

Love Is

Love is giving to other hearts what our own heart longs for, and would truly value.

Love sees. Love recognizes the goodness in the beloved and won't fail to appreciate it. Love feels. Understands. Commits. Love is reliable, not whimsical. Love *gives*.

Love is unselfish. Love is for the beloved. Love is the intention to make loved ones happy, to bring out the best in them, to free them from suffering. Love *works*.

Love comes from God—and love *is* God (as “God is love”). Therefore, love has all of God's Divine qualities and intentions. And, the more you love, the closer you feel to God, to others, and to your own true, ever-loving self—because you *are* love.

How love benefits everyone

Imagine a mother feeding her baby: The tenderness of her being, the care she pours on the baby nourishes its heart. And she herself is blessed by the child's receptivity, trust, and sweetness. Their circle of love feeds them *both*.

What love would do

Love, sincerely and generously lived, would solve the problems on this planet. It would heal sadness and loneliness, end conflict, and create beauty all around. Wholehearted love brings people to life, and makes life worth living.