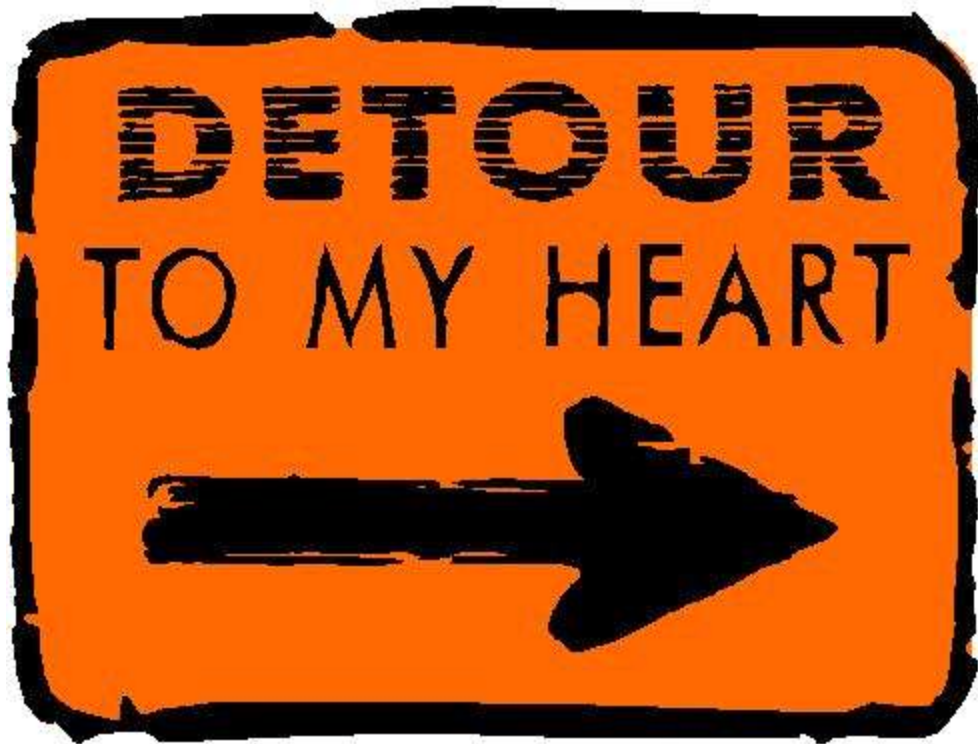


**When Love Takes A Detour ~ How to Find True Love
or Get It Back ~ Reroute When Its the Only Thing
That Matters Vol. 9**



by Terry D. Clark

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Chapter 1: What is Love

If we think about it, everybody has used the term “I Love You” at some point in their lives. What is love actually. If we think of love in the abstract it is a deep feeling of emotion which encompasses caring for another at a heartfelt level. Even as an abstract concept it is expressed in a multitude of ways based on how one views the

abstract concept of “love”. It is safe to say regardless of nationality or belief system the idea of love boils down to a deep affection one has for another. How people express love is what changes. Factors as ones beliefs, wants and needs all go into the equation of love.

The feeling of love that we express is strongly associated with human emotions. Emotions by definition are feelings related to our moods, temperaments, personality, disposition and motivation. Affection which is used synonymously with the word love refers to a state of body or mind that is associated with the process of love. Love can be platonic, romantic, humanitarian or religious just to give you the idea on how many types of love there are. However when we use the word affection it denotes also more than just friendship or good will. There is an implication of romance and sexual overtones when love is inferred to the opposite sex.

What's interesting about love is that the feeling of love which creates a strong emotion and tie of affection we feel for another also establishes an attachment to that person we feel love towards. When we become attached to a person because we love them we have certain behaviors, stages and processes that all come into play so we can be close to that person both physically and emotionally. Love is a bond that takes place between two people. The two people that have love for each other and nurture their relationship together to maintain the love they feel for one another.

As we know the word “love” can refer to different types of love. This too includes a variety of feelings, states and attitudes ranging from what is called a generic pleasure such as saying “I love chocolate cake” to intense interpersonal attraction like a man who says I am so in love with my wife. Love is a complexity of feelings; it has different uses and meanings to people which is why it is really hard to define. People have different emotions around feeling love.

Even when it is viewed as an abstraction; it encompasses many different feelings which can range from passion to desire to the intimacy of romantic love to non-sexual emotional closeness to platonic love. It can also encompass profound oneness and devotion to a religious belief. Love is also the center foundation psychologically interpersonal relationships.

What makes love hard to define is cultural/religious differences in how they view love. For example in Buddhism and Hinduism there are both the words Kama and Karuna. However both have different meanings in relations to love because they are not the same culturally. In Hinduism Kama refers to pleasurable sexual love personified by the God Kamadeva. In Buddhism it is also sensual sexual love but seen as an obstacle to enlightenment because it is considered selfish. In both ideologies Karuna is a form of compassion and mercy. In Hinduism it impels one to reduce the

suffering of others and while in Buddhism it reduces others suffering while in the act of compassion and mercy. It is a road of enlightenment through wisdom.

In an effort to determine what love is its easier to look at what it isn't. Love is considered the opposite of hate or even neutral apathy. Interesting also is that love is many times equated with lust which is what lust is defined as. Lust is desire of the flesh. It is a craving of sexual intimacy with another. It also implies a self indulgence at the expense of another based on an initial physical attraction. Love is considered less animal in nature than lust because of the emotional component. Anyone can have sex without emotional attachment; it is a biological interaction between two animals including humans. But, love between a man and woman is more emotionally intimate as a form of a romantic attachment. One could say that love is also sexual in nature but romantic in overtone when it applies to a man and woman's relationship. Love in our society is contrasted against friendship. Friends may have love for one another. They want the best for them and care for them. However they do not want sexual passion or romance with them. This is not friendship. The love between friends is platonic. There are however exceptions where close and best friends love each other romantically. There are those people in love who consider each other their best friend. In this case they have all the different emotions of both types of love for each other.

When we generally talk about love it's in the context of an interpersonal intimate relationship between two people. With this type of love the person identifies with the other as being in a committed relationship with them. There are some cases where a person will love a thing or one's self as if in a relationship which is narcissism. Even if a narcissistic person is in a relationship with another; the narcissist only see themselves as their love interest. They view the other person as someone who needs to cater to them because they are so wonderful. This type of behavior and relationships go into love disorders. Impersonal love is when someone loves an object, principle or goal. They value it and are deeply committed to it. Some people like social workers, philanthropists, community service people may love the work they do which may stem from altruism and their strong political convictions. Interpersonal love refers to love between two human beings. It is more intense than simply the two people liking each other. This type of love is associated with relationships. They can be relationships between family members, friends or couples.

People can also love animals, material objects or activities if they bond with them and put time into them. If sexual passion is involved it's called paraphilia. Paraphilia is a disorder in which a person gets sexually aroused to objects, situations or people that are not considered a normal stimulation source. Sexual fetishes fall into this

category. The sexual behavior is considered atypical or extreme.

Like paraphilia, there are also love related disorders. Erotomania is a delusion that one person has that another usually a stranger is in love with them. It is often confused with obsession love, unrequited love or hyper sexuality also called nymphomania. Obsessive love is not considered Erotomania; it is love where one obsesses over another. The person is emotionally obsessed with another person. Unrequited love is where one person loves someone but it is not reciprocated.

One thing is certain when you love someone you want the best for them. You are willing to work out problems with them because you love them. Every time you see them it's a rush like the first time. The ancient Greeks classified love into 4 categories:

1. Agape Love-This is unconditional love. It is considered love by choice because the love is there even when you are not pleased with the person. A good example would be loving someone despite their faults.

2. Phila love-is a dispassionate and virtuous love. It is guided by our likes and by what's considered healthy and unhealthy for us in terms of our needs and desires.

3. Storge- this is the word for family love and also the physical show of affection. This is the human need to be touched, it can

also be sometimes the love between exceptional friends.

4. Eros-physical, sexual desire as in intercourse, it's the root word for erotic and eroticism.

Psychiatry sees love as a triangle with each side a component:

1. Passion-which underlies physical desire, sexual behavior and arousal. This is the physical side.

2. Intimacy-This is the emotional aspect. This includes the closeness, connectedness and the warmth of friendship.

3. Commitment-this is the decision making part. The choice between the couple as to whether or not they will stay together.

In truth love has many meanings to many people. There are different stages of love based on where people are in their lives and their level of emotional capacity to give and receive love as they know it to be.

Chapter 2: Love and Human Physiology

Science is yet to really understand the mechanics of what

biologically happens between men and women in relation to the phenomenon of love. However they do know some things. It has been found that the brain goes through a chemical reaction when a person picks a mate. Brain chemistry and its chemical reaction to who we are drawn to; is behind an attraction that draws a man and woman together in the first place. Love reacts the same way on the body; starting in the brain with the same chemicals it activates for hunger and thirst. The brain responds to love in the exact way our automatic response system reacts for what we perceive as a need. The body sees love as a survival need and responds bio chemically to it as such. Love is built into our fight or flight automatic response system based on how we respond to the stimulation of love. From an evolutionary stand point the brain functions at three different levels in relation to “Love”. These three levels or stages are:

1. Sexual Arousal or Lust- Lust is what attracts people to each other in the first place, When we see someone that appeals to us physically our first reaction is lust by definition. It's what makes us say that person is cute or appealing to us.

2. Romantic Attraction- Is what encourages mating, once we get past the initial lust then we look at the person with an interest in getting to know them as a potential mate

3. Emotional Attachment or Bonding- Once romantically attracted; there is a decision made to want to stay together as a couple or not. This is the toleration factor that makes the two stay together for the long haul.

It is each of one of the three above things that are set off in the brain when we meet a potential mate. These three stages are regulated by brain's chemical activity. Each stage sets off a group of chemicals like a cocktail in the brain to activate the feelings in each stage. Unless all three stages are activated chemically chances are the relationship will not work, much less last. Both the man and the women have to go through the three stages simultaneously to make this magic happen. It is found that if all three aren't activated that the person feels they have not found the one. This is also when one person may like another and it is not reciprocated because the chemical reaction was not mutual. You cannot fake a chemical reaction it occurs almost subconsciously before we think about it.

When we initially feel lust, the hormones testosterone and estrogen are released. Testosterone is the male sexual hormone and estrogen is the female sexual hormone. Testosterone gives a male their secondary sexual traits. These are those attributes in men that are associated with their sexuality as a man and their sexual strength or prowess. Things like facial hair and other signs associated with a boy becoming a man is responsible for testosterone. Estrogen is

responsible for female sexual characteristics much like testosterone is for men. It is responsible for women's breasts their monthly cycle and things that make a girl change into a woman. These two hormones, whether male or female; makes a person feel the mating urges to begin with. The effects of the release of these chemicals generally last a couple of weeks, maybe a month or two the most. This is where people who have sexual encounters experience their relationships fall to the waste side because the other factors are not activated during that initial stage for progression. Their reproductive hormones are activated, they have sex and then none of the other stages are activated by a romantic attraction or emotional attachment or bonding.

After this initial lust stage if both parties have the second set of chemicals working for each other the attraction stage ensues. During this stage the individual now has romantic feelings towards the person and sees the potential mate as an actual long term candidate. So out of lust develops the commitment to an individual mate at this stage. The chemicals at work during this period are :

1. Pheromones - these are chemicals that are excreted that triggers a social response to like species. They are capable of acting outside of the body to trigger an impact on the behavior of the individual who is receive them. (An example is a person is attracted to another's natural scent while others may repel

them.) There are different pheromones. In this case they are called sex pheromones. They impact the other person by their response physiologically and also behaviorally to the person releasing them.

2. Dopamine- which is a neurotransmitter in the brain. It is an important chemical in human behavior. It is stimulated when we perceive a reward. Dopamine stimulates gratification. This is one of the chemicals released during gratifying behavior to make us feel good, (sex included).

3. Norepinephrine- is a stress hormone. It effects the brain where attention and action is stimulated. This activates stimulation and arousal, affecting our reward system.

4. Serotonin-is also a neurotransmitter which is derived from tryptophan. This stimulates our moods. It elevates our mood levels either up or down in response to stimulus.

When a person starts to fall “in” love as we say these chemicals are released. The combination of chemicals act as a natural amphetamine on the brains pleasure center. This is why people feel side effects such as a rapid heartbeat, loss of sleep and appetite and a feeling of intense excitement to describe their feeling of love for someone. The body get's naturally "high" on the situation due to the

chemicals it releases. This stage can last chemically with the feelings of the pleasure center stimulated from one and one half to three years.

Both of these stages pass and the third stage is required for a long term relationship. It is the attachment and bonding factor that creates permanency and the level of deep love that lasts. Attachments at this last stage seal love with commitments. But, the factor of a feeling of being mutual friends and shared interests have to also come into the equation at this stage even in romantic attractions. In this stage of love the levels of the chemicals oxytocin and vasopressin are at greater levels than any other stages of a love relationship.

Oxytocin is a neurotransmitter found in female reproduction but also in sexual orgasms and plays a role in social identifying and pair bonding. It also is found to be stimulated in trust, love and maternal instincts. This neurotransmitter is found both in the plasma of men and women during orgasms. It is oxytocin that invokes the feeling of contentment, reduces the feelings of anxiety and also promotes calmness and security in relation to a mate. Vasopressin is among other uses released during sexual activity. It also initiates and sustains patterns of activity between pair bonded and sexual active partners. This neurotransmitter induces male to male aggression. It is also noted that during the first year of a love relationship the growth protein molecule NGF or nerve growth factor is found. This is what

makes males territorial over their love interest.

There are cases where a person has trouble finding one person to be in love with. In this case the brain stimulates one of the three stages with more than one person because one person does not chemically turn them on with all the stages needed for love. This is where you have a person sexually infatuated with one person, dating another and sleeping with another. This person may then look for another and if that person doesn't stimulate all the stages for them they continue the cycle because they cannot find what they are looking for. This happens when a person usually dates and sleeps with multiple partners. One partner doesn't have enough with the person to chemically keep them in a monogamous relationship.

When a person makes our hormones and chemicals surge we seek them out because it stimulates our feel good pathways in the brain. This is where the idea of chemistry and love comes into play. We have all heard people say and may have felt at times that the chemistry wasn't right when we met someone. This let us know that the person wasn't right for us. Unfortunately many people don't grasp the facts that chemical reaction is very important in finding “the” one. It is a fact that it takes a chemical reaction to occur in order to feel that love for someone. This is what people refer to as a spark. It's not about just their looks. This is why two good looking people may not be attracted to each other. There is no chemical

connection between the two. It the natural reaction that occurs when two people feel a certain way towards one another. This cannot be forced. Lack of chemistry is one of the main reasons that relationships do not last. You have to have chemistry also to make a loving relationship. In reality if you do not feel that special spark for someone you are not going to want to be there long. All the money in the world wears thin after a while in those relationships where unions are made for reasons other than love. You can best believe that the person who is paying for love also feels it. We can feel when someone doesn't love us the way we love them. That is because of the chemicals that are not being released. If someone doesn't feel love for another in any of the three stages but tries to have a relationship with them anyway the chemicals are not released nor reciprocated. You can say the words but the chemical reaction will show differently. That's when a person will say "they say they love me; but it still doesn't feel like they do." Well it's because they really don't. They are going through the emotions and trying to mask the feelings that they do not feel.

Mismatched chemistry causes problems also. With mismatched chemistry between two people you find things like a contest of wills occurring. This is because there is no mutuality of feeling or natural connection to create a flow between the two people chemically. This is like forcing oil and water to mix. This is where you find things like people are married and one feels neglected because the other is

not there for them and has no affection for them. Well, what can you expect? It's sad but the chemistry wasn't there to begin with. There may have been one of the stages in which love manifests fulfilled in cases like that but not all. Also when a relationship is not harmonious chemically other chemicals that create alarm and discord go off in the brain. When this happens it turns the person or both people off in the relationship completely.

It is the limbic system in the brain through what is called limbic resonance that enables us to connect with another in that magical sense in relation to love. This is the phenomenon where two nervous systems become in sync. It is this occurrence that is responsible for love at first sight in addition to the chemical reactions programmed into our response to that person. The limbic system is the one responsible for the butterflies in your stomach when you see the one you are crazy about. When both parties feel this it propagates the growth of attraction. When only one party feels it and not the other this is not a mutual attraction and probably will not work as a love relationship in the long run. It is the initial chemical attraction that permits both parties to allow the feeling to grow into romantic attraction.

Keep in mind this is the same system that comes into play when you don't like someone right away and they rub you the wrong way. This is a classic example of how in this case the wrong chemicals are

stimulated. It's safe to say that in order for love to flourish between two people there must also be a mutual chemical response that occurs biochemically.

In terms of the feeling of love its self that occurs through chemical changes in the brain through 3 distinct phases. The phases in the feelings of love are:

1. Attraction
2. Infatuation
3. Commitment

"Attraction" is associated with sight and leaves an impact on the brain when we see a person we consider attractive to us. The chemical with lust as attraction released is phenyl ethylamine or PEA. This chemical is the brains natural amphetamine that increases more energy in us both physically and emotionally when we feel attraction towards another person. The initial attraction between two people causes an increase of PEA in both parties. This is where the references come into play about two people feeling dizzy with love. Along with PEA; dopamine is also released. This chemical in relation to the PEA makes us want to be close to the person we are attracted to and intimately connected with them also. When these chemicals are secreted in large doses they send messages from the brain to other parts of the body. When people are attracted to the

wrong person this is because they can't distinguish the chemical reaction from the actual personality they are attracted to at that moment. This also happens when we are initially attracted to someone but when we speak to them it changes. Attraction is however so powerful it can lead to lasting relationships.

There has been research done by psychologists that substantiate the fact that the signals given off in an attraction also affect the attracted party. It can stimulate a positive attraction or stimulate a negative one. Psychologists Donald G. Dutton and Author P. Aron conducted three experiments and found direct correlations between attraction and anxiety. 2 equally attractive females were placed on separate bridges. One was a suspension bridge that causes anxiety because of the suspension and the other was a regular bridge. The females stopped male pass-byers to fill out surveys. It was found that the suspension bridge which caused more anxiety naturally. It showed that the anxiety of the suspension bridge actually heightened the attraction levels to the female on that bridge as opposed to the other one. What this illustrates is that under certain situations which provoke anxiety; the attraction is misguided because of the anxiety that is created because of a situation. The attraction was chemically stimulated by the anxiety as opposed to normal circumstances. This once again proves the idea of attraction to the wrong person because of the situation is possible as opposed to the actual person. Look at how many people hook up in dark night clubs and when they get into

the light they run. The allure of the club or bar is what gives off the feeling of being attracted to a person in that case as opposed to the actual person. This also shows that in a case of anxiety the attraction is given to the more unsuitable target as a result of the anxiety. People were more attracted to the danger factor of the woman on the bridge that was suspended than the normal bridge with another equally attractive woman on it.

Infatuation which is the brain's second love response in the cycle is likened to a drug intoxication. People infatuated have a natural high feeling. This is because of the dopamine that is released when one is infatuated. PEA is the chemical that releases dopamine when we fall in love and tells the brain to send more dopamine because it keeps a good feeling going. PEA is responsible for the speed of increasing information between nerve cells. It is the effect of dopamine that makes us feel extremely happy. Thus people feeling the effects of dopamine because of love have been noted to say “they have butterflies in their stomachs or feel weak in the knees or are high on love.”

In 2002 a study was published by an anthropologist by the name of Helen Fisher. She recruited 40 young people who considered themselves madly in love; and were in mutual loving relationships. The other half were rejected by the one they loved. She put each one of the 40 subjects in an MRI with a picture of their love and a picture

of an acquaintance. The process was for 30 seconds they looked at the love then had a diversion task and then looked at the acquaintance for 30 seconds. This whole cycle repeated for 12 minutes. The study results showed that when the subjects looked at their sweet hearts dopamine was released in other areas of the brain including the posterior dorsal caudate and its tail, which are both central to the brain's system for reward and motivation. When the dopamine levels are high the falling in love feeling is fast and intense. This causes an obsession for the one in love with the other who is giving the person that feeling. This explains why a person craves a loved one. It is because of the feeling the loved one gives them.

The attraction and desirable phase goes on for so long and then a commitment is either acted on or the relationship ends. It is at this point you decide if you want to commit to this person or not.

Commitment goes back to the ancestral urges we have to procreate and have healthy young. It is our most primitive part of our brains that is mainly associated with reproduction. The need to procreate is a genetic factor we all carry. Males natural biological drive is to procreate with fertile females to carry on the human race. This drive is instinctive and can be carried on without amorous feelings.

Females who naturally nurture their children on the other end of the love spectrum; look for a care giver (man) who will take care of the child and themselves innately since cave days. Over time men and

women have developed biological cues that enable them to pick a desirable mate. Instinct also drives in the natural partner selection.

Today we call the ritual of selection "romance" and its corresponding feelings "love". The need to commit is not based on having children or procreating as it was in cave days but rather more on love rituals. The chemicals found in the brain that cause commitment effects the sexes differently. Men are wired with testosterone which in high levels actually keeps the man from wanting to settle down with one woman. Studies show that lower levels of testosterone actually increase the man's demeanor towards commitment. Females commitment is linked with oxytocin and vasopressin. As I stated earlier in this chapter Oxytocin strengthens bonds between people and Vasopressin strengthens the attachment between two people as well.

In reality not all couples stay together. The first thing that starts the detachment process is that the happy chemicals are no longer there for both parties or one has some and the other is lacking. The love chemicals that were once shared are left unfulfilled between the couple and there is want for that. When our brain no longer releases those chemicals when we see our loved one we panic. There may be erratic behavior and even pain in regards to the situation because we no longer feel the happiness like before with the loved one. What happens is that the limbic system starts to become over active and

there is an experience in the drop of serotonin levels causing depression. Now the couple may experience trouble sleeping, eating and wanting to isolate themselves because the chemical stimulation is no longer being generated between the two. There also comes a deficit of endorphins which regulate the pain and pleasure pathways associated with love. This is what may be responsible for why we feel pain in a break up.

This is not the only thing that makes us choose a mate in retrospect but it does show us that the body (primarily the brain) does play a part in the process of love biochemically.

Chapter 3: The Psychology of Love

Just as there are different stages in the physiology of love there are also different stages of love according to different psychological theories as well. Our abilities to bond with another in a love connection is explained through a phenomenon that psychologists and behaviorists call limbic resonance that I mentioned in the previous chapter. It is this Limbic resonance that enables one person to tune into another's internal state and pick up the emotions that person has. When this happens with two people who love one another; the two nervous systems become synchronized for that

moment. This is like the idea in love where two become one, or two hearts beat like one. When you look into the eyes of someone you love and get that tickle it's the limbic system that's responding. When you feel the tickle or butterflies as it's called; the person who is the object of your affection does too. With that initial connection the feeling grows into attraction and then augments and builds the affectionate attachment between two people. It's the heartfelt feelings that connect two people through the limbic synchronicity. This connection can bond and change a person who may not have connected to anyone previously suddenly like so. This is where you hear things phrases like “ We just clicked”. That means they were in tune chemically which enabled the limbic synchronicity to occur. This is where the idea of we are who we love comes into being. When the limbic systems are connected in this way, both can feel each other's emotions and at times even thoughts. This is where the idea of one finishing another's sentence comes in to play. Relationships that fall apart are because the limbic systems are no longer in sync. They drift apart and so does the emotional attachment.

Before I really start talking about the psychology of “LOVE” let me start by stating that being “in Love” is based on three distinct characteristics:

1. The first characteristic of being in love entails a belief that this

person fits with you like “no one else ever can or will.” There are no substitutes for this person.

2. The second characteristic is the need for skin to skin contact with the person you are in love with. This includes the urge to disregard any one else in an intimate way.

3. The third characteristic is you feel that the person you love is exclusive above all else; everything else comes second.

This is the temporary euphoria that being in love brings. Once those three things are ingested then “true love” starts to develop. True love envelops:

1. Two people who have sustained and prolonged intimacy
2. The two are sharing a life together
3. There is mutuality of limbic resonance and its regulation together.

Now with all these things in mind we can look at the psychology that goes into “LOVE”. Psychologist Zick Rubin premises that romantic love is made up of three elements:

1. Attachment
2. Caring

3. Intimacy

Attachment is the need for receiving care, approval and physical contact with the other person. Caring involves valuing the person's needs and happiness as much as your own. Intimacy involves sharing thoughts, desires and feelings with the person.

In addition Rubin did a study based on “liking” versus “loving”. He found good friends scored on the liking scale while significant others scored on the love scale. So there is a difference between friendships and loving relationships. He also concluded that love is complex and hard to measure because it is not concrete; it is a deep heartfelt emotion.

People have different ways in which they attach themselves to another in a relationship. It is a mutual exchange in a relationship where comfort, care and pleasure is reciprocated between two people. Another psychologist John Bowlby devoted himself to extensive research on the concept of attachment and described it as; “a lasting psychological connectedness between two human beings.”

He believes how we attach romantically goes back to how we attached to our parents as children. He also found that it also has an evolutionary component because pairing aids in the survival of humans. He feels the propensity to make bonds are part of human

nature.

Bowlby broke down the concept of attachment into 4 characteristics:

1. Proximity Maintenance - The desire to be close to the one we are attached to and to take care to make sure that it is maintained.

2. Safe Haven- Returning to the one we are attached to for comfort and safety in the face of a threat.

3. Secure Base- The person of attachment serves as a secure base to return to after being at another space (for example working outside the home, school).

4. Separation Distress- Anxiety occurs when the person is gone. So when you love someone you basically want to be close to them and share your life even in a physical proximity to them. When they are away from proximity you miss them.

Now, according to psychologist Elaine Hatfield there are two types of basic love:

1. Compassionate Love- is characterized by mutual respect,

attachment, affection and trust. Compassionate love tends to grow out of mutual respect and understanding based on shared respect between the two people.

2. Passionate Love- is characterized by intense emotions, sexual attraction, anxiety and affection. When the two people reciprocate the intense emotions they feel elated and overjoyed in happiness because they feel emotionally fulfilled. When this emotion is not reciprocated or one-sided the other person feels dejected, despondence and despair. Passionate love lasts for the average couple 6 to 30 months and then evolves to compassionate love in most relationships. However, there are those couples who do have passion throughout their relationships through years. It is rare but does occur.

According to Hatfield's findings; passionate love ensues when one's expectations are met. The person has a preconceived idea of what an ideal lover is and the heightened physiological feelings ensue because of their presence. It is ideal when passionate love evolves to compassionate love. It does not mean that the couple is no longer passionate, not at all what it does mean is that passion also encompasses the security and stability of a compassionate relationship as well. Hatfield also suggests this phenomena is rare. This is true love.

In 1973 a book titled “The Colors of Love” was written by John Lee. John Lee compared styles of love to the color wheel. He wrote just as there are three primary colors they're basic styles of love. The three primary styles of love he likened to the color wheel are:

1. Eros-Which involves loving the ideal person
2. Ludo- Love is a game
3. Storge-Love as a friendship

In keeping with the idea of the love wheel; just as colors are combined to make new colors such is the basic three types of love. These are secondary styles of love just as when 2 primary colors combine you create a secondary color you can create a secondary kind of love.

The three secondary styles of love according to Lee's theory are:

1. Mania; Eros + Ludos = Obsessive love

Which is Eros (involving the ideal person) + Ludos (Love as a game) = Obsessive love. Obsessive love is when one is emotionally obsessed with another. This is a painful and all consuming preoccupation for the target of love.

2. Pragma; Ludos + Storge = Realistic Love

Ludos (Love as a Game) + Storge (Love as a Friendship) = Realistic Love/ Practical love (passion may be lacking at the expense

of practicality).

3. Agape; Eros + Storage = Selfless love Eros (the ideal person)
+ Storage (love as friendship)= Selfless love (This is true love for the
other person; he considers this a complete type of love out of the
three).

The last theory I will hit upon is the triangle theory of love. Robert Sternberg who is a psychologist suggests that there are three components of love: intimacy, passion and commitment. Different combinations of these components result in different types of love.

For example: intimacy + commitment = compassionate love
passion + intimacy = passionate love

He goes on to say that relationships built on two components are more lasting and substantial than those that have just one.

Consummate love is the term he uses to describe a love that is made up of all three parts. This type is the rarest. It is the most lasting and enduring.

Some people unfortunately cannot feel love for others. Usually it is trained out of the person due to trauma starting in childhood. It is found that men more than women suffer from this. When a person cannot respond or feel love it's called love avoidance. The avoidance

signals are:

1. Avoidance of close relationships
2. Avoidance of the words "I Love You"

When someone suffers from this they have to consciously make up their minds to fight this issue they have and say they will allow themselves to feel love. It will take time and the person may need therapy to deal with their emotions. There are many people who just don't get it when love is directed towards them. They slough it off when it comes. In this case the person has to make a decision as to whether or not they want love in their lives. They have to want to be able to receive love. Ultimately in order to receive love you have to be able to give it also.

Another issue some people have is saying the three words "I LOVE YOU". Many times this is a result of being toughened up throughout their childhood. In these cases as a child they were not nurtured in a loving fashion and many times not told they were loved. So they never learned how to say it or what it really means. Some people will go all out to put a barrier between themselves and those three little words. They will convince themselves that they cannot say those words until they find their life's mate. They may not even acknowledge that they indeed have a problem (loving others is normal, ex: We tell our friends that we love them and we honestly do

although perhaps not in a sexual sense) Many times the words are hard to say because there is no feeling attached to them. If a child grows up in a situation where they do not feel loved it goes with them into adulthood. If they were raised by abusive parents where the caregiver seemed unattached to them and angry and silent all the time it affects how as they grow to respond or give love.

A healthy individual should be able to love in a nonsexual way both men, women and children as part of their lives in order to experience romantic love as well. This includes hugs without having sex on the brain. A parent who loves their children hugs them regardless of their age. Two brothers should be able to hug one another without homophobia. On the other hand when one is in a romantic relationship the touch is not the same as that for a family member nor is the love the same.

Here are some things to gauge if you are a healthy “loving” individual:

1. Are you comfortable with saying “I love you” to family members and close friends and feel that way.
2. Can you hug your close family members or friends.
3. Can you receive love when you want it from a particular person.

4. Can you express all the aspects of love you feel for a significant other (emotionally, physically, verbally and lustfully).

5. Are you able to decide to love another and do so without hangups or baggage.

Not everyone can do all the above and its okay. Some people do not find it appropriate to tell a platonic friend they love them or touch them. That's alright. In some cases it's based on what's acceptable in ones culture. Some cultures do not approve of you touching a friend especially of the opposite sex. However you should be able to do so with your family. And, you should be able to respond to a person you want to share love with. This is the most important one. You should be able to reciprocate love with the one you want to share love with.

Chapter 4: Love Sickness

When it comes to love and being in love if we were to write a list of all the feelings, emotions and actions it makes us have we would say we are suffering from a mental illness. “Love Sickness” as a normal non medical term is actually the act of falling in love. Historically love sickness has been viewed by some as a short lived mental

illness state brought on by the intense changes that are associated with love. Love sickness occurs when one actually falls in love. It is not a crush by any means. Crushes can however emerge and develop into love.

Some of the symptoms associated with love sickness are:

1. Mania or Hypomania – A heightened or elevated mood, inflated sense of self esteem, and even extravagant behavior like gift giving.
2. Depression- tearful sad state, insomnia, loss of appetite, feeling of hopelessness.
3. Stress- high blood pressure, pain in chest and heart, acute insomnia, nervousness.
4. Obsessive-Compulsive Disorder- preoccupation with hoarding valueless things but superstitiously resonant in relationship to the loved one (like keeping a napkin with the loved ones lip impression on it).
5. Psychologically created Physical symptoms like: stomach ache, butterflies, change in appetite, dizziness, insomnia, confusion.

Another interesting fact is that people who are in love have a drop in their Serotonin like those with OCD. Those who say they are madly, deeply in love who were given brain scan observations; showed brain activity in several parts that also function in OCD (Obsessive Compulsive Disorder). Those parts in the brain that when in love also function in OCD are the anterior cingulate cortex and caudate nucleus. Science has shown that when a person is in love the same areas of the brain light up as with those who are mentally ill. It is love sickness that helped create terms “madly in love” comes from or “I love them so much its driving me crazy”. These are the defining words that are used to describe how one feels when falling in love.

Many times when a person is “love sick” their hands will get clammy and the mouth dry. This is an indication of the nervous system going haywire. The person is preoccupied to the point of depression when they aren't with the one they love. They can experience moodiness, sadness, loss of appetite and extreme preoccupation about the loved one. When they do see the love of their lives; their heart beats speed up in conjunction with a rush of emotion in their chest. Their hearts can be pumping so hard their face, neck and ears turn red. When loves sick; one may get so flustered near their loved ones that they experience nervousness to the point of confusion. With the nervousness comes stammering,

becoming clumsy and staring. There is also sexual desire for the person. The sexual want is very extreme.

Usually as the person gets closer to their love both physically and emotionally; these symptoms subside over time. Love sickness at its height however is when a person suffers a broken heart from unrequited love or loss of a love. In this case the person doesn't get over the love for a long, long time and the mourning resembles a death of someone close. It is very sad and painful for the person who suffers from unrequited love.

There are times when love sickness starts to become irrational. Because of the chemical activity love stimulates it can become addictive also. This is more along the lines of obsessive love disorder where the persons emotions are not gratified in the love relationship no matter what is done on the part of the person they love. They always feel an emotional longing for this person. The cause of obsessive love is because of rejection for the most part. Many times with a love obsession the person has their own insecurities and issues. They may or may not even have a relationship with the actual love interest. It can be quite frightening for the object of an obsessed person's love. They may stalk the person and make the person's life a living hell. Sometimes the love interest has to go to the authorities for fear of their lives. This is the extreme end of behavior a love obsessed person may display.

Obsessive love is also referred to as “love addiction” or “relationship addiction”. There are four states of being that characterize Love Obsession :

1. The love obsessed person believes the person they are fixated on are the only one who can make them happy (unlike a soul mate who feels that is their only heartfelt connection; that they finally met the right one).
2. The obsessed on displays behavior that makes those around them feel distressed for them (may talk about the person like they are together when the people around them know for a fact they are not).
3. The obsessed cannot accept that the other person isn't suffering while they are for their love (they want the other person to be unhappy and tortured for the love of the obsessed. Normal love wants the best for their love interest. They do not want them to suffer unrequitedly)

The love obsessed person has an insatiable longing for the other person in terms of possessing them like an object. In a love obsession the love target is not usually physically nor emotionally available for the obsessed party. As a result the obsessed behaves in

ways that is actually self defeating to themselves. Their obsession gets in the way of the possibility of a real relationship with the target of their love as a result.

There are also four stages of love Obsession. They are:

1. The actual love obsession; a form of love where one party is obsessed over another.
 2. Love Addiction; a process by which addiction to a loved one occurs that is unhealthy and unhealthy in the type of dependency the person has for the loved one (this is if the love obsessed person makes it to the relationship state with the object of their love addiction.)
 3. Relationship Addiction; The person becomes addicted to the relationship (the love obsessed actually has a relationship with the love object.)
 4. Codependency; which is where one person becomes dependent on another for validation both emotionally and or physically
- There are several factors that set the tone for an obsessive love relationship. The first consideration is that it almost always correlates to the fact the person has too much time on their hands and they are bored. A lot of times the person who is obsessed is

going through major changes in their life; and their self esteem and how they perceive themselves is an issue. Many times an obsessed person who is doing so is because they actually feel vulnerable, have a fear of failure and lack confidence. Their obsession fills a need for the anxieties they have around those issues. There may also be differences such as age, class, looks and things of that nature that makes the other feel they are unequal to the loved one.

Obsessive love can lead to dangerous things. It can lead to rape, stalking and even murder if left unaddressed. It can also effect the obsessed one to self harm, suicide or drug abuse as well. There are four phases in an obsession. The phases are referred to as Obsessional Relational Progression and is illustrated on a hypothetical sphere originally described in a book by John D. Moore called “Confusing love with Obsession”. Here is a breakdown of the four phases from his book.

1. Phase 1: The Attraction Phase

The first phase is characterized by instantaneous and overwhelming attraction to another person. It is at this point the person becomes hooked to their romantic interest because of even the slightest attention from the love interest. (The love interest may look in the direction of the person who is obsessed and that is all it takes even if they didn't look at them directly.)

1. An instant attraction that usually occurs within the first few minutes of meeting the person. (they may actually meet the person and that's all it takes for the obsession to begin.)

2. An immediate urge to rush into a relationship regardless of compatibility.

3. Becoming hooked on the persons looks, focusing on their physical characteristics as opposed to their personality and the differences they may have with the person personality otherwise.

4. Unrealistic fantasies about the relationship; giving the love interest magical qualities (putting the love interest on a pedestal and endowing them with god like qualities).

5. The beginning of obsessive and controlling behaviors emerging (the person starts to actually display signs of obsession maybe has pictures that the person never gave them on the wall).

6. Phase 2: Anxious Phase

This is the point that the obsessed feels that he or she and the love

interest are in a real relationship. The “Anxious Phase” is considered the relational turning point which usually starts after the two make a commitment if the obsessed actually starts dating the love interest. Many times the relationally dependent type of person will enter this phase without a commitment from the love interest.

These are those people who have to feel they are in a relationship whether they are really or not. People like this may go out casually with someone and feel they are then engaged. In fact the relationship may even end at this stage leaving the obsessed party depressed.

This is when the obsessed party should get psychological help. If they don't this is when they start having delusions of intimacy with the object of their obsession regardless of the person's true feelings. The love interest may decide that they do not want to see the person again but the obsessed party says we are in a relationship period.

7. Unfounded thoughts of infidelity on the part of the obsessed one; wanting to know where the love interest is all day long and doing what. This happens if the relationship stays intact or not. If they do make it to the relationship stage, the obsessed thinks the love interest is always cheating. If the love interest is not with the obsessed they still feel that the love interest is theirs and cheating on them.

8. An overwhelming fear of abandonment, including thoughts

with no foundation of the other person walking out . Because of their behavior, if the love obsessed and love interest are in a relationship the obsessed party always feels the love interest is going to leave them.

9. The constant need to be in touch with the love interest via telephone or emails. This occurs whether in an actual relationship or not. The person will constantly write and call the other.

10. Strong feelings of mistrust start to arise causing the obsessed to become depressed, full of resentment and relational tension. When they see that their level of obsession is not being returned they start to either get angry or become depressed.

11. The escalation of obsessive and controlling behavior . The obsessed if in a relationship with the love interest is now controlling every move that the love interest makes. For example has to take the love interest to the store, they cannot go out alone and things of that nature.

12. The feeling that the love interest should not have feelings, bond or even talk to anyone else; this includes contacting or meeting anyone either. This is whether there is an actual relationship or not. If they are in a relationship the obsessed

forces the love interest to let go of family and friends in an effort of control. They are extremely jealous even of family.

13. Violent reactions both physically and verbally if the obsessed ones demands are not met by the love interest. This is where those in relationships experience things like domestic abuse, emotional abuse, etc.

14. Phase 3: Obsessive Phase

The third phase is characterized by an unhealthy attachment to the love interest. This phase is also characterized by the obsessed persons totally controlling behavior of the love interest taking a critical toll on the love interest. At this point the love interest tries to pull away and sever the relationship all together. It's at this point that the obsessed party is totally out of rational control in relationship to the love interest. The obsessed who is also relationship addicted starts to display extreme anxiety due to the situation. This is where you find that the obsessed may lock the person in their homes, kidnap them and things of that nature. This is all in attempt to keep the love interest only for themselves.

15. The obsessed party now is developing tunnel vision; they cannot stop thinking about the love interest and it requires their

attention all the time.

16. Neurotic behavior begins to emerge with things like quick calls to the love interests home and place of work, drive by's on the behalf of the obsessed. The obsessed wants to see if the person is where they are supposed at various times of the day. For example they may call or actually go to see if the person is at work or at home at the appropriate given times.

17. The obsessed flings accusations of cheating at the love interest. (Mind you this is whether there is an actual relationship or not).

18. The obsessed monitors the love interest via electronic or physical monitoring activities throughout the day to know the love interests daily routine.

19. Extreme control tactics including guilt trip questioning the love interests commitment to the relationship. Guilt tripping the love interest to provide more attention on the obsessed this is manipulation at this point. Saying things like “if you don't love me I will kill you and myself“are frequently said at this point whether they are together or not.

20. Phase 4: Destructive Phase

This is the final phase of the obsession behavior cycle. The destructive phase represents the destruction of the relationship where the love interest flees and understandably so. It is also the most dangerous phase for the obsessed. The obsessed party plummets into extreme depression and anger due to the collapse of the relationship. This is where suicide or murder may occur.

21. The obsessed feels empty inside.

22. A sudden loss of self-esteem due to the relationship crashing.

23. Extreme feelings of self blame and self hatred.

24. Anger, rage and a desire to seek revenge against the love interest for ending the relationship.

25. Denial that the relationship is over and attempts to win back the loved one with promises of changing.

26. The use of outside addictions to numb the emotional pain such as the use of drugs, food or sex.

27. Suicidal or homicidal tendencies at this point, the obsessed needs professional help.

This is basically the love cycle of an obsessed party in or out of a real relationship. Now a word on love addiction. “Love addiction” is when a person is addicted to the feeling of love. Love addiction is like any other addiction that requires intervention by a professional. Many times a love addict won't even realize they are addicted to love. It's the chemicals that the brain releases as I mentioned in the earlier chapters that the person gets addicted to.

Chapter 5: Love Addictions

The process of falling into a love addiction is that the person first starts to feel a type of obsessive love towards the love interest after going through the initial innocent attraction phase of love. What then happens is the love addicted person will immediately put the love interest on a pedestal level of a divinity. They are not able to objectively look at the other person believing this person is the key to their happiness. This process is quick and also referred to as “Cupid's Arrow.” Many love addicts run hot or cold. Initially they may appear aloof but are actually quite attached to their love interest. By general definition a love addiction is an unhealthy

attachment (either consciously or unconsciously) to a person, romance or relationship. If you remember the movie “Fatal Attraction” that was obsession at its height.

Here is a list of the different type of love addictions.

1. Obsessed Love Addicts(OLA)- experience attachment via secret fantasies either as unrequited love or with a hyperinvolvement relationship. Indications are; excessive phone calls, always thinking about just that one person in their life only and wanting a relationship too early on after meeting the love interest. It is unfortunate that the underlying cause for obsession is infatuation or love which all relationships that start out towards love begin as such. But it is toxic love stemming from neediness and low self esteem. OLA'S cannot let go even if the love interest is unavailable emotionally or sexually, afraid to commit, cannot communicate, unloving, distant, abusive, controlling and dictatorial, ego centric, selfish or addicted to something outside of the relationship. The OLA doesn't care they are abnormally loyal beyond realism and will stick like glue.

2. Co Dependency Love Addicts(DLA's) – which is a way to act that negatively impacts one's relationship and a quality of life. This may be characterized by denial, low esteem, compliance

and control patterns on either party in that relationship.

3. Relationship Addicts(RA's)- This is an addiction where the person is addicted to the idea of having a relationship as opposed to the actual person in it. There are two type of relationship addicts. Type one goes from relationship to relationship. They are constantly in and out of relationships; while type two will stay in a bad relationship just to say they are in one.

4. Narcissistic Love Addicts(NLAs)- These are your selfcentered, controlling types that feel they are the best perfect thing on earth. The Narcissistic love addict will appear detached and distant. They may even have multiple affairs. They do love the other person but it only shows when they cannot control them or the other person is ready to walk out.

5. Ambivalent Love Addicts(ALAs) They don't have a hard time letting go of a relationship; their difficulty is moving forward. They desperately crave love but are afraid of intimacy. They are deathly afraid of being close with someone. (From number 6 on are the main different types of ALAs there are).

6. Torch Bearers-These are the ones who obsess over someone who is not available. They may not even act on their feelings

but suffer in silence. Most cases they do pursue the love interest they are obsessed with. This kind of addiction feeds on fantasy and illusion. It is also called unrequited love. Torch Bears are also in the ALA category.

7. Saboteurs- Are ALA's who destroy relationships when they head towards becoming serious; or for whatever point that the fear of intimacy arises in them. This destruction can happen at any time; before the first date, after the first date, after sex, after the subject of commitment comes up; anytime.

8. Seductive Withholders- Are ALAs that only come to you when they want sex or companionship. When they feel frightened or insecure they start withholding companionship, sex and affection or anything related to intimacy. If something makes them anxious they go into seductive withholding mode. If they also leave the relationship they are also saboteurs. A seductive withholder repeats a pattern of being available and unavailable on a consistent basis.

9. Romance Addicts-These are the ALA's that have multiple partners. They are not like sex addicts who avoid bonding. Romance addicts actually bond with each partner in some way. This happens even in short liaisons or one night stands. Don't make a mistake they bond through the romance and drama, they

are not looking for commitment bonding or deep relationships.
Romance addicts are also confused to be sex addicts.

Not all people who avoid love or intimacy are love addicts. If you have a fear of intimacy or social circles, but do not get hooked on unavailable people this does not make you an ALA. Nor does keeping your social circle small and unthreatening constitute ALA. Things like eating your heart out over someone who is unavailable year after year, sabotaging one relationship after another, serial romantic affairs or only feeling close when you are with another avoidant (a person who is also an ALA) then you may be an ALA.

Some people are a combination of love addictions. In this case the person has many times different type of addictions that overlap. The person probably also has behavioral issues as well. For instance you may know a co dependent alcoholic who is also a love addict. The main thing is the addictions have to be properly identified so the person or yourself can get the help you or they need.

Here is an illustration example of a multi love addicted individual. Let's call her Julie KG. For the sake of argument let's say Julie is a love addict, relationship addict, romance addict and sex addict. She is married but does not want to divorce her husband of twenty years because she is a relationship addict. She is not in love with her husband and she has the habit of masturbating to pornography when

her husband is not home which is part of her sex addiction. She has affairs with several men and her husband doesn't know about it. She cares about each of these men because she is a romance addict. One day she met a guy named Robert and fell hard for him. It wasn't long before she began stalking and harassing Robert. Robert disappeared and she also met another guy called Jose who she projected her obsession on. It was easy because he worked for her and he was crazy about her.

She finally realized she was sick and went for recovery. She came to the idea that she should divorce her husband because of treatment. Julie then married the man of her last obsession “Jose” and gave up pornography. She also gave up all the men she was sleeping with on the side.

At first her jealousy was out of control but she went to therapy to get control of her irrational emotions so she could trust her new husband Jose. It took a few years of therapy as well as a 12 step program but she recovered and is still with “Jose” today. Today because she got help her addictions are in remission and has a normalized relationship with the last obsession Jose. So here was a woman with multiple addictions who had to struggle to overcome them to have a relationship with real dignity and substance.

There is something that love addicts do called switch hitting. Switch

hitting is something an addict does regardless of the type of addiction they may have. They change up their addiction; going from one to another. This is usually because they also have more than one personality disorder. An example would be a relationship addict who acts like a co dependent for years and then gets out of that relationship and falls in love with someone who is unavailable. Now the relationship addict is either a torch bearer or an obsessed love addict.

Even a narcissist can be a switch hitter. They will go from relationship to relationship in order to be dominant and uncaring. However when they do fall hard they turn into a torch bearer or Obsessed lover. If they happen to fall in love with another narcissist they then become the codependent love addict. This is because the narcissist will not stand for any other position. Even the ambivalent love addicts will become obsessed instead of running away if they are addicted.

The main reason a love addict switch hits is because of separation anxiety. If they have to engage in another behavior in order to placate the love interest they will just to keep them . Sometimes it's an act. But if the love addict is a weak person with weak personality boundaries then they actually become the person the love interest wants for the sake of the addiction.

Love addictions are complex like any other addiction. Each type of love addiction requires a specific type of treatment protocol like all addictions. For instance a co-dependent love addict needs a boost in self esteem and self acceptance to help in their treatment. On the other hand the Narcissistic love addict uses grandiosity to mask their low esteem and needs to understand humility and unselfishness in order to be treated. Ambivalent Love Addicts need to engage in having a healthy relationship and stay in it even when they feel the fear creeping up in them. The other component is the behavior disorders that are behind all these type of love addictions. There are certain behavioral characteristics that are conducive to becoming a love addict. There is a needy tendency even if it's an abusive one. For a person that has a love addiction recovery can only happen when they face the truth about their addiction and behavior. Their behaviors have to change in order to implement changes in a love addiction. Love addiction is contingent upon how one behaves towards a person they love. It is unhealthy behavior that categorizes a love addict. So it is their behavior that has to be modified in the process of recovery.

Chapter 6: True Love

In today's world true love is considered a rare thing indeed. For

those who have never experienced love really or at all its a hard thing for them to believe in. There are signs however to tell if it's the real deal or not. The first set of signs let you know the love you have is the real thing if:

1. You have “Butterflies in the Stomach”- This biochemical phenomena happens to those who feel true love across the board. Some describe it as the feeling one gets as a child on Christmas Morning. When you get around someone special the signs become apparent, like they haven't with anyone else. It feels like flutters in your stomach. It's a very excited and nervous feeling.

2. Another sign is you can't seem to stop looking at them. This is another sign of experiencing true love. (But if you are at dinner and you keep staring because there is something in their teeth that's different)

3. Other people seem optional- This doesn't mean you get rid of all the people in your life. It means you prefer to spend your time with this one person and are not interested in meeting others.

This is just the first phase letting you know this is the true love of your life. It goes on from there. When you find true love the world

actually seems like a better place than before you met this person. Although problems in life don't disappear it's your perception and point of view that does towards them. When you have true love you are able to face things with more self confidence and courage. True love lifts you up.

Another thing about true love is your sense of time becomes distorted when you think about the person. In the absence of the person you may lie in bed and think about them. You may think it was only a few moments but it could be more than an hour in reality that you were actually thinking about them. And, to top it off you never get tired of thinking about them. It is a fact that people in love daydream longer and the daydreams seem more real which is the spiritual connection (I will discuss that in the next chapter as soul mates and twin flames)

As we know no one is perfect; but when true love is involved you accept the persons flaws and weaknesses without complaining. In fact many people don't see the flaws of the person when they are in true love. As this initial phase of perfection passes you grow to see that the person is not godlike but indeed human with flaws and you truly love them anyway. With the acceptance of flaws comes the willingness to compromise in true love.

Your happiness is not felt as complete until you are sharing it with

the one you truly love. In true love there is a deep sense of sharing. Any and all your possessions you are willing to share together, this doesn't mean everything literally, its figuratively. Many times you don't think twice about compromising your own needs to make sure the needs of your partner are met.

Another thing is you never, never get bored of the person even after knowing them for years. Every day there is something to talk about with your true love. You never get tired of talking to each other. This includes both talking and listening. You know everything about them and it still amuses you like the first time you found out.

We may even fall in “love” a few times until we find the true love of our lives. Each relationship we pass through has a purpose in our lives. They teach us valuable lessons about ourselves, our capacities to love and what we really are looking for in finding a true love. Every relationship that ends in pain and was a waste of time still teaches us something. What it teaches us is about what we really are striving for when we go through different relationships; which is true love in the end. Many of the relationships we go through are test runs for the real one we are yet to enter into. Here are some more indications to let you know that the love you have with someone is true love:

1. You both smile a lot at each other; this sounds funny but it is

a phenomena that occurs in true love.

2. You are secure and comfortable enough with the person to “know” they will not hurt you this means you completely trust them. When there is true love there is no need for jealousy and suspicion.

3. There are is no game playing; there are no major dramas, there is no need to “test” one another's love . This includes sabotaging gossip with others about your relationship.

4. You do kind and thoughtful things for each other just because. There are no ulterior motives other than just wanting your true love to be happy.

5. There is NO violence in the relationship what so ever.

Some of the other characteristics of true love is that both people enhance one another. There is no pressing to force one party to do something against their will or do something that may harm the other person. The things that two people who are in true love do are together such as just taking a walk or doing nothing staying home. And, your differences such as culture or religion do not push you apart. You allow each one to be themselves and embrace the differences by accepting who they really are.

With true love there is no feeling of sacrifice; it's a willing compromise. If you feel you are sacrificing for a person you are with then you need to evaluate if this person is right for you. When we feel we sacrifice for someone or something; then we feel we have put our needs on the back burner and that is fuel for resentment. If you have to resent the person you are with this is not true love. This goes for sex also. True love isn't contingent on having sex. Sex enhances the love connection because of the expression of feeling between two people, but it is not the "love" itself. In true love the feelings are mutual and exclusive. They are reciprocated in kind between the two people only.

Anytime you have an uneasy feeling with someone you are in a relationship with you need to analyze why? This is a tipoff this is not a true love relationship. You have to be honest and even if it's painful and you have love but are not in love with this person you may need to move in a different direction. Being in a relationship where the love is not the same is not fulfilling for either person. It gives way to emptiness and then this is a opening for the other to look elsewhere to have their needs met.

When you have good chemistry with someone; there are things that happen to let you know this is true love. They are:

1. First and foremost you both feel comfortable with one another. There is the feeling that you have known the person longer than you actually have.
2. You find yourselves agreeing on a lot of the important issues in life. And there is a feeling of warmth in relation to each other's personal belief systems, values, philosophies and life's goals.
3. You see each other as equals, neither person has to sacrifice themselves to be with the other.
4. Your conversations stimulate each other and give each other energy. Both of you are very much involved in one another's life.
5. You joke with each other often, your relationship is spontaneous and light, there is a happiness and friendly boost in your interactions with each other.
6. Nurturing each other with special attention, mutual appreciation, acceptance, admiration and playfulness; these all keep the romance alive.
7. Enjoy spending quiet time together, spend plenty of time

time together and happy to do so.

8. Communication is open, alive and thriving, you are able to be yourselves with each other.

9. There is a mutual feeling of growth and support that you give each other; and you give each other room to grow as self directed individuals that can stand independently in a healthy sense.

10. You can as a couple remain objective and work on any issues that as a couple you have or that arise; you as a couple can rise above issues that others find hard to deal with.

11. Although you tend to expect the best from one another you are naturally warm, gracious, compassionate and flexible with one another because it's easy to be so with them.

12. You forgive one another when things go wrong and trusting each other keeps you closer.

13. You are quite protective of each other (this does not mean controlling or possessive) and also protect the privacy of your relationship. Others see you as a positive and bonding caring couple.

14. There is no fear in losing one another because of your commitment and dedication to your relationship. There is also an important sense of security which is important for both of you as a couple.

15. There is an earthiness to your relationship's sensuality; and the sexual chemistry between you is so obvious its almost tangible.

16. You can express yourselves emotionally and sexually with no inhibitions. Because you feel secure with one another it puts you in the mood for intimacy and strengthens your affections for one another.

17. Because you are together you are able to take big risks (ex. Career change when you already have a stable career or relocate completely) you always have and can count on each other.

18. You generate a whole “lot” of positive energy between the two of you; and together you have a lot of enthusiasm for life.

19. The longer you are together the stronger your

relationship becomes.

20. You feel this relationship is so life changing that if it were to end any day that you know you would come away a better and different person than you were before the relationship.

Understand that when you are truly in love the idea of sleeping around is no longer appealing to you. It's not just the idea of exclusivity however; it's also being willing to openly talk about it and stand by that decision. If you are willing to tell the next attractive person that hits on you that you are in love with someone then you are in love. Pretending to throw away the little black book with all your numbers is pretending to be committed. True love does not have time for manipulative games. Its sincere and real; it is heartfelt to one's core.

A funny hallmark of showing true love is to attend something with your true love that you would hate to do otherwise. This doesn't mean all the time but if they really want you to do or go somewhere with them you do. Also you know that its true love if you are cheap and are spending money because you want to make the other one happy. This isn't wasting money but doing caring things that you would not do in other relationships because you felt it wasn't worth the money.

When you find true love your partner becomes your best friend. You feel lucky and blessed to have this person in your life. You care about this person and they mutually care as much about you. Whenever there are plans to be made the other person is always considered and included in them. Not because its right but because you want to be with them when you do things.

Another sign of true love is when there is no need to notice the opposite sex all the time. It doesn't mean you don't notice a beautiful person that's silly; you aren't ogling every attractive person that crosses your path. And, when you acknowledge someone is attractive you don't have a romantic idea for yourself about hooking up with them behind your other half's back. People in true love don't cheat. That's a fact. You can have love for a person but not be in love with them. You can be in lust with someone (enjoying the sex only) that is not being “in love” with them and you can just like someone with no love in the equation as in friends. Relationships like the above are where parties tend to cheat. There isn't love in one's heart for a person in this type of relationship. They may care about the person. But because they are not in love with the person they either subconsciously or openly are still looking for something that is missing; which is why most people do cheat. They are still looking for true love whether they know it or not. When a person finds true love they do not wish to have sex with anyone else. It is a sacred act

between the two people only. And if anyone tells you different they are lying about what real true love is.

True love is not an infatuation or obsession. Unfortunately because people don't experience true love often they use these other two terms as an excuse for why there is something wrong with true love. True love grows steady over time. Infatuations die quickly, they do not last long at all. Infatuation can turn into love if both parties have the chemistry to begin with. But, in most cases true love hits mutually when the chemistry is right from the very beginning.

Also respect is a factor in true love. You honor and respect the person you love because they mean so much to you and you mean so much to them. You feel your personalities work well together. They complement each other. There is no desire to control the other person

because they are there for you and you are there for them and you trust and respect each other mutually. It's a mutual admiration society with just the two of you. Even macho guys will connect their relationship with their true love to a romantic song that the two play when they are together. Finally when there is true love the kiss is different. It is likened to a feeling that isn't felt with others. So if you are kissing someone and you are not swept away by the feeling chances are it's not true love.

So when you are truly in love you will know it. There is no other way to describe it. There is no magical systematic formula based on logic to make it happen. The difference between a crush or infatuation is when it's over the feelings and thoughts fade. You may occasionally think back on a fun time with the person but that's it. It's done for good. A real love on the other hand is someone you don't want to live without. They are constantly on your mind, in your thoughts and you cannot wait to see them again and again. It's someone you want to spend your life with and can't wait to talk to them. Sometimes you don't want to talk and just want them near. That's when you know you have true love.

Chapter 7: Soul Mates and Twin Flames

There are times when the chemistry and true love between two people runs deeper than normal love in a life time. This is when there are spiritual elements that also are part of the love connection. This is on top of the chemistry and true love that two people also have. This is what soul mates and twin flames bring to the love equation. There are signs to tell if you and the one you love are in the realm of soul mates and twin flames with the love you feel or have for other. It is said that your spiritual intuition will notify you so to speak when you see that special someone that has more than

the others in a different way. The spiritual connection you will feel to that person will draw you to them which is a sign that you are being united to a possible soul mate. It is a spiritual inner bonding that you have with another on a spiritual plane in addition to this one we live in. This bond lies deep within our beings. It's part of our essence and there is no mistaking it when it happens. Some people never experience this type of love or will never. It is a fact that how in tune spiritually one is to the idea of this type of love helps draw this energy to them.

We all experience a soul mate relationship and may not know it. It can also be a parent and child relationship, a teacher, a close friend or enemy. A soul mate is someone who you have a karmic tie to and may have unfinished lessons that still need resolution in this life. But, it is not the same as a romantic soul mate experience. When two people are soul mates and reunite in a lifetime to finish a positive karmic lesson it can be a gift. The unfortunate thing is if you don't act on it when the gift is given to you by the universe you destroy what was given to you of a special relationship that doesn't happen in one's lifetime very often. This type of love can be the most fulfilling and permanent when two soulmates who reunite for true love occurs.

As I stated "Karma" is another factor in soulmate connections.

Karma has several basic meanings; one is what you do comes back

to you and the other is the effect of a person's conduct and it's actions affect successive phases in a person's existence. So when you do good; good is returned. When you do bad expect bad. It's the law of karma. Other belief systems have this idea which is expressed in sayings like “do unto others as they would do unto you” and “an eye for an eye.” Expressions of that nature also illustrate the idea of Karma because of the premise of what we do affects us and others in kind. This is the basic ideology with karma. So, with this concept in mind; when two people give off positive karma towards one another it is usually a bond between soul mates. Soul mates do not have to only be romantic but for this chapter I will focus on that aspect. Before I do let me just state that close friends are also a soul mate bond. It is one of the few relationships we can have where there are no strings attached and is the nature of true friends as well. When the pull is so strong karmically for two people to connect then that is a definite sign that this is a soul mate.

The next factor that plays such a strong part in soul mates is being in the right place at the right time. For some they call it fate. Also sometimes there are extenuating circumstances that prevent the union from happening when they meet until a later time when the two paths cross again. In this case the universe signals to the two people that they are going to come together when the time is right. What happens in the latter case is that when they do come together again everything falls in to place. Patience and virtue is needed for a

soul mate relationship because all signs have to point to go first then that's the sign that the time for that relationship is going to begin. Nothing can be more fulfilling and rewarding than a soul mate relationship.

When we go through relationships in our lives that end and sometimes painfully, it teaches us lessons. They teach us what we do and don't want for a relationship. They also point out what it is we are really looking for in a relationship. This is what helps us identify what is and isn't a soul mate. Chances are if you have or will meet him or her it will be through very unusual circumstances. The circumstances around an initial soul mate encounter are usually unexpected and unplanned. Here are some other things to look for that will let you know you have met your soul mate that other soul mates have encountered:

1. There is a powerful and instantaneous feeling that you have know each other before.
2. You feel an immediate and deep connection for each other.
3. The relationship is immediate; it's like no time has been lost since you were together.
4. There is an electrifying feeling between the two of you that

words cannot describe.

5. It feels like you have never really lived before the union started.

6. You feel a deep sense of sacredness and unity with God through being together that you never felt before (this is between the two of you not in a religious sense).

7. It brings on feelings you never thought were possible.

8. The two of you are inseparable once you finally connect(no one or thing can come between your relationship).

9. When you look into each other's eyes time and space have no meaning.

10. There are no barriers between the two of you. Your relationship is completely open.

11. Your conversations seem to go on forever.

12. The two of you have a strong urge to serve humanity in some way that is deep and meaningful.

13. You give to the other and do not think in terms of receiving in return.

14. There is a special sacredness to your relationship that transcends anything you ever felt before.

15. You still have Karma with your soulmate (particularly if it's a twin flame) from a previous life that you resolve in this one with unconditional love and forgiveness of each other.

16. Neither one of you are dependent on the other for your sense of self and who each one is.

17. There is a strong sense of eternity and unlimitedness to your feelings.

18. Your feelings for each other are very spiritual.

19. You are free with each other in your relationship there is no need for ownership and control.

20. The two of you know beyond a doubt that you have been brought together for a reason.

21. You do not compete with each other or pretend to be

someone you aren't with them.

22. In spite of your sameness there is a sense of completion that you have by being with each other.

23. Trust, patience and acceptance of each other's weaknesses is automatic.

24. There is a sense of purpose and meaning in your relationship.

25. Your sexuality with one another is a sacred act that celebrates the unconditional love you have for one another.

26. The two of you become more and more one without losing your individualities or who you are as a person.

27. When you look into the other's eyes you see yourself.

28. You experience a sense of completeness with each other that is without comparison.

29. The degree of friendship and intimacy you develop with each other is beyond comparison.

30. You recognize that the two of you are God mates. (God has put you two together spiritually not religiously; god is different for different people).

The things listed above are common to “all” soul mates. What really sets a soul mate relationship apart from others is the sense of depth that the union has. This is in terms of the profound degree of completeness and the unique sense of spirituality that these relationships bring. There is also a sacred sense of intimacy and a divine sense of wholeness in these type of relationships. Soul mate unions feel like it is part of the creators divine plan that brought these two individuals together.

When you find a soul mate relationship you do not feel the same way towards your past, other mates or relationships for that matter. Nothing seems the same from that point on. If you hear your soul mates voice and someone asks you about it because you mention it don't expect them to necessarily be on the same level of understanding in this issue. They may or they may not. It depends on their level of understanding in regards to how connected a romantic soul mate union actually is. The average person will look for a logical explanation and in truth you will not care what they think. This is because you know it's your soul mate talking to you. The voice comes from heart to heart and connects spirit to spirit. They speak in unison. This is the essence of the chemistry between true

soulmates in a “true love” connection and that is an unmatched phenomenon. It doesn't have to be fireworks either, it's a no drama intense chemistry that you cannot explain. A lot of soul mates finish each other's sentences because they think so much alike its uncanny. You also speak without words. You can communicate non verbally without borders so to speak.

Even when you connect spiritually you long for the connection on the physical plane. This means you will wait for the person to manifest if you have to. You find yourself accepting you have to wait in a way that you would not have waited for others in regards to love. Your friends and family may not understand at all and think you are nuts. They may even try to send you out on blind dates which you do not really want to go on. You may just to be nice and feel no connection to the person they picked for you. It is very hard to explain you know your soul mate is coming to others. There may be no one who can understand what you are doing and you do not care. You know that you connected to someone in a really different way and no one will destroy what you are building. The really interesting part comes when others say “okay the infatuation has gone on long enough” and you say “your feelings are stronger than an infatuation”. At this point if the people you know do not understand this phenomenon they will think you are nuts!!! In terms of soul mates it is quite the contrary. You are actually gaining ground. What is happening actually is that the amorphous aspects are

beginning to crystallize into reality. Sometimes you dream about this person before you actually meet. You will recognize their look and mannerisms. Their voice may also strike a chord with you.

Once you touch this person even as a brush by them there is an intense possible electric feeling. In the brain a switch of past recall goes on from a time before you felt this same feeling with this person, even if this is the first time you touched them in this life. There may have even been a gap in your physical connection but when you reconnect it's like it was always intact. There is a definite feeling that the relationship was predestined. When you meet you know you are supposed to be together. If you have to force the feelings then the person is not your soulmate. A true soulmate opens their heart effortlessly and naturally to the other soulmate. It is a real and natural phenomenon.

Another powerful spiritual aspect of love is a twin flame. Twin flames which are also called twin souls are the other half of our souls. We only have one twin; it is the mirror part of our souls. It's like our other half in another body. When souls choose to incarnate (be reborn) and to enter into the world physically they split into a masculine and feminine aspect. We start as light energy in the universe (thus called a flame) and that light splits. The two halves of the one light is two halves of one soul. Those souls go their separate ways through life times until the stage of reaching unconditional

love and then given a chance to re unite. There are chances through life times that twin flames may encounter one another briefly but it is not until they are ready for the intensity of this connection that the universe brings them back together. Many times when they come back together they find that they have lived parallel type of lives. They may mirror similar upbringing, education, relationships and things of that nature. They are not identical in looks or how they lived but they can read each other clearly because of a mirroring connection. Physical appearance does not constitute a twin flame pairing. This is especially true of old souls. They may not have the same hair coloring or bone structure and there are some that do. For those that do they have many times a common ancestry.

If twin flames are able to connect and have a relationship it is said to be like the bond that twins from birth experience. They are aware of each other's thoughts, feelings, desires and needs that supersede a normal relationship. With this type of love the twin flame feels for the other to the core. It is actually painful for them to be apart from one another if they are connected in a life time. The phenomenon occurs where their hearts actually hurt from being apart. It is said you do not meet your twin soul until they have learned many lessons from love, loss and forgiveness through close soulmate relationships first. This is because the heart has to be strong enough to withstand the intensity of such a relationship.

Many people who have said that they have indeed united with their twin soul have went through a period of major spiritual transforming just before meeting them. It's almost like one has to be emptied out both spiritually and emotionally in order to mentally test your spirit first. Meeting a twin flame can be both maddening and magical at the same time. It tests your will to the utmost by opening your perceptions. Some have said they experienced a psychic awareness as their heart expands to accept and give unconditional love that this type of relationship requires. Some view it as a curse, others as a gift because your life is never the same again and it is the evolution of your soul that is part of this process. They twin flame relationship is a triad between the divine spirit, the two people connected at the soul and god.

Before the twin flame relationship manifests physically, the person has to heal themselves and become whole within themselves. Twin soul relationships cannot survive an ego based, co dependent or needy mentality of the other person making you whole. Many times before they actually meet the two face separations in their lives forcing them to become whole first. This includes finding balance in each individual's life, resolving other karmic ties and issues before uniting. Due to the nature of twin flames this has to occur because so many challenges face this type of union that each person has to be as strong as they can first to handle the challenges as they come when together.

You have to keep in mind that a twin flame is like looking in a mirror. This can be frightening because you are seeing yourself intensified through another. So their weaknesses show you yours and their strengths likewise. Unresolved wounds and issues also in the twin flame reflects your issues as well. What usually happens is it either pushes the two to work through the issues together or causes them to split.

When you do meet your twin there is no manipulation or game playing. If there is past life karma between the two of you it will be worked out. Sometimes it's the wrong time and one may be in a relationship already. This is especially painful because they may not want to remain in that relationship. Twin flames can be like a test or ordeal through fire.

Here are some general rules of thumb in relationship to soul mates versus twin flames. A soul mate can be either a male or female. They enter your life for various reasons. They are there to teach, assist, support or help you achieve a life mission (Karma). Many times a soul mate influences your hopes and dreams, ones gains or gives knowledge to you. Twin flames on the other hand; can only be the opposite sex. The sole purpose of them coming into your life is for the purpose of expressing, giving and sharing ultimate joy "LOVE".

A soul mate encounter can be either positive or negative. It can be joyful or painful. Regardless it is a relationship of growth either mentally, spiritually or emotionally. The twin flame despite obstacles tends to overcome them. It is a compatible union on four levels; mentally, spiritually, physically and emotionally. Twin flame relationships also encompass every aspect of love in its purest form. It includes love that is unconditional, undeniable, understanding, unselfish, and unforgettable.

Chapter 8: Conclusion - Being "in love" and loving someone

The major difference between loving someone and being in love is that we do not love friends, family or things the same way we love a person who is an intimate mate. They are two different types of love completely. When we are in love with someone then there is also a sexual component to it. It stimulates us to want to be intimate physically with them. If we love someone but are not in love with them we do not feel the sexual component at all. We can love our parents, children, friends, jobs, hobbies a whole lot of things as well as love life. But being in love is a chemical reaction in the brain you have for someone. It's what is called chemistry. And you hope the one you are in love with is feeling the same. When two people are in

love with one another there is chemical synchronicity that the two share.

When we love someone we can care for them and want the best for them, but we don't necessarily attach our emotions to them as we would someone we are in love with. Many people decide to have relationships for many reasons. Keep in mind people marry for what they consider practical reasons. There are those that do not feel being in love is a consideration for marriage. This is a sad thing and one of the main reasons so many relationships don't work. They may have love for one another but not be in love. There is no chemical spark in a relationship of that kind. The passion is not part of the equation but there is affection for the person. You find many people getting married and divorced because they may share a life together but do not feel love as "in love" for one another. And yes having love is part of being in love for someone on top of the chemical reaction that occurs. It's the cake plus the icing. But the "in love" has to come first and maintain itself through the long haul. As I stated throughout this book people step outside their relationships primarily because they are not in love with the person they are attached to. They may love them but are not in love with them.

Many people don't feel they need to be in love to have a relationship. Others like myself feel we are selling our selves short to not have the in love component with chemistry. When two people are in love with

each other it runs deeper than just having love for someone. Many people who are in relationships where infidelity occurs happens for this reason because the chemical interaction of being in love is not there. If you are in love with someone you do not want to cheat on them. That is a fact. If you care for someone but not in love chances are you will cheat to find that spark somewhere else with someone else. Being in love is a special thing. There is a magic that occurs when two people are in tune and in love together that does not occur if a couple is not in love with each other.

When you love someone you do want the best for them and want them happy. You, yourself may not be the one to want to make them happy in an intimate way; but you do want them to find that aspect with someone in their lives. Loving someone as a friend makes you want to encourage them to do good things in their life because you truly want the best for them. You don't want to see them upset or depressed. Friendship like being in love is a two way street. You are there for them when you can be and try to do what you can to help them when they need it. But you may not want to share your life or be intimate with them which is ok. The intensity is not on the same level as when you are in love.

As we have seen in the earlier chapters in this book that being in love is a consuming positive energy that takes over our beings and makes us want to share ourselves in mind, body and spirit with the

one that does that for us. According to studies done people feel that if two people don't share the same type of love then there is a problem because the relationship is not based on mutuality. Another study was done on the idea of whether it is fair to stay with someone if you love them but not the same way they love you; the results clear across the board was decided it was not fair. And the same study also pointed out that it was even worse to pretend to the other person that you are in love when you are not. The other person felt the absence of the mutual chemistry and this was very hurtful for them. People felt that staying in a non mutual relationship over time made it worse instead of better. The person was miserable staying in the relationship and the other felt unloved which was painful. They felt the right thing to do would be tell the other party how they felt and be honest even if it hurts. In this way they would be free to be with someone else.

A lot of time people settle for the above type of situation as opposed to being alone. These are those people who are relationship addicted. They rather have someone that does not feel the same love towards them rather than being alone. They try and use excuses that its rational and practical. This is a lie. It is hurtful to be with someone for a rational and practical reason as opposed to truly being in love with them. This is sad, they are selling themselves short out of the fear of being alone (or for other reasons such as monetary.) Money can buy sex but it cannot buy love. It is very painful to be in a

relationship where the person you are with does not feel the same about you. All the trying in the world will not change the feeling because there was no chemistry to promote being in love to begin with. When two people are in love it is a mutual feeling generated between them.

Some people may think they are in love but when they look closely at their relationship they find they are not. In this case both parties can see it's not that type of relationship it should be for them and may end it. When this happens they may or may not stay friends depending on how they end it. It's more important that they knew that they were not for each other and move on to find the one that is.

Because of the chemical factor of being in love people will experience highs and lows in their love experience . There are times when they are on cloud nine when the relationship is going well and sad when there is a problem. The difference is when two people are in love and really love each other they are able to work through those rough spots because the love transcends the problem. That's when you hear things like “ I know this is the one” or "This is my soul mate” because they are able to work through the tough spots. You don't hear that in relationships where a person may have love or care for the other but not be in love.

There are those people who prefer caring relationships without the

emotional or chemical component. It give them a sense of control and comfort in a safe zone where there is no real commitment just enough love to make it work. The main difference in this case is the level of romance felt in a safe zone. There is a type of platonic love but the person is not “in love” in this type of relationship. It's easier to step away from someone if there is no emotional attachment or commitment between the two people. They may even have detached sex which serves like a biological interaction void of sentiment and emotion which both parties agree to. What does happen though many times in this kind of relationship is one does care more for the other but as a co dependent or relationship addict; they agree to the rules of no emotional engagement. The person who complies may actually feel very hurt but hide their emotions for fear of abandonment. Well in this case maybe it's better for the person to leave so they can find someone else. The only way this really works is if both parties can both agree to keep feelings out of the relationship. In this case one may use an escort or prostitute on a steady basis to fulfill a need.

Unconditional love is another aspect of being in love. When two people are in true love it is unconditional. They see each other for who they really are and accept each other without pretense. Lust is not true love, it's a biological attraction that makes a person want to have sex with another. Infatuation is intense feelings of desire about a person that wears off after a while. An example of “lust” and

“infatuation” would be someone who thinks about another only in terms of sex but does not want to share their life with them because there isn't any love there for them. They will however have sex with them on a regular basis.

In addition to being in love with someone there is also a real liking for them too. This also is part of being in love as well. When two people are in love they like to spend time with each and like to do things together as two friends would do. They actually like each other's company. They also do not spend half their time in the relationship with trying to change each other. If you are in love with someone you naturally don't try to change them. It's because you fell in love with who they are and accept them for who they are as well. If you are always trying to change someone you are with chances are you are not in love with them and you are trying to make them fit your fantasy of what you are really looking for.

True love is always real, always caring and unconditional. It never allows you to abandon the person you are in love with. You view yourselves as equals. One is not better than the other. When two people are in love there is a big respect factor. You both strive to be at unity as one when you are in love. This happens naturally because the connection is there to begin with so, getting closer and unifying is easy. There is nothing fake about the relationship. When two people share true love then they don't have to pretend to like what

the other one likes. They like what they like and you like what you like. Both people appreciate each other once again for who each one is. The most important factor is that true love and being in love is a natural phenomena. It's not forced, you don't have to fake it and you don't have to work to death to have it. If it's meant for two people to be together in that way then it will be; no matter who tries to stand in the way or come in between the two. When two people are truly in love with each other it wins out because there is no substitutes for them. They want their true love and that's that.