

Indian Institute of Technology Kanpur

National Programme on Technology Enhanced Learning (NPTEL)

**Course Title
Enhancing Soft Skills And Personality**

**Lecture - 34
Love and Personality**

**by...
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Hello welcome back to my course on enhancing soft skills and personality.

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I am Ravi children from the Department of Humanities Social Sciences of IIT Kanpur I am giving you this goes through NPTEL MOOC this is 7th week and the fourth unit and this is on the whole 34th lesson and this unit I am going to introduce a very interesting concept that you might all be enjoying in terms of even now watching and listening to it that is love and personality. So let us see how love is interlinked with personality and how do people perceive

you when you are in love with someone and in terms of professional commitment so what does it mean and then why is it that somebody is in love with someone if normally liked by people in general what is it this feeling doing to the personality. So before we go deep into this concept look at what we did in the previous lesson highlights of the last lesson.

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Highlight OF THE LAST LESSON

- We understood the significance of managing health by eating and sleeping well.
- ✓ When we don't eat or sleep well, it shows up on our face. Skin lacks its lustre and dark patches appear below our eyes. Hence, any physical exercise needs to be balancing with appropriate diet & adequate sleep.
- ✓ You should ensure that you eat three regular meals per day starting with a heavy breakfast, moderate lunch and light dinner preferably before 7 p.m.
- ✓ You should avoid all white food, carbonated and alcoholic drinks.
- ✓ You should eat plenty of fruits and vegetables, drink minimum 2 litres of uncontaminated water per day.
- ✓ Besides, sleeping in time for 7 to 8 hours is a must for maintaining good health.
- ✓ You can ensure sound sleep by avoiding the following: taking naps for long hours in the afternoon, eating heavily at late night, using electronic gadgets on the bed.
- ✓ You should also keep the environment of the bedroom clean and use a cozy pillow for resting your head and feet.
- ✓ We also learnt that lack of sleep can be dangerous as apart from causing many diseases it can also lead to sudden collapse and imminent death of a person.
- ✓ Overall, we learnt that all fatal diseases are caused by wrong food choice, toxic food ingredients, nutritional deficiencies, and lack of physical exercise.

Dr. T. Anandaram, Professor, M.D. Degree in C, IT & Law, Taty

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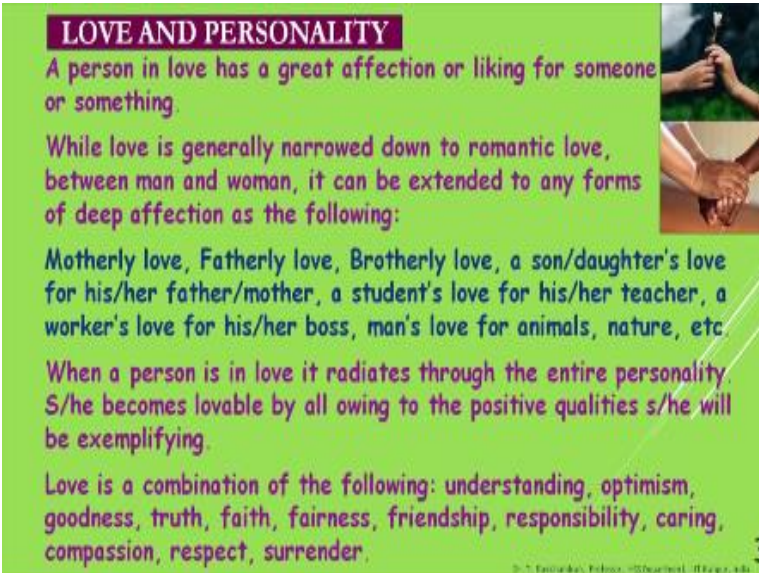
We understood the significance of managing health by eating and sleeping well so when we do not eat or sleep well it actually shows up on our face our skin lacks luster and dark patches appear below arise so hence any physical exercise needs to be balanced with appropriate diet and adequate sleep you should ensure that you eat three regular meals per day starting with a heavy breakfast, moderate lunch and light dinner that is preferably before 7pm you should avoid all white colored food particularly mythas, the salt and sugar and then eat as many vegetables and fruits as possible we should drink minimum two liters of uncontaminated water per day.

And at the same time you should avoid any carbonated or alcoholic drinks besides sleeping in time for seven to eight hours is a must for maintaining good health you can ensure sound sleep by avoiding the following taking naps for long hours in the afternoon eating heavily at late night using electronic gadgets on the bed keeping mobile or laptop just on your side watching TV so

those things should be avoided and at the same time you can get good sleep by keeping the environment of the bedroom clean keeping the bed sheets pillow covers washed regularly changed frequently at least once in a week and then using a cozy pillow for resting your head and feet we all make you comfortable and make you get a very good sleep. At the same time we also learnt that lack of sleep can be dangerous as apart from causing many diseases it can also lead to sudden collapse and caused imminent death of a person.

Overall we learnt that all fatal diseases are caused by wrong food choice toxic food, ingredients nutritional deficiencies and lack of physical exercise. Now in this unit if you remember while concluding the previous one I said that for a very happy life so you should be able to eat off and then exercise double love triple and love without any measure and I assured you that let us look at how you can love limitless without any measure, unconditionally and what are the benefits of experiencing this emotion called love.

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LOVE AND PERSONALITY

A person in love has a great affection or liking for someone or something.

While love is generally narrowed down to romantic love, between man and woman, it can be extended to any forms of deep affection as the following:

Motherly love, Fatherly love, Brotherly love, a son/daughter's love for his/her father/mother, a student's love for his/her teacher, a worker's love for his/her boss, man's love for animals, nature, etc.

When a person is in love it radiates through the entire personality. S/he becomes lovable by all owing to the positive qualities s/he will be exemplifying.

Love is a combination of the following: understanding, optimism, goodness, truth, faith, fairness, friendship, responsibility, caring, compassion, respect, surrender.

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Now love earned personality a person in low as per definition as a great affection or likely this is a simple definition of flow now if somebody is taking to the extreme or getting addicted or making is a very negative thing it is a wrong way of interpreting globe but the correct way is just

to take it as a positive emotion something that is expressed as a liking or the great affection so instead of saying the normal affection I like you it goes beyond that likeness. Now why now is generally narrow down to romantic love so normally when we talk in terms of love we think that it is about romantic love it is between man and woman boy and girl dealing with the infatuation and then less and then slowly it might mature into the form of genuine love.

But it can be extended to any forms of deep affection as the following like motherly love the nurturing cat that mother gives okay, fatherly love, brotherly love if son for his father or mother as well as the daughters love for her father mother, if students love for his teacher, mentor a workers love for his boss mentor, mans love in general for animals especially pet animals so there are people who love the cats or dogs so much then even human beings and then manta so people love to grow trees, plants, flowers okay, so live in beautifully or natural surroundings.

So these are also various forms of flow but normally when you say love people think that it is something that is expressed on a particular day like valentine's day in the form of a god but the one who understands real love knows that all days or valentine's day and then love is something that is not just expressed in that form and when a person is in love, genuine love it radiates through the entire personality she or he becomes lovable by all going to the positive qualities she or he will be exemplifying.

Love is rather a combination of the following understanding optimism, goodness, truth, faith, fairness, friendship, responsibility, caring compare respect and surrender one can make the list longer in terms of adding all positive qualities but I would like to explain what is love to famous philosophical thinking through well written poems which try to make you get a grasp of what is really love instead of telling you in terms of adjectives and words I just want you to feel what it is. So let us look at some very famous enumerations of love in the form of poetic expressions philosophic thoughts and then let us try to understand the qualities of flow.

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QUALITIES OF LOVE

Let's see various qualities, parameters, and expectations from someone who is in love with something.

Love is beyond doubt:

William Shakespeare, "Doubt"
(from Hamlet Act 2 scene 2.)

Doubt thou the stars are fire,
Doubt that the sun doth move,
Doubt truth to be a liar,
But never doubt I love.



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So let us see various qualities parameters and expectations from someone who is in love with something so the first important criterion of love is love is beyond doubt, it is doubtless it is complete faithfulness so there is a small poem from William Shakespeare's Hamlet and this is what Hamlet's way of expressing his love to his lady love Ophelia he actually sends this as a kind of love letter and see it is small but it is very poetic delicate and then convincing he says doubt thou the stars are fire so thou is you saying that you may doubt that the stars are fire doubt that the sun doth move so you may even doubt whether this sun is moving or not.

Doubt truth to be a liar so he may even doubt truth but never doubt I love so he says that you should not ever doubt about the credibility of my feeling for you solo one particular quality I say points of this that it is beyond doubt and then again his sonnets or the ones in which you can really understand the other parameters that he sets for true love. In one of the most famous sonnets that is sonnet 116 let me not to the marriage of true minds so he emphasizes the point that love is constant and eternal.

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QUALITIES OF LOVE
Love is constant and eternal:

William Shakespeare, Sonnet 116:
"Let Me Not to the Marriage of True Minds"



Let me not to the marriage of true minds
Admit impediments. Love is not love
Which alters when it alteration finds,
Or bends with the remover to remove:
O, no! it is an ever-fixed mark,
That looks on tempests and is never shaken;
It is the star to every wandering bark,
Whose worth's unknown, although his height be taken.
Love's not Time's fool, though rosy lips and cheeks
Within his bending sickle's compass come;
Love alters not with his brief hours and weeks,
But bears it out even to the edge of doom.
If this be error and upon me proved,
I never writ, nor no man ever loved.

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So it is like a never-fixed mark he says it is worth reading the poem and understanding that and getting a grasp of what he tries to talk about love, it is let me not to the marriage of true minds admit impediments so at the outset accessory says that love is the bridge of true minds it is an intellectual intercourse, it is a marriage of true minds to mind marrying each other liking each other its first the intellectual likeness affinity so he says that if the true minds have liked each other he says I will not put any hurdles I will not admit impediments and then he goes on to qualify what is love is if love is not love which alters when it alteration finds.

So love is not love is trying to define which alters when it alteration finds that is if it can alter change at a slight opportunity for changing so then it is not love meaning so somebody let us say a girl is in love with a boy who is with a bike okay. Now this another person who is coming with a very posh foreign car and then that person is also trying to show interest in the girl and the girl changes okay, so that is what he says it is not something that alters when it alteration finds.

If there is a chance if the mind changes is that's not true love or bends with the remover to remove so or it is to somebody who is trying to change the mind and then it changes who know it's an ever-fixed mark so it is constant is it is an ever-fixed mark that looks on tempests and is

never shaken it is like the lighthouse it is fix it and it is the star to every wandering bark another metaphor he gives us it's like the northern star the pole star so that is fix it and then that gives direction to every wandering bark so every ships so which sail on the sea so that we will be able to get guidance from this ever-fixed mark whose worth is unknown although his height be taken so we can measure the height okay. But then the worth is immeasurable then he later says that love is not times fool time is personified here and then he says that it is not the full of time because time cannot come and cheat love.

Though rosy lips and cheeks within his bending sickles compass come so time is personified at somebody who is coming to the sickle and is able to cut through all rosy lips and cheeks meaning so all physical beauty physical hallmarks of beauty since that time can change so if somebody fell in love with some outwardly appearance he says that will change in time. But love alters not with his brief hours and weeks but now we not change because time is changing but that is it out even to the edge of doom so it will go till the dooms day that is even after death there is judgment day now will be lasting even beyond that point of time.

And then he says he challenges people if this be error and upon me proved I never writ nor no man ever loved since if you prove that I am wrong in this so I will never write anymore poem and then it also implies that no man ever shout so love is this constancy of purpose and it is eternal it leaves even beyond death time cannot control love, so that Shakespeare.

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QUALITIES OF LOVE

Love is not in saying "I Love You."
D. H. Lawrence, "The Mess of Love"
We've made a great mess of love
Since we made an ideal of it.

The moment I swear to love a woman, a certain woman, all my life
That moment I begin to hate her.

The moment I even say to a woman: I love you!—
My love dies down considerably.

The moment love is an understood thing between us,
we are sure of it,
It's a cold egg, it isn't love any more.



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But at the same time today you know that love is taken too literally and then it simply amounts to saying these three magical words I love you, but as it is explained by another Greek by D. H. Lawrence love is not in saying I love you so love is something that you show indeed not in words and in fact he says it is beyond words and another thing he says that if you are trying to use words to manipulate your love he says it is not love, it is a kind of mind perverted love and you only make mess of flow but there is no love actually.

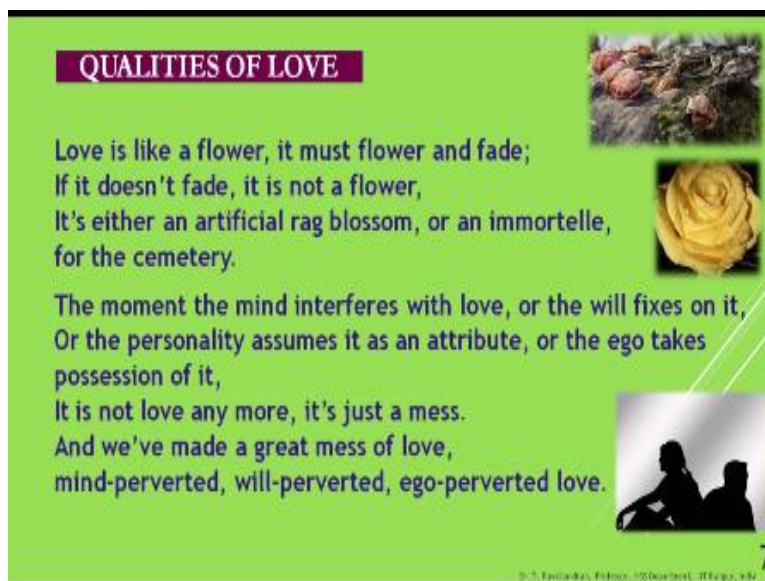
And then he talks about the kiss one instance where he actually made a mess of it and he explains how so we have made a great mess of love since we made an ideal of it so it is not like idealizing something keeping somebody as an idol and then worshipping the other person like they have studied in this fixed mindset and growth mindset so growth mindset actually allows somebody to criticize whereas in fixed mindset the person wants the partner to be something like a romantic partner to be worshipped and idolized.

So he says that by making an ideal of it so instead of looking that as a practical thing that you can leap through by supporting each other we made an ideal of it and so we made a mess of it and then he says the moment I saw the moment I back to your woman a certain woman all my

life that is I promised to give all my life to this woman the moment I begin to hate her so the meaning is that the moment I commit that I am giving a bond and writing in bond that I will love you forever he says that moment I start hating her because love is something that you cannot mind you cannot commit it is unconditional. The moment I even say to a woman I love you my love dies down considerably okay, so we find that true love is never expressed through these words and then he said that when I say that my love dies down considerably. The moment love is an understood thing between us even if you understand says we are sure of it is a cool dig it is not love anymore.

Since you should give it this flexibility it should be flexible they should not try to fix it and then he makes another comparison is this love is like a flower and fade.

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QUALITIES OF LOVE

Love is like a flower, it must flower and fade;
If it doesn't fade, it is not a flower,
It's either an artificial rag blossom, or an immortelle,
for the cemetery.

The moment the mind interferes with love, or the will fixes on it,
Or the personality assumes it as an attribute, or the ego takes
possession of it,
It is not love any more, it's just a mess.
And we've made a great mess of love,
mind-perverted, will-perverted, ego-perverted love.

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If it does not fade it is not a flower it is either an artificial grad blossom or an immortal for the symmetry so here again he is talking about the fluctuating nature of flow he says that it should be able to flower and fade so there should be understanding and even misunderstanding and then love is something that should be able to withstand both of these situations in life if you are not

having that he says it is just like an artificial blossom decorated on a carpet and that stays forever in the same manner.

And then the modern love where mind interferes mind manipulates the moment the mind interferes with love or the wheel fixes on it or the personality assumes it as an attribute or the ego takes possession of it is not loved anymore it is just a mess and we have made a great mess of love mine perverted be perverted ego perverted love, so what is the implying is love is something that cannot be manipulated by mind the first thing that you should give up in love is ego and forever you should not bring this ego in between we should not come bill in the sense trying to control take domination of the other person know if these things are all there is a speck then you only make a mess of love you do not actually have real love.

This is according to teach Lawrence and he typifies the modern condition in which love is not actually growing like a leaf to the tree in a very spontaneous manner so it is what is up dicks Facebook and then it's literally manipulated and then once a search and possessions are being estimated and then the material weight has been taken into consideration before actually even emotionally feeling that this person can actually love it becomes a kind of staged managed a thing and that is what he says and then you are actually making a mess of love it is not true love it is not real love.

Similar thought is expressed by Khalil Gibran in his famous poem love one another where he tries to emphasize the point that.

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QUALITIES OF LOVE

Love is not keeping someone in bondage:
Khalil Gibran, "Love One Another"

Love one another, but make not a bond of love:
Let it rather be a moving sea between the shores of your souls.

Give your hearts, but not into each other's keeping.
For only the hand of Life can contain your hearts.
And stand together yet not too near together:
For the pillars of the temple stand apart,
And the oak tree and the cypress grow not in each other's shadow.



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Love is not keeping someone in bondage he says love one another but make not a bond of love let it rather be a moving sea between the shores of your souls so you see he says that give enough space so love one another but make not a bond of flow do not make a bondage but rather a sea can move between the shores of your souls let there be sufficient gap so you be independent at the same time you try to be interdependent also that is what he says in the next few lines give your hearts but not into each others keeping so you give but then it is not for the possession of the other one or not to be kept in bondage for only the hand of life can contain your hearts.

So the hand of life is a all-encompassing life so where your hearts can be contained not to one single particular person and stand together at not too near together so you can be standing together but not too near together in the sense too much of leaning on each other for the pillars of the temple stand apart so if you want to rise something like a temple something that is holy something that is sacred, something that is highly respectful highly dignified so then you need to keep them like pillars of the temple they stand apart and then they support the temple.

So you should not stand close and lean on each other and keep bondage of each other makes slave of one to the other and then he gives another interesting example he says on the oak tree

and the Cypress grow not in each other's shadow so if you look at the tall trees like the walk and cypress so they grow tall they are self-reliant and then they are not depending on some other trees not in each other's shadow so they are highly independent so here he tries to highlight the point that love is something that is independent but capable of being interdependent but it's not going to keep someone in bondage so that is his the vision of love.

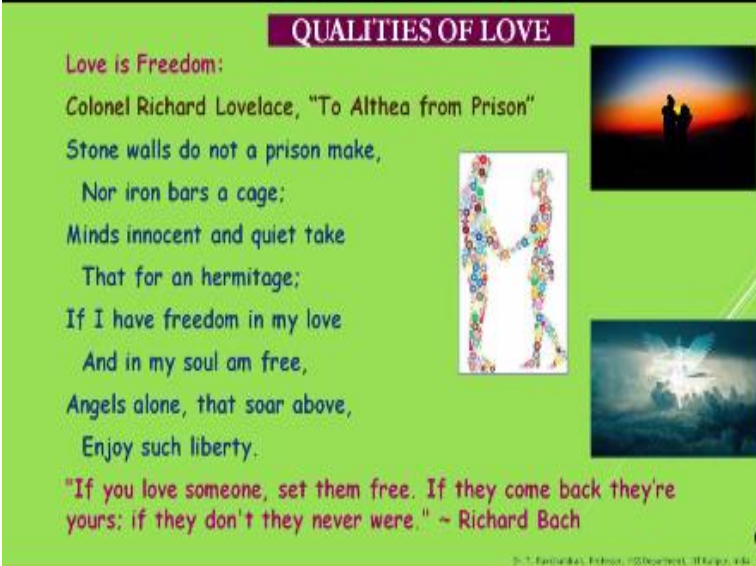
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QUALITIES OF LOVE

Love is Freedom:
Colonel Richard Lovelace, "To Althea from Prison"

Stone walls do not a prison make,
Nor iron bars a cage;
Minds innocent and quiet take
That for an hermitage;
If I have freedom in my love
And in my soul am free,
Angels alone, that soar above,
Enjoy such liberty.

"If you love someone, set them free. If they come back they're yours; if they don't they never were." ~ Richard Bach



Let us look at Richard Lovelace idea about flow where he talks about this in his poem to Althea from prison so here he says that love is complete freedom in the poem actually the poet is trying to depict a situation in which this was an autobiographical incident where he was imprisoned for some reason and then in the prison he wrote the poem to his ladylove althea and look at what he says he says stone walls do not a prison make nor iron bars a cage says all these stone walls which are surrounding me cannot make a prison for me nor iron bars a cage they cannot cage me my spirit, my love.

Again he is emphasizing on the fact that love is freedom it is such a free spirit that nobody can find it minds innocent and quiet take that for an Hermitage so when you put me inside it is just like a hermitage if I have freedom in my love and in my soul I am free so implies that I am

actually free in my low and in my soul also I am free angels alone that soar above enjoy such liberty so below that I am experiencing even if you put in my prison and the spirit in which I am able to connect to my lady low only angels they will be able to enjoy the kind of Liberty that I am enjoying.

Similar thought is echoed by Richard Burke so in simple words he says that if you love someone set them free if they come back they are yours if they do they never wear so if you really someone he says do not keep them with you do not crush them or cage them with your love but then you set them free all of them to do whatever they want to do and if the love is real they will come back to you and they will stay with you and then it is yours and if they do not it means they never where they, they never wear with you.

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QUALITIES OF LOVE

Love is unconditional and all-encompassing:

From *The Bible* 1 Corinthians 13:1-8a and 13

If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

Love never fails . . . And now these three remain: faith, hope and love. But the greatest of these is love.

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And then the most interesting and most appealing one actually comes from the Bible where it tries to emphasize the point that love is unconditional and all-encompassing it is from Corinthians so let us read this and then I will explain simultaneously if I speak in the tongues of men and of angels but have not love so he says that if I speak any languages I may be a very

voice man I may be able to speak so many languages and just even like angels but have not love if my heart is not able to feel for someone I am only a resounding gong or a clanging symbol.

I am just an inanimate sounding thing that is all so my language has no meaning my words are just useless sounds. If I have the gift of prophecy and can fathom all mysteries and all knowledge so I may have the gift of for seeing things I am may be able to collect all wisdom from the world I may have that much capability and if I have a faith that can move mountains but have not love I am nothing so even if I have faith but it is the doubt lo he says I am nothing.

If I give all I possess to the poor and surrender my body to the flames but have not love I gain nothing. Love is patient love is kind it does not envy it does not boast so it is patient so it can go beyond certain limits of tolerance it's always patient and it is kind, it is compassionate. So in some of the earlier versions of this bible instead of the word love charity is used so you can understand that charity the compassion that you have for fellow feeling so that is interpreted as love but is kind it does not envy it does not feel jealous about somebody somebody's possession it does not boast so it's not something that you show off it's not proud okay, so with proud arrogance comes.



It is not showing on arrogance it is not rude, it is not self-seeking it is not easily angered when you really love someone you cannot get angry with the person it keeps no record of wrongs so when you love someone it is for Watson all for accepting one limitation and it is not keeping a record of wrong and saying it for that you did something wrong so I will do that for you and who you how it hurt me on that day.

And love does not delight in evil so it does not enjoy doing bad thing at all but rejoices with the truth it enjoys being truthful it always protects, all the stress always hopes, always perseveres. Love never fails and now these three remind faith, hope, and love but the greatest of these is love so of all the human emotions so here it is said that love is the most important one because it is all-encompassing and it is unconditional it cannot get angry it is patient and it is truthfully protects a dress and hopes and precipices

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Love gives you direction . . .

“And when you love you should not say,
“God is in my heart,”
but rather, “I am in the heart of God.”



Think not you can direct the course of love,
for love, if it finds you worthy, directs your
course.

Love has no other desire but to fulfill itself.”

- Khalil Gibran

Dr T. Ravichandran, Professor, IIC Department, IIT Kharagpur, India

Let me conclude with the one more interesting thought from Khalil Gibran where he says that love is something that gives you direction and when you love you should not say God is in my heart but rather I am in the heart of God because you are almost becoming divine instead of saying I feel in God in me you can rather say I am in the heart of God think not you can direct the course of love you will not direct the course of love, you will not give some direction to how your love should proceed or know if it finds you worthy if it considers you worthy directs your course it will give you direction. Love has no other desire but to fulfill itself.

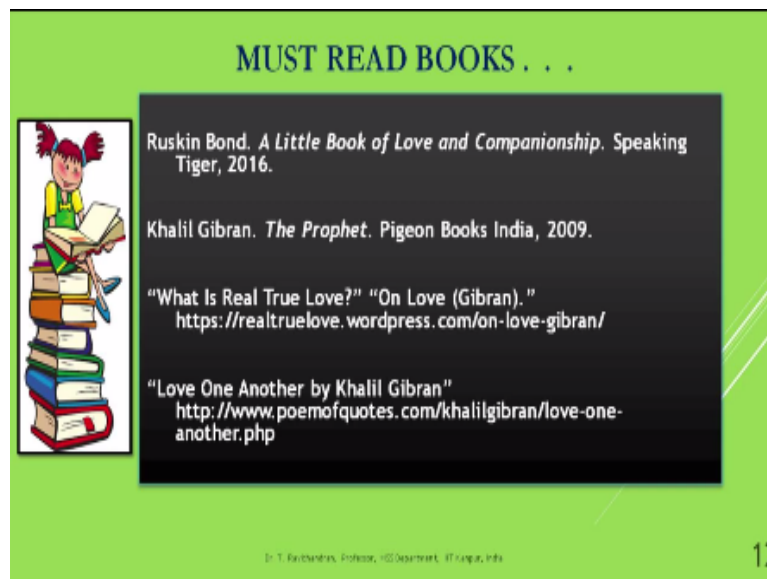
Now the point that it gives you direction is very interesting because you hear so many stories of people who literally crossed any mountains seas just to achieve something for the person that they love so much so it may not be a romantic partner but it could be for our children it could be for parents it could be for some business partners, friends I was touched by a story of a very old man who is going to work every day even at the age of 70, 80 and getting some daily wage just to take care of the education of his granddaughter who lost her parents in an accident.

So that love as a direction as a purpose so that he should make her educator so he is keeping this old man pull along even in his old age and he goes for work he gets some money he ensures that

this small girl gets education so that is one example but there are so many examples where you know that this once you know that you can feel for someone so you learn that it is giving you direction purpose and then it goes you to do something which changes your personality and that is why love and personality and when it changes you it is evident in you and people are able to see the time that you are loveless and alone and the time that love I was felt for you and then the way you expressed in your action so that nobody will miss it, having said this sometimes like people using the name of love.

Or rather they abuse it by misdirecting others with guiding others are getting lost in this and let us see in the next one how you can manage this emotion when it goes out of control or how you can use this effectively within control and how you can get benefits and how will people measure you in terms of the way you are able to express this. Two interesting books if you are more interested in collecting voice thoughts on love.

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One is from Ruskin Bond a little book of love and companionship a little book of love and companionship so published recently in 2016 which contains lot of voice thoughts on love. The other philosophical book on love and life in general is Khalil Gibran's the Prophet there are two

links I have given you from the internet which actually takes some of the passages from Khalil Gibran one on love the other one on marriage and then they try to discuss what is real love so if you are interested to get a quick idea of what is Gibran's view on love and marriage you can go to the internet link but if you want to understand this full philosophy of life apart from just love and marriage you should read the Prophet.

So it is one of the must read books that are good luck to suggest for you. So with this thought full of love so I thank you for watching this video and I hope you will be able to assess the level and intensity of love that you have for yourself for the people around you and how positively you are able to express it and use it to enhance your personality.

So I hope these thoughts give you one clear-cut view about cloud so today there are lot of things which are coming from corporate houses the multinational companies in the form of greeting cards so what ever written is in a greeting card is considered to be real no but these are voice thoughts that I have shared with you and then we will continue with this in the next one, one more session on low and how to manage love so until then I take leave from you thanks for watching this video and have a nice day.

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