



# How Deep is Your Love?

## Love vs. Fear

By Larisa Sharipova

**There are only two basic emotions people can express: fear and love.** All other emotions are subcategories of these two. If there is love, we may experience peace, joy, contentment, serenity, and forgiveness. On the other hand, when there is fear, we feel anxiety, sadness, depression, fatigue, judgment, guilt, and so on. You see, where there is love, fear cannot survive, and where there is fear, love cannot survive. They can't live together.

We were all born with emotion of love; it was given to us. As time went by and we started developing as individuals, we started creating a new, different world for ourselves. This world—based on our unpleasant past experiences, misfortunes, wounded childhoods, dysfunctional environments, or misleading social and cultural influences—is nothing more than illusion. This illusion that was created in our mind keeps us in our comfort zones, common places with familiar people and circumstances that prevent us from entering unknown and uncertain futures with enigmatic and obscure possibilities; our comfort zones holds us back from reaching success, attaining happiness, or allowing personal growth and development. It is fear.

Love and fear are two motivational forces in life. Every major decision we make as human beings is based on either love or fear. We quit jobs and start our own companies out of love: for product, a new industry, or just an idea. We get married out of love despite cultural and religion differences or family disapproval. We stay in jobs we don't like out of fear that we can't make a living elsewhere or of what will happen if we change. We marry the wrong people out of fear of being alone. We get involved in multiple shady businesses out of fear of missing out.

The decisions we make from love are the best decisions of our lives, whereas those we make from fear are usually the ones that hold us back. So use this litmus test whenever you face a decision: are you operating from fear or love?

If love is stronger, you will know it immediately because your life will hold a measure of inner well-being, self-assurance, confidence, and peace. Love-based intention and action create more love, joy, happiness, and abundance in your life. The more you are kind to others, the more the universe will manifest opportunities for you to give and receive blessings.

Being ruled by fear means that there is a negative charge to your daily life. It means that you are not confident that you will be fine no matter what occurs. In other words, you are fearful of some things happening essentially because you believe that if those things happen you will suffer. Fear-based intentions and actions create opposition, competition, and enemies. The stronger you believe in your fear, the stronger the opposition and competition that will manifest from the universe to test your strength.

What prevails in your life? Is it love? Or is it fear?

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*I can honestly say that I understand women very well. If you understand yourself, you understand women, because, in the end, all women are the same. ~ Diane von Furstenberg. Fashion Designer. Born 1946*