

TIPS FOR GETTING TRUE LOVE

(A Truly Happy Relationship)

This book is highly engaging and suitable for readers of all backgrounds, regardless of country, religion, ethnicity, social status, or age. It is written in a concise, informative, and straightforward manner, making it easy for readers to digest its content. In this book, readers are taken on a journey of motivation, focusing on how to seek God's blessings, happiness, and inner peace—things that cannot be measured or compared to money or other worldly possessions. The book reassures readers that everyone has the right to love and be loved by those they wish to form a romantic relationship with. It shows that true love exists and can be experienced by anyone, and its benefits can bring blessings and harmony to the universe.

Cakti Indra Gunawan, Ph.D



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FOREWORD

Praise God, the book 'Tips for Getting True Love' can be completed. The author expresses his infinite gratitude to the Most Gracious and Most Merciful God for His gifts and grace so that the idea of writing this book can be completed in a short, concise, and full-of-substance book.

The author also expresses his gratitude to the author's teachers, both spiritual teachers and formal education teachers, who have been teaching from the elementary school level to the doctoral program. Gratitude is also expressed to the author's parents, who always pray for the author day and night so that the Almighty and Most Merciful God will always protect the author. The author also expresses his gratitude to all the family, colleagues, students, and the community who helped write this book, especially to the International Research and Development for Human Beings (IRDH) Publisher.

Hopefully, this book can motivate readers to live life in a temporary world with enthusiasm and to reach God's grace, one of which is pursuing true love.

Malang, Indonesia, May 2nd 2025

Cakti Indra Gunawan, PhD

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CHAPTER 1

WHAT IS TRUE LOVE?

True Love truly exists in this world. It appears amidst the chaos of human life. It shines like the moon, radiating an inner brilliance that originates from one's conscience and reaches into the conscience of another. The reflection of that light from another person's heart can also find its way back to the one who first radiated that love.

According to the author, True Love is a collection of lights—affection, genuine giving, unconditional

gratitude, sincerity, and sacrifice without expecting anything in return. This energy of love can illuminate goodness in the surrounding environment: in the family, with neighbors, friends, colleagues, the nation, and even with nature—including animals, plants, and the universe. True Love knows no boundaries—age, nationality, ethnicity, language, religion or belief, social status, or physical appearance. True Love does not come from the mind. It is felt and experienced by hearts that are sincere, humble, selfless, unconditionally grateful, and free from ego.

Of course, love relationships—whether between lovers, spouses, or other romantic forms—aren't always smooth. This dynamic is the law of the world: there is always light and dark, joy and sorrow, disappointment and happiness, black and white, motivation and despair. Still, True Love emerges whenever someone is drawn to a potential partner and is warmly welcomed in return—and time alone will tell whether that love continues, whether it gives and receives until the end of life.

Sometimes, the one we love with all our heart and for whom we've made countless sacrifices may not end up physically by our side. They may never become our spouse, and we may never see them again after a breakup. Yet True Love can remain with us—as long as we sincerely pray for their well-being, even without them knowing it. That is True Love.

True Love knows no place, time, or condition. Sometimes, when nurtured, it brings gratitude for having loved someone—even if that person never truly became ours. True Love does not interfere in the lives

of exes. It never demands anything in return from those once loved. And sometimes, even our exes may still hold True Love for us—in the way they silently wish us well, hope for our happiness, and remember the goodness we once shared.

But don't worry—True Love isn't just something to mourn. It can be reignited from within you, allowing you to find a new partner—perhaps even better than before. You can move on and search for True Love again, as long as God still gives you the gift of life in this world.

So, to all the singles out there, to those heartbroken by love, to those in pain from loss, to those divorced or separated for whatever reason—don't keep revisiting the past, its causes, or the disappointments that can never be undone. You still have the chance to start fresh, to open a new chapter, and to find the True Love you deserve—with the help of the guidance in this book.

CHAPTER 2

WHY DO SO MANY PEOPLE CHASE TRUE LOVE?

This question doesn't really need an answer—because deep down, let's be honest, everyone wants to find True Love in their lifetime. Just like a plant needs the gentle rain and the sun's warmth to bloom beautifully, humans need to be nurtured with love and affection to thrive truly. It's a universal law: every person longs for love—from a partner, a future spouse, a husband or wife, from family, friends, and the community they live in. The more genuine love and

kindness they receive, their life becomes more peaceful and joyful. This love becomes a light that shines from within and spreads outward, touching everyone around them.

The need for sincere affection and heartfelt giving—whether from a partner, a potential spouse, or a close friend—is an absolute necessity. But here's the thing: True Love isn't expensive. It's not made of anything material that can be bought with money. You can't weigh it against piles of gold, luxurious cars, fancy homes, or worldly possessions. True Love finds

its way to people who are willing to give wholeheartedly, love selflessly, and help without expecting anything in return.

True Love flows freely—it doesn't matter if you live in a mansion or a hut, in the city or the countryside, whether rich or poor, young or old, educated or not. It doesn't matter if you're climbing a mountain, sailing across the ocean, or sitting quietly in your room. It transcends boundaries, cultures, and status.

True Love is life's most luxurious treasure for those who understand that wealth, beauty, power, and

social status can't buy it. It isn't for sale—not with money, gifts, or influence. It can only be "purchased" with a sincere heart, unconditional gratitude, and a refusal to complain, blame, or slander. It lives in those who love for the highest purpose: to honor God, to respect others, and to radiate love to those they care about—including their future or current partners.

True Love isn't driven by sex, wealth, or titles. It doesn't crave material rewards. It knows that real eternity begins after death and that True Love exists

to honor the Creator, uplift humankind, celebrate men and women, foster harmony, and respect the universe.

Since the beginning of time, people have been chasing True Love. It's endlessly sought after because its value is immeasurable, and it can only be proven through acts of love that expect nothing in return. It offers peace, contentment, and gratitude—things that even the richest people in the world may not experience. Wealth doesn't guarantee True Love. Neither does beauty, charm, or status. Some may stay in relationships without ever fully tasting what True

Love really means. Maybe what they have is just affection—not yet True Love. It's not yet whole; the peace isn't complete, the gratitude isn't unconditional, the joy isn't pure—perhaps their love is still tangled in materialism or physical pleasure.

So why do people chase True Love? Because every human being craves inner peace. We live in a world full of emotional unrest—stress, depression, hopelessness, disappointment. Many suffer regardless of how much money they have, how many companies they own, or how fancy their homes and

cars are. Some live surrounded by suspicion, jealousy, resentment, anger, and ambition, forgetting that life isn't just about feeding the body, satisfying desires, or keeping busy. The deepest human need is for emotional and spiritual nourishment—peace, love, and calm. And those can only be felt by the heart, not the mind or body. True love reaches into the soul, into the quietest corners of our conscience.

The writer believes that every person has goodness within. Every soul has a heart, a longing for peace and calm. It's impossible for someone to want

their heart to burn with anger forever. Everyone desires tranquility. That's why the pursuit of True Love is natural. It's a basic need—just like food and water.

People search for True Love across cultures, borders, and even religions and backgrounds. And the beautiful part? True Love is always ready to welcome them. It embraces everyone equally. If you're genuinely trying to find it, True Love will walk with you, cheer you on, and bless your journey.

In the end, True Love isn't a "thing." It's not just a goal. It's a divine gift—granted by God to anyone who

seeks it sincerely, gives selflessly, and radiates love without condition. So, if you're single or struggling with a broken heart, don't worry, dear reader. You still have a chance to find someone even better than before.

And for those already in a relationship—yes, you can still nurture and elevate the love between you and your partner. Just follow the same principles: give with sincerity, make sacrifices, compete in doing good, be grateful, spread happiness, release the past, avoid negativity, protect each other's dignity, and cherish one another's goodness.

CHAPTER 3

REALITY OF LIFE IN THE DIGITAL ERA

The reality of life today is that we live in an era of digitalization, information, and technology. In this era, the flow of information through the internet moves at lightning speed. Social media is spreading across the globe—in the mountains, villages, cities, and even at sea. It's as if people cannot live without looking at their phones, mostly to check social media, play games, surf the internet, and browse other online information platforms.

The information flow is so rapid, with content ranging from full-length films, short films, short videos, funny videos, viral videos, cooking videos, travel and tourism, political news, religious lectures, spiritual activities, advertisements, education, business, and lifestyle content. These pieces of information constantly circulate across available platforms, causing modern humans to be overwhelmed with information and to experience a degradation or decline in their ability to focus and think clearly. Due to the overwhelming facilities

offered by online platforms and companies, people often become lazy and less genuinely happy. The negative effects include people—even young children—becoming easily angered, narrow-minded, and craving everything instantly, such as wanting to get rich quickly, becoming smart quickly, always having ready-to-eat food without cooking or buying it themselves, and so on.

Of course, there are still many other positive effects of the internet and global information flow. For instance, with the internet, people can connect very

quickly between countries, education systems have improved through online learning, and medicine has become more advanced with online treatment and surgical facilities—along with many other benefits that are highly useful for the world's population.

However, the internet, information, and technology impact has also made people more individualistic and less social within their communities. Direct affection and concern within neighborhoods have been on the decline. Society tends to focus on personal interests and competes to

fulfill worldly needs like money, status, fame, power, and other material things. Yet, at a certain point, humans may experience a drought in what the conscience needs—affection, peace, compassion, and spiritual nourishment.

The race for wealth, fame, and power creates a negative shift in people's mindset. Sometimes, people become lost and intoxicated by abundant wealth, unlimited power, and worldly pleasures that never truly satisfy. Relationships between individuals, whether between lovers, future partners, spouses, or

within families and friendships, become shallow—
anchored in a kind of love that cannot yet be named
True Love. Because love that isn't true has never
experienced affection without expecting something in
return, selfless giving without seeking compensation,
sincere care, true peace, a heart that is happy without
conditions, and gratitude that expects nothing back.

With all its worldly and temporary pleasures, the
current state of the information and technology era
still hasn't been able to pull people out of their worldly
comfort zones, especially for those who are addicted

to the internet, online games, online gambling, online loans, online entertainment, and various appealing features offered through their phones. It's as if not holding a phone for even a day makes life feel empty—bringing stress, short tempers, narrow thoughts, a heart unwilling to forgive others, a lack of genuine concern for others' suffering, and a tendency toward a hollow kind of happiness. Maybe people feel a brief joy watching online dramas, funny videos, or other entertainment—but once it ends, the heart returns to unrest and likely won't find true happiness.

Because life isn't just about personal pleasure—it's also about giving care and empathy to others. For example, helping others with kindness, warmly greeting neighbors, and engaging in other loving actions without expecting anything in return. If someone else becomes happy because we helped or paid attention to them, then automatically—and by the law of nature—the goodness we emit will reflect back to us. In other words, someday, we will also be repaid with kindness by someone else (not necessarily the person we helped). The reflection of goodness from

another person's heart will eventually find its way to
the heart that first radiated the light of love.

CHAPTER 4

WHY DO SO MANY PEOPLE FAIL TO FIND TRUE LOVE?

This chapter explores the reasons why many people fail to attain True Love. By nature, humans tend to lean toward either goodness or its opposite. In the author's view, True Love is closely tied to acts of genuine kindness. As explained in the previous chapter, True Love cannot be bought with money, power, or other worldly possessions. It can only be attained through sincere actions, freely given without expecting anything from the one we love.

True Love stems from a pure heart—one that is sincere, selfless, and grateful under any circumstances in its journey with a lover or potential partner. If, along the way, the person you love does not respond to your goodness and instead takes advantage of it—for example, you've helped them with your money, energy, time, and emotions, but they do not reciprocate with honesty or love and even end up hurting or betraying you—then you have succeeded in being someone who *lives out* True Love. However, you

have not yet received balanced love or mutual sincerity from your partner or potential partner.

If your partner or potential partner hurts you, and you're still able to accept their poor or hurtful behavior sincerely, then you are the true winner in love. Why? Because your heart doesn't stay wounded or bitter. You've offered your love as a gift to God, seeking only divine grace—not human reward. You've learned to be unconditionally grateful in any circumstance. You may even pray for their happiness and success in love despite the pain they caused you.

This situation means that if you've done your very best but they still reject you or refuse to continue the relationship, it's best to accept this with an open heart. Perhaps it's God's way of giving you another chance—to find someone even better and to reach the point of True Love.

Many people fail to find True Love because worldly desires cloud their intentions—expecting wealth, physical intimacy, social status, recognition, or other selfish wants from their partner rather than genuinely seeking love, sincerity, and acceptance.

Such failure is understandable. Often, relationships are formed not from a spiritual need to give and receive love with gratitude and sincerity but from shallow motives. For example, you can be grateful even when you have no money, or you can still feel blessed even without a prestigious job. True Love begins when love is rooted in spiritual values—when it's about pursuing goodness in the eyes of the Creator of the universe.

Fights, quarrels, and clashing egos often lead to shallow, short-lived love, ending in unhappiness,

restlessness, and the absence of real peace. Love that isn't grounded in truth tends to focus more on desire than on long-term kindness—kindness that should extend to their family and the wider community.

Many people in today's millennial era who fail to find True Love likely blame their partners, parents, religious differences, or social class. Instead, if love hasn't worked out, they should reflect, work on themselves, set aside their ego, forgive their partners' faults, and redirect their love life away from worldly needs toward spiritual ones—gentle, loving, blessed,

and rooted in unconditional gratitude. They should take positive steps for their own good, their partner's well-being, community, and relationship with God.

Unfortunately, in today's information age, many people fall into despair, clinging to the pain of unfulfilled love. This state often leads to stress and depression, which only harm themselves and those around them.

ABOUT THE AUTHOR

Cakti Indra Gunawan, PhD, was born in Purwokerto, Central Java, Indonesia. He was raised by an extraordinary mother named Sri Rejeki and a remarkable father named Mino. The author completed his Bachelor's and Master's degrees at the University of Brawijaya, Indonesia, and earned his PhD in Management from the University of New England, Australia, in 2014.

The author has written extensively on topics related to management, humanity, and motivation. He has also been a speaker at various international conferences across several countries in the field of management.

Cakti Indra Gunawan is the founder of International Research and Development for Human Beings (IRDH) Publishing, a lecturer, and a consultant. He can be contacted via email at cakti.gunawan@gmail.com.

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SYNOPSIS

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