

## The Ultimate Conquest of Fear

When Lord Yama taught Naciketas in the Kaṭha Upaniṣad, He said that man chooses between the pleasant and the good. The good leads to his highest welfare; the pleasant to his destruction. In the Gītā, by implication, Lord Kṛṣṇa told Arjuna that man chooses between *sattva*, *rajas*, and *tamas*, and between the Divine and the demoniacal. In normal parlance, we speak to children about choosing the good over the bad.

There is also another way that we choose and that is between faith and fear. In our innermost Self there is neither faith nor fear. The world is there just as it is, but we can't see any differences. Therefore, there is nothing to fear, nor any need for faith. But when we identify with a body and mind, we feel isolated, separated and very vulnerable. What will happen to us if something happens to the body? It creates fear at many different levels that we try to eliminate by constantly protecting ourselves.

One of the ways that we try to protect ourselves from this fear, in addition to the normal ones of money, friends, relationships, and power, is through faith. But then, we have to understand what faith really means. If our faith is that some higher power is going to fulfill our wishes, then it is quite likely that that faith will not be rewarded. Rather our faith must be like our inner Self where there is no longer any need for faith because there is fear.

Therefore, our prayers should not be that God protect us, although it is quite natural for it to start out that way. Rather our faith should take the form of surrender, of confidence—whatever is closest to no need of faith whatsoever. It is a faith complementary to knowledge of the truth.

Our goal is to rest in our inner vision. Let the world be as it is. We want to be inwardly in a place where there is no fear and no need of faith. What is the closest we can get to that as long as we believe in the ego? It is to surrender our fear to God, not by some belief that He will bring a result according to our wishes, but rather that whatever happens is part of His grand design.

Therefore, whatever is in our mind that is disturbing it, we should meet it with faith. Then gradually we should take that faith to a point of surrender, of not my will, but Thy will be done—ultimately letting go

altogether and inwardly resting in peace. This spiritual practice will put us in proximity to our true inner nature and vision where there is no fear and thus no longer a need for faith.