

Day 15: Love Languages in Action



A Guide by
Shree's Essencia

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Day 15: Love Languages in Action

Theme: Strengthen relationships by expressing appreciation in a loved one's primary love language.

Story: Love in Action Across Generations

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It was a warm **Saturday morning**, and the family had gathered for **breakfast** in the **cozy dining room** of **Sita and Raj's** home, a scene that always filled the room with a sense of belonging.

Sita, as usual, was **busy in the kitchen**, preparing her **famous parathas** for everyone, while Raj sat at the table, engrossed in the **newspaper**. Avantika, their daughter, sat by the window, quietly observing her family. She noticed how each person **expressed love in their own unique way**, and how these **gestures, both big and small**, created a **web of connection**.


Sita, as usual, was preparing food for the family—her **primary love language was acts of service**. She had always shown love through **cooking, cleaning**, and doing **thoughtful little things** for her loved ones.

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Raj, on the other hand, expressed his love through **words of affirmation**—he often complimented Sita, telling her how much he **admired her strength and kindness**.

Avantika had been learning about **love languages** recently and was eager to show her family just how much they meant to her. She realized that **Sita's acts of service**, though always appreciated, often went **unnoticed** because they were so much a part of **everyday life**. Avantika wanted to express her love in a way that would **resonate** with her mother, but she wasn't sure how.

That evening, she decided to ask her **aunt, Urmila**, for advice.

 **Avantika:** *"Urmila, do you think Mom feels loved in the way I do? I want to show her I appreciate everything she does."*

Urmila smiled knowingly.

 **Urmila:** *"I think your mom's love language is definitely acts of service. She shows love by doing things for everyone—whether it's making your favorite dish or picking up something you forgot at the store. Why don't you do something similar for her?"*




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Avantika was **inspired**. She decided to **make Sita's favorite breakfast** and even **clean up the kitchen** without her mother asking.


The next morning, as **Sita entered the kitchen**, she was taken aback by what she saw.

 **Sita:** *"Avantika, you did all this?" Her voice filled with warmth and surprise.*

Avantika smiled gently, handing her a **freshly brewed cup of chai**.

 **Avantika:** "I just wanted to do something for you, Mom. You always do so much for all of us, and I wanted to make your day a little easier, just like you make all our lives easier every day."

Sita's **eyes softened** as she took a sip of the **tea**, clearly touched by the gesture.


 **Sita:** "Thank you, darling. This means more than you know."



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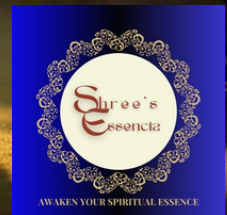
Meanwhile, **Raj**, who had been watching from the **corner of the room**, couldn't help but feel **proud** of Avantika for understanding **Sita's love language**. He also wanted to show his appreciation for his wife, but in **his own way**. As the family gathered for **breakfast**, he turned to Sita.

 **Raj:** *"Sita, you truly are the heart of this family. Your love and care are what make this home so special. I'm so grateful for you."*

Sita **beamed** at Raj's words, feeling his love in the form of **words of affirmation**—something that always made her feel **cherished and valued**.

Meanwhile, in the **living room**, **Lalitha (Sita's mother)** and **Raghav (Sita's father)** were reflecting on their own expressions of love.

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💬 **Lalitha's love language was quality time**, and she loved **spending peaceful moments** with her daughter. **Raghav**, on the other hand, had always shown his love through **physical touch**—**a hand on the shoulder** or a **comforting hug** when needed.

💬 **Sita:** *"I've been meaning to ask you, Ma, would you like to go for a walk with me later today?"*

Lalitha's face lit up.

💬 **Lalitha:** *"Oh, I would love that! I always enjoy our walks together. Thank you for asking."*

Raghav, overhearing the conversation, smiled and patted Sita on the back.

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💬 **Raghav:** "You know, I can't imagine a day without giving you a hug. You are my constant strength."

Sita laughed, hugging her father in return.

💬 **Sita:** "I know, Papa. I'm lucky to have such a loving family."

As the day continued, the family practiced expressing love in ways that resonated with each other.



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Seema, Sita's close friend, who had a love language of gifts, dropped by with a small gift—an elegant scarf for Sita, a token of their enduring friendship.

🗨️ Sita: *"You didn't have to, Seema," touched by the gesture.*

Seema smiled.

🗨️ Seema: *"I saw this and thought of you immediately. It's a small gift, but it's my way of showing you how much you mean to me."*

Sita hugged her friend, feeling the warmth of her love.

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Reflection

The day's activities were a **beautiful reminder** of the profound power of **love languages**. Whether through **acts of service, words of affirmation, quality time, physical touch, or gifts**, each heartfelt expression deepened the **emotional bonds** within the family, allowing them to **understand** and **appreciate** one another more deeply than ever before.

They understood that **love is not just in the big gestures** but in the **everyday acts of kindness** that show appreciation for one another.

Activity

1 Reflect

Think about someone close to you—a **parent, partner, friend, or child**. What's their **primary love language**? If you're not sure, observe how they **express love to others** or **ask them directly**.

2 Action

Choose a meaningful way to express your appreciation in their love language:

- ✓ Helping with chores (**acts of service**)
- ✓ Writing a heartfelt note (**words of affirmation**)
- ✓ Planning a shared activity (**quality time**)

Explanation

Love languages are **essential tools** for understanding the **unique ways** we give and receive affection. When we **express love** in a way that resonates with another **person's love language**, we **nurture trust, build deeper emotional connections**, and cultivate mutual respect.

It's **not just about the gesture**, but about **truly seeing and valuing** the other person for who they are.


Closing Thought

By practicing **love languages**, we not only **strengthen our relationships** but also **cultivate deeper compassion, understanding, and harmony.**

Through small yet **meaningful acts of love**, we create an **environment where everyone feels valued, appreciated, and cherished.**

As **Avantika, Sita, and their family** experienced, expressing love in a way that resonates with others fosters an emotional bond that transcends words.

Guided by the Bhagavad Gita

 **Selfless love is a core teaching of the Bhagavad Gita. In Chapter 3, Verse 19, Krishna emphasizes performing one's duty with dedication, without attachment to the outcome.**

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Similarly, when we express love in a way that others **best receive it**, we embody the **essence of selfless service (seva)**—giving without expecting anything in return and uplifting others with genuine devotion.

✓ **True love** is not about **personal gratification** but about **supporting others with sincerity, devotion, and kindness.**

♥ **Why This Matters?**

By expressing love in ways that resonate with others, we:

- ✓ **Nurture trust and emotional bonds**
- ✓ **Foster deep, meaningful connections**
- ✓ **Align our relationships with the principle of Nishkama Karma (selfless action)**
- ✓ **Create a more harmonious and compassionate environment.**

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