

ON FEAR

Fear is ignorance.

For many, fear detains, imprisons, liquidates the success of one's intentions. For many, it is this anxiety produced by failing to identify fear that is responsible for half of individual failures; the other half, what comes from this identification.

And so, what is fear? From Aristotle to Nietzsche, from Aquinas to Peterson, fear is a pain or disposition associated with danger. But unlike courage, fear is the choice to become the servant, instead of the master, of danger.

To overcome fear is to align a man's potentiality with his actuality. To avoid fear, to deny it for the serious danger that it is — deficiently or excessively — is to arrest one's future in a tortious state of sterile oblivion.

Therefore, let us explore the two means of overcoming danger in human life: the intelligible and the physical; and with it, the means to our ultimate aim for happiness.

In the first instance, fear is overcome by knowledge. Socrates is true to say that ignorance is the sole evil. Crises are born out of ignorance. Misery is born out of ignorance. Failure is born out of ignorance. Fear is ignorance; an ignorance of the dangers of life and what they do to undermine a man's growth and preservation. At one extreme, the fear of conflict prevents soldiers from protecting their state. On the other, the pain of meeting danger as simple as changing one's bed sheets is a ground for sterility here, and by precedent to come, all areas of life. It is by acknowledging that a danger exists, scientifically analysing its causes and effects and recognising its patterns in all provinces of life, that a man will know the problem he is solving, and then which strategy, tools and resources to choose to solve this particular danger. Of course, identification is only half the process. Action will fulfil it, and yet these two are symbiotic (without one, it will be impossible to overcome fear). Thus, to identify fear through intellectual virtues — especially personal science — is the first step to overcoming fear.

The second step to overcoming fear lies in the physical virtues. Physical virtues are the faculties of the soul; where qualities of rashness, courage and fear are made against the stimulus of danger in this case. It is after identifying the stimulus on intellectual grounds and the deliberate act of facing danger — to run into danger — that the act of overcoming danger is complete. In some cases, fears are a long term project requiring continuous cycles of identification and action. This is part of the process of overcoming, as ignorance is transferred to knowledge, and inactivity to activity. As with all things in life, it is always best to overcome the ultimate cause of fear itself in each particular situation than it is to fight regurgitating symptoms of constant renewal. And so, through union of body and soul, fears are overcome and happiness is restored from the claws of misery.

Fear is a choice. Fear does not, as ideologists presume, come from nature. The soul chose (voluntarily or non voluntarily) to have fear or to have courage's shining dew. Dangers are overcome neither by avoidance, nor by mitigation nor by mockery but solely by voluntary

destruction. No better reminder exists of this eternal duty than in St. George slaying the dragon to rescue the princess. That is, courage killing danger's pain for happiness. Learn this lesson, and your vision will come true. Ignore it, and you sign the execution for your resentment. Run into danger, choose danger, slay fear.