

The Power of Love
By Michelle Thomas

Love is one of the most profound emotions. There are many ways to view romantic relationships and love. As world religions espouse many beliefs let's take a quick tour from a more sacred and spiritual perspective:

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs." -1 Corinthians 13:4-5

"It is also stated that true love for other humans occurs when people see the beauty of God in other people's souls." -Tablets of Abdul-Baha Abbas

"The central value in human life, which we may term "true love," means that which seeks the best for others and the betterment of human life in all its dimensions. True love means living for others, giving without thought of a return. Its source is transcendental, beyond the self; the person who practices true love taps into an inexhaustible reservoir of life. The various philosophies and religions of the world speak of this value with a variety of emphases, aspects, and concepts, such as: compassion, grace, justice, charity, liberation, righteousness, and agape love."

-Mapping Knowledge: The Unification Encyclopedia Project, Dr. Andrew Wilson

"And one of His signs is that He created for you spouses from among yourselves so that you may find comfort in them. And He has placed

between you compassion and mercy. Surely in this are signs for people who reflect.” – The Clear Quran, Dr. Mustafa Khattab

“Love is universal. Love is giving respect to all life. Love is gives bliss, not only in happy times but also in those moments of trials and tribulations. True love is strength. True love is never selfish, it is giving and kind.” - <https://teachingsofthebuddha.com/>

“This is a very positive and powerful tool in the Sikhs arsenal of virtues. When one's mind is full of love, the person will overlook deficiency in others and accept them wholeheartedly as a product of God. Sikhism asks all believers to take on "god-like" virtues and this perhaps is the most "god-like" characteristic of all. Gurbani tells us that Waheguru is a "loving God", full of compassion and kindness. It is the duty of the Sikh to take on qualities of this nature and to easily forgive; to never hate anyone; to live in His Hukam - "Will" and to practise compassion and humility.” - Sri Dasam Granth Sahib Translation

The idea of being a soul mate can lead people to have certain expectations for perfection in relationships. Glamorized by the big screen, people may think romantic relationships are easy.

Beliefs aside, the ability to enjoy success and commitment in your relationship is absolutely possible! In the article “Marriage and the Spiritual Realm” Professor of psychology Annette Mahoney and associates’ measured what they called “relationship sanctification”, finding that perceptions of sanctity /sacredness were associated with positive relationship outcomes, including greater marital satisfaction. Some writings suggest prayer and shared sacred beliefs about relationship can increase commitment in partners. Simple keys to lasting and happy marriages/relationships exist. It’s a matter of consistently taking specific fantastic actions.

Whether you are single, coupled, or divorced contemplating a relationship or wanting to ignite a spark to an existing one, Life Strategies Coaching Inc. can teach you strategies for a happy and resilient marriage/relationship. The need for human romantic connection is real and is a source of deep relationship fulfillment. You can hope for your bond to be strengthened, but in the words of Jane Goodall: “Without action or engagement, hope is just wishful thinking.”

Be the source of love, kindness, and compassion and delight in a bright and flourishing relationship.

To your relationship success!

