

Kinds of Love

Here is a summary of the kinds of love to guide you. Adapted from [Kindred Spirits: The Quest for Love and Friendship](#).

Family Love - represented by strong emotional bonds with those you consider family.

Puppy Love - being open to new love at any age.

Romantic Love - an intimate relationships where you express your erotic feelings.

Real Love - based on knowing yourself and who the other person is.

Committed Love - requires a high level of maturity and engagement to make agreements that foster happiness and growth.

Unconditional Love - you strive to give yourself constant love regardless of your flaws.

Conditional Love - establishes reasonable conditions concerning how you expect to be treated and accepted for who you are.

Self-Love - requires an intimate knowledge of yourself. The more you know about yourself the more there is to love.

Whole Love - means honoring all of yourself, your strengths and weaknesses.

Conscious Love - a choice to act out of your higher consciousness.

Integrated Love - you equally respect your head and heart (thoughts and feelings) to guide you.

Balanced Love - wanting what is best for you, me and us.

Kindred Spirit Love - a special friendship where you nurture each other's self-esteem, encourage their growth and give comfort.

Mutual Love - a reciprocal exchange of the many different forms of love.

EvoLove - a way of loving that is constantly seeking to evolve the human spirit.

Earth Love - first we learn to love ourselves, next each other and then we extend our love to the Earth.

Seven Chakra Love - exchanging love from your energy centers in a manner that is open, balanced and integrated.

Virtuous Love - all virtues are acts of love.

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