

What Is Love?

May 30, 2015



Inside your body, a *warmth* builds.

Unlike other sensations, this one builds within you without giving a clue of where it began. Like a sponge dropped into a sink filled with warm water, the warm liquid comes all at once, from all directions, filling the holes.

When our bodies are faced with pain, pleasure, hunger and thirst, we can quickly identify the feeling and the part of us that has been affected.

As you grab a piece of paper, your finger slides across the edge, and the infamous 'paper cut' silently appears on the skin. Your finger immediately sending an urgent message to the brain...

"Hey! Up there. We have a problem here. And it hurts!"

Though you are in pain, the message is easily understood. The finger is raised up to your eyes for inspection. The damage is noted and steps taken to fix it.



When it comes to hunger, no one is taught what it means when the stomach grumbles for something. No Best-Selling books are sold explaining how you will get hungry and that you must eat to satisfy the feeling.

Though many are sold about what you should eat, and even how you should eat, there is a built-in understanding that hunger comes from the body's need for food.

The same cannot be said for the emotions behind the word 'Love'. Upon checking the Internet today, the number one question asked of the most popular search engine is "What Is Love?" This is for a good reason. It is the largest, most important question a person, a people, a world can ask.

The desire to question it, search for it, and in some cases, find it, is what drives life itself.

What makes understanding Love so difficult is that behind the word, an infinite number of paths exist between the question and the answer.

From some of the smallest examples, one can start to shed a little light on how to grasp the power behind the word.



One day, you may be going about your daily life, when out of the blue, a plate of something delicious comes to you. Maybe a piece of chocolate cake, a perfectly cooked bowl of pasta, or a well prepared dish from the sea. No matter the type of food it may be, as it enters your mouth, your taste buds soon yell up to your brain...

"Hey! You need to hear about what we just ate. This dish is beyond words. Wow!"

The brain receives the great news from your mouth. It files a picture of the wonderful eats in the 'foods to Love' category. Then, after finishing every last morsel, you and your brain move onto other things.

Later that year, you are walking past a food place, and there it is! A picture of the dish you fell in Love with before. Without any thinking, the brain's picture is pulled out, compared, and inside you can feel the pleasure of the taste before even ordering it. You tell someone walking with you...

"Oh, I so Love that dish."



What made 'that' dish cause you to exclaim "Love" instead of "like"? And, why is it that if you eat too many of those dishes too quickly, or order too large of one, your body and brain push back against wanting it? Believe it or not, it comes down to the same Love you have for larger things.

Moving beyond the little things in life, we can journey into the more serious, life changing emotions that come wrapped inside the word and feeling of "Love".

The formula behind the desire has been known by big hit movie/screen/book writers since humans could place words on paper. Follow any well received romantic story and the path of Love is chopped into four distinct steps:

1. **discovering**
2. **learning**
3. **yearning**
4. **being with**

Out of these steps, the moment of 'spark' comes at Step 2 where you begin Learning about something/someone. It is not just your thoughts that create Love from learning, but, your entire body, mind, soul. The taste buds fall in Love with a 'dish' before the mind does. The hand falls in love while holding another, sometimes before the heart does. And the eyes see an image of Love before the rest of the body catches up.

You have seen it in all blockbuster Love stories. One person comes across (discovers) another, they (learn) about them, a (yearning) builds inside (maybe both), and finally (if lucky), they are with them.

What makes 'that' other person so different, as to cause 'Love'? How can some people 'fall in Love' the second they meet?



It comes down to taste. From the taste on your tongue, to the taste of your heart, mind, body and soul. We all have likes that cause us to have desire. Depending on the depth of that desire, our insides can feel it as a light 'good' feeling, or a knock-you-off-your-feet reaction.

Ever hear of a person falling madly in love with another across the room? It is a frequent story. Have you noticed a common thing about all of those? They always happen when one 'sees' the face of another. You never hear about 'instant' love coming from a person telling you...

"I saw her/him across the room. The back of their head really hit me hard and I was instantly in love."

No, the scene that is told later contain statements like...

"As I gazed upon his/her face" or "When we looked into each other's eyes."

It is the image, of their face/eyes/mouth, that can cause a taste/desire to be met.

Since each person is unique, the list of possible desires they have, and what sets off the 'Love' reaction, are also unlimited/unique.



Then how do you know when the feeling is really Love? The answer can be found in the formula that those same movie companies have discovered and use to make big money at the box office.

Remember how the movie goes? A person discovers, learns about (falls in Love), yearns for, and ends up with their Love? One thing you might have also noticed is that during the movie, the screenplay will call for the two to be pulled apart. Sometimes by some argument or 'bad' action the other did, or some outside force. It doesn't really matter what causes the split. But, the pulling of the two love birds apart, then bringing them back together, sells better. Why is that?

Remember that dish you Love so much? What happens when you have too much/too quick? Your desire is reduced and in some cases, you actually don't even desire what you Loved before. But, take your favorite dish, remove it from your plate for a time, and when you come back to it, the yearning for it will increase the original desire, and you will find yourself saying...

"Wow, this never tasted so good."



From a couple who falls more in love after long times away from each other, to a parent running up to hug their child arriving home from a trip. The initial Love not only feels stronger, but, also proves to those in Love, that what they feel inside is the real thing.

If you find yourself questioning whether you are 'in Love' with someone/something, look at how you feel...

- **Do you 'yearn' to be with it/them when you are apart?**
- **Do you feel like a sponge filling up from unknown directions?**

As with all things, Love is not a single emotion with a defined set of boundaries. But, is as varied as your other feelings. When you are pricked by a splinter, your pain is nothing compared to that of a metal hammer coming down on your thumb. *ouch*

Love can also have any level of intensity. The Love of a piece of cake is real, but, holds no weight to the Love a child feels for their parent, a lifelong friend feels, or a spiritual person feels for what they worship.

Each of us has a built-in ability to discover, learn about, yearn for, and be with that which we wish to love. As with hunger, and the desire for food, we have the power to find the right Love to fill each of our holes.

*"To understand love, you only need to ask yourself the right questions." - David Mielcarek,
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