

1. FEAR IS THE MIND KILLER

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To Privacy Advocates

If you have read any of the "DUNE" books, or watched any of the "DUNE" movies or TV series over the past few decades, you may recall hearing this maxim spoken by the characters Jessica and Paul during moments of high anxiety.

I first came across this passage when I was in my late teens reading the DUNE series for what would become the first of many occasions (well over 25 times in fact).

This quote resonated with me instantly and deeply. It quickly became part of my inner self-talk when facing challenges, anxiety or experiences that I hoped to overcome.

It has since been recited countless times before speaking in front of large groups, jumping out of airplanes, learning how to ride a motorcycle, climbing up large cliffs, watching large creatures swim beneath me while surfing and getting lost off trail for nearly an entire day while hiking in the backwoods of Lake Tahoe.

With all 3 of my children there have been moments where I was able to explain to them, using the now famous quote from Franklin D. Roosevelt, that, "courage is not the absence of fear, but rather the assessment that something else is more important than fear."

Life is, in fact, many times, down right terrifying. What matters most, however, is what we do with the emotion of fear once we are aware that it has arrived.

Although I had heard routinely as a child that there was no need to fear because Christ was always with me (Psalm 23:4), this new perspective on fear opened up new paradigms for me.

It allowed me to understand that those who performed seemingly heroic tasks were not operating with the absence of fear; rather they had trained their mind to not let fear overcome their ability to operate and execute despite the fear.

The ability for one to overcome fear, however, requires an intimate awareness of one's own emotions. While this ability might come easy for some, it requires years of practice for others to master... and A LOT of Grace.

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Within a society trained to be triggered and constantly looking for the next quick dopamine hit, very few have put in the hard work required to gain the ability to stop, take a deep breath, and think critically before allowing an emotional response to dictate behavior.

Many, in fact, are oblivious to how their own actions and reactions have been manipulated and controlled in the first place, and will even argue endlessly that this is not the case!

What has truly fascinated me is that the tools and programs designed to distract us have become so sophisticated that even those of us who have spent years practicing techniques to manage out thoughts and emotions can still get caught up in the trap.

Regardless, I highly recommend you put in the work to learn how to identify and manage your emotions, if you have not done so already.

One extremely effective and simple technique that I have used to help manage my own emotions and low frequency cravings is a breathing meditation exercise. It requires you think of two scenarios in your life; one being the most joyful and one being the most terrifying.

You start the meditation by closing your eyes and taking 5 deep breaths trying to keep your thoughts in a neutral space. In essence, you are trying not to think of anything at all other than what number breath you are on.

After the 5th breath, you then transition your thought to your most joyful experience. For the next 5 breaths you try and re-live the experience and the joy you felt in that moment.

After the 5th breath, you then transition back to neutral for another 5 breaths. The next 5 breaths are then focused on the most terrifying experience, again, trying to re-live the experience as best you can.

Then, you transition back to neutral and repeat the cycle of Joyful, Neutral, Terrifying, Neutral.

This breathing meditation can be used as a tool in the process of managing your emotions throughout the day, especially the emotion of fear, because every time you spend time performing this meditation it trains and rewires your brain.

With consistent practice, you will find that within any given moment you can take a deep breath and instantly trigger a reaction to help bring your mindset back to a neutral framework.

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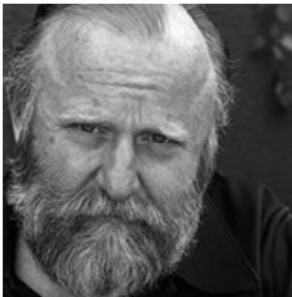
An inward breath through your nose, in fact, brings more oxygen to the frontal lobe of your brain which also helps you in determining how best to act or react within any given situation.

Once the technique is mastered, the tough part then becomes remembering to take a deep breath once the emotion hits you... but even this can be strengthened with time, repetition and focus.

This topic has been top of mind over the past few weeks as I work on an upcoming white paper reviewing and discussing the various software and hardware content (porn / social media / browser) blockers that are in the market today, which I hope to share next month.

Blessings,

Sean Patrick Tario
and The MARK37 Team



“I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain.”

– Frank Herbert, Dune