Trainer Tip: Love as a Need

with Mary Mackenzie

The moment you have in your heart this extraordinary thing called love and feel the depth, the delight, the ecstasy of it, you will discover that for you the world is transformed.
—J. Krishnamurti

In Nonviolent Communication, we consider love to be a need. Remember that needs are universal; everyone has the same ones. We all need love, but the ways in which we express it can be very different. Spending quiet, focused time connecting with another is a common way that I meet my need for love. I have dated people who meet their need for love by buying me things. Neither of these methods is right or wrong – they are just different. Some people express love through sex, others would prefer physical closeness, such as hugging, snuggling, and massage. Some people fix things for others or help them analyze their struggles. One friend of mine expresses her love by reading to me when we travel together. I love how nurturing this feels, but I can only stay awake for a few minutes because her voice is so calming and soothing! There are literally unlimited ways to meet our need for love. How do you meet your need for love?

Notice whether your need for love is met today. If it is not, consider ways that you could meet it.

This trainer tip is an excerpt from Mary Mackenzie's book Peaceful Living, available from Puddledancer Press.

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