

What is Love?

By Heiné de Waal – 14 February 2016

How often do we say “I love you”? Have you ever considered what ‘love’ really means? And what does it mean to love someone ‘unconditionally’? These are loaded questions and important to explore, especially since we use these words often and freely.

I think we use the word LOVE too often, without being aware of our intention when using it. Maybe our intention is that we care or maybe we are just saying it out of habit. I am of the notion that we make use of the word without totally understanding the concept of love and sometimes we’re not even 100% sure what our feelings are at that moment. Let us have a look at what love could mean.

When we say “I love you”, it could mean:

I like you tremendously.

I admire you.

I care about you.

I will support you.

I am here for you.

I want to be with you.

You inspire me.

You are gorgeous.

You are my hero.

I feel so connected.

I respect you.

I forgive you.

I accept you, warts and all.

I have compassion for what you are going through.



Is THIS what we actually want to say, but maybe lack the emotional language? I wonder what will be the impact if we choose to say that what is closer to the truth, rather than just conveniently use love as a filler word?

There IS a place for the word love, but how then do we define it? The short answer is, the more we get to know ourselves, the closer we will get to

understand the concept of love. How can we love the world if we cannot love ourselves, all our own thoughts, even the really dark ones?

Love could mean so many things. It could be a feeling, a moment of bliss or even a vibration that tingles through the body. The word that describes love the best (for me) is Connection. Love is the reminder of unity. Let's say it is an urge to merge. I think when we feel THAT we can honestly say "I love you!".

Unconditional Love goes deeper than love. It is a very difficult concept for us as human beings to comprehend. It is not a fuzzy feeling. It is a state of being. It is about knowing who we truly are as spiritual beings; knowing that we are all connected. In our behaviour it's about caring for others without judgement, have compassion, showing empathy and supporting others without rescuing them. It is all those, ALL the time, even if we do not like the person...and even more. In other words, if you cannot love everybody and everything ALL the time then you cannot label it as unconditional love.

It is our inherent nature to love, not to hate. Thus consciousness is our essential nature. Consciousness IS love. Anger and frustration is a product of the mind due to a belief in separation - separation from others or parts of the self. Separation causes fear and fear causes dis-ease. Therefore disease starts as a perceived sense of separation, a separation from the self and others. If we learn how to accept ourselves, we will learn how to love ourselves. To do so we need to become aware of what is out of balance in our lives. An expanded awareness creates unity.

WOW, it seems this is a loaded question! So what IS Love?

The short answer is:

Love is a connection or reminder of unity – an "urge to merge".

Studies done in the field of psychology discovered that micro-moments of positivity can help us to shift our focus towards more of these moments and in that this process creates even *more* of it. It also showed that these moments could improve our health and the health of others with whom we interact.

When people don't acknowledge the value of these moments of positivity resonance (love), then they will be completely unaware of it when one of these moments show up. What I find most interesting from the research is that micro-moments of positivity resonance are biologically determined (measurable) which

means people's expectations are totally unrelated to the experience of these moments. In other words, we cannot THINK ourselves into Love. We need to experience it organically – only then does it become real. This micro-moment of positivity resonance is literally an emotion or a physical sensation in the body.

Sometimes we think we love people with all our hearts, but it is all in our minds. We do not experience any resonance that affects our bodies in a positive way. On the contrary, it takes energy away from us. This is not love. That is an obligation, a contract or a co-dependency. We might THINK it is love, but in the long run it affects us in such a negative way that we eventually become ill. Love adds value to our lives; love does not rob us from positivity and well-being.

I am inviting you to take some time and reflect on this and your relationships. See if you can establish who the people are with whom you are experiencing micro-moments of positivity resonance (love). In that moment, those people love you unconditionally and add value to your life. It is not always your best friend, family or the person you married; it could be a total stranger that you bumped into at the supermarket. You will feel it in your body if you are aware of such connections. Treasure these moments!

Love is: A micro moment connection that creates positivity resonance.