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I read an old Arabic story, a traveler laltre day trader with his caravan on its way to Baghdad. Halfway to their destination in the merchant is the pestilence that linforma he also is on the way to Baghdad. Reason for travel pestilence forgot to kill five thousand people. After dhaver delivered this amazing piece of news plague disappears and the retailer continues its journey.

Then see the merchant returned from Baghdad, where once again it is intercepted by the pestilence. The shopkeeper is angry. "You lied to me," roars the pestilence.

"You told me to kill five thousand people, but they are fifty thousand deaths. " Pestilence patiently answered, "I told you I is not lying. I said I would kill five thousand people were killed and five thousand people.

" There is a pause and then complete the information ". Fear killed the rest" Fear? Yes, fear - a word that is synonymous with all that is a problem with lesser beings. For some the fear is the disease larrel behind all our woes.

It is fear that leads to the other are wrong and pain as they try to secure ourselves, the fear caused lestrÃ¨s and leads to all sorts of diseases, and fear that leads us to react to situations place to be creative about them. So what is lantÃ-dot by fear? The antidote is the same as it always has been: trust. First, trust in God.

This is easy to say but much harder to do. We accept the wisdom of lunivers and proud as we are in all our circumstances, not just good or bits of fun? Secondly, trust in others. Most people would DACORD in the last fifty years has been a serious deterioration of trust between peoples and communities.

However, our only real security - complete lack of fear - it is with other people, if we can not trust others, we are destined to a life of fear, always covering lesquena, to check up on, the dimaginar worse. How do we establish trust between people? Finally, confidence in ourselves - in our essence, or our soul. We have inside our own souls and find the goodness and value - and thus the strength to face anything.

Of course, the heart has traditionally been the seat hearted, and that's why when we trust in our act we find courage. Courage, etymologically, comes from the heart. Confidence in our self, then, produces value, which is also an antidote to fear.

And why it is so important - because we are starting a new year with many challenges. The economic crisis may be sufficient cause for despair. Other Operational hand the situation in many parts of the world - North Korea at the time and in some other states as lIran - leads us to fear lesclat dune broader war.

The fall in living standards, lendeutament chronic individuals, lescassetat jobs and civil unrest, the malaise of despair, partly caused by the lack of any belief system in Loest, and if they sufficiently interrupted by his account to inspire fear, not the Mayan prophecy about the end of the world this coming December! So, let's resist the temptation to live in fear. paper writing.

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