



When you Feel Afraid or Worried, there is a Safe Path and a True Path. Choose Freely.

When you feel fear, know it is the surest guide. Fear can wisely protect you from danger, and it can tell you exactly where you need to go. Let yourself “Do what you are afraid of,” and let your creative mind function in action in that place that challenges you. As Frank Herbert wrote to end Dune’s Litany Against Fear, “Where the fear has gone there will be nothing. Only I will remain.”

How to Practice “Fear is the Mind Killer.”

Zero Gravity

Doing what you are hesitant to do.

Seeing success is as scary as failure.

Explanation of the Practices:

Zero Gravity – Astronauts, just after escaping gravity, feel a moment free from all influences.

Doing what you are hesitant to do – Lethal dangers don’t count. What do you really want? Be honest.

Seeing success is as scary as failure – Being successful means change, Failure does not. Take chances.

Fear is the Mind Killer Mantra:

“Freedom from Attachments, if only for a Moment.”