

## **Love papers for healing and happiness**

- Love for heal body, soul and world
- love begins with me, with you, and with all of us

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I placed in front of me colored papers, and decided to write on them my answers to the questions that were on my mind, starting with a basic question:

-How can love be the best medicine for the body and soul, and with it we build our countries and the world?

I wrote on the first paper my answer to the question:

When a person is kind to another person, loves him, cares for him, does not betray him, does not hold a grudge against him, advises him, helps him overcome difficulties, sacrifices for him, teaches him how to overcome sorrows, and makes him a better person, this is true love.

Then the second question was:

-How does love positively affect the soul?

I wrote my answer on the second paper:

When you sit with someone you feel comfortable with and feel that he is not deceitful, not spiteful, and you feel his honesty, cheerfulness, kindness, help, and sacrifice for you, then your soul will be at ease, its illnesses will disappear, and you will overcome the difficult psychological state, tension,

anxiety, and fear. The same goes for the environment, society, and everything around you.

The next question was:

-How does love positively affect the body?

I wrote on the third paper:

Sadness negatively affects the heart, and when the heart is affected, the whole body is affected, like a water pipe that pumps dirty water to the whole body, and it becomes sick, while love creates joy like a pipe that pumps clean water to the body.. The important thing is that the heart is clean and filled with the river of love.. We swim in this river, we feel its warmth and calm, to dive into another beautiful and gentle world.

Then the last question was:

-How is love embodied?

I wrote on other paper how love is a behavior and not just a word. behavior is the good deed that comes through different ways, such as:

- The love of a mother and father for their children and taking care of them under any circumstances. The love that makes their children positive, loving people who do useful work for society and the world.

-The child's love for the mother and father is embodied in returning the favor to them and being successful in life.

- Helping those who need help, whether from family or friends, as well as the poor, needy or sick.

- Dealing with people with respect, appreciation and respect for the opinion of others.

- Love of working to produce the best and develop our countries, accomplish important, positive and purposeful projects, and work in a team spirit with the aim of providing work that benefits everyone.

-Love is that we are one planet and one heart, and therefore we must tolerate and coexist and stay away from racism, sectarianism and bullying. We live by this principle in our countries, we build them with it, and from there we go out into the world to rebuild it with love.

- Love is not to break the heart, but to collect the broken pieces of a broken hearts and form from them one heart that creates a beautiful life.

- Love is staying away from hypocrisy, lies, jealousy, envy and hatred in a person's dealings with others.

- Love is wishing good for others, caring for them, and preferring the public interest over narrow personal interest.

-Love is caring for the environment and protecting it from harm, and caring for pets and being kind to them and preventing harm to them.

The above points are some of the behavioral expressions of true love, not all of them, so I will leave the last paper for anyone who wants to fill in their definition of love and the behavior that actually embodies it, because love begins with me, with you, and with all of us.