

The Word Love is Really A Complex Human Emotion

I have been thinking a lot about love. I wonder questions like; do I love anything or anyone, how should I show my love, or why have I or not found love? I hope this makes you think and place more value about the concept of love. We call it love. It looks like love. But is it really love?

Using the same definition throughout this paper is crucial because the word, “love,” can be interpreted many ways. The definition I will be using is based on intense feeling or deep affection for another. I explore a psychological researchers perspective on love. I then shift more to an unconditional love by God and my own personal demons that I continue to battle with today. I later wrap it up with a final deep expansion of the word love. Weaved throughout the paper is why love is such a complex emotion that most underestimate. My hope is the reader will get a better understanding of love and how to reciprocate and appreciate the feeling.

Does the irrefutable assortment of chemicals in a person’s brain entices us to fall in love? Researcher Helen Fisher has spent her academic life trying to figure out what is going on in the brain when it comes to love (<http://www.brainhq.com/brain-resources/brain-facts-myths/brain-in-love>). Dr. Fisher has scanned the brains of many young paramours and found that when the person is directly thinking of a recipient the whole brain lights up like a finale at the Fourth of July (<http://neuro.hms.harvard.edu/harvard-mahoney-neuroscience-institute/brain-newsletter/and-brain-series/love-and-brain>). The three areas that had the most noticeable activity of love in the brain was the ventral tegmental area (VTA) and the core of the nucleus accumbens (CNA) along with the nucleus caudate (NC). It is very critical to emphasize that no part of the brain ever works alone, and love is no exception.

The function of the VTA is to develop wanting, motivation, and focus of love. The design of the CNA in one’s brain is to calculate of the gains and losses of being given or deprived of this love partner. Furthermore, the purpose of the CNA region is is to help develop a deep attachment to someone. The NC is important in the dopamine pathways.

The way that Fisher explains it best:

“No wonder lovers can talk all night and walk till dawn, write extravagant poetry and self reviewing e-mails, crossing continents or oceans to hug for just a weekend, change jobs were lifestyles, or even die for one another. Drenched in chemicals that bestow focus, stamina, and vigor, and driven by the motivational engine of the brain, lovers cirque, to a Herculean courting urge.”

See the impressive Ted talk Dr. Fisher gives on love on the link below:

<https://www.youtube.com/watch?v=OYfoGTIG7pY>

The three neurotransmitters that are released in these amorous brains are dopamine, norepinephrine, and most importantly oxytocin. The first two neurotransmitters have largely been associated with pleasurable and excitement activities. The other hormone plays an important role in bonding. Many studies have found oxytocin to be released when a mother is nursing her infant, when two people are hugging, and during sexual activity (Herbert, 2016). It also has thought to build in other emotional responses of bonding, like trust or empathy. Now that a reader understands the scientific evidence one might wonder what is this talk about love from God.

Now I shift towards the concept of God’s love. The Bible tells us that, “God is love,” (1 John 4: 8). In the beginning of this paper notice a key phrase in the definition of love. It says, "based on," a phrase that implies that humans

love conditionally. Taking a deeper look at this terminology we love someone because he or she fulfills a condition that we require before love is given to this person. How many times have you said or heard, "I love you like a fat kid loves cake," or, "I love you because you take good care of me?"

Our love is not only conditional, it is also mercurial or fickle. We love based on our feelings or emotions. Our love can change from one moment to the next. Case in point, “The rate of divorce shows 50% if not more of all married couples in the United States legally separate," states Scott M Stanley of the University of Denver (<http://www.divorcesource.com/ds/main/u-s-divorce-rates-and-statistics-1037.shtml>). The

correlation is 1.2 million divorces a year. For more in-depth information about divorce see the following website: <http://www.divorcesource.com/ds/main/u-s-divorce-rates-and-statistics-1037.shtml>, to understand the reasoning. A reader should contemplate now is how can God love us unconditionally.

If you are at a church and do not hear that God's love is unconditional then you need to open up the Bible. Littered throughout we see testimony after testimony of God's never ending love. It is important to say that God's love has no stereotypes or prejudices against any person. His love never diminishes because you committed a wrongdoing or sin. God love is innate in that it is never a response. That is precisely what is unconditional about his love.

For example, we like to think that a person who commits adultery or murder will not be in heaven but God has unconditional love states that heaven will accept anyone who accepts the Father. This topic may be controversial in that it is says in the Bible in John 8:7. Jesus was at a temple at the Mount of Olives and was teaching the crowd when a woman was brought to him for committing adultery. The gentiles asked Jesus, "What should we do to her? The law of Moses says stone her to death." He stood up and said to them, "Let who is not without sin among you be the first to throw stones at her." The angry crowd slowly diminished to just Jesus and the woman. After all have left Jesus walked over to the woman and asked, "Where are all your accusers?"

He later was in a hall with the other irate Pharisees asking him, "You are making those claims about yourself." He replies, "These claims are valid even though I make them about myself. For I know where I came from and where I am going, but you do not know this about me. You judge me by human standards, but I do not judge anyone." The reason why I use this lesson is because who are you to judge? My audience may have a rebuttal that proclaims right back at you, Chad. I am no better than anyone else who may judge someone. My supporters might think is this what you mean by demons.

As much as I want to believe that the Lord has unconditional love for all of the human race; I have this little voice in my head saying, “Do not listen,” or, “How could God let this happen (e.g., a TBI let alone physical, cognitive, and social issues) to you.” No matter how much I pray/talk to him I will never receive a definitive answer. How is that love?

I do, however, realize the importance of having God in my life and am blessed to share my knowledge. A great friend and I were talking and he suggested that instead of being a messenger of God’s message I seem more like you are an ambassador for God. In other words, I am a person who acts as a representative or promoter for God. In doing God’s work or mission I will lead by example. My hope is I will help someone dealing with similar issues.

Now that we have a little more understanding of what is meant by God’s love I will shift towards the word love. Love is bigger than you may think

<https://www.psychologytoday.com/blog/love-without-limits/201111/what-is-love-and-what-isnt>).

You can invite love from someone everyday, but you cannot dictate how, when, and where love may show itself. You can choose to surrender to, or not, but in the end love strikes like lightning, unpredictable and have no definitive means. Love does not come with conditions, stipulations, an agenda, or codes. Love is not a play written by William Shakespeare. Love is like the sun, it radiates independently and rids us of our darkest fears and desires.

Love is essentially free. It can be given by anyone. It cannot be bought, sold, or traded. You cannot make someone love you, nor can you prevent it, for all the money in the world. Love cannot be imprisoned nor can it be governed. Love is not a substance or a commodity, nor even a marketable power source. Love has no borders or fences, or walls, no quantifiable measurements or energy output.

One can buy sex partners and even marriage partners. Look at the Republican representative, Donald Trump, he is on his third trophy wife. Marriage is a matter of law, for rules and courts and property rights. In the past, the marriage price, or dowry, and in the present, alimony and the prenuptial agreement, make

it clear that marriage is always about contracts. But as we all know, marriages, whether arranged or not, may have little enough to do with love.

Sexual stimulation and gratification, whether by way of fingers, mouths, objects, fantasy play, whips and chains, or just plain intercourse, can certainly be masked like love. Love cannot be bought and sold, not to mention used to sell other things, but love itself can not be sold.

One can buy loyalty, companionship, attention, perhaps even compassion, but love itself cannot be bought. An orgasm can be bought, but love cannot. It comes or not by grace, of its own will and in its own timing and means, subject to no plan or map. Love is not something that a person just says but instead love is a deep down feeling that one gets when he or she is present with that person or animal.

I say animal because I know my dogs, Mali and Bella, unconditionally, as I do for them, love me. These two female dogs cannot say how much but I know with all my heart that they do love.

Love cannot be given as a reward. It cannot be turned off as a punishment. Only something else pretending to be love can be used as a lure, as a hook, a bait and switch, imitated, implied or suggested, but the real love can never be delivered if it is not freely given from the heart.

This does not mean that love allows destructive and abusive behaviors to go unchecked. Love speaks out for justice and protests when harm is being done. A person who loves someone knows when to speak and when to hold it in. Love points out the consequences of hurting oneself or others. Love allows room for anger, grief, or pain to be expressed and released. But love does not feel threatened to withhold itself if it does not get what it wants. Love does not say, directly or indirectly, "If you are a bad child, mom or dad will not love you any more," nor "If you want to be loved you must be nice, or do what I want, or never love anyone else, or promise that you will never leave me."

Love cares what becomes of you because love knows that we are all interconnected. Love is inherently compassionate and empathic. Love knows that the "other" is also oneself. This is the true nature of love

and love itself can not be controlled or given in moderation. Love honors the supreme power of authority of each and every soul. Love is its own law and listens to no one.

My hope is that you receive a greater appreciation for love. I explored what physiological science has to say about this complex feeling. I voidage in trying to explain what God's unconditional love means. I then wrap it up with a definition of love. I pray that someday I will find love until that day I will wait with anticipation.

References

Herbert, Joe. 2016.

<https://www.psychologytoday.com/blog/hormones-and-the-brain/201604/is-love-simply-puff-oxytocin>.