

FEAR

FALSE
EXPECTATIONS
APPEARING
REAL

By
AiR
Atman in Ravi

Coronavirus won't kill the World!

FEAR WILL!



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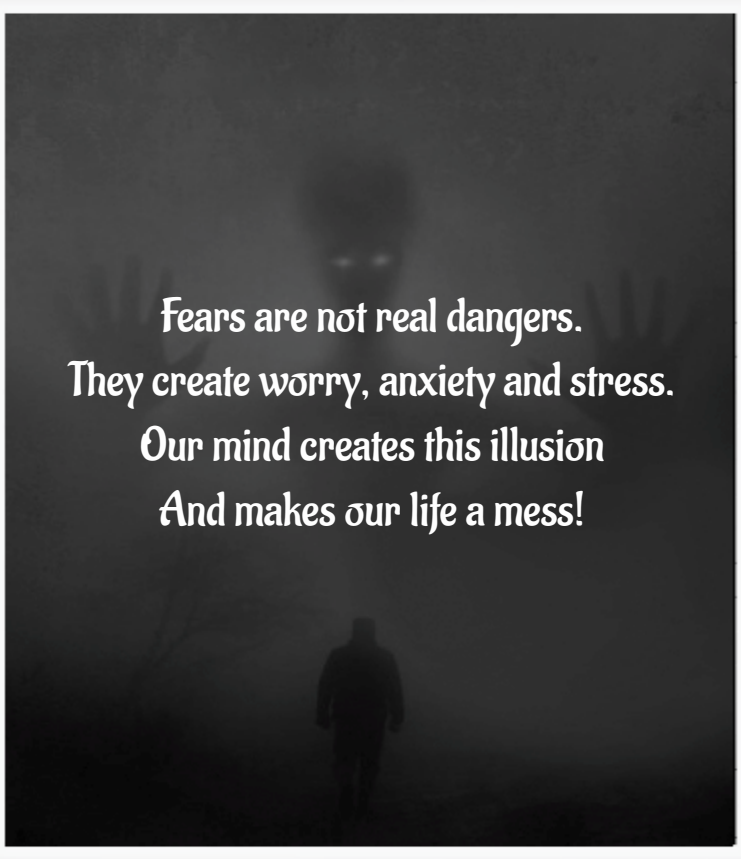
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*"More people die of the
Fear of disease
than of disease itself."*

- Mahatma Gandhi

The background image is a dark, atmospheric scene. In the foreground, a person's silhouette is visible, walking away from the viewer into a misty or foggy environment. In the background, a ghostly, translucent face with glowing eyes appears to be looking out from the darkness. The entire scene is framed by a thick black border with a white inner margin.

Fears are not real dangers.
They create worry, anxiety and stress.
Our mind creates this illusion
And makes our life a mess!

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**Of all the liars in the world,
sometimes the worst are our own fears.**

- Rudyard Kipling

Preface

It was 9:00 p.m., on the 24th of March 2020 when the Indian Prime Minister announced on television that there was an epidemic that was sweeping the country. It could wipe out millions. The Coronavirus was now attacking India in a disease they called COVID-19. He announced a total lockdown of the country for 21 days. Otherwise, he said, the country may go back 21 years.

With all due respect to the task force, the group of ministers, advisors, doctors, and scientists, what made them take such a drastic step? They were aware this could lead to an economic crisis that India could not afford to face. Not only would it shut down all hotels and airlines, malls and commercial establishments, cinemas and restaurants, offices and businesses, it would also put the entire country into a virtual paralysis. Still, why did the government announce such a lockdown? But what was the cause of this lockdown? It was not the virus itself! It was FEAR!

Fear has gripped not only the national cabinet of ministers but has also spread to every regional chief minister and every citizen. Such is fear! It is more contagious than a virus. It spreads from person to person.

This is exactly what happened as television channels started to broadcast disasters of the COVID-19 disease.




**What is the cause of fear?
Get to the bottom of the root,
If you want to overcome worry and anxiety,
First, realize the truth.**

The social media continues to be full of the news of Coronavirus, and what are people forwarding through WhatsApp? COVID-19 and Coronavirus and with it the fear of disease and death!

Think about it – if this virus had not killed over 4,000 people in China, if it had stopped at fever and a cough, would fear envelop the world? It was the “Fear of Death” that swept through nations, not sparing any continent barring Antarctica which is uninhabited.

As of today, the world has seen the virus spread to over 175 countries. As on date, over two million people have been infected. But unlike the Spanish flu of 1918, the fatality rate of this disease is limited. Further, it is restricted mostly to the elderly, and especially to those over the age of 60 or 70. By and large, the working population that is below 60 years does not face the danger of death, unless they have a weak immune system or an underlying health condition. Knowing these facts, why did fear paralyze the economy of so many nations?

It is not just India where nearly 800 people have died after a month-long complete lockdown of the country, but at the same time, most of Europe is shut down. Italy had declared a lockdown of several weeks and the world has followed including Spain, France, Germany, Switzerland, the UK,



Bigger than the virus is the
disease called FEAR.
It has created panic and
forced masks for us to wear!
And though it hasn't killed many,
it has infected the world!
And shut us in our homes,
and our life it has crippled.

and even the USA. As the virus attacks the entire globe, fear grips communities all over the world. Why?

Because F E A R actually means False Expectations Appearing Real. There is a difference between fear and danger. There is no doubt that there was a virus spreading and therefore, the World Health Organization declared it as a Global Pandemic. But, far more dangerous than the Pandemic itself, was another Pandemic—FEAR. Fear was making people believe that the world may come to an end. It scared people and they thought that they would die. It made countries imagine that their entire population would be wiped out. Why? It was because of fear.

What has fear done? For the first time ever, practically all the countries of the world have closed their borders. While that is understandable, it has led to an unprecedented wave of unemployment as the world has shut down literally everything. Hotels and restaurants, airlines and airports, gyms and swimming pools, offices and businesses, even temples, churches, and mosques. The entire world has come to a standstill. The busiest streets in the largest cities of the world wear a deserted look as television channels show what seem to be ghost towns. What has made leaders around the globe resort to decisions that would create not just an economic crisis, but a financial disaster like never before?



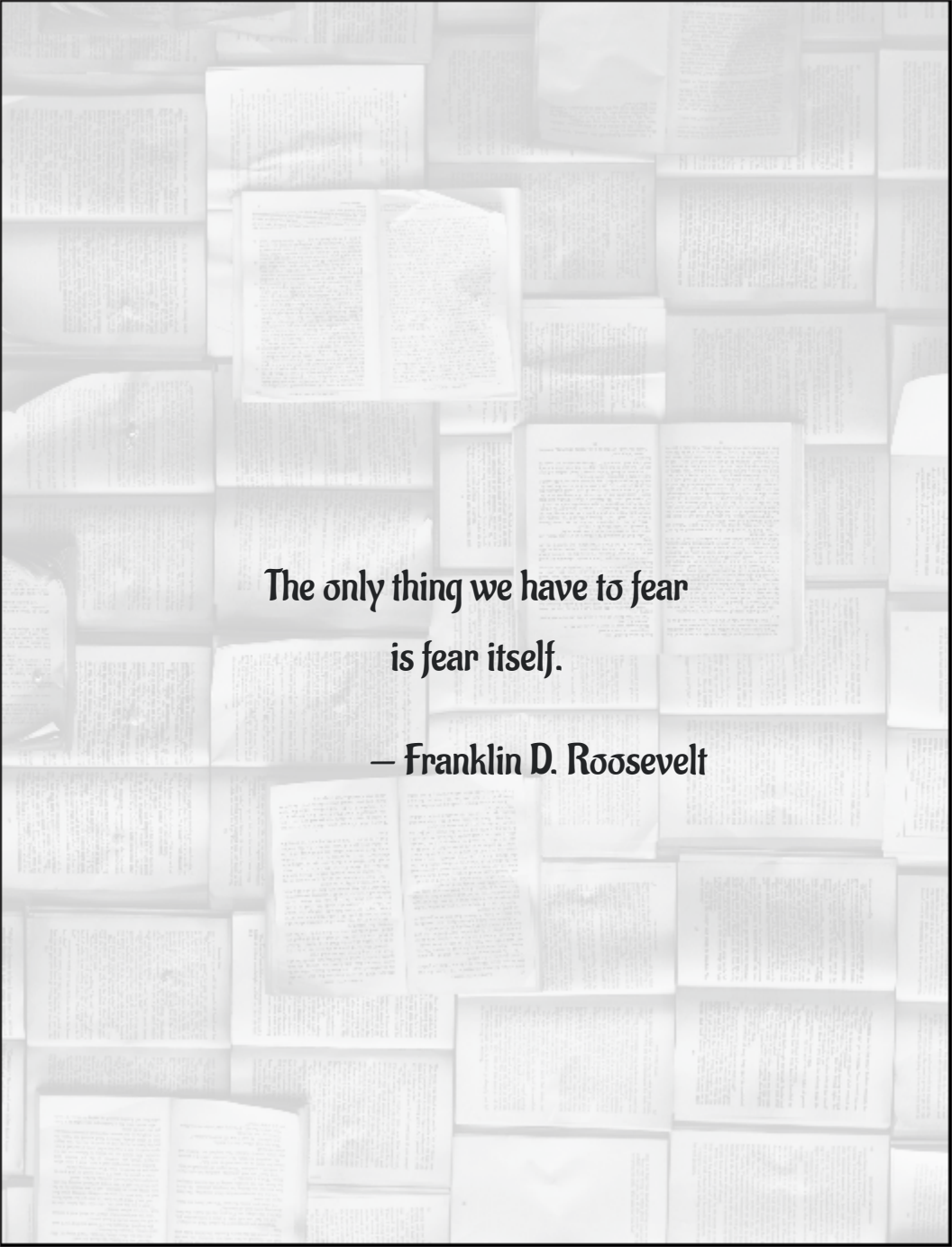
"FEAR
makes the wolf
bigger than he is."

– German Proverb

It is fear! Fear has an art of hiding the truth and projecting a myth. When we are captivated by fear, we are incapable of reasoning with the facts.

What are the facts? Since the virus erupted in December 2019, about 2,00,000 people have died around the globe. This is 0.0025% of the world population. However, 1,50,000 anyway die everyday in the world. As of April 2020, out of the total population of 1.4 Billion people in China, about 4,000 have died. This is 0.0002% of the population. In countries like Italy where the population is very aged, about 25,000 people have died, which is 0.04% of their population. In the USA, over 50,000 people have died and this looks alarming. However, it is only 0.015% of their population. When this is compared to the Spanish flu that killed 50 million people, nearly 25% of the global population, it is not as fatal a pandemic as the world thinks it to be. Facts confirm that those who are dying due to Coronavirus are mostly over the age of 65. Young people are being infected, but a large majority do not even show symptoms of the virus. Those who do, have to isolate themselves for about two weeks as the virus is very contagious. At this point, neither is there a proven cure for treating the virus nor is there a vaccine to prevent it.

Despite these facts, and even seeing several countries



**The only thing we have to fear
is fear itself.**

— Franklin D. Roosevelt

controlling the virus effectively like Japan, South Korea, Hong Kong and Sweden, a vast majority of the world has fallen prey to the virus, thanks to fear! Fear has gripped individuals and families who have locked themselves up in their homes, worrying that they would die. In a world that is so well networked today and has advanced beyond imagination in the last hundred years, why is fear paralyzing millions around the globe? It is because that is what fear does. It is meant to make False Expectations Appear Real.

It is due to these circumstances that are currently prevalent in the world that I am inspired to write a book on fear. At this point, even I am locked down in my home and will continue to be locked down for days, if not weeks! But I am sure that as long as we don't overcome fear, this virus will continue to haunt us. Experts project that the virus is surely going to last for months. It may come back as a second wave in many countries or it may end up being just another flu. Some people will die but the world will survive it. Most of us will become immune to it and soon and there will be both a cure and a vaccine. Then our fear will disappear!

Till then, people will live and die in fear. I decided to write a book to expose the truth about fear. Today, it is evident to all of us that fear is more destructive than the cause itself.

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