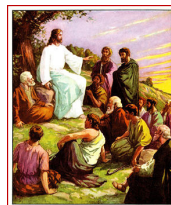




Welcome to Unity's Interactive  
Worship Service  
Today's Topic: Love or Fear, Which?

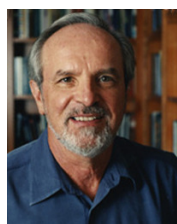
Power Point notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

Love or Fear, Which?



“Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.” *Luke 12:32*

Love or Fear, Which?



In his book Care of the Soul, Thomas Moore writes:  
*Love releases us into the realm of divine imagination, where the soul is expanded... Love allows a person to see the true angelic nature of another person, the halo, the aureole of divinity*

Love or Fear, Which?

It has been said that Earth is a classroom where all of us get to learn lessons about life.  
*Emotions are classes in the Earth school. Some classes are about fear, and some are about love. The Universe is your tutor, and your classroom is your life. The main course in the Earth school, Authentic Power, is the same for everyone, but different students need different courses in order to complete it.* Gary Zukav

Love or Fear, Which?



In his book Smile for No Good Reason, Lee L. Jampolsky, Ph.D. outlines the many reasons why people engage in the emotions of fear or love as part of their daily lives. He uses the University model to share these insights.

Love or Fear, Which?

**Fear University Course Study**

Fear 101. The use of guilt, shame, judgment.

This course teaches us how to beat ourselves up based on the premise that the harder we beat and the more pain we inflict it helps us from making more mistakes.

Fear 102. The use of blame.

This course teaches the student ways to avoid just about everything in life. You learn that if you are not at peace it's someone else's fault.

## Love or Fear, Which?

### Fear University Course Study

Fear 103. The use of time.

This course teaches the student how to spend all their time dwelling on a problem and worrying about the future.

Fear 104. Desire and Scarcity, the great motivators.

This course will teach the student how to acquire more things so that they can be happier. They will learn by demonstration that if they don't go get it, it won't be there for them later.

## Love or Fear, Which?

### Fear University Course Study

Fear 105. Control all and be safe.

This course will teach how to always be right and therefore always be happy. By controlling others you control your success and happiness.

Demonstrations will include the use of guilt, intimidation, fear, domination, manipulation, conditional love, and criticism as ways of getting what you think you want.

## Love or Fear, Which?

### Love University Course Study

Love 101. Acceptance

This course teaches that the only thing you can change is your own mind. The student will learn how to accept what can't be changed, and change what can be, thereby achieving peace of mind.

Love 102. Forgiveness

Through learning that there is no value in holding onto guilt and judgment the student discovers the essence and foundation of forgiveness-love.

## Love or Fear, Which?

### Love University Course Study

Love 103. The Use of Time

The student learns the techniques of letting go of the past and the future. They discover that by letting go of all limiting and demeaning beliefs life is about now being the only time there is and that it is for giving and receiving love.

## Love or Fear, Which?

### Love University Course Study

Love 104. Abundance

Students learn that by giving and receiving love, compassion, time, talents, treasures their life is filled abundantly for the more they give away the more they get back.

Love 105. Service.

Students learn that through service their hearts are filled with joy and they assist others. This activity gives purpose and meaning to their lives thus adding to their capacity to love more.

## Love or Fear, Which?

