

## Emeka's Takeaways

### **What is Faith?**

A complete trust or confidence in someone or something, an absolute belief that what you expect in faith, will come to pass, or a belief in the unseen

### **What is Fear?**

An unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat, whether the threat is real or imagined

### **Effects of fear on the body, mind & spirit**

- Fear prevents us from trying new things and having new experiences.
- Fear steals our peace and contentment
- Fear stifles our thoughts and actions
- Fear can lead to destructive habits
- Fear causes discomfort, pain and nausea, thus weakening our immune system

### **How we can start living life by Faith and not Fear**

- Acceptance
- Let Go
- Be open to new possibilities
- Feel the Fear and do it anyways
- Connect to your source power
- Be Quiet