

# The Crypt

June, 2017

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## HERE COMES THE SUN

Anyone who follows my twitter feed knows that I am as likely to point you towards a BBC article as I am to say something original. Clicking around BBC News for my weekly UK news fix recently, I came across this gem of a quote from international adventurer, Jeff Shea:

**“I like hardship – it’s part of freedom and happiness. You need that balance to be happy. People who only have contentment miss out on a lot. I don’t just schedule a trip somewhere because the weather is good.”**

– Jeff Shea

*Natural and Supernatural*, Leo Braudy explores the psychological workings of horror with a keen historical eye. If you’re a serious student of darkness and haven’t added this one to your e-reader, you really should. I especially like Braudy’s exploration of fear. As he points out, social scientists tell us that we are seven times more likely to spread fear than any other social attitude. Fear is especially powerful because it is an emotional response, one that can be recalled and recast to help us deal with whatever new crisis the world throws at us.

**“While fear is always phrased in terms of contemporary issues, it is often animated and shaped by more long-lasting stories and images.”**

– Leo Braudy



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**Robert James**

Everyone has demons  
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But, fear is a close cousin to curiosity—you know—that nagging feeling that dares you to open the door at the end of the hallway, to descend the dark staircase into the cellar, or walk into the mist-filled forest at midnight. You want to know what lives there, to see the monster for yourself, to know its secrets.

I think heroes live where that dark curiosity is conquered. When you can both appreciate *and* fear something, you start to own it.

What happens next is up to you, but whether you fight or run away to hide, step one is finding your demons —they're just up ahead, watching from the shadows, waiting for their chance – so, just go somewhere quiet by yourself, turn off all the lights, and see what finds you.

I'm going to keep harrasing my demons.  
You?

—RJ



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