

FEAR

Anxiety, Dread, Horror, Panic, Terror and Worry

1. ESSENCE

- 1543 Fear makes men believe the worst.
Curtius-Rufus (fl. 100 A.D.)
- 1544 Worry, the interest paid by those who borrow trouble.
George Washington (1732-1799)
- 1545 What are fears but voices airy?
Whispering harm where harm is not.
And deluding the unwary
Til the fatal bolt is shot!
Wordsworth (1770-1850)
- 1546 Fear always springs from ignorance.
Emerson (1803-1882)
- 1547 A panic is sudden desertion of us, and a going over to the
enemy of our imagination.
Bovee (1820-1904)

2. OPPOSITES

- 1548 Favour and disgrace are like fear.
Favour is in a higher place, and disgrace in a lower place.
When you win them you are like being in fear,
and when you lose them you are also like being in fear.
So favour and disgrace are like fear.
Lao-Tzu (fl. B.C. 600)
- 1549 Valor grows by daring, fear by holding back.
Publilius Syrus (fl. B.C. 42)
- 1550 Fearfulness, contrary to all other vices, maketh a man think
the better of another, the worse of himself.
Philip Sidney (1554-1586)
- 1551 To fear the foe, since fear oppresseth strength,
Gives in your weakness strength unto your foe.
Shakespeare (1564-1616)
- 1552 He that fears you present, will hate you absent.
Thomas Fuller (1608-1661)
- 1553 From a distance it is something; and nearby it is nothing.
La Fontaine (1621-1695)

1554 The man who fears nothing is not less powerful than he who is feared by every one.

Schiller (1759-1805)

3. INSIGHT

1555 Nothing in the affairs of men is worthy of great anxiety.

Plato (B.C. 427?-347?)

1556 No one loves the man whom he fears.

Aristotle (B.C. 384-322)

1557 We fear things in proportion to our ignorance of them.

Livy (B.C. 59-17 A.D.)

1558 Everyone wishes that the man whom he fears would perish.

Ovid (B.C. 43-18 A.D.)

1559 For it is not death or hardship that is a fearful thing, but the fear of death and hardship.

Epictetus (50-138 A.D.)

1560 Even the bravest men are frightened by sudden terrors.

Tacitus (55-117 A.D.)

1561 Where fear is present, wisdom cannot be.

Lactantius (260-340 A.D.)

1562 Present fears are less than horrible imaginings.

Shakespeare (1564-1616)

1563 We often pretend to fear what we really despise, and more often despise what we really fear.

Colton (1780-1832)

1564 There is great beauty in going through life without anxiety or fear. Half our fears are baseless, and the other half discreditable.

Bovee (1820-1904)

1565 We often hear of people breaking down from overwork, but in nine out of ten they are really suffering from worry or anxiety.

Lubbock (1834-1913)

1566 Fear is the mother of morality.

Nietzsche (1844-1900)

- 1567 Our instinctive emotions are those that we have inherited
from a much more dangerous world, and contain, therefore,
a larger portion of fear than they should.
Bertrand Russell (1872-1970) 3 of 7
- 1568 The only thing we have to fear is fear itself.
Franklin D. Roosevelt (1882-1945)
- 1569 I have never yet met a healthy person who worried very
much about his health, or a really good person who worried
much about his own soul.
Haldane (1892-1964)
- 1570 Fear comes from uncertainty. When we are absolutely
certain, whether of our worth or worthlessness, we are
almost impervious to fear. Thus a feeling of utter
unworthiness can be a source of courage.
Eric Hoffer (1902-1983)

4. POSITIVE

- 1571 Just as courage imperils life, fear protects it.
Leonardo Da Vinci (1452-1519)
- 1572 Fear is implanted in us as a preservative from evil;
but its duty, like that of other passions,
is not to overbear reason, but to assist it.
It should not be suffered to tyrannize
in the imagination, to raise phantoms of horror,
or to beset life with supernumerary distresses.
Johnson (1709-1784)
- 1573 Early and provident fear is the mother of safety.
Burke (1729-1797)
- 1574 Better to be despised for too anxious apprehensions
than ruined by too confident a security.
Burke (1729-1797)
- 1575 Fear is the mother of foresight.
Henry Taylor (1800-1886)
- 1576 Good men have the fewest fears.
He has but one great fear who fears to do wrong;
he has a thousand who has overcome it.
Bovee (1820-1904)
- 1577 A good scare is worth more to a man than good advice.
Edgar W. Howe (1853-1937)

5. NEGATIVE

- 1578 As the ostrich when pursued hideth his head, but forgetteth his body; so the fears of a coward expose him to danger.
Akhenaton? (c. B.C. 1375)
- 1579 Fear is not a lasting teacher of duty.
Cicero (B.C. 106-43)
- 1580 In extreme danger fear feels no pity.
Julius Caesar (B.C. 102-44)
- 1581 Fear is proof of a degenerate mind.
Vergil (B.C. 70-19)
- 1582 The mind that is anxious about the future is miserable.
Seneca (B.C. 3-65 A.D.)
- 1583 There is no passion so contagious as that of fear.
Montaigne (1533-1592)
- 1584 Fear follows crime and is its punishment.
Voltaire (1694-1778)
- 1585 In morals what begins in fear usually ends in wickedness; in religion what begins in fear usually ends in fanaticism. Fear, either as a principle or a motive, is the beginning of all evil.
Anna Jameson (1794-1860)
- 1586 Worry - A god, invisible but omnipotent. It steals the bloom from the cheek and lightness from the pulse; it takes away the appetite, and turns the hair gray.
Disraeli (1804-1881)
- 1587 Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength.
Charles Spurgeon (1834-1892)
- 1588 Depression, gloom, pessimism, despair, discouragement, these slay ten human beings to every one murdered by typhoid, influenza, diabetes or pneumonia. If tuberculosis is the great white plague, then fear is the great black plague.
Gilbert Murray (1866-1957)
- 1589 There is perhaps nothing so bad and so dangerous in life as fear.
Jawaharial Nehru (1889-1964)

6. ADVICE

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- 1590 Who sees all beings in his own Self, and his own Self in all beings, loses all fear.
Upanishads (c. B.C. 800)
- 1591 Suffer no anxiety, for he who is a sufferer of anxiety becomes regardless of enjoyment of the world and the spirit, and contraction happens to his body and soul.
Zoroaster (B.C. 628?-551?)
- 1592 The whole secret of existence is to have no fear.
Never fear what will become of you, depend on no one.
Only the moment you reject all help are you freed.
Buddha (B.C. 568-488)
- 1593 Do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day.
Jesus (B.C. 6?-30? A.D.)
- 1594 An anthill increases by accumulation.
Medicine is consumed by distribution.
That which is feared lessens by association.
This is the thing to understand.
Nagarjuna (c. 100-200 A.D.)
- 1595 It is not death that a man should fear,
but he should fear never beginning to live.
Marcus Aurelius (121-180 A.D.)
- 1596 What is not to be, will not be; if it is to be, it cannot be otherwise; why do you not drink this antidote that destroys the poison of care?
The Hitopadesa (600?-1100? A.D.)
- 1597 Nothing is to be feared but fear.
Bacon (1561-1626)
- 1598 Things done well and with a care,
exempt themselves from fear.
Shakespeare (1564-1616)
- 1599 Things without remedy, should be without regard;
what is done, is done.
Shakespeare (1564-1616)

- 1600 Fear nothing but what thy industry may prevent;
be confident of nothing but what fortune cannot defeat;
it is no less folly to fear what is impossible to be avoided
than to be secure when there is a possibility to be
deprived.
Quarles (1592-1644)
- 1601 Do not anticipate trouble, or worry about what may never
happen. Keep in the sunlight.
Franklin (1706-1790)
- 1602 They can conquer who believe they can. He has not learned
the first lesson of life who does not every day surmount a
fear.
Emerson (1803-1882)
- 1603 As a cure for worrying, work is better than whiskey.
Thomas A. Edison (1847-1931)
- 1604 When one is in fear he should appear to be fearless. One
should seem to be trustful while really mistrusting others.
Such a man is never ruined.
Sivananda (born 1887)

7. POTPOURRI

- 1605 He who knows Self as the enjoyer of
The honey from the flowers of the senses,
Ever present within, ruler of time,
Goes beyond fear. For this Self is Supreme!
Upanishads (c. B.C. 800)
- 1606 When one has the feeling of dislike for evil, when one
feels tranquil, one finds pleasure in listening to good
teachings; when one has these feelings and appreciates
them, one is free of fear.
Buddha (B.C. 568-488)
- 1607 I am frightened at seeing all the footprints directed
towards thy den, and none returning.
Horace (B.C. 65-8)
- 1608 Cowards die many times before their deaths;
The valiant never taste of death but once.
Of all the wonders that I yet have heard,
It seems to me most strange that men should fear,
Seeing that death, a necessary end,
Will come when it will come.
Shakespeare (1564-1616)

- 1609 I could a tale unfold whose lightest word
Would harrow up thy soul, freeze thy young blood,
Make thy two eyes, like stars, start from their spheres,
Thy knotted and combined locks to part
And each particular hair to stand on end,
Like quills upon the fretful porcupine.
Shakespeare (1564-1616)
- 1610 Huge and mighty forms that do not live
Like living men, moved slowly through the mind
By day, and were a trouble to my dreams.
Wordsworth (1770-1850)
- 1611 Like one, that on a lonesome road
Doth walk in fear and dread,
And having once turned round, walks on.
And turns once more his head;
Because he knows a frightful fiend
Doth close behind him tread.
Samuel Coleridge (1772-1834)
- 1612 Fear at my heart, as at a cup,
My life-blood seemed to sip!
Samuel Coleridge (1772-1834)
- 1613 Oh, fear not in a world like this,
And thou shalt know ere long,
Know how sublime a thing it is
To suffer and be strong.
Longfellow (1807-1882)
- 1614 I, a stranger and afraid
In a world I never made.
A. E. Housman (1859-1936)