

FEAR

The best saying about the fear is 'Fear the fear'. Each one of us has some sort of fear. If we do have any sort of fear we cannot be called fearless or courageous. Problem is not always fear of manageable situations like, fear of failure, fear of heights, fear of loneliness, fear of drowning, fear of plane ride, fear of fire destruction, fear of losing loved one, fear of losing job, etc. This above mention fears can be controlled or treated or can be trained to overcome. But fear of inevitable is long term fears and cannot be treated like earlier type. There are total eight types of fear, as given above.

Fear of death is most common fear and most likely most talked about one, how can be get over this fear where as this is one of the fact of life which is certain, other one is birth. Death of loved one is it way painful to talked about and always fearful. Every body who is born will die in seven days Monday to Sunday. Faith is only way we can deal with this fear. Some one rightfully said brave die once, where as cowards die daily death because of fear of death.

If we believe in our scripture, those tell us nothing in this world which is not dispensable. One who had come to this life will go when its time is over. Just like if we are part of one big machine system, which is way beyond our imagination and if one part is broken or lived its life can be replaced by it s mentor or caretaker we can call it God, Bhagwan, Allah, almighty etc.