



David M. Valadez
Senshin Center
Dojocho

Paranoia
by **David M. Valadez**

Deshi: There is an intimate relationship between Love and Fear - is there not?

Sensei: Yes, they are opposite to each other.

Deshi: And there is an intimate relationship between Love and Awareness - is there not?

Sensei: Yes, the latter must precede the former.

Deshi: Then what is the relationship between Fear and Paranoia?

Sensei: As Fear is the egocentric contrast to Love, Paranoia is the egocentric contrast to Awareness. Fear and Paranoia are our incapacity to practice non-attachment toward our ego. In a way, they are the selfish desire to displace God with our own person - they are our drive to see us in the center of the universe - to have everything revolve around us.

Deshi: Then they are based in delusion?

Sensei: You are seeing things clearly.