

In a dualistic world like ours, choice is inevitable. At each crossroads in life, we must choose which way to turn, oftentimes without knowing where either path will lead. Sometimes the choice is easy. It makes sense or it feels right. Other times, we're lost in indecision, unsure of either where we want to go or how to get there.

In those moments, when we don't know and we can't feel, the choice can still be easy, for in a dualistic world, every choice ultimately boils down to a choice for love or a choice for fear. Fear tells you to remain in something that causes you pain, to walk away from a challenge, to stay silent, to use anger and aggression to protect yourself, or to hide your light away so you'll be safe. It offers you bleak visions and warnings. It demands you bow before it.

Love sees the interconnected nature of everything. It hopes, trusts, dreams and uplifts others. It tells you to wholeheartedly embrace what's within you, reach out, see the beauty and the miraculous in everything, and take a chance. Love asks you to face what you fear, shine a light upon it and watch it be transformed. Love demands courage.

In each moment, we're choosing to face the world with either love or fear - this simplicity is the gift of a dualistic world. Every time we choose love, we expand. Our vibration increases. Life gets easier and more meaningful. We overcome ourselves. Every time we choose fear, we contract. We sink into a heavier vibration. Life feels hard and pointless. We grow our shadow side.

Today, ask yourself which path you want to take. It's simpler than you think. Consider a situation in your life that's causing you concern. Imagine what might be different if you said,

"I choose to act from love instead of fear."