**A Perspective of Love: Possible Misconstruction of Loving-Kindness**

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**Abstract:**

This paper discusses the possible problems in interpreting mettā (loving-kindness) as an objective energy that exists outside of consciousness. It is suggested that that interpretation may be a reification of loving-kindness. Understanding benevolence as empirically sensed energy might be a modern interpretation of an ancient concept. A scientific explanation of this concept, as something that is evident in the environment might not be what “the Buddha”- well known as “Enlightened One” intended when describing it. Instead, the Buddha may have meant that loving-kindness is simply a quality of consciousness that promotes love to all beings from the perspective of the observer. Late on, in this paper will be discussed that how can we apply it by ethical way in a society for fetching peace and harmony not only human beings also animals.

**Keywords**: Loving-kindness, Reification, Buddha teachings, Consciousness, and ethical perspective