



Spiritual Light Center

June 2020 Newsletter

Choosing Love Over Fear

This month's topic—"Choosing Love Over Fear" seems like a perfectly aligned topic as the global pandemic is affecting everyone in the world....right down to all of us here in our cozy nests throughout the western North Carolina Mountains.

Choosing love can make us vulnerable. We experience growth out of feelings of love, and with that can come seeking protection out of a feeling of fear. Becoming conscious whether it's love or fear that is our motivating choice is a very important way to liberate ourselves and expand into new levels of growth. I feel we all have the innate ability to re-write the patterns that exist within us based on the conscious choices we make. For instance, do we sit on the side of the argument the COVID-19 virus is so powerful that if we leave the confines of our home we always wear gloves, face masks and carry sanitizers with us every step of the way? Or do we sit on the other side of the argument believing COVID-19 virus will not affect us? By choosing to be overly protective when going out in public can be thought of as being responsible from one viewpoint while that same decision may be frowned upon as not contributing to getting our economy stabilized and our sources of social expression reopened. The entire world is living a new normal that has never been experienced before. Just because we each make decisions that are different from others doesn't make either person right or wrong. Both belief systems have strong argument, and with that comes a division as people make their choices for how to best

go about everyday living in the midst of a lot of unknowns.

This is certainly not to make one argument more important than the other, since fear has an important role to play in our lives. However, fear unchecked leads to paranoia, delusion, more fear, prolonged states of closed systems and ultimately illness or death. We are all mindful people making a variety of choices to suit our personal needs while protecting the needs of those we love and care for. If our actions sometimes make us feel unsafe, we can always cultivate safety within by meditating, praying, relishing a silent cup of hot tea or journaling. All these things can give us the internal compass to navigate through the darkness and division when making different choices. Especially in times like these, if we all remember love is greater than fear we can start to send rippling effects in every direction around us. Love is contagious just like fear is, and it's up to each of us to shift the emotional state that underlines many of our decisions and interactions in the world. In all that we do, we need to take a moment and remember to say "Am I acting from a place of love or fear?" These choices remain inherent to all of us. When faced with decisions that may be different from another's point of view, let's all try to make our world a better place by acting in a kind respectful way.

NAMASTE~

Doug

Choosing Love over Fear

Love and Fear by Chuck Danes

Love and Fear are the most powerful ways of being that you can experience. In fact everything in your life, every thought that you think, every word that you speak, every action you take falls under one of these powerfully creative headings. You are at all times thinking, speaking and acting out of love or out of fear. They cannot coexist.

When you begin to understand this you can then become more conscious of which you are expressing as you go about your day to day life. This will provide you with a much deeper understanding of how the day to day events of your life unfold.

It's no secret in today's world that the predominant thoughts that you think become things...physical things. The more you focus on the things you want (love), the more of those things you'll see manifest in your life. By the same token, the more you focus on those things that you don't want (fear), they becomes just as apparent and show up in the various areas of your life as events, conditions and circumstances that you don't want.

In fact, becoming consciously aware of the power of both love and fear and learning to consciously direct your thoughts, beliefs and emotions toward love will profoundly transform all of your physical outcomes.

Your physical experiences in life...those things that you can see, touch, taste, hear and smell are merely effects. These effects are determined by the predominant thoughts that you choose to think. They become increasingly creative as emotions are attached to them. A thought consistently focused on something you love will produce what you love in physical form. Consistent thoughts of fear (things you don't want) are intensified by fear and create what is feared.

How can that be? As with everything, both Love and fear at their core in their purest and most basic form exist as a vibrational frequency of energy. These vibrational frequencies attract to themselves additional frequencies that harmonize with them creating in physical form whatever choice you make.

Quite simply Love attracts to you what you love and fear pushes what you love away. Put another way fear attracts to you what you fear and love pushes what you fear away.

The Law of Attraction is a scientific expression that we can use to better understand and define "Unconditional Love" which is continually unfolding. It attracts to us our



physical experience. What we "perceive" to be our reality is based on and determined by our inalienable right of free will to choose either love or fear.

We can choose to focus on lack, limitation and discontent which fall under the "fear" heading or we can choose to place and keep that focus on abundance, plenty and fulfillment which are categorized under the love heading.

Unconditional Love says "Whatsoever you desire, believe and ye shall receive." - Matthew 21:22

Fear is merely a "faith" or belief that the things we fear will be experienced by us in physical form. As a result of that underlying "belief", that is what we will experience until the fear is changed within ourselves and we make the choice to shift the focus from what is feared to what is loved.

Love projects a much different thought frequency than fear and attracts what you love. In the same way fear projects a different frequency than love and you draw precisely what you fear. Thought correlates with its object. Thoughts of fear attract and create what is feared. Thoughts of love attract and create what is loved.

Either choice delivers precisely what we choose because Unconditional Love says "Whatsoever ye desire...believe and ye shall receive." Unconditional Love or The Law of Attraction, whichever you choose to call it makes no judgments or determinations as to your choices; it only provides outcomes unfailingly and unconditionally just as you ask..."Whatsoever" you ask.

*There is no greater illusion than fear; no greater wrong than preparing to defend yourself; no greater misfortune than having an enemy. Whoever can see through all fear will always be safe.
— Lao-Tzu*

When you really begin to grasp and internalize this truth you begin to understand that you have nothing to fear. You get to choose your experience. You only need become conscious of that fact. Awaken and begin consciously choosing what you love by placing and consistently keeping your predominant focus on what it is that you love. An expression of Love is a choice just as an expression of fear is a choice. Although you are unable to change the fact that you think, you do have a choice and can consciously choose what you think.

When focusing on and projecting love, remain in love and detach from the outcome. Love doesn't require effort for attraction to occur. An attachment to or "anxiousness toward" an outcome projects and communicates want, which implies not having or the lack of which projects an energy frequency which is tainted by fear and pushes away rather than draws to you the desired outcome.

There are those who think what was taught by the greatest spiritual teachers is outdated and can't be applied in today's world. Truth will NEVER become outdated. Truth is eternal. The Bible states 365 times "Fear Not." Do you suppose they had a bit of insight as to why? My personal opinion is that they did!

Fear keeps people trapped in a self imposed prison. Fear of a lack of security...fear of failure...fear of the unknown...fear of the future based on past experiences which were themselves caused by fear to begin with.

A choice of focusing on Love in everything is the answer.

Fear is merely a "faith" that whatever is being feared will unfold, and as a result it does. Fear of failure keeps you from doing those things which would create the success that you desire. Although in reality there is no such thing as failure, fear keeps many from achieving what they desire and already have the ability to do.

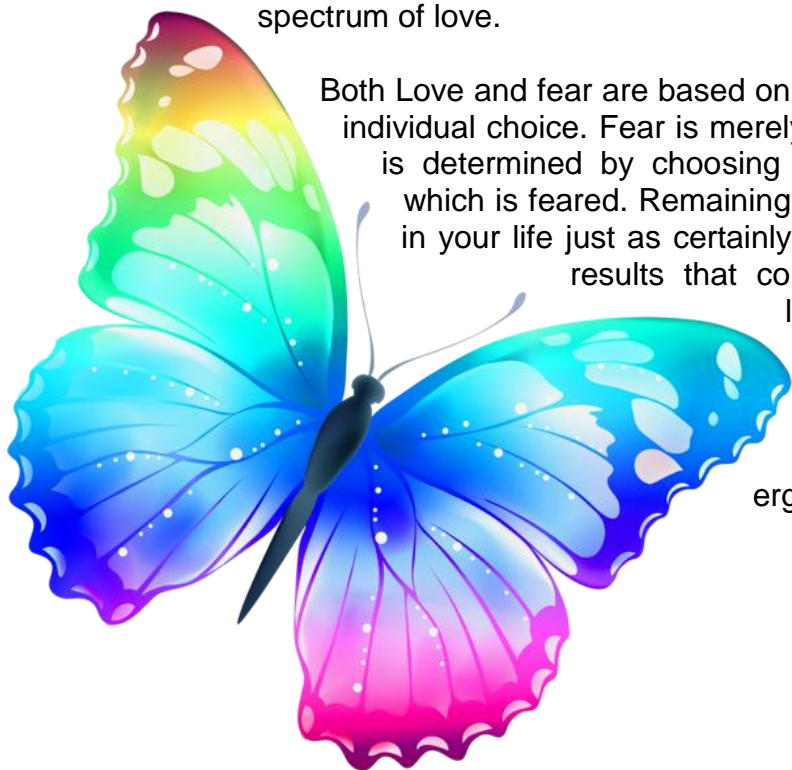
Creation NEVER fails. Perceived "failure" is merely a successful creation with the underlying cause often going undetected by the one experiencing it. Failure is merely fear created in physical form, but creation is ALWAYS successful...It NEVER fails and ALWAYS provides just what you ask. Many are just doing the "asking" unconsciously.

There are MANY forms of fear... Fear of loss, failure, success, the unknown, the future, the past. The list is endless. All that needs to be done is to replace the fear with love. That happens as a choice...an individual choice that you have the right as well as the ability to make.

Fear creates outcomes...physical outcomes just as love does. Fear paralyzes and keeps hopes dreams and desires from being fulfilled in life just as love makes certain that they're experienced. What so few fail to realize and grasp is that Fear is merely Faith disguised. Fear is merely a form of faith that resides on the opposite end of the spectrum of love.

Both Love and fear are based on faith and projected from the mind based on individual choice. Fear is merely a form of faith, often unrecognized, which is determined by choosing to place your predominant focus on that which is feared. Remaining in and focusing on fear will produce results in your life just as certainly as focusing on what you love will produce results that correlate and harmonize with that which is loved.

Faith is constant and unflinching in delivering outcomes in each and every area of life. Modern day scientists have proven energy flows where attention goes, without fail.



Although both love and fear at their core exist as vibrational energies, love resonates and projects a much higher vibrational resonance than fear. Through the unwavering and immutable process of creation both produce a harvest which shows up as the events, conditions and circumstances in your life. The process of creation has been created to be VERY simple. Plant a seed and the harvest produced consists of and correlates with the kind and quality of seed planted.

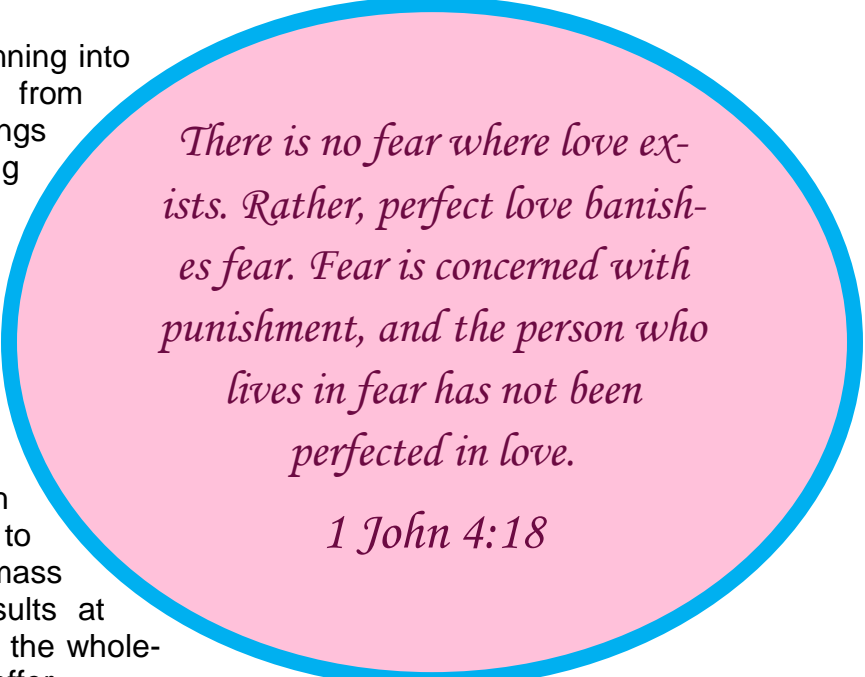
Love represents one form of this seed and fear represents a different form of seed. Although they are both creative they can no more produce a harvest of the opposite than an apple seed can produce an orange tree. You can no more expect to reap a harvest of what you "love" by planting "fear" seeds than you would expect to reap a harvest of apples by planting an orange seed. Your individual choice to project love or fear is neither a right nor wrong choice, but simply a choice which determines without fail your harvest.

So how do you break out of this fear mode? Learn to consciously utilize the incredible and never failing creative power that has been freely provided to you.

Most fears are experienced as the result of looking at the past and believing that because some undesirable event, condition or circumstance happened then, that it could be or will be repeated at some point in the future. It's this form of fear that will keep you stuck repeating the same self limiting patterns over and over again, always desiring to experience more pleasant outcomes yet continually running into the same roadblocks which have held you back in the past. It's choosing to place your predominant focus on the things feared from the past that will ensure that more of the thing feared and focused on will be created in the future.

The reality is that you are NOT running into blocks and barriers keeping you from your desired outcomes...those things that you love...but rather attracting them to yourself and creating them based on your choice of keeping your focus on the problem by your fear belief.

The bottom line is this... You can choose to project love or you can choose to project fear. That's an inalienable right we have each been provided. Unfortunately, due to a choice to remain unaware, the mass majority experience mediocre results at best and very few ever experience the wholeness and fulfillment that life has to offer.



There is no fear where love exists. Rather, perfect love banishes fear. Fear is concerned with punishment, and the person who lives in fear has not been perfected in love.

1 John 4:18

Make no mistake...action is ALWAYS required in the fulfillment of hopes and dreams. When the focus remains fixated on the love of something you hope for, the avenues to make that something into tangible physical form will ALWAYS be pleasant and feel good. Fear NEVER feels good. Fear is always struggle, resistance and continually attempting to swim against the current. Acting out of fear is NEVER pleasant and enjoyable.

Love is going with the flow; fear is paddling against it. With that understanding established, think about the areas of your life where you have a fear of something happening and examine that area consciously. Is the experience of the thing feared being realized?

If you get nothing else from this I hope you'll grasp and understand this... Love is the result of an internal beingness, something we simply ARE. Fear is experienced as the result of fixating on the physical events, conditions and circumstances in our lives, both past and present

It is essential that you discover and exercise your true power. Once you discover who you really and truly are you have absolutely nothing to fear. We make ourselves fearful each time we look outside of ourselves for some external thing or power to make us feel fearless.

You have absolutely NOTHING to fear except your unwillingness to begin consciously, purposefully and intentionally creating the kind and quality of life which you have been provided the right and the ability to choose for yourself. That creation begins within you. Choose Love inside and you'll experience those things that you love on the outside.

You are a magnificent and incredible being who has infinite creative power at your disposal. Become conscious...awaken and use it. Simply choose love. It NEVER fails.

You are NOT a creature or victim of circumstance. You are NOT the victim of some uncontrollable and capricious set of externals. You ARE a creator of circumstance and the sooner you discover and understand how true that statement is and begin consciously utilizing it, the sooner you will become empowered to begin consciously creating a life filled with joy, fulfillment and profound inner peace.



Ways of moving into love energy by Peta Panos

Try these exercises individually or combine them for a deeper connection.

a. Ground yourself – take a few deep breaths; close your eyes and visualize a big tree in front of you. Touch the trunk, look up into the full canopy and smell the earthiness. Now imagine thick roots growing out from the centre of your feet down into the centre of the earth and wrapping around a huge rose quartz crystal. Now see a grounding cord coming from your Sacral Chakra (for women)/ Base Chakra (for men) and going deep into the earth. Feel any negativity and fear drain through the grounding cord into the earth.

b. Centre yourself – Take a few deep breaths, close your eyes and centre yourself (find that quiet place inside where you are calm). As thoughts come into your mind, acknowledge them and let them go. Once your thoughts become stilled and you are calm and at peace then ask yourself ‘who am I?’ If what comes up is hurtful, damaging and negative you are still in negative ego. Love energy is about self-love, acceptance, and can only be positive. When you move into love, answers and guidance come easily and you will KNOW who you truly are.

c. Connect with your soul – Sit comfortably in a chair. Close your eyes and relax. Take a few deep breaths in and out to relax. Imagine in the air around you is your soul; you can almost feel it touching your skin, brushing against you. Breathe in deeply, and with each in-breath, breathe in more of your soul. Keep breathing in soul with each in-breath until you feel every cell in your body vibrating with soul energy. Now take your mind to an area between your heart and your solar plexus chakras. Imagine there is a violet flame there. When you have this flame – enlarge it until it covers your body completely. Keep breathing slowly and steadily. You are now in soul/love space. If you have any fears show them to soul and let soul show you its reaction to the fear. If you have any questions, ask soul and wait for the answers. Soul will show you wisdom, love and compassion. When you have finished being in this awesome space, thank your soul. Slowly take a few more deep breaths, and when you are ready, wriggle your fingers and toes, stretch your arms and open your eyes.

d. Connect with Source – Imagine a pillar of gold light come down from Source surrounding your physical and energetic bodies. The pillar of light continues into the earth too. Feel the unconditional love energy filling up your body and aura and any negativity and fear dissolving into the gold light. Know that all is as it should be, you are guided and protected.

Let your dreams be bigger than your fears, your actions louder than your words and your faith stronger than your feelings.



☞ Love is what we are born with. Fear is what we learn. The spiritual journey is the unlearning of fear and prejudice and the acceptance of love back into our hearts.

~Marianne Williamson

☞ Every human thought, word, or deed is based on fear or love. Fear is the energy which contracts, closes down, draws in, hides, hoards, harms. Love is the energy, which expands, opens up, sends out, reveals, shares, heals. You have free choice about which of these to select. ~ Neale Donald Walsch

☞ Life abhors a vacuum. When we choose to let go of fear, dreams rush in to fill that space. ~Renee Oglesbee

☞ Fear is a broad catchall for other negative emotions. Fear is based on future outcomes that, in most cases, do not occur. We tend to separate emotions of anger, hate, jealousy, betrayal, resentment, sadness, hurt, and discontent from fear. Yet, all are tentacles of the same root cause: fear.

~Michael Bianco-Splann



☞ Choosing Love Over Fear

from loveorabove.com

So how do you learn to choose love over fear? Here are ways you can implement:

1. Make a choice to see a situation as a blessing rather than as a curse. You lose your job and what do you do? What's your first reaction? You freak out about possibly losing your home and so your job hunt is desperate and you jump on

the first thing that comes your way, whether it's right for you or not. But what if you choose instead to see how being in this situation might change your life for the better? You may have to downsize and refocus on what's really important in life. This often happens when people go through a financial crisis – and it's a good thing. You may have to learn to live within your means – and that's a good thing. You may have to learn to TRUST your inner wisdom that is urging you to not take a terrible job just because the paycheck is great. You may have to learn humility and get over your pride, so you can ask for help. These are all blessings that you may not see in the moment, but will become very obvious to you after the fact! The sooner you can acknowledge the benefits in a situation, the sooner you become attuned to opportunities that you may bypass if you're in a fear-based reactive mode.

2. Choose to be grateful. Being grateful for what you don't like can seem difficult but if you challenge yourself to WRITE DOWN at least three things in any given situation that are benefitting you (or will have future benefits), you start to see the situation from a place of love.

3. Routinely ask yourself, "How can I help?" "How may I serve?" "What knowledge, talents and abilities do I have that can be useful?" When you take away the focus on what you might be losing and you focus on the value and benefits of what you have to offer... Wow!

Love and fear are opposite. You cannot be afraid if you're in a place of love, and it's a choice you can make every day.

Just operating from a place of love will powerfully raise your vibration and you will easily – and I truly mean easily – attract more of what you consider to be good and desired. You will also be a lot happier knowing that you have the power to make any situation better, just by changing your attitude about it.

Ecology Corner ~ Thinking

Outside the Box - Gardening Alternatives

Whether we experience a mild or frigid winter, it's the time of year when many gardeners get "twitchy" to do something with their gardens! But for those who have no space or limited space gardening in "traditional rows" is not a option! I want to encourage readers with sparse soil options to consider gardening with some alternative small gardening practices.

Container gardening is a popular small gardening "alternative" and works wonderfully for folks in apartments or if you have a porch or patio and want to have your vegetables close to the house as possible. Almost any kind of container is fair game when growing vegetables, as long as there are drainage holes in the bottom. Many folks use traditional containers such as a window box or a decorative pot made of clay or plastic. Over the years, I've seen watering cans, bathtubs, wheelbarrows, children's wagons and other such items repurposed into container gardens that can be quaint and quite imaginative! Always remember to drill holes in the bottom to ensure proper drainage and avoid potential plant root rot from inside.

When choosing the type of soil for your containers, consider using a potting mix rather than top soil. Be prepared to monitor your plants closely and water more frequently as quite often the soil dries out quicker in containers than soil in the ground.

