LOVE

Love is a feeling, it can control the anger. People love other by their heart. True love starts by a true heart. If there is no love, people are anger cannot calm down. Where people get anger they need the love of everyone. We can practice loving kindness by meditation so we can love everyone. A few years ago, my younger sister naughty and I very hate her but now I can love her by practice meditation mindfulness. We cannot harm other and they cannot harm us because they love us and us too. In this world nothing is mine’s, we don’t own anything, so let’s share. Love the true love doesn’t need the attachment. Love with attachment needs money materiel, which not the true love.

In regards to [romantic relationships](https://en.wikipedia.org/wiki/Romance_(love)), [Buddhism](https://en.wikipedia.org/wiki/Buddhism) has very [liberal](https://en.wikipedia.org/wiki/Liberalism) views. Buddhism encourages independence through non attachment. Non attachment is in love in order to be fulfilled and happy in life. A person cannot be attached to any one thing because this thing can cause suffering. In order to be happy and to follow the path of [enlightenment](https://en.wikipedia.org/wiki/Enlightenment_in_Buddhism), Buddhism teaches people to discard all things in life that can cause pain. This idea is not referring to worldly objects in the physical sense, but in a [spiritual](https://en.wikipedia.org/wiki/Spirituality) sense. To achieve non attachment, one must detach from the idea of a perfect person and holding one’s partner to an impossible standard. Instead, one must accept a partner for who they are unconditionally. In Buddhism, this is the key to a happy romantic relationship. Accepting a partner for who they are, for who they are throughout their life no matter what changes, and making the best of every situation is how one achieves personal fulfillment in a romantic relationship.