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THE MANY FACETS OF LOVE

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D.S. WISE Wellness Is Self-Empowering

Join this community-wide grass-roots effort to create a culture of wellness in Dripping Springs! Find two friends to join you and get ready to change your life!
Details coming soon!

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Planting Hope
In Hearts and Minds



If you ask ten people to give you their definition of love, you will likely get ten different answers. Most people will begin by saying that love is a **feeling**, and if I ask them to describe the feeling, I will again get many different answers. And all of them will probably be valid, because love in human relationships encompasses a spectrum of feelings including warmth, positive regard, respect, desire, attraction, longing, loss, separation, disappointment and grief.

Some people will say that love is a **choice**, and that is true too. It is possible to choose to love someone even when we don't feel *in love*. Ask anyone who has been in a committed relationship for more than 5 years. Our feelings of being *in love* will ebb and flow over the course of a relationship, and as they do it is our choice to love that holds us together. The commitment of marriage is exactly that; it is a commitment (choice) to love and honor that is independent of fluctuating feelings. As a colleague recently reminded me, there is no place in traditional marriage vows that asks if the bride and groom *feel in love*. It asks if they *promise to love*.

One powerful way that I have come to think about love is as a **capacity**; specifically the capacity to hold another in high positive regard; to be mindful of them, nurture, uplift, support and care for them. As a capacity, this is something I can learn and practice doing, and it's something I can expand within myself. On the day that I was married, I was sure I could never experience more love than I did that day. When I had my first child, I realized that I could love my husband even more, and that I had a whole new *capacity* to love my child beyond anything that I could have imagined. When I had my son, I found that my love for him did not diminish my love for my daughter. How could this be? Our capacity for love is not limited except by ourselves.

The limitless nature of love leads us to search for a spiritual source and to define love as **divine**; that love is from God. As such, we connect with the divine capacity within us so that we can share that capacity with others. When it comes to love, the age-old adage that we cannot give to others what we do not find within ourselves, holds true. If we want to experience more love in our lives, we can begin by looking inside and connecting to the Source.

Mindful Connections

A program devoted to your body, mind and spirit.

I am pleased to host *Mindful Connections* with fellow psychotherapist, Tina Moody, every Saturday morning from 11-12:00 on our community radio station **KDRP, 99.9FM** in Dripping Springs and streaming live at www.kdrplive.org. You can also listen to podcasts of recent shows on the website at your convenience. Just click on the **Mindful Connections** tab on the left side of the homepage and choose the show you want to listen to.

The theme for our February shows is going to be **Love** in honor of Valentine's Day. Join us we explore the many faces of love; from romantic feelings to mature love, and growing an interdependence that stands the test of time.