

**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.  
**What** 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).  
**To** 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."*