

Overview of the Virtue of Love

Love of self, love of neighbours, and love of God are the basic pillars of many of the world's religions. Throughout our life journey we also share in other “love connections”: love of family, of partner, of friends, of community, of animals, of nature, of country, of things, of hobbies, of work. Love is a spiritual practice and not simply something that “just happens”. We can strive to strengthen the love in our lives by practicing to extend the reach of our loving feelings both in our inner and outside worlds. The joy of love can be felt in both giving and receiving.

Love is caring for someone, wanting to be near them and wanting to share with them. Love accepts people as they are and asks you to treat someone with special care and kindness because they mean a lot to you. It is treating someone the way that you want them to treat you – with care and respect.

