

# Reminder Memos for your Advancement #10

**The choice is either to live in Love - or live in Fear.**

Minute to minute we all get to have the option of either living in fear or living in love. These are two opposite polarity mind sets we swing to and from as we go about our day. But there is a third mind set and that is Neutrality. Being neutral, or simply just being, where situations are not translated as either good nor bad, are neither positive nor negative. Neutrality is like being fully detached from the mind, with no sense of emotions either way.

Fear is the mind seeking to protect us whilst Love is of the Heart, of who we really are. Fear inspires actions that are petty, jealous, aggressive, violent, unkind, or excessively meek. A fearful mind-set creates the perception that the world is out to get you, that others are trying to manipulate you, and that you can't trust anyone. The problem is that to dwell on things you fear will be attracting such experiences.

A fearful mind-set can stimulate aggression, making you believe that you need to gain the upper hand over others before they gain the upper hand over you - or fear can make you feel powerless so that others do gain the upper hand over you. Fear blocks you from your innate intelligence, your natural common sense.

Yet life is for living, so we tend to dive in and get involved - sometimes it may be pleasure, and sometimes it may be pain. We learn from everything!

Fear is the opposite polarity to Love. Most people fluctuate back and forth between actions stemming from a sense of fear or a sense of love. Yet, have you ever considered the potential advantages if you began to live every moment from a deep sense of love?

Love inspires actions that are compassionate, gentle yet firm when necessary, and respectful. A loving mind-set creates the perception that the world is a wonderful place, that most people are generally good, and that you are invulnerable - and thus, those are the circumstances that will be attracted.

A loving mind-set fosters the perception of peace, harmony and plenty for all. There is no need to compete or fight with others because we are all one.

Living in love does not mean turning into a person who can't express anger or frustration; or a person who is annoyingly positive all the time. Nor does it mean turning yourself into a doormat for people to walk all over.

It means treating others as they would like to be treated; examining your motivation before saying or doing something that might be hurtful to others or to yourself. It can even mean standing up for what you believe in, even fiercely and powerfully.

The funny thing about these two opposing mind-sets is that everything in your world will seem to mirror back how you feel. Live in fear, see more examples of fear around you. Live in love, see more expressions of love around you.

Every day, every moment we each get to choose Love or Fear, **(be slow to allow others to choose your mind sets for then becoming the story of your life).**