

How Love Affects Your Life

I believe love begins in the womb and only ends as we depart this life. Every person on earth begins life with an openness and ability to give unconditional love. It is a fundamental core need of every human being and each life is affected by the amount of love they can give and receive.

Where love is conditional or missing entirely, it sparks a negative response in their attitude to life. Where there has been abuse instead of love in childhood, that behaviour will be repeated in adulthood because that is the only model of love they know. They will travel through life with a feeling of inadequacy and low self-esteem. Those children who grow up in a loving environment, however, will respond in an open and giving manner.

As we grow into adulthood and move into society, love or lack of it, can make or break careers and relationships. In the career arena there may be the need to prove yourself and sensitivity to rejection can lead to feelings of inadequacy and ultimately depression. This is where love for yourself, as well as the love and support of others can turn circumstances around and keep you happy and balanced, able to handle any difficulties which may arise. Rejection is something that originates within you and only you can turn those thoughts around. When you love yourself you will not allow negative feelings to take over; you will be able to act effectively and positively in any situation.

Research has proven that love is good for your health and that many illnesses have their beginnings in a lack of love. Arguments lead to bitterness which is quite toxic to your body and it is well known that a large proportion of people in hospitals have psychosomatic illnesses. This does not mean their illnesses are not real, but that their physical illness has been caused by mental factors such as stress or similar factors.

Strife is rife in society and in the world at large. Arguments, back-biting and gossip in the office, road-rage and frustration on the roads, criticism and temper-tantrums in the home; what happened to love, patience and forgiveness? Technology has moved ahead so fast and everyone is trying desperately to keep up. Unfortunately, far from giving everyone a better and easier lifestyle, technological advances seem to have caused frustration and stress and their many related illnesses. All this adds up to strife.

If you have been caught up in the mayhem step back, take a deep breath and try applying the power of love to difficult situations. Give love by being generous with your time and listen attentively to those who need an empathetic ear. Love and strife cannot live together, so choose love. It has far more power than strife and it brings peace very quickly to all situations.

If someone has hurt you or you find that you have overstepped the mark and caused anguish to others, bring forgiveness into the equation. Don't let thoughts and emotions

fester; forgive or ask forgiveness quickly and clear the air before the situation deteriorates even further.

When the spark of the power of love is kindled it can release positive energy into your own life and into the lives of others and change the way you see yourself and other people.