

How to Tell if You're in Love

So, are you really in love, or just infatuated? People who fall in love for the first time experience hundreds of unique and individual emotions, thoughts and feelings, but there are a few classic symptoms that most lovesick individuals tend to develop. Check out the list below, and if you have three or more of them, you just might (gulp!) be in love.

Top Ten Ways to Know You're In Love:

1. **You're in love if you think about them all of the time.** Well yah, I didn't say that everything on this list would be profound or anything. This one is a no-brainer. If you love someone, they're going to be in your thoughts all the time. In fact, you won't be able to get them out of your head. Look at the rest of the indicators before coming to a conclusion, though, because this one could also mean that you're just plain nuts.
2. **You're in love if everything reminds you of them.** If Someone asks you to pass the ketchup and it reminds you of him or her, if flock of geese fly overhead and it reminds you of them, it's love. Oh, and if for some reason, when you're in love it seems like every new person you meet or see on TV, or hear a story about has the same name as the person then you're in love with. I don't know why that is, it just happens.
3. **You're in love if you care more about their safety and happiness than you do about your own.** For some weird and inexplicable

reason, the whole "looking out for number one" thing you've been doing your whole life dissolves away and gets replaced by an overwhelming urge to make sure that special person is as safe, comfortable and happy as possible. No, I'm serious. This totally becomes your number one priority. It's kind of like getting super powers, in a way; you'd be amazed at what little old you is capable of when you're trying to protect or provide for the one you love.

4. **You're in love if you start caring more about your own appearance.** Suddenly, without warning, you find yourself wanting to actually iron the wrinkled jeans that have been sitting in the dryer for the last three days before you wear them. If you're about to see that person who you can't get out of your mind, there suddenly seems to be a whole lot of reflective surfaces around to check yourself out in.
5. **You're in love if you're actually interested in knowing more about them.** You can forget about the days when you went home from a date remembering absolutely nothing about the interests, career and dreams of the person you went out with. Finding out all about this fantastic person is your new favorite thing to do. If you could find a book detailing every minute detail of their life, you wouldn't sleep or eat until you read every last paragraph.
6. **You're in love if you want to impress them.** You've always tried to be modest,

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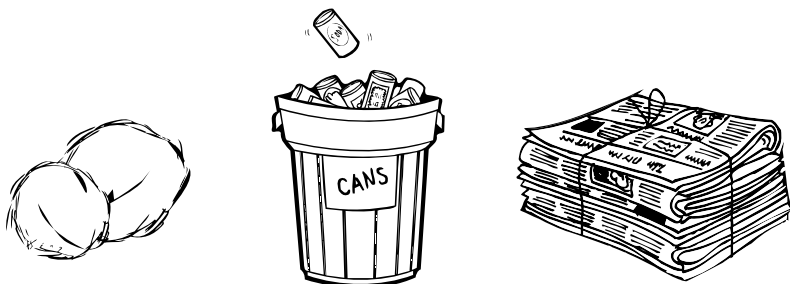
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Revenge: A Different Approach to Anger

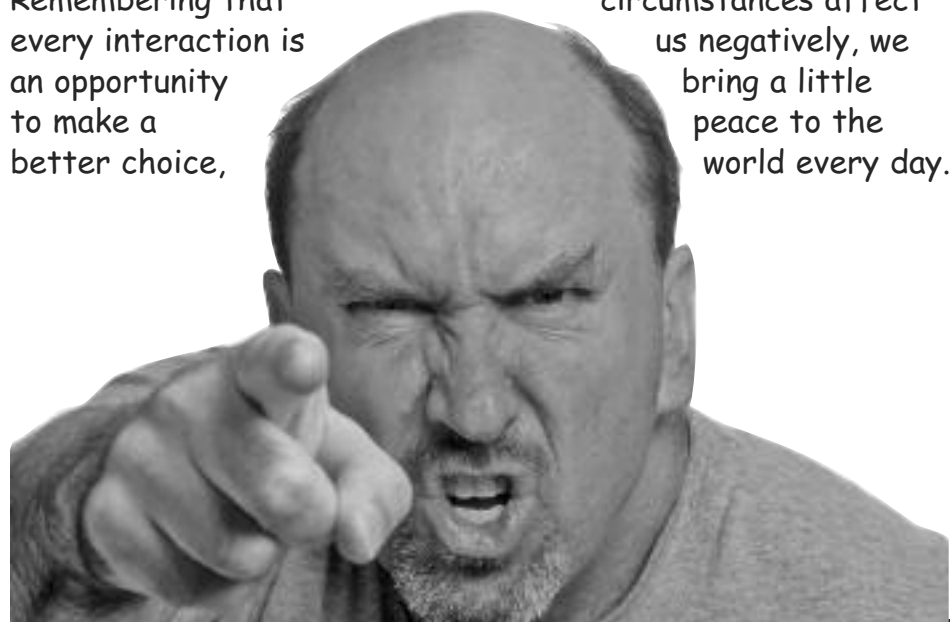
Thoughts of revenge create an energy of imbalance and are best dealt with by releasing your anger.

There can be times when we get so angry with someone that we find ourselves imagining ways to seek revenge for the hurt they've caused us. Remember, however, that the thoughts you've just had are energetic creations. In order to keep yourself from having to take part in the rebalancing of energy, it is important to release the person and the thoughts into the care of the universe with forgiveness.

Before we allow ourselves to invest our energy into negative thought or action, we can remind ourselves that everything has a purpose. We can then consider that perhaps the actions of the other person or people may have had nothing to do with us. If we don't take their actions personally, it may be easier to release them. Remembering that every interaction is an opportunity to make a better choice,

we can take a deep breath before responding, allowing us just enough time to connect to center and make the choice to respond from our higher self. We can never know all the circumstances that may have led anyone to do anything. By not passing judgment on anyone, and instead sending hope for their healing, we may create something positive out of a difficult situation. We can then release it, since dwelling on it can cause an energetic drain in our system, causing us to really only hurt ourselves. When we can release our hold on negative events and interactions, we leave it in the hands of a wise universe to work out the best solution for all involved.

In every moment we have a chance to make a choice to bring light into the world. When we bless others with the gift of our positive energy, instead of letting circumstances affect us negatively, we bring a little peace to the world every day.



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