

Book of Life

Live Life Life Live

Live Love Love Live

Live Long Long Live

Love Long Long Love

Long Life Life Long

Live Well Well Live

Love Well Well Love

Love Content Content Love

That's All There is to it !

Just Do it !

Smile !

Be Happy !

α Have Content, and be Content ! Ω

± Tree of Life ! ∞

EDITOR'S NOTE re "Definitions of Love":

This collection of quotes has been extracted from another collection of wisdom quotes entitled "Unwinding the Wound: Wound Wisdom", which I have dedicated to the "Disappeared that Live" and to Amnesty International. Material for "Unwinding the Wound: Wound Wisdom" comes from a diverse range of people and cultures, male and female, black and white, atheistic and religious, famous and infamous, royal and common, leaders and their partners, and so on. In that collection of 3000, you may recognize some philosophers whose mirror is indeed dimly lit, like Socrates, Solomon, Jesus, Paul of Tarsus, and some from more recent times, such as President John F. Kennedy, Muhammad Ali, the Dalai Lama, Mother Theresa, novelists etc.

I have deliberately not identified each thought to a particular person, or highlighted any, as really, these sayings express universal wisdom, which should be available to all, from cradle to the grave, and given equal emphasis. Nor have I slavishly adhered to "exact" wordings, especially if such has fallen out of common usage.

Some of the quotes have come from books, songs, or have been heard on the radio, or T.V., and some I have to admit, come from myself. I challenge you to find one you can absolutely disagree with. All of them hold true, or at least, to a very large extent. I trust you will enjoy this thought provoking challenge.

The great bulk of thinking comes from common folk, and those who have dared to be different, and have lived out their own dream, to be remembered with gratitude by those who follow in their footsteps. These unknown contributors to this universal wisdom deserve no lesser treatment than the others.

I believe that all of the contributors would be pleased to have been able to make a contribution to humanity's understanding in this combined work.

Finally, a song which has been remembered by my father for approximately 75 years from early schooldays at Williamstown High School, which sums up, in few words, all of the above (it obviously impacted on his life, and I thank him):

Though folks there be who never foresee
That the future holds anything pleasant:
Who grimly cast their eyes on the past
And gaze all aghast on the present.

The golden rule for sage or fool
And prince and poet and peasant:
Is come what may at work or play
To live, just live, for today !

(In the present, with the future in mind*) !

• is my addition

A golden rule indeed ! May all of life's blessings be yours ! Long may your light shine long !

DEFINITIONS OF LOVE

As Extracted by Donald Chalmers from:

Unwinding the Wound: Wound Wisdom

(Three Thousand Reasons for Living Well in the Third Millennium)

Dedicated to the memory of "the Disappeared that Live", and to
Amnesty International.

First of all, there are those definitions which start with the word "Love":

1. Love all, by recognising yourself in all others.
2. Love and justice meet in forgiveness, and a desire to amend past hurts.
3. Love and let love. Live and let live !
4. Love and move inwards; discover your will....
5. Love and take care of those around you, at least as well as you love and take care of yourself.
6. Love conceives that it may and can do all things.
7. Love conquers all.
8. Love converts hearts and gives peace.
9. Love does not keep a record of wrongs.
10. Love feels no burden, disdains no labours.
11. Love gives you the courage to face the secrets you've kept from yourself.
12. Love is a craft which takes practice.
13. Love is a net that captures hearts like a fish.
14. Love is about holding hands, not chaining souls.
15. Love is best kept by giving it away.
16. Love is giving, not lending !
17. Love is God, and God is love.
18. Love is letting go of fear.
19. Love is not happy with evil, but is happy with the truth.
20. Love is not ill mannered, or selfish, or irritable.
21. Love is not leaning, but lending support.
22. Love is patient and kind. It is not jealous, conceited or proud.
23. Love is shy of any kind of force.
24. Love is the best way forward.

25. Love is the most difficult and dangerous form of courage.
26. Love is the only force capable of transforming an enemy into friend.
27. Love is the universal movement of life.
28. Love is worship, and the Beloved is the Divine.
29. Love is, or finds, its own reward.
30. Love is: Truth, faith, hope, empathy and patience, combined with kindly action – and even letting go, when the time is right.
31. Love knows no measure, but is fervent above measure.
32. Love makes the space inside me full of light.
33. Love many, trust a few, and learn to paddle your own canoe.
34. Love moves upwards and securely passes through all opposition.
35. Love never gives up, and its faith, hope and patience never fail.
36. Love of peace, justice and freedom always triumphs over oppression.
37. Love one another as I have loved you....
38. Love seems the swiftest, but it is the slowest of all growths.
39. Love watches, and sleeping slumbers not.
40. Love your friends like your own soul, and protect them....

Then, there are those definitions which (just as importantly) include the word “love”:

41. A heart full of love: no fear, no regret !
42. A mother’s love is unconditional – she expects nothing in return.
43. A vote for love is a vote for you.
44. Above us, around us and within us, in perfect balance, peace and harmony, love, AND power, is the force of creation !
45. All creeds will find their union at last in Living Love.
46. All human beings need to feel loved.
47. All judgements push love away.
48. All the desires of mutual love are virtuous.
49. All you need is an open heart – love – and sustenance for the journey.
50. All you need is love, and actually, love is all around.
51. Anger is wounded love.
52. Approach love and cooking with reckless abandon.
53. Are we what we have ? Are we who we love ?
54. As long as I know I have love, I know I can make it !
55. Be drunk on Love, for only Love exists.
56. Being needed is not the same as being loved.
57. Choose love over fear.

58. Choose the vulnerable path; meet lovers as equals.
59. Circumstances which force you to tell a lie also give you the opportunity, and obligation, to live love and truth another day.
60. Compassion and love constitute non-violence in action.
61. Compassionate love and kind-heartedness is our wisest course.
62. Courage is like love; it must have hope for nourishment.
63. Do everything, but love to do nothing but what is good.
64. Do more of what you love, and less of what you don't.
65. Egoism creates narrow, religious orthodoxy instead of love, and insulation instead of integration and participation.
66. Empathy + Kindly Action = Living Love = Self Interest = Base Motive
67. Enter the dance of love with pride.
68. Ethical conduct becomes automatic when we live love.
69. Everything amounts to nothing. Only love by sharing redeems.
70. Everything you do for love of the world you do for Me (the "I AM").
71. Executions do not deter violent crime. Only love can.
72. Failing in love is better than not having loved at all.
73. Failing in loving is not the same as not loving.
74. Faults are thick where love is thin.
75. Fear gives way to calm joy when you know that your unselfish love is returned unconditionally.
76. Fear locks the gate; love is its only key.
77. Fight hatred with love.
78. Flesh and spirit are one in love....
79. Forgiveness and generosity are the same – LOVE !
80. Free love has its price, also.
81. Freedom is rooted in the love of human and living rights; it should be enhanced by religious spirituality – not caged by religious dogma.
82. Freedom relates sexuality to love, not to duty, procreation, violence or guilt.
83. Friends are people we love in spite of their faults.
84. From love comes service; from service comes peace.
85. Generosity and forgiveness are the same – LOVE !
86. Great love and great achievements involve great risk.
87. Hate cannot drive out hate; only love can do that.
88. Hate generalises; love specifies.
89. Have I told you lately that I love you ?
90. Help, encourage, and comfort. This is love in action.

91. How vital it is to accept, to be truthful, and to love yourself, so that you can do the same for others.
92. I believe in the power which guides me, which is love, not revolution.
93. I owe a duty to respect where I cannot love.
94. I'm going to live and breath in love and faith.
95. If I have no love, I am nothing !
96. If I'm not loving, or not loved, I'm not alive.
97. If you love people, you love freedom.
98. If you love your work, you don't feel like it's work.
99. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
100. In the end, all that will matter is how much you have loved.
101. Inspiration, commitment, devotion, love.
102. Instead of living the truth, do we allow circumstances and conditions to bury the universal law of love, under a mix of materialism and insecurities ?
103. It is an equal injustice to loathe natural pleasures as to be too much in love with them.
104. It is better to have loved and lost than not to have loved at all.
105. It is not *who* we love which defiles us. It is whether, when we "make love", the attraction is mutual, *and* consent has been given by *both* parties.
106. It's never sufficient to love ourselves alone.
107. Jealousy is the dragon that slays love under the pretence of keeping it alive.
108. Let no one ever tell another that they cannot love.
109. Life is always a risk, so make the most of the opportunity to really live (love).
110. Lions led by donkeys ? Show that your life matters. Live love !
111. Live love; love live ! Live, and let live !
112. Male = Female = Black = White = Equity = Equality = Justice = Kindness = Letting go of Ego (love of self - only) = Letting go of Fear = Taking Courage = Goodness = Godness = Light = Enlightened Action
113. Marriage is a relationship of trust that is steeped in the primal ambivalence of love and hate.
114. Never lose sight of faith, and never lose sight of love.
115. New lives brought into the world are meant to be welcomed, loved, and planned.
116. No need to fear, Love sets no limits; No need to fear, Love never ends.
117. Once we've wept we can breath freely, see clearly, feel the love of others, and face the world again.
118. Once you have made love, then just having sex will never do.
119. Only the heart that has burned empty is capable of love.

120. Our love was both a result of and a cure for love's neglect.
121. PASSPORT TO FREEDOM:
 My Dear Son, I am not a good letter writer. But I want you to know I think of you each day. It was a sad day you leaving home. My boy who we loved as our own. But a proud day for a father to see his son off on his chosen life. Strong and with principles to get through all trials. I pray every night for you. Love Jack (Dad)
122. Peace is the fruit of love, and good health, within and without.
123. People should come to religion and philosophy out of love, not out of fear.
124. Philosophy is the love of Wisdom.
125. Pure and spotless let us be – lost in wonder, love and praise.
126. Reflect strength rather than weakness, unity rather than separation, and love rather than fear.
127. Seek the truth by reason, rather than fear, by compassion rather than condemnation, and by love rather than hate.
128. Spiritual persons mould themselves ethically and morally to the climax of love, sincerity and humility, which produces a honed state of receptivity.
129. Spread the trap of humility and ensnare love.
130. Supporting one another against hate crimes is the best way to love.
131. Taking is only one side of the medal of love. Giving proves the true minting.
132. That's life (and it's all up to you !):
 Love, warm, rising, long, big, wide, deep, full, dense, high, broad, good, rich, diverse, and/or Hate, cold, falling, short, small, narrow, shallow, empty, loose, low, thin, bad, poor, uniform. And the er's, or's, ums, etc. That's Life!
133. The best relationships are forged when love exceeds need.
134. The best truth about what is going on in a conversation always prevails. Speak truthfully without malice, look beyond the current drama, see the real person before you, and speak with love. This is always the best way forward.
135. The extraordinary find love in the immediate, and delight in the ordinary.
136. The eye with which I see God, sees me; my eye and God's eye is one eye; one seeing, one realizing, and one love.
137. The function of love is to unite all things unto itself.
138. The God of Adam, Eve, Abraham and Isaac is a God of love, not war; forgiveness, not revenge; humility, not arrogance; hospitality, not hostility.
139. The love of money is the root of all evil; the want of money so quite as truly.
140. The love we give to others strengthens the love we have for ourselves.
141. The lucky person surrounded by encouragement, praise, fairness, security, approval, acceptance and love, learns to "live love" – i.e. give and receive love.
142. The more we can love and appreciate others, the more energy flows into us.

143. The most important thing a father can do for his children is to Love their mother.
144. The most used four letter word is “Love” – value it !
145. The path of true love never runs smooth.
146. The secret of living well is to live and love truth independently.
147. The true lover withholds nothing from him/herself; he/she neither bargains nor doubts.
148. The universal language of love and silence can pierce all dogmas, all cultural differences, all laws.
149. There is no hate in love.
150. There is no need for complicated philosophy, dogma, or doctrine: our own heart and mind is the temple; the only doctrine of love is compassion.
151. Those who are filled with the love of God know their Creator lives within them.
152. Those who love the word serve it.
153. To be successful as a lover, one must first see oneself as lovable.
154. To hate the “sin”, and “love” the sinner, hates the person. That is sin !
155. To help, encourage and comfort, is to LOVE.
156. To love another person is to see the face of God.
157. To love, revere and feel grateful for creation is to love and revere God.
158. Too much of something is as bad as too little. The only exception to this is love.
159. True love cannot be found where it does not exist, nor can it be hidden where it truly does.
160. Trust is greater than love; the trusted will find true love.
161. Unlike the dogma proclaimed by religions, spirituality is concerned only with those things – such as love, compassion, patience, forgiveness, honesty, contentment etc. – which bring happiness to all.
162. Vice responds to pain, pleasure, love and hatred without reason.
163. Virtue is the self-application of reason to issues of pain, pleasure, love and hatred.
164. Waste not, want not, fear not, hate not – and you will gain – love.
165. We are here to love, and our connections with others give us this opportunity.
166. We are in God and God is in us—thus, if we love, it is divine.
167. We enter the garden of love at unexpected moments.
168. We fulfil our purpose by creating in love.
169. We have no room for suspicion when our hearts are filled with love.
170. We love only what we do not completely possess.
171. Whatever makes an impression on the heart seems lovely to the eye.
172. Whatever you do, see that you’re a piper too, and sing to your Good God of Love, and Love Only !

173. When love and affection are no longer a matter life or death, then it all comes to you !
174. When we achieve the state of love, the energy flowing out of us creates a current that pulls energy into us at the same rate. We can then never run out.
175. When you lose yourself, you find the Beloved.
176. With the exception of love, too much is as bad as too little.
177. Work is love made visible.
178. Xylophones, violins, bugles, pipes and voice can all sing of love.
179. You can buy labour, but you have to work to gain love and devotion.
180. You can only go so far as your heart has loved.
181. You try to show your love for me, in everything that you do....
182. You're ready for love when you can say "I love you", and mean it.
183. Your final face is the face of love which accepts.
184. Your kiss to me is worth a fortune – your love for me is everything !
185. Your love in my life is like heaven to me.

Friendship is, of course, one aspect of love, so I have decided to include those definitions (i.e. extract those quotes) *including* the words "friend", or "friendship". Of course, there are many other examples to be extracted from "Unwinding the Wound: Wound Wisdom", as there are many other related concepts or topics such as "truth", "joy", "trust", "health", and so on. All of these things relate to each other, and as we unwind the interconnected layers of the "onion" we expose the light of universal truth.

This will involve us shedding tears, as we recognise the mistakes and barricades we have erected around ourselves as we have moved along life's journey. We will recognise those instances where we may have been blinkered to the truth by custom, orthodoxy, privilege, dogma, literalism, or indeed, our own ego thus far. And hopefully, along the way, we shall approach the understanding and the revelation of enough "Wisdom" so that we can make amends before our time at last runs out.

We all know (having gone through all of the above) that our final face in death *should be* "the face of love which accepts"; which is, indeed, heaven itself. The alternative (which of course is a living hell) is too dreadful for us to contemplate.

So please gird and strengthen yourself as you prepare to digest some of the implications of "friendship" as defined in "Unwinding the Wound: Wound Wisdom".

If you are interested in obtaining a copy of same, please email me:

Donald Chalmers: piper02@optusnet.com.au and mention "Unwinding the Wound".

DEFINITIONS OF LOVE

Extended to include “Friendship”

As Extracted by Donald Chalmers from:

Unwinding the Wound: Wound Wisdom

(Three Thousand Reasons for Living Well in the Third Millennium)

Dedicated to the memory of “the Disappeared that Live”, and to
Amnesty International.

To “love someone” means to be “a good friend” to that person, and indeed, we should be a good friend to as many as we can. Here are the quotes included in “Unwinding the Wound: Wound Wisdom” pertaining to “a friend”:

186. A friend in need is a friend indeed !
187. A real friend is one who walks in when the rest of the world walks out.
188. A true friend arrives as everyone else is leaving.
189. Acts of kindness turn strangers into friends.
190. Annoyance between friends should be impossible.
191. Being a mentor and friend can be the most satisfying aspect of any job.
192. Being fellow travellers, we should know each other and be friends.
193. Between friends, arguments are enjoyed almost as much as agreements.
194. False friends are like autumn leaves, found everywhere.
195. Friends ! We all have had our troubles – we are human, one and all !
196. Friends are people we love in spite of their faults.
197. Friends are the family we choose for ourselves.
198. Friends listen to what you say. Best friends listen to what you don't say.
199. Friends try to help their friends be better people.
200. Friendship is a mutual gift of equals.
201. Friendship is one mind in two bodies.
202. Friendships are maintained by sharing a mutually growing partnership.
203. Friendships rely on kindness and compassion, and eschew bullying.
204. Good friends are like diamonds, precious and rare.
205. Hate pays no dividends, so look for profit in the hearts of friends.
206. Let the wine of friendship never run dry !
207. Love is the only force capable of transforming an enemy into friend.

208. Love your friends like your own soul, and protect them....
209. Men's Liberation is about more confronting and supportive male friendship.
(And the same may be said for Women's Liberation.)
210. Strangers are just friends waiting to happen.
211. Sudden friendships, sure repentance.
212. Swallow pride; let friends help.
213. The only way to have friends is to be one.
214. The true centre of self is revealed when ego no longer needs to be fed by the good opinions of friends.
215. There are no physicians like true friends.
216. To be able to talk to a friend without being judged, can help sweep away piles of accumulated bitterness, and so unblock our drains.
217. True friends share the load, and shorten the road.
218. True friendship is like sound health; the value of it is seldom known until it be lost.
219. Trusted friend.
220. We need heroes until flesh and blood friends and mentors come along.
221. We remember not only the words of our enemies but the silence of our friends.
222. We rise with the help of friends, but must go down alone.

In looking through the definitions of “friendship”, as well as for those of “love”, we can find many interesting, interconnected words and concepts such as “agreements, annoyance, arguments, bitterness, enemies, equality, family, fault, hate, health, heart, heroes, job, judgement, kindness, mentor, mutual, physician, pride, repentance, strangers, traveller, true/false, and trust, etc.

Indeed, as I progressed in the collection of the 3000 quotes making up “Unwinding the Wound: Wound Wisdom” I began to recognise the thread which brings all these things together. What I once thought was dissimilar, I could now see in a new light, and the layers of the “onion” or my “wound dressings” as they were unwound were exposed to the light of universal truth. This is why I decided to call the collection “Unwinding the Wound: Wound Wisdom”, and to dedicate it as I have done.

I hope and trust that if you have read this document this far, you will have been moved by new insights, and decide to travel the whole journey, as you “Unwind the Wound, to find Wound-healing Wisdom not only for those that you love, but also for those you have a duty to at least respect (i.e. respect the balance to find balance)(see # 93).

When we do this, we have taken the first step: i.e. Loved all, by recognising ourselves in all others.

Yours faithfully, Donald Chalmers, September, 2005: piper02@optusnet.com.au