

## **Love never loses**

### **(1) Falling in love isn't always a conscious decision**

If you love a person, but that person doesn't feel the same way about you, you should not see this as some kind of betrayal or rejection. She might like you, or even want to love you, but she simply doesn't, for reasons she might not herself understand.

Sometimes she might give some reason for "rejecting" you. Whatever that reason, this is only that her opinion of you. This is likely to happen when you first fall in love. If you are new to this, you might want to succeed the very first time (just like looking for your first real job). But there are really no rules for this game.

The point is that your pride could be hurt, or you could lose self-confidence. You might jump to the conclusion that all women or all men are "like that." However, you are not the only one who has failed the first time: it has happened to countless people since humans first evolved. Or you could feel that you would never fall in love again.

### **(2) Don't take it personally**

Falling in love is a powerful emotion that draws you to someone whom you might consciously or unconsciously feel that you want to spend the rest of your life with. It helps to consciously ask yourself, "Do I really want to spend my life forever with this person?" or better, "What is it that I really like about this person?" Carefully reflect on the answers that come to you.

When someone rejects you, obviously that person has no feeling for you. Maybe she is not ready for a sustained relationship for some reason. In other words, you should never take it personally. This means respecting that person's decision.

Falling in love must be a two-way process. Either party should deserve the other. If someone rejects you, it also means that you do not deserve that person. It is better that this happens early in your courting life than after you are married, which would be more complicated.

### **(3) You don't need anyone's approval**

If you're especially sensitive to how people treat you, then you might over-react and think of a lack of connection between two people in a negative way. You might even think that you might have done something wrong, such as offending that person, and even want to fix it. But just because someone cannot connect with you deeply doesn't mean that you've done something wrong.

Often, it simply means that the other person isn't happy with herself. She could have her own issues, and is not ready to share them with you. If you are still a student, it's obvious that having a soul-mate should surely not be high in your priority. For it means you have to invest your time in that relationship, away from your studies, past-times and other priorities. If you are still young, you should go on making as many friends as you can in a positive way, even mistakes occasionally, but always learning from them. Loving someone is not about gaining approval: to love is to learn.

### **(4) You've not lost anyone**

If you feel depressed or bitter, it probably means that you think you *need* that person's love to be happy. But you have been quite happy even before you met that person. Happiness arises in you for countless reasons. In fact, feeling happy is a habit, just as some people are habitually depressive.

If you see love as a "thing" you want, then you would think that you *lack* it. But love is a feeling inside you. If you are really happy, you would not "blame" the other person for bringing

on such unhappiness. If you learn to be happy, no matter what, you would not see yourself as being rejected or unrequited. These are only perceptions, perhaps because you've been listening to others or using their standards.

**(5) Learn to let go**

If you feel a lingering hurt inside you, it is good to take a "let go" attitude to give yourself the time to heal. Do not tell others close to that person how you feel or what you plan to do, as they might come up with more unhelpful suggestions. Don't call them or go to those places where you frequented, if necessary. If you do receive messages from them, take a few days to reply, and do so with careful thought.

This is a time to reflect on your situation and learn more about yourself. This is not a question of failure, but of what it is that you are looking for in another. Or, what your priorities are right now, and to get them right. Time is a great healer and giver of new opportunities, if you keep your mind and heart open. Above all, remember that you are unique: you are different, she is different. Each person you meet is new and different – every time.

**(6) Be emotionally independent**

Dealing with unrequited love is very much like getting over a marital breakup, except that you feel a sense of loss over something you never had in the first place. Still, you must learn to enjoy life without that person. She is not the only starfish on the beach or the only star in your sky.

If you are not actually rejected, but only that she wants you both to remain friends, this is fine. It's always great to be on good terms with others. You might even learn to laugh at it. This is also a sign of growing maturity.

**(7) Show unconditional love**

If you are the kind of person who truly love people, especially this particular person, then you can perhaps love her unconditionally. You have tried your best to be close, but somehow, you cannot be any closer. So you magnanimously wish her well and happy. Unconditional love here means that you think well of that person even if she does not love you as you want it.

The situation could well be reversed. You are unable to love that person, and would still wish that person well. Falling in love is just the beginning of a complicated human ritual of great personal commitment that would have consequences shaping the rest of your life. Staying in love is the next vital process you need to learn.

There is no loss in unconditional love: it only grows bigger, and you become better prepared to love deeply when the opportunity comes again with the right person. Only in giving love, you are truly loved. It also helps to positively remember those who do love us.

If the break-up still hurts, recall this moving story: Once, a man loves a woman very much. One day, he proposed to her, but she rejected him. Still he was not sad. His friends asked him, "Didn't you feel bad?" He replied, "Why should I feel sad? I lost the one who never loved me. But she lost the one who really loves her!"

Piya Tan ©2013 0411 0804