

# Can Love Heal All?

The old saying “love heals all” has been used as a motivational mantra during hard times. This elusive idea that love, one of the most powerful emotions of them all, can bring about a sense of peace is overwhelming; in the best way possible.

Unfortunately, it takes a deep understanding of yourself and the world around you to grasp the concept that love really can heal a majority of the things we go through. Let’s consider how.

## **Love Is Supportive**

It seems that during our darkest moments, the outpouring of love can come in various forms. Whether it’s a friendly text from a loving family member or a nice greeting from an unknowing stranger, love is expressive. This seemingly small display of affection can be the light an individual needs during an overwhelming time.

## **Love Is Patient**

When a person truly loves someone, they exercise patience. This means they’re open to overlooking simple flaws with the hopes that one day they’ll continue working on themselves. This is an essential quality to have when you’re in a romantic relationship. Sure, nobody is perfect. However, the more you continue to exercise patience, the more you’ll appreciate their growth.

## **Love is Unconditional**

Much like a mother who loves her child, true love is unconditional. This means it’s able to overlook physical and emotional imperfections. This is especially healing for individuals who are going through transformative stages. They may be on a weight loss journey or even pursuing a new career. Those in their circle who love them are able to overlook this

momentary lapse of “perfection” and exercise unconditional love.

When people are going through certain things, they need this unconditional love to help them endure. By having this unconditional support from the ones around them, they're able to continue their journey with strength.

### **Love is Understanding**

When a person feels misunderstood, they're missing a strong aspect of love from others. They may feel like those around them aren't trying hard enough to see their point of view. This could easily come off as unloving.

However, individuals who love one another will go above and beyond to understand their counterparts. This means taking the time to listen and truly grasp the perspective of those around them. This is an essential characteristic for those in romantic relationships.

Understanding is one of the foundations of love. In fact, many people end relationships because they felt their partner simply didn't understand them. Since it's so important, it's vital for those to seek understanding as a means to showing love.

### **Love is Expressive**

When individuals are going through hard times, it's good for those around them to express their love and support. This little boost of motivational confidence is like medicine to a sick child. It just makes the pain tolerable and easy to endure.

When an individual expresses not only their support, but also how they feel about a person, they're letting them know that their life is real. This is especially important for individuals going through self-esteem issues.

### **How Can You Show Love**

Using love as a healing tool is an essential part of developing healthy relationships. One of the foremost ways you can implement this into your daily relationships is to let those around you know how you feel about them.

Seek to practice understanding and patience as you deal with those going through hard times. In addition, never be afraid to express your love and support for them. Your kind words and consistency may be just what they need to endure.

As you continue to practice love as a healing tool, understand that the universal law of attraction is real. What you put out will surely come back. Therefore, continue to place love at the forefront as it truly heals all.

**Love truly makes the world go round.** If you are eager to learn how to use the power of love to live the life of your dreams, consider enrolling in the 8-week online course:

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