

## NECESSARY VIGILANCE

Somewhere in the deep crevices of your mind  
Sleeps the key to a peaceful life.

Like all magical possibilities,  
Serenity awaits your sincere desire,  
And an illuminated understanding that  
*Your imagination inflates, multiplies, and exaggerates FEAR.*

If you are alert, and practice sufficiently,  
Your mind-brain can filter menacing signals  
*Before* your imagination ties you into knots,  
Blows them way out of proportion, and  
Saturates every cell in your body with  
The *absolute certainty* of sudden agony, loss, and death.

That adrenaline charge compels swift action,  
***EVEN IF ACTION IS UNNECESSARY.***

When you master your imagination,  
You master inflated, artificial *fear*.  
Doesn't mean *no fear*. Doesn't mean *no action*.

Truth is, no matter where you go, or what you do,  
As long as you live in a vulnerable body  
You will need to take action to survive.

That's what humans do.  
But, *hormone driven fear* does not have to be the impetus.

Be vigilant. Breathe. Think before you act.  
Use reason to intercept incoming signals  
And keep your fear aligned with reality.

There is no agony worse than that which you cause yourself.

