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Elizabeth Barrett Browning's (1806-61) "How Do I Love Thee?" (1850) is a timeless sonnet about love. It celebrates the speaker's deep and boundless feelings. The poem is written as a declaration of true love. The poet expresses her emotions with passion and simplicity. The theme revolves around love that is pure, selfless, and eternal.

Deep and Eternal Love: The central theme of the poem is deep and eternal love. The speaker counts the many ways she loves her partner. She describes her love as vast, reaching the "depth and breadth and height" of her soul. This shows that her love is limitless and spiritual. She loves with the same passion she once had for her childhood faith and beliefs. Her love is both quiet, fulfilling daily needs, and intense, like the passion of old griefs. The speaker compares her love to light, whether it is "sun" or "candle-light," showing that it shines at all times. She loves freely and purely without expecting anything in return. Her love is not only for this life but also beyond. She believes that her love will grow even stronger after death, as guided by God.

The poem shows that real love is endless and pure. The poet uses simple words and strong feelings to describe this love. It is a beautiful promise of love that lasts forever.