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What would Love do now?

We humans are social creatures. Loving relationships with family, friends, colleagues and neighbours are essential to our well-being and health. Being in a relationship should be easy and natural, yet this is often not the case. We often find it rather complicated.

A comment or action from someone else can upset us for days: thoughts keep going round and round in our heads about how we should respond. We want to express our truth or share our hurt, but at the same time we are afraid of damaging the relationship or causing the other person discomfort.

We think: oh well, never mind, but how can I prevent it from happening again in the future? Then we think: this is bothering me, so I have to solve it within myself, but in the meantime we feel distant and that feeling won't go away. We understand exactly where the other person is coming from, so compassion is more appropriate, we think, but what about compassion towards ourselves?

And so we can spend days balancing back and forth in our head. The problem keeps getting bigger, just like the distance between us and the other person, and that's the last thing we want.

When we happen to be in such a situation, we could ask ourselves: What would Love do? It may sound a bit abstract, but the answer is actually very clear. **Love wants truth, honesty and connection**, which often means expressing what we feel or are going through and inviting the other person to do the same, listening and talking with an open heart, based on the desire to connect.

Love has no interest in proving itself right, expressing opinions or being proven right. Love has no interest in right or wrong, yes or no. **Love welcomes everything**: our feelings, our thoughts, as well as the feelings and thoughts of others, completely **neutrally, without judgment**.

The moment we ask ourselves: What would Love do? we immediately tune into the natural movement of life itself. Love is the core of our existence. Love is the source from which all life arises. Love has no preferences and therefore, in all its neutrality, welcomes everything. That is what we mean when we speak of **unconditional love**.

When we ask, 'What would love do?', we are essentially surrendering to life. We take a step back and hand over control to that which is so much greater than ourselves. At that moment, all we have to do is wait and trust that the right move will come naturally.

Key Takeaway

Asking “What would love do?” shifts focus from being right to staying connected.



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This material is based on publicly available research and presented in an original framework developed by **The World Platform**.