

# Love

Love is often defined simplistically: a strong feeling of affection.

Some describe it as a warm emotion of fondness towards someone or something. These are gross understatements.

Love is more than any particular type of feeling. It is the single most important trait with which to live by. The world's worst 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 are 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 – love for each other, love for ourselves.

The line 'follow your passion' is sound advice. In our attempts to prosper, we are taught to follow what we love. Joy and contentment finds us when we do so.

Love is a mysterious gift of affection, bestowed on us by the Gods, to receive and radiate 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 sounds simple and idealistic, but it is the recipe for happiness.

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 explains: 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, and then 'you'.

Love and Humility!

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.'

Compassion and Love!

Infinite intelligence / the Higher Power / the Universe/ the Gods command us to be kind, generous, patient, humble, harmonious, forgiving, complementary and peaceful.

Spread Love.

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