LoveBudi

More Love in the World

*A Gift of Love for You!*

# The Book of Love

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# The Book of LOVE

**A new understanding of Love that will change our world.**

# The Book of Love

by LoveBudi

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And whatever you do, Share the Love.

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# The Relevance of Love

Love is everywhere you look. From quotations, to greeting cards, to the whisperings of lovers and even in places of worship. We haven't even mentioned the songs we grew up with.

Let's look at some song lyrics. These are some of the most popular songs about love.

## I Wish you Love

"I wish you bluebirds in the spring
To give your heart a song to sing
I wish you health
And more than wealth
I wish you love"

- Albert Askew Beach

'Health and more than wealth'. My mother's dying wish was to have her children gathered around her bed as she left this world. The Love of her children was all she wanted.

## Alfie

"I believe in love, Alfie
Without true love we just exist, Alfie
Until you find the love you've missed you're nothing, Alfie
When you walk let your heart lead the way
And you'll find love any day, Alfie"

- Bacharach/David

This is Burt Bacharach's favorite perhaps for the reason of the strong meaning of Love in the lyrics.

## All you need is Love

“All you need is love, love
Love is all you need”

- Lennon

Why would he say that Love is all you need? He might be right.

## “The power of Love”

- Huey Lewis

## What the world needs now

“What the world needs now is love, sweet love
It's the only thing, that there's just too little of
What the world needs now is love, sweet love
No, not just for some, oh, but just for every-, every-, everyone”

- Bacharach/David

The song mentions that we have so many things: mountains, rivers and meadows, but we need more Love. So true.

## Not enough love in the World

“I was either standing in your shadow or blocking your light
Though I kept trying I could not make it right
For you girl-
There's just not enough love in the world”

- Don Henley

Although the song is a Love song, it applies to all kinds of Love. Because to make romantic Love last in a relationship, we need the basic skills of Love.

But what is Love anyway? Let’s take a look:

# What is Love anyway?

It's so easy to use superlatives and hyperbole when we talk about Love or try to describe it. We can consider that Love is the door to beyond this world because when we are immersed in Love, the whole world changes. Love can be the place we can always go to for advice and encouragement. When we look at what Love has done and can do, we can see that it is the single most powerful thing in this world.

When I was 14 and on a spiritual journey, I had a chat with my friends. We sat around the kitchen table and talked about life and the universe and what might be beyond. About what really matters. I was studying the bible at the time and was looking for a way to share some scriptures, but there didn't seem to be an appropriate time. Then something came over the 5 of us as we spoke. It was as if an angelic spirit came into the room and immersed us all in a kind of euphoria. It left quickly, but the impression was like chills up the back of your spine. It was overwhelming and unmistakable. I think it was Love.

Later, I thought of the song lyric: "The union of your spirits, here, has caused Him to remain, For whenever two or more of you are gathered in His name, There is Love, There is Love." Sometimes when we get together and our intentions are to Love, a spirit seems to come over the room. This is available to any of us at any time if we join together in Love. No religious dogma required. No candles or cards or temples. Just Love.

Because of its profound power, Love is the default position. It is the starting point. The base. The center. The mother. The home. Because of this, Love is the true source of happiness. It is the common meeting point that we all share. It brings people together.

Then, how can there be so much confusion about Love? Why can’t we just focus on Love and all the problems in the world will be solved? Because of misinformation. We not only need to know what Love is, we need to understand what it is not. First, let’s see what Love is not.

# What love is Not

What is the opposite of love? Is it hate? Is it passionate anger? It is indifference. Lack of interest. If you have Love in your heart, it is difficult to abandon anyone or leave them in need. Sometimes people talk about tough love and discipline. Love may not be the right word here, though. Tough love is often more about cruelty and coldness than about warmth and nurturing. People remember the coach that, although he made them train hard, kept a connection. Love doesn't make an enemy or alienate others through harshness and inflexibility.

Is love sex? Usually not. Sex can have Love with it, but the two are not always together. Especially when it comes to compulsions, addictions and perversions that can leave scars on others that are difficult to heal.

Is God Love? That depends on which god you are talking about. When we say that God is Love, that doesn't always mean that everything attributed to gods represents Love. There are stories and legends that talk about God's people or God's wrath. This is not Love. It is more about fear and control. Love is about letting go of fear and embracing.

What about money? Can we show Love with money? Sometimes, however, money is not Love. We can show Love with chocolate cake, but something so sweet can also be harmful. So, although we may want to solve a problem, you can't throw money at problems and expect them to go away. We need to listen and understand and have the right intentions and compassion along with whatever we are doing to find effective solutions to problems. We can't solve humanity's problems with

money or war or tough love. It takes real Love. Genuine Love. We'll get to what that means in a bit.

Finally, martyrdom is not Love. Suicide through getting ourselves in trouble does not show Love for our own lives. We are no help to others if we are gone. It is rare when we are called by circumstances to sacrifice ourselves or our lives. This is more the stuff of legends and fables. It may sound romantic, but it rarely represents a conscious Love of ourselves or others.

# Different kinds of Love

There are so many different ways that Love can manifest. Because everything is made up of Love, we can find Love everywhere. There's Romantic Love, which is probably the most popular and most talked about. It is also the least understood and most confusing. There's Love for Family and Love for Humanity. People feel Love for their pets and also for animals in the wild. You can feel and show Love for the Earth. Ever looked at a sunset or a mountain and been in awe? We can feel Love in Spiritual meetings and practices, we find Love in Community.

We can Love our body by taking care of it, nurturing it. Is there a chef that doesn't have a deep Love for food? One way we can show our Love is through sex, although like Romantic Love, this area can become confused and harmful if it is more about chemistry than true Love.

Now we are getting into the way that Love can be found anywhere if we know how to look. We can make Love of something if we know how to act with Love.

You can find Love in your passion: woodworking, bike riding, singing or climbing. The definition becomes almost infinite and definitely very subjective at times. So, in practice, it is more of a feeling than a strict definition. It is truly beyond our comprehension in simple terms and must instead be defined by its qualities.

# The Qualities of Genuine Love

Here's a way to understand Love, by looking at some of the qualities of Love. There are 68 qualities of Love defined here. These are ways that you can find Love and express Love.

Love is... **Accountable**
**Meaning:** Willing to answer for our actions. Accepting responsibility.

Love... **Acts**
**Meaning:** Takes part in activities that benefit others. Does not abandon those in need.

Love is... **Available**
**Meaning:** Not avoiding others. Willing to share time. Willing to be there for someone.

Love is... **Being present**
**Meaning:** Be there and focus on the person in front of you.

Love is... **Caring**
**Meaning:** Looking after another. Nurturing and protecting.

Love is... **Compassionate**
**Meaning:** Being sensitive. Being empathetic. Desiring to soothe and bring aid.

Love is... **Considerate**

**Meaning:** Thinking of the feelings of others.

Love is... **Embracing**
**Meaning:** Taking in others and new ideas. Being open and accepting.

Love is... **Empowering**
**Meaning:** Making others strong and independent and not needing others.

Love is... **Feedback**
**Meaning:** Feedback is empowering communication.

Love is... **Forthcoming**
**Meaning:** Forthcoming is coming forward with your heart.

Love is... **Full disclosure**
**Meaning:** Full disclosure takes courage.

Love is... **Gentle**
**Meaning:** Gentleness is the opposite of being harsh.

Love is... **Good intentioned**
**Meaning:** Good intentioned is the intention to Love.

Love is... **Helpful**
**Meaning:** Love wants to be of assistance.

Love is... **Honest**

**Meaning:** Honesty is integrity.

Love is... **Hopeful**
**Meaning:** Hopeful is looking at the bright side of now and the future.

Love is... **Inspired**
**Meaning:** Being Inspired is being excited about Life.

Love is... **Intimate**
**Meaning:** Intimate is a closeness of the soul.

Love is... **Kind**
**Meaning:** Being Kind involves respect and sensitivity.

Love is... **Learning**
**Meaning:** Learning means growing and getting to know new things.

Love is... **Listens**
**Meaning:** Listening is letting others have their say.

Love is... **No expectations**
**Meaning:** No expectations means letting go of them easily.

Love is... **Nurturing**
**Meaning:** Nurturing is empowering others and ourselves.

Love is... **Open**
**Meaning:** Being Open is trusting.

Love is... **Passionate**
**Meaning:** Being Passionate is tapping into your internal energy.

Love is... **Peaceful**
**Meaning:** A Peaceful Soul brings Love to the world.

Love is... **Playful**
**Meaning:** Being Playful is letting the joy you have inside come out.

Love is... **Reaches Out**
**Meaning:** Love Reaches Out to others with courage.

Love is... **Responsible**
**Meaning:** Being Responsible is being willing and able to respond.

Love is... **Serene**
**Meaning:** Serene is inner calmness and peace that is observable from the outside.

Love is... **Sincere**
**Meaning:** Being Sincere is honestly giving your all.

Love is... **Surrender**
**Meaning:** Surrender is giving in. Give in to Love.

Love is... **Takes Action**
**Meaning:** Love is not a spectator sport.

Love is... **Trusting**
**Meaning:** Trusting is letting of fear.

Love is... **Vulnerable**
**Meaning:** Being Vulnerable means taking a risk in order to connect with others.

To get the free eBook that lists the above qualities as well as the dictionary definition, examples and ‘How To’, go to: http://lovebudi.com/TheQualities.aspx

# How Love Works

Is it true that you must Love yourself first before you can Love anyone else?

Is it a Chicken or egg dilemma? No. Both are happening at the same time because love is universal. For example, can you make a chair for yourself or someone else first? If you are a carpenter, you can do both. You should be able to do both. You can get good at making chairs no matter who sits on them.

The skill of Love, once gained in a certain area, can be applied to others the same as to oneself - and should be. When we learn to be more compassionate, we feel compassion for ourselves and others. If we learn to listen more, we listen to others, but also to ourselves. There is no either/or here. As we grow in Love and learn to Love more, we are more able to Love everything in our lives including ourselves but not limited to ourselves.

# Love in Practice

Consider having a Love-Centered Life.

A Love-Centered life means we look to love for guidance. Love is our rudder that points in the direction of our star - Love. Love becomes an end in itself because it doesn't have an end. It is more of a context. A way of being. A feeling and a state. This can be called "The Love Zone".

What is it? Why is the Love Zone good and how do I know I'm in it? The Love Zone is similar to what we spoke of earlier when we are with others and a spirit or feeling comes over us. We can call it synergy or harmony. It is being and living with Love as our goal. Life goes smoothly. Interactions with others goes well. We are 'on a roll' because we are not fighting life, but listening, We do this by focusing on being the qualities of Love. We immerse ourselves in thoughts of Love and let go of the frustrations and confusions of life. We fall out of the Love Zone when we get distracted. When we get caught up in the mundane and petty. When we lose focus on Love. And that tends to happen too often in life. Learning how to live in The Love Zone makes life so much easier.

# Love is Practical

Love brings focus, diligence, and quality to all you do. It brings discipline, power and will. It enhances ability, brings joy, better health, and better everything. Love is so powerful that nothing else compares.  Love is practical for these reasons. When we come across any challenge in life, it helps us when we focus on the qualities of Love. To be compassionate towards ourselves and others, to remain positive and remain focused on our goods intentions and altruistic goals. This, by definition, empowers us to succeed. So, Love works in this world. And, it works better than any other approach - bar none. LoveBudi offers courses on how to make this happen in your life.

# About LoveTweets

LoveTweeting is actually just a web page at LoveBudi.com. It is a very cool thing. It doesn't need to be installed.

**What is it?**
It is designed to help people share Love with each other and bring more Love into the world through posting "Love Tweets".

**How do you do it?**
You share the Love you give or receive in a "Love Tweet". An example of a Love Tweet is: "My daughter just did the dishes. That's Love!" You are limited to 75 characters. You can also share what you did: "I just helped a person walk across the street."

This is bringing more love into the world and creating love habits. If you want to be deliberate and more in touch with your own love journey, this Tweet method is extremely effective. If you want to see what others do, this is the way. If you want to be inspired, this will do it. You can see the Love being shared in the world at any time day or night. There are, in fact, several ways that you can LoveTweet. About Love received, Love shared, gratitude, reminders, messages to all and more.

We will help people with reminders if they so choose, and also share the statistics of how much Love is being shared lately.

As a special goal, we will build membership and the LoveTweets function so that more and more Love is being shared around the world. Of course, a whole lot of other Love goes on, too. We just want to do our part and invite people that are interested to participate in a place that is more about sharing and inspiring and building a community of Love.

We will endeavor to have a way for you to see your friends, your own group and even celebrities share the Love they feel each day so we can get into and stay in the Love Zone as much as possible. Videos to walk you through making LoveTweets are in the works.

# Going forward

The LoveBudi project is all about Love. The LoveBudi project, books and much of the site content is free. Some people donate voluntarily because they find value and want to give back, not because there is a cost. There are more books like this one in the works. There is a Love Game being created so kids have a chance to practice Love in a video game instead of shooting zombies. The LoveBudi project hopes to be of service to millions of people one day by bringing more Love into this world and helping people have more Love in their lives. That’s all. No ulterior motives.

# About Matthew

If you want to know about the guy behind this project, my name is Matthew Rover. I am doing this project after a long search for Love and after drawing my own conclusions about Love.  This is what I feel is my mission in my life - to learn to Love more. I am still searching every day for a way to Love more. To be a more Loving person. To be open to learning and sharing Love with others and growing in Love. I believe that Love is all there is. I've had more experience looking for Love in religions than anyone I've met so far, and I've been to so many seminars and read so many self-help and spirituality books that I know the real thing when I come across it. So, I'm sharing what I think works. What makes sense to me. What I have found to be the most solid and reliable and most powerful center of my life. I've done my best to share that in this booklet. I hope it brings more Love into your world. Please join the LoveBudi community at LoveBudi.com We need your Love and we want to give you our Love, too.

For more information about Love, take Love 101: An Introduction to Genuine Love. You'll find it here: http://www.LoveBudi.com/Courses/Love101.aspx

Little Louise, Laika, and Matthew
I think I am the happiest person alive.

Thank you for reading.

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To take your first step on the most fascinating and rewarding journey of all time.

# I Love You.