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I love you, if

What if when we said “I love you” we really meant it? I know people say the phrase all of the time. But I’m afraid that what we mean is, “ I love you, if.”

I believe in love, and I believe it is love that will be the critical factor in your Coupling, but we have to continually struggle with what we mean by that little, three word phrase. “I love you” sounds so pure and lofty. What happens when we put the beauty and purity of the word ‘love’ in the context of human frailty and error? It can be very difficult to get humans to match up against the perfection of love.

Too often from our selfishness or fear, our love is fragile and our love is contingent upon behavior or feelings. I love you if you please me, if you serve me, if you keep the house clean. I love you if.

Honestly, I get confused when people tell me they love their spouse but they are not in love with them. What does this mean? Do they mean the passion is gone? Passion is only one part of your Coupling. Don’t forget caring, communicating, cooperating, commitment. Sorry, got going with the C alliteration. Come on yall, to love is to love, not to love if.

I am an evangelist for love and a purveyor of hope and possibility. The great spiritual traditions of the world have a lot to say about love. Hinduism says to detach from outcome. Too often we perform for the result, what will I get out of it, we say. What if my actions are performed out of knowing it is the right thing to do. What if I were to follow my heart and love because that is what I knew inside of me was right? To love without expectation is our goal. We don’t love for what we can get out of it. That would be manipulation.

Christianity says love sacrificially. Love even when it hurts. Love when you are not loved back. This is a lofty goal, and one many purport to follow. We are not perfect so lets try to follow some of these spiritual traditions and high-minded ideas in our loving, anyway.

Love can take a lot. Really, love takes it all and doesn’t even get offended. Lovers believe in love and its power to overcome. Love doesn’t give up and doesn’t allow for distractions to interfere.

Love shares everything; pain, laundry, grief, goals. Love shares because when you think about it, you really do want to share everything.

Love serves. Love serves even when serving isn’t convenient. Love serves like a hired servant, humbly and graciously.

Love sacrifices. Because that’s what love is. Love is about getting yourself out of the way so you can focus on the joy and completion that the other half of your Coupling brings you.

Let’s say it differently, how about, “I love you, more.” More than things or attitudes, more than my goals or plans, more than any other.

Or, I love you even when you are sick, grumpy, unavailable or busy.

Or just, I love you even more.