

LOVE is...

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Who can define love adequately? There are thousands of definitions and theories trying to concretize this 4-letter word. Most people say it is an emotion. To some, it is an illusion, a dream. Some scientists claim it is a chemical reaction - one similar to eating chocolate. So what exactly is love?

Given my young age and limited life experience, I can only offer an explanation of what it is to a certain extent. From how I see it, love is something that is extremely special. It is more than just an emotion. I like to think of it as a gift that allows you to grow. It teaches you how to care for yourself and for others. It brings you to high levels of happiness, sadness, jealousy and pain.

Not surprisingly, love comes in different forms. For me, the greatest love is the kind our mothers have for us because they have been through the most painful sacrifices a human being can ever go through. There are also small gestures of love among friends, strangers and pets that make you feel good inside, such as a hug or a simple 'how are you'. Those, too, are expressions of love.

However, the best kind of love, in my opinion, is the kind that enables you to be yourself, the kind that does not involve pretence. It is knowing someone well irrespective of time and feeling as if you know them more than yourself. It is being loved, cherished and accepted as you are. It is indeed one of the most amazing feelings in the world.

By contrast, the saddest kind of love is unrequited love, the kind that you feel for someone who does not feel it the same way you do. Or it is the kind you are afraid to show because you are unsure of what exposing such truth could lead to - the uncertainty and the fear of being rejected or hurt. I think that is what hinders most people nowadays from loving freely.

Love, therefore, is beyond comprehension. It is too abstract and complex to be put into words. Love is something you have to feel and experience. Love is one of the greatest adventures that life has to offer. We have the saying "the best things in life aren't things". Well, love is, most definitely, more than just a thing.

