**Fear – BHAYA Fearless – ABHAYA**

Fear can be good - self preservation

Fear can be bad - anxiety, worry

**Story of Janak**

* Yagyavalkya teaches Janak
* Do you know where you will go when you die?
* How does that make you feel?
* ABHYAM VAI JANAK PRAPTOSI

Vedas describe God Realized person as ABHYAM – fearless

* Why – because sees oneness everywhere

**In Bhagwat Gita Chap 16 – Daivi Sampat – Divine qualities**

* ABHAYAM SATWA SAMSHUDHIR GYAANA YOGA VYAWASTITIHI
* A listing of a total of 26 divine virtues
* Why was fearlessness listed first
* From fear comes evil, weakness, all bad qualities

**What causes fear**

* Ignorance
* Desire
* Attachment

**Where is the fear?**

* In the mind

**How to overcome fear?**

* For the gyaani - Knowledge (of my true nature)
* For the worldly person – Knowledge (of the true circumstance