



There are two emotions that are diametrically opposed and from which all other emotions and actions are derived. You can literally trace every other emotion back to one or the other. One makes all things possible, and the other can prevent growth and even destroy lives. One makes living joyous and the other can keep you mentally enslaved.

The first is a complicated emotion, and has a positive benefit because we need it for survival and its ultimate goal is protection from death. It has served us very well for centuries when presented with life or death situations on a daily basis. But, in a time when most serious threats are nonexistent, there is nowhere for this emotion to go but into some unnecessary part of life. That emotion is fear.

As society has progressed, traditional sources of fear have been pretty much taken care of – at least in America: lack of food, water, shelter, clothes, and thank goodness, lack of the threat of predatory animals.

But, even though we have a lower threat of danger than ever before, today fear is at an all-time high. A Google definition says that fear is "an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat." It is perfectly rational to feel fear when we're in imminent danger. But when fear holds us back from reaching our fullest potential or prevents us from attaining a desired life, then we are no longer living - just existing.

What is the antidote? What is the emotion that opposes fear? Courage?

Nope.

It's love.

From love stems a multitude of positive emotions. When we love ourselves, our health comes first – we listen to our bodies, and take care of our physical and mental state. When we are healthy, we can spread love to others, making them feel good about themselves. Fear cannot live in the presence of love, for fear is a lack of faith and love is a faith and belief that everything is just as it's supposed to be; because love is honest, and with it, the right decisions and paths are made.

Each unhealthy fear brings us further into the dark. Love will open doors, while fear will close doors that you never even knew existed. So whenever you fear something, ask 'how can I replace this fear with love?' And I am sure the answer will be revealed.

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