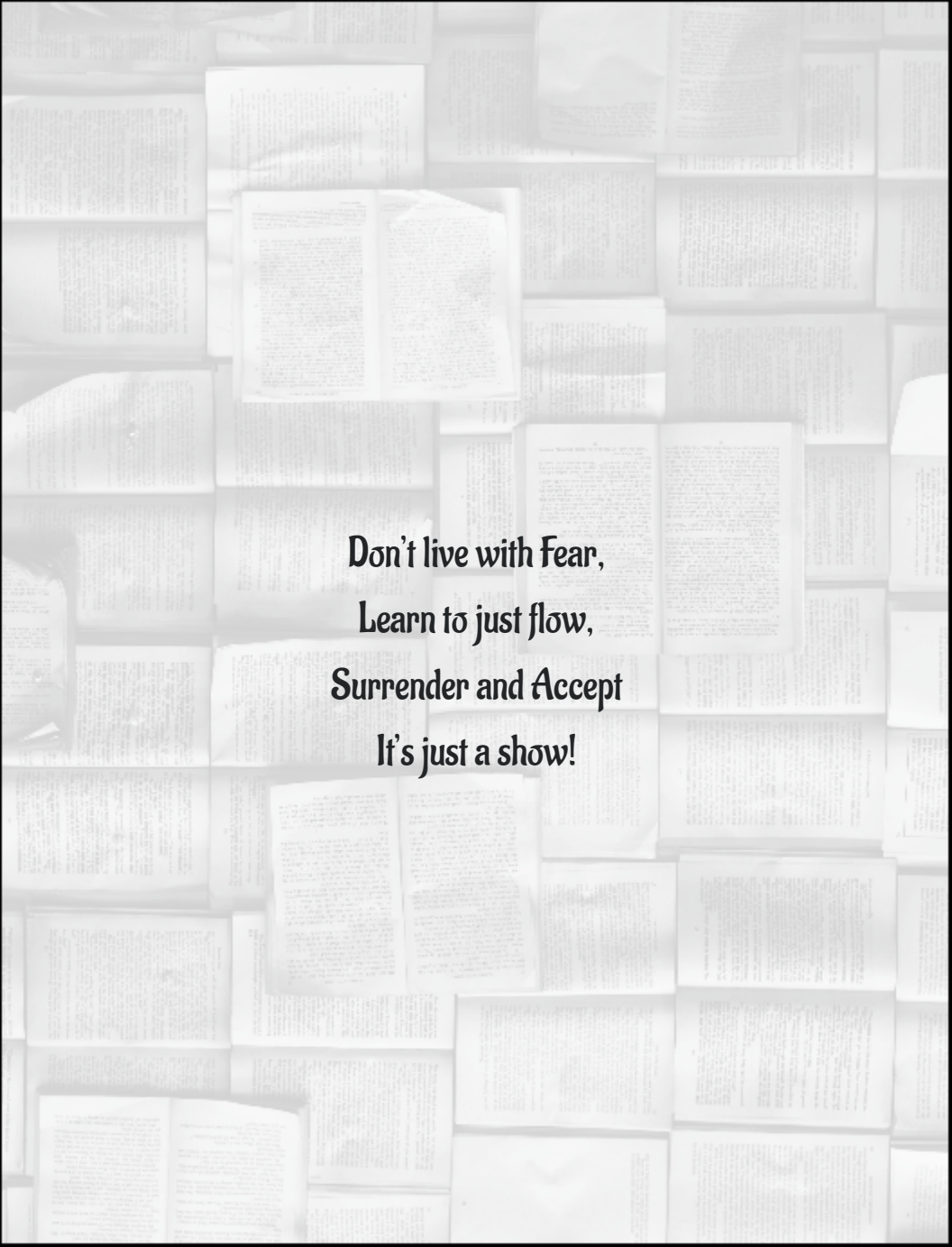
A DRAMA CALLED LIFE

13

Have you ever pondered on life? What is life all about? We human beings are born and ultimately, we die. Nobody can escape death. Then why do we fear death so much?

Because we do not realize the truth about life, we live with worry and stress. While we think that a dream is just a dream, we think life is real. Suppose you dreamt that you were the President of the United States and in your dream, suddenly dinosaurs appeared in all the major cities, terrorizing and killing Americans. What would you do when you woke up? Would you order the US armed forces to use all possible weapons to kill the enemy? Would you order the US airforce to make an aerial survey and shoot down the dinosaurs? Of course not! You would wake up and realize it was just a dream and you would just let it go.

While a dream is a dream, we human beings think our waking life to be real. The truth is that it is not. Just like a dream is real but what happens in a dream is not, so also our waking life is very real, but ultimately, what happens is not. If we live with this paradigm, we will not be affected by fear and live with anxiety. We will realize that we are just actors that come on the earth stage. Our job is to do our part in the drama called Life and then to move on. Finally, we



**Don't live with Fear,
Learn to just flow,
Surrender and Accept
It's just a show!**

have to pack up and go, just like actors have to in a movie set. Those who think that the drama of Life is real, suffer.

Have you not seen some people shedding tears when they watch a tragic movie? Why? Because they think that the movie is real, when in reality, it is just a movie. Those who watch the movie as a film, don't cry. They enjoy the show, just as those who know that we come and we go, enjoy the journey called life.

Life is a drama. The earth is a humongous stage. Over 8 billion people are acting in this mega show. But alas, we don't realize it is just a show. Because of this, we get attached to people and things and we suffer. We live with fear as actors, forgetting that we are not the ones who we are acting as. Those who don't realize this truth in the Life drama, fear and suffer. Those who do, know that ultimately, the body has to die and while they live, they must do their best and leave the rest to the Director of the show.

Today, in the drama called COVID-19, a virus has come on the stage. It is a blockbuster. It has shut down the globe for the first time in a hundred years. The plot is sinister, as it horrifies the viewers leading them to think that they will soon die. The actors are doing a great job, and the

TAKEAWAYS

A DRAMA CALLED LIFE

- ✦ A dream is a dream, but even our Life is nothing more than a dream.
- ✦ The earth is a big stage and we are actors enacting life.
- ✦ Today, people are scared of the drama called Coronavirus.
- ✦ We live with fear, not realizing the truth that it is just a show.

cameraman, in this case, the media, should be given the prestigious Academy Award for cinematography as it shows hundreds of bodies dumped in mass graves and even on the streets. Just like in any drama, the truth is hidden, and the myth is projected. The truth is that people are dying of old age and of various diseases, but the movie projects like it is all Coronavirus and nothing else. Although 1,50,000 people are dying every day around the globe, the movie focuses its camera on the approximate 5,000 that are dying out of the Coronavirus infection. If a movie was not made to be gripping, nobody would watch it. Today, the digital and social media are together marketing the Coronavirus across the globe as it has made people panic and shut down their life.

Those who watch the Coronavirus as a movie, realize the truth. It is another flu and it seems to affect the aged and the elderly a bit more. It is highly contagious, but just like any other disease, it has come, and it will go. Those who watch this as a drama, laugh with regret as they see economies around the globe shutting down. Our response is no different from that of some university students who lock themselves in their hostel because they see a lizard outside their door and refuse to come out. Isn't it time to realize the drama that is unfolding with the virus? Isn't it time to overcome the fear of death that we presume COVID-19 will cause?



The fear of death follows
from the fear of life.
A man who lives fully
is prepared to die at anytime.

– Mark Twain

WHY FEAR DEATH?

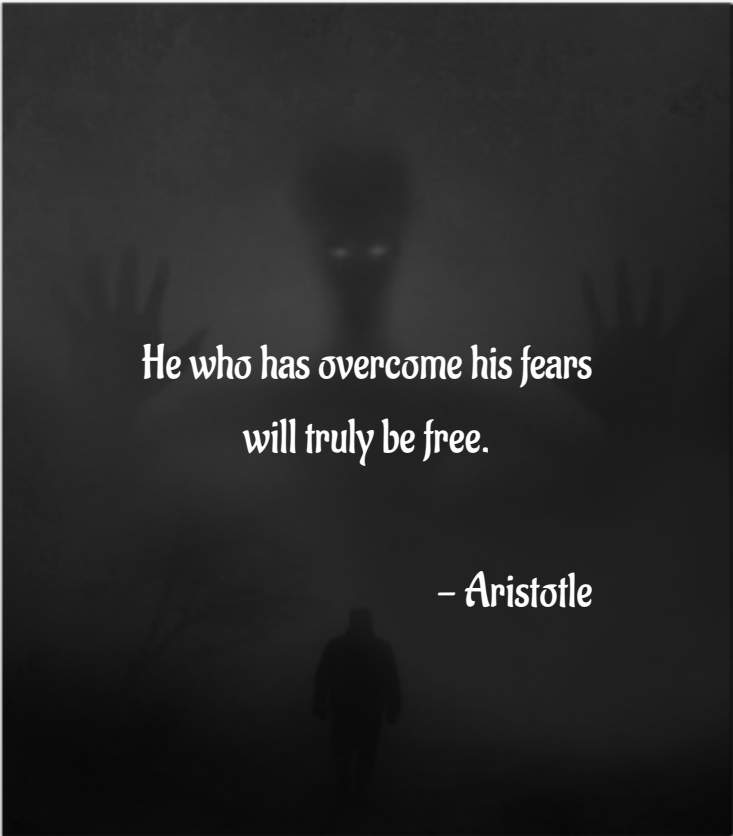
14

If the Coronavirus only caused cough and fever and did not result in death, would the world be so paranoid as it is now? The reason there is so much panic and fear resulting in lockdowns and emergencies is because people are dying. Death is the main cause of the fear.

Today, the world is terrorized by television channels who broadcast dead bodies lying on the streets of Ecuador and show mass graves been created to bury those dying of the virus in Europe and America. What is the root cause of the fear? It is death! If the virus had to infect the whole world and it was so contagious that 8 billion people would have fever and cough for two weeks and get back on their feet, this would not have become a global pandemic. It is because we fear we will lose our life that we are shattered by COVID-19.

Why do we fear death? The mystery of death has been around since time immemorial. But most of humanity has no clue what death is and what happens after we die. There is no doubt that the body dies, but what happens thereafter? This is a mystery.

Religions around the world console people that after they



He who has overcome his fears
will truly be free.

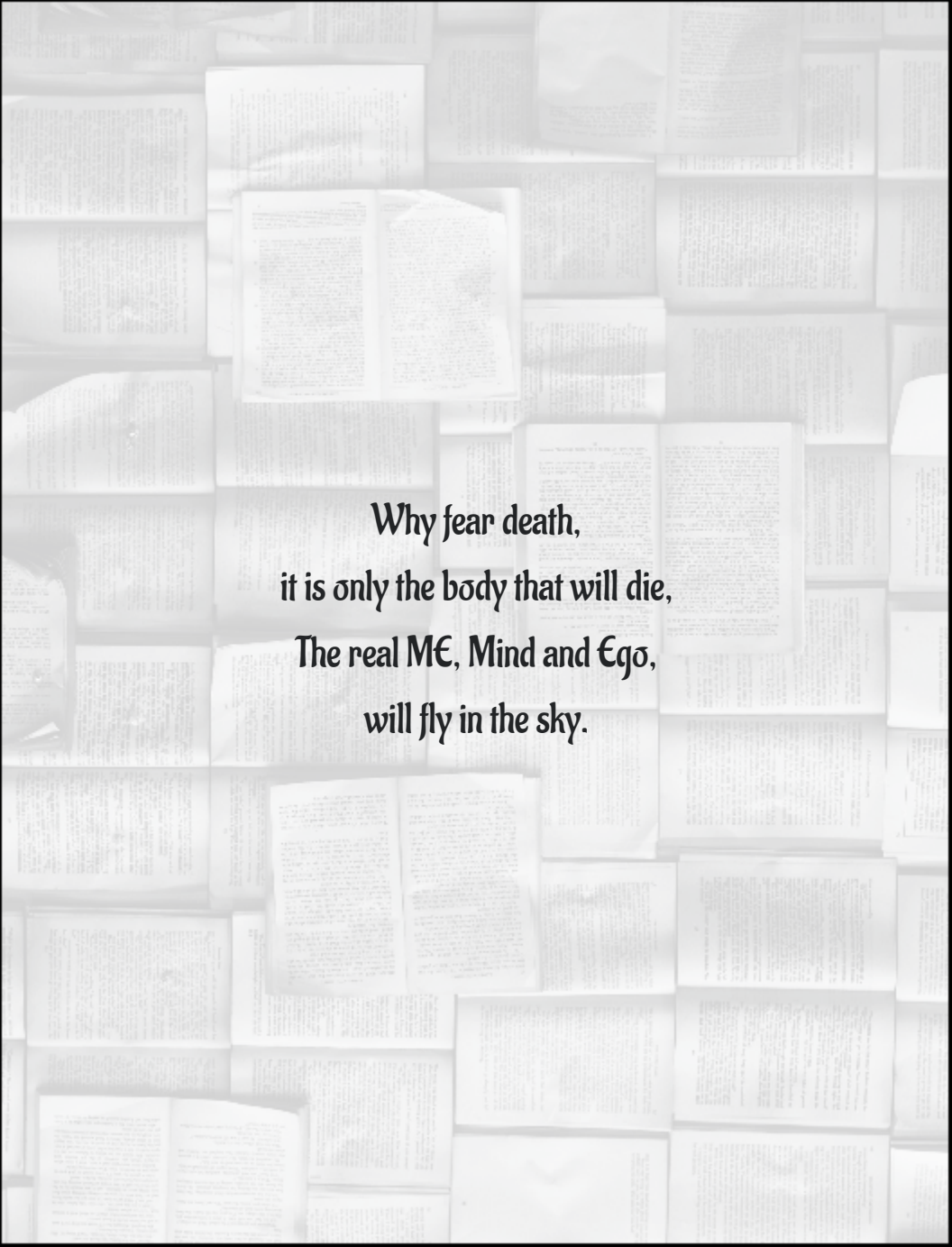
– Aristotle

die, they will be transported to heaven and that their God will wipe away their sins. Thus, people bow down in their places of worship in prayer and submit to their priests. This does not help them understand death but just calms them from the thought of it. In fact, we are made to perform several rituals and observe many superstitions because of death and the suffering that we must experience.

The real fear of death resides in two areas. First, we fear that we will lose everything that belongs to us. All through life, we go to school and college, take up a profession and create success. When death strikes, nothing remains ours. We see people who die leave everything behind and go with nothing. This creates fear—fear of the loss of everything that is known to us. However, this doesn't lead us into a quest to demystify death.

Secondly, not just the loss of the known, the fear of the unknown causes a greater fear in many. "What will happen to me after death?" "How will I be able to bear the suffering?" we think. We see people's bodies being decimated by the fire as it is cremated, or we get horrified at the thought of how our body will decompose when it is buried below the earth.

This is just the beginning of the fear that is unknown.

The background of the image is a dense, overlapping collage of numerous sheets of paper. These papers are scattered across the entire frame, some appearing as if they are floating or falling. Each sheet contains faint, illegible text, suggesting a vast collection of documents or a library of knowledge. The papers are in various orientations, some horizontal and some slightly tilted, creating a sense of movement and depth. The overall color palette is a light, muted gray, giving the image a clean, ethereal, and somewhat somber feel.

**Why fear death,
it is only the body that will die,
The real M€, Mind and €gσ,
will fly in the sky.**

We then wonder — “Will we go to heaven or hell?” And if we believe in Karma, “What will we be reborn as?” What happens after death is unknown to us and while there are many theories, we don’t know the truth, and thus we live in fear of the unknown.

What is the fact? Everybody has to die. Whoever is born on earth must experience death. But the question that remains unanswered is who actually dies. No doubt the body dies, but is it ‘the end’ or is death just a bend? We believe it is the end — that is why we fear. If only we realized that only the body dies, and we, the ones who are alive inside the body move on, we would not fear death so much.

Today, many around the world believe in the Law of Karma, also known as the Law of Action and Reaction. The Western world also believes in it and their scripture proclaims — As you sow, so shall you reap. The doctrine of Karma is accepted not just in the Eastern cultures, but around the world. People believe in this, the law of the boomerang — What goes around, comes around.

Even science believes in this law — What we give is what we get. Though they may not subscribe to it in a spiritual manner, scientists will vouch that apples won’t grow on mango trees — only mangoes will. This is a Universal Law



**We must build dikes of Courage
to hold back the flood of fear.**

– Martin Luther King Jr.

and just like the Law of Gravity, we know that it exists by inference. That is why we don't look for jackfruits on a coconut tree. Whatever seeds that we plant, we are sure beyond doubt that the fruits that will bear will correspond to the seeds.

If only we understood the Law of Karma, most of our fear regarding death would disappear. Therefore, it is important to be absolutely sure, beyond doubt, that the Law of Karma operates throughout the world, with no bar of religion or nationality. If one wants to contemplate this Universal Law, one should not just look at death and wonder what happens to all our actions, good or bad that remain unsettled at death which happens all of a sudden. Our actions are recorded as per the law and though the body dies, we, the ones who were alive, retain our good and bad deeds in our Karmic account, only to be settled in our next life in a new body.

When somebody dies, what do we say? "The person departed or moved on." But the body is right here and we ourselves, return the body to dust. However, we know beyond doubt that we are only destroying the dead body of the one who was alive. There is absolutely no iota of hesitation in performing the funeral, because the one who actually died has moved on. Do we have any doubt about this?



The biggest Fear is that of death,
Fear of loss of all that is known.

And then a greater Fear,
What is beyond death, unknown.

- AiR

If we shift our contemplation to birth, what do we observe? Some children are born healthy, some dumb, some deaf, or blind. Some kids are born in families that are blessed with good fortune, while some are born to parents who live a life of misery and suffering, be it their poverty in wealth or impoverishment in health. Why this discrimination? What is the fault of the infant that is just born? Is this some kind of a random luck or is the Creator cruel? If we carefully reflect, we will realize that the young child may look like a baby, which it is, but inside that little new-born baby is a mind and ego, the ME that has lived before. A child is born in circumstances that are based on past actions. Remember, when somebody died, the one who was alive moved on? Who moved on? The body soon became ashes, but the mind and ego, the ME who actually directed the body to act, moved on to take a new birth along with Karma, their past actions.

Those who realize the truth about death, largely overcome the fear that is caused when we think of dying. It is not very easy to realize the truth about death because we often get confused about who dies. We are taught fairy tales about the soul that confuses us further. The soul is just like electricity in a bulb. It gives power to the body and the ME – Mind and Ego, to live. When the Soul departs, death happens. The Soul doesn't take rebirth. Very few people are

TAKEAWAYS

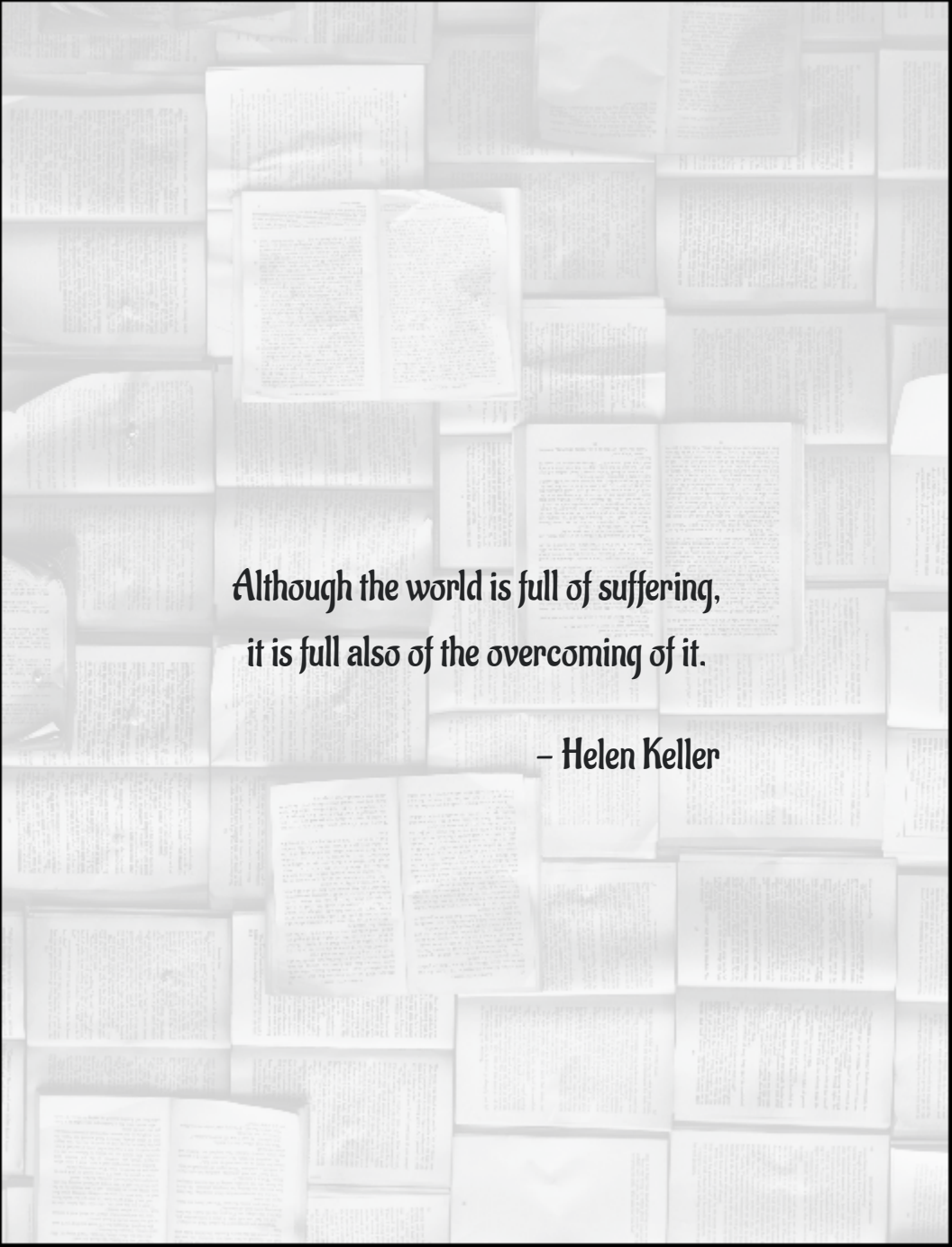
WHY FEAR DEATH?

- ✦ Today, why is the whole world terrified because of Coronavirus? It is only because we fear the virus will cause death.
- ✦ We fear death! We don't fear the virus by itself.
- ✦ We fear death because of loss of the known and there is fear of the unknown.
- ✦ If only we realize that the body dies, but we, the ones who were alive, move on based on our Karma or past actions, we will not fear death.

fortunate to realize the truth about the Soul. It is important to know that we, the ones who are alive never die. Our body dies, but we, the ones who are actually alive, move on.

To understand this, compare our body to a computer. A computer has both, hardware and software. Our body also has a gross body – bones, blood, flesh, and skin. It also has a subtle body – the mind, the intellect, the memory, and the ego. This is subtle in nature and cannot be touched, just like software in a computer. Both hardware and software are needed to make the computer function, just as we need both the gross body and the subtle body to live. However, the most important factor is the power supply. Without the power supply, the computer cannot function. We human beings also need the power within us to live. This is what is known as the ‘Soul’, the Spirit or the Atman. Death happens when the life inside us, or the Soul departs. The body is nothing. It returns to dust. The ME, the Mind and Ego is reborn based on Karma.

If only we realize the truth about death and realize that the Law of Karma will determine our future journey, we will be able to transcend the fear of death and live a life of virtue, compassion and kindness. This realization will not only liberate us from the fear of death but also help us overcome the triple suffering that causes our misery throughout our life. What is this triple suffering?



**Although the world is full of suffering,
it is full also of the overcoming of it.**

– Helen Keller

OVERCOMING FEAR OF THE TRIPLE SUFFERING

15

Apart from the fear of death, human beings fear suffering. There is one universal principle that governs all of us. Let us call it the pleasure-pain principle. Every human being wants pleasure just as nobody wants pain. We chase happiness from birth to death, and we run at the thought of misery or suffering.

Today, the virus has caused tremors throughout the globe because it threatens us with suffering. It threatens us with physical pain as we see people suffer in hospital beds. It also makes our mind miserable as the thought of being isolated and quarantined if we are infected – all this troubles us. We are not so bothered if it happens to Jones in San Francisco, or Wang Mei in China or Ramachandra in Delhi. “It should not happen to me. I should not be infected. I don’t want to suffer and die.”

If we look at the misery that is being caused, we can call it triple suffering. We imagine the suffering of the body, we are stressed out about the suffering of the mind, and the ego is agonized at the thought that I will be tested positive. It is this triple suffering of the body, mind, and ego, that causes fear and makes us suffer.

If we look deeper, what do we fear? We fear physical pain,



We human beings fear
pain of ego, body and mind,
We can overcome this triple suffering
if the Truth we will find.

just like we fear pain that will be caused by a root canal when we go to a dentist or the simple pain that some people fear when they are going to be given an injection. Human beings fear pain of the body and this is natural. The degree that we fear pain and the level that we can resist the suffering differs from person to person. But every human being fears physical pain.

Do you know anybody whose mind doesn't cause misery? The mind wanders to yesterday and lives with past regret. We nurse, we curse and we rehearse our regret, although it is over and finished. Although there is no sense in living in the past, still the mind loses the present moment of peace as it dwells in the past. Then, the mind swings to the future and causes us to fear what may happen. We may fall sick or we may suffer. It is common for the mind to create stress and worry as it swings from the past to the future. This can create humongous anxiety and make us live in misery and suffering.

Do we only suffer physical pain of the body and anxiety of the mind? Haven't you experienced the agony of the ego, when it screams – "How dare you disobeyed me?" When somebody's car brushes past your car and scratches it, you get angry! There is no physical pain, not even stress of the mind. But it is the ego that makes us curse,

Tell your heart that the fear of suffering is
worse than the suffering itself.
And that no heart has ever suffered
when it goes in search of its dreams,
because every second of the search is
a second's encounter with God and with eternity.

– Paulo Coelho

“You scratched my car!” We human beings experience agony of the ego when we are afraid that something will happen to us or something that is ours will be lost or we will lose somebody whom we love.

Therefore, we suffer what can be called the triple suffering of the body, the mind, and the ego. The reason we are reflecting on this triple suffering is to try to understand what causes the suffering. Don’t we know it? Of course, it is our own mind. Don’t we also know how to overcome the triple suffering? Yes, it is with the intellect. However, knowing about the triple suffering is not enough. We have to realize the truth to overcome fear. Unless we become conscious of this triple suffering, and we realize that there is a way to overcome it, we will continue to fear death and to fear pain of the body, misery of the mind and agony of the ego.

Long ago, in ancient India, a Hindu Prince, Siddhartha Gautam went on a quest to realize the truth. He was royalty and enjoyed all regal pleasures. Even though he could enjoy all conceivable luxuries, he was pained to see how people suffered and he wanted to find a way out of this triple suffering. He went on a quest and realized that this whole world suffers because we believe that we are the body, we are the mind and we are the ego. Because we live in ignorance, we suffer beyond imagination. What was the

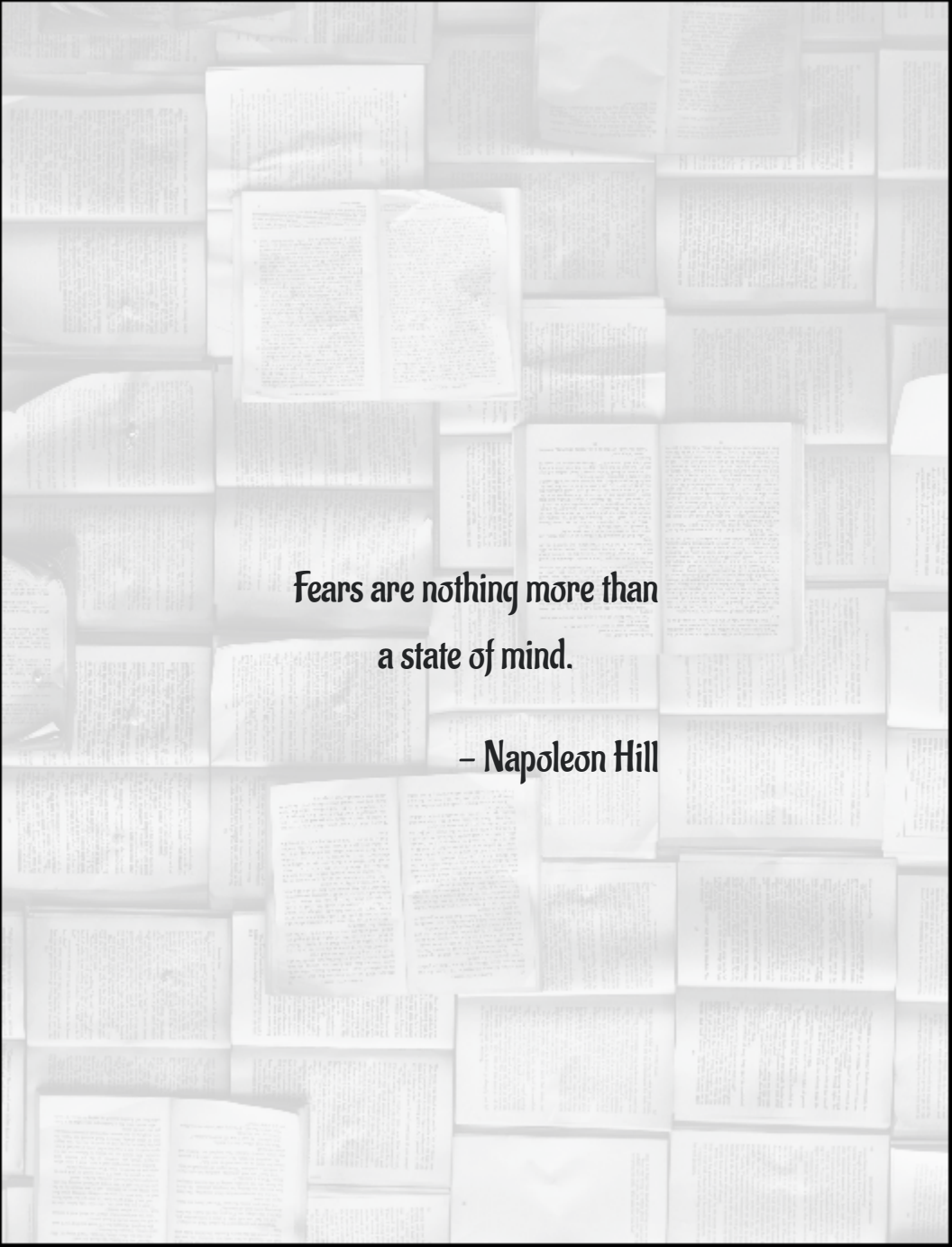
TAKEAWAYS

OVERCOMING FEAR OF THE TRIPLE SUFFERING

- ✦ We human beings fear pain.
- ✦ We fear suffering of the body, misery of the mind, and agony of the ego.
- ✦ There is a way to overcome this suffering.
- ✦ If we go on a quest and realize the truth, we will no more fear this pain.

realization of the Buddha that gave him this name that means the 'Awakened One'? What was the truth that he realized that can help us overcome fear and suffering?

The only way to overcome the triple suffering of the ego, mind, and body and to overcome fear is through realization of the truth.



**Fears are nothing more than
a state of mind.**

– Napoleon Hill

REALIZATION OVERCOMES FEAR

16

The biggest problem that we face is that we are ignorant of our ignorance. We don't realize the difference between the facts and fake information. We continue to live our life without realizing the truth. A very few people go on a quest. They are the ones who overcome fear as they are enlightened with the truth.

What is this quest that we are talking about? Most human beings live and die without even finding out who we are and why we are here. We think we are the body and the mind. Therefore, we suffer. We don't go in quest of the truth and thus we live and die in ignorance and fear takes control of our life. Prince Siddhartha, who became the Buddha went on a quest and realized the truth about life and with it, he was able to overcome fear.

If we live spiritually, there is no need to fear. We know nothing belongs to us, but the ego lives with the illusion that this is mine. We chase wealth and victory and we constantly live in fear. First, we are stressed whether we will achieve our aspirations or not. And if we achieve them, then we fear the loss of our possessions.

The Buddha created a new doctrine that taught people to live with his Four Noble Truths and follow the Eight-Fold Path.



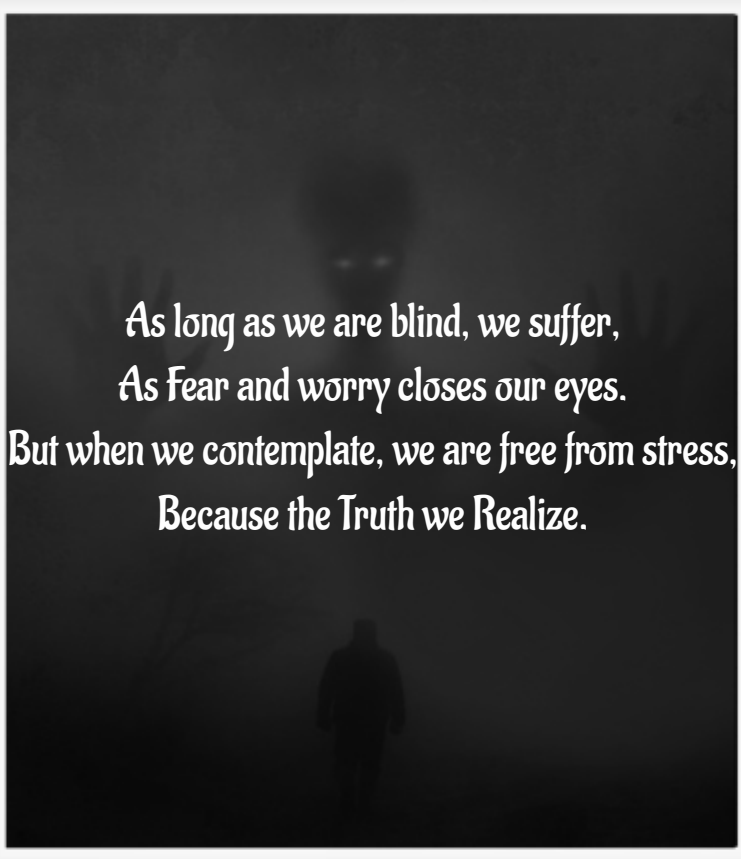
**Fear vanishes only with the
annihilation of the Ego.**

- Mahatma Gandhi

We too can be blessed like the Buddha if we go on a quest to realize the truth. We can overcome fear and with it all the suffering that causes us anxiety.

What is the truth? The truth is that everything in this world is an illusion, a cosmic illusion, which is known as *Maya*. *Maya* has two powers. It hides the truth and projects the myth. As it projects an illusion, we think of it as real. What is the fact? Nothing belongs to us. We come to this world empty-handed and when we go, we cannot take anything. Then why do we live with the constant fear of losing all our possessions when these do not belong to us? We come alone and we will go alone, but we are so anxious and fearful at the thought of the loss of loved ones who in reality, do not even belong to us. What causes us to believe that these relationships are permanent? It is *Maya*, the cosmic illusion that makes us believe and live in fear. If only we go on a quest and realize the truth, that we are the Divine Soul, not this body, mind, and ego that says, "It is me," we will neither fear nor suffer.

Those who realize the truth know that life on earth is just a show. The Creator has produced this drama known as His *Leela*. We come on this earth stage, we do our part and we go. There is no need to fear. But because we do not realize the truth, we live with so much worry and anxiety.

A black and white photograph of a person walking away in a dark tunnel, framed by a thick black border. The person is a small silhouette in the distance, and the tunnel walls are visible on either side. The text is overlaid on the image.

As long as we are blind, we suffer,
As fear and worry closes our eyes.
But when we contemplate, we are free from stress,
Because the Truth we Realize.

What is the cause of this? It is our ignorance and the solution is wiping out the ignorance through realization.

The world today talks of this as Enlightenment. The word itself implies that we are covered by a blanket of ignorance that sweeps our life in darkness. The moment we realize the truth, the light of truth overcomes the darkness and we are enlightened. There is no fear anymore. The fear appeared to be because of the darkness of our ignorance. Once we realize the light of truth, we are free from the misery caused by fear.

Today, the entire world is frightened as we have locked ourselves up for weeks together. The enemy, a virus! What is causing the fear? Ignorance! Our own mind, as it absorbs communication from the outside world, has terrorized us and we fear that we will die. Most people are ignorant that the virus is not killing everybody. It is causing either mild symptoms or no symptoms in most of those affected. A small fraction that is infected develops symptoms.

If we develop symptoms of a cough or a fever, do we need to be hospitalized? It is ironical to note that if we call any hospital and share our symptoms, they will instruct us not to come to the hospital – “just isolate yourself and stay home!” The whole world knows that it is a small minority

TAKEAWAYS

REALIZATION OVERCOMES FEAR

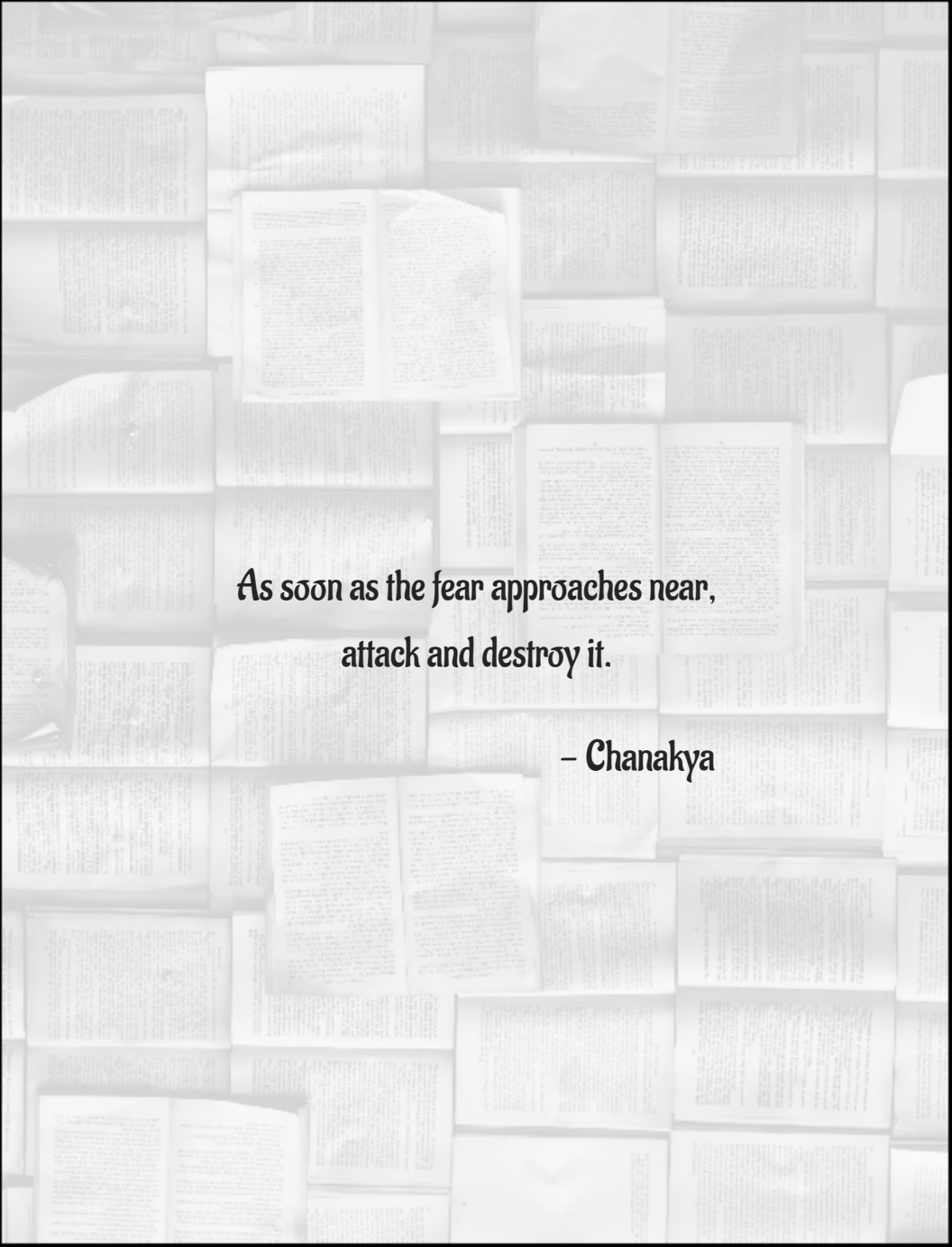
- ✦ The whole world is living with fear because we are ignorant of the facts.
- ✦ It is ignorance that is the root cause of fear.
- ✦ We are ignorant. We don't realize that nothing is real. Everything is a drama, a cosmic illusion. We come and we go.
- ✦ When we go on a quest to realize the truth, we overcome fear and the suffering that it causes.
- ✦ Realization overcomes ignorance and as it sweeps the darkness out of our life, the light of Truth helps us to overcome fear.

who gets infected with serious symptoms. At the end of March 2020, less than 0.04 % of the global population was reported to be infected. But the rest 99.96% lived in fear and continues to live with the fear that they will die. Out of this tiny percentage that was infected, only 0.0025% has died. But the rest, 99.9975% is terrified even at the thought of the virus.

Aren't these facts enough to make us realize how ignorance creates fear that paralyzes us? Don't the numbers provoke us to go on a quest for the facts, investigate the truth, and overcome our ignorance. If we do so, there will be no fear. But first, we must realize the truth.

Even the 0.0025% that has died, is primarily those over the age of 65 or 70 or those who have serious underlying health conditions. It is their age and these comorbidities that are causing them to die. These facts can be verified, but till we realize the truth, we will all live in ignorance which is caused by fear.

Do you want to overcome fear? Then don't get carried away by the myth. Collect the facts, ask questions, investigate until you get to the bottom of the root. Realize the truth and be liberated from the agony caused by fear.

The background of the image is a dense, overlapping collage of numerous sheets of paper. These papers are scattered across the entire frame, some appearing as full pages and others as fragments. They vary in orientation, with some lying flat and others slightly curled or overlapping. The papers contain faint, illegible text, suggesting they are documents or books. The overall effect is a textured, layered background that provides a sense of depth and complexity.

**As soon as the fear approaches near,
attack and destroy it.**

– Chanakya

KILL FEAR BEFORE FEAR KILLS YOU

17

Fear is dangerous. We don't realize it. But it is more fatal than many diseases. Psychiatrists and psychologists around the world prescribe courage and positivity to patients who suffer from an illness that is prompted or gets magnified due to anxiety. After all, fear is not real. We make it real when we make it a part of our life. Although it is imaginary, the illusion caused by fear causes real changes in our body and mind and this can destroy us.

Have you not experienced what a fearful thought does? It's just a thought that creates panic. But, if we don't acknowledge that it is a False Expectation that is Appearing Real, then the thought becomes a feeling. We can start trembling, shivering, and even sweating because of that fear. Fear can actually kill us! Through the negative poison it generates, it can paralyze not just our thoughts, but our entire wellbeing and ultimately destroy us.

Fear has killed several dynamic businessmen as it led them to commit suicide. They were running a business and the business was encountering problems. It is natural for any business to go through its testing and arresting phases, but then, with faith, courage, and hard work, the cresting phase returns. Fear, our enemy, can cause us to give up. It can make the problem look unsolvable. It can terrorize us to



Let us never negotiate out of fear.

But let us never fear to negotiate.

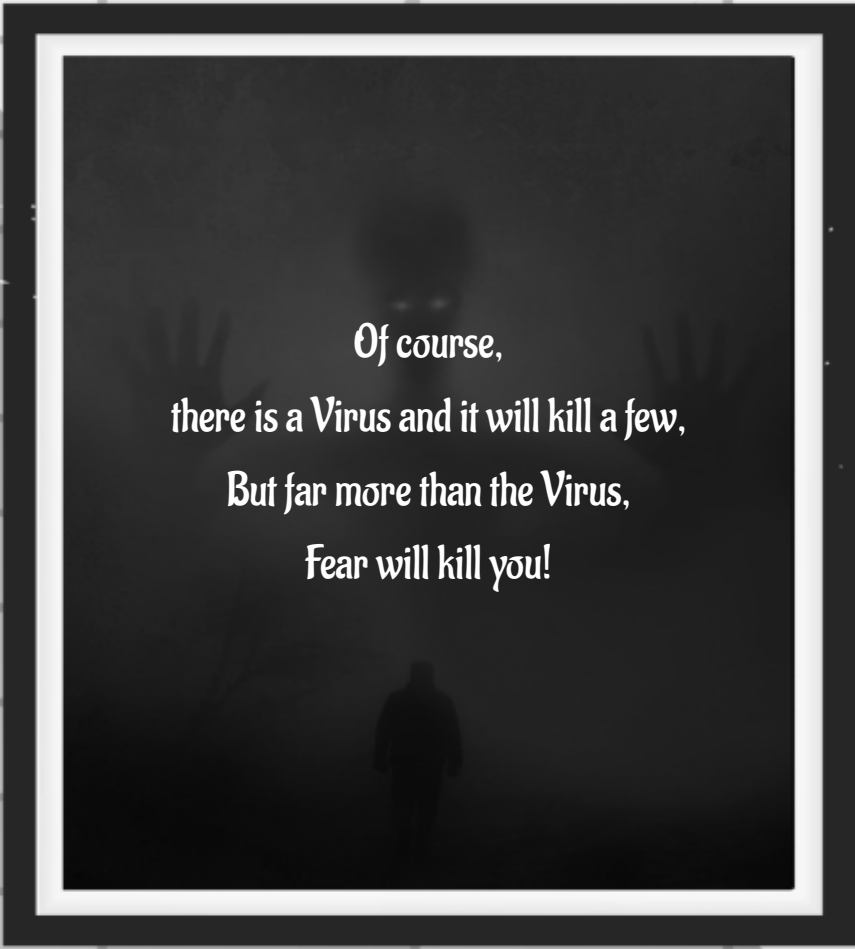
- John F. Kennedy

believe that we have reached the end. What does one do when they see no bend and no turn around possible? They commit suicide! When dynamic people commit suicide, the world wonders why they voluntarily ended their life. They don't realize that the murderer was fear.

Recently, Café Coffee Day, 'the Starbucks of India', saw its founder and promoter, Siddharth, jump off a bridge into a river to end his life. He was a wealthy celebrity and had grown the coffee chain to about 2,000 locations. Obviously, he had faced tough times in steering the growing business. But what made him kill himself? Surely, it was the fear of facing the world as his business was failing. Although he was a huge success, fear pushed him to commit suicide.

Robin Williams hung himself in his home in California. Marilyn Monroe is said to have ended her life due to anxiety. While there are many people who have committed suicide and there are different reasons that might have led them to the decision of ending their life, anxiety caused by fear, undoubtedly, is the main trigger.

Fear has also killed innocent children when they panicked that they would fail in their examinations. They were so terrorized that they committed suicide. Why haven't we realized and identified the killer – fear? Why haven't we

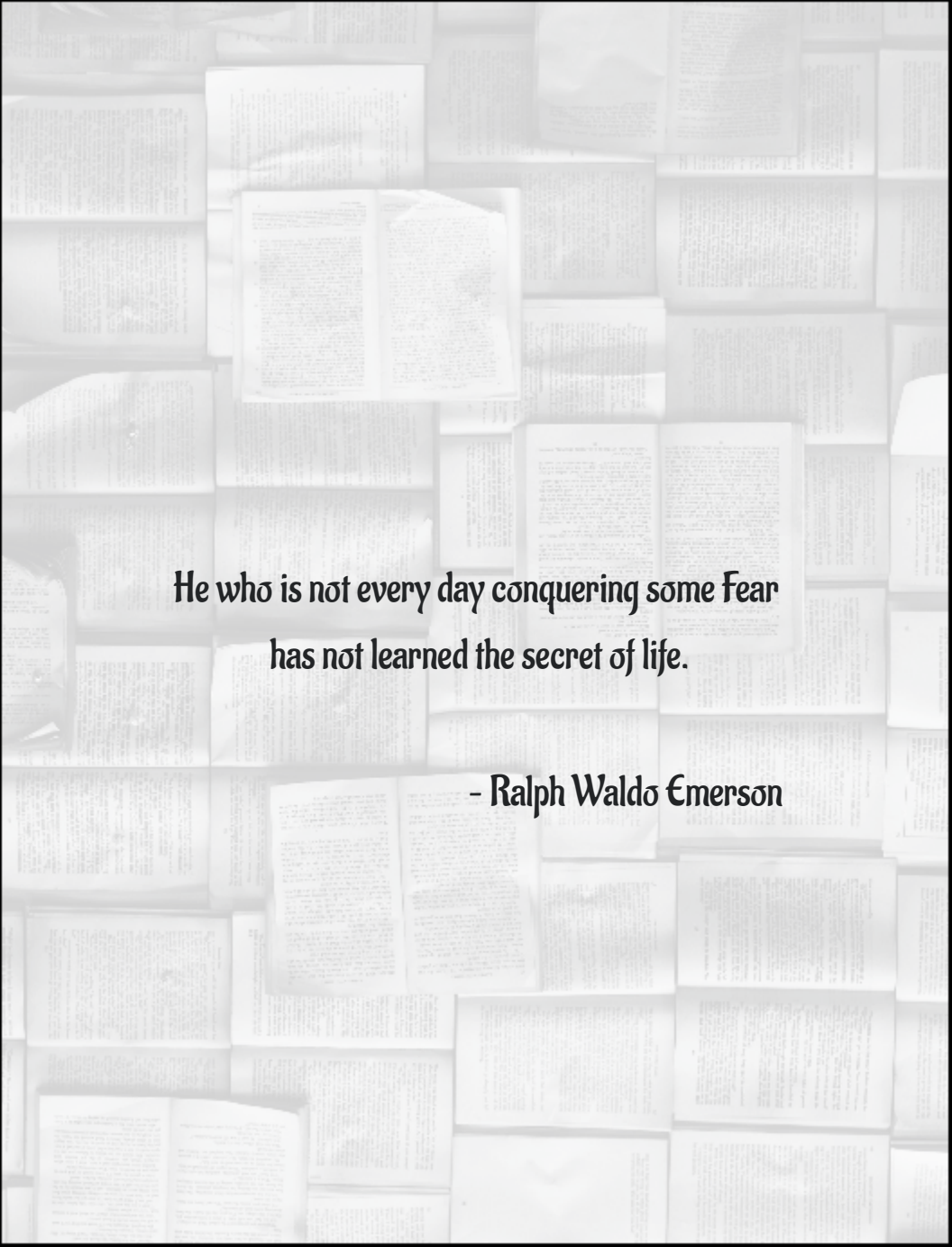


Of course,
there is a Virus and it will kill a few,
But far more than the Virus,
Fear will kill you!

put fear behind bars — behind our mental bars and stopped it from entering our lives? If we don't kill fear, fear will kill us!

Today, fear is killing the world. Coronavirus won't kill the world. But the fear of Coronavirus has already destroyed a large part of the globe. No doubt that a virus has appeared and that strict precautions are necessary, but fear has caused a global lockdown. Is that the solution? Most likely, no. There needs to be a lockdown of the elderly population. Those with severe illnesses and underlying conditions must be isolated and protected. But what has made the entire globe shut down? It is fear. Fear has caused a bigger pandemic than COVID-19. COVID-19, no doubt will end up killing many people, but fear will destroy far more than what the virus will, through the diverse consequences that are unfolding all over the world.

What has fear done? It has caused countries to act without reason. We have forced people to live in inhuman conditions. 6 to 8 people living in a 100 square feet home for weeks together will kill them anyway! There are people who earn daily wages and they have been deprived of their everyday earnings. For how long can they survive? Already, many are revolting as they are left without any money in their hands. Fear has deprived them, not just of

The background of the image is a dense, overlapping collage of numerous small, rectangular pieces of paper. These papers are scattered across the entire frame, creating a textured, layered effect. Each piece of paper appears to contain faint, illegible text, suggesting a collection of documents or a vast amount of information. The papers are in various orientations, some slightly tilted, and their edges are irregular, giving the impression of a chaotic yet organized assembly of knowledge.

He who is not every day conquering some fear
has not learned the secret of life.

- Ralph Waldo Emerson

food but of basic amenities. In a country like India, where a large majority struggle under the poverty line, a lockdown for weeks destroys them far before any virus can. People live in slums and it is impossible to stop the virus from spreading amongst them. Social distancing can only be practised in a dream in a country where human beings live like rats in slums and tiny rooms. Not only in India, people live in cage homes in Hong Kong and many other countries.

Fear has made us take decisions that create a cure that is far more dangerous than the disease itself. We are trying to protect lives by switching off a source of their livelihood which will kill them anyway. What has caused us to take such a call? It is fear! So-called task forces are inspired by fear and make proposals that mask the reality. Fear makes us blind to the truth and it will ultimately kill us.

The economic crisis created by fear of the pandemic is unprecedented. It is said that the globe hasn't seen anything like this in the last 100 years. In reality, it is not the pandemic that is killing the world, it is fear. It is a global mass hysteria. Panic is disguising itself as precaution and killing millions, far more than the virus is killing.

What is the ground reality? Of course, thousands of people have died in countries worst hit by the virus. Months have



We know when Fear fills our Mind,
We worry and we cry.
Kill Fear with the sword of Courage and be free!
With Faith you CAN, just try.

passed and we also know the facts of the fatality. We know beyond doubt that people are getting cured and being discharged. We also know that far more people are getting cured and being discharged compared to those that are dying. We know that only the aged and sick are succumbing to COVID-19. We also know that a large population must have become immune as several people tested positive have no symptoms or very mild symptoms. Then, why have we shut down most of the world? Why have we caused an economic crisis like never before? What is the cause? Fear! It is like a wildfire that has gutted down all kinds of business, not just airlines and hotels that have completely shut down, several economies around the world will be devastated. A country like Maldives which largely depends on tourism, will be choked and several poor will die. There are several countries that depend on global travel, but our panic has completely shut down all commuting between the countries. While it is absolutely logical to close boundaries to contain the virus, it is a pity that it is inspired by fear rather than reason.

Fear has destroyed every aspect of life. Even medical facilities have practically shut down because of fear. All other kinds of ailments and diseases have been put on low priority because of COVID-19. More people will die due to fear of this virus as they are deprived of medical support

TAKEAWAYS

KILL FEAR BEFORE FEAR KILLS YOU

- ✦ Fear is dangerous. It can destroy lives.
- ✦ Although it is not real, the consequences of fear become very real.
- ✦ Fear is killing far more people than the virus itself.
- ✦ If we don't kill fear soon, it will destroy us.

caused by fear of COVID-19, which has overwhelmed our medical facilities.

Media has had a large part to play in this chaos. Inadvertently, they have made the virus into such a monster that even after the lockdown is lifted, it will take quite a while for people to undo the fear created by all the news and reports in the media. Today, fear of the virus is stopping several people from getting out of their homes, even though they are needed in the frontline operations. The fear of death and disease looms all over the globe and before we realize it, fear will kill many more than Coronavirus will. It is time to kill fear before fear kills us! We must take stock of what we have done and as soon as possible, undo it because every passing day, fear is destroying more and more people, communities, and countries.



Don't use a Cannon to kill a Mosquito.

- Confucius

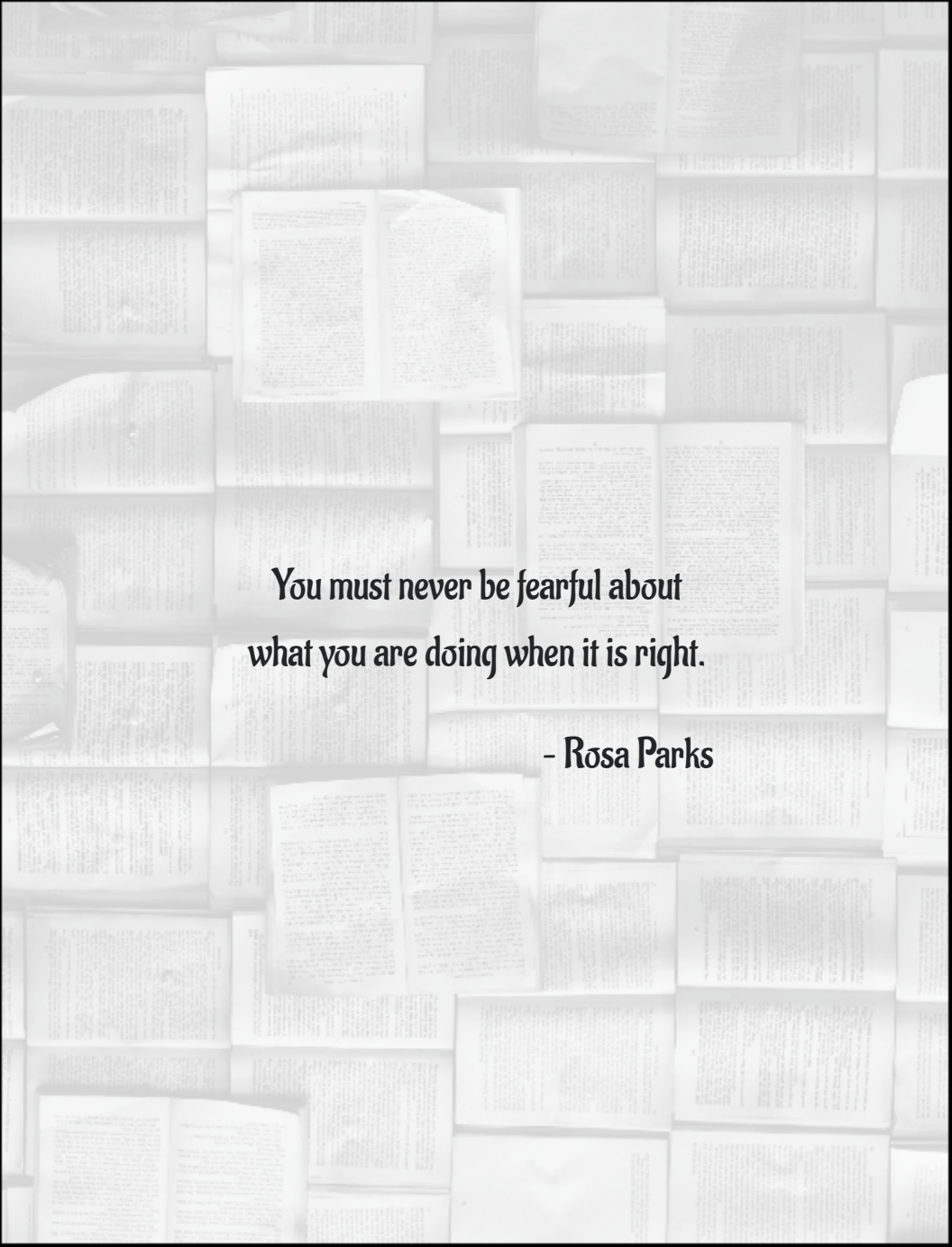
HAS FEAR DESTROYED THE WORLD?

18

Today, the world has not yet been destroyed by this global pandemic. But if we let our fear get the better of us, it soon will. Reason must prevail as we respond with precaution and not panic.

Countries and continents have isolated themselves. World trade has come to a grinding halt. Even within countries, there are new boundaries in states, territories, cities, and even localities. Fear has caused us to shrink, not just in our mind, but into our homes. Normal life has come to a standstill. People who used to spend a few hours every day in their overcrowded homes are now forced to spend weeks together and are getting claustrophobic. Taxi drivers who depend on their daily income are left jobless. Industries have shut down and millions have lost their job around the world. This is just a little peek into what fear has done.

Fear has not just shut down the economic world, it has shut down life itself. Just a while ago, a pregnant woman wanted to go to the hospital. There was no transport available. She walked for several kilometres and finally, as she reached the clinic, she delivered the baby outside the clinic. Thousands of such instances are being experienced by



**You must never be fearful about
what you are doing when it is right.**

- Rosa Parks

people around the globe. Some veterinarians are unable to reach sick animals as it is reported that many street animals are dying out of hunger. The world-famous tulip gardens, Keukenhof near Amsterdam had to destroy all its flowers—flower growers around the world are down on their knees because they have been snatched of their livelihood. Farmers in India are seen throwing away countless numbers of watermelons, other fruits, and vegetables because these perishable items are not reaching consumers and cities because of the lockdown that has impacted the supply chain. One poultry farmer in India buried his 6,000 chickens alive as he was unable to raise them without any earnings in his hand. In another instance, one farmer recently committed suicide as his watermelon crop couldn't bring him any livelihood because of the lockdown. Chocolate manufacturers in Belgium, France, Switzerland, and countries all over Europe lost millions of Euros as literally they had to dispose off the Easter eggs and chocolates that were specially prepared for Easter.

The world is affected in more ways than one. But the cause is one—FEAR that has risen out of Coronavirus! If there was no fear, there would be some sickness and some death, which in any case cannot be avoided. However, fear is now causing us to burn the house to frighten the mouse away. The unemployment levels today are unheard of. Several



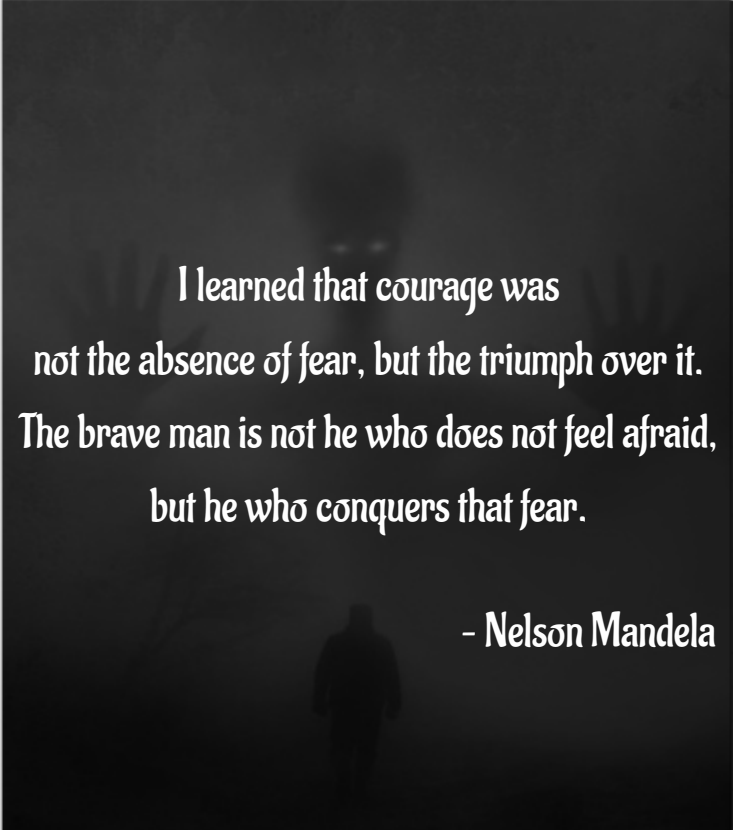
A virus has come to the world,
It is attacking our breath.
But far more dangerous than the virus...
Is fear that is causing death.

million people have filed for social security as companies around the world have furloughed people who are now technically employed but living without a pay. The economic crisis is not going to end the day the lockdown is lifted because the shutdown of the whole world has far-reaching consequences beyond our imagination. Professors from the world's most famous universities have admitted that the crisis that the world is experiencing could be the worst crisis of the century.

What the world doesn't realize is that, while we can do very little with the virus, we can definitely choose courage rather than live with fear.

We all know that the virus is not going to go away, just as we know that it will take several months to create a vaccine. Without a vaccine, the only other solution is herd immunity, which means we must boldly face the virus and let it blow over. How can we do this if we live with fear?

Statistics released in India in April 2020 once again confirm that about 80% of the people who have died are well over the age of 60. It also confirms that 80% of the fatalities have had comorbidities and are those who are suffering from some other serious ailment. Several months into the pandemic and consistent statistics from around the world



I learned that courage was
not the absence of fear, but the triumph over it.
The brave man is not he who does not feel afraid,
but he who conquers that fear.

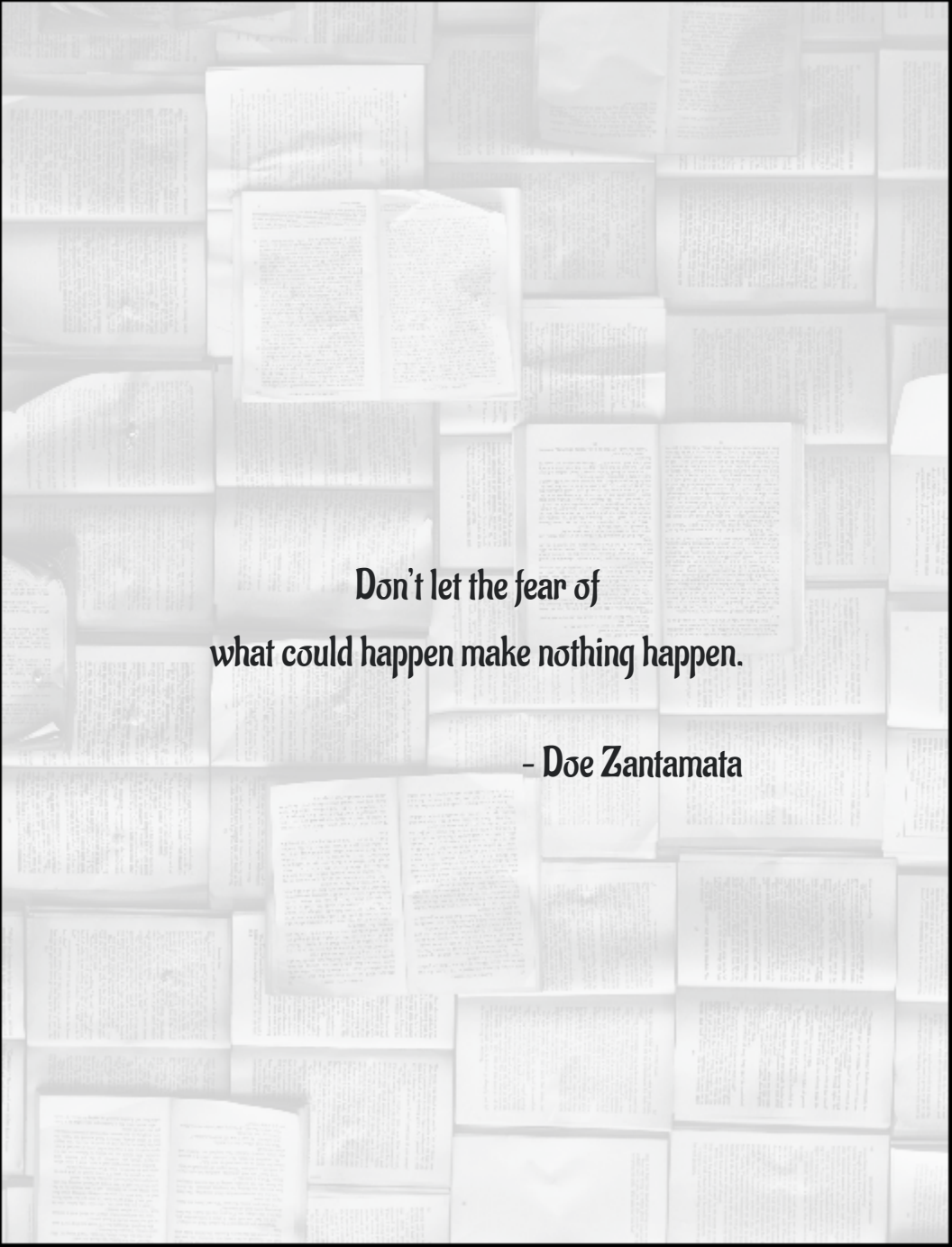
- Nelson Mandela

proves that the young and the healthy don't have much to panic about. However, media has brainwashed the world – “Stay home, stay safe”, “Stay home, stay alive”, “Beware of the deadly pandemic” are slogans that have gone into people's psyche and it will take a long time to restore normalcy.

Different countries around the globe are now adopting different policies to deal with the virus. The American President just announced that the USA will return to normalcy despite having the highest COVID-19 deaths in the world. The lockdown continues in India, which will last 40 days, whereas Brazil has decided not to have any lockdown at all.

Sweden is battling the virus without shutting down its economy. Whatever be the policy, is it making any major change? The Coronavirus is sweeping the world in its own glory. Those who want to protect themselves, primarily the aged and the sick, must isolate themselves and take total precaution. But that is our choice!

In a country like India, it is practically impossible to achieve success in social distancing. With high levels of poverty and poor housing and sanitation, people live in crowded spaces with barely any toilets. There are cases where 10



**Don't let the fear of
what could happen make nothing happen.**

- Doe Zantamata

people share a tiny room of 200 square feet. How can there be social distancing? Wherever free food and milk is being distributed to the poor, people are gathering in crowds—there is no question of maintaining a safe distance. While there are some who are paranoid about the virus and have locked themselves at home, there are others who are least bothered and gloriously bask on the streets in ignorance. The media calls them “Covidiot” but these people find it impossible to be locked and confined to their tiny rooms for weeks together.

Even Europe where the virus rampaged the elderly population is limping back to normalcy slowly. Austria has opened many small stores and Italy, the worst affected too opened bookstores and other stores. Germany plans to open up several institutions, while Denmark has let children go back to school. It is not that they have overcome the fear of the virus. They are simply fed up and want to move on. After all, for how long can a country shut down its entire economy and its life!

Fear looms large in the US as several leaders and governors of states differ in opinion with the President. While the Americans want to get back to their normal life, there is fear deep within. The thought of having to be in a hospital dying gasping for breath and without access to a ventilator scares

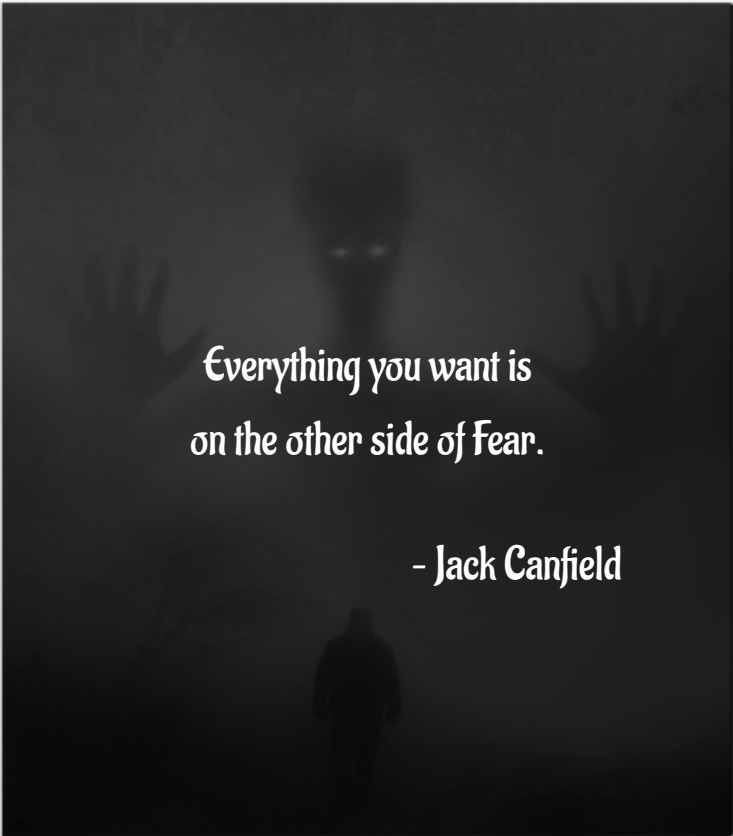


Never let you Fear
decide your future.

many people. Fear makes them believe the myth and stops intelligent people from living with the truth. There is no doubt that the elderly and the sick must take precautions for some weeks or months until the virus subsides. But if one is healthy, one need not fear the virus. So even if we are infected, we will either be asymptomatic or pass over the symptoms of fever and cough in a few days.

Japan and Korea demonstrated courage and intelligence along with countries like Singapore and Hong Kong. Whatever method they used, whether they called it 'mass testing', 'contact tracing' and 'isolation', they did it with courage. Without courage, fear would never let them open up their bars and restaurants and let people live a normal life. Today, fear has gripped them too. Japan has declared a state of emergency and Singapore calls it a 'circuit breaker'. Whatever be the name, it is pushing people back into their homes with fear.

Iceland has proved that F E A R is False Expectations Appearing Real. More than 50% of cases as per official sources are asymptomatic. This is what several tests confirm in Iceland. Though it has a small population of 3,50,000 it has tested a large part of its population. Out of 1700 people who have tested positive, 9 have died as of April 2020. I strongly believe that it is because they have overcome fear.



Everything you want is
on the other side of Fear.

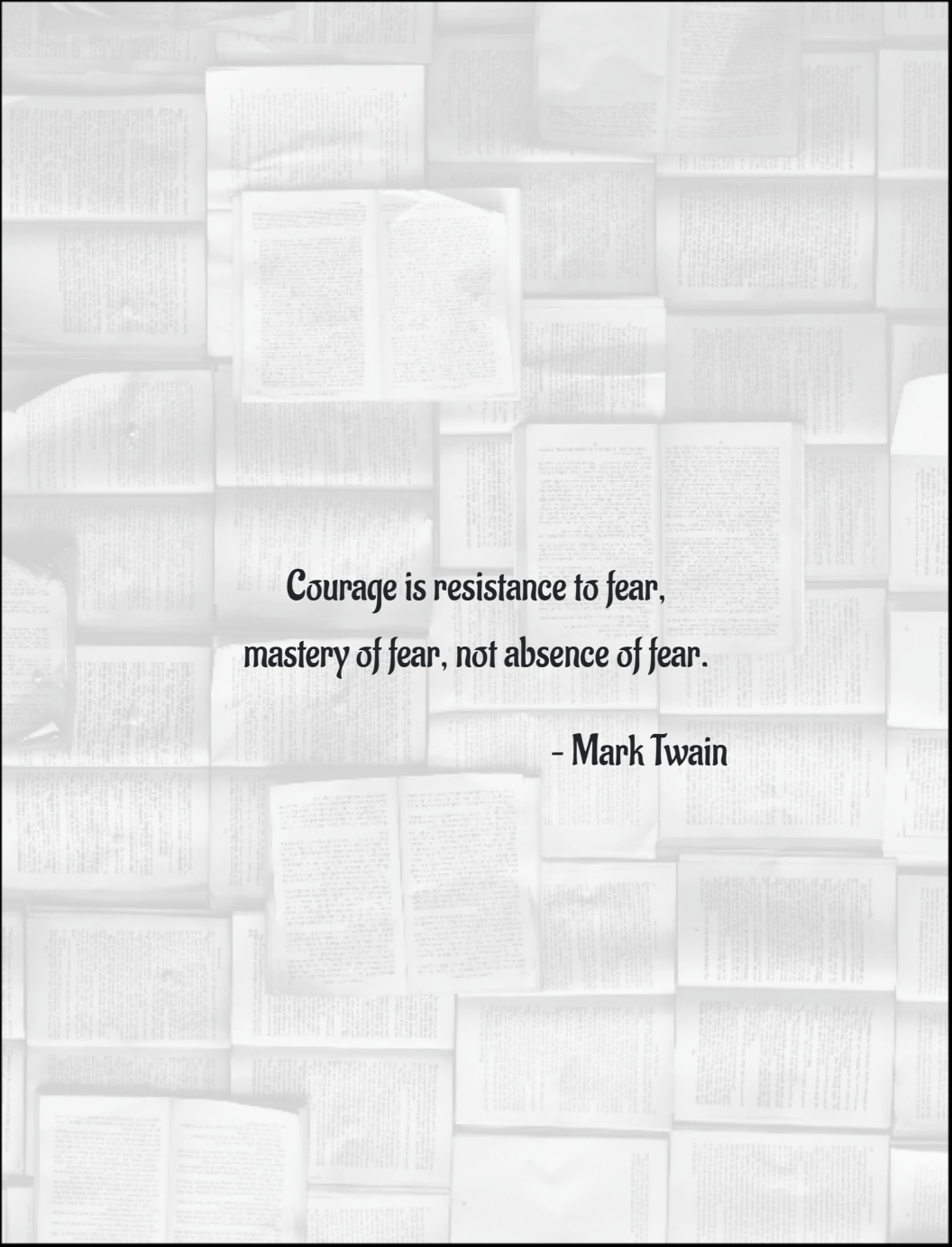
- Jack Canfield

Of all the countries in the world, one stands out as the most dynamic one when it comes to overcoming fear – Brazil. The leader of the country has boldly announced that he will not let fear destroy his country. About 4,000 people have died as of end April 2020, in a population of 200,000,000. How is it that the virus has not decimated the Brazilians?

While Brazil has gone to the other extreme and wiped out all panic, it is only wise that they should not wipe out precaution. The elderly and those with health conditions must protect themselves without letting panic take charge.

Here comes the biggest secret. The virus is not killing people! Fear is!! Those who use their intellect, realize that the virus is only causing an infection that is aggravating illness in people, especially the elderly. What is causing fatality is the panic. Fear is killing more people than the virus itself.

There are more indirect deaths because of this pandemic, rather than people who are directly dying of the disease. Starvation, boredom, domestic violence, suicide, and a lack of medical facilities caused by the panic created by the COVID-19 together are probably causing more deaths than the pandemic itself. However, fear makes us blind to the truth. It projects an illusion, just as it conceals the truth.



**Courage is resistance to fear,
mastery of fear, not absence of fear.**

- Mark Twain

In India, thousands of migrant workers are walking for hundreds of kilometres trying to get back to their homes. Many are dying out of starvation and exhaustion and this is probably not highlighted by the media. Recently, a 12-year-old girl lost her life because she had to walk for 3 days in the hot Sun. Just before she could reach her home in the village, she collapsed and died. Did the virus kill the little girl? Or was she one of those at the receiving end of decisions made out of fear!

Death is certain. Can we control it? People naturally die after they age. But giving them a label of 'died due to Coronavirus' is only falsely endangering the global population. Those with cancer, diabetes, or heart disease, are at a higher risk of early death. Just because they have Coronavirus, it does not mean that the virus has killed them. There is no way to prove that it is the virus that is primarily causing the death in the aged and the diseased population. A professor in Sweden rightly remarked that the average lifespan in Sweden was 81 years. But even after the Covid-19 virus, it has not changed. When will we realize that we must gracefully accept death as a phenomenon of life? If the virus was actually deadly like the Spanish flu pandemic of 1918, it would have instantly killed the young and the healthy. Because of fear, we do not realize this truth.



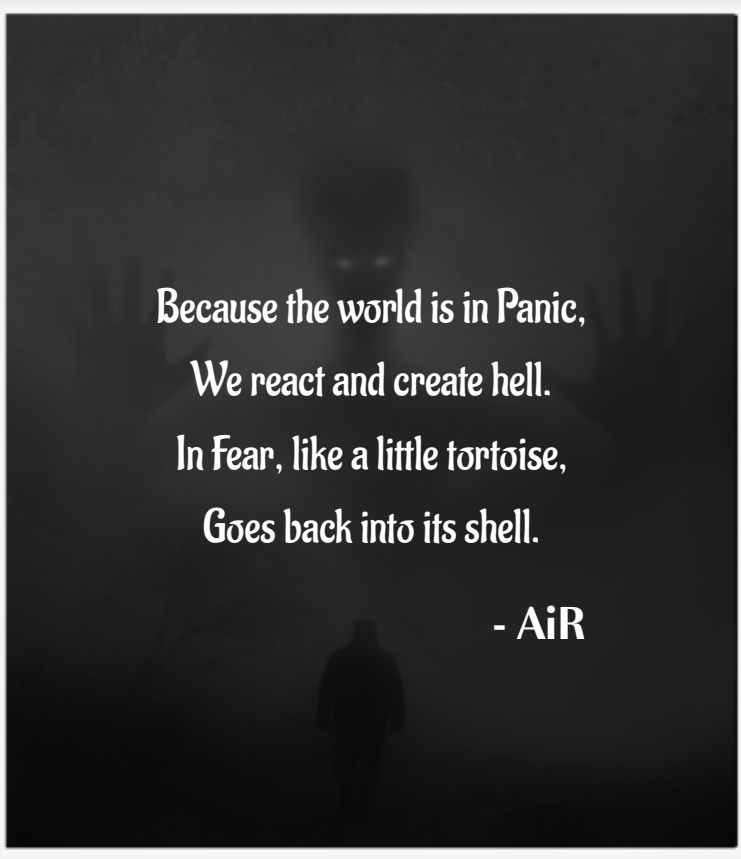
Fear makes us blind, we cannot see,
We can't discriminate black from white.
And though the facts stare at our face,
We don't choose what is right.

- AiR

In the world today, about 1,50,000 people die every day for different reasons. Some even die due to car accidents. Luckily the media doesn't say that even this is caused by Coronavirus. For the media, they need a story. If there is no story, there is no purpose for the media to exist. It is natural for them to add 'masala' to make news sensational. But what they don't realize, unfortunately, is that they have spread a far more deadly pandemic around the world – FEAR.

Coronavirus will go in a few months, but the fear created by television and the internet will take a long time to be wiped out. Instead of accepting life on a spiritual platform, realizing that the body has to die, we are replacing precaution with panic and are killing ourselves far before death arrives. Death is certain. We can't escape it. But let us learn to live before we die. Let us not die due to the fear of the virus – False Expectation that is Appearing Real.

Can we control death? We can't! Till we get a cure and a vaccine, can we control the virus? We can't. But can we control our fear? Yes, we can. Let us do what we can to live with faith and courage, taking the utmost care of those who are vulnerable and putting fear tightly in the refrigerator so that it lies dormant there, frozen and sleeping. It's time to face the fear, fight the virus and to go out into the world.



Because the world is in Panic,
We react and create hell.
In Fear, like a little tortoise,
Goes back into its shell.

- AiR

Death will come when it has to. We don't have to jump into the jaws of death, but just because a tiger killed somebody, we don't have to be scared of every lizard that crosses our path.

Can we control fear? Fear is created by our own mind. It is in our hands to destroy the rascal. It is manufactured by our own thought factory that produces fearful thoughts. It is because we are feeding our mind with doubt and pessimism. It is time to change the raw material and feed our mind with courage, faith, and hope. If we choose to live boldly, using our intelligence, rather than our mind, we can overcome fear. Only one thing can dominate our life – fear or faith. We must make a choice!

How much ever the media may scream that Coronavirus is a global pandemic that is going to destroy the world, it can't! Till mid-April, roughly 1,50,000 have died with signs of the virus. This is over a period of 5 months. These many people die every day on planet earth. The virus is not killing the world, but fear definitely is! It is for us to realize the truth, not just about COVID-19, but about fear. The pandemic will pass, but fear will last till we go to our grave. We may escape Coronavirus, but that is not a big challenge. Some other disaster may appear tomorrow, and we will fall prey to it if we are diseased with fear.

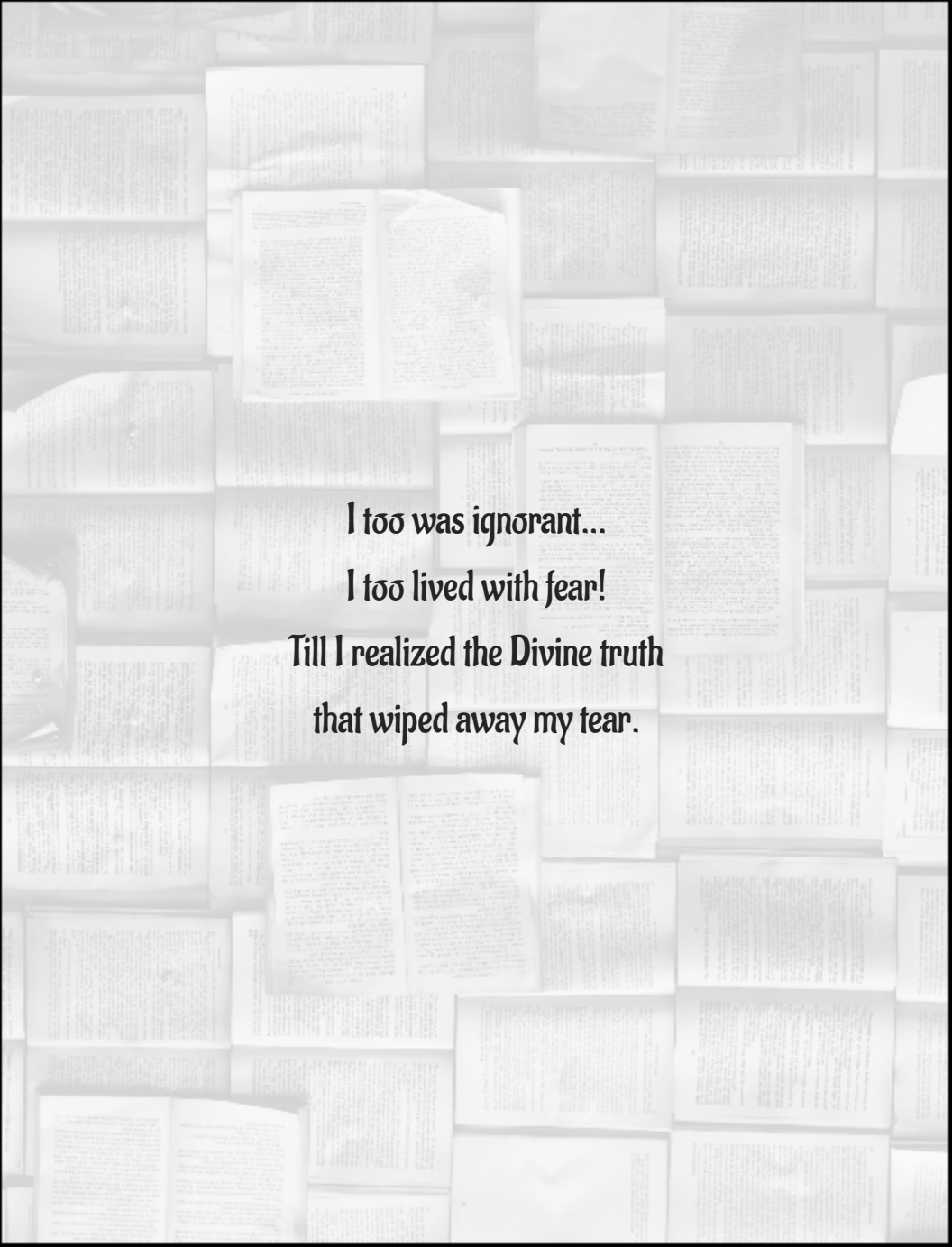
TAKEAWAYS

HAS FEAR DESTROYED THE WORLD?

- ✦ While the virus has killed a few thousand people in many countries, fear and panic have created greater harm.
- ✦ By shutting down economies, fear has practically destroyed the world.
- ✦ The economic crisis is far greater than the crisis of the pandemic.
- ✦ The destruction has just started. It has a long way to go!
- ✦ If we don't kill fear, fear will kill us!

Those who are diseased with fear are sure to be deceased by it. This is because fear is a killer! As it makes a False Expectation Appear Real, it causes us to start our journey towards the end. A lot of people around the world put up signboards outside their homes – “Beware of Dogs”. Instead, we should have huge signages in our life which remind us to “Beware of fear”. Remember, fear can destroy us.

Coronavirus will not kill us! Fear will!

The background of the image is a dense, overlapping collage of numerous sheets of paper. These papers are scattered across the entire frame, some appearing as full pages and others as fragments. They vary in orientation, with some horizontal and others slightly tilted. The papers are mostly white or light gray, with some showing faint, illegible text or markings. The overall effect is a textured, layered background that suggests a collection of documents or a state of disarray.

I too was ignorant...
I too lived with fear!
Till I realized the Divine truth
that wiped away my fear.

AFTERWORD

I travel a lot and in January 2020, I was surprised to see many people wearing masks when I was flying back from Singapore to India. Little did I realize that something as serious as a global pandemic was brewing. I continued my travels as I went to the Arctic Circle in the North Pole. I landed in Helsinki in February and took a flight to Rovaniemi and drove all over. There was no sign of the virus. I went to the Maldives, both in January and in February. But the virus seemed to be slowly spreading around the world.

Things spiralled out of control in March and by the middle of the month, India was affected. What caused the outburst? Even in China, only 3,000 people had died over 100 days which is 30 people a day. This is nothing compared to the tens of thousands of people who die every day in China. Then the news of the epicentre shifting to Europe and ultimately, to America appeared on all television screens. Even in the countries where the virus was on a rampage, the number of people dying was limited to a few in number. About 1,50,000 people die in the world every day. In India, about 30,000 people die each day, and how many people were dying due to the virus? About 20! I could see through and through that countries were burning

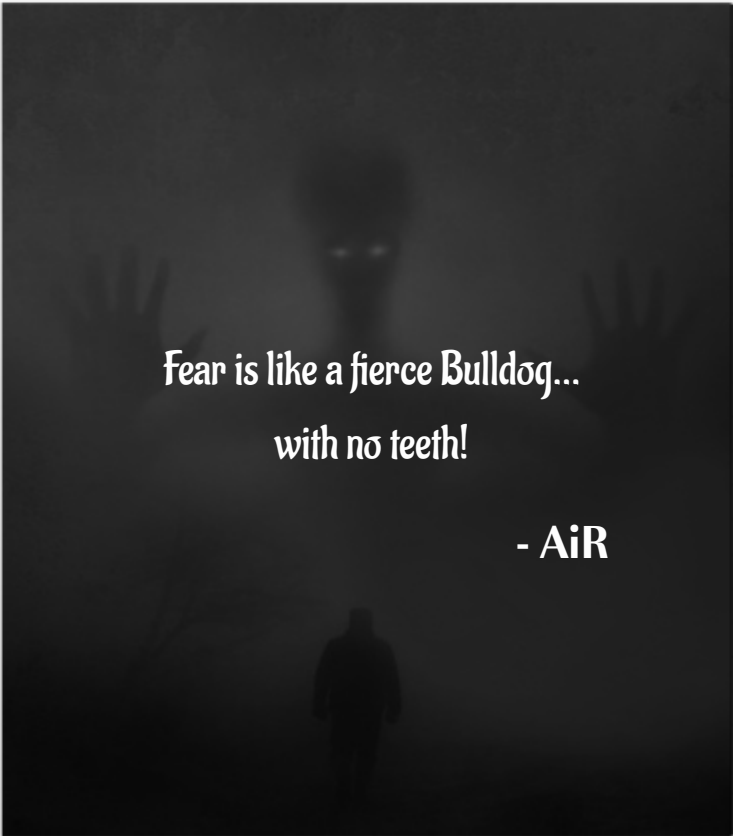


Coronavirus is just a fear,
To the young and the bold.
But the virus becomes a real danger,
To the sick and to the old.

their economies in the fear of losing lives. Political slogans like “Life or Livelihood” – what is more important? The question is, “How long can you live your life without a livelihood?” Questions like this triggered the underlying fear that motivated such decisions so as to lockdown the entire economy.

That is why I decided to write this book. My books have been focused on my mission – **To help people realize the truth, to overcome ignorance, and with it, the suffering that it causes.** Now, the virus was staring at my face. It was causing the greatest ignorance that mankind has experienced in a hundred years. It was fooling most of humanity, with its tentacles—Fear. Artists around the world have made the minuscule virus look so deadly in their graphics, that it is enough to scare anybody. Because I have realized the truth about life, and about death, I decided to write this book— Fear, which has occupied the world stage due to the Coronavirus.

Once we realize the truth that the body will die, and we are not the body or the mind, but the Divine Soul, then we become fearless. We all see that people depart, move on at death, as we see the body turn to ashes. As long as we don't realize the truth that we take birth again in a new body, and that our Mind and Ego—the ME, carries with it Karma or



Fear is like a fierce Bulldog...
with no teeth!

- AiR

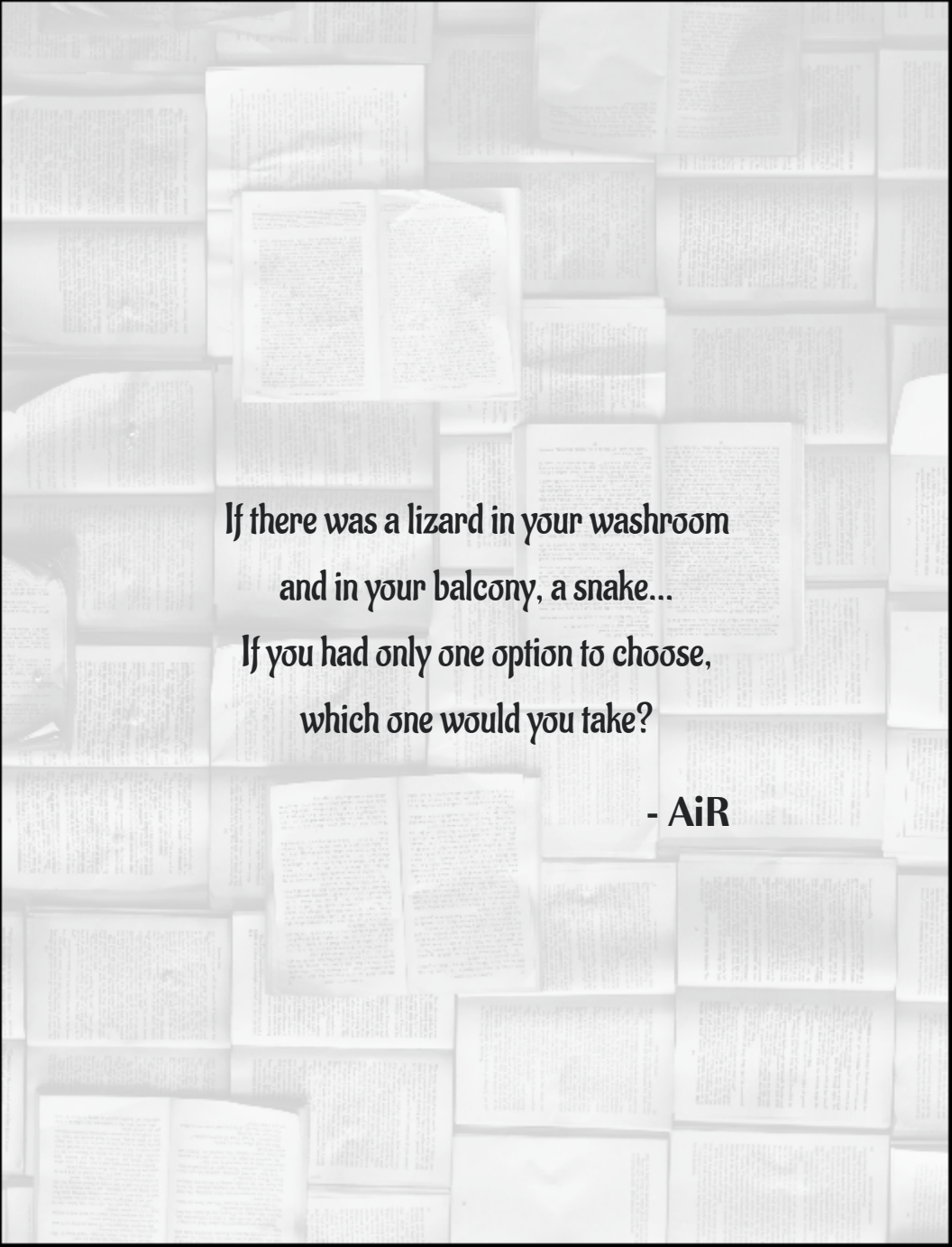
unsettled accounts of our actions and we are reborn, we will continue to suffer. Even this rebirth is due to ignorance. Unless we overcome ignorance and realize the truth, we will appear again and again in a new life, only to ultimately suffer.

However, at least the knowledge that we cannot escape death will help us in many a way to overcome fear. We will keep doing our best, knowing that death is not the end. It is just a bend. We transcend to a new body. Then why fear something like the virus?

I am grateful that I went on a quest and realized several truths. Not just that we can't escape from death and I am not the one that dies, my realization that all this is just a drama has made me completely fearless.

My paradigm is simple. The virus is just another aspect of life. If it kills, it will kill. We can take the required precautions, but we can't run away in panic. Death is not in our hands. We must learn to surrender and accept this truth about life.

If you look at a glass of water, what colour do you see? It is colourless. Now, if you wear red spectacles and look at the glass, both the water and the glass appear red. If you wear

The background of the entire image is a dense, overlapping collage of numerous sheets of paper. These papers appear to be fragments of text, possibly from a book or a collection of documents, scattered across the surface. The text on the papers is mostly illegible due to the high density and varying orientations, but it adds a textured, intellectual feel to the background.

If there was a lizard in your washroom
and in your balcony, a snake...

If you had only one option to choose,
which one would you take?

- AiR

green spectacles, they appear green. Has the colour of the water changed? No! Only how we look at it has changed! Our paradigm has changed. If we look at the virus with a paradigm that it will cause death, we will see it killing us. If we see it only as a deadly virus that is causing flu and is fatal to the aged and sick, we will take appropriate precautions and not panic. How we look at the virus will depend on us. It is a choice.

I have realized that there are thousands who have recovered and many more who have not even realized that they had the infection, as it is asymptomatic. Only a very small percentage has died. Then why fear the virus? What is the cause of such panic?

Fear can kill. I too lived with fear for many years. I too lived in ignorance and thought everything around me was real, till about 5 years back when I realized the truth. I realized that fear was an illusion. It was just False Expectations Appearing Real! Today I am fearless! I fear nothing, not even death or disease. I know that ultimately this body has to die. I have also realized that just like we cannot control birth, where, how, and when we are born, we cannot control death. Death is in the hands of the Divine. That is why there are people who are over 90 but are escaping from the so-called deadly virus. Only 15% of the aged and the



**The danger is acute but small.
Fear is killing us all!**

sick who are infected with the virus are falling prey to it and dying. As of April 2020, 85% of the elderly who test positive as per records, recover, and go back home after testing negative.

But eventually, they too will die one day. We all will die one day! We have to learn to live with courage, discriminating with our intellect, and not be killed by fear. If we want to live a life of peace and bliss, we have to learn to replace Fear with Faith.

F E A R

False Expectations Appearing Real

F A I T H

Full Assurance In The Heart

We need to live with hope.

H O P E

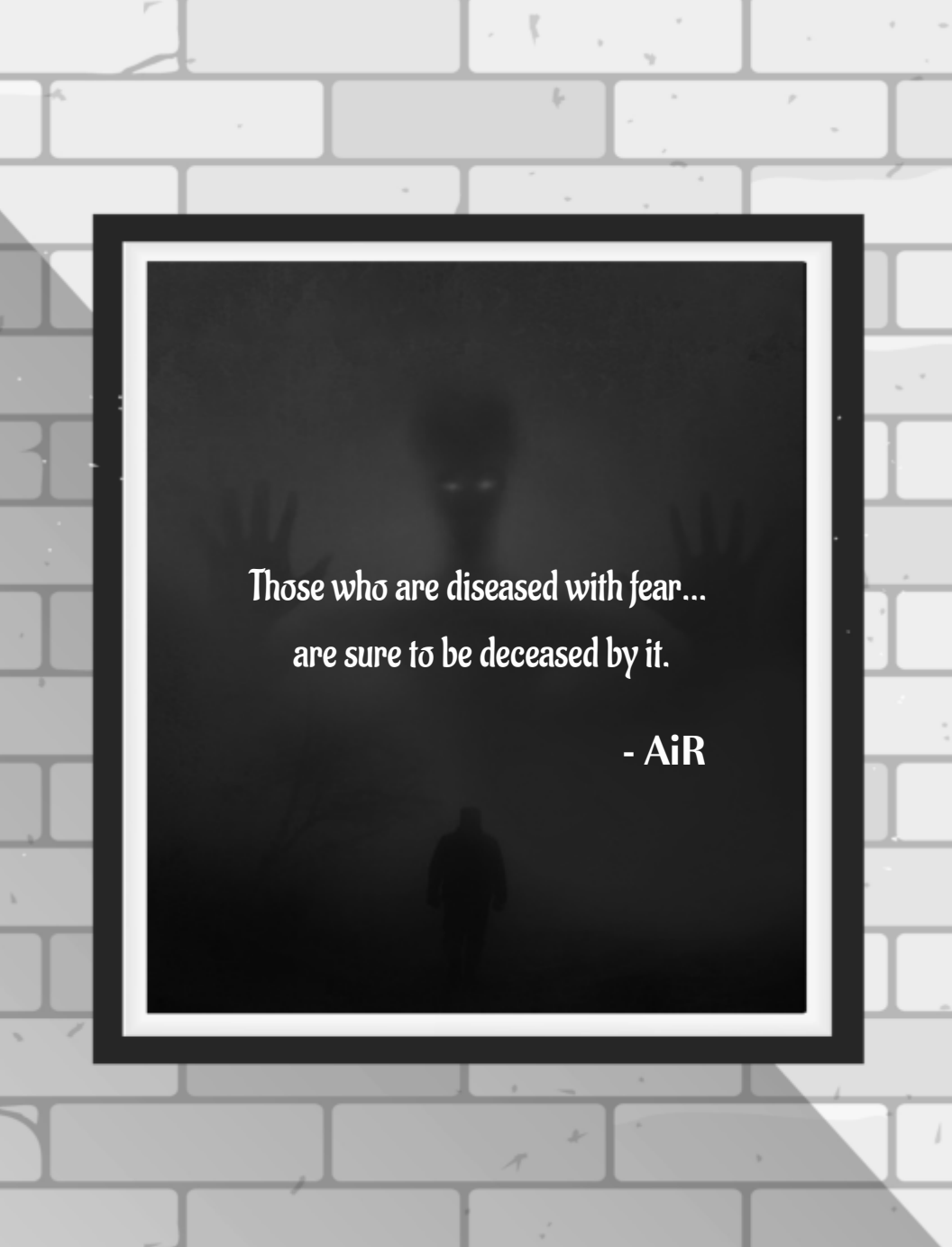
Having Only Positive Expectations

We must learn to have trust.

T R U S T

Total Reliance Unconditional Surrender To the Divine

This is a choice. We can choose to live with Faith, Hope,



Those who are diseased with fear...
are sure to be deceased by it.

- AiR

Trust, and Belief or with fear, worry, stress, and anxiety. I live with Faith, so there is no Fear!

Fear is very funny. The more you fear, the more it chases you. Even dogs on the street know that. If you appear fearful, a dog may chase you and bite you. But if you have courage, it will play with you. Remember, fear has no teeth. It cannot bite! We create our own terror and panic. How did I eliminate fear? By realizing this truth — by realizing that everything is a drama. Remember, ‘whatever will be will be!’

Nobody can escape death. Death is certain. Then why fear the virus? It is time to realize the truth about life and focus on the ultimate goal. Not to escape from death, but rather to escape from the cycle of repeated death and rebirth. That is our ultimate goal. Some call this Enlightenment, some liberation. The Buddhists call it *Nirvana*, just as the Hindus call it *Moksha*. It is all about overcoming ignorance, realizing the truth, and being liberated to ultimately unite and become one with the Divine.

You too have a choice. You can let fear rule your life, experience misery and die, or become fearless and realize that you will never die. Then, you will fly in the sky as you experience eternal joy and everlasting peace.

POEM

F E A R – False Expectations Appearing Real

*The whole world is in panic
The whole world is in fear!
They don't know what the truth is
But they are zapped with what they hear*

*A virus has attacked us!
It is going to wipe out the world!
It is going to kill us all...
Through the media, we are told*

*Is it a danger, is it real?
Or is this just a myth?
As long as we live in fear
We will never realize the truth*

*Of course, it has killed thousands
And it's mainly the old
The young will mostly get away,
With a fever, cough and cold*

*The Coronavirus is a champion
It seems to have a tactic
Though many it appears to infect
But for some, it is asymptomatic*

*Therefore, we don't know the numbers
Who are actually killed by the virus
There are many with heart and lung disease
Are they dying because of this?*

*The whole world is in panic
They think of COVID they will die
They have locked themselves in their houses
Unable to enjoy the sky*

*Of course, we must take precautions
And stay away from one with a cough
But to shut down the entire world
That is way off!*

*Fear is the cause of this panic
It is making a mountain of a molehill
Far more than the Coronavirus
It is Fear that will kill*

*F E A R is False Expectations Appearing Real
The mind creates this thought
But once paralyzed by this panic
In anxiety we are caught*

*Why are we scared, why do we fear?
Why are humans given this gift?
God gave us this instinct for a reason
From real dangers, so we can drift*

*There are many types of fears
Some even fear a loud sound
Some fear to go up in the sky
Some fear a lizard on the ground!*

*Fear often grows into a phobia
An irrational fear of something
Dentophobia is a fear of the dentist
And claustrophobia, a crowd of anything*

*Some have zoophobia – fear of animals,
Some arachnophobia – fear of spiders
With aerophobia, there is fear of flying
And cyberphobia - fear of computers*

*Finally, the question that matters most
Is fear actually real?
Fear is not a danger, fear doesn't kill
It's just an Expectation that Appears Real*

*But when fear attacks us
And fills our body and mind
The rascal makes us suffer
And makes our life a grind*

*Fear is not a danger
There is a difference in these two
A danger can attack us
But fear just makes us feel blue*

*The consequence of fear is tremendous
It can bring our life to a halt
It can stop our intellect from thinking
By just finding fault*

*What is the cause of fear?
This killer is caused by our mind
It makes us see what is not
In anxiety, makes us blind*

*But there is a way to overcome it
With courage and with hope
We must wipe out every thought of worry
Then with stress and panic we will cope*

*But the first step is to wipe out
Ignorance from the mind
To differentiate the mind from the intellect
Both are of a different kind*

*The intellect can discriminate
It can realize the truth
We must ask questions and investigate
Till we get to the bottom of the root*

*It is important to flip our life over
From NEP flip to PEP
From negative emotions to positive emotions
From poison to power, step by step*

*After all, life is a drama
On the earth stage, it's just a show
We are all actors in this theatre
We come, but we must go*

*Nobody can escape death
Life is in somebody else's hand
There is a power we can't comprehend
That created the sky and land*

*Because we fear we will die
We live with such panic
We get scared of a virus
That's truly tragic!*

*Fear can lock us in prison
Fear can shut life's door
Fear can frighten us to no end
Drilling into our core*

*The biggest fear is that of death
Loss of all that is known
And then a greater fear still
What is beyond death, unknown*

*But Fear will make us suffer
Fear will make us sad
We must learn to overcome it
If again we want to be glad*

*There is a way to overcome
The ignorance caused by fear
It happens with Realization of the Truth
Not going by what we hear*

*We must ask and investigate
How real is our fear
Is it actually a danger
That's coming very near?*

*Fear is an illusion
But is powerful and can kill
It can paralyze our entire life
And stop us from doing our will*

*Today, fear more than ever before
Has made the world come to a stop
In panic, stress, and anxiety
Forced people to shut their shop*

*Of course, the virus will kill a few
But all of us eventually must die
If not because of this virus
Something else will send us to the sky*

*So why be in panic of the virus?
We must realize the cause is fear
False Expectations Appearing Real
Is truly causing us dear*

*The economic crisis that is being caused
Is far greater than the virus
But fear is making us blind to the truth
And going in the wrong direction, in stress*

*Fear is making us blind
We can't see the truth that is plain,
It's projecting illusions that are fake
And will cause the world to be slain.*

*It's time to realize what fear is doing
And kill it before it kills us
The virus will come, and the virus will go
But fear must not destroy us*

*If we remain ignorant of our ignorance
And live with fear and stress
Every such virus that comes in life
Will make our life a mess*

By
AiR
Atman in Ravi

ABOUT THE AUTHOR - AiR

AiR – *Atman* in Ravi, is an embodied Soul whose only mission in life is to help people realize the Truth. He was born in Bangalore on October 15, 1966. At a very young age, Ravi V. Melwani mastered the craft of business and became a very successful businessman who revolutionized retailing in India with the stores KidsKemp, Big KidsKemp, and Kemp Fort.

After making millions, he realized that life is not just about making money. He shut down his business at the age of 40, transformed his Life from Ravi V. Melwani to RVM, living by the RVM philosophy – Rejoice, Value Life, and Make a Difference. He started doing H.I.S. work – Humanitarian, Inspirational and Spiritual work. His mission was to 'Make a Difference' in this world before his journey was over.

As a part of the humanitarian initiative, a charitable hospital and charitable homes were set up with an aim to provide free medical treatment and care to the poor, destitute, and needy. Today, over 600 homeless and suffering people are served and cared for in destitute homes and provided with free shelter, food, clothing, and medical care.

A School of Inspiration was set up that inspired the lives of many people through motivating talks, inspirational books and videos, and thought-provoking quotes.

A Shiva Temple was built in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. AiR now believes that religion is just a kindergarten of Spirituality, and we all have to go beyond religion to truly realize God.

One day, his Guru provoked him to introspect: What is the purpose of life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will we be reborn? Where is God? Several questions like these took him on a quest, a search for the Truth. He gave up his life of Achievement and Fulfilment in search of the final peak of life: Enlightenment.

After a few years of intense search in retreat, deep in the mountains, he realized that we are not this Body. We are the Soul, the *Atman*. He changed his name to AiR – *Atman* in Ravi. He metamorphosed to AiR and gave up his entire life as RVM and started living as an instrument of God doing His Divine Will. This led to several Realizations that formed his new mission of life – to help people Realize the Truth.

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that we live in. While the Truth is the Truth, our mind still resists from accepting it. Based on his realizations, AiR has published several books, written *bhajans*, blogs, quotes and poems and has taken up several other initiatives that can direct people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve in their spiritual journey to realize the Truth. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges.

*Started with nothing
Became something...
Achieved everything
Only to realize we are nothing!*

BOOKS BY THE AUTHOR

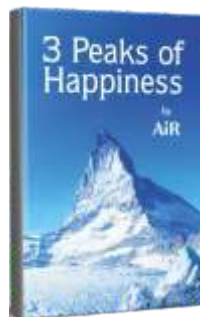
1. Talaash

Talaash means ‘search’ or a ‘quest’. This book by AiR recounts his own spiritual quest for the Ultimate Truth that led him to the realization that we are neither the body nor the mind, but the Divine Soul.



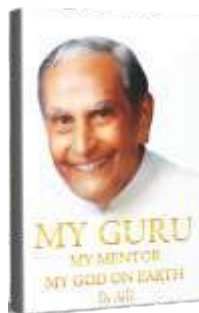
2. 3 Peaks of Happiness

This book talks about the universal quest of humanity—Happiness. It explains the ways through which people can reach the third peak of happiness—Enlightenment which lies beyond the two peaks of happiness—Achievement and Fulfilment. The third peak liberates us from the prisons of misery and sorrow and gives us eternal Joy and Bliss.



3. My Guru, My Mentor, My God on Earth

This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to



begin his spiritual quest and bringing about the transformation in him.

4. I will Never Die, Death is Not “The End”

In the journey of his life, AiR realized many truths. One of the truths is a revelation—we never die; Death is not the end but a bend to transcend. The body will die, but the one who lives in the body never dies.



5. Death is Not “The End.” Death is “Liberation”

The second book by AiR in the series of books on ‘Death’ touches upon the secret of *Kathopanishad* which talks about what happens after death. One of the two things can happen: if we think we are the Body and Mind as a doer, we are reborn, but if we realize that we are the Soul and not the body and mind, we are liberated to eternal joy and peace.



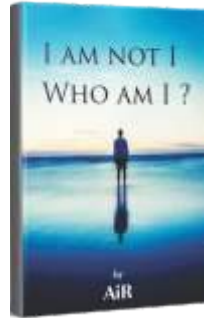
6. I Am Not I. Who am I?

This is an insightful book by AiR which talks of his quest and realization that we are not who we think we are. We

have a house but we are not the house. We have a car but we are not the car. Similarly, we have a body but we are not the body. Then, who are we?

7. The Mind is a Rascal

Can you believe that the mind is a rascal? You always thought that the mind is king—it is everything. But just try this. Sit quietly for an hour, and try to find the mind. Where is it? You will realize that the mind doesn't exist. This amazing book by AiR will teach us that the mind is our enemy. It is the one that makes us suffer. It is time to find the rascal and kill it. How do we do this — is revealed in the book.



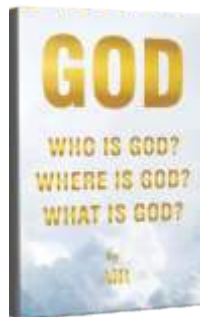
8. A Cosmic Drama

This book challenges the reader to explore the illusory nature of this world—whatever is happening in life is not real; it is nothing but a Cosmic Drama. If we understand this simple truth, we can enjoy the show called life.



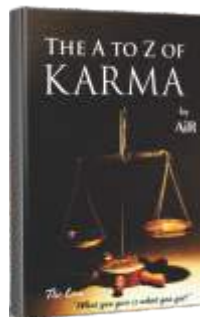
9. Who is God? Where is God? What is God?

Well, this might seem to be a simple set of questions but nobody really knows the answers. We all know that God exists. We pray to a God as per our Religion but what is the Truth about God? Has anybody seen God? Where is God? This simple book will change your perception and belief about God and bring you closer to the Power called God. It will help you realize God.



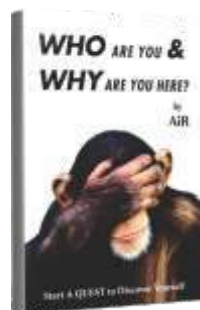
10. The A to Z of Karma

Most people are aware of the concept of Karma – the Universal Law that states, “What you give is what you get.” But not everybody knows the A to Z of Karma that we can actually transcend Karma, escape from it and achieve Liberation or Moksha. This book reveals the secret of eternal Joy and Peace—a life without any misery or suffering.



11. Who Are You and Why are You Here?

This is a simple book that prompts us to ask the right questions to discover the secret of our



life – who we are in reality and what the purpose of our life is. The answers to these questions hold the key to a purposeful, meaningful and blissful life.

12. The 4th Factor

Man thinks that his Karma controls everything and he can achieve anything through his efforts, equipment, and the method of his actions. But he is ignorant about something which is more powerful than Karma – the 4th factor. This is an informative book that makes the readers understand why things happen the way they happen and even if ten people use the same equipment and perform the same action, still, they never produce the same results, because apart from their own action, each person seems to be graced with another factor – the 4th factor that is beyond human comprehension and without its consent even the possible becomes impossible.



13. Be Happy in the NOW!

Every human being on earth wants to be happy. There is nobody who enjoys pain. People want to achieve Happiness but they fail



to realize that Happiness is the journey itself, not the destination. Then, what is the secret of eternal Joy, Bliss, and Peace? It is being Happy in the NOW. With this book, AiR hopes to inspire people to live life moment by moment, if they really want to be Happy.

14. Questions You Must Answer before you Die!

Most of us live and die but we don't ask the question—Why? We just exist! This book presents a series of important questions with answers that can guide us to the realization of the Truth and help us live with meaning, purpose, and joy.



15. Suffer No More

‘Suffer No More’ is a personal experience of overcoming anguish, anxiety, distress, and grief. It is an analysis of suffering, what causes it and how we can overcome it. While there is pain, we can do away with suffering. This book will tell us how!



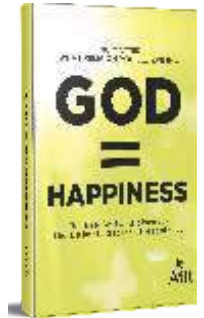
16. Success is not Happiness, Happiness is Success

People want to win because this makes them Happy, just as failure makes them miserable. This book explains how success does not bring happiness and how this belief is only an illusion. In fact, instead of chasing success, we should try to be happy! That is true success.



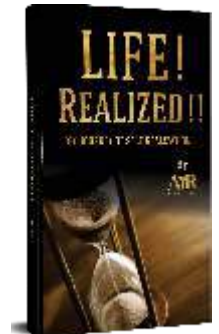
17. God = Happiness

In his quest to discover Truth and the purpose of life, the author realized that people didn't know where exactly to search for Happiness. This is a book that takes us far beyond religion to Realize the Truth about God and how God is Happiness.



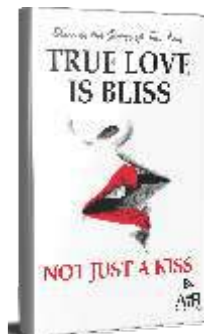
18. Life! Realized!!

This book is a personal reflection of the author on his several realizations about everything that matters in the journey of life— the realizations that he attained while on his quest for the Truth.



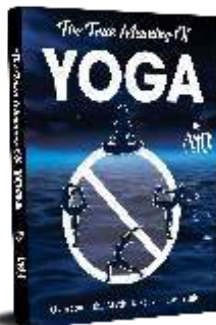
19. True Love is Bliss...Not Just a Kiss

It is sad that love which is the source of joy and happiness is not understood by the world. This book is an attempt to explore True Love that is beyond passion, romance, and kisses. True Love is White Divine Love from the Soul that manifests as the 7 colours of human love from the day we are born till the day we die.



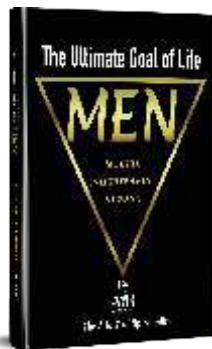
20. True Meaning of Yoga

Yoga, today, is primarily taught as a set of body postures and breathing exercises. But this is not true Yoga! Yoga, in reality, is a Union with the Divine. This book attempts to explain everything about Yoga, its meaning and significance, how it must be practised and how through Yoga, one can be liberated and experience Ultimate Divine Peace and Bliss.



21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

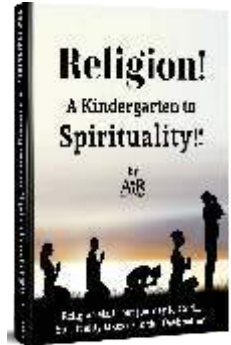
The three most tenable concepts – Moksha, Enlightenment, Nirvana are discussed in this



book that can help us reach our Ultimate Goal of Liberation and then Unification with the Divine.

22. Religion! A Kindergarten to Spirituality!!

This book discusses how Religion is only the first step towards God-Realization. We do not realize that Religion is only a Kindergarten, of which Spirituality is the University, and together they can lead us to God-realization.



23. Why Bad Things Can't Happen to Good People!

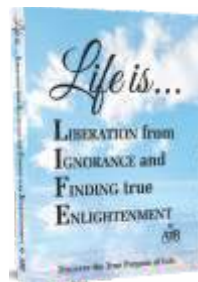
This book helps us understand that this world has been created by the Divine and it operates through certain Universal Laws that need no intervention by the Creator. Bad things can never happen to good people, just as apples can't grow on mango trees!



24. LIFE is...Liberation from Ignorance and Finding true Enlightenment

What is Life all about? Most people exist but they don't truly live. They just zoom from womb to tomb, and then life

is over. They don't stop to think about their life's true purpose. In the pursuit of happiness, success, and achievement, people don't realize that though they may gain a lot of these, they lose their most precious gift — life itself.



25. The Ladder to Heaven

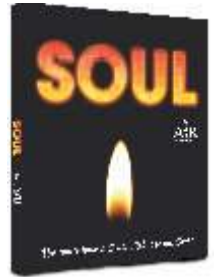
While we pray to God calling God by different names, the vast majority of humanity believes in God and aspires to go to their God in heaven one day. It doesn't matter what our religion is, there is a way to reach God. There is a Ladder that can take us to heaven but we need to ascend the rungs of belief, prayer, faith, hope, trust and so on. This book is an effort to help genuine seekers of God to climb the Ladder to Heaven. It shows a step by step way to God-realization as we pass through self-realization, overcoming the ignorance that we live in.



26. Soul – We don't have a Soul... we are the Soul!

The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? Where does it come from and where does it go? We cannot see the Soul, but we all believe

that we have one. People talk about ‘good’ or ‘bad’ Souls, ghosts—spirits of the dead, heaven—hell, and the reincarnation of the ‘Souls’. This book will help the genuine seekers of the truth to do some Soul searching and discover the ultimate truth about our most important aspect—our very own Soul. We will realize that we don’t have a Soul...we are the Soul!



27. But We Pray!

The whole world prays to God. Every religion claims that their God is the real God and their prayer is the most effective form of prayer. Unfortunately, we don’t even know the God we pray to, nor do we understand what we say in prayer. This book will make us conscious of what we say when we pray. It will help us know the God we pray to and build a Divine connection through prayer.

And Now

28. F E A R – False Expectations Appearing Real

If you have any questions on happiness, suffering, success, life, rebirth, liberation or anything related to spirituality, you can visit Ask AiR, ask your questions and AiR will answer them.

Email: air@air.ind.in

 +91 98451 55555

Please visit the following link
[www.air.ind.in/ask air/](http://www.air.ind.in/ask_air/)



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DISCLAIMER

The views expressed in this book are the personal views of the Author.

The World Health Organisation has declared COVID-19 as a global pandemic and has given various guidelines from time to time, which are available on the website of WHO at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/>

The Government of India has passed various orders and directives as a consequence of COVID-19 being declared as an epidemic. The various orders are listed on the website at <https://www.mohfw.gov.in/>

Every reader must comply with the various directives and orders of the Government of India and the various State Governments within whose jurisdiction they live.

While the whole world in general and India in particular, is dealing with COVID-19 and while the governments are taking various steps to prevent the spread of COVID-19 and cure persons affected, there are many more living in fear. This fear of COVID-19 causes mental health issues and stress, which can be more serious and longer lasting than COVID-19.

DISCLAIMER

This book is an outcome of the personal opinion of the Author with regard to encouraging people living in fear due to the lockdown post COVID-19.

This book is to encourage and make readers mentally stronger and is not meant to incite or encourage them to violate the laws of the land.

This book – FEAR, has a mission. Its objective is to inspire people to live with courage and not be stressed, worried and anxious. It encourages people to follow the applicable rules, guidelines laid down by the government wherever they live. It aspires to promote wellbeing, and create better immunity by inspiring confidence in people that neither fear of this virus nor any other fear should create distress in our lives.

Since the current topic of Coronavirus is so relevant to the book, many examples have been stated as to how it is creating fear. Although, we may be living in lockdown conditions in our homes, we shouldn't be overcome by fear.

Instead, we should make use of this unique time when we are not commuting anywhere, to contemplate and realize the truth about life. The only objective behind taking the

DISCLAIMER

instance of COVID-19 several times is to inspire people not to panic, but rather take precautions as directed by the authorities and live fearlessly.

Stay Safe, Stay Courageous!

FEAR

FALSE EXPECTATIONS APPEARING REAL

Fear is not real. It appears to be a real danger, but it isn't! However, it creates so much worry and stress, that we believe in our fear and panic. The anxiety impacts us and destroys our ability to discriminate between Fear and Danger. Thereafter, we drown in our distress and end our life in a mess.

Today, the world is in panic caused by the Coronavirus. Countries around the globe have shut down their economies in the fear of disease and death. They seem to be gripped by fear. They are doing things that are inspired by panic like locking down the entire country. Confucius once said, "Don't use a Cannon to kill a Mosquito!" This is where the world has reached due to FEAR. Far more than Coronavirus, fear will destroy the world.

Death is certain. We can't escape it. But because of fear and panic, we are running away from the virus and causing more harm. Mahatma Gandhi said, " More people die of the fear of disease than of disease itself."

It's time to eliminate fear and make courageous decisions with our intellect. We mustn't let our emotions be triggered by panic. Otherwise, we will be destroyed, not by Coronavirus, but rather by Fear!

by
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