

*The solution for all of your problems is the same — become emotionally aware and practice acting from a loving part of your personality when a fear-based part of your personality is active.*

—*Universal Human, Gary Zukav*

# **LOVE AND FEAR BASICS**

*a reference guide for every human*

**Every form of LOVE feels good. ~ Every form of FEAR is painful.**

Develop a habit of noticing love and fear in your body. Where do you experience them? How do they feel? What effect do they have on your biology? Your psychology?

This ongoing practice will reveal how love and fear operate within you. Through this awareness, you will find that you can increasingly choose to think, speak, and act from the love-based aspects of your personality. (Your soul only expresses itself through love!)

**The experience of love includes:**

- gratitude
- caring
- reverence
- trust
- appreciation
- patience
- contentment
- awe of the Universe
- generosity
- integrity
- vulnerability
- courage
- openness
- kindness and more ...

**Recognize and cultivate love.**

**The experience of fear includes:**

- anger
- jealousy
- loneliness confusion
- superiority inferiority
- obsession with money, fame, etc.
- addiction to food, sex, shopping etc.
- blaming
- criticism
- resentment
- competitiveness
- depression
- righteousness and more ...

**Recognize and move beyond the control of fear.**

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