



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.

— Litany Against Fear from *Dune* by Frank Herbert

