



## **The Mystery of Love, by Kent Nerburn**

Remember that you don't choose love. Love chooses you. All you can really do is accept it for all its mystery when itÂ comes into your life. Feel the way it fills you to overflowing, then reach out and give it away. Give it back to the person who brought it alive in you. Give it to others who deem it poor in spirit. Give it to the world around you in any way you can.

There is where many lovers go wrong. Having been so long without love, they understand love only as a need. They see their hearts as empty places that will be filled by love, and they begin to look at love as something that flows to them rather than from them.

The first blush of new love is filled to overflowing, but as their love cools, they revert to seeing their love as a need. They cease to be someone who generates love and instead become someone who seeks love. They forget that the secret of love is that it is a gift, and that it can be made to grow only by giving it away.

Remember this and keep it to your heart. Love has its time, its own season, its own reason for coming and going. You cannot bribe it or coerce it, or reason it into staying. You can only embrace it when it arrives and give it away when it comes to you. [...] Love always has been and always will be a mystery. Be glad that it came to live for a moment in your life.

--Kent Nerburn