

Love Versus Fear

Most of us were raised to believe that hate is the opposite of love. In the ego or personality based context that this message was taught it does have some truth: love as most humans throughout history have viewed it is a need based emotion. We love because we need to feel loved, and we hope that by giving our attention and affection to others they will reciprocate. In this context love turns to hate when we don't receive what we are looking for in return for our love; when we feel betrayed, let down, taken advantage of. This love, as well as hate, anger, jealousy and resentment, are all manifestations of fear. Real love of course is something quite different.

Real love has no need component. It holds no grudges, seeks no reciprocation, and has no conditions. In our history there have been a few inspirational individuals who have shown us the real meaning and power of love, such as Mother Teresa, Mahatma Gandhi and Nelson Mandela. They demonstrated the power of love to change the world by their actions: caring for the ill and disadvantaged, practising non-violence and truth in all situations and forgiving those who wronged them. This love is the opposite of fear.

Fear is the root of all evil. All human suffering originates from fear: either your own fear creating suffering within you, or someone else's fear causing them to inflict the suffering on you. All negative emotions have their basis in fear.

When we live from fear we live in misery. It fills us with suspicion and doubt towards other people and even towards ourselves. We believe that others will want to harm or embarrass us and that they will always seek to protect and further their own interests ahead of everyone else. This then causes us to behave in the same way as we see that as the only way of protecting our interests. Fear causes us to seek the approval and admiration of others in order to value ourselves and creates in us a need to feel superior to others. At its most extreme this will lead to wars as a group or nation seeks to prove their superiority over another.

It is our personalities that allow us to feel fear. Our hearts, our souls, know no fear, only love. A person who lives from their heart lives from love. They will see a world as different from a world seen through the eyes of fear as day is from night. When you live from love all people are equal. Everyone is worthy, everyone is beautiful.

A life lived from love is joyous. It is full of beauty and potential. Love enables us to see the good in everything and everyone. When you live from love you have no need to feel superiority over anyone else and you are concerned with the best outcome for all, not self interest. Love is generous, kind, giving and forgiving.

You can transform your life by moving your focus from the fear based emotions of your personality to living from your heart; living from love. When the fear based emotions arise challenge them: look beyond them and into your heart for guidance.

Fear will stop us in our tracks, cause us misery, war, loss, sadness, it will cause us to doubt all things that are worthy. Love is the opposite of these things; in fact one could argue that the answer to every problem in the world is love.