

## **FEAR**

Being afraid is very often right,  
It prepares the body for fight or flight;  
If the danger is real then the fear is good,  
But if not then let it be understood,  
That fear can be a danger worse than most,  
Attracting entities looking for a host.

We can use our fear when danger is near,  
But other than this we should give it a miss, because then:  
The only thing we need to fear, is fear.

We're hard wired to express our fear,  
We can't turn it off when it gets in gear,  
It takes 96 seconds to pass on through,  
And after this we can start anew;  
If we're still in fear, then that's our choice;  
Better to listen to our inner voice,

The quiet one that says there's no need,  
To carry on planting the fear seed;  
It grows as a dense black energy cloud,  
That cuts us off from the positive crowd:  
Our supporters on the energy plain,  
And gives the negative a chance to gain.

We can use our fear when danger is near...

Entities live on the energy plain,  
There are as many around as drops of rain,  
Some are evil and others not so bad,  
But none of them need to ever be had,  
Inside of us eating off our energy,  
Or even, guiding our destiny.

They can't match our potential ability,  
Because we're connected to divinity;  
If they're found in us they can be destroyed,  
And this they're naturally keen to avoid.  
They can enter us only if we let them in,  
But dangerless fear, is a clear invitation.

We can use our fear when danger is near...

So if you're about to be hit by a bus,  
Then fear is an option you can trust,  
You'll run faster to get out of the way,  
And entities wont be trying to stay;  
They'll be looking for something else to do,  
They don't want to be squashed, anymore than you do.

We can use our fear when danger is near...  
... The only thing we need to fear, is fear.