

When we act from love, we manifest

faith	contentment
trust	acceptance
hope	beauty
justice	intimacy
mercy	self-esteem
kindness	freedom
compassion	spirituality
dignity	openness
self-respect	peace of mind
respect for others	certainty
opportunity	confidence
generosity of spirit	encouragement
joy	loving interactions
peace	accord
motivation	health
productivity	strength
quiet	energy
creativity	connection

When we act from fear,
we manifest

cynicism	oppression
distrust	separation
suspicion	disease
hopelessness	self-loathing
self-deprecation	lethargy
obligation	clutter
criticism	discouragement
revenge	confusion
uncertainty	loss
hate	loneliness
violence	self-harm
stagnation	suicide
depression	division
war	dissension