

God's Message : Be Fearless

Saṅjay Mohan Mittal

**abhayan-naḥ karaty-antarikṣham, abhayan dyaavaa pṛithivee ubhe ime,
abhayam pashchaad abhayam purastad, uttaraad adharaad abhayan no astu.**

**abhayam mitraad abhayam amitraad, abhayañ jñāataad abhayam parokṣhaat,
abhayan naktam abhayan divaa naḥ, sarvaa aashaa mama mitram bhavantu.**

Atharveda 19:15-5-6

In two very famous mantras from Atharvaveda, God has provided us the methods of attaining the state of fearlessness. These mantras are telling us that we should experience absolutely no fear at any time. We should have no fear from and in the three plains of existence i.e. the Earth, the heavenly bodies and the space between them. We should have no fear from and in any of the directions. We should have no fear from beings that are friendly and those who are not friendly yet. We should have no fear from what is known to us and from what is not so evident right now. We should have no fear in the state of darkness or illumination i.e. day as well as night. Let's also ponder on the use of phrase "no fear from friends" in these mantras. Fear from a friend can result if a friend knows secrets about you which if revealed can cause embarrassment or loss to you. Even more noteworthy is the use of "*amitra*" in these mantras. Instead of using a harsher antonym of friend which could mean an enemy, the mantra just uses "not friendly". This is telling us not perceive anyone as an enemy. All beings in this universe fall just under two categories, friends and yet to be made friends.

In essence what these two mantras are saying is that may we be bold in performing all actions. We should be able use our tongue to speak without fear. We should also be able to consume our nourishment without any feeling of guilt. We should be able to breath freely without fear. We should be able to use our eyes to see and perceive without fear. We should be able to use our ears to listen without fear. We should be able to use our arms to perform actions without fear. And we should be able to use our legs to take us to desirable places without fear.

But how would one attain such a state of absolute fearlessness? The answer to this lies in the last part of these mantras. The mantras say "*sarvaa aashaa mama mitram bhavantu*". May all aspects of my life become friendly unto me. When everything around us is friendly, there remains no reason for fear. However, how

would everything around us become friendly? Friendship is based on the principle of reciprocity and is always a two way street. In order to have all aspects of our life act friendly unto us, we first need to act friendly towards them. First principle of friendship is that friends cause no harm, they watch over the interests of the friends. When we rise above the attitude of selfish gains, treat everyone as our friends and perform actions that are beneficial to everyone, our conscious shall be clear and we shall have no fear performing those actions.