

CONQUER FEAR, ANGER, GREED, TEMPTATION, FAILURE AND INFERIORITY

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Unique concrete psychological machines or inner devices to conquer fear, anger, greed, temptation, failure consciousness and inferiority complexes.

CONQUERING FEAR

Fear complexes

When fear overpowers you, realize that nothing worse than physical death can happen to you; and if that does happen, it releases you from the object of your fears. Realize death is not a tyrant but a deliverer; it releases us from all physical pain and mental suffering. Death is the physical, mental and spiritual anodyne which brings relief from all anguish for a period immediately following mortal life.

Do not fear accidents and disease because you have recently encountered them. Such fear will create a disease and accident consciousness, and if it is strong enough you will draw to yourself the very things you most fear. On the other hand, fearlessness will in all probability avert them and minimize their power.

A mental indulgence in fear will create a subconscious fear habit. Thus, when something really upsetting to the regular routine occurs, the cultivated subconscious fear habit will assert itself, magnifying the object of our fears and paralyzing the will-to-fight-fear faculty of the conscious mind. Man is made in the image of God and has all the powers and potentialities of God; therefore, it is wrong for him to think that trials are greater than his divinity. Remember, no matter how great your trials may be, you are able to conquer them. God will not suffer you to be tempted and tried beyond your strength.



When fear comes, tense and relax—exhale several times. Switch on the currents of calmness and serenity. Let your whole mental machinery awaken and actively hum with the vibration of will to do something. Then harness the power of will to the cog-wheels of fearless caution and continuous good judgement, which in turn must constantly revolve and produce mental devices for escaping your specific impending calamity.

When something is threatening to injure you, do not throttle the all-producing inner machine of your consciousness by fear. Rather, **use the fear as a stimulus** to accelerate your inner machine of consciousness to produce some mental devices which will instantly remove the cause of fear. These mental devices to escape fear are so numerous that they have to be specially fashioned by the almighty tool of consciousness, according to the specific and extraordinary needs of an individual. When something is threatening you, do not sit idle—*do something about it calmly* mustering all the power of your will and judgement. Will is the motive power which works the machine of activity.

Fear should not produce mental inertia, paralysis, or despondency; instead, it should spur you on to calm, cautious activity, avoiding equally rashness and timidity.

Fear of failure or sickness is nourished by thinking constantly of all kinds of dire possibilities, until they take root in the subconscious and finally in the super-conscious. Then these fear seeds begin to germinate and fill the conscious mind with fear plants which bear poisonous, death-dealing, fear fruits.

Uproot fear from within by **forceful concentration on courage**—and by shifting your consciousness to the absolute peace within. After you succeed in uprooting fear psychologically, then focus your attention on methods for acquiring prosperity and health.

Associate with healthy and prosperous people who do not fear sickness or failure.

If you are unable to dislodge the haunting fear of ill health or failure, **divert your mind** by turning your attention to interesting, absorbing books, or even to harmless amusements. After the mind forgets its haunting fear, let it take up the shovels of different mental devices and dig out the causes and roots of failure and ill health from the soil of your daily life.

Fear aggravates all our miseries. It intensifies a hundred-fold our physical pain and mental agony.

Fear contaminates vivid imagination emotions, influencing the subconsciousness to such an extent that it in turn completely destroys the willing efforts of the consciousness.

Fear develops in an individual a malignant magnetism by which he attracts the very object of which he is afraid, as a magnet attracts a piece of iron or steel.

Fear is poison to both body and mind, *unless it is controlled and used as a stimulus* to calm caution.

Uncontrolled fear destroys business initiative. It paralyzes the desire to repeat success-producing efforts. Fear inhibits the almighty power of the soul. Have fear of nothing but fear itself.

Fear has a very deleterious effect on the heart, nervous system, and brain. It is destructive to mental initiative, courage, judgment, common sense, and to the will.

Fear throws a veil over intuition and robs you of your confidence to master your difficulties.

Kill fear by refusing to be afraid of it.

Know that you are safe behind the battlements of God's eternal safety, even though death knocks at your door or you are rocked on the seas of suffering. His protecting rays can dispel the menacing clouds of doomsday, calm the waves of trials and keep you safe, whether you are in a castle or on the open battlefield of life where bullets of trials are incessantly flying. Remember, without God's protection your life, health, and prosperity are in dire peril, even though you are locked in a scientifically hygienic castle of opulence, surrounded by impregnable moats, manned by all the fire-emitting guns of man.

CONQUERING ANGER

Anger makes you surly and contaminates others with the same sullenness. Anger makes *you* uncomfortable first and then it transmits your discomforts to others. Anger defeats its own purpose; it is not an antidote for anger. Violent wrath may bring suppression of a weaker wrath, but it will never *destroy* it.



Be **calm and indifferent** to those who deliberately enjoy making you angry.

Show outward anger only to those whom you can momentarily stupefy and thus prevent from doing mischief, but never initiate anger if it actually makes you angry — or, rather, never be angry *inwardly*. Anger poisons your peace and that of others. Anger poisons calmness and blights understanding; in fact, it is the manna of misunderstanding. Anger is the method by which fools attempt to conquer others. Your anger merely rouses your enemy's wrath, and you make him stronger and more powerful, instead of conquering him.

The antidote for anger

Love is the great antidote for anger. Do not be demonstrative in your love for an angry person. He is not in the mood to appreciate it, his reasoning faculty and good nature being temporarily paralyzed. All you can do is to give him your good will. The expression of righteous indignation for the purpose of averting evil is, of course, productive of good.

Anger gives birth to jealousy, hatred, spite, vengefulness, destructiveness, “brain storms,” temporary insanity leading to horrible crimes, and so forth.

When anger attacks you, *conquer* it. When you are angry, say nothing. Knowing it to be a disease (like a cold, for instance), throw it off by a mental warm bath. Fill your mind, to the exclusion of all else, with thoughts of those with whom you can never be angry, no matter what they do.

When violently angry, douse your head with cold water, or rub the medulla, the temples, the forehead (especially between the eyebrows), and the top of the head with a piece of ice.

Develop metaphysical reason in order to destroy anger. Look upon the anger-rousing agent as a child of God, a little five-year-old baby brother who has unwittingly, perhaps, stabbed you. You cannot wish to stab back this little brother who did not know what he was doing when he injured you. When you become Christ-like and look upon all humanity as little brothers hurting one another — “for they know not what they do” — then you cannot feel angry with anyone. Ignorance is the mother of all anger.

Mentally destroy anger; do not permit it to poison your peace and disturb your habitual joy-giving serenity.

When anger comes, think of love; think that, as you do not want others to be angry with you, you do not wish others to feel your ugly anger.

When anger comes, set in motion your machinery of calmness; let it move the cogwheel of peace, love and forgiveness. And with these antidotes, *destroy anger*.

OVERCOMING GREED

Remember, you eat to live, but do not live to eat. Greed is a servant of the palate—and enemy of digestion and health. Greed wants to please itself and the sense of taste at the cost of your happiness.

Greed produces evil habits of eating, utterly disregarding the needs of the body even to the point of death. Greed says: “Let us eat, drink, and be merry, for tomorrow we die.” Self-control in eating, good mastication, plain food and eating only when you are very hungry, develop right habits of eating and destroy greed. Self-control may not seem so alluring as self-indulgence, but it protects your health.

The purpose of self-restraint in eating is primarily the conservation of health, though wholesome food need not be, and certainly should not be, unpalatable. **Eat often, eat less**, think of your health and digestion, and do not concentrate on your palate, if you want to conquer greed.

Remember, greed for too many possessions is also evil. Greed for an increasingly greater number of material objects causes a person to disregard health, happiness and honest methods of earning a living. A greedy individual shatters his health and destroys his peace of mind by his self-indulgence. Such a person is never satisfied.

Concentrating on your *needs* is an antidote for your insatiable greed for money or possessions.

The noble ambition to acquire wealth in order to aid worthy causes is not greed—for it is not insatiable—it is always satisfied when it can help others.

OVERCOMING FAILURE

Uproot the consciousness of business failure. Three out of four business men in America fail first, because they choose a wrong vocation; next, because they give up too quickly; and last, because their products lack quality.

An inferiority complex is born of contact with weak-minded people and the weak innate subconscious mind. A superiority complex results from false pride and an inflated ego. Both inferiority and superiority complexes are destructive to self-development. Both are fostered by imagination, ignoring facts, while neither belongs to the true, all-powerful nature of the soul. Develop self-confidence by conquering your weaknesses. Found your self-confidence on actual achievements, and you will be free from all inferiority and superiority complexes.



☞ *Super-Advanced Course No. 1, Lesson 9* ☞