



Marriage Rules[©]

“LOVE”

By: Larry B. Gelman, Psy. D.

“Love” is the necessary, but not a sufficient, condition with which to grow a marriage.

Like soil, which provides a staging ground for a seedling to grow, “love” is necessary, but never enough!

Because for a living, breathing, growing dynamism to flourish, it must be tended to often and with great care.

It is axiomatic that “love” is the answer.

“Love” is also the question.

So what exactly is “love” anyway?

In my opinion, “love” is the mutual exchange of vulnerabilities within the context of a non-territorial, non-possessive and non-exploitative relationship.

It is further characterized by earning respect, winning cooperation and evolving trust, whereby, permission and encouragement “to be or not to be” is counter balanced by the consistent challenge to become!

Ultimately, it is up to each partner, in a healthy, mature adult relationship, to design, develop, implement, maintain, nurture and make “love” into their own image.

“Love” is that staging, upon which and within which, the ineluctable experience of loving becomes a lived truth.

Of self. Of other. Of separateness. Of oneness.

And always, so delectably, bittersweet.

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