



What is Fear?

Fear of light, Fear of the dark

Fear of power, Fear of being weak

Fear of illness, Fear of pain

Fear of the crowd, Fear of being alone

Fear of the unknown, Fear of being known

Fear of saying I love you, Fear of saying 'I do'

Fear of losing, Fear of taking responsibility

Fear of being limited, Fear of breaking free

Fear of being fearful, fearful of feeling Fear

One thing seems to be clear

More than dying, for many, living seems to be scarier.

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The emotion that rules most of our lives is Fear! Sometimes even love cannot make people do what Fear can do. Uncertainty, unpredictability and the unknown evoke Fear in us because it renders us out of control. Being out of control is one of the scariest situations for human beings. That is why they have created structures and systems that bring predictability and control to their lives. Anything that doesn't conform to the familiar forms can make them feel shaky and restless. Therefore, a lot of effort goes into familiarizing the unfamiliar and adjusting one's comfort zones around them.

What are the genesis and causative factors behind Fear?

Let us follow the trail of our inner dialogue! When we tread a path of the unknown, we feel unsure of the outcome. We feel that we might be risking our comfort. We think that way because, fundamentally, our self-image says that we are supposed to know everything about ourselves and be in control of our lives. So, when we fail in our endeavours or come down with a dreaded disease like cancer, we shudder within. We feel that we have lost control of our lives. Self-doubt creeps in.

We cannot trust ourselves and our capabilities to take care of ourselves. We think that we have lost grip on our own life. This creates Fear – Fear of being out of control of our own life. That's why, when diseases strike, we feel that we don't know our bodies. When situations go wrong, we feel that we have no assurances in life. We lose touch with the familiar ground, which creates immense Fear within.

We know a lot about life, but our expectations often go against our knowing. For instance, we know that we are not alone on this planet and need to co-exist with mutual respect. Yet we want everything to cater to our existence. We know that life is not known before it is lived. Yet we expect to know it before we have lived it. We know that time goes at its own pace, yet we wish that it goes at our pace and moves when we are ready to move. We know that love is what we sincerely hope for in our lives, but we expect it to be experienced in a certain way by a specific person. Many of us are caught in the conflict of reality and expectations. Hence every small or big change brings Fear in us.

Fear, in reality, is an illusion that feeds on the past and doubts the future.



If we were to acknowledge the reality of life, it is reasonably clear and straightforward. We are born creative and are given the power of choice to create our destinies. Adversities are meant to provide resistance to our comfort zones. Change is life, without which we will never know our true potential. Those closer to this truth look at any change or the unknown as a challenge and thrive on it. Their best comes when they are faced with something they don't know. They discover many sides of their personality through the friction caused by change. They revel in adversities. For them, Fear also becomes a positive force that forces them to break their comfort zone and go towards perfection – perfection that brings the best out of them.

Our drives determine the traversal of our lives. Today ask yourselves - What drives me? Fear or Faith? Limitation or liberation? You will know yourself a little more than before if you answer the question faithfully. Break-free of the conditioning that stops you from embracing change as the reality of life. Start a journey to this freedom!

Aashwasan is here to help people break-free of their conditioning and find a path for a journey of homecoming. It is a space that has an answer beyond religion, belief, faith, logic and philosophy – it is an experience. It is here to make this world a place of love and hope.

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