

## Love

What is love? Who do you love? Who loves you?

The Oxford American Dictionary and Thesaurus defines love as "an intense feeling of deep affection or fondness for a person or thing; great liking...."

Love is a feeling inside us that moves us. Love is one the greatest emotions and truly one of the most motivating forces on earth. While we can talk about love we know it in the feeling. The intensity of the feeling is also the depth of the love itself.

Love is casually used to refer to things such as "I love that boat". We talk about loving things and there are things of beauty that stir our emotions.

True love is usually reserved for people. It is the love that can be felt and vibrates in one's whole being. It is the feeling that causes people to do most anything. When a child is pinned beneath a car it is love that gives one the strength to pick the car up. With love we have powers and abilities far beyond the limits we have set for ourselves.

Love is giving and in the giving is the receiving. One cannot truly love another without being loved themselves. One must love themselves first before they can love another. However, you can only give that which you have, so love yourself so that you can love others.

Valentine's Day is for lovers. It is truly for all those we love and not just a spouse, girlfriend or boyfriend. It is for all of us.

Some people fear love. The fear is that if they allow themselves to love another they will be hurt if the other person stops loving them. Love is to be embraced and enjoyed. Love is not fearful. Love is our natural state. You cannot lose love. You can block it and you can chase it away temporarily.

Valentines Day is for love and lovers. It is a day we can all celebrate. It is a day we can stop and show our loved ones the appreciation we have for them.

More than the gift it is the thought and the effort. While the day may be commercial we can use it to reach out and express ourselves.

How often do you express your love? Unexpressed love can make the other person feel unloved. Love can be a phone call, a touch, a card, or just a look. Love needs reinforcement. Love needs expression for the health and well being of all parties.

Expressing love allows it to grow and expand. Expressing love helps everyone to feel it and know it.

Why not make it Valentine's Day once a month? Pick a day, perhaps a different day each month, to express your love to your loved ones. It need not be with expensive gifts. It need only be your paying attention to the loved ones. Should the date each month be a surprise?

In a perfect world it would be Valentine's Day every day. That could be your goal. Let's start with going from one day a year to twelve.

I will guarantee you positive results. Your loved ones will be touched with your expressing your love for them. Watch out, that love will come right back to you!