

**Meditation 23**

*Examining the Nature of Fear*

After establishing pure motivation, try to find this fear that's so fully gripped you. This big, powerful fear—where is it? What does it look like? What's its size and shape?

Relax the effort to find it, and rest your mind.

Then, try to describe it—for example, its color—and again rest the mind.

If you think the fear's in your heart, try to determine if it's in the left or the right ventricle. Is it in the muscle tissue or in the blood? Could a heart surgeon find it? Could it be found with a microscope in the cells, molecules, or subatomic particles?

If you find there's no thing there called fear, then relax the effort to find it and rest in the not finding.