

Antidote for Fear



The Antidote for Fear is Faith!

It says in the Christian Bible, “It's impossible to please God without Faith.” (Hebrews 11:6) Based on logic and reason, it's also impossible to please any Deity or spiritual teachers without Faith. That's because most metaphysical teaching is based on faith.

It's, therefore, necessary to actually accept some Truth on BLIND FAITH. That's the only way it can be revealed. There is a Truth that not only kills fear, but also it kills a multitude of other ills as well. To understand it in the beginning, faith is totally necessary!

This Truth is, “Everything happens for the Good of those who take refuge in Buddha, Dharma and Shanga.” And not only the Buddha, but any Deity of choice, like God, Jesus, Krishna, the Great Spirit, etc.

The Practice begins by memorizing and then repeating the following mantra or verse: (It can be read off the page at first)

First Mantra:

**Don't wander, don't wander!
Keep mindfulness on guard!
On the road of distraction**

**Mara (the evil one) roams in ambush!
Mara works on a mind
Full of Greed and Worldly lies!
So look into the essence of this magic:
You will know the Truth!
And the Truth will set you free!**

This first mantra is helpful for concentrating the mind. The truth that sets us free comes by memorizing the second mantra and repeating it in BLIND FAITH whenever the pain of fear and depression arise.

Second Mantra:

**Everything happens for the Good
for those who take refuge in
Buddha, Dharma, and Shanga.
All situations are helping me –
not hurting me!**

The above mantra should be changed according to belief.

Christians might repeat:

**“Everything happens for Good
for those who Love the lord, etc (Romans 8:28)**

All emotional pain happens because something bad has happened or is about to happen. Bad is a conceptual fabrication of the mind – the dual opposite of Good.

But ultimate reality is beyond both good and bad in what the Buddhists call Emptiness or the Ancient Greeks called Ontology. And even though this fact can't easily be explained, most all agree Emptiness is a GOOD, since it means the permanent end of all suffering.

Ultimate Reality is a non conceptual GOOD. That is, it's a good without a bad which doesn't really make sense to us. But by taking

refuge in the our Deity of choice, Buddha, etc, we take refuge in Ultimate Reality – this GOOD without a corresponding bad.

The very first thing stressed in most all spiritual paths is taking refuge. Why? Naturally it's because we think ultimately ALL GOOD will come from it. That is, eventually it means a permanent end to all our suffering..

Depending on the Dharma belief, this could mean heaven, or it could mean Enlightenment in Eastern Philosophy – something that happens while we are still living here on Earth.

There are only two ways we can go. Either we can go toward this ALL GOOD or we are going away from it. By taking refuge, we have faith and rely on our Deity of choice, the teaching itself, and our spiritual fellowship to lead us toward our goal – not away from it.

We learn more and transform ourselves for the better from both the good and bad. But we learn much more and faster from the bad. So does that mean once we take refuge, more bad will happen to us? The answer is NO!

Taking refuge is the beginning of the permanent end of all suffering. In order to encourage us, all suffering or bad is greatly eliminated with the preliminaries – from the beginning. Otherwise how else could be actually believe in a permanent end to all suffering?

In fact once we take refuge, bad Karma that is happening in our life will wane or cease altogether, and good Karma not destined to arise, will arise. So taking refuge is a win, win deal.

It works like this, by taking refuge we eliminate most of the pain and suffering in our life. And the little bad that happens, will

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happen for our own good. Once we take refuge, it means that only GOOD will come to us in several ways.

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By taking refuge in our Deity of Choice, we believe in BLIND FAITH – blocking out all contrary thoughts – that only GOOD will come to us in at least four (4) ways.

FIRST: we believe by taking refuge, pleasurable good that wasn't karmically scheduled to happen will surface, and bad that is happening now will wane or vanish altogether.

SECOND: we believe our Deity of choice will personally cause only pleasurable good to happen, and

THIRD: we believe any bad that happens will happen for our own good – remolding, shaping and transforming our character, and binding us more securely to the Spiritual Path: that is, closer to our goal of permanently ending suffering. .

FOURTH: fear actually draws the bad toward us, so it's imperative that we kill all fear. And for this reason fear is never a good thing. In the Bible, Job says, “Lo, the thing I feared has come upon me.” (Job 3: 25)

That is, when we are afraid, that fearful person, place or thing is drawn toward us. Instead we take up a hero's stance, working hard by virtuous means to overcome and or avoid all bad – full of faith that only GOOD will come to us.

And correspondingly by repeating the following mantra, and believing it in BLIND FAITH, only GOOD will actually be drawn toward us.

Everything happens for the Good
for those who take refuge in
Buddha, Dharma, and Shanga.
All situations are helping me –
not hurting me!

When Fear Arises, Repeating The Mantra 50,000 Times A Day Is Not Too Much!

It is also good to remember. Things which are pleasurable are not always good for our ultimate good. Suppose we win a large sum of money in the lottery. This will certainly be pleasurable, but will it be for our ultimate good?

If we spend the money by getting intoxicated, we might become an alcoholic and do serious damage to our liver. So has the money done us good or bad? Things which are pleasurable may lead in the long run to great misery or vice versa.

One old man told us, “My doctor told me, 'If I didn't quit drinking alcohol, I would either die or go insane within six months.' That was the worst day of my life.

“It meant I would have to give up drinking, the only thing that gave me any real pleasure. And so when I gave up drinking, it was terrible for years. But as it turned out in the long run, it was the very best thing that ever happened to me. That was almost 50 years ago.”

It is advisable to repeat the second mantra in meditation. Our gross material mind is not quick to grasp anything in BLIND FAITH. But in meditation, we access much subtler minds where BLIND FAITH happens more quickly and we actually feel protected.

And so in meditation we can have this faith that kills all fear right away, but when we get back to the work-a-day-world, our Gross Material Mind will probably take over again, and our fear will be back.

Nevertheless we will easily learn how to kill all fear using this method. Using meditation again and again makes it easy. Our gross material mind remembers feeling protected in meditation, and based on logic and reason, we eventually feel protected throughout the day. It happens as a sequence of logical thought because of our experience in meditation.

Basic Meditation for Ending Fear

We sit in a Comfortable chair, totally relaxed, thinking of our Deity of Choice, accepting a hero's stance, repeating the mantra and pretending we are being protected from all bad. Naturally we also take all necessary action, like calling the police, not walking in dark places etc.

Although it seems utterly impossible, we come to believe based on personal experience. Nobody believes it from the beginning. So pretending it will happen, meditation, and the mantra are a definite prerequisite in the beginning.

Please also see Karma Yoga Pamphlet, this also kills fear and depression immediately – anytime they arise.