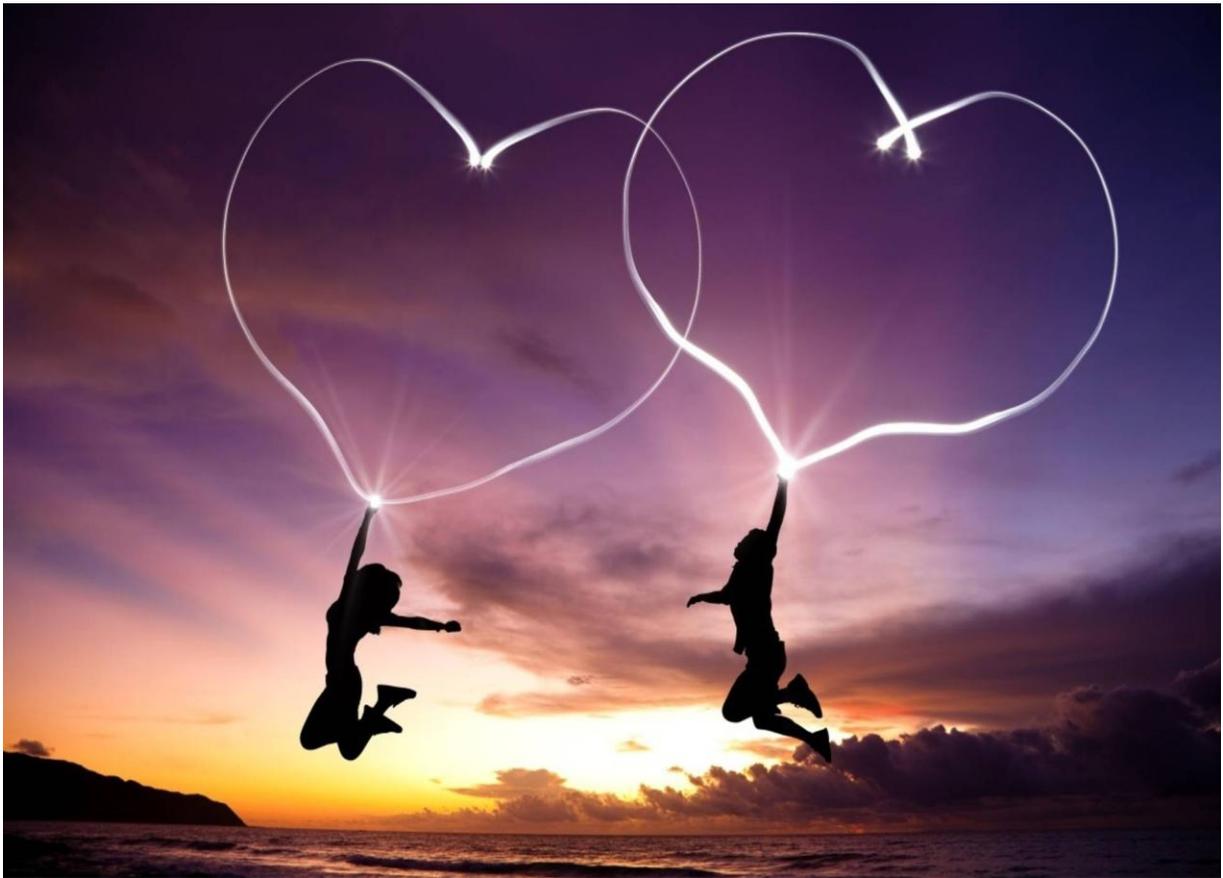


# *Lessening the Lies of Love*

(or “Revealing the Ruses of Romance”)

... a brief yet poignant exposé of many  
of the more common myths & misconceptions  
related to love, romance & relationship



via *Scaughdt*  
... an (i)am publication  
(4<sup>th</sup> edition)

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*“When we finally come to understand the incontrovertible brevity of life, its fleeting joys and unavoidable pains; when we finally come to accept the simple fact that all of us are every day steadily approaching an inevitable end: the mere awareness of this awesome Truth makes us more considerate of each other.*

*Knowing that we all have but this one, veil-thin life – this one whisper of a moment to do some Good before we go -- to make a mark for Justice or leave a legacy of Love, we automatically rekindle an inherent desire to put forth our best efforts to help all fellow travelers upon our road; to make the path just a bit brighter and just a bit smoother for others as we ourselves journey along its winding way.*

*Indeed, by awakening to the majestic Reality of our patent & undeniable interconnection, we feel a closer kinship – know a humbler understanding -- and remember a more heartfelt compassion for all our fellow wayfarers; for all those who must live in our common life, for all those who must suffer in our common pains, for all those who will revel in our common victory, and for all those who will indeed meet our common end.*

*This is but the beginning of LOVE.”*

*~ inspired by Clarence Darrow*



*“Love is always accepting and always kind.  
It is never jealous or desirous; never boastful or conceited;  
never rude or selfish. It does not take offense while under attack  
and it is not resentful if abandoned in the cold.  
Love takes no pleasure in other people’s faults or failures,  
but rather delights fully & completely in their Truth.”  
~ inspired by the “apostle” Paul (1 Corinthians 13)*

## *Introduction*

From birth to death, we humans are repeatedly inundated with compelling biological drives & enormous cultural pressures -- many of which persistently persuade us to seek “true love” or manifest a “healthy partner” or even find our one true “Soulmate” ... Indeed, there is so much attention being paid to attaining love and then keeping it alive in our lives that many of us have lost sight of what true LOVE truly is, much less of how a truly Loving relationship looks or what it can truly become.

And so, seeing as how it is just such a LOVE that has proven to be so priceless & empowering in my own life over the past ten+ years – and seeing as how it is just such a LOVE that is obviously still so hard for so many others to find & know, I thought I would briefly identify and “cleanse” a few of LOVE’s more prevalent myths -- lies that are keeping the majority of people from experiencing its purest Peace or knowing its most deep-seated Joy; ruses that are shackling our ability to transcend war & violence & callousness, and therefore preventing us from riding pure LOVE upwards into a new dawn -- to finally become the Caring Stewards of the Earth that we were meant to be.

To that end, I now offer a look into what LOVE truly is, in equal part by dispelling the illusions surrounding what It most certainly is not.

... as allWays, enJOY!

### *Scaught*



## *The 1<sup>st</sup> Lie: Blindness*

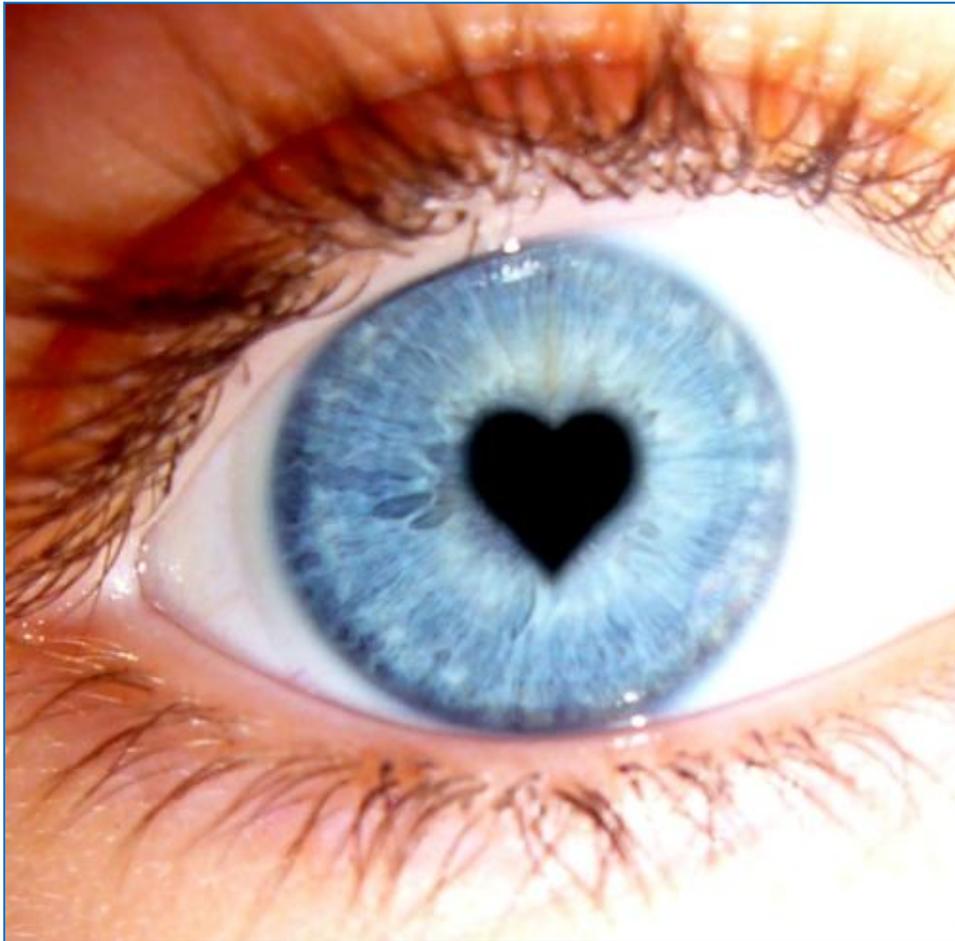
We have been told that, “*Love is blind*” ...



... and yet in Truth: **LOVE is our only real Clarity.**



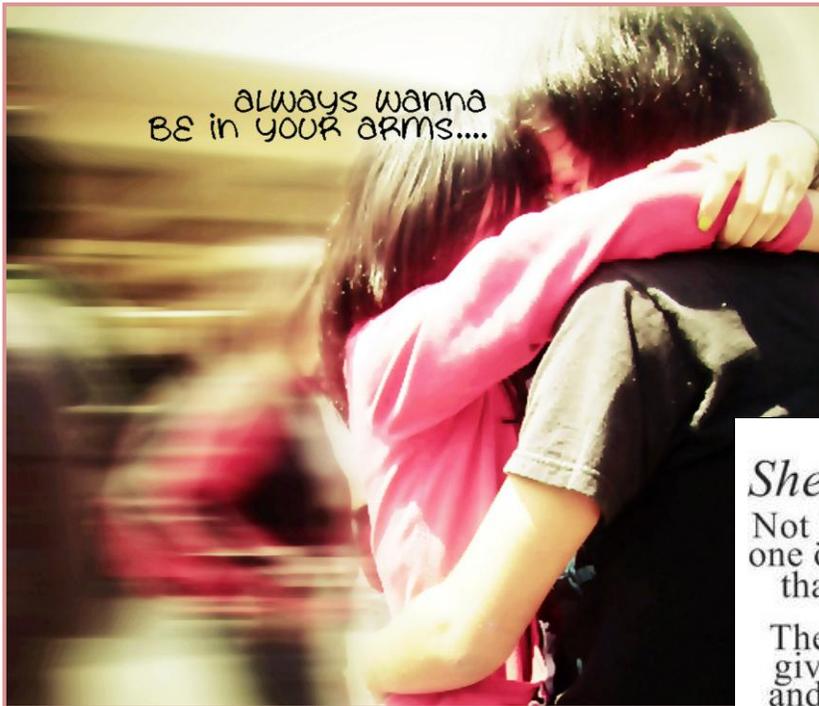
Yes, “love at first sight” and “falling head over heels” are both actually flashes of lust, and as such have nothing whatsoever to do with **LOVE**. And yet even then, even in those times – as well as times other – when we choose to look past all behaviors “boring” (and even ignore all traits “broken”) to see the very best in another person, we are actually not deceiving ourselves at all. For in all our moments of enamorment, even in those steeped in hormone-driven “delusion”, what we are actually *Seeing* is those others as they truly are – often in a way that they do not ever choose to see themselves. As such, these times of intense adoration are *not* our times of blindness, but rather are in actuality our sole moments of Clarity.



*“Perhaps all the dragons in our lives are actually princesses who are only waiting to see us act, just once, with beauty and courage. Perhaps everything that frightens us is, in its deepest essence, simply something helpless that simply yearns for our Love.” ~ Rainer Maria Rilke*

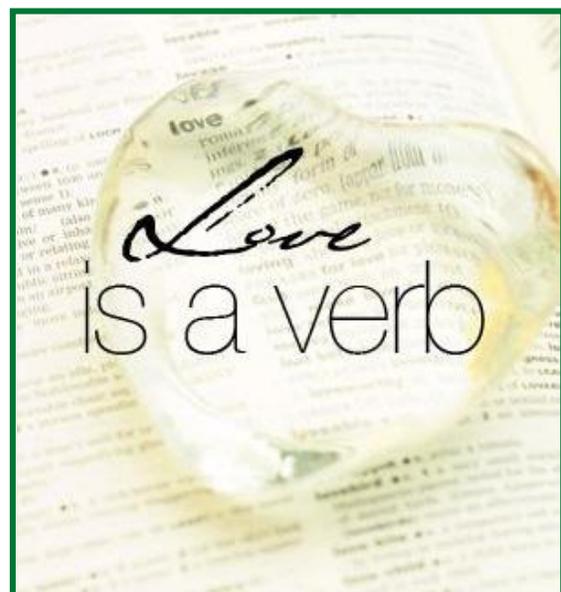
## *The 2<sup>nd</sup> Lie: Emotion*

We have been told that, “*Love is emotional*”; either a positive thought that excites, or a warm feeling that soothes ...

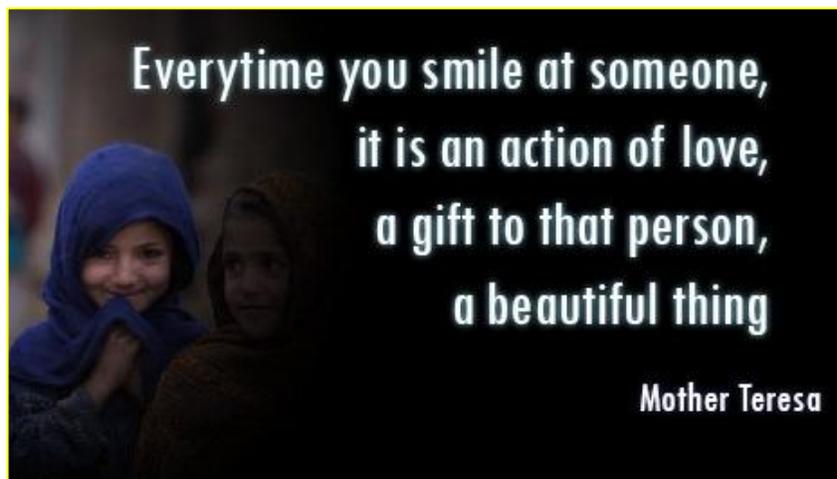
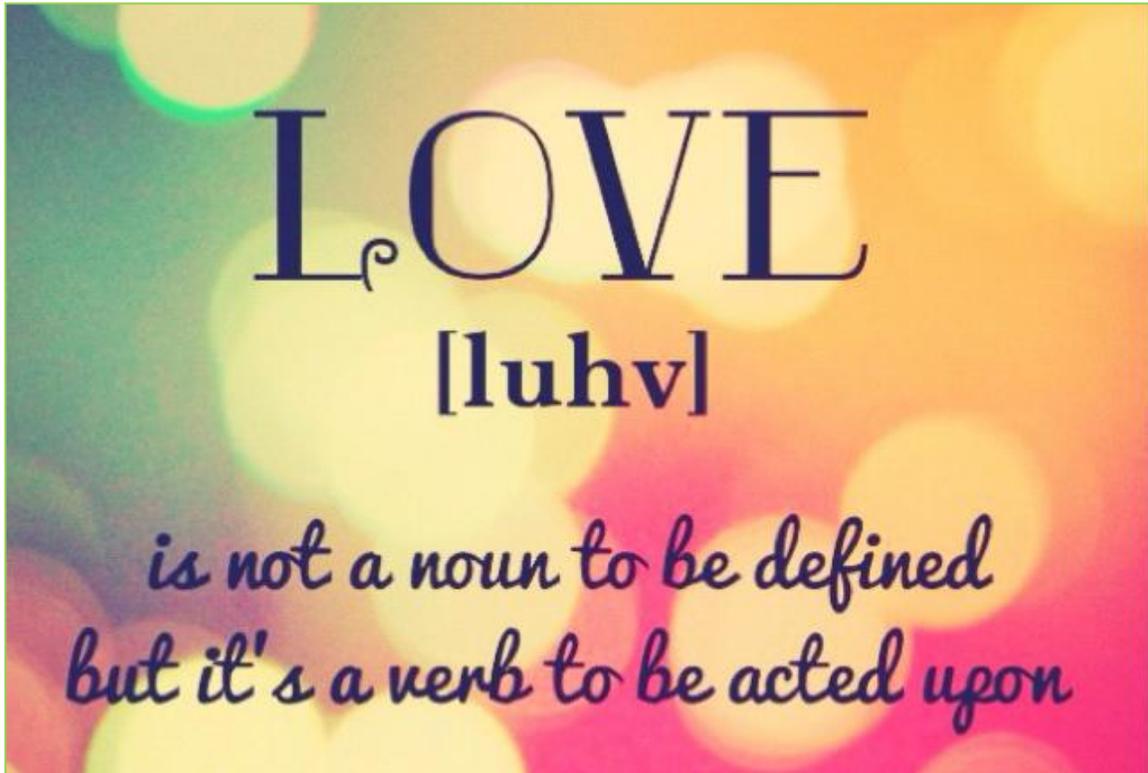


*She wants a hug.*  
Not just a normal hug,  
one of those tight hugs  
that could take her  
breath away.  
The one that could  
give her butterflies  
and could make her  
smile like crazy.

... and yet in Truth: **LOVE is a verb**;  
one that is always on the outside  
looking in -- while simultaneously on  
the inside beaming out.



For real **LOVE** is always an action; LOVE is always a choice to be enacted, and LOVE is in all Ways a deed to be Done.



*“Light up the Fire of LOVE within you,  
and blaze the thoughts away.” ~ Rumi*

## The 3<sup>rd</sup> Lie: Romance

We have been told that, “*Love is expressed in romance (and intensified during sex)*”...

... and yet in Truth: **LOVE is expressed in Friendship**, intensified during acts of selfless service, and purely known only during deeds of radical Kindness.

### LOVE vs. LUST

<ul style="list-style-type: none"><li>▪ Is a <b>DECISION</b>. “Making love” doesn’t make it <b>LOVE!</b></li><li>▪ Wants what’s best for the other person.</li><li>▪ Protects others from harm, danger, or risk of harm.</li><li>▪ Is unconditional.</li><li>▪ Shows “I will never do anything to hurt you, and you will be a better person because I loved you!”</li></ul>	<ul style="list-style-type: none"><li>▪ Is a <b>FEELING</b>, like infatuation.</li><li>▪ Tends to be more about “me.”</li><li>▪ Looks for what it can get, not what it can give.</li><li>▪ What we call “conditional love”... I love you <i>if...</i></li><li>▪ Says “Come on Baby, isn’t it time we showed each other how much we care?”</li></ul>
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“If you fail to distinguish between love and lust, then you have never loved.”

Olianna Portnoy



*“Love is that perfect condition in which the happiness of another person is essential to your own; where one is simply Loved because one is Loved – with no reason needed for the Loving.” ~ inspired by R. Heinlein & P. Coelho*



## *The 4<sup>th</sup> Lie: Seriousness*

We have been told that, “*Love is serious business*”...



... and yet in Truth: real **LOVE** is always filled with Joy.





got joy?

*“I was smiling yesterday, I am smiling today and I will be smiling tomorrow -- simply because life is too short to cry for anything; simply because life is too short not to Love.” ~ inspired by Santsoh Kalwar*



## *The 5<sup>th</sup> Lie: Suffering*

We have been told that, “*Love hurts* when you give too much”...



... and yet in Truth: LOVE (the verb) means Giving everything; and that while we are choosing to Give everything, **LOVE is what Heals us.**



In fact, it is one of Life's greatest of ironies that **LOVE** can only be received completely while being given fully, and that we can only be truly Whole while giving ourselves fully away.



*“Only where there is Love is there Life.”  
~ inspired by Mahatma Gandhi*

## *The 6<sup>th</sup> Lie: Defensiveness*

We have been told that, “*You’ve got to fight for Love*”, and that -- once won, Love must be defended at all costs ...



... and yet in Truth: **LOVE is Freedom itself**, and LOVE is the letting go.



**LOVE** is not “proven” by jealousy or evidenced by need or given credence in clinging. Indeed, just the opposite is actually true – that LOVE is only truly possessed while It is being set free.



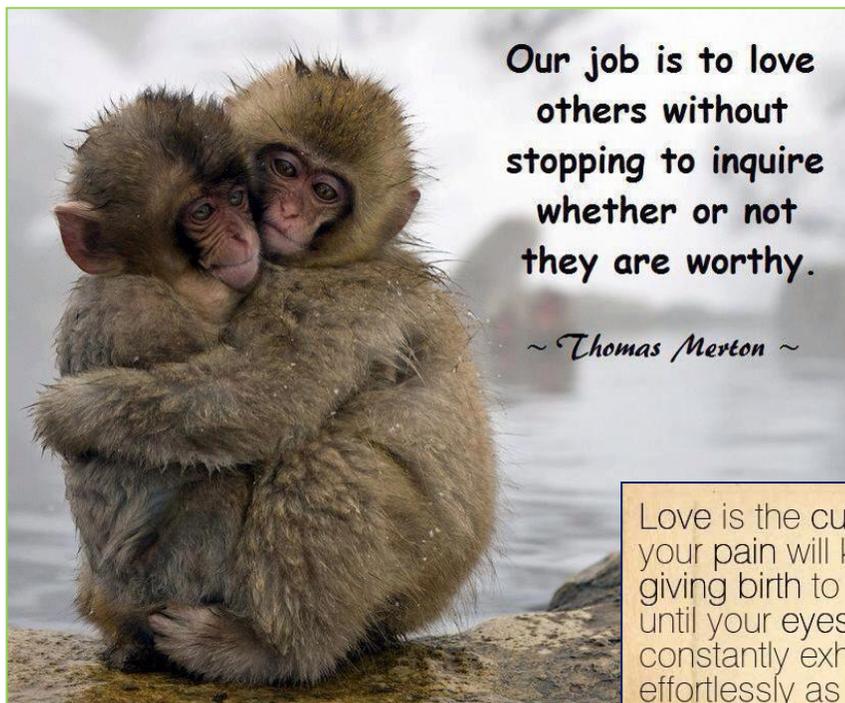
*“Nobody has ever measured, not even the poets,  
how much the Heart can hold.” ~ Zelda Fitzgerald*

## *The 7<sup>th</sup> Lie: Struggle*

We have been told that, “*Love is a struggle*”; that Love is difficult to cultivate and almost impossible to maintain ...



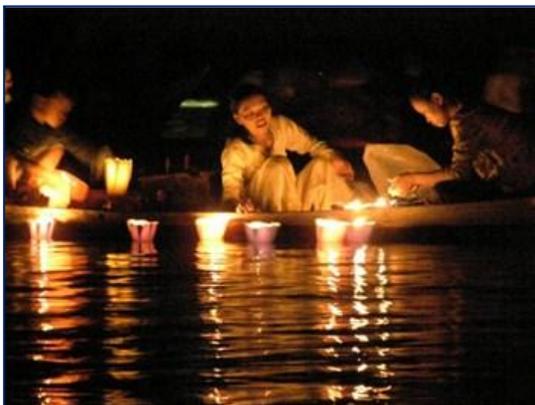
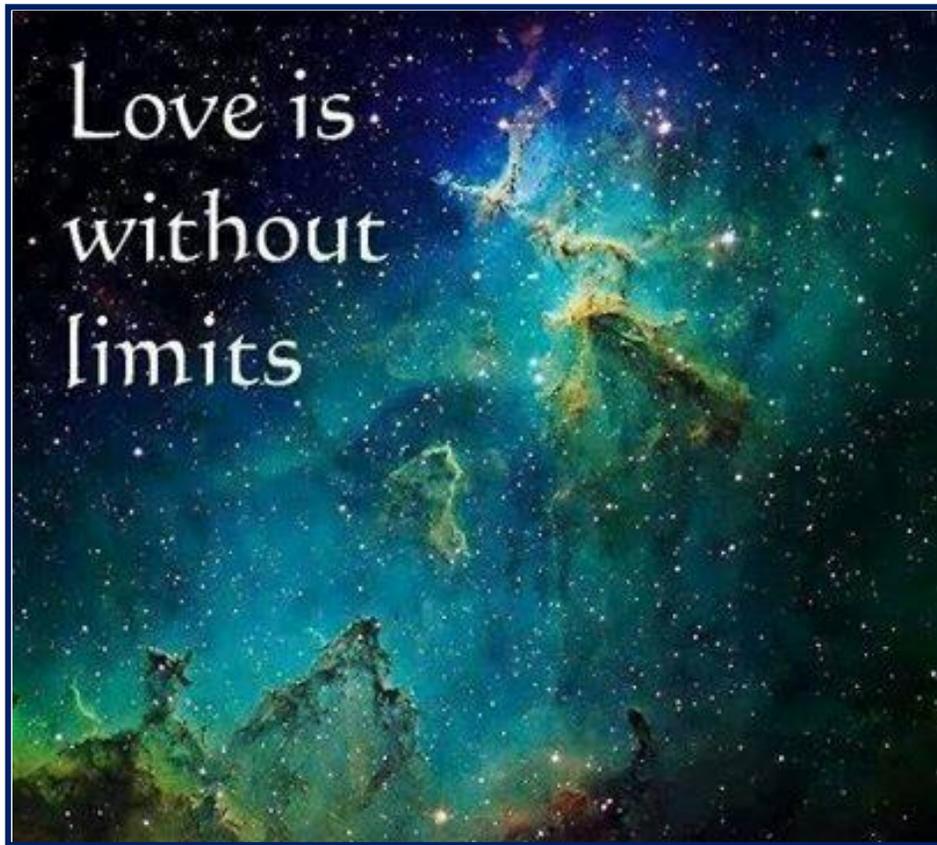
... and yet in Truth: **LOVE** is either given easily & smoothly, or it is not being Given at all.



Love is the cure, for  
your pain will keep  
giving birth to more pain  
until your eyes  
constantly exhale love as  
effortlessly as your body  
yields its scent.

Rumi

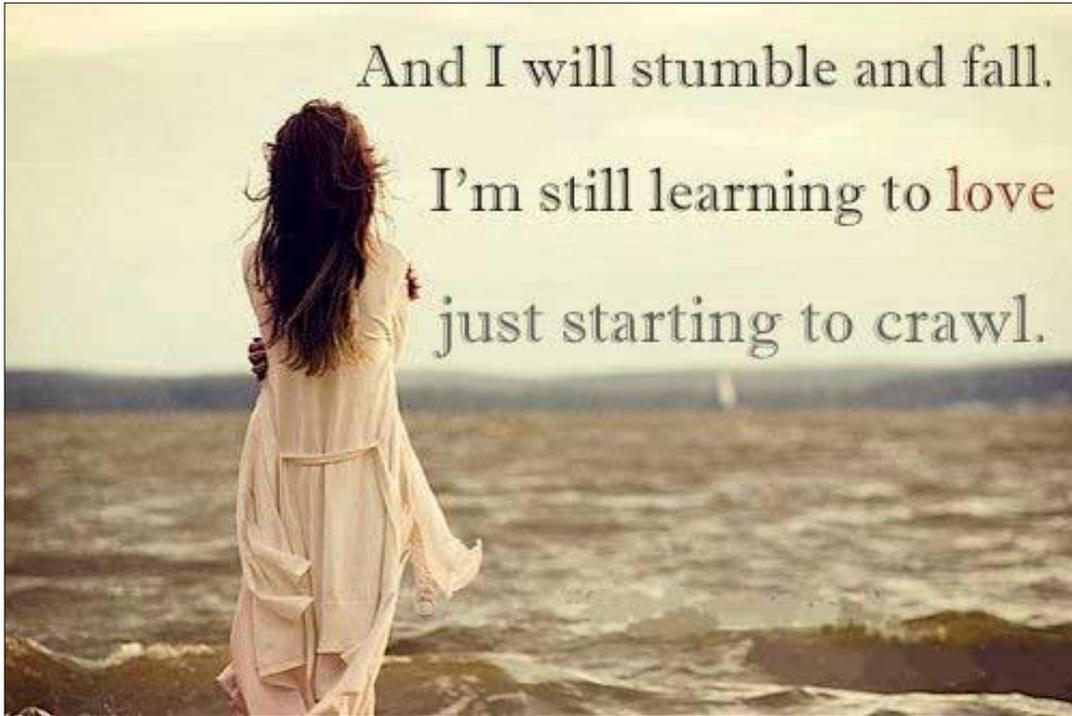
**LOVE** indeed is limitless and knows no boundaries, and yet **LOVE** does have constant characteristics; one of which is the ease with which it always flows through one to another -- like the light from a gentle flame shining effortlessly upon darker waters.



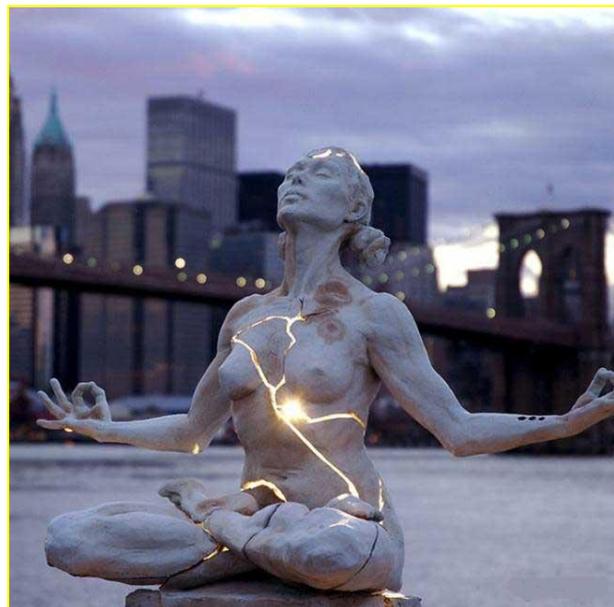
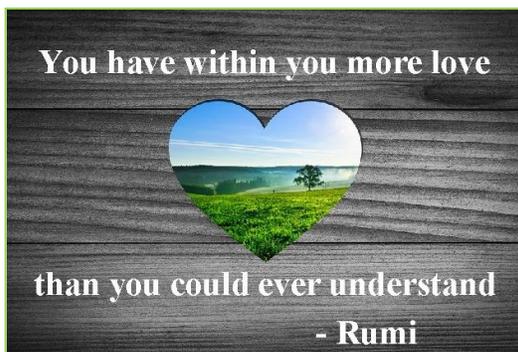
*“How easy and natural Love is if you are well ... And how gruesomely difficult – what a daunting maze of self-interest and delusion Love appears to be – if you are not.” ~ Jonathan Franzen*

## *The 8<sup>th</sup> Lie: Effort*

We have been told that, “*Love takes practice*”; that it must be learned & mastered over an extended period of time ...



... and yet in Truth: **LOVE is already perfect within** us; that it has been resting perfected within our own hearts ever since our conception, and that it rests perfect within us to this very day.



And this perfect **LOVE** requires only one instant of pure Humility – coupled with one second of emboldened Courage – to be reborn through us again & again & again. It takes a great Leap of Faith to know that this is True – and yet True it remains, even as that Leap is being made.

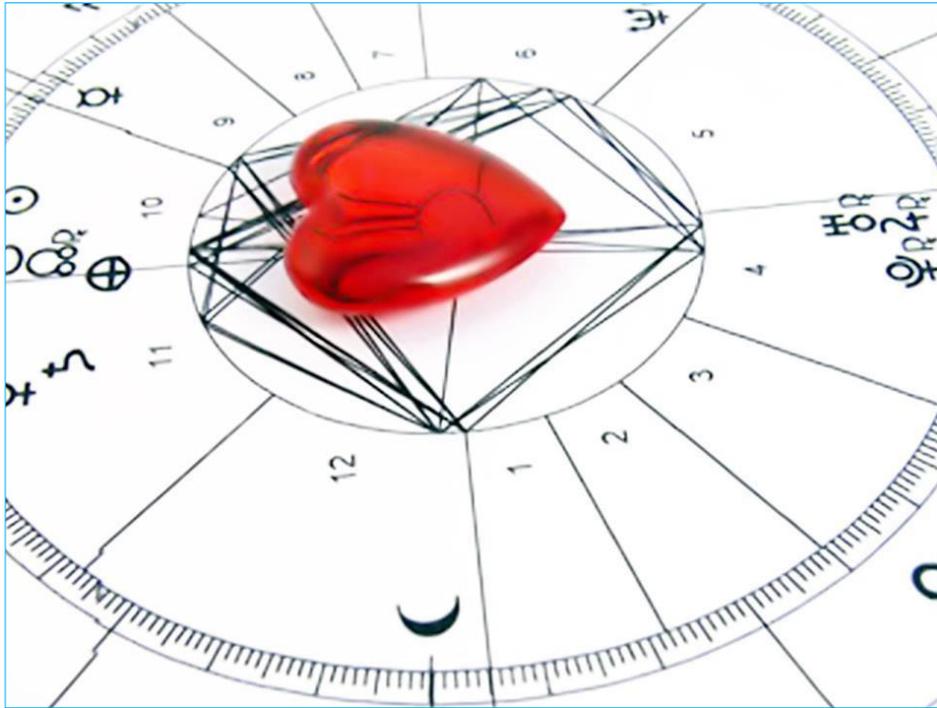


**LOVE** TAKES  
COURAGE.

*“Promise me you'll always remember:  
You're braver than you believe ...  
and stronger than you seem ...  
and wiser than you think.”  
~ A. A. Milne*

## *The 9<sup>th</sup> Lie: Predestination*

We have been told that, “*Love is fated*” and that, “Our Love is our destiny”; that we will receive what is meant for us, no matter what is done or what remains unattempted ...



... and yet in Truth: LOVE is always chosen; & LOVE is allWays a choice.

He loved her, of course,  
but better than that, he  
chose her, day after day.  
Choice: that was the thing.

- Sherman Alexie

Indeed, it remains forever true that unless our **LOVE** is chosen – and chosen humbly & courageously & actively, it will never arrive at all.



*“They do not Love  
who do not show their Love.”  
~ John Heywood*

## *The 10<sup>th</sup> Lie: Randomness*

We have been told that, “*Love requires luck*”; that finding love depends upon external circumstances – random happenstances in our lives that are essentially beyond our control or influence ...



... and yet in Truth: **LOVE simply IS – always & in all Ways.**  
It is seen wherever sought; it is known whenever given.



Even in the most trying of times, **LOVE** is a power that is always present -- a choice that is in all Ways available -- fully & completely, in every single instant of our lives.



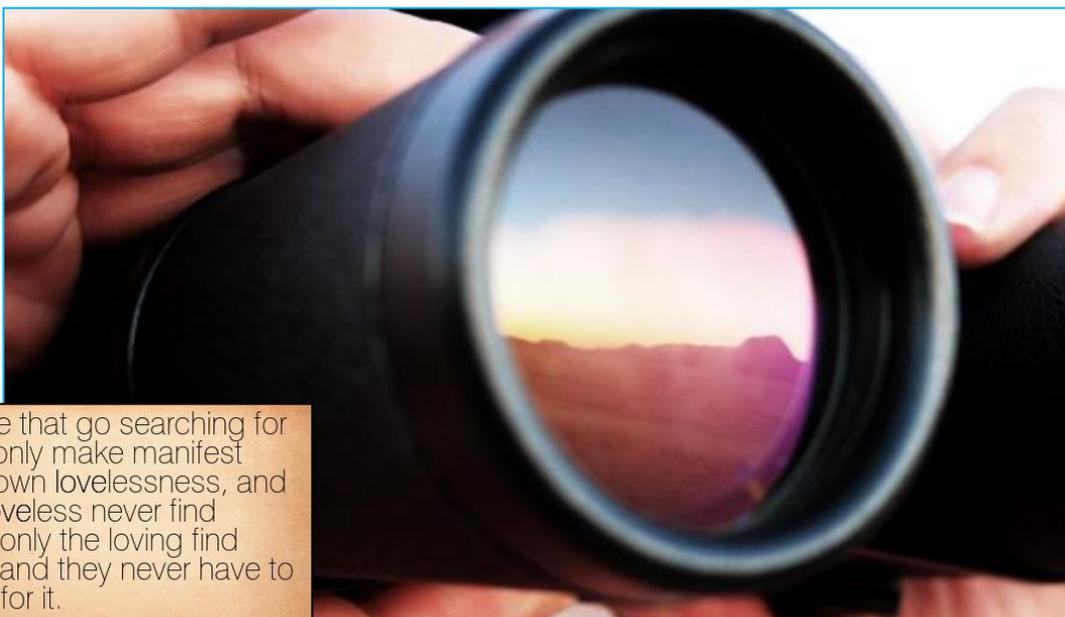
*“Love is the part of us that is real.”*  
~ Cassie Shoebridge

## *The 11<sup>th</sup> Lie: Manifestation*

We have been told that, “*Love must be manifested to be had*”; that we must manipulate it, co-create it, visualize it, affirm it, seduce it &/or steadily tease it into being ...



... and yet in Truth: **LOVE must only be accepted.** It always IS, and must therefore never be sought or engendered or demanded.



Those that go searching for love only make manifest their own lovelessness, and the loveless never find love, only the loving find love, and they never have to seek for it.

*D.H. Lawrence*

**LOVE** is to be courageously given where it is lacking in others, and – without asking or yearning – humbly received whenever it is offered. For it is in such pure Giving that we truly Receive it; and in its most innocent Reception, Love’s purest Giving.



**“I’ve stopped  
looking for love...  
it knows where to  
get me if I’m  
needed!”**

*“In the end, the Love you take  
is equal to the Love you make.”  
~ Paul McCartney*

## *The 12<sup>th</sup> Lie: Weakness*

We have been told that, “*Love is a sign of weakness*”,  
or that “*Love makes the lover tired & weak*” ...



... and yet in Truth: **LOVE is our only real Strength,**  
and our only Wellspring of empowerment.

**FIND  
YOUR  
STRENGTH  
IN LOVE**

For it is in defending ourselves that we calcify our isolation, and it is in pushing others away from us that we grow weary. Pure **LOVE** is all-powerful and all-transformative; especially when given in those moments when we least wish to do so – and especially when given to those people we deem “least deserving” of the same. Only LOVE can turn our pain into Power, and only LOVE can turn our fears into Fortitude.



**“LET YOUR LIGHT  
SHINE. BE A SOURCE  
OF STRENGTH  
AND COURAGE...  
RADIATE LOVE.”**  
- WILFERD PETERSON

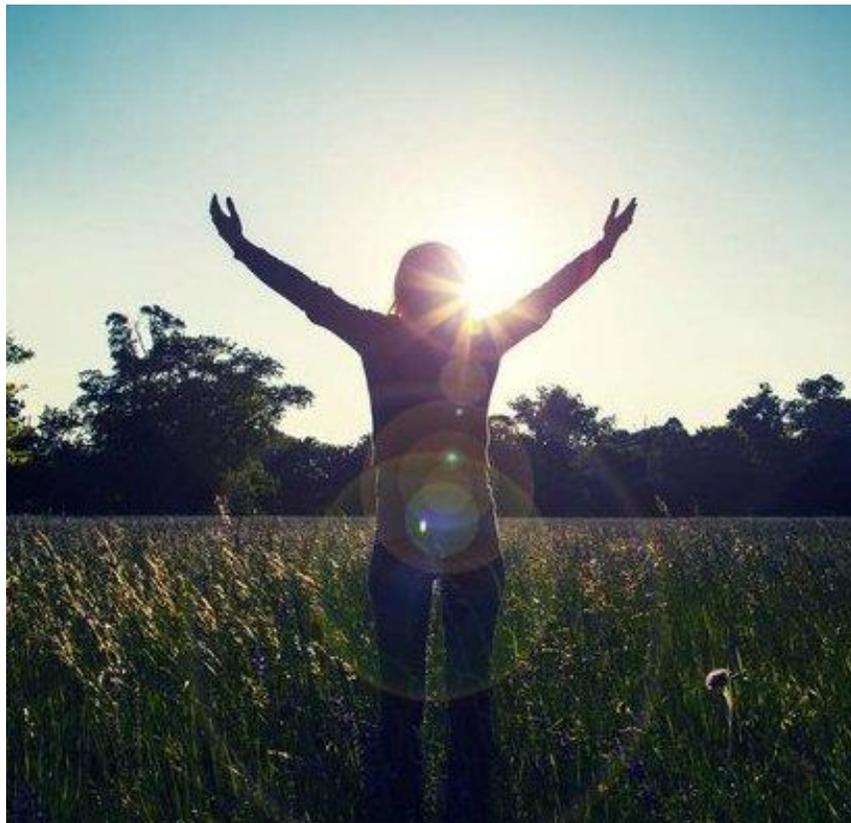
*“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only Love can do that.” ~ Martin Luther King Jr.*

## *The 13<sup>th</sup> Lie: Futility*

We have been told that, “*Love rejected is Love wasted*” or that, “*Love underappreciated no longer lives*” ...



... and yet in Truth: Whether received or accepted or cherished or not,  
**LOVE blooms fully in every moment it is fully Given.**



~~don't cross oceans for  
people who wouldn't cross a  
puddle for you.~~

No, do it. Do cross oceans for people. Love people, all people. No conditions attached, no wondering whether or not they're worthy. Cross oceans, climb mountains. Life and love isn't about what you gain, it's about what you give.

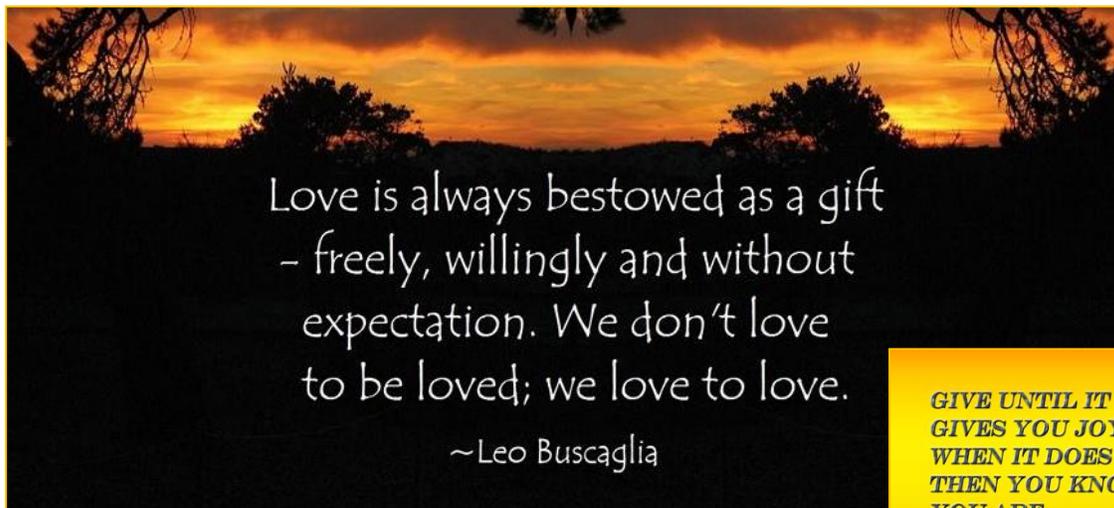


## *The 14<sup>th</sup> Lie: Commitment*

We have been told that, “*Love is an obligation*”; that it is a duty of the conscious – a responsibility of all those loved; that it is built on promises and bulwarked with vows ...

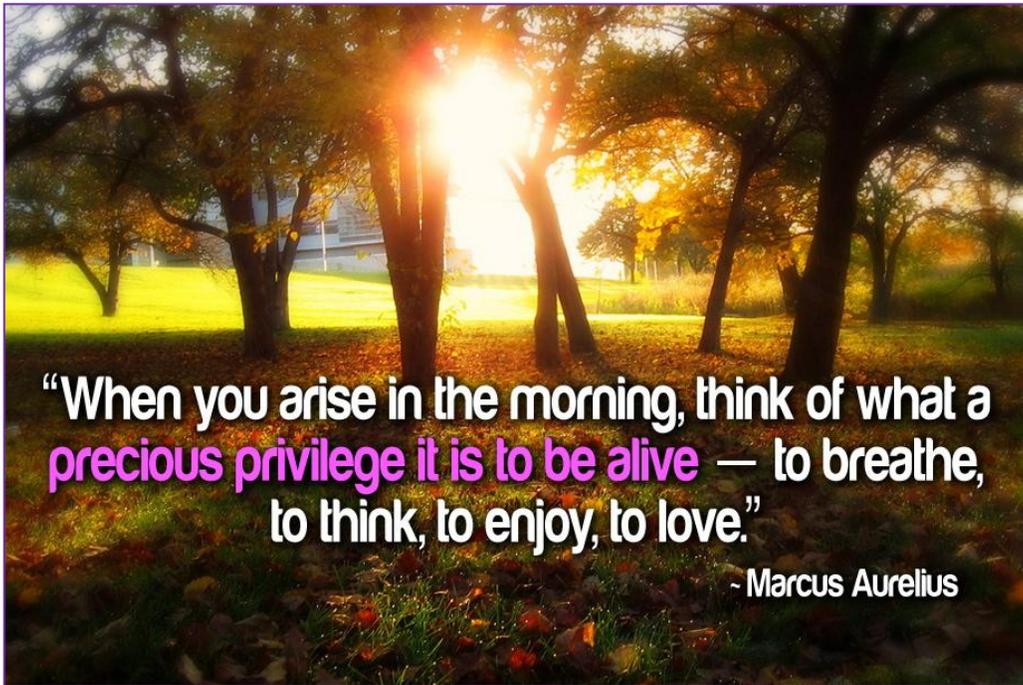


... and yet in Truth: **LOVE simply Cares** for the Beloved; giving no thought to commitment, no credence to vow or promise, and no worries for the morrow. **LOVE simply Loves**; and this, whether its Loving is seen by others to be “responsible” or “appropriate” or “correct” – or not.

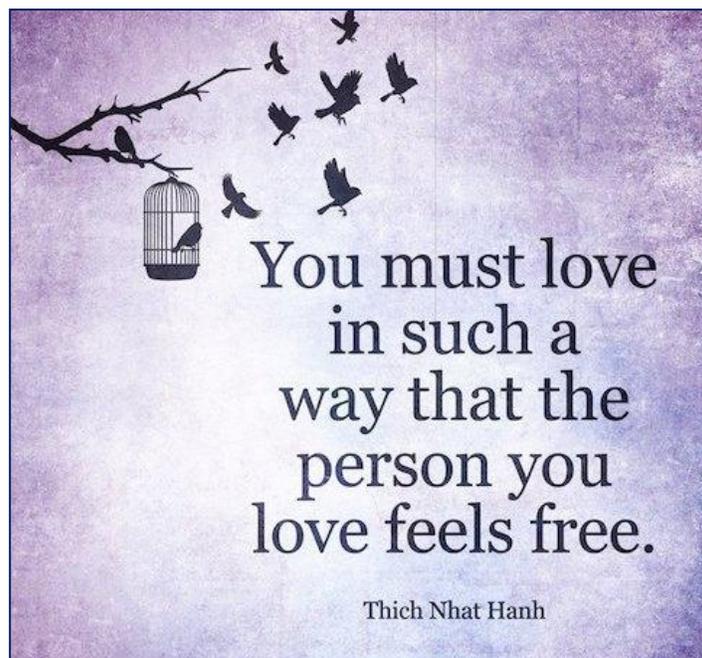


**GIVE UNTIL IT  
GIVES YOU JOY.  
WHEN IT DOES  
THEN YOU KNOW  
YOU ARE  
TRULY GIVING.**

For you see, **LOVE** is completely volitional  
... or it is absolutely nothing.  
It is either known as an honor and a privilege  
... or it is not known at all.

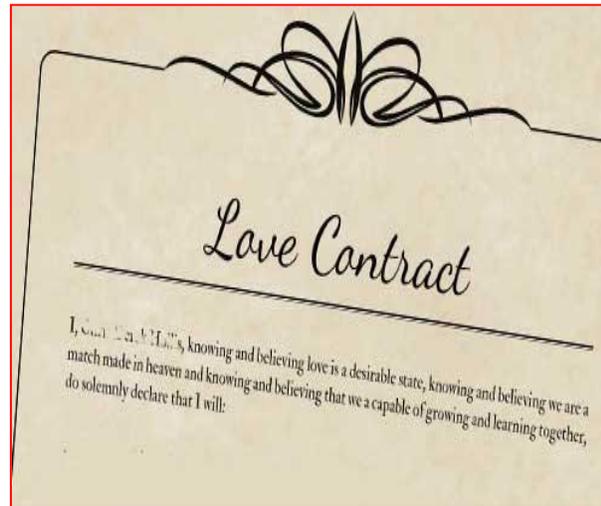


*“Love doesn't just sit there, like a stone, it has to be made, like bread; remade all the time, made new.”*  
~ Ursula K. Le Guin



## *The 15<sup>th</sup> Lie: Trust*

We have been told that, “*Love is trusting*”; that it has faith in the other, and thereby hopes & expects to be rewarded with love in return ...



... and yet in Truth: **LOVE is only a Giving thing**; thinking only on the other, and never on one's self.



And as such, **LOVE** knows no trust, LOVE abandons all hope, LOVE tosses aside all expectation, LOVE knows no goals, and LOVE discards all faith ... LOVE knows only this one moment, and LOVE only desires to Love another therein.



*"Of all forms of caution, caution in Love is perhaps the most fatal to true happiness." ~ Bertrand Russell*

## *The 16<sup>th</sup> Lie: Balance*

We have been told that, “*Love requires a balance of give & take*”...

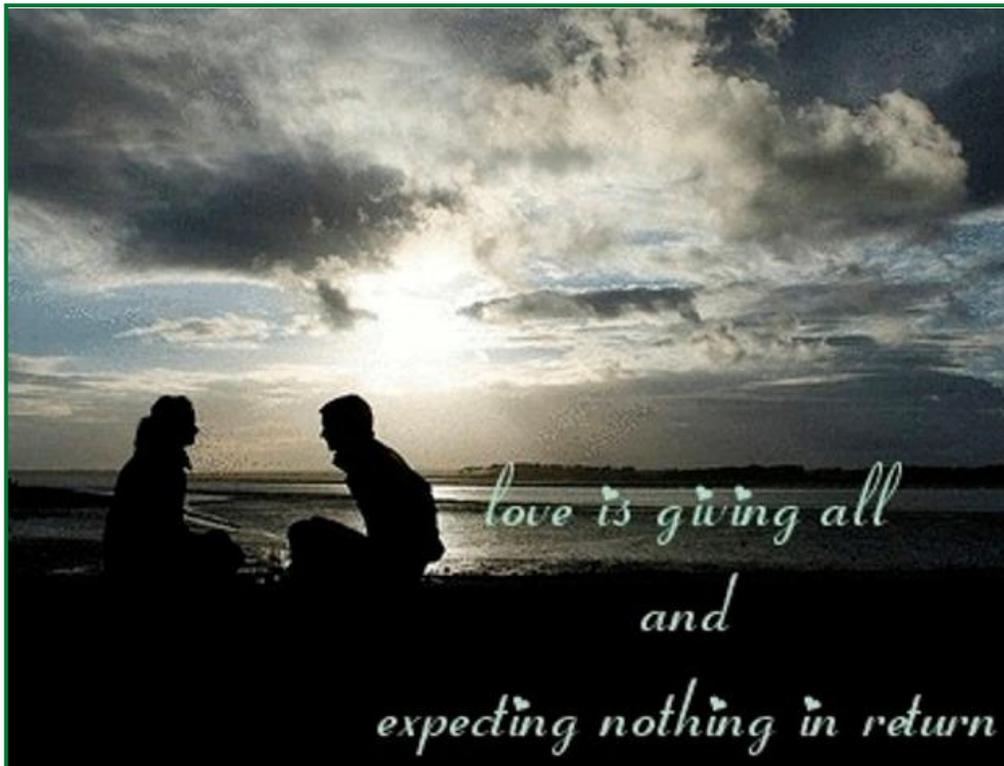


... and yet in Truth: **LOVE is a Giving thing**, and a Giving thing alone.



For as long as we take, we cannot know **LOVE**. Love is a Giving state of being and when we Give, a taking dare not be born. And once we understand this to be the case – once we comprehend that the experience of pure Giving is the greatest Joy knowable to sentient kind, *then* – and only then – can we choose to deeply Receive from others, knowing as we do so that such a “taking” allows those Giving to us to know the far greater Bliss.

Of course, once this Truth has been enlivened, there is no more “taking” at all ... For once this Truth is enlivened, Giving & Receiving literally become ONE.



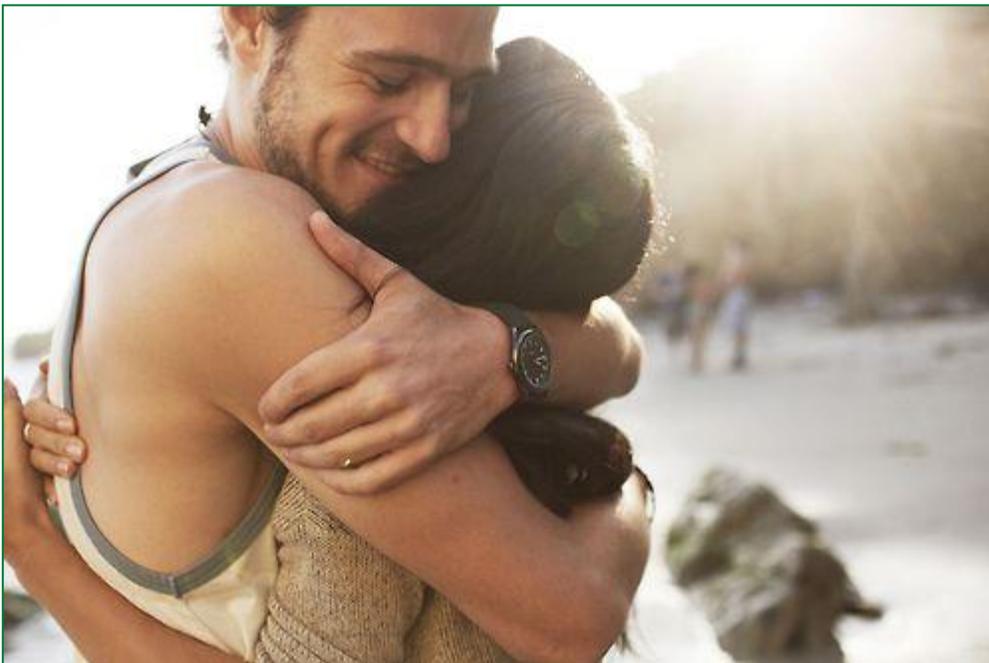
***“Love expects no reward. Love knows no fear.  
Love Divine gives - does not demand.  
Love thinks no evil; imputes no motive.  
To Love is to share and to serve.”  
~ Sivananda***

## *The 17<sup>th</sup> Lie: Disclosure*

We have been told that, “*Love tells the other everything*”, or that “*Love answers every question honestly, loudly, and boldly*” ...



... and yet in Truth: **LOVE never knowingly inflicts pain**, and that silence is also honesty – and that silence & a smile is often the far better answer.

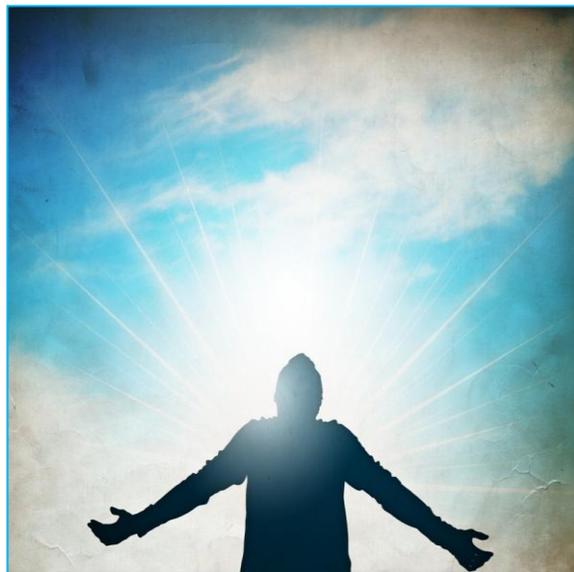


## *The 18<sup>th</sup> Lie: Self-Respect*

We have been told that, “*Love makes personal needs known*”, or that “*Love makes public all that hurts or is lacking*” ...

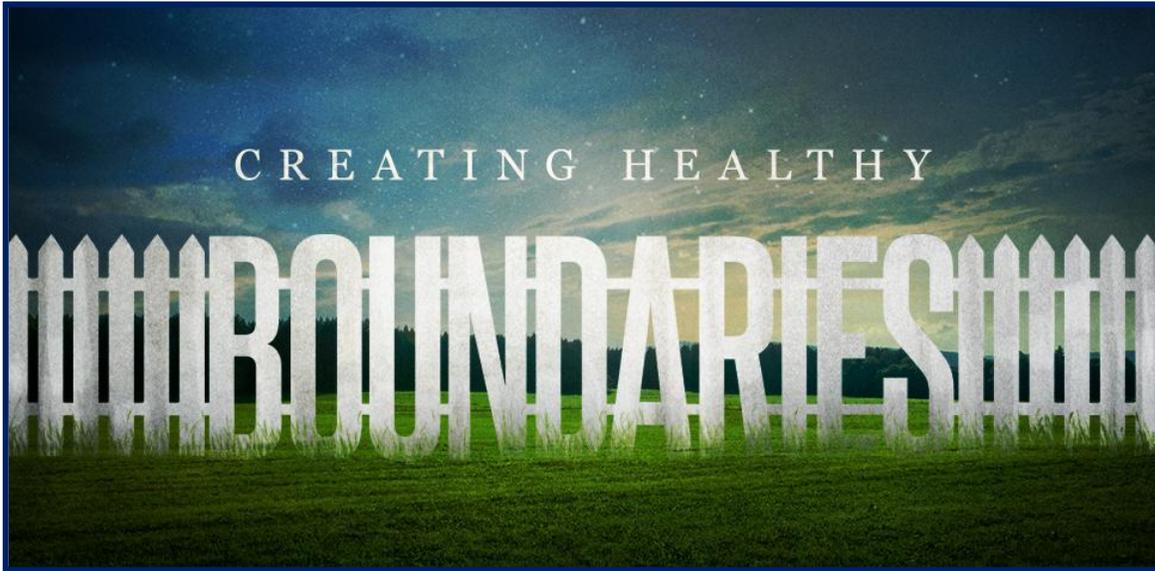


... and yet in Truth: **LOVE requests nothing for self**, while giving everything for the other. Love knows that the only true deficiency comes when asking to be made whole; that the only way to have needs met is to renounce them all in Gratitude; and that the only way to truly Respect one's Self is to never demand to be respected.



## *The 19<sup>th</sup> Lie: Letting Go*

We have been told that, “*Love always forgives & Love always forgets*”; that “*Time heals all wounds*” and that “*It is best to let go of all Loves lost*” ...



... and yet in Truth: **LOVE always forgives while *never* forgetting** – knowing that time does not heal Love’s wounds, but rather that Love *is* the healing; that to truly let go requires a courageous refusal to push away.



## *The 20<sup>th</sup> Lie: Self-Centered*

We have been told that, *“To Love others we must first Love ourselves”* ...



... and yet in Truth: **LOVE** cares for Self by Caring for others.



## *The 21<sup>st</sup> Lie: Self-Interest*

We have been told that we need to “Give love in order to receive love” ...



... and yet in Truth: **LOVE** seeks **nothing** for itself in return – ever.



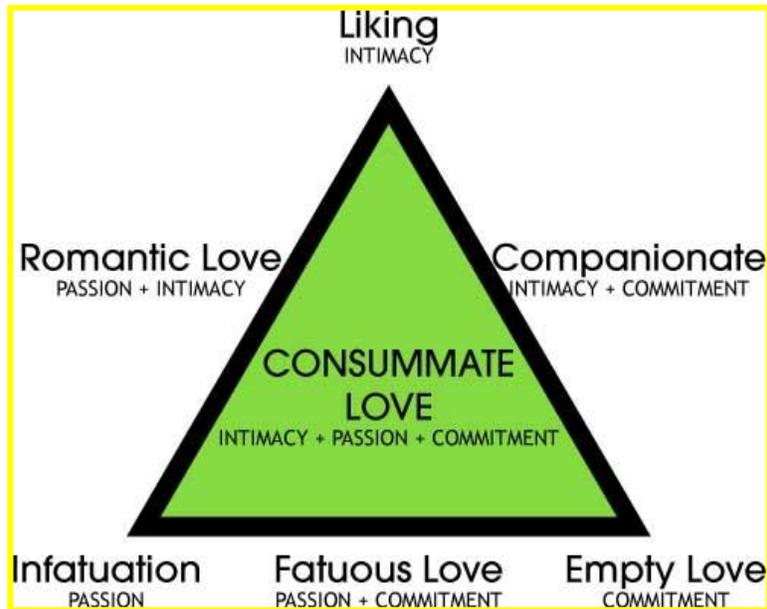
Indeed, real **LOVE** cannot ever seek to receive ...  
... for giving **LOVE** *is* its greatest Reception.



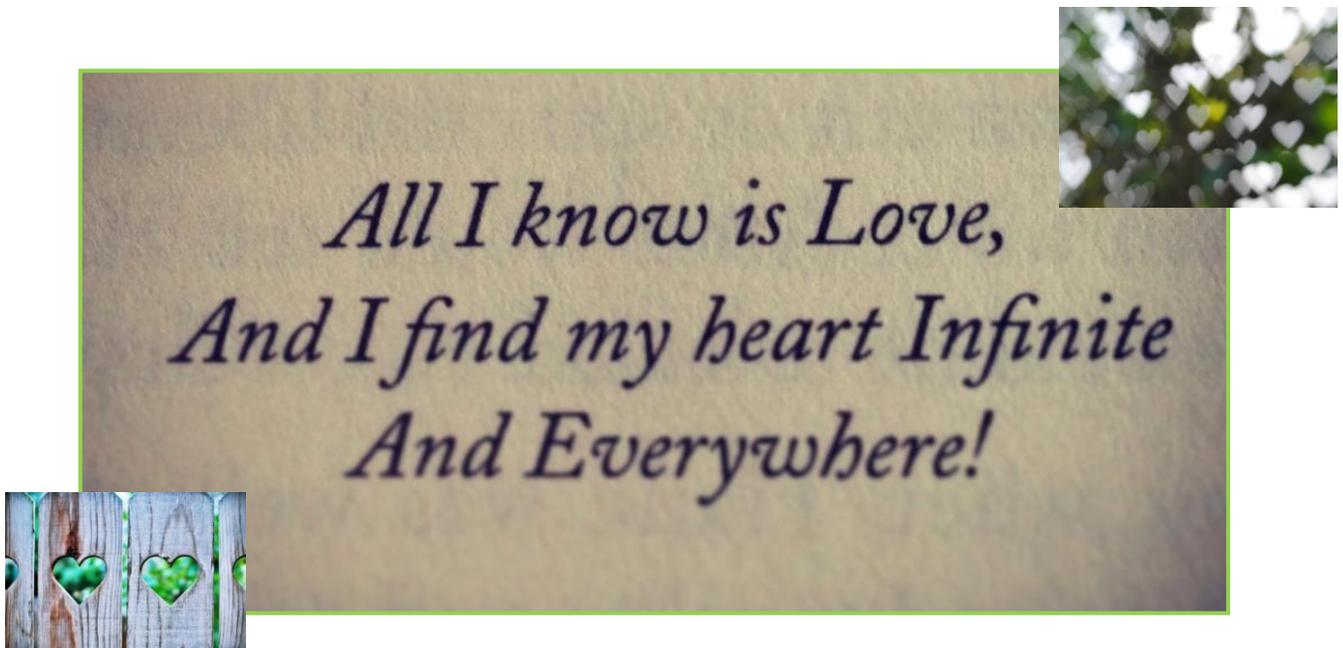
***“And now these three remain: faith, hope and Love.  
And yet the greatest of these ... is Love.”  
~ Paul (1 Corinthians 13:13)***

## The 22<sup>nd</sup> Lie: Progress

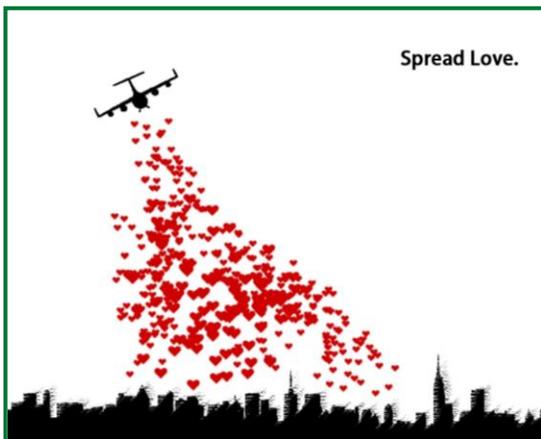
We have been told that, “*Love is hierarchical*”; that there are many “levels” of Love; that some kinds of Love are “better” or more potent than others ...



... and yet in Truth: **LOVE knows no levels**; it either IS, or it is not.



Yes, it is true that the more difficult the selfless deed, the more potent the **LOVE** given, *and yet* until that deed is done solely for the benefit of the other, it remains lacking in real LOVE --- **and** every time it is so purely give, LOVE blossoms anew.



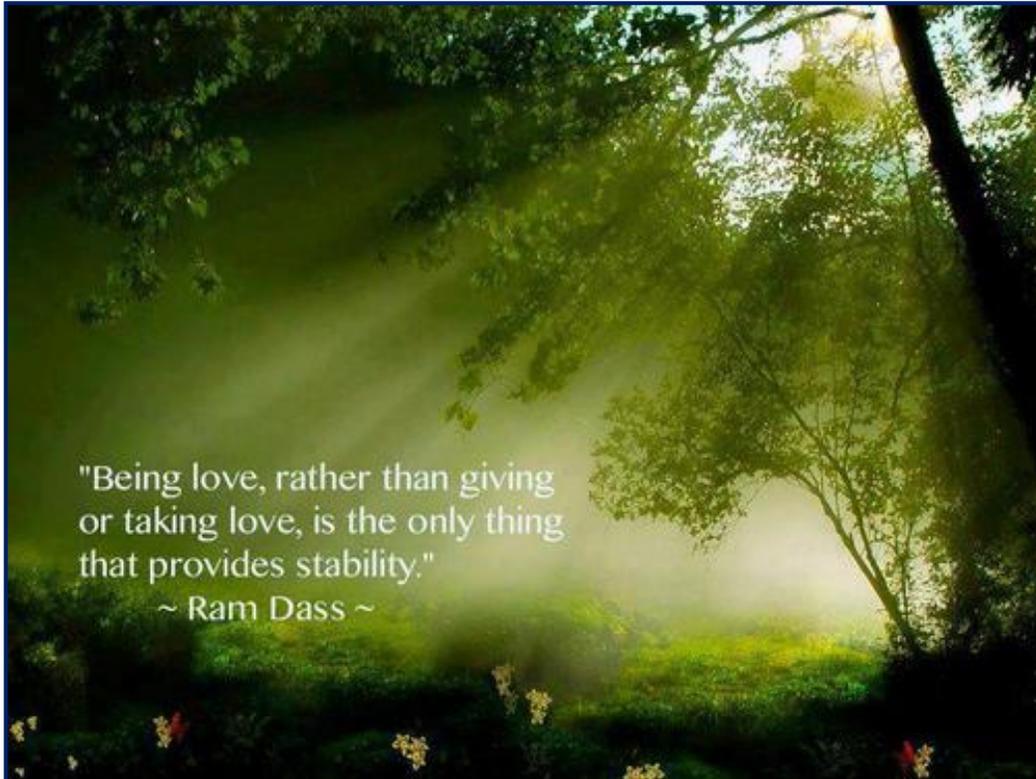
Spread Love.

*“We Love the things we Love for what they are, wasting not time looking for the perfect lover; creating instead the perfect Love.” ~ inspired by Robert Frost & Tom Robbins*

## *The 23<sup>rd</sup> Lie: Longevity*

We have been told that, “*Love is who you can see yourself with for the rest of your life*” &/or that, “*Love is – for the rest of your life – who you cannot see yourself living without*” ...

... and yet in Truth: **LOVE is who you See *while* you are Loving them.**



Freedom and love go together. Love is not a reaction. If I love you because you love me, that is mere trade, a thing to be bought in the market; it is not love. To love is not to ask anything in return, not even to feel that you are giving something- and it is only such love that can know freedom.

(Jiddu Krishnamurti)

**LOVE** is more often a stranger than a Soulmate, and far more frequently an enemy than an ally. Whether co-worker or confidant, friend or foe, best buddy or homeless “bum”, LOVE is not what we feel for those others, but rather what choose to DO for them.



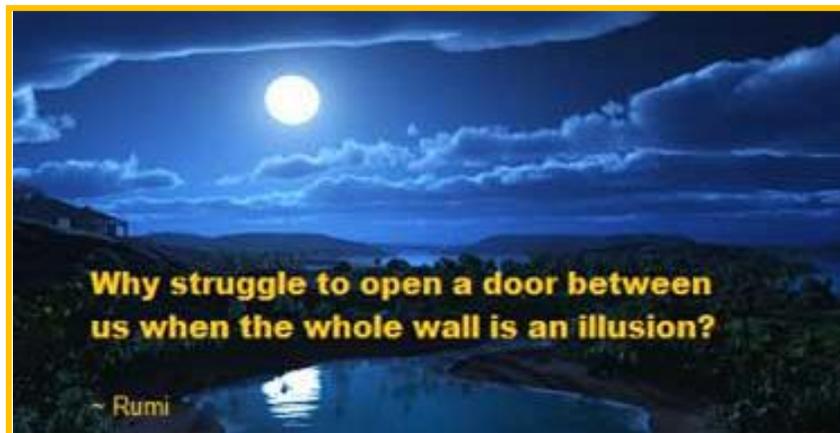
*Do not be fooled by appearances ...  
A wealthy Heart lives under every  
ragged coat; a radiant Soul behind  
every scowling face.*

*While it might often seem otherwise,  
all are worthy of LOVE.*

*~ Scottish proverb*

*“At the end of life we will not judge ourselves by how many diplomas we have received, or how much money we have made, or how many great things we have done. No, when all has been said and done, we will be measured solely by ‘They were hungry, and you gave them something to eat, they were naked and you clothed them. They were homeless, and you took them in.’ Yet hungry not for bread - hungry for Love; naked not only for clothing - naked of dignity and respect; homeless not only for want of shelter - homeless because of callousness and rejection.”*

*~ inspired by Jesus Christ*



## The 24<sup>th</sup> Lie: Loving Friends

We have been told that, “*Love the ones you love*”, or at the very least that we are to “*Love the ones you’re with*” ...



Which  
Friends  
Love You  
The Most?

... and yet in Truth: **LOVE** reaches out to enemies & strangers much more than it does to friends & lovers.



## *In Conclusion ...*

In essence, **LOVE** cannot betray because it does not possess, and LOVE cannot be captured because it overflows all captivity. Indeed, anyone who attempts to imprison LOVE will themselves be locked away & cut off from the very Source they seek to master.

For LOVE is the element of elements ... an infinite energy distributed smoothly within all matter and spread evenly throughout all space & time. LOVE must not be looked for or found, for LOVE simply IS – both the seeker, and that which is sought. And as such, LOVE cannot cling or yearn or hope or trust ... It has no desires or goals or expectations ... LOVE knows no commitments, fulfills no obligations, upholds no contracts and maintains no promises ... It erects no boundaries, nor seeks any “balance”.

Rather, LOVE simply Loves ... It revels in serving others and thinks nothing of relieving their burdens. LOVE simply Loves – and feels honored to be able to do so ... It comes from the Heavens, and yet Here&Now it forever remains. It comes unasked, and it remains forever, unencumbered.

**LOVE** simply Loves ... It expects no reward, and thus, is rewarded abundantly ... It knows no fear, and thus, is completely fearless ... It gives without demanding a return, and thereby receives everything.

It has been said that to Love others we must first Love ourselves ...  
And yet of those so believing, LOVE smiles gently upon them and calmly asks,  
“How can you truly Love your Self without Caring for the downtrodden?  
... How can you truly Love your Self by shunning those in need?”

And we – like LOVE itself – already know its answer: We cannot! ...  
For to Care for others IS the only way to truly Love one’s Self. All other forms of  
“love” are but mirage & delusion.

So let us choose a LOVE unconditional ... Let us allow our LOVE to pour forth from our Hearts as a warmth unquenchable – as a soft Light that penetrates all darkness; as a humming Harmony that subtly soothes ... Let us sing its sweet melodies & dance its subtle rhythms. Let us engage every fiber of our being to magnify LOVE and polish it ever onward towards its innate Perfection, infinitely radiant.

And let us remember that real LOVE never dies; that every act of gentleness & Kindness & Compassion is eternal and ageless ... Let us remember that even when our LOVE is rejected -- that even in those darkest of dismissals, a spark of LOVE's perfect Soul always lingers.

And let us remember as well that no matter how dampened & weakened it might seem, that same strong LOVE always resides within us thereafter; quietly waiting to be reborn – strong & vibrant -- into our next moment of boldness.

So sing your **LOVE** to the Heavens like a prayer never-ending;  
... and dance your **LOVE** to others like a worship beyond your time.

Make **LOVE** your entire life by filling your whole Being with a selflessness that showers others with Caring & Compassion. Feel yourself swaying, smoothly intertwined with everything that surrounds you; floating calmly in your glowing ocean of **ONE**.

When sitting alone in your room ... **Be LOVE.**

When walking down your street ... **Be LOVE.**

When passing by your strangers ... **Be LOVE.**

When hanging with your friends ... **Be LOVE.**

When attacked by your enemies ... **Be LOVE.**

Do so and you will feel something fresh & new rebirth within you; a warmth that rises slowly yet steadily from your Heart; a warmth that gently envelops everything both near and far ... a warmth that brings you back to Who you have always Been ... a warmth that brings you back to God.

So sway & tumble joyously within the waves of this newfound Sea of Solidarity ... Dance & sing & soak your whole Being in its splendors soft & new. And, most importantly of all, remember that you need never strive or struggle to rediscover true **LOVE**..

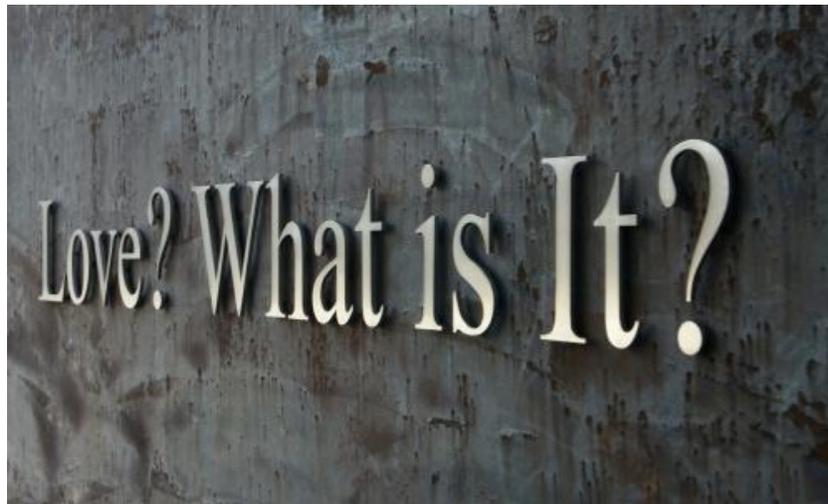


For once we get ourselves out of the way,  
... it is **LOVE** itself that does the finding.

**Amen** ... Let it be so!

**“Love never fails.” ~ Paul (Corinthians 13:8)**

(Conclusion inspired by various Saints & Sages, both anonymous & unknown)



**Beginning today,  
treat everyone you meet  
as if they were going to  
be dead by midnight.  
Extend to them all the  
care, kindness, and  
understanding you can  
muster, and do it with  
no thought of any reward.  
Your life will never be  
the same again.**

**-Og Mandino**



*“And I will take one from a thousand and two from ten thousand,  
and they shall Become a single One.”  
~ Jesus (Gospel of Thomas 23)*