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**abcd25. What does Love have to do with it?**

Dr. Victor Jean Ouellette, February 2003

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**Delving into Love**

A sound understanding of human physiology is necessary to understand this phenomenon called love. Love is a physiological response. Love is beyond one's control. This would eliminate Compatibility and Commitment as having any affect on love. Love at first sight has no component of compatibility nor commitment. It just is. It is there, and inexplicably powerful.

It may be easier to understand love by delving into the factors that would destroy love. Love can withstand quite a lot of trauma as in unfaithfulness, mistrust, disgust, physical abuse, psychological abuse, and other clandestine deeds. All can all bounce off love, at least for a period of time.

Love seems to conquer all things until something strikes a chord and then, wham bam love is gone. Sometimes it is the breaking of a deep committed confidence that mortally wounds love. The breaking of this confidence can so damage one's need for nesting and companionship, that love cannot survive. Once gone, love cannot be resurrected easily. The physiology of the moment cannot be reversed. The spoken word can cut deeply and some things that are said cannot be taken back. Some things are best left unsaid. No amount of apologies or begging for forgiveness can reverse certain spoken words. A key in life is to learn not to say these things.

So what is the key in love? Ah, no one has hit upon a solution to that question as yet, although many have tried. Respect, caring, concern, empathy, all have a part in love, but none define it. Changes in brain chemistry entrap us in a euphoria that ensures the outcome of coupling is at least a couple more people to carry on the burdens of knowledge transfer. Survival of our species is tied into the physiology of love to ensure children, children, and more children. We don't really control it at all. Does this same survival mechanism also turn off love in order to increase genetic diversity?

To approach the essence of love one has to delve into the unconditional quality of this emotion. Now there is a word that explains something. Love is an emotion, not a thing. This emotion has an unconditional quality to it and another quality we might call sturdiness. Love is not shaken easily.

There is one undeniable thing that seems to sap love. That thing may be explained as a duality between time and familiarity. Time heals-all-wounds, and time wounds-all-heals, but time also zaps love. Brain chemistry returns to normal and passion begins its decline. What are we to do?

People whose love can survive the onslaught of time and familiarity, are those who make a deliberate, concerted, willful effort, in the name of love. This effort is of a specific nature. It is an effort where the trust, respect, caring, concern, and empathy are guarded and watched over by a willful act of obedience. If this attitude in both partners is mutually reciprocated on an equal basis and is also a nurturing one (of the love aspect), then love can out last time and familiarity.

This act of obedience must be a never-ending onslaught that can actually become quite unconscious and not much of a burden. Wouldn't we all like to learn that trick? For this to happen love must be reciprocated. Without reciprocation, love will succumb to the erosion of time and the dulling of familiarity as sure as the pebble is ground down into a tiny sand by the incessant ebb and flow of the ocean. This is where luck comes into play.

It is rare that a couple meets, where attitudes on both sides are just so, such that love can be nurtured and grow. Some say love is an all-or-none situation, although this can be debated. All too often one person has more loving, caring, and concern than the other. All too often this imbalance is too much for the coupling to handle. A withering petering out process steals the aroma of passion on one side while the other side is left in bewilderment as to what went wrong.

Sometimes it was never right from the start, but neither party was able to detect this incongruity. Some good memories are all that is left. And, if the hurt is too great on parting, then even good memories are washed away by the thunderous waves of angry rejection.

Where is the essence of love? Where is the attitude that can withstand the onslaughts? How do we get it if we don't have it now? How do we return to the passionate zest for life that we once knew? How do we return to the days of lust? It can be found again? One only need realize that it can be found again. Each one must come to this realization though, and that is where the problem lies.

It is the synchronization of realization that allows the couple to move forward. The couple needs to have the mutual willingness to search for lost lust. They need to both have the specific attitude that there can be absolutely no 'can't-do' items in their can't-do list. If there is even one single 'can't-do' then they are doomed.

The good thing is that it is possible, with much introspection, to eliminate all the can't-do items. Once these are all eliminated, really eliminated that is, then the stage can be set for the epiphany. Once the epiphany strikes, love can be rekindled. A new beginning can dawn and transcend all past indiscretions. The glory and the ecstasy can return, and with specific nurturing, the passion can flow anew. This may be likened to a morphed love that has taken on a newer longer lasting residence.

Becoming competent at nurturing the love aspect and then passing that competence into unconscious memory ensures the everlasting quality we have come to enshrine in our children's stories. Love is then like a fairy tale that can be revisited time and time again with a mere glance

and twinkle in the eye, a suggestion of good things to come in the near future when the ambiance is just right. Above all, kindness appears to be an active prime ingredient in love.

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