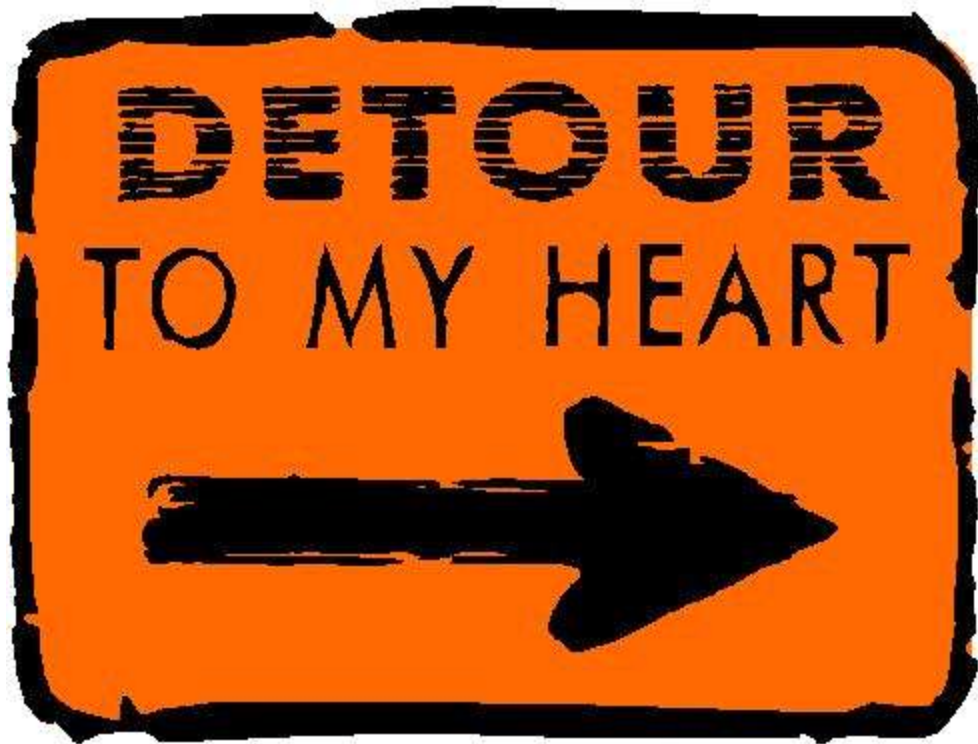


**When Love Takes A Detour ~ How to Find True Love  
or Get It Back ~ Reroute When Its the Only Thing  
That Matters Vol. 9**



by Terry D. Clark

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## **Chapter 1: What is Love**

If we think about it, everybody has used the term “I Love You” at some point in their lives. What is love actually. If we think of love in the abstract it is a deep feeling of emotion which encompasses caring for another at a heartfelt level. Even as an abstract concept it is expressed in a multitude of ways based on how one views the

abstract concept of “love”. It is safe to say regardless of nationality or belief system the idea of love boils down to a deep affection one has for another. How people express love is what changes. Factors as ones beliefs, wants and needs all go into the equation of love.

The feeling of love that we express is strongly associated with human emotions. Emotions by definition are feelings related to our moods, temperaments, personality, disposition and motivation. Affection which is used synonymously with the word love refers to a state of body or mind that is associated with the process of love. Love can be platonic, romantic, humanitarian or religious just to give you the idea on how many types of love there are. However when we use the word affection it denotes also more than just friendship or good will. There is an implication of romance and sexual overtones when love is inferred to the opposite sex.

What's interesting about love is that the feeling of love which creates a strong emotion and tie of affection we feel for another also establishes an attachment to that person we feel love towards. When we become attached to a person because we love them we have certain behaviors, stages and processes that all come into play so we can be close to that person both physically and emotionally. Love is a bond that takes place between two people. The two people that have love for each other and nurture their relationship together to maintain the love they feel for one another.

As we know the word “love” can refer to different types of love. This too includes a variety of feelings, states and attitudes ranging from what is called a generic pleasure such as saying “I love chocolate cake” to intense interpersonal attraction like a man who says I am so in love with my wife. Love is a complexity of feelings; it has different uses and meanings to people which is why it is really hard to define. People have different emotions around feeling love.

Even when it is viewed as an abstraction; it encompasses many different feelings which can range from passion to desire to the intimacy of romantic love to non-sexual emotional closeness to platonic love. It can also encompass profound oneness and devotion to a religious belief. Love is also the center foundation psychologically interpersonal relationships.

What makes love hard to define is cultural/religious differences in how they view love. For example in Buddhism and Hinduism there are both the words Kama and Karuna. However both have different meanings in relations to love because they are not the same culturally. In Hinduism Kama refers to pleasurable sexual love personified by the God Kamadeva. In Buddhism it is also sensual sexual love but seen as an obstacle to enlightenment because it is considered selfish. In both ideologies Karuna is a form of compassion and mercy. In Hinduism it impels one to reduce the

suffering of others and while in Buddhism it reduces others suffering while in the act of compassion and mercy. It is a road of enlightenment through wisdom.

In an effort to determine what love is its easier to look at what it isn't. Love is considered the opposite of hate or even neutral apathy. Interesting also is that love is many times equated with lust which is what lust is defined as. Lust is desire of the flesh. It is a craving of sexual intimacy with another. It also implies a self indulgence at the expense of another based on an initial physical attraction. Love is considered less animal in nature than lust because of the emotional component. Anyone can have sex without emotional attachment; it is a biological interaction between two animals including humans. But, love between a man and woman is more emotionally intimate as a form of a romantic attachment. One could say that love is also sexual in nature but romantic in overtone when it applies to a man and woman's relationship. Love in our society is contrasted against friendship. Friends may have love for one another. They want the best for them and care for them. However they do not want sexual passion or romance with them. This is not friendship. The love between friends is platonic. There are however exceptions where close and best friends love each other romantically. There are those people in love who consider each other their best friend. In this case they have all the different emotions of both types of love for each other.

When we generally talk about love it's in the context of an interpersonal intimate relationship between two people. With this type of love the person identifies with the other as being in a committed relationship with them. There are some cases where a person will love a thing or one's self as if in a relationship which is narcissism. Even if a narcissistic person is in a relationship with another; the narcissist only see themselves as their love interest. They view the other person as someone who needs to cater to them because they are so wonderful. This type of behavior and relationships go into love disorders. Impersonal love is when someone loves an object, principle or goal. They value it and are deeply committed to it. Some people like social workers, philanthropists, community service people may love the work they do which may stem from altruism and their strong political convictions. Interpersonal love refers to love between two human beings. It is more intense than simply the two people liking each other. This type of love is associated with relationships. They can be relationships between family members, friends or couples.

People can also love animals, material objects or activities if they bond with them and put time into them. If sexual passion is involved it's called paraphilia. Paraphilia is a disorder in which a person gets sexually aroused to objects, situations or people that are not considered a normal stimulation source. Sexual fetishes fall into this

category. The sexual behavior is considered atypical or extreme.

Like paraphilia, there are also love related disorders. Erotomania is a delusion that one person has that another usually a stranger is in love with them. It is often confused with obsession love, unrequited love or hyper sexuality also called nymphomania. Obsessive love is not considered Erotomania; it is love where one obsesses over another. The person is emotionally obsessed with another person. Unrequited love is where one person loves someone but it is not reciprocated.

One thing is certain when you love someone you want the best for them. You are willing to work out problems with them because you love them. Every time you see them it's a rush like the first time. The ancient Greeks classified love into 4 categories:

1. Agape Love-This is unconditional love. It is considered love by choice because the love is there even when you are not pleased with the person. A good example would be loving someone despite their faults.

2. Phila love-is a dispassionate and virtuous love. It is guided by our likes and by what's considered healthy and unhealthy for us in terms of our needs and desires.

3. Storge- this is the word for family love and also the physical show of affection. This is the human need to be touched, it can



also be sometimes the love between exceptional friends.

4. Eros-physical, sexual desire as in intercourse, it's the root word for erotic and eroticism.

Psychiatry sees love as a triangle with each side a component:

1. Passion-which underlies physical desire, sexual behavior and arousal. This is the physical side.

2. Intimacy-This is the emotional aspect. This includes the closeness, connectedness and the warmth of friendship.

3. Commitment-this is the decision making part. The choice between the couple as to whether or not they will stay together.

In truth love has many meanings to many people. There are different stages of love based on where people are in their lives and their level of emotional capacity to give and receive love as they know it to be.

## **Chapter 2: Love and Human Physiology**

Science is yet to really understand the mechanics of what

biologically happens between men and women in relation to the phenomenon of love. However they do know some things. It has been found that the brain goes through a chemical reaction when a person picks a mate. Brain chemistry and its chemical reaction to who we are drawn to; is behind an attraction that draws a man and woman together in the first place. Love reacts the same way on the body; starting in the brain with the same chemicals it activates for hunger and thirst. The brain responds to love in the exact way our automatic response system reacts for what we perceive as a need. The body sees love as a survival need and responds bio chemically to it as such. Love is built into our fight or flight automatic response system based on how we respond to the stimulation of love. From an evolutionary stand point the brain functions at three different levels in relation to “Love”. These three levels or stages are:

1. Sexual Arousal or Lust- Lust is what attracts people to each other in the first place, When we see someone that appeals to us physically our first reaction is lust by definition. It's what makes us say that person is cute or appealing to us.

2. Romantic Attraction- Is what encourages mating, once we get past the initial lust then we look at the person with an interest in getting to know them as a potential mate

3. Emotional Attachment or Bonding- Once romantically attracted; there is a decision made to want to stay together as a couple or not. This is the toleration factor that makes the two stay together for the long haul.

It is each of one of the three above things that are set off in the brain when we meet a potential mate. These three stages are regulated by brain's chemical activity. Each stage sets off a group of chemicals like a cocktail in the brain to activate the feelings in each stage. Unless all three stages are activated chemically chances are the relationship will not work, much less last. Both the man and the women have to go through the three stages simultaneously to make this magic happen. It is found that if all three aren't activated that the person feels they have not found the one. This is also when one person may like another and it is not reciprocated because the chemical reaction was not mutual. You cannot fake a chemical reaction it occurs almost subconsciously before we think about it.

When we initially feel lust, the hormones testosterone and estrogen are released. Testosterone is the male sexual hormone and estrogen is the female sexual hormone. Testosterone gives a male their secondary sexual traits. These are those attributes in men that are associated with their sexuality as a man and their sexual strength or prowess. Things like facial hair and other signs associated with a boy becoming a man is responsible for testosterone. Estrogen is

responsible for female sexual characteristics much like testosterone is for men. It is responsible for women's breasts their monthly cycle and things that make a girl change into a woman. These two hormones, whether male or female; makes a person feel the mating urges to begin with. The effects of the release of these chemicals generally last a couple of weeks, maybe a month or two the most. This is where people who have sexual encounters experience their relationships fall to the waste side because the other factors are not activated during that initial stage for progression. Their reproductive hormones are activated, they have sex and then none of the other stages are activated by a romantic attraction or emotional attachment or bonding.

After this initial lust stage if both parties have the second set of chemicals working for each other the attraction stage ensues. During this stage the individual now has romantic feelings towards the person and sees the potential mate as an actual long term candidate. So out of lust develops the commitment to an individual mate at this stage. The chemicals at work during this period are :

1. Pheromones - these are chemicals that are excreted that triggers a social response to like species. They are capable of acting outside of the body to trigger an impact on the behavior of the individual who is receive them. (An example is a person is attracted to another's natural scent while others may repel

them.) There are different pheromones. In this case they are called sex pheromones. They impact the other person by their response physiologically and also behaviorally to the person releasing them.

2. Dopamine- which is a neurotransmitter in the brain. It is an important chemical in human behavior. It is stimulated when we perceive a reward. Dopamine stimulates gratification. This is one of the chemicals released during gratifying behavior to make us feel good, (sex included).

3. Norepinephrine- is a stress hormone. It effects the brain where attention and action is stimulated. This activates stimulation and arousal, affecting our reward system.

4. Serotonin-is also a neurotransmitter which is derived from tryptophan. This stimulates our moods. It elevates our mood levels either up or down in response to stimulus.

When a person starts to fall “in” love as we say these chemicals are released. The combination of chemicals act as a natural amphetamine on the brains pleasure center. This is why people feel side effects such as a rapid heartbeat, loss of sleep and appetite and a feeling of intense excitement to describe their feeling of love for someone. The body get's naturally "high" on the situation due to the

chemicals it releases. This stage can last chemically with the feelings of the pleasure center stimulated from one and one half to three years.

Both of these stages pass and the third stage is required for a long term relationship. It is the attachment and bonding factor that creates permanency and the level of deep love that lasts. Attachments at this last stage seal love with commitments. But, the factor of a feeling of being mutual friends and shared interests have to also come into the equation at this stage even in romantic attractions. In this stage of love the levels of the chemicals oxytocin and vasopressin are at greater levels than any other stages of a love relationship.

Oxytocin is a neurotransmitter found in female reproduction but also in sexual orgasms and plays a role in social identifying and pair bonding. It also is found to be stimulated in trust, love and maternal instincts. This neurotransmitter is found both in the plasma of men and women during orgasms. It is oxytocin that invokes the feeling of contentment, reduces the feelings of anxiety and also promotes calmness and security in relation to a mate. Vasopressin is among other uses released during sexual activity. It also initiates and sustains patterns of activity between pair bonded and sexual active partners. This neurotransmitter induces male to male aggression. It is also noted that during the first year of a love relationship the growth protein molecule NGF or nerve growth factor is found. This is what

makes males territorial over their love interest.

There are cases where a person has trouble finding one person to be in love with. In this case the brain stimulates one of the three stages with more than one person because one person does not chemically turn them on with all the stages needed for love. This is where you have a person sexually infatuated with one person, dating another and sleeping with another. This person may then look for another and if that person doesn't stimulate all the stages for them they continue the cycle because they cannot find what they are looking for. This happens when a person usually dates and sleeps with multiple partners. One partner doesn't have enough with the person to chemically keep them in a monogamous relationship.

When a person makes our hormones and chemicals surge we seek them out because it stimulates our feel good pathways in the brain. This is where the idea of chemistry and love comes into play. We have all heard people say and may have felt at times that the chemistry wasn't right when we met someone. This let us know that the person wasn't right for us. Unfortunately many people don't grasp the facts that chemical reaction is very important in finding “the” one. It is a fact that it takes a chemical reaction to occur in order to feel that love for someone. This is what people refer to as a spark. It's not about just their looks. This is why two good looking people may not be attracted to each other. There is no chemical

connection between the two. It the natural reaction that occurs when two people feel a certain way towards one another. This cannot be forced. Lack of chemistry is one of the main reasons that relationships do not last. You have to have chemistry also to make a loving relationship. In reality if you do not feel that special spark for someone you are not going to want to be there long. All the money in the world wears thin after a while in those relationships where unions are made for reasons other than love. You can best believe that the person who is paying for love also feels it. We can feel when someone doesn't love us the way we love them. That is because of the chemicals that are not being released. If someone doesn't feel love for another in any of the three stages but tries to have a relationship with them anyway the chemicals are not released nor reciprocated. You can say the words but the chemical reaction will show differently. That's when a person will say "they say they love me; but it still doesn't feel like they do." Well it's because they really don't. They are going through the emotions and trying to mask the feelings that they do not feel.

Mismatched chemistry causes problems also. With mismatched chemistry between two people you find things like a contest of wills occurring. This is because there is no mutuality of feeling or natural connection to create a flow between the two people chemically. This is like forcing oil and water to mix. This is where you find things like people are married and one feels neglected because the other is



not there for them and has no affection for them. Well, what can you expect? It's sad but the chemistry wasn't there to begin with. There may have been one of the stages in which love manifests fulfilled in cases like that but not all. Also when a relationship is not harmonious chemically other chemicals that create alarm and discord go off in the brain. When this happens it turns the person or both people off in the relationship completely.

It is the limbic system in the brain through what is called limbic resonance that enables us to connect with another in that magical sense in relation to love. This is the phenomenon where two nervous systems become in sync. It is this occurrence that is responsible for love at first sight in addition to the chemical reactions programmed into our response to that person. The limbic system is the one responsible for the butterflies in your stomach when you see the one you are crazy about. When both parties feel this it propagates the growth of attraction. When only one party feels it and not the other this is not a mutual attraction and probably will not work as a love relationship in the long run. It is the initial chemical attraction that permits both parties to allow the feeling to grow into romantic attraction.

Keep in mind this is the same system that comes into play when you don't like someone right away and they rub you the wrong way. This is a classic example of how in this case the wrong chemicals are

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