

Rediscovering What's Most Important

“There is no shame in not knowing. The shame lies in not finding out.”

Russian Proverb

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-To those who choose to seek *Truth, Love, and God.*

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Prologue:

What is Love?

This is probably one of the most popular questions that could ever be asked: ***What is love?*** With so many people and opinions, there comes so many different definitions, such as:

“Love is.....

-when you care more for someone than you do yourself.”
-an emotion of a strong affection and personal attachment.”
-when someone means so much that you will do anything for them.”
-when someone can make you happy in a way that nobody else can.”

Some might even say:

“No one can define love.”

With so many definitions, love seems like something that can only be defined personally. One person’s experience with love can be completely different to another’s experience. With these experiences comes personal definitions.

But.... There is a SET definition.

Love not only has a definition, but a definition that is constant and absolute.

What is this definition?

Love is a positive force of energy that influences us to do and be better in life. It's from this energy that allows us to attain personal fulfillment.

How are we fulfilled by love?

Love is claimed as the greatest of all virtues. Virtues such as:

- *Trust*
- *Honesty*
- *Caring*
- *Kindness*
- *Respect*
- *Happiness*
- *Loyalty*
- *Forgiveness*
- *Sacrifice*

The most amazing aspect of love is that it isn't the greatest of all virtues. It's the source of all virtues. How? Simple.

If you love someone, you will:

- *Trust* that person
- Be *Honest* to that person
- *Care* for that person
- Be *Kind* to that person
- *Respect* that person
- Want that person to be *Happy*
- Be *Loyal* to that person
- *Forgive* that person
- *Sacrifice* for that person

Our human nature is to desire to feel loved, which means, the desire to experience these virtues. We are fulfilled by these virtues because *they give us what we cannot give ourselves*. We can't force others to love us, but hope they will *freely* give us their love for it can fulfill us.

With this SET definition in mind, we have to be careful of how we give out the title love because with that title, there is a natural expectancy. If people don't do what is expected naturally, pain occurs.

Why does it hurt when family betrays us, or when a friend lies to us, or when a spouse cheats on us? Because of our expectations to be treated with respect, honesty, and loyalty. Even so, we do not demand to be treated with love, but to have faith that those who love us will do what is expected.

Love is what connects family, friends, and significant others together. It's those types of people that makes life worthwhile. Love is selfless and it's all about giving to the ones we hold closest to our hearts. The reason why we would give so much is because we admire who they are and what they do for us. We all seek fulfillment, which is to attain the happiness that we can't produce on our own. Remember, life is not meant to be lived alone, but to be lived with others who we share the connection that is called love.

*(Did you know that you only need **one** person that you share a relationship with to make it through life? One person is enough to experience all that love has to offer. Having more people to create relationships with is just a wonderful opportunity to have.)*

Connection 1:

For Yourself

This is the most.....

.....I repeat.....

.....The most important relationship to have in life.

The relationship with yourself doesn't just able you to truly love others, but the only way to understand love. In order to give something value, you have to understand its worth and to understand the worth of love, you have to apply it to yourself.

But how do you apply love to yourself?

You have to understand the facts! Because you are an individual, that makes you different than anyone else. Because you are different than anyone else, that makes you one-of-a-kind. Because you are one-of-a-kind, that makes you valuable (*Self-worth*).

Once you know the facts, you must take time to study who you are and where you are headed in life. But keep in mind that in order to love yourself, you must make who you are and where you are headed surrounded by love.

Love means to *inspire, strengthen, comfort, and encourage*. We must learn to apply those qualities (*and virtues*) to ourselves. We must know, like any other relationship, it will take time to establish, but once it's establish and only when it's establish, can you possibly know it's worth; your worth.

There will be those who will treat us bad, hurt us, mock us, do anything that will try to destroy and break us. Understand that **love is truth**, which means that it is

forever true and no one can change its value. If you love yourself, what someone says cannot break you because you are convinced by the truth.

(But imagine the damage that others could do if you didn't love yourself.....)

However, don't think that just because you love yourself that you are impervious to the negative words and actions from others. The success of the relationship with yourself is not a destination, but a journey. Negative words and actions can hurt, but that doesn't mean we are weak neither does it mean we have to buckle. We have to love ourselves constantly and if we don't keep *inspiring, strengthening, comforting* and *encouraging* ourselves, we will break under the pressure by others and by life.

Even when we love ourselves, we know that there is a limit to how much happiness we can generate. That is why we must connect with others! Life is not meant to be lived solely by the love from ourselves, but also (*and mainly*) by the love from others!

We have to build our foundation of self-love. The connection we have with others cannot support us, only enhance us. You will never realize love and its power of fulfillment unless you have already been fulfilled.

My Experiences:

I am 21 years old, I haven't gone to college, I haven't had a girlfriend in about 5 years, I don't drink, I don't travel, I don't smoke, I'm still a virgin, I'm a loner.....

Let's face it! I am a loser!

But a loser in whose eyes?

Growing up, I did what I was told. I was told that I was supposed to get good grades in school, go to college, get a well-paying job, and live until retirement. I never questioned that path that I was put on until the 3rd year in high school when I had enough!

Am I expected to follow a path that I do not understand? Why am I considered a loser? Because I don't do what everyone else was brainwashed to believe they had to do? Maybe being free makes you a target for those who are enslaved.

In my time of solitude, I didn't study education; I studied wisdom. I never knew that I could find/discover who Anthony Coleman was until I took time to observe. I was someone who was different, not just by free will, but destined to be, like everyone else. Who else in this universe, in all of time, could possibly be the same as me? Is uniqueness something to hide to fit in or something to express to stand out?

Actions in life should only be justified by understanding and desiring to do so. This is who I am: I am someone who wants to find out and live out what it is that my heart yearns for. I will live backwards from the life that was once lived in reverse. I will find my way to answer the same questions, but it might take me a little longer than others.

I love who I am. I accept who I am. I feel as though I am able to be myself. My truth in life is that I have the potential to become the very best me! If that is truth, how can I believe in the lies from others? Am I really a loser? That depends solely on the words I say to myself when no one is around.

I believe that your eyes are not your own if you were conditioned to look for what you are not able to see. It's because I know I am an individual with potential that I am able to realize this:

You + Free will + Potential = No excuse but to do better and be better in life.

That is the formula for victory! We must enlighten others, but you must first be enlightened yourself. We must love others, but you must first love yourself. Why? Because you cannot give to others what you don't have for yourself!

What I've Learned:

- You need to have a dream/goal/passion that represents your life.

- You wouldn't waste time doing anything unnecessary that will hold you back from moving forward.
- It is a priority to establish morals, values and standards.
- You wouldn't hurt or corrupt others because you would be hurting and corrupting yourself.
- You are more likely to be involved with negativity if you don't take time to study who you are and where you are headed in life.
- Self-respect is a necessity in life.
- Because love is freedom, you have to choose to love yourself and to love others.
- Negative words and actions from others can only stop us if we let them.
- Don't involve yourself with those who choose to live in negativity.
- You can never lose your self-worth, but you can lose sight of it.
- Whatever you believe, you will act upon that belief.
- It takes time and dedication to create a healthy relationship with yourself.
- Good self-esteem must be developed constantly.
- You would do whatever you can to live a positive lifestyle.
- You would have integrity which forbids you to compromise your morals, values and standards.
- You would not try to escape problems in life, but try to find positive ways to solve them.
- You will not accept being weak because you would know that you need to be strong in order to live.

- No one can make you want to do better.
- You must be disciplined towards your responsibilities.
- If you make a mistake, don't stay in that mistake, but learn from that mistake to do better the next time.
- You must know the difference between what you want, need, and deserve in life.
- Love contains no negativity or corruption, but embraces in positivity and truth.

Connection 2:

For Family

The one relationship that we all are born into is our family. Family is a little different than most relationships. This relationship is known for unconditional love.

Does that mean that you can treat your family any kind of way that you want? Absolutely not! Just because love is unconditional, doesn't mean you can abuse it. On the contrary, because it's unconditional, you are expected to give and do more.

A family is a group of individuals who all share a similar relationship. The function of this relationship, like any other, is to *inspire, strengthen, comfort, and encourage* you for better in life.

You don't have to be blood-related to be called family. As long as you have a mutual connection of love where you trust, respect, and are loyal to each other, you are a family.

There is no relationship without struggle, especially family. There will be times where love might not be shown, but that's why we must communicate with one another and forgive one another. Relationships are only meant to become stronger and more meaningful, even after bad times. This is what the commitment of love demands!

My Experiences:

Being ostracized from my family was the best thing that could ever happen to me. If it wasn't for being "strange" or a "weirdo", I would have been a slave to ignorance.

My mother was corrupted by alcohol, so she was unable to take care of me my whole life. My father was M.I.A since I was born. Having an aunt and a grandmother to take me in when I wasn't their own was a blessing I will cherish forever.

If it wasn't a mistake for me being born, how could my parents be so dysfunctional? Because I was a mistake! I guess I might as well make the best of my time while I'm here. Everything happens for a reason and you can rest assured that I was not a mistake.

Growing up with an older sister and cousins that followed family traditions, I stuck out like a sore thumb. Being more sensitive than most of my family, I was called "gay" or a "girl", but I am very thankful for that. Looking back on those days, I can wear a beautiful smile on my face because while they were trying to break me, they actually helped me establish myself.

After I told my family that I wasn't going to college after high school, I wasn't just the "weirdo" of my family, but also the "failure". It's funny because all my life I was told things like, "Go to college and get a good job" instead of something like, "Find something you are passionate about that involves helping people". I am not knocking college at all, but for me, I find it easier to partake in a battle if I knew and believed in what I was fighting for.

Family, where I come from, means an obligation. A group of people who are obligated to care for their own because of that title family. The status in society means more than what love dictates. But little does society know, behind that title lies theft, violence, corruption, hatred, indifference, and isolation. No family is perfect, but could we really be that off-course if love truly was our main focus?

What I've Learned:

- Loving someone doesn't mean letting that person do whatever he/she wants.
- Love does not enable bad behavior.
- Love is setting boundaries.

- A family is supposed to be a place where we can be ourselves without judgement and criticism.
- Just because you are blood-related doesn't mean you will have a connection.
- Family doesn't accept errors, but seeks to improve.
- Family wants to set positive examples for its members.
- Family isn't selfish, but takes responsibility for their actions.
- Family might have an influence on us, but we still have a choice to be who we want to be.
- If issues occur in a family, its members must do their best to reconcile.
- Love contains no negativity or corruption, but embraces in positivity and truth.

Connection 3:

For Friends

Friendships are the most basic of relationships. How? Because the virtues of love, such as loyalty, respect, honesty, kindness, forgiveness, and sacrifice, all describe what a friend is and what all relationships consist of. (*Ex. Being in love with someone is a deeper connection than a friendship, but the friendship is still intact.*)

We need someone where we can share our lives, thoughts, feelings, and frustrations with. Family sometimes can fill that void, but it also feels that family are obligated to. It's a wonderful feeling to know we are able to attract people who will adore our characters and be able to called them friends.

Be careful when choosing friends! When you create friendships, you are giving those individuals the ability to hurt you. How? Because of love and its natural expectancy. Identify from the beginning who you actually have (*and don't have*) mutual connections with. Once you recognize the difference in good and bad friends, decide which individuals you want to stay connected with and which ones you're better off without.

A friend is someone who wants to protect, care and honor you. A friend is NOT someone who holds you back, talks behind your back, uses you, or corrupts you. Don't settle for being with someone who doesn't treat you how you're supposed to be treated.

A friend is known for their loyalty, trust and honesty. Even if you will disagree, a friend will desire for what is best for you; it's their duty.

The power of love is so strong in friendships that a friend can see your potential to do and be better when you might not see it yourself. Because of love, that friend is able to reveal your potential by making you aware of what you can do and could become.

Remember to be the person you want as a friend. Don't expect someone to be a friend if you're not acting like one. Don't pretend to be someone you're not just to have friends. Be yourself and you will find someone who will be interested in you.

My Experiences:

It's hard to find people who are true to themselves, which makes it hard to find genuine friends. However, I was one of the lucky ones. I found three people who I shall call my best friends.

Having those who will listen to you when you go through your highs and lows in life is such a satisfaction that makes you feel appreciated. Being in solitude for most of my life, that type of appreciation is priceless.

But would I have found those people if I wasn't fulfilled with being who I am? Hell no! Because my friends are those who remind me of who I am and who I want to become. We discuss with one another, we have fights with one another, we travel with one another, and most importantly, we have faith in one another.

One day, one of my best friends said something that I didn't like. Being his friend, I forgave him, but I also gave him a heads-up that I didn't expect to hear that again. I haven't heard it since and was it because I forced him not to say it? No! He didn't because of the friendship we have together, which is bounded by love.

Even friends aren't perfect. Another one of my best friends back in the high school years told me that I was, "f*cking dumb", for not going to college. That was the same friend who failed college and almost committed suicide when he was in college. It was from those early experiences did I realize that we must take pity on those who don't understand because they don't recognize truth. Unfortunately, most people find life easier to do what others do and/or do what other people tell them to do instead of doing what they want for themselves.

I hope to have more friends in my future, but it's hard to create friendships with those who are indifferent towards the virtues of love. I will not be friends with those who will hold me back, since life is hard enough as it is. I want to meet

those who will invest their friendship in me for I can invest my friendship in them because it's that connection that will make life easier to go through.

Life is not meant to be lived alone. I will not resort to escaping my problems by giving my time to drugs or alcohol when I can solve them with the support from those who are in my circle. The best remedy for any issue in life is and will forever be love.

What I've Learned:

- A friendship is a responsibility.
- We seek to be friends with those who remind us of ourselves or who we hope to become.
- You don't have to be friends to show respect.
- Interacting with friends is the best way to cope with problems in life.
- Friends won't make you do something you don't want to do.
- Friends will be honest with you, even if it might hurt.
- The only way friendships can fail is if characters change.
- If someone is intentionally hurting, and/or corrupting you, that person isn't a friend.
- You have to be friends with each other before being in love.
- A mutual connection is the foundation of a friendship.
- Friends aren't meant to be in a sexual relationship.
- A friend is someone who inspires you to do better in life.

- Love doesn't hold grudges, but forgives.
- Friendships can survive being apart, but must keep in contact.
- Love contains no negativity or corruption, but embraces in positivity and truth.

Connection 4:

For Significant Other

There is a difference between love and being in love. When you love someone, you're giving who you are to the relationship. When you're in love with someone, you're giving who you are to the relationship and to the person. (*Being romantic is a way of giving yourself to someone. You are expressing yourself in a more intimate and sincere way.*)

Romance and intimacy is what makes being in love such a pure state of love. Why? Because you can't express yourself on that level in any other type of relationship. We crave the affection, acceptance, and comfort that flows when we bond in mind, heart, and body with the one we are in love with. The mutual connection is so powerful that our feelings aren't just our own anymore, but each others, and we will do everything we can to make sure that each of our feelings are kept safe and protected.

Because this love is so pure, it's also the hardest to find. Being in love is more than a physical, mental, or emotional connection; it's a spiritual connection. The love is so overwhelming that it feels as though your significant other was created to live life by your side as your partner. With that in mind, you can see how difficult it would be to find that type of connection.

You can even be in love with someone who isn't in love with you. That is what you call unrequited love.

But why would you be in love with someone who doesn't feel the same towards you?

We don't fall in love to expect it back, but because we admire that person. We admire the character of that person: How that person treats us, treats others, and treats his/herself.

Also, unrequited love can bring a lot of pain. How? Even though we admire that person, we will still tend to seek that person to fall in love with us for we can have that mutual, beautiful connection called being in love.

What about sex? Is it okay for people who are in love have sex?

Love has been abused and became an excuse to have sex in relationships. Sex was not intended for any relationship except marriage because with love and only love are there more ways of pleasure without corrupting the innocence and purity of individuals.

Pleasures such as cuddling, holding hands, and kissing can replace the desire for sex, but only if the one you are in love with means more to you than yourself. We don't want to take away the innocence of the one we are in love with. We want to protect our lover's purity (*even if he/she isn't a virgin*) and wait until the day we decide to make our love an everlasting commitment (*marriage*) before we engage in the most intimate, sacred, life-changing action such as making love.

Think about it: If you are truly in love, do you have to have sex to be happy?

My Experiences:

I have three great motivations that encourages me to live my life:

1. God.
2. My mission (www.voicegroup.org).
3. My significant other.

I do not have a significant other right now, but when I do, she will be my great source of happiness. The thought of having a beautiful girl in body, in mind, and in spirit, that chooses to be the one who will protect my heart is such a magnificent thought and sensation.

I can't help but to feel this terrible loneliness. I need a girl who I can express myself to on an intimate level. I need a girl I can kiss and caress while she acknowledges my deepest feelings. I am not saying I don't appreciate my family and friends, but the connection from this girl has its own void to fill in my life.

But there's a catch. The truth of love is that it's free. I can't have a girl just because I believe I need one. A girl has to accept me before she can be mine. But who am I? I'm not popular, I'm broke, I don't have any serious accomplishments, etc. What girl will accept someone like me? That question right there is the key! Because I have nothing to offer a girl except myself, I know she is the one when she accepts me and that will be the girl that I will live and die for.

What if I never find her? Should I sell my soul, abandon love and just use "amor" to get sexual pleasure from females? Well, only if the value of love comes from my life and not from itself. I can't give up just because things aren't the way I want them to be. Even if I can't find my lover, I will still let everyone else know what love is for they won't miss the opportunity to find theirs.

I recently met a very beautiful girl that I wanted to establish that connection with, but I was unable to. She liked me as a friend but didn't "accept" me. Even though we were just friends, we still engaged in sexual activities and that confused me. How can a girl share so much of herself with a guy she doesn't "accept"? It was hard and I really loved our friendship, but I couldn't see her as just a friend anymore since we explored that avenue in our relationship. I had to choose the lesser of two evils: Stay being friends with her while struggling with powerful temptations and chase after her with the hope of one day she will "accept" me, OR respectfully end the friendship and go our separate ways. I tried to stay, but it didn't work out, so I ended it. I wanted to stay being friends and continue to do what we did, but I couldn't because even if she didn't agree, I couldn't allow myself to continue to disrespect her, disrespect myself and disrespect love.

If you truly love someone, you want what's best for that person, even if what's best might not include you. I noticed that most people are more likely to try to justify a mistake and keep doing it rather than acknowledging that it's a mistake and doing better next time. I admit that I am sometimes guilty for that way of thinking.

It's so easy to get distracted from what's most important and sex is definitely a big distraction from love. It's such a powerful influence that it seems as though you can get possessed by it. But let's be honest, we can only get possessed if we allow ourselves to be. We can all agree that it's hard as hell to overcome, but even so, we can still overcome. I would rather die than continue to let sex or any other distraction keep me away from representing truth.

To have a girl who is my confidant, who is nurturing, who is my cheerleader, but who is also self-disciplined and self-assured is what I need to be complete in life. It's, in a way, where her soul and mine unifies as one where as we exist in our own universe. In that universe, there is only one code, and that code is:

"Our love will only be as strong as the love we have for our own selves."

What I've Learned:

- When you hurt the other, you are really hurting yourself.
- You wouldn't hesitate to give your life for the other.
- Sex before marriage corrupts love while sex after marriage allows love to prosper naturally.
- Being in each other's company is true pleasure.
- You desire to fulfill each others dreams and goals.
- If you did anything to intentionally hurt the other, you wouldn't do anything less than get on your hands and knees begging for forgiveness.
- The love for each other isolates the both of you from society.
- Love cannot blind those who truly understand what love is.
- Being in love is an undying connection.

- Can't be in love unless you love yourself.
- Can't fall in love unless you truly know who you are and what you want.
- When you fall in love with someone, you should already know who that person is, who that person could become, and who that person might choose to be.
- The phrase, 'I love you', means I trust you, I am honest to you, I care for you, I am kind to you, I am loyal to you, I will forgive you, and I will sacrifice for you.
- It is only love when you can see that person chooses to want better for you and for him/herself.
- There is no such thing as 'taking a break' in relationships.
- The phrase, 'I love you', is also another way of saying thank you. (*"Thank you for being who you are because you have given me a happiness that I couldn't give myself."*)
- Love cannot fail, but people can misrepresent what love is.
- A relationship is only as strong as the individuals in it.
- Love doesn't mean to endure/stay in a unhealthy relationship.
- Even though we make mistakes, there should be a line that should never be crossed. (*Ex. Cheating and physical abuse.*)
- There is a difference between love and infatuation/lust.
- Love contains no negativity or corruption, but embraces in positivity and truth.

Connection 5:

For Strangers

Yes! The only way to love others is to first love yourself.

Why?

Because of the Golden Rule (*Treat others as you would want to be treated*).

We all want to be respected, accepted, and treated with kindness. As we seek to get those qualities, we also have those qualities to give others, **even a stranger**.

To love strangers, you must make a conscious decision that no matter what a person says or does, you are going to do your best to connect with them. You must make a commitment to yourself to love freely and without holding negative intentions. If you don't have love for yourself, then not only are you unable to make that commitment, you wouldn't understand the reasons to give love. (*Plus, you cannot give what you don't have.*)

You don't have to agree with or be in a relationship with someone to accept, respect, and care for him/her. Our place isn't to judge or assume the worst about anyone, but to show compassion and empathy in order to understand. We should know that we respond best with a loving attitude.

Love is being responsible for the well-being of others. When the opportunity presents itself, we are responsible to *inspire, strengthen, comfort, and encourage* strangers.

How come?

Because we know, personally, how it would feel if someone treated us the same way (*Golden Rule*).

Even so, we can and should always love those who treat us bad. Like I said before, that doesn't mean you have to be in a relationship with them. It means that you choose to love with one of love's most powerful virtues: Forgiveness. We forgive those who treat us bad because regardless of if they choose love or not, they still have the potential to love.

Everyone has the potential to love and to be loved. That is why we must do our best to connect with family, friends, significant others, ourselves and strangers!

My Experiences:

I'm not a saint, but I seek to live that type of lifestyle. There was always something about helping people that made me feel worthy to be alive.

I still remember the story that I heard back in my middle school years of the guy who was going to commit suicide but would choose not to if he found one person who would smile at him. Well, he did commit suicide and that really impacted me. Something as small as a smile could have saved someone's life.

There are so many ways to show love that the only excuse to not give it would be because of selfishness. I am selfish at times and I hate it! I might see an opportunity to give love but choose not to because of either fear, being uncomfortable, being lazy, or might not care as much as I should. Although, there were opportunities that I did seize:

- During the winter times, a little old lady was struggling with shoveling her car out from the snow. I asked her if I could help and she said yes. I spent a good amount of time digging her car out as well as brushing the snow off her car. After I was finished, she said thank you and I left. She tried to pay me for my assistance, but she didn't realize that money was never and will never be the reason for my efforts.
- While I was walking through a college campus, I noticed that a student was trying to move a big box by herself. I asked her if I could help and she said yes. I grabbed one end of the box and she grabbed the other and we carried it to the front of her dorm. She said thank you and I left.

- I was standing in line inside a market when I overheard a customer not having the right amount of money to get what he wanted. I gave the cashier the amount he needed and told him not to worry about paying me back. He said thank you and he left.

It was moments like those that reminded me why life is such a invaluable gift. There were those who came before me and those who will come after me, but right now is my time to experience love and to witness the power it holds.

I am the type of person who tries not to live based on assumptions and tries to treat everyone as innocent until proven guilty. I don't like to look at the worst in people, but I do have the habit of believing that everyone thinks and feels the same way as I do, which isn't the case at all.

If I would never accuse someone of stealing because of the color of their skin, why did employees used to follow me around in stores? If I would never go out my way to disrespect someone, why did a group of people in a car stop in front of me to give me the middle finger when I was just walking down the street? If I would never physically hurt someone who didn't do anything wrong to me, why would a group of people shoot me with a paintball gun when I was just riding my bike? Just because I choose to never do those things, doesn't mean the next person will choose the same and that is the reason why love is so precious!

Love is a choice. Would I really want to force everyone around me to treat me the way I wanted to be treated? Not unless I wanted to abolish free will! Why does it feel good when someone respects you, is kind to you, and acknowledges you, but hurts when someone disrespects you, is mean to you, and ignores you? Because they don't have to make us feel good or hurt us! We all have a choice!

We can't hold back! We all have something to give that can make a difference in the world, but if not in the world, then definitely in someone's life! Keep in mind that in life, we are not just responsible for the things that we do, but also for the things that we don't do.

(I truly believe that love is best shown by not just connecting with those who love us, but trying to connect with those who might not love us back. Love can go that far, but the question is, are we willing to go the distance?)

What I've Learned:

- If you ignore the problems of others and don't do anything to help, then you are apart of the problem in society and not the solution.
- If you stereotype and judge others, you are not giving them room for improvement.
- No one's life is determined by their past, but by their choices in life.
- Everyone has the potential to do and be better.
- If we don't have anyone to believe in us or encourage us, it makes it so much harder to love ourselves.
- Empathy, compassion, and understanding are the only ways to truly inspire change in others.
- Those who stop lecturing the ones who do wrong are those who stopped caring.
- Any small action of love that shows you acknowledge others can save lives.
- You are not better than anyone in life because everyone has the same ability of change and improvement.
- Just because you haven't witnessed it, doesn't mean you haven't made an impact.
- Others might make it hard for you to connect with them just to see if you truly care.
- Love contains no negativity or corruption, but embraces in positivity and truth.

Epilogue:

Represent Love!

With all the connections that love can create, the purpose of each connection is the same.

What is that purpose?

To be loving (Towards others as well as ourselves) for we can prosper as individuals as well as a people. With that purpose and only that purpose can we reach personal fulfillment in ways which we never knew we could.

There is no limit to how much we could or should love. Our mission doesn't stop at connecting with family, friends, significant others, and ourselves, but everyone else as well.

Love is universal, meaning it applies the same towards everyone. Don't forget that it's also unconditional. We are not trying to control the actions or behaviors of others, neither take back our love if we don't get what we want. We must connect with others for the sake of love and it's ability to *inspire, strengthen, comfort, and encourage* everyone that it touches.

There are so many different types of people in the world, such as people who are different races, LGBTs, people who have different religions, etc., but we must once again be reminded: Love means accepting those differences because it's always the same.

We must adopt love into our hearts! We must change the way we think, the way we think will determine the way we feel, and the way we feel influences the way we act. Let us keep love as our main focus and as our greatest motivation!

Even if we represent love, that doesn't mean we will get it back. Like I said before, there will be those who will treat us bad, hurt us, mock us, do anything that will try to break us, but keep in mind that it isn't about how others treat you; it's about how you treat others. If others treat you bad, don't treat them the same way. It's exactly what Martin Luther King Jr. said,

"Darkness cannot drive out darkness; only light can do that. Hatred cannot drive out hatred; only love can do that."

Remember, our goal isn't to make people love us, but to represent truth. (*Only when you have a relationship with yourself can you endure negativity from others.*)

It's time to start acknowledging who we are and the ultimate reason why we are here: It's love and only love. If we can't see that, it's only because we don't want to.

"Be aware that the destruction of love is not just through hatred, but indifference as well."

We all have the potential to make a positive impact in life. Love, no matter how small, is never wasted. From kind words, to a smile, to a hug, to a compliment are all actions that can make a difference.

Anytime you want to know if you are representing love, just ask yourself some questions:

- Am I showing that I care?
- Am I being treated with respect?
- Am I being loyal to myself?
- Am I being honest?
- Can I be trusted?

We aren't going to represent love perfectly. We are not perfect and to be honest, we weren't supposed to be. How do I know? Because of the redeeming virtue of forgiveness. We are only meant to do our best.

Even if we aren't perfect, we must view love as perfect. There has to be a standard for which we all will agree upon and will abide by. We cannot keep

redefining love. By this SET definition, let us redefine ourselves. When we claim love and do everything that contradicts its value, we are not only taking away from ourselves and others, we are also taking away from love.

Let's not ruin the reputation of love! Let's not be ignorant and indifferent towards its value and significance in life! Let's move in one direction with our vision fixed on **Rediscovering What's Most Important!**

Girl: Are we only able to love people? Is it a mistake to say that we love something like music?

Wise one: No, love is not limited to just people. We can love music, or a house, or a type of food, or even a color. Remember, love is a connection that creates fulfillment and we love what gives us that feeling of completion. With this definition, love has no limit.

Boy: But doesn't that mean we can never be truly happy if we have no limits of what can fulfill us?

Wise one: The state of happiness is not by having everything you could have, but by being satisfied with what you do have.

A example from my book:
Boy, Girl, Wise one

Virtues of Love

- Acceptance
- Caring
- Commitment
- Compassion
- Confidence
- Courage
- Determination
- Dignity
- Discipline
- Empathy

- Humility
- Independence
- Integrity
- Justice
- Kindness
- Loyalty
- Mercy
- Patience
- Peace
- Perseverance

- Faith
- Fidelity
- Forgiveness
- Fulfillment
- Grace
- Gratitude
- Happiness
- Honesty
- Honor
- Hope

- Purity
- Respect
- Responsibility
- Sacrifice
- Selflessness
- Tolerance
- Trust
- Understanding
- Unity
- Zeal

“Then we knew what we must do. Our discovery is too great for us to waste our time in sweeping streets. We must not keep our secret to ourselves, nor buried under the ground. We must bring it into the sight of all men.” - *Anthem*, Ayn Rand

If you truly want to discover the reason to love, find out the
meaning of: 1 John 4:8