

## Bonus – The Art of Fear, Genetics

In Bali upon entering a majestic Temple there's a deep pothole. Locals like to sit and watch tourists entering the temple grounds because so many of them trip and fall into the pothole. It's better than TV. The Americans, apparently, are the worst. They get the biggest laughs. The locals believe, because Americans are so in their heads, they've lost all other senses and awareness found in their bodies.

We humans have a long history of avoiding anything unpleasant. It's how we spend most our time. That includes avoiding emotions.

Avoiding emotions, until recently, was even considered a necessity. Our great grandparents, great-great grandparents and generations back as long as we can remember have a history of seeing emotions as frivolous. Life was just something that happened to you. Joy was a novelty and Fear was not an option - certainly not an invitation or a chance to grow. Emotions were a hindrance to what really needed to be done; which is survive. All you have to do is look at old photos to see evidence of this.

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What are some other supposed inherited defects? There's alcoholism. Ironically, alcohol is self-medication used so you don't have to feel your emotions. There's also depression. That's supposedly inherited too. In my experience, depression is nothing more than severely repressed emotions. It's not a stretch then to suggest, that an unwillingness to feel Fear is inherited too, to the point where it may even be in your DNA.