

“35 Powerfully Liberating Quotes About Fear”

*– How An Inside-Out Understanding of Fear
Can Totally Transform Your Life!*

An **inspirational quotes ebook** by the editor
of SelfHelpCollective.com & SMNash.com
– Steve M Nash © 2016, 2017

*“What is needed, rather than running away or controlling
or suppressing or any other resistance, is understanding
fear; that means, watch it, learn about it, come directly into
contact with it. We are to learn about fear, not how to
escape from it!”*

– Jiddu Krishnamurti

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Introduction

There are thousands and thousands and thousands of fear quotes out there. Some are inspiring, most are well-meaning, whilst many are misleading.

The quotes about fear I share here, *very carefully chosen*, are **quotes that reveal the truth about fear, the truth about you, and the truth about life**. Occasionally, I shall attempt to illuminate this truth, directly, via the Inside-Out understanding of the human experience (aka The Three Principles – <http://www.smnash.com/3-principles/>).

So whether you're reading this because of a [top 10 fear](#), a common phobia, or a fear of fear itself this ebook can help you – help release you from the power the fear/phobia has over you. It can help reconnect you with Your True Self, thus reconnect you with others.

Intrigued? *Read on!*...



[Steve M Nash](#)

PS Believe it or not, I spent the whole of Wednesday in January (in 2016) creating and carefully curating quotes for this fear quotes ebook. Just for you. ☺ So I do hope at least one quotation resonates with you, and encourages you to live more fearlessly (oh yes!)

PPS And **should you be interested in transformative coaching** – helping you see find more ease and less stress in your life – click/tap here: www.smnash.com/audit/

*"I must say a word about fear. It is life's only true opponent. Only fear can defeat life. It is a clever, treacherous adversary, how well I know. It has no decency, respects no law or convention, shows no mercy. It goes for your weakest spot, which it finds with unnerving ease. **It begins in your mind, always ...** so you must fight hard to express it. You must fight hard to shine the light of words upon it. Because if you don't, if your fear becomes a wordless darkness that you avoid, perhaps even manage to forget, you open yourself to further attacks of fear because you never truly fought the opponent who defeated you."*

– Yann Martel (*Life of Pi*)

(Do these words by Yann Martel sound true for you?)

Then [check out my Happiness from the Inside-Out: E-Course](#) – because it will most definitely help you notice your fears without being overcome with them.)

What Is Fear? (And Where Do Our Fears Come From?)

Fear is as natural as thinking. In fact, fear is merely one of the many consequences of our ability to think, to create our reality moment by moment.

This is the [Inside-Out Understanding](#) of the human experience I share with you, that simply states that we create our reality from the Inside Out, that we’re living in the feeling of our thinking not the feeling of our circumstances. And we create that reality, in each moment, via the Three Principles of Thought (ability to create our world, via thinking), Consciousness (awareness of what we create – e.g. 5 senses), and Mind (universal intelligence behind life, the source of all).

Fears, simply put, are merely ‘unpleasant’ thoughts that we believe – with so much awareness, sometimes, that we can actually manifest our fear as a feeling in our body.

Often these fearful thoughts and feelings arise in association with a specific event (and the ‘meaning’ we give to that event), but sometimes they can just pop into our head or body from ‘nowhere’. Just like our thoughts can.

The following fear quotes reveal the nature of fear, too, in their own way...

#1

*"You aren't afraid of what you think you're afraid of
– you're afraid of what you think!"*

– Michael Neill

#2

"No one is afraid of heights; they are afraid to fall.

No one is afraid to play, they are afraid to lose.

No one is afraid of the dark, they are afraid of what's in it.

No one is afraid to say I love you, they are afraid of the response."

– Unknown

#3

*"There is no terror in the bang,
only in the anticipation of it."*

– Alfred Hitchcock

#4

"Fear is faith that it won't work out."

– Sister Mary Tricky

#5

*"We are more often frightened than hurt; and we suffer
more from imagination than from reality."*

– Seneca

#6

"Fear cannot take what you do not give it."

– Christopher Coan

#7

*"Fear is that little darkroom
where negatives are developed."*

– Michael Pritchard

#8

*"Fear has a large shadow,
but he himself is small."*

– Ruth Gendler

#9

*"When we fear things I think that we wish for them...
every fear hides a wish."*

– David Mamet

#10

*"He who fears to suffer,
suffers from fear."*

– French Proverb

#11

*"FEAR is an acronym for
'False Evidence Appearing Real'."*

– Unknown

[**Read more about FEAR here** – what to do about it, etc. [Click!](#)]

Overcoming Fears? (How To Overcome Fear?)

If fear is a natural part of being alive, then – and I'm saying that it is! – what does it mean to overcome fear? What does it mean to master your fears, or to live fearlessly? Hmm, good questions! Perhaps it might mean the following:

- To simply BE with the fear – notice it, notice its impact on you (especially in your body: feel the feeling, do not label it) – and then to let the fear go, without the need to resist it or act on it. (Act, instead, from wisdom – from that quiet voice within you.)

Yes, perhaps there really is no need to overcome fear, to reject that which you do not care for, or are unable to hold (e.g. shame or a lesser image of who you can be sometimes). Perhaps fear is just a part of us, then – some form of feedback on our experience of being human – that simply needs to be noticed.

In all honesty, I don't have a definitive answer to this question. I am curious as to what our fears are here for (*aren't you?*), but I'm also happy to 'not know'.

Again, **these fear quotes reveal what it means to overcome fears...**

#12

"If the only thing people learned was not to be afraid of their experience, that alone would change the world."

– Sydney Banks

#13

*"Fears are educated into us, and can,
if we wish, be educated out."*

– Karl Augustus Menninger

#14

*"Expose yourself to your deepest fear; after that, fear has no power,
and the fear of freedom shrinks and vanishes. You are free."*

– Jim Morrison

#15

*"You can discover what your enemy fears most
by observing the means he uses to frighten you."*

– Eric Hoffer

[NOTE: I love this quote, particularly when you **think of
who our true enemy is!** There is, was and only ever
has been one enemy, and that is... **Ourself!** [Click!](#)]

#16

"Curiosity will conquer fear even more than bravery will."

– James Stephens

[Curious about curiosity? [Click!](#)]

#17

"Fear is only as deep as the mind allows."

– Japanese Proverb

#18

*"Have no fear of perfection –
you'll never reach it."*

– Salvador Dalí

#19

*"Who sees all beings in his own self,
and his own self in all beings, loses all fear."*

– Isha Upanishad

#20

*"Fearlessness requires attention and receptivity – it
takes focus to stand in the still eye of a tornado
and not be swept away by it."*

– Susan Piver

Hey, it *could* be much simpler than that, though...

#21

"When I hear music, I fear no danger.

I am invulnerable. I see no foe.

I am related to the earliest times,

and to the latest."

– Henry David Thoreau

But that simplicity could still feel impossible to us ...

#22

"The cave you fear to enter holds the treasure you seek."

– Joseph Campbell

Fear Is Okay! (So Are You!)

It is one thing to fear, then, it is quite another to let ourselves be led by our fears – to let our fears develop into ‘demons’ that terrorize. (Remember, we were not born with our fears and our phobias – they grew as we grew, via our experiences of life, of being a thinker.) Do not be frightened by your fears, then! Just be with them. Stand with them – understand them – and thus learn to stand with (be with) yourself.

For fear is just a very unsubtle guidance system, really. It’s telling you about your perceptions of life; reminding you of your beliefs. Best to listen and be guided by the quieter murmurings of your inner wisdom, yes, but noticing your fears can be useful too.

So there is nothing wrong with your fears, or you for having them. Your fears will come, your fears will go. Ebb. Flow. Like life; like thinking; like you. (*Curiously!*)

And I think this final set of fear quotes reveals this...

#23

*"All we are is peace, love, and wisdom,
and the power to create the illusion that we are not."*

– Jack Pransky

#24

"Fear can't hurt you any more than a dream."

– William Golding

#25

*"To fear is one thing. To let fear grab you by the tail
and swing you around is another."*

– Katherine Paterson

#26

*"We all have a fear of the unknown, what one does with that fear
will make all the difference in the world."*

– Lillian Russell

#27

*"If, when you look into your own heart, you find nothing wrong there,
what is there to worry about, what is there to fear?"*

– Confucius

And another way of saying that, might be...

#28

*"You are only afraid if you are not in harmony with yourself.
People are afraid because they have never owned up to themselves."*

– Hermann Hesse

#29

"Fear makes us feel our humanity."

– Benjamin Disraeli

#30

*"Living fearlessly is not the same thing as never being afraid.
It's good to be afraid occasionally. Fear is a great teacher."*

– Michael Ignatieff

#31

*"Ultimately we know deeply that
the other side of every fear is freedom."*

– Mary Ferguson

#32

"Don't move the way fear makes you move.

Move the way love makes you move.

Move the way joy makes you move."

– Osho

#33

"Feel the fear and do it anyway."

– Susan Jeffers

IMPORTANT ADDENDUM! (One Last Thought On Fear!)

Just because the book says to feel the fear and do it anyway, doesn't mean it's always as simple, and easy, to do just that.

#34

*"We build castles with our fears
and sleep in them like kings and queens."*

– Christopher Poindexter

Sometimes our fears feel so real to us that we forget that they are not – and our fearful thinking escalates, and we find ourselves anxious about being anxious.

Sometimes we simply are not able to be with our experience – it's just too unbearable. We must escape ourselves, must do anything to NOT feel this!

Sometimes we let our fear close us down to the world, to ourselves – we stop trusting in, and listening to, our inner wisdom; we become lost.

But we return to ourselves, in the end, no matter what; our fears always cease. (*Ever noticed?*) And knowing the true nature of fear, of ourselves, still helps – always. Okay?

#35

*"Forget safety.
Live where you fear to live.
Destroy your reputation.
Be notorious."*

– Rumi

About The Author! (About These Quotes!)

Steve M Nash is a blogger and writer – editor at guru-free SelfHelpCollective.com, ‘solver of problems’ at EgoFatigo.com, and affiliate marketer for [SiteSell’s SBI!](#) & [Hypnosis Downloads](#) – and he’s also a **certified transformative coach** (graduating from Michael Neill’s 9 month Supercoach Academy coach training in September, 2014).



Steve shares his Inside Out understanding of the human experience – and he offers his transformative coaching services (Skype or in person) – via his transformative coaching blog, SMNash.com.

And I think that’s about enough from Steve about Steve. (Don’t you?)

Instead, here are the websites that were the source of the 35+ liberating fear quotes that appear in this ebook. AND... here are a few more fear quotes too – whoo!

*"Wherever we look upon this earth,
the opportunities take shape within the problems."*

– Nelson A. Rockefeller

"The sun is actually responsible for clouds."

– Robert Mighall (*Sunshine – One Man’s Search For Happiness*)

[Think about that one, eh!... ☺]

More Fear Quotes – Source of Quotes for this Ebook:

- <http://www.goodreads.com/quotes/tag/fear>
- <http://theboldlife.com/2011/08/101-quotes-fear/>
- http://www.brainyquote.com/quotes/topics/topic_fear.html
- <http://en.proverbia.net/citastema.asp?tematica=464>
- <http://www.quotegarden.com/fear.html>
- <http://www.quotationspage.com/subjects/fear/>
- http://www.notable-quotes.com/f/fear_quotes.html
- http://www.coolnsmart.com/fear_quotes/
- <http://www.inspirationpeak.com/cgi-bin/search.cgi?search=fear>
- <http://www.mightyfighter.com/top-30-greatest-fear-quotes/>
- <http://www.fearintofreedom.com/fear-quotes.html>
- <http://thinkexist.com/quotes/like/we-all-have-a-fear-of-the-unknown-what-one-does/384613/>

More Free Ebooks by Steve:

– [One-Page Self Esteem Guide \(PDF\)](#)

– [You Are All You Need \(PDF\)](#)

And you can download both simply by subscribing to my newsletter

– <http://www.selfhelpcollective.com/newsletter.html>

"Fear makes strangers of people who would be friends."

– Shirley Maclaine

So do get in touch, please do! **I'd love to know what you think** of this ebook, of fear itself, or even what you think about the Inside-Out understanding. You could even just tell me your favourite quote. Get in touch and let me know here – SMNash.com/contact/ !

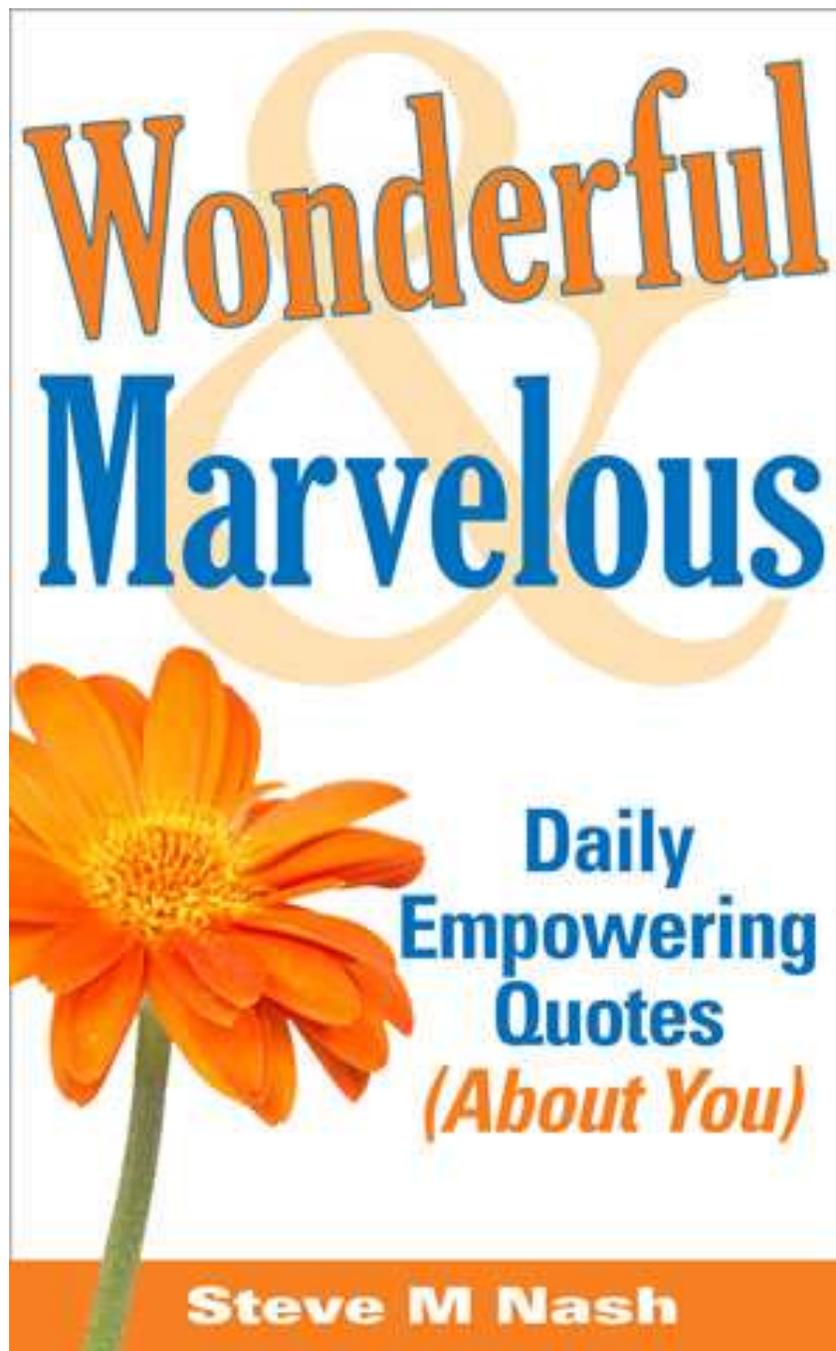
"There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we [open to all that life has to offer](#) with passion, excitement, and acceptance. We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create. Evolution and all hopes for a better world rest in the fearlessness and open-hearted vision of people who embrace life

– John Lennon

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Steve is also the author of...



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