

Violence Is Fear in Action

Violence is fear in action.

Fear is an avoidance of sadness.

Sadness is an aversion to loneliness.

Loneliness is a denial of emptiness.

Emptiness is the presence of being.

The **presence of being** is awakened consciousness.

Through an awareness of fear, violence no longer becomes an option.

As fear is faced, sadness is encountered.

As sadness is encountered, loneliness is acknowledged.

As loneliness is acknowledged, emptiness is recognized.

As emptiness is recognized, a presence of being is discovered.

As a presence of being is discovered -- consciousness awakens.

- Matt Khan