

How is love created?

[Life](#), [Love](#)



During their wedding, the groom and the bride exchange vows. A contract which says to have and to hold, in richer or poorer, sickness and health; till death do they part is sealed. So, they start the institution of family upon which LOVE is and must be foundation in another situation, we hear on TV “crimes of passion” where people are scarred for life or dead for the sake of love; so they say. The question now is: what is LOVE? A weak human feeling? LOVE is blind? Valentine’s day? Ask any random person and you will get any random answer also.

Personally, love is felt or expressed rather than defined, I cannot give the exact meaning but I know what it means and how to show it. Beyond that, I rest my case. The ancient Greeks tried to define and sort out LOVE. And they come up with four- Storge, Philia, Eros and Agape. And I have come up with this presentation to define all four in the simplest way possible. We won’t go far. We will deal with a person we all have. She is our mother, either biological or emotional attachment. Our mothers are the perfect examples and manifestation of Love.

Yes, all four as defined by the Greeks. To make it easier to understand, emotion, language, perception and even reason will be employed in a given scenario to better explain the LOVE being taken. 1. How is love created? Wikipedia defines love as a “virtue representing kindness and compassion.” It is a human feeling. In psychology, love is sorted into three different components. They are intimacy, commitment and passion. Intimacy is defined as people sharing a person expecting that love is permanent while passion deals more with infatuation and sexual intercourse.

However, biology explains that love occurs in 3 stages and they are lust, attraction and attachment. Lust allows a person being seen by another. Attraction is when a person and attachment is a “bond” of toleration leading to marriage and raising children. Body hormones like dopamine, serotonin and oxytocin are at work. Pheromones are also considered. A mothers love is innate. There is no reason for it. A maternal instinct is always present. It is more that duty. She believes her offsprings come first. The language of love are mostly shown in actions rather than words.

Daily chores, working for a better living, and sometimes scolding are acts of love. Through sometimes we don't understand our mothers, we may hate or mistrust them but to them it is a different story. Like they say the heart has it reasons. Yes, her affection, care, instinct and intuition can be summed up in love. 2. When attraction becomes love.... Love is case to case basis. They are neither rigid nor single formulated to be in love or love someone.

Stanford University tried to define love and came up with various ways of defined love from liking, having a personal value and affection.

To care is not love but rather love is measured in depth which is a personal evaluation. It can even be intuition. In this case, the biological perspective is neither canceled out nor confirmed. What is sure is that hormones might be at work. (I. e. pheromones or the definition of beautiful) plus the person's evaluation of what is going on inside his heart or the signals sent to the brain. After all, LOVE is neither cognitive (brain process) nor affective but rather volitional(Frankfurt1999). It simply means that you are responsible in choosing who to love. It is not dictated by anyone.

The study also assumed that everyone is rational but again there is no reason which commands us to love that someone. A mother's bond to her children are unconditional. It is uncaused. The moment she gets pregnant, that super strong attachment exists. Our mothers show love in it's simplest to its most complex form. There is this instant attraction. I heard a story once about a mother who is willing to lay down her life for her criminal son. My friend asked his mother why she is quiet while watching that new on TV. His mother replied " I know what that mother feels, I can't explain it but I understand her".

My friend stopped asking further. 3. Can love be justified? According to La Follette(1996,)" reason does not command that we love anyone". So does this mean that it is an impulse? A spur of the moment? The meaning of love may be different if you ask anybody but it is certain that it's a highly personal matter. A person " in love" can give may be simple or complex. To justify love, it must be defined to make it simpler to understand. According to plato. stanford. edu, love is a personal assessment and it has four facets and they are 1) love as union, 2)love as robust, 3) love as valuing and 4)emotions.

The idea of WE or OUR sake shows equal or mutual feelings of the persons in that relationship. Therefore, love is a union. Love is a voluntary act. No one forced you to feel that way towards another being. It is deliberate and subjective. Love as a robust concern explains why we act differently or a person is at his BEST (Solomon, 1988) because we are in love. Love as valuing shows the respect we give to the person. We give appropriate

importance because we know that is the right thing to do to the people we love. Emotions are innate in everybody.

Emotions are our responses. It is “ evaluative-cum-motivational” meaning we are motivated to do certain things for love because we see if fit. Can love be justified? Yes, how? Why not try it/ be in love yourself! The Greeks mentioned 4 loves. Each love has a distinct criteria which makes it easier to spot and understand. To understand each simply means to justify it. Love is defined a virtue of kindness, compassion, depth, growth and etc. to truly justify the various forms in existence, one just need to consider his own dwelling and experiences.

Reflect on them since the ancient Greeks defined the line between storge(family), philia(friendship or platonic love), eros (passionate love or romantic love) and agape(divine or unconditional love). All these loves are present in our mothers- some biological or our “ known or adoptive”. It is not surprising how these 4 loves reside in them. We couldn’t appreciate life in the modest way we can if it weren’t for them. We won’t have friends in our neighborhood, school, have work or anywhere hadn’t we known love. Our families have different. Stories to share.

After all, children were born out of love. 4. What motivates a person to look for love and/or a partner in/for life? (Why do we love?) Aristotle said” loving relationships” allows the person to grow and improve oneself. It teaches and helps us learn more about ourselves and establish our identities. Otherwise, we will be biased and immature. So, why don’t we love? Is love fungible or is it a case of falling in and our of love? Changing partners until you find the

one? Again, it is case to case. But what is sure is that love isn't about looking for a better one or a "trade up".

Love isn't fungible, according to experts, because it involves a deeply personal commitment. But why do some marriages end up in divorce? I think the better question is why do these commitments/ marriages forged sealed when they are not that committed in the first place? Why did they file divorce? Again, it is a case to case basis. It simply falls on the person's ability to evaluate the level of attachment and value whatever is there. the motivation for this may differ. Going back to Aristotle, relationship prosper and succeed or fail because of self knowledge and the maturity to such commitment.

There maybe no growth or improvement, identify loss, lost value. Who knows? This is a very subjective and highly personal matter. are geared towards this- our survival as a race, to procreate and dominate nature. 5. How can love help people make right/ good decision? To answer this question, it should be clear that LOVE is subjective. It is a personal assessment involving self-knowledge and evaluation. Now, making right or good decisions depends on the parties involved meaning this questions are relative. Experts assert that logic, which is a system of reasoning, is a guide that helps the person to make the right decision.

It involves analyzing all aspects of certain realities and their relationships(sponias, www. ezarticle. com). However, they also say that love overturns/rules-out reason because it is forgotten along the way. / They argue that love doesn't respect human limitation, titles and position. To

make right decisions, a person must be objective and taking other considerations before taking up the final step. Otherwise, a disastrous end can be met. Let us just think that each of us were properly schooled and taught how to discern and make decisions and be pre paused in tacking whatever outcome may arise. . Love can make a person happy? How? In an article written by Ndong in [www. Ezarticle. Com](http://www.Ezarticle.Com), love is a state of mind. Nothing can make Ou ahppy but yourself. This caught my attention and greed to this statement after awhile. This is like antioine de saint- exupery's little prince, who's looking for his place under the sun, travelling far and wide and finding out in the end what he was looking for- himself. A person's happiness isn't because of another person but rather satisfying our own insatiable appetite. How can we be happy when we've been empty are unhappy all along.

On one hand, biology offers another school of thought. Happiness is derived from chemical reactions occurring inside the body by eating some criteria of food or physical state. They are called hormones. The following formones are believed to induce happiness. * Serotonin: called the happy hormone. It regulates mood and prevent depression * Endorphins: makes the person feel good and reuduces anxiety. * Dopamine: this is for mental alertness * Phehylethamine: gives a “ high” feeling for people in the first stages of a relationship * Ghrelin: reduces stress and helps the person become relaxed.