

CHOOSING

LOVE OVER STRESS

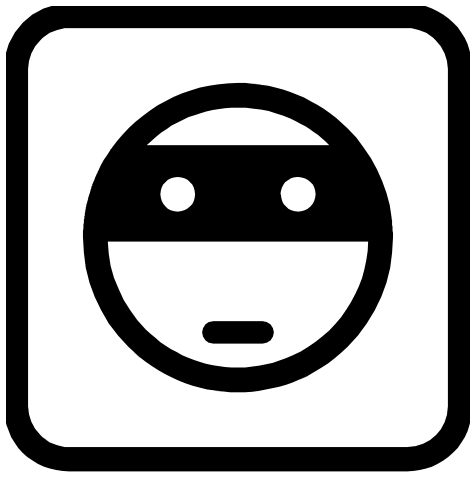


By: DeMeitta Wesley

“Without courage, we cannot practice any other virtue with consistency. We can’t be kind, true, merciful, generous, or honest.”

- Maya Angelou





INTRODUCTION

Stress is the deadliest thief known to mankind. According to research dedicated to understanding the interaction between psychological processes and the nervous and immune systems of the human body, stress is thought to affect immune function through emotional and/or behavioral manifestations such as anxiety, fear, tension, anger, and sadness and physiological changes such as heart rate, blood pressure, and sweating. An article on Wikipedia reported the beliefs of researchers in the field of Psychoneuroimmunology who have suggested that these changes are beneficial if they are of limited duration, but when stress is chronic, the system is unable to maintain

equilibrium or homeostasis. The body wears down after being in a prolonged "fight" or "flight" state.





It is difficult for a weakened immune system to fight off illness and disease. Many bodily functions are called into action during the experience of stress thereby depleting necessary water, vitamins, and minerals. The entire person-mentally, physically, and spiritually-is vulnerable in this condition. If left untreated the situation could turn terminal.



Today, it is common for humans to stress over money. This condition affects those with money equally as negatively as it does those without. The spike in food and fuel costs has caused fear of poverty to raise its ugly head just as it did during the DEPRESSION. Numerous people are deceiving, robbing, stealing and killing their fellow man for what is believed to be a 'come up' during the act.

A significant amount of others have committed to dead end disrespectful jobs where their stamina, time, and energy are depleted without appreciation. When these people are not working, they worry over holding on to as much of their hard earned money as possible. Stress over money, money, money, money...and lack thereof will seize and destroy whomever choses to allow it.



"Perceptions of Poverty: The Salvation Army's Report to America" surveyed more than 1,000 Americans online in February 2012 and based on results from the survey they stated the perception of how much annual income makes a family "poor" is roughly 25% less than the actual federal poverty level. The survey reported 16% of Americans are living in poverty, or roughly 49 million people. What caught my attention was almost 3 out of 5 people surveyed said poverty is a trap some people just can't escape no matter how hard they try, while more than half believes it's not possible to eliminate poverty in our society. About a third said there is "really nothing much I can do to help poor people."

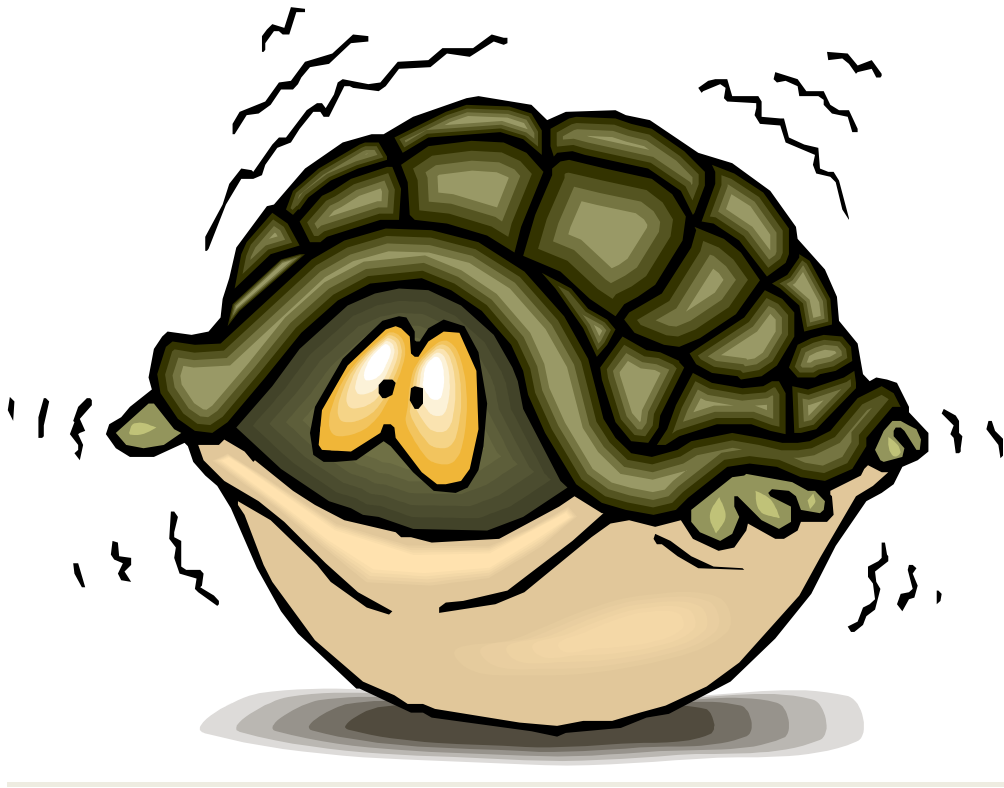
POVERTY GUIDELINES 2012

2012 Poverty Guidelines for the 48 Contiguous States and the District of Columbia	
Persons in family/household	Poverty guideline
1	\$11,170
2	15,130
3	19,090
4	23,050
5	27,010
6	30,970
7	34,930
8	38,890
For families/households with more than 8 persons, add \$3,960 for each additional person.	

“He who is not courageous enough to take risks will accomplish nothing in life.”

- Muhammad Ali





WHAT IS FEAR?

Merriam-Webster dictionary states fear (n.) as an unpleasant often strong emotion caused by anticipation or awareness of danger.

1a. an instance of this emotion

1b. a state marked by this emotion

2. anxious concern: solicitude

3. profound reverence and awe especially toward God

4. reason for alarm: danger

Synonyms: alarm, anxiety, dread, fearfulness, fright, horror, panic, scare, terror, trepidation.

Antonyms: unconcern.

FEARFUL RESPONSE

People lie when they are afraid of the outcome. They cheat and steal when they fear not being able to achieve in better ways. Fear is responsible for inability to commit to other people and/or situations. It is the reason for abuse, neglect, and abandonment. Fear, in my opinion, is the trap that holds people hostage in impoverished mindsets. It plays for keeps if you play prey.

WHERE DOES FEAR ORIGINATE?

There has been and still is much debate about the answer to this question. "For every action there is an equal and opposite reaction." Most people are familiar with Newton's law of relativity. The world consists of duality. In a manner, one defines the other. Because of night we are able to comprehend day. Up is in the opposite direction of down and left is reverse of right. Based on properties, fear is contrary to love.

Adam and Eve, we are told, were the first humans created from God's love. I believe fear was responsible for their disobedience. It was obvious they did not understand God and the true nature of their relationship with him. If they had, the idea of possessing the knowledge of good and evil would not have been tempting. God is good and they would have already known so. Then the knowledge of evil would have been perceived as a fruitless pursuit.

After eating from the forbidden tree, Adam and Eve immediately displayed fear of God's reaction to their action. They covered their natural bodies before they each answered the creator's questioning with blame. The act of attributing one's action to a cause outside of self is nothing more than **FEAR**, and it was described in the story that began mankind.

Fear is a common human experience that, after prolonged exposure, weakens the body's defenses. Knowing whether a fear is rational or irrational is essential information needed to combat the enemy feared. Is there sound proof that what is feared exists? Even if the thing feared *does* exist-is there irrefutable evidence that clearly states fear is the best response? If no can be answered for either question, then there are other ways to respond when faced with challenge.

WHEN WILL FEAR TERMINATE?

Universal fear will terminate when love conquers all.
Presently, each of us can deactivate personal fear every time we choose to do so. When actions are chosen from a stance of love there is no reason to fear. You will know if a situation calls for you to fight, take flight, or silently stand your ground. Love will dispatch a peaceful route to your desires.

WHAT DO YOU BELIEVE?

What do you believe about love in relation to fear? Which is the greater of the two? Are you able to overcome fear? Of course you are! First, you must BELIEVE YOU CAN.

GREATER YOU AWAITS

GREATER YOU AWAITS is a website that was created to encourage and inspire personal development. If you are ready to start experiencing the life of your dreams visit→

<http://dreamchild78.wix.com/greateryouawaits/>

You are cordially invited. Come and enjoy articles like *What Are You Thinking* and *The Power of Words*. They were created to facilitate personal growth. I am excited about the changes in your life you are about to make.

WHAT IS LOVE?

Merriam-Webster dictionary states love as:

1a. (1): strong affection for another arising out of kinship or personal ties. (2): attraction based on sexual desire: affection and tenderness felt by lovers. (3): affection based on admiration, benevolence, or common interests

1b. an assurance of affection.

2. warm attachment, enthusiasm, or devotion.

3a. the object of attachment, devotion, or admiration

(1): a beloved person: darling –often used as a term of endearment (2): British–used as an informal term of address

4a. unselfish loyal and benevolent concern for the good of another: as (1): the fatherly concern of God for humankind (2): brotherly concern for others b: a person's adoration of God

5. a god or personification of love

LOVING RESPONSE

"Unto Adam also and to his wife did the LORD God make coats of skins, and clothed them." (Genesis 3:21) The bible states Adam and Eve created aprons to cover their nakedness. God, he whom they feared, responded by gifting them with something more sufficient. What a loving response, even though the two had disobeyed their creator's commandment. This response showed love in its purest form; **UNCONDITIONAL**.

Humans have a ton of cliché ways of defining love.

"If you love me you will..."

"I love you more than I love myself."

"Love is painful."

"What's love got to do with it?"

"There is no fear in love; but perfect love casts out fear: because fear has to do with punishment. He that fears is not made perfect in love." (1John 4:18)

So, according to the creator and giver of life, LOVE HAS EVERYTHING to do with this life. There is no fear in love and in reverse; there is no love in fear. Loving responses recognize the truth of humanity. We were all created in the image of love and intended to express that from which we were created.

Truth sets you free to experience and express love. You are able to allow your heart to open for unconditional love. Past experiences are able to be viewed as nothing more than learning modules. Negative emotions harbored in the form of weight that has negatively slowed your life will be acknowledged and released. Forgiveness will be applied as needed.

GREATER YOU AWAITS is a website that has been created with YOU in mind. It is a place where you can find information and tips that could be helpful on your journey of self-improvement. 24/7 encouragement and enlightenment is located at <http://dreamchild78@wix.com/greateryouawaits/>

LOVING YOURSELF

One must love self before they can love someone else. Humans need to feel loved for them to have the empathetic capacity to love another. Many of us have mistakenly looked for love from some source outside of ourselves. If this is true for you, you already know the outcome of this search. More times than not, we incur below the surface wounds in the process. You absolutely deserve to love yourself better.

So what you have skeletons in your closet or closets, depending on you. God loves you anyway. Doesn't that make you

worthy of love? The one who created you with love in the image of love knows the ins and outs and ups and downs of your life. He is aware of your actions, reactions, choices, and decisions. God's love is unconditional and is based on your potential, not your history. Love the GREATER YOU that awaits, TODAY!

POWER OF AFFIRMATION

The human mind has to be constantly reminded of love and the fullness thereof. Love is peace. Repetition of love sets

in motion a series of peace filled experiences. Speaking, thinking, and writing daily affirmations are excellent ways to remind your mind of love. I recommend alternating between the three.

AFFIRMATIONS OF LOVE

Here is a list of affirmations generated to initiate thoughts of love. This is like a starter kit to creating a stance of love in your life. As you awaken to the reality of love devise a list of your own. Relax and focus on your intention to develop a GREATER YOU.

- | | |
|--|---|
| i. I was created by love. | xi. Love is a choice I can make. |
| ii. I was created with love. | xii. Love gives me grace. |
| iii. I was created to love. | xiii. Love blesses me daily. |
| iv. Love is the reason I exist. | xiv. I welcome love into my life. |
| v. Love is good. | xv. I choose loving responses in face of challenge. |
| vi. I receive love. | xvi. I love myself. |
| vii. I give love. | xvii. God loves me. |
| viii. I look for ways to express love. | xviii. The universe loves me. |
| ix. Love is unconditional. | xix. My life is an expression of love. |
| x. Love does not attach to the outcome of a situation. | xx. Love fuels my desires. |

"To be afraid is to behave as if the truth were not true." - Bayard Rustin.

WHO IS AFRAID?

Here is the list of Feared Catastrophes as measured in a survey by the Ecohealth Alliance, and their percentage of importance.

Economic Collapse: 63%

Natural Disaster: 46%

Terrorist Attack: 44%

Global Disease Outbreak: 33%

Global War: 27%

Nuclear Accident: 25%

Global Warming: 22%

Fuel Shortage: 15%

Cyber War: 8%

Famine: 8%

Oil Spill: 6%

Industrial Accident: 5% - Ecohealthalliance.org

HOW CAN FEAR AFFECT YOUR LIFE?

HOW CAN FEAR AFFECT RELATIONSHIPS WITH OTHERS?

HOW DOES FEAR AFFECT RELATIONSHIP WITH SELF?

HOW DOES FEAR AFFECT YOUR RELATIONSHIP WITH THE CREATOR?

COURAGE

"Not everything that is faced can be changed. But nothing can be changed until it is faced." - James Baldwin

WHAT IS LOVE?

CHOOSE AGAIN

I WILL TAKE THE FIRST STEP IN CONQUERING MY FEAR

I WILL FORGIVE MYSELF

I WILL FORGIVE OTHERS

I WILL LIVE IN THE PRESENT, NOT PAST OR FUTURE

I WILL WORK THROUGH UNPLEASANT MEMORIES

I WILL BEGIN TO BETTER MYSELF

I WILL DISMISS ANGER BEFORE IT FESTERS

I WILL BE PATIENT WILE WAITING

I WILL GIVE WITH NOT THOUGHT OF GETTING

I WILL GIVE AND BE LOVE

I WILL BE REALISTIC ABOUT LOVE

I WILL REMAIN OPEN TO LOVE

I WILL REMBER LOVE IS MORE THAN A PROMISE OR A PIECE OF
PAPER.

I WILL LOOK DEEP ENOUGH TO SEE MYSELF IN OTHERS

I WILL SPEND TIME LOVING MYSELF

I WILL CHOOSE LOVE OVER FEAR

