



No Fear process in you: Fear is unreality. Only fear or evil is afraid. Fear is a false process. It is a failure from the outset. In fact, fear and failure are equivalent. Fear is not a part of the real man in God's image. Page 586 of Science and Health defines fear as "Heat, inflammation, anxiety, ignorance, error, desire, caution."

Here is just one take on this definition: Fear is a false process which shows up as some form of excitement – perhaps a symptom, a difficulty, or a problem. That's 'heat' or pressure in its pretense of cause. 'Inflammation' seems to follow when the cause is looked for in a body, a circumstance, or other physical.

The process continues when not stopped by an affirmation of Truth or contradiction of it. 'Anxiety' seems to follow – that's the uncertainty of not knowing what to do or not finding a mental so-called cause but continuing to examine a situation from a material sense standpoint.

Finally, 'ignorance' appears with the thought "I don't know." There is no cause in what is termed matter which is illusion – the *illusion* that material things are solid objects instead of subjective perceptions of a limited so-called mind. In reality all the objects, persons, and things on this plane of existence are symbols for spiritual ideas now seen through the five material senses as physical.

The false process of fear continues with 'error.' Just as described 'error' is that state of mortal thinking which thinks it sees the illusion before it as material rather than the spiritual fact which is always present. The false process is an 'error' about body, man, and God.

What follows next is the 'desire' to remove something from the body. Fear is the manifestation of disease." (S&H) Fear is the disease. It does not manifest disease; therefore, fear is only a pretense to being a cause. There is nothing to remove from body which in divine Science is the sum of right ideas reflecting Truth, Life, and Love, or substance.

If false process called fear is not stopped, -- note, it is always stopped with just a simple contradiction of it – with Truth or Love’s voice, or simply turning away from the belief itself. Again, if not stopped, the word ‘caution’ alerts us to the false process trying to build up or magnify itself.

Wisdom saves from letting a foreboding loop back to the first word or initiation of the false process and adding fuel to the excitement. Stop right there or at any phase of the process. Know that fear always pretends the same way. It has no originality, no mind, and no reality.

It really is a false process since thought does not move naturally from ‘heat’ to ‘inflammation’ to ‘anxiety’ to ‘ignorance’ to ‘error’ to ‘desire’ to ‘caution’ since thought by its very nature is not in matter or material things. Thought, God’s thoughts being holy, spring from intelligence. Intelligence does not operate in a false process or false way.

At this point, fear completely uncovered, as a false process, anyone applies the wonderful truths that come to mind. And the false process of fear stops.



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