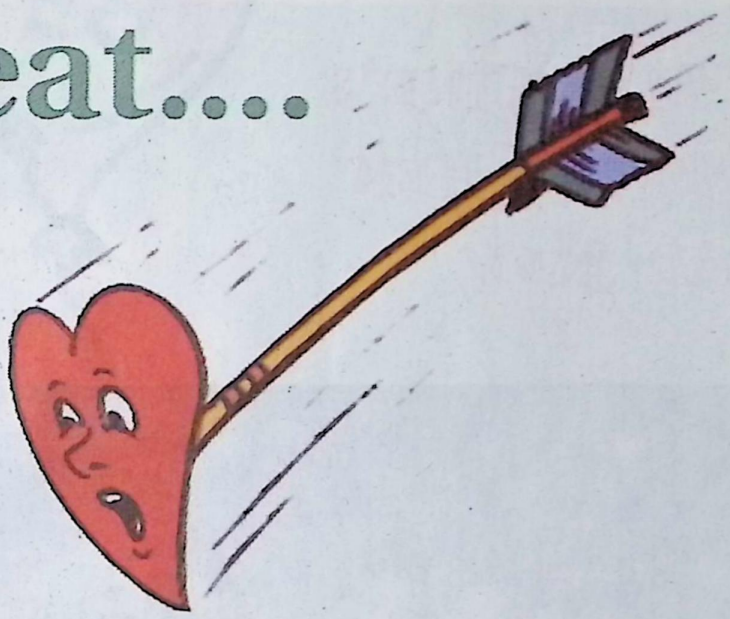
Heartbeat....

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IT all starts from that first pounding of the heart heard through the ultra sonogram of the fetus. The mother locks her eyes closed and feels overwhelmed by the sudden rush of emotions that runs through her. She acknowledges the feeling of anticipation, of protection, of an extraordinary bond between her child and most of all of love!

Remember the early years of childhood when for the first time you jump into socializing?? All your friends mean the world to you! Games from "playing mummy and daddy" to dolls and cars, to 'tag' and hide and seek, your friends appear the most stunning and exciting person in the entire human race!

You can't imagine life without them and on top of that, whenever they are hurt or bullied, you stand up for them! They mean the world to you. You later experience this tie with other friends all your life. Your heart skips with delight to rejoice when they are happy. On the other hand you nearly feel a punch in your heart when your friends are hurt. In return you feel equally sheltered, supported and most of all - loved!

Around the early teens however, you unexpectedly leap outside the boundary of love for family and friends and admit to a more physical attachment towards someone else. (Yes it starts that early!!) There is a rush of blood that pumps in and out of the heart. It feels like you are breaking the world record of the highest heartbeat ever!

You become more fashion conscious especially when you are right next to your crush and worst of all you lose your appetite! You don't feel like eating, drinking and you can't even sleep right. Now to a lot of people it is not love per se, but it is definitely some sort of admiration and devotion to another person when you give this much attention to someone it must be love!

That later turns into a deeper adoration - when you fasten your eyes with each other staring at him/her, you instantly know that you are ready to take both the good and the bad highroad of the life ahead -together. The respect, the passion, the support and the loyalty along with the ecstasy runs unconsciously through your heartbeats and become visible through your dedication to each other. That is in fact love!

Theory has it that in ten years time of anyone's life, we are bound to lose two people who are close to us. The passing away of the loved one is probably the most shattering and heart aching times of ones' life. When it hits you that you will no longer hear this person speak, laugh, cry, argue or show their love towards you, the world becomes a dark precinct of bareness. It is then you realize (no matter how much of a "don't care" attitude you show) that you actually loved someone beyond doubt.

Then abruptly one day your very own heart beat cripples down slowly at the end of your journey on earth. The pounding stops. If you believe that moments before death, your entire life flashes before your eyes, then you will probably agree that it is in these few seconds we wish we could tell our friends, our family and our lovers how much we loved them! But it becomes too late. It becomes too difficult. You realize you will miss life and you will miss love.

So don't just make one day out of a year your Valentine's Day! Also don't accessories your loved ones with items from Hallmark and Archie throughout the year either (!) but remind the people who are with you that they are precious. Just ring a bell of affection in their ears and let your heart beat with the rhythms of bliss.