Spring is in the air and now is the time for blossoming love. Depending on your age you are probably looking forward to this time of year. If you are between the ages of about 12 and 25 then spring break is on your near horizon and you probably can’t wait. If you are younger or older than these parameters, you are probably looking forward to the Easter Bunny or Easter Sunday.

It doesn’t matter which, the issue is the same, we emerge from the cave of Winter and hope for the sunny days of Spring. The kids go get baked in the sun and the old folks fill up on too much fried chicken and deviled eggs. And it is a new day, we can sense the not yet visible buds of hope and renewal.

Spring is a time of new growth and blossoming flowers, possibilities or even glass slippers. Spring is when things seem a little brighter, we are waiting on things to surprise us and colors to delight us. And maybe new love will surprise you. This could be with a new person, or a new love for a one already across the breakfast table.

People fall in love. How does this happen? What is the magic or chemistry of falling in love? Do you remember?

One thing is for sure. It cannot be contrived. Love comes naturally and unexpectedly. We somehow fall under the spell of the other. And it is everything; how they look, the way they talk, little mannerisms, and the way you feel when they look at you.

At some point you may feel like a silly idiot, a lost fool who can only be redeemed by their attention and affection. What’s a person to do?

If you are lucky enough to catch their eye, we move into a phase that is equal parts anxiety and excitement. Thumper called it “twitter pated.” Either way the truth of being in love is that we lose all sight of reality, the colors are a little brighter and the world is our oyster. Isn’t love grand?

Well just take my advice, Celebrate! Enjoy the moment. Find ways to make these moments special. It may be a pink cloud or distorted reality, but who cares, loving is for lovers.

Doubt can slip in, low self esteem may start to whisper in your ear and cause some hesitation. Don’t believe it! Love is a daunting proposition where we risk it all to have a chance at meaningful coupling.

Sometimes the words or the moment are hard to find, but you have to say what’s on your heart. Use your words. Express the truth that is yours and is you. Again, this is risky because of the dreaded rejection or misunderstanding, “oh, I’m sorry, I only thought we were friends.”

But love is worth it. Love takes us from the joy of mud between our toes to flights of fancy through the clear blue skies of tomorrow. Open your heart and take a risk. Allow love to come and visit as you open your heart to a new moment in your life.