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ZEN STORY

A stylized graphic of a document with a white background and a thin black border. It features a large, semi-transparent 'V' on the left and a circular arrow icon on the right. Below the title are several horizontal bars representing text lines. The graphic is set against a light green background that has a dark green shadow on its right side.

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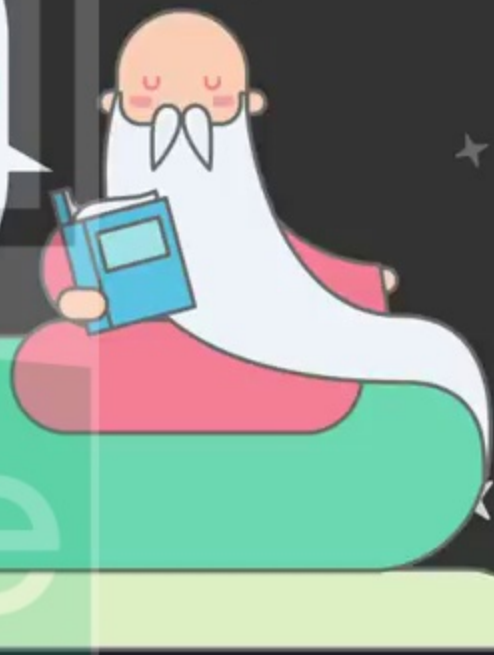


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in relation to that fear

V



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But fear protects you, doesn't it?
If you think there's a be

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those dangers is what really protects you. Understanding protects you, not fear, and actually,



Fear leads to fixation on the fear-producing image. If you're afraid someone is following you, you project them into every dark corner, into every alleyway, into every car driving behind you, and so on. Fear is a blinder



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