Love is expansion Selfishness is Contraction

"Love" the word that doesn’t need any definition as it is self explained. It is the feeling that arise from the innermost part of our will and soul. At present everyone is running towards the summit of success, the race where there is no final boundary. In the rush the word "love" is somewhere lost and nobody is trying to find out its whereabouts. We are living in the society where there is no more respect no more mercy no more love as selfishness is overcoming the love. Selfishness does not require definition too as most of us are already involved in it or interacted with it at least once in our lifetime. Everyday we see incidences of violence and the news about the politicians and some great influencers are just affecting the religious harmony and trying to distort the framework of love in our society. Just for example if we just put our little affection to the stray dogs they become lifetime loyal to us. Actually there is a transfer of love or there is a continuous cycle of love. Someone said that love resides in your whole body but selfishness only resides in your brain. We need to change our mindsets. Just a diplomatic example between India and Pakistan and India and Israel. From the very past there is a war like situation between India and pakistan. There is more involvement of selfishness than love in between these two countries as the people of these two countries are not initiating love but on the other hand the relationship between India and Israel is getting stronger day by day because both countries praise each other and there is involvement of love between the people of these two countries. We should have to expand our heart and welcome all the love in our surrounding. The entropy change for the love should be positive and the rate of transmission should be exponential. Selfishness arises when own happiness has been given more priority than the happiness of the society or other people. 'Love is expansion and selfishness is contraction' is the famous line which has been quoted by our idol, Swami Vivekananda. He wants to convey that a person who loves is the one who has the ability to live. Also, he states that the one who is selfish is the one who meets death.

It is true that one should always spread love among all the people. Love can help in creating strong bondings and get every people by your side during hard times. However, for selfish people, they usually don't get help them as they only think about their own benefit and get their work done.

After the work gets done, these people forget it and hence next time onwards they need to fight their battles alone whereas people are also eager to help a person who spreads love and thus, he gets saved from many unforeseen circumstances and even death.