

*t of True Love*



**NOT JUST A KISS**

By  
**AiR**  
Atman in Ravi

Discover the Secret of True Love

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Attraction is Real

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**Of course, Love is about roses,  
And hearts and hugs and  
kisses...**



**But one who doesn't discover *True*  
Love, The Bliss of Love he misses.**

# PREFACE

Who doesn't know the meaning of Love? We love from the day we are born, till the day we die. But we don't understand what Love truly is. Love is a fountain of joy, a source of peace, an emotion that is truly Divine.

While we all love, we don't realize that *True* Love is bliss. Unfortunately, we think Love to be just a kiss. We think Love is all about romance and sex. Those who ponder may realize that Love can be emotional and intellectual too. But have you ever thought what is the source of Love? Where did this magical emotion come from? Who gave us the gift to Love?

We loved our parents when we were kids, and then we loved our friends till we grew up and then we fell in Love. Our romance led to relationships, even marriage, and a family. And it's all because of Love. The whole world is talking about Love, but has anybody stopped to find out the *true* meaning of Love.

*True* Love is very different from what the world thinks Love to be today. *True* Love is the emotion that inspires us to ultimately, achieve the purpose of life. *True* Love gives us happiness, something each human being seeks. *True* Love gives us peace. But is that what we see Love as when we look around us?

It seems Love is all about broken hearts. Most of the Love stories of the world are those where the lover dies for the beloved. If there is no tragedy in Love, it does not seem Love at

all. But this is a myth, an illusion. Out of ignorance, we misunderstand the true meaning of Love and thus miss all the bliss that *True Love* creates.

The Greeks classified Love as Erotic and Spiritual, Eros and Agape centuries ago, and so did the Sufis. Many ancient civilizations tried to define what *True Love* is and how it is very different from the physical manifestation of Love.

Somehow, the world gets carried away with the passion that Love seems to generate and with it, we get immersed in relationships that come with a promise to give us joy and fulfillment, but make us suffer.

*True Love* is Divine. It is pure bliss and has no place for misery or sorrow. But we can enjoy *True Love* only when we discover what it truly is. If we go on a quest to understand what Love is and what are the types of Love, we will ultimately discover the difference between Love and *True Love*. If we are fortunate to discover *True Love* then our life will be a life of bliss, joy, and peace.

Of course, Love seems to start from the heart, and then it's the body that loves. The mind too takes an active part in the magic called Love. But this Love gives us happiness just as it steals our joy and makes us sad. Why? Because we did not discover *True Love* that stems from the Soul. We never realized that Love is born deep within from the spirit, which is our life itself.

Come! Discover the magic of *True Love* and transform your

life. Learn to live with everlasting joy and eternal peace as you decode the mystery of Love and discover *True Love*. Then you will go beyond a Kiss, and find *True Love* that is Bliss.

**Love is a journey of two hearts, trying to become one. It's more to do with body and mind, and together, having fun.**



***True Love* is Divine Soulful Love, it loves the Soul within. It is universal and loves one and all, it goes far beyond the skin.**

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**Love is...  
Mostly an attraction  
of the beauty of the skin.**



***True Love is...*  
Divine Soulful Love,  
that loves the one within.**

# WHAT IS LOVE?



**Definition of Love:** Isn't it great to feel Love, to fall in Love and to fill your heart with Love? Would you rather choose to live with hate? No human being would prefer hate to Love, just as it is instinctive for a human being to wish for happiness, seeking pleasure and not pain.

Love is an intense feeling of deep affection. While it is used to express great interest or pleasure in something, be it football or chocolate, normally, Love instantly refers to a magical feeling a person has for another person. There are different types of Love, but the emotion of Love is distinctly connected to happiness, fulfillment, and positivity. It is said that the word "Love" originated from *Luf* which means 'dear'. Love vibrates the feelings of dearness, adorability, and affection. When there is Love, we cherish and look forward to what we love. While we don't really need to define Love because we all know what it means and how we feel when we love, not many of us know what *True* Love is.

**Why do we say, "I love you?":** When we want to express our Love, we normally use these words, though Love can also be expressed with a gentle touch or with a loving glance. Acts of Love also express our fondness or Love for somebody. But then, we also say - "I love football" or "I love chocolates." How is it different from "I love you"? Is Love just a feeling of liking somebody or something, or is it something deeper, far more passionate?

We may like somebody but it does not mean that we love them.

When our liking becomes intense, it may mature into Love. However, this does not mean that all liking becomes Love. While liking may not be Love, is it possible to love somebody but not like them?

There is a big difference between liking and loving. While 'Love' is used to express our preference - what we 'like' the most - this liking is not really Love. The real emotion of Love is a deep longing and desire for somebody alive who can reciprocate our Love.

In fact, when we love, specific hormones are released in the brain. These Love hormones, like oxytocin or serotonin, create a euphoria of pleasure releasing other associated hormones like dopamine. Together these hormones create feelings of contentment and calmness as they make us feel secure and happy.

So, what exactly is Love? Love may be used in different contexts, but when we talk of *True Love*, we are talking of a relationship between two people. We are not referring to our passion for a hobby or favourite food. Sure, we may love burgers and pizzas, but that is not the *True Love* we are trying to discover. We are more interested in understanding what makes our heart dance when we love somebody. What causes this ecstasy when we so passionately seek to be with the one we love? Yes, it may be friends and family too. Love is also not restricted to a person or beloved. In fact, we can sometimes love a pet more intensely and dearly than a person.

**Why do we fall in Love?:** If one analyzes the emotion of Love, it seems to be one of the basic human instincts that we are born with. Just like somebody would choose pleasure and not pain, happiness and not unhappiness, a normal human being is born to love and not to hate.

As a body-mind-Soul complex, we are blessed with sense organs that develop Love naturally when we come in contact through sight or touch. Sure, somebody may fall in Love listening to a voice, but we must understand why we fall in Love. Over time, we human beings believe that we have a heart that loves. Therefore, the symbol of the heart is a global phenomenon. But neither does the real heart look like the heart symbol used in expressing Love nor is the function of our heart organ to love. Then why do we feel that Love comes from the heart? Because the blood gushes to the heart when we feel the strong emotion of Love, we tend to believe that the heart is the organ of Love.

Love has more to do with the brain and the mind, for it is produced by a thought that causes the brain to release hormones that accelerate the heartbeat, whether inspired by our senses or not. Although the heart seems to have nothing to do with Love, we feel and we seem convinced that we love from the heart.

Together our body and our mind fall in Love. The motivation of Love may be different in different cases. Men are supposed to be driven by physical factors, just as women are inspired by

emotions. Thus, came about the phrase, “Men are from Mars, women are from Venus.” This is absolutely true because men and women seem to have a very different design and they react differently when it comes to Love. If you love a woman emotionally, there are good chances that she will become physical, just as if you love a man physically, emotions of Love will follow.

But why do we love? Man has been created by the Creator as a social animal. Generally, human beings don't like to live alone. We are born in a family and we experience Love in our natural surroundings. Then we grow up, and we love our best friend or our dog. As the body and mind mature, we fall in Love with our beloved. This is a natural phenomenon. Just like we eat, drink and sleep, it is very natural to love.

Those who go into the depth to understand *True* Love realize the Divine Truth. The life inside each one of us is yearning to unite with the universal Divine Energy that is no different from the life in others. The Universal Law of Love is such that Love energy naturally flows out of an individual to love another. Therefore, it is absolutely natural for Love to flow from one person to another, whether it manifests as kindness, compassion, romance or sex. It is this deep natural yearning from the Soul within that seems to be the essential and natural cause of Love. Maybe, Love is inspired by the instinctive desire of man to be happy as it is the source and fountain of joy. Some people believe that we are created with a sense of incompleteness. This creates the desire to love.

**What are the Manifestations of Love?:** Love manifests in many ways. While we feel our heart beating faster, we also experience that enhanced energy, that euphoria when Love strikes the brain. Can't we make out from a person's behavior whether they are in Love or they are full of hatred? While it is easy to differentiate between Love and hate as they are two opposite emotions, Love manifests in its own unique ways. Somebody's excitement may be expressed by singing a song, while somebody's happiness born out of Love will show on their personality, in their behaviour. Giving a rose to somebody is not the only manifestation of Love. Being caring, being kind, sharing, sacrificing, and going out of the way to do something for someone you love are simple manifestations of the Love emotion.

Men and women are known to give up their life for the sake of someone they love! Therefore, Love can be considered to be amongst the most passionate of human emotions. This source of happiness creates a smile and brings a twinkle in our eyes. Love is magical! It manifests in ways that are beyond human description.

**Love creates Relationships:** As we grow up, don't many of us build a strong friendship and love our best friend? This innocent childlike Love has nothing to do with the Love understood by the world. One may have intense Love for their parents or their siblings. These relationships can last for life. But Love known to the world is more intense and passionate when it is between a man and a woman. This relationship leads

to the contract of marriage which is now considered sacred by most religions. Creation has led humanity to continue relationships throughout life by creating well-knit families who bond together as a loving unit of human existence. Have you ever stopped to ponder what is the foundation of a family? It is Love born out of the body, mind, heart, and Soul that causes the creation of a family and thereafter, fosters the growth of it. Without Love, there would be no relationships.

**What is the connection between Love and Romance?:** Is romantic Love the same Love that we feel for our parents, brothers, sisters, friends or even our pets? Of course not! Romantic Love is very different. Romance is another manifestation of Love, born out of Love. Where there is no Love, there is no real romance. Love is the cause, romance is the effect. Remove Love, and romance will disappear. When romance is just teasing or playing, there is no emotion of Love involved. It is just a tool for pleasure and happiness.

*True* Love makes one go out of the way to please the beloved. We do anything and everything possible to express our Love. One can see lovers willing to sacrifice anything to please the one they love.

Love without romance is so boring and spice-less. Love blooms with the fragrance of romance and is built on it. While we all experience Love and romance, what makes Love *True*? Why do romantic relationships break?

**Marriage... is it Love?:** We all know that marriage is not Love.



It is a contract between two people to live together and build a family. Marriages sometimes, take place due to Love and sometimes they are arranged, but for sure, we expect Love to be existent in a marriage, which often, is not the case. Therefore, some people find it ridiculous to marry without Love, but there are many cultures who refuse to accept Love marriages. Regardless of whether a marriage is born out of Love or not, can a marriage survive without Love? Can two people live with each other for life physically, intellectually, and emotionally without the presence of Love?

Why do some marriages celebrate silver jubilee and golden jubilee while others break apart? Love is the cause! Where there is Love, *True Love*, a marriage will never break. In fact, the word 'marriage' itself means two people becoming one. How is this possible without Love?

**Is Love Sex?:** The most common misunderstanding about Love is that it is sex. Some people think that Love is all about a physical crush and then, romance, and sex. There seems to be no doubt that sexuality is a natural manifestation of Love. Human bodies have been created in a way that copulation is natural, whether it is born out of the emotion of Love or not. Sex as a human instinct can exist without the emotion of Love. Thus, they say that prostitution is one of the oldest human professions. But we have cases where we find people fall in Love with a prostitute! Why? Because the physical act of sexual intercourse releases the hormone oxytocin, that creates an attachment, an intense passion between two people. While this

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