

# **Fear Interferes**

**By K. Brendi Poppel**

Fear Interferes with the cosmic energy flow,  
and oppressive gloom that blocks the sunlit glow  
of light and life within us all.  
But there is a bastion of spirit, behind the iron wall.

For fears like darkness and darkness is like death.  
The spirit is silenced by a shallow panicked breath,  
but when we look fear in the face  
and laugh at the shadow we see,  
the Citadel of spirit - Our true identity,

Behind the many masks we wear, beyond illusions lies,  
a brilliant being springs to life - the soul sings through our eyes,

with the windows to the universe, and doors that open wide.  
To a world of spirit deep deep inside,  
heart and mind aligned with soul.  
United as one body whole

In the holy oneness of creation,  
Fear may take a permanent vacation.

Joy leaps out to scream and shout with life-affirming glee.  
Love is the glue between me and you  
that sticks with us through eternity.

No more foolish fear, the spirit will soar  
so many dimensions still to explore,  
beyond this little world we know,  
when we let love in and let fear, a recent fear, go.