

The Dalai Lama, from "The Art of Happiness"

The act of acceptance, or acknowledging that change is a natural part of our interactions with others can play a vital role in our relationships. (over time) our relationship may no longer be based on intense passion, the view of the other as the embodiment of perfection, or the feeling that we are merged with the other, But in exchange for that, we are now in a position to truly begin to know the other, to see the other as he or she is, a separate individual with faults and weaknesses perhaps, but a human being like ourselves. It is only at this point that we can make a genuine commitment, a commitment to the growth of another human being, an act of true love.

When we feel love and kindness toward others, it not only makes others feel loved and care for, but it also helps us develop inner happiness and peace.