



Incidence Of Love

Demystified And Decoded

By Santosh Jha

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A Big Thanks... You have already enjoyed 28 of my eBooks. They all, be it fiction or non-fiction, have been my humble endeavor to empower your consciousness for life-living wellness and personal excellence. This 29th eBook is also aimed at continuing to

write on the core issues of 3Cs – *Consciousness, Cognition and Causality*, as I stick to my belief that holistic, integrative and assimilative knowledge of the 3Cs alone can open the doors of wellness and excellence in a world of chaos, conflict and confusion, we live in. There is nothing better than living a self-aware life with poise of purpose...

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RECOMMENDED: Insightful Life-Utility dialogues on – Happiness, Solutions, Intelligence, Love, Dreams, Loneliness, Consciousness, Realism, Life-Choices, Success, Self-Worth, Excellence, Meditation, Wisdom, Objectivity, Life-Management, Destiny and Gender.

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Preface:

Acceptance, the wise say, is the genius within, an intellectualism and intelligence, core and critical for life-living wellness and excellence. However, acceptance is possible, only when there is this golden eligibility of ‘*Higher Consciousness*’ – the state of awareness of

‘self’ or ‘I’, which has the ability to see through all our acts and behaviors with objectivity, logicity and equanimity of neutrality. No other life-living realism, except ‘Love’ needs this art and science of ‘acceptance’ more as, true love is not visceral ‘auto-mode-availability’, as most see and accept, but an ‘evolved equity’ of higher consciousness...!

The wise have warned –

“The sub-conscious mind is a stupid audience; applauding even the quirkiest of performances by our ‘conscious mind’, at the chaotic arena of life; especially in love. People, as ‘theatre’ of all joys and pains need to be wary of the ‘spectator-frenzy’, coaxing you to write ‘scandalous-scripts’ of life-dramas. Guard against passion, especially, when you are in love’s compassion...”

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... At The Very Outset!

The scientifically and logically inclined people have said it and most have gleefully admitted it that – Falling in love is a beautifully enticing trap set up by nature and human visceral wired behavioral choice is designed such a way that even this innate ‘fight and flight’ mode ingenuity does not help people in creating a ‘diversion’ from the ‘trap’...!

Means; there is a definitive *Game Plan* of nature, which it has wired in our body-mind mechanism and what we see and accept love as, is nature’s own machination, unveiling in mystically magical ways, making most of us fall in line with its diktat. Probably, this seems to be why, the popular expression about incidence of love is – ‘*To Fall In Love...!*’ It is like, finally falling in the ‘trap’ and meeting the inevitability of nature’s wired realism...!

Science confirms, human visceral wired behavioral choice is designed such a way that even this innate ‘*Fight And Flight*’ mode ingenuity does not help people in creating a ‘diversion’ from this ‘trap’ of nature. Science confirms, not only humans, but many species often compromise with

their innate drive for 'survival', falling for the most powerful drive of love. It is simply because, nature means business and it is concerned only about business of procurement – incessant reproduction...!

This means, what we feel so great about and what we never fail to celebrate with all possessions of lifetime, is essentially a sort of wired or instinctive optionlessness for most humans – men or women. So, essentially, what most of us popularly accept love as is an optionless incidence of inevitability; yet we assign and align all our energies, not to 'free' ourselves from this 'trap', but enjoy and celebrate this nature's trap!

The best way to free oneself from this nature's trap is to understand the mechanism and process of love and its incidence. Most of us however, fall for the trap, well before our consciousnesses evolve to a stage, where this desirability of understanding love installs itself in our minds...

It is strange but seems very true – Love happens when body-mind dualism plays at its worst best and we are in most precarious positioning of righteous judgment. Still, humanity has evolved to 'celebrate' this confusion, chaos and conflict of life and living. This is populism playing at its worst best for humanity. And, this emanates from 'erroneous' understanding of process and mechanism of idea and reality called Love...

The core idea is – Love is a passive incidence and nobody can be sure about it because, it is the way our body-mind mechanism works for us. In some weird sense, this very sense of 'I' is a passive incidence for most of us; though we never admit it.

However, such a state of 'I', our consciousness, is a very calamitous proposition. This is the state, which makes us see and accept, how powerful and intense is the trap of nature, installed in us, deep inside our body and mind mechanisms. This is the situation, we need to be cautious of and recall all our conscious elements to stay warned and decisive...

Love, as most of us popularly see and accept is not a celebration idea and realism. It is a trap and a trap should never be celebrated but conscious ideas must be evolved to come out of it...

What humans, especially young men and women need is 'compassion' and not 'passion'. What we all need for life-living wellness and excellence is not love but empathy of thoughts and equanimity of consciousness. This alone makes us endowed and empowered to rise above

‘drives’ and ‘visceral traps’, to consciously choose the path of righteous options. We have little choice – We all need poise and control, never indecisive optionlessness of body and mind...

As the wise say – ‘What we desire is what we ‘want’ but all we want, is not what we ‘need’. This is nature’s trap working within us. It has installed desires deep within us and this very potentially powerful trap is our ‘wants’. Love is some stupid ‘want’, most of us seldom ‘need’. What we need and what we should want is – compassion, equanimity, amicability and objective thoughtfulness of logical discretion...

Though, this powerful and universally transcendental desire to fall in love is a sort of wired or instinctive optionlessness for most humans – men or women; love happens to be a cumulative mechanism of multiplicity of brain processes, which itself is a complex cooperative function of various brain parts. That is probably why science is yet to decipher the ‘singular code’ of incidence of love and bio-chemistry of love...

Yet, there are some good scientific revelations, tumbled down after some researches, which definitively land us in better preparedness and readiness of incidence of love. We all must know it and keep into account. To know is to journey the road to empowerment...

According to study conducted at Rutgers University, USA, there is a ‘factsheet’, which we all must know and factor in, in love –

The study reveals: “*How our brain decides, we are in love*” –

- 55% of the role is played by body language; this means a brain detects the activities of body movement and decides whether it has received the signals of love or not...
- 38% of the decision to be in love is contributed by the voice—its tone and change in frequency...
- 7% is the reaction to a lover’s statement or choice of words...

How beautifully mystical yet so given to confusion and chaos; as is common in love matters! We all may be very enthusiastic about saying and listening the pair of words – ‘I Love You’, but the study shows, and we all have little trouble accepting it, that words often fail or do not matter much in love matters of hearts...!

This acceptance about futility of words (Only 7% weight) also opens up the big door of confusion about love and its incidence. If 55% of love signals are wordless and only signs, there are bound to be 'wrong-signaling' and 'misreading'. There is also this question as how good our brain is in 'reading' and 'writing' these wordless signs. Moreover, when even words can be used as 'effective tools' of deception and hypocrisy in love, how easy it can be for anyone, who wishes to fake love and master his or her craft of deception in love. Many do it, more people are mastering this 'craft' and we all are very careful about deception in love...

If whopping 93 percent of 'love-signs' are without words, only 'sight and sound', is it not very easy for ingenious men and women to masquerade this whole economics and chemistry of love...!

This however is not the end of trouble for lovers. Love is more mystical to discount any lesser troubles. According to the study by Arthur Arun, on an average, the mind of a person takes between 90 seconds to 4 minutes to determine whether it is struck by love or not.

Now, we all know, our brain takes 20 minutes to register that our stomach is full and that is why we often overeat; then how can one be very sure that what his or her brain has decided in less than five minutes about love, is right? This is stupidly mystical...

If we accept that 93 percent of signals that our brain depends on for judgment about 'incidence of love' is 'sight & sound' and not words, which we all are also not very good at, then we all are inclined to accept that this must be a tough task for our brains to test the validity of such 'abstract signs'. Naturally, we imagine, such difficult judging business must take some good hours and days, if not weeks and months...!

We all know that science has proved that love emotions are handled by different parts of the brain as love involves three stages – Lust, Attraction & Attachment. All three stages involve different sets of hormones and therefore are handled by different parts of our brain. Naturally, this cooperative and symmetry business of 'well-aligned' decision-making should ideally be a long-process, assigned some good hours, if not days and weeks...!

However, what the scientific study suggests is that our brain decides this all-important 'love question' in less than five minutes! And, we have reasons to believe this study as we all know

and accept that we all are huge ‘Mega Entrepreneurs’ in ‘judging business’. We take less than five seconds in judging people and most crucial aspects about our choices. We may not accept it but we do it very often...!

Let us also know a bit about how our brain decides and arrives at what choices we make in our lives. Let us have a peek-o-boo at how our brain decides –

Science says – Our brains appear wired in ways that enable us, often unconsciously, to make the best decisions possible with the information we’re given. In simplest terms, the process is organized like a Court Trial. Sights, sounds, and other sensory evidence are entered and registered in sensory circuits in the brain. Other brain cells act as the brain’s ‘jury,’ compiling and weighing each piece of evidence. When the accumulated evidence reaches a critical threshold, a judgment, a decision is made.

If we accept that decision-making by our brain is like a ‘court-trial’, we then must be aware how our courts work. The core hypothesis of all judging business is – Even if hundred culprits go scot-free, an innocent must never be sentenced for culpability. This then means – Judging and decision-making about culpability is a serious thing and therefore must be assigned good amount of judicious time and space...!

However, study shows, we are wired to make decisions about love matters only in less than five minutes and that too based on 93 percent such ‘evidences’, which are abstract, not tangible. This somehow points at as why ‘court-trial’ of mind decisions in love matters is not good and needs sound evidences...!

Now, you decide...! And, think about the ‘judicial process’, your brain must adopt and accept for ‘delivering judgments’. Let us all be ‘good judge’ and follow golden principles of judgeship. Success of love and in love is not only about individual choice. Rather, successes of love are crucial for social and all collective wellness. When love succeeds, life succeeds...!

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... *Innocence: The Intellectualism Of Love*

True love does not look for ends of life. It believes in the simple fact that life is one endless drive and on the way look for no signposts to reach anywhere... the joy and satisfaction of journey is more important than the nobility and utility of destination. There is no need to reach.

Be on an endless journey and make it your destination where you tire. But always remember to travel with love and compassion in heart. Why...?

Because, when love and compassion are with you, the path and the journey becomes the theatre of infinite song and dance. When song and dance is with you, journeys are full of incessant joy and satisfaction. If you reach the stage; if ever there happens to be one, you will automatically lose the question of destination. The question of meaning of life and its purpose will be lost.

Love and compassion makes us understand the futility and redundancy of the intellectual concerns of life's larger purpose and the material desire of life's acquisitions. Love and compassion makes us understand that the true wisdom is not in reaching but in travelling well – with peace and poise.

The simple and innocent realism is – There is no destination and reaching. There is only journey. Intelligence cannot accept this realism, only innocence can. Love and compassion and its accompanying *Innocence Is The Greatest Intellectualism*, it is the best acquisition, if one defines life's purpose in terms of acquisition and possessions.

... Important however is – never look for and accept love as 'bachelor', in single status. Always insist on seeing and accepting with his wife, the Compassion. Love without Compassion is calamitous. Populist choice for *passionate love* among young men and women may install instant and gratifying joy but it surely dissipates soon. Populist cognitive confusion about love emanates out of this refusal to institute compassion to its rightful place in intimacies.

The universe has been created and has evolved in *Couple-Causality*. Love too has a beautifully magnificent partner of Compassion. The couple must remain together, forever...!

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...For Finality Of Fruition

It is not that people await good times, the good times also await good people to come and hoist the potential seeded in the soil of future. Good words also wish for good readers, to be in reception of and be in linearity of the innocent intent, which ride on the shoulders of the words, for the finality of their fruition...

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... On Navigation And Expression Of Intent

There has to be a humble admittance – Any word, however well meant and well spelt, is a possible suspect of misinterpretation. There is a simple reason. People are in different consciousnesses and culturally as well as personally inclined to a specific value-summation of utilities. As a writer, it is a huge temptation to take liberties, with not only imaginations but also with the words, as against their common and popular use. Do kindly accept my latitude with language and personal coinages of words, as I understand, many times, they may not conform to popular usages. I share with you whatever is part of my consciousness. All wisdoms say, what stays with you is what sinks in. Wisdom is what we internalize. I share with you whatever I have internalized in my life. This may not be mainstream stuff; but may have utility in some meaningful way. I believe, as a reader, you shall enjoy this novelty and pleasant awkwardness of the writing.

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Thanks For Your Magnanimity, The First Chapter Begins...

CHAPTER 1

*How To Be Sure, When Love Happens or Hits You or What Does It
Feel To Be In Love? And Most Importantly, Is That 'True Love' ...!*

A psychologist says, 'Love hits you, when you expect it the least.' Maybe, it is like the bird flying over you drops its poop on your dress, when you wear the costliest suit for the most crucial appointment of life'.

There sure is no dearth of sayings, when it comes to love. World over, there are more 'offered knowledge' about love than rocket science. The reality is – Everyone knows something about love but nobody knows absolutely or 'enough' about it! That is why, even when over-loads of wisdom about love are already there, fresh wisdom is always pouring in and surely, there are always the easy takers as probably, nobody is sure, how to be sure about what love is, how to be sure when it happens and how does it feel when love happens, to stand certain. And, as they all need answers, 'wise words' are in over supply...

There seems no global research or statistical data about what percentage of people want to know – 'How to be sure, when love happens or hits you' – This Incidence of Love; still from practical experiences, we all can say – 'So many of them, or probably everybody...!'

Let us first list out why this confusion remains about 'incidence' of love and then very humbly attempt to look out, whether a probable answer can be eked out. First the confusion –

Psychologists say, 'There are different types of love and usually, some shade of love happens and we get confused that 'incidence' of love has happened but it is not'. And then, we say, 'I thought it was love, but it wasn't'. Or we say, 'I thought I loved him/her but I realized soon, it was something else, not love.'

That is probably why most often, people sort of 'qualify' love by asking – 'What is True Love and how to ascertain true love has happened?'

Explaining the confusion, the psychologists also say, 'No doubt, often, between a man and a woman, some mutual positive erotic transference happens but it is not love. It is just a shade of it; or a type of it'.

The wise of humanity, the philosophers and litterateurs have warned us – 'There is a huge difference between acting in love, being in love and actually being the love itself..!' This means, even love has hierarchy of incidence. One may hit the love but it may only be the base of the love pyramid. Means, the higher echelons of love need to be escalated and move to, to arrive at the finality of love...! Tough...! Very tough... this love...! We need to remember this crucial point.

From the perspective of science too, confusion about love is a reality as from brain point of view, there are complex mechanisms, which happen in brain, when we fall in love and it is surely very difficult to say, which part of love was just lust, passive transference, simple appreciation, recognition of commonality, etc.

Okay, difficult it may be to be sure what love is and how does it feel to be in love, when it finally happens, still, there must be some exclusive or a cumulative sign, which we may decipher as 'Precipitative Positioning' of love. Means, there may well be many shades and types of love but there must be some point, or some nodal space, where all such shades and types merge and 'Compactly' announce the 'Incidence' of True Love...!

Can this happen...? Is it a probability...? Even if it is possible probability, do we have this awareness mechanism in brain to decipher it decisively...?

Hmmm... Tough questions...! Looks like, there shall have to be a global conference of 'true lovers' to share their collective wisdom and then arrive at some probable answer...

However, from our experiences, from our history books, from our established folk lores and traditions, we all know that some people have always arrived at 'true love' and they must have experienced that it was their true love. This somehow opens the doors of the hope and probability that humans can decipher true love!

If humans can decipher what is the critical speed required for a rocket to move out of the orbit of earth, how they cannot decipher love...! Let us very humbly try a formula, or better to say a

probable eventuality between a man and a woman, which both of them could decipher and say in unison – ‘Yes, we have arrived... yes, we announce the incidence of love... yes, we are love...!’

Before we do that, two things must be accepted as core hypotheses in any discovery of love –

1. Often, love is an evolutionary realism. Means – ideal it is that a man and a woman may not start at this mystical idea of ‘love at first sight’, share time and space as closely as possible and then very consciously evolve together under the ‘sun’ of mutuality, over the ‘soil’ of affection and compassion. If love evolves between the two, it is the best, which can happen to a man and a woman. This happens in most marriages, when they are settled with mutual consent of two sides, involving the man and woman. Strangers start with a ‘resolve’ for mutuality and usually end up with ‘best probability’ of love. Often, what love between two people needs is ‘commitment’ of the perseverance of the enterprise of mutuality; rest falls in place. Being young is good in many ways but what youth consciousness values precariously is ‘commitment’ as it is believed – ‘Commitment is something more valuable when procrastinated...!’
2. Love is never an individual attainment. It is an absurdity to say, ‘I fell in love with him/her’. Love is always in the exclusive domain of ‘we’, the two – the woman and the man. Love’s incidence is true and real, when it arrives together, almost simultaneously. A man and a woman enter the domain of love’s mutuality either together or never. That is why, most confusions about love and its incidence happen because most people are concerned only about what ‘happened’ to him/her; never thinking as did it happen to ‘them’. Love is either ‘them’ or none...

Having listed the two primary and quintessential hypothesis of love; let us now settle down to list the primary enquiry – ‘How to be sure, when love happens or hits you’ or, ‘What Does It Feel To Be In Love?’ – The Core Question About Incidence of Love.

What I am saying about the signs and symptoms of incidence of love is based on contemporary human knowledge of body-mind mechanism, history of emotions of humanity, archives of literature and collection of experiences of those who have been in stable committed love. All these make me list the signs and symptoms of incidence of love, which may answer the question – ‘How To Be Sure, When Love Happens Or Hits You’ or ‘What Does It Feel To Be In Love?’

At the very outset, we all need to admit that our own body-mind mechanism is a huge mystery and that is why it is our instinctive inclination to accept love as a magical mysticism. This mysticism feel about love is there because of our own body-mind mechanism. We say and talk a lot about 'I', the personal self but science says, 'Consciousness, this effervescent sense of I is a huge mystery'. Science has only very recently started to understand as how our brain works when we are in love or happen to be in deep intimacy. Science however is yet to solve the complete mystery of consciousness, that is, how our brain produces this 'sense of I'.

This somehow is the core hypothesis about incidence of love. Globally, scientists as well as psychologists engaged in researches of love say it – 'Love is always a passive incidence, a happening in subconscious mind, a causality of conundrum.'

This means –

... When you are in a state of complete unpreparedness, when you feel you are utterly confused as to what has hit you and what's happening with you, if you realize that your sense of 'I' is beyond your conscious control, if you think your otherwise poised sense of proportion has gone awry, if you feel that your instinctive sense of usual fear and frailty are not stopping you from doing risky things, if you are affirming that your sense of 'I' and sense of personal wellness has left you and all you can summon to your senses is 'him/her', if you accept that it is tough to even breathe normally and still you sort of enjoying it, if you accept that uncoordinated and asymmetrically incongruous things/thoughts are happening to you but you feel so mystically happy about it, and most importantly – if this is the same scenario with whom you think you are in love with, if this overall conundrum is mutual, you may well be terribly blessed and luckiest person on earth to herald – 'We Are In Love'...!

The core idea is – Love is a passive incidence and nobody can be sure about it because, it is the way our body-mind mechanism works for us. In some weird sense, this very sense of 'I' is a passive incidence for most of us; though we never admit it. If there is complete and perfect confusion and decisive dissolution of conscious and aware thought process as well as senses, it is perfect pitch for incidence of love.

Love may not always start with confusion as many people think they are so empowered that they can plan everything. That is why people go for dates and 'pursue love'. However, when love hits,

when love heralds its incidence, confusion, passive awareness and subconscious mind upstages everything, especially this sense of 'I'...

Now, here comes this warning signal about love. Love may happen in passive and subconscious state of things, love may arrive with confusion but this is just the birth of love. Like all great attainments of life, love needs to grow and mature in time. This maturity and growth needs commitment of persevered practice of perpetuity of love...

Most good things in life happens in confusion and passive awareness but then, it is like the birth of a child, when the mother is in worst of her consciousness and her jumbled up body-mind bio-chemistry ensures that she is only in her passive awareness and subconscious conundrum at the time of delivery of baby. However, when the child is delivered, the mother has to stand up and take the most active, conscious and no-nonsense commitment to grow and mature the child into a worthy man or a woman.

Love is also born, nurtured and matured like that...!

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CHAPTER 2

*The Ubiquitous Question – He/She Loves Me Or Loves
Me Not! And The Elusive Finality Of Answer ...*

Growing up, being young and qualifying for eligibility of 'attainments' of life and living is full of multidimensional shades of conundrums and conflicts. 'To be or not to be' confusion apart, the equal, if not bigger conflation is – 'It Is Or It Is Not...!'

Often, consciously or unconsciously, almost every young man and woman faces this conundrum of – *He/She Loves Me Or Loves Me Not!* The question is ubiquitous, so are answers but still, no answer has the merit and matter of finality. Why?

Simple fact is – If there was singular, logical and objective answer, this ubiquitous question would never have been in the domain of confusion, conflict and dualism, since the inception of humanity!

However, smart answers pervade the youth universe in full force and every such answer claims the finality. Still, there are as many answers as are people on earth...

Someone said – ‘It is so easy to know, if a man and woman are in love or not! If both of them are confused like stupid and at their hypocritical best to ascribe each other’s stupidities as decisive genius, they are certainly and typically in love...!’

Jokes apart, the thing at the core no doubt is the series of confusions. Let us unravel and decipher it, just for the sake of hypothesis building, to arrive at something ‘*foolproof*’...!

Somehow, the confusion starts with the very idea of love. If I ask, ‘she loves me or not’, then there has to be a supposition that she knows what is love and also is sure she has it for me or not! For example, if I ask you, ‘Do you have *dhikchakdhoomchak* with you?’, you can answer yes or no only when you know what is – *dhikchakdhoomchak*!

Therefore, the very first step branches into four confusing steps –

1. I know what love is and she also knows...
2. I do not know what is love but she knows...
3. I know what is love but she does not know...
4. Both I and she do not know what is love...

Anyway, let us move out of it and straightforward talk about what love is, as it is the primary step, before we ask, ‘He/She Loves Me Or Loves Me Not!’ As we enter this domain of defining love, we in fact enter the castle of confusion, which is even bigger than the open field of confusion we were in. That is because, even science has not yet fully deciphered the brain mechanism, which we can say creates all realisms for us...

Anyway, let us accept the most authentic definition of love, the wise humanity of contemporary times has evolved. This definition says –

“Love is an intangible, emergent and very subjective expression of emotions in terms of behavior-action to extend the domain of self’s homeostasis wellness in the ambient environment. When the self accepts and adopts something and someone as right and good for its homeostasis wellness, there is a neurochemical and neuroelectrical impulse to merge in as part of its larger ‘self’. This Process Is Body-Mind Consciousness Expressing In Terms Of The Emotion Of Love.

Love is essentially an extension of one’s ‘self’ and subjective consciousness to accept and accommodate a thing, idea or person in its fold. Therefore, love basically is a very selfish and self-indulged emotion, an expression of the self’s ever-present need to maintain its homeostasis. It is our higher consciousness, which assigns and aligns this ‘selfishness’ to lofty and noble values of life and living in societal space.

This means – Love is a subjective intangibility, orchestrated by objective tangible instincts but an expression of cultured consciousness. This in turn means – Love is a cocktail of both instincts as well as cultural elements of self. Now, another dimension of confusion and conflict is added...

Science says, there is nothing purely instinctive in modern human’s body-mind construct as dominant cultural elements have percolated in all instincts, either shaping them or at least shading them as per contemporary time and space realism. Therefore, it is impossible to say, what is there in a human instinct of love, which we can term as ‘instinctive’ as all instincts are already a mix of instincts and cultural elements. So, we cannot say what ‘nature’ constitutes love as all ‘nature’ now has elements of ‘nurture’...

Moreover, cultural consciousness is also never pure as all cultural sinews are fueled by instinctive urges. If we see so much culture of ‘attitude’ in love and relationship in modern times, it is very difficult to say, what shape and shade of attitude is instinctive and what cultural. Nature and nurture are so stupidly hugged to each other that a separate identity seems impossible...

So, more we attempt to make a logical, objective and singular definition of love to know it exactly, more confusion and conflict creeps in...

There is another very important point, which science now tells us about love. This somehow accentuates the idea that love is a stupidity of conundrum. Science says, when in deepest depths of love and intimacy, a person’s cortex part of brain is shut down and only the mid-brain parts

like thalamus and hippocampus works overtime. We now know that cortex, the upper brain, is essentially the new brain and can be truly considered a human brain, as it deals with logic and higher cognitive functions. This shuts down when in abyss of love and intimacy. Means, love is so very much instinctively aligned to illogical and confused state of mind. This seems true as the mid-brain, which is essentially the archaic mammalian brain, given to simplistic ‘reward-rejection’ emotion-handling, becomes the key decision-maker when in deep love and intimacy. This somehow suggests, love is a stupid value-summation of asymmetrically asynchronous confluences...

Add to it the modern knowledge about how our brain works through its plexus of neurons. Science says – ‘Neurons that fire together, wire together’. This means, different people have different neuron firing mechanism, depending on their experiences and learnt perspectives. Therefore, different people shall have different takes on the definition of what they subjectively ‘perceive’ as love.

Subjectivity of perception is core to the mechanism of love, because, this is the core realism about how we see, perceive and accept – ‘Who I Am’. This ‘I’ itself is a subjective virtuality and that is why, love remains a subjective conundrum...

This is the trouble of love...! This love is an expression of ‘self’, the sense of ‘I’, the subjective consciousness and as consciousness itself is still not fully deciphered by science, we cannot with surety say– ‘What Is Love, As We Cannot Say, What/Who Is ‘I’, Which says, I Love You...!’

However, one thing is for sure – all possible expressions and acceptances of the idea and incidence of love shall always have singular unputdownable and overencompassing element of *Confusion, Chaos and Conflict*. This is how ‘I’ is defined to be in a state of perpetuity...!

In the next chapter, we try to delve deep into the mechanism of body and brain, which engenders this idea and incidence of love.

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