

**LOVE 1.** All we need is love.\* How do we know?  
When we haven't got any, nothing works. If it is that  
simple, why is it not law - everyone has to give love?  
True love is not only hard to find, it's also hard to give.  
**W**hat then is true love? True lovers love selflessly,  
without conditions or expectations. That is not so simple.

*\*All You Need is Love is a Beatles song  
written by John Lennon; he had been  
asked to write a song with a message  
that could be understood universally.*

*The notion of Peace & Love is carried  
over in a big way by one of the two  
surviving Beatles members, Ringo Starr;  
go to his website ... bless you, Ringo.*

love

1. the intense feeling of tender and passionate affection
2. the force that unites humankind as One

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*In Buddhism metta - or love - denotes a way of life  
without malice, rancour or hostility; radiating metta  
will bring joy, peace and happiness to the world.*

metta

*unconditional and unattached loving kindness*

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*Then there is this verse from the song Nature Boy:*

*The greatest thing  
You'll ever learn  
Is just to love  
And be loved in return*

*Nature Boy is by the American eden ahbez who lived  
a bucolic life and studied Oriental mysticism.  
Written in 1947, it was a hit for Nat King Cole.*

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<i>I just want to thank you For all of the things you've done I'm thinking about you I just want to send my love</i>	<i>I just want to tell you You sure mean a lot to me It may sound simple But you are the world to me</i>
<i>I send my best to you That's my message of love For all the things you did I can never thank you enough</i>	<i>It's such a precious thing That time we share together I must apologize For the troubled times</i>

*Neil Young, Falling off the face of the earth*

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**LOVE 2.** One attribute of love is what I call the trinity  
of love - for our children, our partner (the love of my life)  
and our parents; complemented by the unconditional  
love for humanity (the love by all people, for all people).  
**T**o use the term in other contexts (the things we love)  
is to mock its gravitas; indeed, it is a true blasphemy.

*There is a spiritual aspect to love.  
We should not love any thing.  
As regards things, say the gurus,  
we should practise detachment.*

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*Viktor Frankl writes (from Auschwitz)  
in Man's Search for Meaning (quoted by  
Chris Hedges in WAR is the FORCE THAT  
GIVES US MEANING): "I saw the truth as it  
is set into song by so many poets, told as  
the final wisdom by so many thinkers:*

*Love is the ultimate, the highest goal to  
which man can aspire. I grasped the  
meaning of the greatest secret that  
human poetry and human thought and  
belief have to impart: The salvation  
of man is through love, and in love."*

*One last word from Chris Hedges, "Love alone gives us meaning that endures."*