

## Is There a Secret to Love's Recipe?

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### Abstract

There comes a time when you have to have the epiphany that it is your life, and you are the driver. You have to decide that you, as an individual person, can chose to write your own script. But do not be surprised where you find hate, animosity, bereavement, selfishness, forgiveness, love or other qualities because life cannot only wake you up, but can surprise you in the same way that you can surprise yourself. At the same time, you start asking yourself questions about love and whether there is a recipe for finding it? You ask if the stars, any aspect or substance, hold the answers to love?

When it comes to love and relationships, there are always many emotions and experiences involved. There can be an infinite number of rights, wrongs, misconceptions, tit-for-tat, pain, lack of forgiveness of each other and ourself, and the inability to recover from these experiences. The point is we grow, develop, and have a variety of experiences that can and will teach us many lessons that with our limited comprehension would take us time to fully understand. Asking ourselves who, what, where, why and when in addition to how, need, and want, would aid us in our understanding of love and relationships. But are there exact factors or correct ingredients for seeking and finding love?

Is there an exact recipe for love? Are there or should there be ingredients for love that are by the teaspoons, tablespoons, drops or splashes of tenderness, love, caring, kindness, compassion, intimacy, sensitivity, communication, reciprocation, understanding, or touch? Who knows. Why not start addressing and taking the time to figure out the answers to the questions you are seeking in terms of wanting to know what really makes a relationship, what works, what does not work, and learn what fits together? And in the end, maybe you can figure out what is the secret to love's recipe.

Approach---This article will involve author experiences regarding the take on love's recipe and interviews from professional working individuals, both single and married, regarding what love's secret recipe is for them. Findings---The results will indicate whether or not there really is a secret to love's recipe, what it is, and the journey to getting, keeping, and finding love's recipe.

**Keywords:** *Sweet; Recipe; Love; Ingredients; Stars; Frank Sinatra*

## 1. Introduction

### 1.1 Love's Sweet Recipe?

Is there a recipe for love or finding the one (meant for you)? What happens when you find love or what looks and feels like love? What if you wonder why love does not want you? Maybe love just is not for you. Does love have a rulebook? What would this rulebook advise or suggest about what love should be or should include? While still not knowing the answer, you wonder should or would love's ingredients be about parts and parcels because it requires two people to create love in its entirety. Or should it be more about building blocks of web stability, strands of compromise, and calms before the storms for the hazy and shady times?

Should the minor and finer details, plus foundations of love be constantly complementary with each other like a recipe? Instead of complementary, should it be crazy? Some people suggest and do strongly advise that just like how some personalities should not combine and mingle, neither should some people who only crash and burn with each other. For example, let us look at love details and foundations based on zodiac signs and which signs are compatible. According to Antila [1] relationship compatibility should be determined by the stars. In order to have a chance at love, you have to know your own sun or zodiac sign to be the mate that you want to be and to be open to experiencing love. It is wise to agree with Antila [1] and give yourself a self-assessment in order to know the good and negative aspects of yourself so that you acquire the maturity and personal development necessary to have a relationship with another person.

The stars or astrology is used when referring to the zodiac signs. The stars are not meant to have all the answers, according to Antila [1], but can be used as a method to discover and bring together the ingredients necessary for love as is said in the song "Love and Marriage" (Frank Sinatra [2]) by singer and actor Frank Sinatra whose dual career lasted over fifty years. Even though Sinatra was married more than once, his song "Love and Marriage" talked about how love and marriage go together like a horse and carriage, and that you cannot have one without the other." It can be said that his song vocalizes what we all seek. We wonder what makes a relationship, what works, what does not go together, as well as what should and has to coexist in order for love to be successful [3]. It is not just about compatibility, but everything about love- thinking, feeling, knowing, experiencing, hurting, and just about anything concerning the particular individual, and what it means to people in love.

As quoted by authoress Antila [1] it is possible to build an extraordinary relationship with any compatible astrological partner to fully be the partner that we want to be and to completely have the heart to be accepting of the love that everyone should have. Author Shetty [4] agrees with Frank Sinatra about love and marriage going to together in terms of compatibility, [3]. Shetty [4] is more in line with authoress Antila [1] and states that love and learning about love and what it is are experiences that are felt individually, and dually from both individuals in a relationship. Shetty [4] and Antila [1] both agree that individuals and couples all want and say to themselves what Foreigner's titled song "I Want to Know What Love Is," asks [5].

What has to be understood regarding knowing what love is involves defining, knowing, and understanding that love is a journey that will have its challenges and adventures. There is a need-to-know that with relationships, the person that you have a partnership with is also experiencing the learning and storms that come with a plethora of feelings: the whats, the hows, the whens, the whos, the hows; the hurt and loses; and thinking that you are just a fool to believe, and recalling the things that you

would like to forget; forgiving yourself and your partner, and the growth and learning about everything love-related. These are pretty much, all the things that are involved when learning what love really is.

What Shetty [4] and Antila [1] both express, but in different ways is the first rule of love which is knowing what love is. Antila [1] says that we must know our own sun sign before we can be the partner that we want to be, and to ensure that we are completely open to letting our partner in to receive love. Shetty [4] says to write a love letter to yourself that involves learning, developing, being self-conscious, self-aware, loving, caring, gentleness, opening up to oneself, and having mirror - like dialogues with your inner self. These introspective and retrospective logues with yourself are conversations utilized in getting to know yourself well because the way you treat, communicate, and care for yourself are the same behavioral aspects that you counter transfer to other people in your life. These countertransference aspects can either be positive or negative relations, and the love letter to yourself is performed over an indefinite period of time of getting to know all of you.

## **2. What are Those Who are Single and Married Saying About Love's Recipe?**

When asked if love has a secret recipe, Vincent, (Director for Compliance Operations for Oncor Electric Delivery, Texas, January 30, 2025) who is married and has two children, says for him it is not about finding the secret sauce. Instead, he quotes actor Eddie Murphy by saying just find someone as messed up as you are and settle down. This sounds humorous and maybe untrue, but for Vincent it seems to be working because he has been married to his wife for eleven years. As a single woman, when Breona (It Cybersecurity Specialist at Defense Information Systems Agency, Washington, DC, January 30, 2025) was asked about love having a secret recipe, she replied that first you have to love yourself then you have to understand that loving yourself will open the door for the perfect love to come into your life. You have to start with understanding and loving number one before you have the ability to comprehend or to love another person. Breona, reiterates what authors Shetty [4] and Antila [1] both express regarding how loving oneself can open the door to loving another.

In contrast to Breona's perspective on love's recipe, Joe (former U.S. Air Force solider, former Alaska State Legislature, now CEO & Founder of The Hayes Group, LLC, Fairbanks, Alaska, February 2, 2025) found the question of love having a secret recipe interesting. He believes that love does have a recipe, but he did not know the ingredients involved. Joe was asked why he believed that love has a secret ingredient, if he did not know the ingredients?

Joe replied that he sees some people who seem to have the secret to love's recipe, while others do not.

Now, Kelly's (12 years as a School Counselor, now licensed Professional Counselor at Kiva Counseling, LLC, Juneau, Alaska, February 4, 2025) take as a married mother of two young children is that she does not have a secret to love's recipe. However, Kelly's direct response was "I don't have one, sorry," and that she just uses lots of patience and grace. In another career woman's perspective Tee (VA Medical Reimbursement Technician- Biller, now Release of Information Clerk at VA Southern Nevada Healthcare System, February 4, 2025) has four children and has been with her partner for years. She says that love is a recipe that you refine over time-a delicate balance of sweetness, spice, and sometimes a touch of bitterness. Tee explains further that every experience, every moment, adds depth to love's flavor.

Regarding love's recipe, Tee shares that maybe the timing was not right before, or maybe the ingredients need to be adjusted. However, life has a way of bringing the right elements together when you open yourself to it. As a result of what life brings, you can go through life with love, passion, and unwavering support, with all acts being given and received.

According to Tee, it is best to be your authentic self, and the rest will come. Tee says that the unpredictability of life is what makes love's recipe beautiful. Therefore, Tee verbalizes to trust in the process and let love unfold in its own way. Who knew that there could ever be the possibility of love's recipe having such growth, development, and reciprocation? Tee's love recipe is detailed, with room for continual growth, and with respect for the constant changes within the relationship from both individuals.

Here is Lynese's (Supervisory Program Analyst, February 4, 2025) response to love's recipe; her recipe comes with being married for thirty-five years, mother to a daughter, and seventeen years at the Veteran Affairs. Lynese's love recipe is for couples to be honest in their communication and transparent with their actions, so that each partner knows what is going on. Lynese states that with finances, for example, there is nothing wrong about having separate accounts. However, when it comes to household bills, couples need to be in agreement and up front with their spending. If these aspects are discussed and followed through from the very beginning of a relationship, there will be no unexpected surprises later on. Lynese says when couples are broadsided by these types of unexpected surprises, they tend to have trust issues. Lynese's love recipe involves first honesty with open communication, lessons learned about what works, what is okay and acceptable, and the importance of trust in relationships. Who knew that love's recipe could be about relationship checks, balances, and teamwork?

Now we have Kathryn-Mae (Program Support Assistant – Tech 3, February 4, 2025) who has been with her partner for eighteen years, and they are not married. Kathryn-Mae expresses that she does not believe that love has a specific rule to follow for it to be successful. She declares that for her love is being willing to compromise with each other to make it work. Kathryn-Mae's love recipe is to listen, to understand, and not to have quick responses. This is what Kathryn-Mae has learned with her love's recipe in her nearly eighteen-year relationship with her partner.

Moreover, Kathryn-Mae stresses the importance of learning how to communicate better with your partner. With her love recipe, she says that it is key and wise to listen to what the other person is saying and how he or she is explaining it, instead of jumping to a conclusion and responding with your feelings. She believes that with love it is important to make sure that you know your partner's love language. She says that her love language is time and attention. Kathryn-Mae just wants to spend time with her husband by being in the same space with him, conversing with him, and showing him how much, she loves him. Kathryn-Mae says that her other half's love language is touch and acts of service, which he expresses to her by randomly passing by her and just touching her hand or back. She says that his other act of love language is placing a kiss on her head without any necessary verbalizations. On her end, she expresses her love language to her other half by making him coffee and washing and putting his clothes away, which he loves.

What Kathryn-Mae has learned with her love language is the rule she believes makes it work for both her and her other half - do what works for both of them. With her love language, she believes in working to make it work, not giving up when things become difficult and it turns into an argument. Kathryn-Mae's love's recipe is to constantly reciprocate verbal and non-

verbalized love language between her and her other half, and to love each other regardless of their many imperfections. Her love's recipe also allows room for development, growth, awareness, constant realizations, and communication. This is a prime example of there always being something novel to learn and heed between two people.

Here we have Jasmine (Newport, Oregon, mother of one son and studying to be a Pharmacist, February 4, 2025) who says that there is a love's recipe which she calls romantic love. Jasmine says honestly for the first time that she is in the craziest and healthiest relationship of her life. However, Jasmine does not know what it is, but with the person she is with she says that she never has to ask him to do the little things that she has had to ask for in her past relationships. With this person, she says that he really loves her and she feels and sees it. Jasmine does not know if it makes sense, but she is just so happy that she is assured and not yearning for something that she does not have. It is a wonder of the bravery, maturity, and self-assurance of this young woman's interpretation of love without a doubt. What is also amazing about Jasmine's response is how she is able to take what she is feeling and experiencing, and place it into words even though she did not have these positive experiences in her past relationships.

Jasmine's relationship with this person does have its difficulties, and she is vocal that she is cautious. Jasmine dated this person for a while before she introduced him and her son Leo to each other. As a mother to her young son, she adamantly says that if Leo had said to her that he did not like her new friend, that would have been the end of her relationship. But as turned out, Leo did not have any issues with her male friend. To her content and happily motherly hearted self, her male friend is very good to Leo and Leo really likes him. Jasmine says that, with this person, it is the first time that she has actually understood what love is. And she is content in her relationship. Jasmine's novice love's recipe as a first timer of love and as a young woman in a relationship is one of caution and a conscious eye, motherly love that comes with sacrifice, and concerning maternalness.

Dean, (QA Manager/Privacy Officer at V. A. for 15 years, married father of two grown daughters and 20-year retired Army Veteran Captain, February 4, 2025) when asked if there is a recipe for love, said that his prior and current jobs are irrelevant to marital success. He says that there is no secret recipe to love and all it takes is continuous work to make a marriage work. He says that, as a parent with his two grown daughters, he stresses to them that a successful relationship takes continuous effort, and there are no recipes or shortcuts. The same fatherly modeling of love's recipe that he gives his daughters is the same advice he would give if he had sons instead of daughters.

Dean says that as a father, when it comes to love's recipe, if he had to explain what love is to his daughters, he would discuss the aspect of respect and that individuals in a relationship must respect each other. How interesting and surprising is it that a father teaches his children about love. For women, wives, daughters and pretty much women of all familial roles, perhaps there ought to be more fathers like Dean to demonstrate what is unexpected of a male patriarch. Dean shows what is more expected and common with women in familial roles can also be embraced by men of familial roles without shame or weakness.

From a reader's perspective, it would appear that Dean is either the first or only male patriarch to ever approach and deal with love as a familial function. This may also be the case with single parent fathers but just not talked about much. Like Dean, more men should discuss love and other familial aspects with their children. It is important to move past gender biases. For there are male singers who sing songs about various aspects of love, male nurses, male dancers and other occupational fields

that for so long were occupied by women. So, men should not be limited by societal or historical stymies. Yes, love, under the umbrellas of emotion and feeling, has been associated with being only for women - however untrue, but this does not mean that men are incapable of it. Dean is proof that men can do what seems like the impossible for them, but is actually very possible, indeed.

### **3. For Those Who are Still Learning About What Love is and Seeking Their Mate to Embrace Love**

In an interview with Maria, (founder of Love Knots, LLC Las Vegas, NV, author, Dating Coach & Relationship speaker June 19 & 24, 2024) a relationship speaker, she offers valuable recommendations based on her experiences and interactions with her clients over the years. Maria says that love and relationships are deeply personal and multifaceted. She has learned that both love and relationships can be often influenced by communication, empathy, and mutual understanding. These three aspects are the reason why her approach with her clients is centered on maintaining them in order to aid them in creating strong and enduring connections with their chosen partner. In her line of business, Maria imbues broader advice on how to nurture relationships and stimulate love. She states that her goal is to provide guidance based on her professional experiences.

For individuals who are still searching for their mate to experience the wonders of love, outside of organic relationships such as virtual relationships in online dating, who have encountered failures on dating apps such as (eHarmony, POF & Match.com), she would recommend that they take a pause from the virtual world. She added that sometimes a time-out is essential. To aid them in their search in the virtual world of online dating, Maria would advise them to have another pair of qualified eyes review their dating profile. As a dating coach, Maria denotes that even though some people think that they have missed their chance, she would encourage them and remind them that it is never too late to discover their passion and live a life that sets their soul on fire.

Her further tips as a dating coach would be to silence the would've, should've, and could've mentalities, and take a bold look into their potential. This way it is possible to determine the excuses, fears, and doubts that are keeping you stuck. And as a result, flipping the switch on the negatives that are preventing you from pursuing your own love journey. It does not matter what age bracket you are in because it is time to start fresh and act now. You come to realize that the only thing that is holding you back is the story that you have been telling yourself. Maria would utilize her experiences based on proven methods and client success stories to inspire her clients by telling them no more excuses; and that anyone can fuel their passion at any age. Finally, Maria would illustrate to her clients how to take proactive steps to create the life that they thought was just a dream and to live and love with purpose.

### **4. Love's Recipe and Secrets**

The many interviews in this article illustrate that searching for love's recipe can be quite the truthful, painful, and knowledgeable quest for questions and answers. Each interviewee had their own take on whether or not love had a secret recipe based on where they were in their lives, age bracket, relationship status, lessons learned, and pain endured. All in all, what they expressed from their knowledge and experiences about love's recipe is that like anything in life, learning about love can be painful, loving, conflicting, guarded, teachable, and wonderful. After you have figured out what love is for you, then you have

your own recipe for love that you can share with and learn from with your chosen mate. Hooray for love's individual recipes. What an adventure this exploration can be!

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