

## **LOVE, FEAR AND FEELINGS OF BEING NOT ENOUGH**

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There are many obvious ways to express love [helping an elderly lady across a street, cuddling a baby, buying flowers for your lady] and there are many obvious ways to express fear [running away, screaming, crying, hiding]. All expressions of emotions can be distilled down to either one of these two. Here is an idea for you to consider: there are only two emotions, love and fear.

Rage, expressed behind the wheel on the highway, is often a person's expression of, "If I don't get ahead, if I'm not first, then I'll be seen as *less than* and I'll feel that I'm *not enough*." Jealousy, expressed from one lover to another, is often an expression of, "I own you, and you're all mine, because if I don't have you, I'm not complete and then I'm *not enough*." Anger, expressed from one person to another, is often a person's expression of, "If you don't agree with me or my ideas, then I'll be seen as not talented, not right, not valued, not enough." Blame, from one person to another, is often a person's expression of, "I have to make you wrong, so I can feel like I'm right, worthy, valuable, and enough."

Any negative emotion is, in some way, an expression of the person's feelings of being *not enough* somehow: not tall enough, thin enough, talented enough, bright enough, rich enough, pretty enough, and so on. We can take comfort in knowing that every human alive is dealing with feelings of *not enough-ness*, in some form. We all have to overcome that tendency; you're not alone in that boat! Our culture teaches us, through the judgments of others, that we're not enough. Watch TV for 20 minutes and see how the advertisers try to tell you that you don't measure up, because you don't drive a Hummer or don't have new furniture or can't be seen in public in a bikini, etc.

If it doesn't feel nice, like love, then it's not love; it's an expression of fear, although it may be couched in anger, threats, violence, hurt feelings, sarcasm, sadness, put-downs or any other negativity. If you often find yourself feeling negative stuff, maybe you could consider this: in what ways do you think you are *not enough*? Who taught you that you are *not enough*? Who makes you feel *not enough*? Just know that you do not have to accept anyone else's judgments about you; don't let them define you. If you let others define you as *not enough*, you've given your power away to them. What is your truth about you? Stand in your own truth, not someone else's.

Here's another idea for you to consider: what other people think about you is none of your business. You really don't have to live with them; you do have to live with you. You are your highest authority about you. Just know that you ARE sufficient, capable and enough. Think kindly of yourself. Change your mind and change your life! Express your love, not your fear.