

*Self Liberation From*  
**Fear, Worry and Anger**

*by : Tejguru Sirshree Tejparkhiji*



**SELF LIBERATION FROM**

**FEAR**  
**WORRY**  
**ANGER**

**TEJGURU SIRSHREE TEJPARKHIJI**

*Translated by*

*Krishna Iyer and Nitin Ahir*

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# Preface

## **Reading the first and last paragraph is recommended**

Everyone in the world was living happily. There were no problems at all. Then one fine day, everyone in the world accepted an invitation to attend a marriage. The marriage was to happen between Fear and Worry. Illusion, the father of the bride and Depression, the mother of the bridegroom invited the solemn presence of everyone. The priest was Anger who completed the unholy alliance without thinking twice. Since then everyone has been visiting the couple daily and seeking counselling from the priest. They seem to see no way of living without them.

Looking at the devastating effects of fear, worry and anger in the present day world, the fable mentioned above could very much be true. Modern life is a life of stress, hurry and tight schedules. We are living in the age where the computers are married to the telephones, where moral values have taken a backseat and deadlines [not lifelines] set the course of the day. There is so much to be done, but no time to do it. This naturally results in fear, worry and anger. Wherever you look, you can see nothing but strife, conflict and grudges. In every direction, we see anxious, depressed and furious faces. Every place is blazing with fights, disputes and hatred. Brother is fighting against brother, son is tussling against father, daughter-in-law is quarrelling with mother-in-law, daughter is

clashing against mother, son is bickering his mother, friend is battling against friend, neighbour is contending against neighbour...!

There have been many things said about fear, worry and anger. But yet the terrible threesome continue to plague every person, every home, every neighbourhood, every society, every office, every city, every state, every country. They continue to trouble because many things about fear, worry and anger remain unsaid. This book is an attempt to bring about the missing link in understanding them and banishing them from our lives forever.

Indeed many things have been said so far about fear, worry and anger; many things that only make us more afraid of fear, more anxious about worrying and furious about anger. In our research in India and abroad, before translating this book, we came across various books and programs on fear, worry and anger. All of them were problem statements. None of them offered practical solutions. The importance of this book is that it is a solution set that can be applied in everyday life. It contains multiple solutions against fear, worry and anger. While we were translating this book, we realized that this is the most comprehensive set of techniques or solutions on the troublesome three we have ever come across. We thank Sirshree for penning the Hindi original. It is a privilege to translate this wonderful book for English Lovers.

**Krishna Iyer and Nitin Ahir**



# H

ow to read this book :

1. Read the book end to end so that *you feel free from fear forever, can wage war with worry and win and accomplish the annihilation of anger adequately.*
2. Whenever fear, worry or anger strikes, then open any page of this book. Read whatever solution comes up. Contemplate on the solution. Implement the solution.
3. If you are distraught with fear, then start with book one. If you are troubled by worry, then book two is from where you can start. If you are furious with anger then book three will be the antidote.
4. There are three mantras given in the book, first to combat worry, the second to use against fear and third to abolish anger. Use these mantras in your day-to-day life. Reread those chapters (Chapter 6, book one, Chapter 12, book two and Chapter 11, book three) whenever it is important to remind yourself about these powerful mantras.
5. While reading this book, remind yourself that liberation in its truest sense is what one should attain. 'Self liberation from fear, worry and anger' is just a stepping stone.

### **Is this book dedicated to you ?**

This book is dedicated to men who have feared the future and have worried about the current state of affairs and are angry about the slow progress so much that they have then gone on to take massive action. It is owing to them that man has discovered many a thing in both the external and internal world. This book is dedicated to the men who worry the most. These are the men that are the *Siddharthas* of the present and the *Buddhas* of the future. That is why it has been said, *“Congratulate the man who worries, since worry is a pathway to liberation. And liberation will eradicate fear, anger, ego, hatred and greed from its roots.”*

**Tejguru Sirshree Tejparkhiji**

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