

The How to Be Human Journal

True LOVE

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~ The most basic human need explained in revolutionary detail ~

We can tell from all the red and white hearts on signs, cards and balloons that Valentine's Day is supposed to be about love. If the recording artists and movies are correct, love is the way another person makes you feel. It's a kaleidoscope of wonderful feelings in which all your senses are completely captivated by the existence and presence of someone else. If they are correct, love is the way someone becomes your focus and, maybe even, your purpose for living. There's a feeling of security, passion and a god-like certainty of unwavering commitment. According to them, love is the experience of reckless abandon one has in the face of all fears and expectations when you cross paths with the right person. These feelings for another create an invincible state of mind, in which you would do anything, be anything and go anywhere for this person. No cost is too great! You would die for them! This love and affection is one that cannot be replaced. This person has your full heart and you have theirs. "Happily ever after" is the future of you. Trust, passion, appreciation and support are certainly yours!

I know each of these feelings very well! It is an amazing experience! I have talked with and heard the stories of and watched the lives of many who also have experienced this "love". But, in reality, there is a common thread or underlying fact that usually appears. It appears in the movies sometimes, though it seems these aren't the movies we prefer. Country music is probably the most honest about it. Most, if not all, of us have

experience it. This underlying fact about love is: disappointment, heartache and heartbreak. Further, one underlying thought or emotion that may go largely unspoken and ignored is the fear that we will lose this love; that something may cause it to end. Love might be called the world's most beautiful letdown.

The portrayal of this rapturous experience that is usually played out in song and cinema is very convincing. The magic of music and movies is very powerful. Through these, we have created a very false representation of love, one that young teens dream of and still believe in and hope for even after the threshold of adulthood has long been crossed. It dominates our culture and our world in a plethora of ways that are devastating. We have painted a picture of love that is very self-centered, very irresponsible and ends up being very hurtful.

Love is one of the most basic human needs. It is only rivaled by food and safety. Emotionally, it is our greatest desire for importance, appreciation and purpose. We all desire the experience of a deep and passionate connection with someone else in a secure relationship. These desires sum up our unique version of love. What we are unaware of is the way we manipulate our selves and others as an attempt to create and then control this experience. So, you see, music and cinema aren't the only influences here. The strongest influence is our own human nature, which can be and is so often very misguided with misunderstanding.

"Perfect" love has become a sort of dream for us all. Something we all desire! But, if we understand that we are all seeking to experience this dream of "perfect" love, at what point do we realize the chances of us meeting someone who actually understands it is NOT likely? If we are all seeking it, then it must be true that none of us are experiencing it. If we are not experiencing it we also cannot understand it. If we do not understand it, neither can we give it. As you continue reading, you will understand why we are all ignorant of and inexperienced at true love. There is a way to experience it and began sharing it.

Unspoken Myths About Love

#1- Someone is going to be "perfect" for you and, or take care of you and, or make your life better

#2- A relationship or marriage will solve all of your loving needs.

#3- Through your partner or spouse you can feel better about yourself and life.

I call them unspoken myths because, for the most part, people don't just says these things outright, but, for some reason, we all find a way to believe these things to be true. Our world is plagued by these notions. The love presented in song and cinema is fairytale! The ideas of love present in our world and in our hearts are false. The quicker you realize this, the quicker you can prepare yourself for the pain you are sure to be dealt and possibly avoid the pain you are sure to deal.

The Facts About Love

- 1- NO ONE is your focus and purpose for living.
- 2- NO ONE should or has to take care of you.
- 3- A "better" life is not promised to you just because you fall in "love".
- 4- Your security and "happy ever-after" has little to do with another person!
- 5- What makes a person "perfect" for you (aka. "soul mate") is more likely to be the way they assist Life in making you a better individual and how you do the same for them, not how good they make you feel. Then your coupling grows into a truly wonderful thing.

*By the way, life IS about maturing- growing up- becoming better and more capable. To think you can avoid this is ignorant. Attempting to avoid it will drive you mad and all your relationships will suffer. Becoming a better person is hardly a simple order that one can breeze through. Living life and experiencing relationships is not always polite basket of roses even if you find truly wonderful people.

If we think we are good enough, strong enough, and stable enough to be someone's purpose and someone's security, we are deluded. If we think we need someone to be good enough, strong enough and stable enough to take us as their own purpose and make us secure, then we are needy in a blood-sucking way and, yes, also deluded. To even want to burden yourself to find this type of relationship is unhealthy for you because one of the largest parts of living this life is: GROWING UP- maturing to the point of being able to take care of our selves. To obligate and expect such a heavy burden of someone else is extremely self-centered and disgusting. There is nothing mature, virtuous or to be applauded about this. Needing someone to cope or to feel better about things in life, is a dependent need, like a helpless, defenseless child. But, it is possible to gain freedom from this in a way that leads to much healthier relationships and a much happier life.

Disclaimer: I am NOT suggesting the avoidance of relationships and the accountability of friends and support groups. In fact it would be unhealthy to do so. **The point is:** Our identity is not defined or supported by others and how they treat us or how they make us feel. We can have relationships that are full of true love rather than selfish needs and dependence.

GOOD NEWS: The Truth about Love

Now, I am going to present a picture of love that few have ever seen. At first it is frightening because you will see that security is not guaranteed. But, if you investigate it thoroughly you will see it is the most complete, freeing and life-changing truth ever!

Love is:

1- Without condition- requires nothing to be expressed, asks nothing in return and withdraws nothing in retaliation

2- Without limitation- doesn't limit others by placing constraints on them; knows no ending but goes on forever; has no boundaries or barriers

3- Without need- seeks to take nothing that isn't freely given; holds nothing not wishing to be held; seeks to give nothing not joyously welcomed

4- Is free- unrestrained; freedom is the essence of Life & the nature of the soul; true love is God expressed

5- Is truthful- honest; Start telling the truth now and never stop. This is the path to personal and relational freedom. To not be honest, to lie, or hide the truth (all synonymous) is to create a vacuum in which more cancerous conditions, expectations, limits, lies and needs can grow. Picture that! Security may keep you hiding the truth but at some point you have to face what you are doing not only to others, by robbing of them of free decision making based on the choices you are hiding, but what you're doing to your self. Do you really want to be a fearful, sly, lying manipulator?

*This is a relative truth and dependent on various situations or excuses. For example, if withholding the truth will save your life, then please do that. Or maybe it will save you 3 months of extra stress. Or maybe it will save you \$100. The one thing that is absolute here is: you are still choosing who you want to be by withholding the truth. You have to choose what's most important to you and, sometimes this requires that you not be ashamed about it but, rather, courageous. Sometimes you will choose unwisely and will learn accordingly.

5 Levels of Honesty:

- Be honest with yourself about yourself.
- Be honest with yourself about someone else.
- Be honest about yourself to another.
- Be honest about another to that other.
- Be honest with everyone about everything.

It's quite simple actually: be true to yourself, then to another, then to all others. If you are not true to yourself, you cannot be true to anyone else. Live your truth! **Honesty is the highest form of love.**

BEWARE: FALSE LOVE!

False-Love is:

- 1- Conditional or based on certain requirements
- 2- Seeking to control someone
- 3- Wanting to support or look after the self rather than the other by using or manipulating them
- 4- Unforgiving, judgmental, critical

The 3 Great Love-Killers

1- Neediness- needing something or someone to be happy. This is especially sad, pathetic and despicable if we are willing to trade something we have in order to gain someone else's "love" or presence.

2- Expectations- placing these types of burdens on the one we supposedly "love" is a great way to create resentment in the relationship. "Happy Valentine's Day!"

3- Jealousy- "Love me and only me". Life doesn't work like this. WE ALL have many different likes, loves and preferences even in people.

4- Undecided- telling someone you love them and then leaving them (in one way or another) again and again. (This is a great way to push someone away. If you are undecided you need to figure yourself out because your issue is not with the person you are undecided about. You are the issue. You need to be honest with them about that or resentment will settle in).

These are the fastest ways to kill love. Neediness is life-sucking. Expectations are imprisoning. Jealousy is poisonous. Indecision is hurtful.

Now, about #3, I am not condoning open relationships but neither am I condemning them. A simple example of jealous love would be a husband who is jealous of his wife's own brother and father. Or a wife who is jealous of her husband's own sister and mother. Does this sound ridiculous and impossible to you? Good! But, unfortunately, many people live this way.

Another example would be the husband who fears his wife appreciates another man's looks more than his own or the wife who fears her husband appreciates the looks of another woman more than her own. It could be true that your partner or spouse appreciates someone else's good looks. So what? Their good taste in people didn't die when they met and committed to you. Get real! Life is full of beautiful things and beautiful people. I am not talking about flirtatious behavior here and I'm not saying it's acceptable and neither am I condemning it. I'm simply talking about the facts of attraction and jealousy whether involving people, clothing, hobbies, or work.

Jealousy is just another type of neediness. It is insecurity. It is very sad and it is NOT love.

If you really love someone you must allow them the freedom to be who they are. If you in anyway attempt to change, control or manipulate them, you can NOT call it love. You must simultaneously decide how much you can deal with when you are tolerating what they are doing and be honest when your patience has come to an end. If you *need* them, be honest about that. If you *expect* things of them be honest about that. If you are *jealous* be honest about that without forgetting that needs, expectations and jealousy are love-killers. You must change for the better or the relationship will. It works out either way. Sure, your significant other probably has some personal changes that need to be made, but you can NOT force change on anyone, especially the one you supposedly, “love”. Remember: change is the process of Life.

Love is about what you put into it not what you get out of it.

You cannot love another until you love your self.

You do not love anyone until you do so freely.

Relationships- the way you handle yourself in relation to people and everything in life, define who and what you are. ALL relationships are sacred- the most important aspects of life- through which you express and experience who you are and who you choose to be. Love MUST be unconditional, without requirement, no regulation or restriction, without limitation; honest, transparent and nothing hidden, OR IT'S NOT TRUE LOVE!

If you are fine living a life of watered down, over-used, second-rate, imprisoning, purpose-detering love, then that's who you choose to be. If you are comfortable with that version of love, that is your choice. I love you enough to give you that freedom. But I will not be participating in it with you. I will love you unconditionally, but you will NOT control or manipulate me and I will be completely honest about that as you try to. You will hear what I'm saying, trust me and change yourself for your self or you will end up resenting me because I won't be manipulated by your efforts to control our relationship. But, since I understand what love truly is, I will realize both you and I are free to live and be what and who we wish. That's the beauty of it! So, if you get angry, I will let you be that and decide how long I can tolerate it if it becomes overbearing.

Maybe things works out fine if two people want less than true love. Again, divorce rates say differently. We all want FREEDOM. Any type of relationship in which true unconditional love does not exist is an imprisoning relationship. This is why people hate one another, hate their jobs, hate their families, etc. When we stop fearing we can stop attempting to have control. Then we can start loving one another and everything will change.

What would it be like to experience this kind of love? I am not sure if I have ever experienced this from another human being. But I can tell you it is an absolutely amazing experience because this is how I have learned to love my self. This is precisely how it should be. No one can love me like I can. No one can love you like you can. No one can appreciate you like you can because no one can know you like you can. This type of love is free. It has no attachments and thus, is stress free and without egotistical-pride. It is wonderful! The really awesome thing is, now that I have love for myself in this way, I have the same love for others.

I am one who understands true, unconditional love because I have a personal experience with IT. I understand where I come from, why I am here, what I am to do and where I am going. This kind of knowledge reveals, to me, just how important, how valuable and unique I am. Therefore, I have no need to find that importance, appreciation and value from others. I no longer have to place such a heavy burden on anyone, which in turn, would also leave me still searching for the real thing.

I understand that God is unconditional love- no restraints, no expectations, no requirements; just free, no-matter-what love! This is Life! If Life is ultimately free like this then the only imprisoning thing about life is the dream-world we humans create by our social constructs that are so full of underlying dysfunctions like Valentines Day, religion, "justice" and any other fear-born and fear-causing, self-seeking, relationship-controlling things we do, including the way we hurt each other with words.

All of the mistakes we make in relation to one another are because we do not know the truth which makes true love possible. Where do we come from? Why are we here? What are we to do? Where are we going? We do not know what it means to be human. If you keep reading the How 2 B Human Journal, you will!