

To love or not to love

We all need or long to be Loved, don't we? Well for most of us anyways... However if our heart has been broken then we may say 'never again'! And we put this not looking 'Not looking for love shield up' to protect us...'To protect our Heart'

It can be quite a strong unpleasant emotion, while this shield is up. We can become numb, we can pretend we are tough, uninterested, easy going, not bothered and there's a possibility that to an outsider's view 'Unattractive. But you know what? Just when you think you're not looking for love, maybe, just maybe, someone else is and maybe they are looking at you.

And then when they make contact and express their interest in you, You remember how nice it felt to be looked at from across the room, smiled at, flirted with, kissed, before you know it, you ask... How did this happen? I didn't expect this?

You feel this can't be happening, because you stopped believing in love, because your heart was broken... your waiting for it to all go wrong, to end as soon as it started, your waiting to be forgotten about, you might even make excuses to end it yourself, because you still have that protective shield, that hurt, that question of trust, respect and doubt your heart or the feeling that are creeping in totally unknown to you.

But what if the other person believes that, to finish with each other, would be a silly thing to do, that what you have together is good, because they don't see that protective shield nor have they a protective shield, because they are looking into your eyes, your soul, your emotion, your hearts are in sync with each other's, it will skip a beat just to catch up.

They like this emotion, this intensity and to be honest so are you.

But here's the scary bit, what do you do when you both realise you both care very much for each other, you enjoy being with each other, you

have become friends that support each other and long to hold each other.... 'You may even be falling in Love'. You didn't think that was possible but right under your nose, it's happened and it feels wonderful.

Well heres my advice, from my past broken heart, from behind my proctive shield! Relax, lower that shield, enjoy the moment, enjoy the time, the attention , the affection, enjoy that sweet happy emotion, enjoy love!

Because time is precious, time is short, time passes us by. Its better to take the risk of that emotion, those feelings of love, because love can be hard to find, consume it!

You will have learned some important things from your past, so use them, but only some of them, because its better to have gained than to have lost or to never know.

Claire

