

love Is Just A Word Without Substance

love is just a word without substance
like philosophies and belief systems,
love is an idea
spouted out the mouth
when hormones and neurochemicals
flood body and brain.

love is just a word
without substance
easily spoken
in less than a second.

“I’m not going anywhere” and
“I’ll always be there for you”
takes just two seconds of tongue-flapping.
But Love,
Love requires commitment.
It is the repeated day-to-day choice
to stay
even when the muck is thick
and the winds blow hard enough to double you over
backwards
and shivering in the cold.
Love is holding both the vision and the knowledge
that all seasons change.

Love requires the conscious effort of remembering the beauty
when the face you see is less than pretty.

Love requires lowering the hand that points the finger
and forcing the reminder that there are always two people
in any interaction.
Love can only flourish
when each is fully willing to surrender to the pruning.

Love requires a conscious decision to soften the stone
when vulnerability has been violated.
It requires accepting that in every relationship
you will, more than once
be both wounded and misunderstood.

Love does not exist in a fantasy land,
where your every need is satiated.

Love is real and now and wonderful and messy.
In fact, messy thrives in the territory of love.
Love requires the honesty and respect needed
to speak the hard truths,
state a clear yes and a clear no
regardless of outcome.
Love is not about pretzeling yourself for another;
It is, however
about compromise and accommodation.

love is just a word without substance.
But Love,
well Love is thick and solid,
a strong foundation of a sturdy home.

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