



FEAR IS THE MINDKILLER

The litany against fear is an incantation used by the Bene Gesserit throughout the DUNE book series (written by Frank Herbert) to focus their minds and calm themselves in times of peril. The litany is as follows

"I must not fear.
Fear is the mind-killer.
Fear is the little-death that brings total obliteration.
I will face my fear.
I will permit it to pass over me and through me.
And when it has gone past I will turn the inner eye to see its path.
Where the fear has gone there will be nothing. Only I will remain."

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