

NEVER LET FEAR HOLD YOU BACK AGAIN

**What is this thing we call fear?
Have you ever looked at it really clear
And taken it apart section by section
To see what was responsible for its conception?**

**You see, there is much more to the emotion of fear
Actually, it's based on some thoughts that really domineer
And take over your rational thought form
Until living that way becomes the norm**

**And you don't even realize that the fear is not real
Because it's such a strong emotion that sometimes it's all you can feel
And by that point it's too late as it has already got you
And there's no way out and nothing you can do**

**So if fear is consuming you completely
And no matter what you do, you still can't see
How to rid yourself of it and never again let it near
There are some things that must become clear**

**You must realize that you are always at choice
And that you don't have to listen to your inner voice
You can master even the most intensely fearful emotion
All it takes is time and devotion**

**Please understand that fear is not your master and you are not its slave
But fear is tricky and will try to make you behave
It will try to keep you from living your power
It will make you want to bow down and cower**

**But it has no control over you unless you give it the chance
Then you become a victim of your own circumstance
As fear then takes over and is in control
And now you're stuck, frozen in a fearful mold**

**And that's the cycle that never stops and never goes away
Until you decide that it's a game you no longer want to play
And once you recognize fear for what it is and what it is not
Then all the power and all the freedom is what you've got**