

## LOVE

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In the past I've said and I've heard: 'I love you so much' while crawling around each other and feeling safe, warm, at home... But today I ask myself if that is really love? Do we really love the other person, or do we love the feeling it gives us? I think we should first find those quality's: 'feeling of safety, warmed, love and at home' in our self's. And then what we have with another person will be authentic and real. Because there is zero need. There is simply a true connection and there for the wish to share and experience life together. Someone said that we often project things on the other person. We either see something in the other one that we wish to have as well but didn't achieve yet, or we see something that we recognize from our self or we project a fantasy we have. I don't know if it's good or bad, but the only question is what is left when you erase all those projections? Only then do we know if the love is authentic or not. I'm starting to understand the quote: 'love is not holding on but letting go'... real love is not about wanting to hold on or about those romantic ideas from the movies. Eventually it is something that should be very calm and full of trust and because of that with zero control. It should become easy, not hard. It should add something, not take. This wish to melt together with the other person. I don't

know if that's love. Isn't it to fill up an empty space inside our self and should we not fill that up our self's? Isn't simply a fear of being alone or unfulfilled?

Sometimes I still catch myself fantasizing where a simple hug feels like the best thing ever... you know when your holding your pillow so tight and you imagine the person you like or am I being completely weird?

At the end I do think we all need love and affection. Someone said it's probably the reason why human beings still get up in the morning and stay alive. Without any connection we are lost but I do believe that we should never forget to connect with our self-first, which is not always simple or easy. Why don't they teach children this at school? School is one of the places where we built the fake believe that we will be loved if we get good grades, if we do well in school, if we behave "properly". All of that is in contact with the outside world, as if we can only receive love and validation from an outside source while it should always come from inside first. Maybe we never learned it at home as well. Then where double fucked BUT luckily, we have the choice and apparently the ability to retrain and relearn new patterns and believes. But it does feel like a lot of work... But something nice I've heard is that once you're on the right train track, it is hard to get off. You get bumps or turns but you always continue forward in the right direction.