

Love

Love is often defined simplistically, as merely a strong feeling of affection. Some describe it as a warm emotion of fondness towards someone or something.

These are gross understatements.

Love is a whole lot more than any particular type of feeling. It is the single most important trait with which to live by.

The world's greatest problem is our lack of love for each other.

War, poverty, crime, illiteracy, bigotry, corruption and even global warming stems from a lack of love, in some shape or form.

When we're out of sync with love, we succumb to the desires of our egos. Birthed there are lies, envy, hatred, greed, betrayal, lust, rage and more heinousness. We're blinded by our need to stomp over everyone else, reach the top, and laugh proudly at those beneath us.

No amount of money or power will ever make us truly happy; but love will.

The line '*follow your passion*' is sound advice, reiterated constantly by industry experts. In our attempts to prosper, we are taught to follow what we love.

Love is a mysterious gift of affection, bestowed on us by the Gods, to receive and radiate true joy.

Love is joy.

We all have an innate yearning to love and be loved. We beg, plead and step out of our comfort zones for this emotion - whether it's aimed at a friend, lover or family member. Love is our truest expression.

God is Love.

The key values of all major religions are kindness, compassion, forgiveness, humility, peace and generosity. God, the Gods or 'the Universe' commands us to treat the next person lovingly. It is thee recipe for a happy life.

To reap joy, sow joyous seeds; it's really that simple.

Buddha's famous quote states: In the end only three things matter: how much you loved, how gently you lived and how gently you let go of things not meant for you.

Mark 12:30 of the Christian bible states: Jesus was asked by a disciple, 'Lord, what is the most important commandment?' Jesus replied, 'It is that you love God your father with all your heart and soul, and also that you love your neighbours as you love yourself.'

Note how many times Jesus uses the word 'love' in his answer. Also, notice that 'you' are only third place. First is God the Father, second are your neighbours.

This speaks to humility. Treat others in the same manner as you would like to be treated; no less.

In the Islam Faith, a man once asked the messenger of Allah, 'What people does Allah love most?' He answered, 'Those who are most helpful to other people.'

Some of the world's greatest people earned their legendary status specifically by adopting a culture of spreading love and peace. Nelson Mandela, Mother Theresa, Monk Thich Nhat Hahn, Mahatma Gandhi, the Dalai Lama, Martin Luther King, Malala Yousafzai, all turned their backs on hatred, though they suffered severe oppression and vile injustices.

Spread love. Giving is receiving.

Continue with your day to day business of living with an aggressive vigour to express love.

Love can and will heal mankind.

Start by dedicating just one full hour a day to being completely loving, to everyone around you. Be kind, generous, patient, humble, harmonious, forgiving, complementary and peaceful. Start with just one hour, and gradually increase it, week by week, until it becomes a lifestyle.

Joy will come knocking on your doorstep.

Peace and fulfilment will find you.

Spread Love. It is the single most important trait to live by.

Written By: Luke Sikwebu