

## Face your Fear

Fear has no more power than any other emotion. When times are difficult, we have two choices. We can choose to have hope and come out better and stronger or we can choose to be overcome by our fear. Some forms of Fear you may experience are:

- Conflict
- Health issues
- Anxiety
- Dangerous situations
- Death
- Unmet needs
- Spiritual unease
- False beliefs
- What others think of you

As you break down the emotions, there are really on two emotions:

- Love
- Fear

Most people want to choose to walk in the possibility of something other than fear in their lives. Learning what not to do and what not to look for and what not to allow (fear) as a choice is part of discovering how to change from fear to love in your own world.

- I made the conscious decision to see the possibility that love is stronger than fear.
- It's a daily choice. A conscious effort. The intention to keep choosing love over fear

Love in its purest form, is unconditional and does not depend upon the action of others to be given. It doesn't hold a record of wrongs or bring up yesterdays. It doesn't get defensive or afraid. There is no fear in pure love. It is an action that can be seen and become tangible. As a light, loves shines on everything. Nothing is left hidden, unknown or unseen.

Fear can be viewed as the absence of light. It can be hidden, unknown, conditional and is dependent on others. Once you shine light on it, it is no longer hidden, and unknown. You can choose to look at it and face it with love so it can be seen and then made to go away.

Learning to face your fears starts with you. Let go of your ego. You must learn to love yourself. You cannot shine light on fear until you shine light on yourself. Are you afraid of being unworthy, not fitting in, not good enough, smart enough, pretty enough...? That is fear talking to you. To face fear is to face who you are. To learn that you are worthy, your good enough.

There is a famous question presented by Charles Bukowski. "Can you remember who you were, before the world told you who you should be?"

Learn to love the fool in you. The one who feels too much, talks too much, takes too many chances, wins sometimes and loses often, lacks self-control, loves and hates, hurts and gets hurt, promises and breaks promises, laughs and cries. Befriend your imperfections and even more...befriend your enemies. Only then will you be able to overcome the fears and doubts you carry. You will be able to peel back the layers of insecurity you feel burdened with. Only then will you be able to find the true peace and happiness that's inside you and release the fear you were taught during life. You were love before the world told you who you should be. Undo what the world taught you.

Consciously you need to let go of what others have done to cause fear. They did not remember who they were. They didn't know how to do better and did not know pure love. You do not have to live in fear that derived from what they taught you.

If you only have good intentions, you can practice living without fear. Good intentions mean actions and emotions of love for the good. What actions and emotions do you want to have? Love or fear?

