

The Heart Of **Love Languages**

How speaking of love can affect your well-being from the Inside Out

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Different people communicate love in different ways. Each one of us have different and unique needs when we receive expressions of love - we apply the appropriate principles, learn the right language to display to our loved ones. We understand the profound satisfaction and the joy of being able to express our love, and being loved in return.

We will also experience changes in our body's physiology and levels of energy. Because of that, our health is positively affected too. With years of experience in my working field and personal life, I believe that learning different ways to communicate our love to the people around us can contribute immensely to our personal well-being and that of others.

Do you agree that the emotional need for love must be met in order to maintain good emotional health, and that our emotional health has a lot to do with our physical health too? If you do, you will realize that when your partners, children, neighbours and friends feel secure in your love for them, the whole world looks brighter and more beautiful to them. It will then be possible to achieve excellence in life, health and beauty, inside and out!

Here are 3 possible ways to communicate our love to others :

One way to express love is to use words that build up and uplift. Verbal compliments and words of appreciation are powerful communicators of

love. They are best expressed in simple, straightforward statements of affirmation, such as, "Wow, you look fabulous in that suit", "Thank you for your help. I really appreciate your washing the dishes tonight", "You look stunning today... I am so proud of you"

“How can we speak the language of love when we are full of hurt and anger over past failures and lack of commitments?”

and "Thanks for helping the team with your brilliant insight this morning".

Communicating love verbally means using encouraging and kind words that have to do with the way we speak. The manner in which we express ourselves is extremely important. A soft answer turns away anger, as an ancient sage once said.

Writing notes and letters are also good ways of expressing love and appreciation. Therefore in your letters focus on letting the person understand your appreciation and gratitude towards him. Today, we can easily send our messages of love via sms or Facebook !

Physical touch. It is another powerful vehicle for communicating our love and emotional connection towards others. To a man or woman, boy or girl, whose primary love language is physical touch, the message sent is far louder than the words ' I love you'. The touch of love can take shape in many ways: the holding of hands, embracing, kissing and massaging. Of course you need to be aware of the

cross cultural differences when it comes to the language of 'touch'.

Buying a gift or 'giving time and energy' is another expression of love! If you discover that your spouse, children, friends or colleagues enjoy gifts then you might like to buy a gift for each of them – it is investing

in your relationship with them and filling up their emotional love bucket.

Communicating with the language of love is a choice and many of us are unaware that by conveying love to others around, not only contributes to their emotional wellbeing but adds to the emotional and spiritual value to ourselves too.

Remember, love is kind, love is gentle and love does not keep a score of wrongs, neither does it bring up past failures. Love does not erase the past but it has the power to transform the present and make the future different.

When we choose to express our love towards our partners, children, parents, bosses and friends, we create an emotional climate where we can deal with our unresolved conflicts and failures. We are able to manage and heal our own inner wounds too. With this bucket full of love, remember, people around you will respond and learn from you. Spread the language of love, so that others will do the same too! **ehb**

Suggested readings if you want to know more about this topic are:

- **How Full Is Your Bucket – Tom Rath (Positive Psychology)**
- **The Five Love Languages – Gary Chapman (Relationship Expert and counselor)**