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Because of Valentine's Day, I thought I would just touch base this week on love and relationships.

### **Love/Lust**

Today's society has confused love with lust. Love is giving while lust is getting.

When a person loves another, that person wants to give the best that he or she can give. You want to make the other person happy. It's not "me, me, me."

When a person lusts, that person wants to get something. And he or she will say or do anything in order to get something. With lust, it is "me, me, me."

### **Relationships**

In a relationship, there are three things one must remember: verbalize, visualize and vitalize.

**Verbalize:** Let that person know how you feel. Tell your mate that you love him or her. Talk out your feelings with them. And always leave them with an "I love you."

**Visualize:** Not only do you tell your mate how you feel, but show them as well. Surprise them with small gifts of the heart; candy, flowers or a nice card. And it doesn't have to be a special occasion to do this.

**Vitalize:** Keep the relationship growing. Each day should be better than the previous day. Do nice things; wash the dishes, make the bed, straighten the house up. Little things can mean so much.