

Love Is All about You

BLISS

Sadhguru on the Mechanics of an Intoxicating Emotion

Question: *We are all looking for love. What is love for you?*

Sadhguru: I know there is a lot of emotion attached to this subject and a lot of fanciful things have been said about it, but I would like to bring it down to the mechanics of love. For example, people say, "God loves you," but does anybody really know whether God loves or not? Love is a human emotion. Human beings are capable of love when they are willing. But unfortunately, we want to export everything that is beautiful in our life to heaven and live wantonly on this planet. Love, joy, blissfulness – all these are human possibilities. So let us not talk about divine love; let us talk about human love.

Generally, when hormones hijack your intelligence, people think they have fallen in love – that is one aspect. When you say "me," "myself," what is it that you are referring to? One thing is your physical body the other is your mind – the way you think. Yet another aspect is your emotion – the way you feel, and then that energy that drives the other three things. This is what you call "me." When this "me" feels pleasant on different levels, we give it different names. If the emotions become very pleasant, we call it love. Love is not about somebody. Let's say you are sitting here right now and there is somebody in this

room whom you love very much. If that somebody gets up, walks away and stands outside the building while you sit here, can you still be loving? Or will you go out of range? (participants laugh) You can still love. If that person walks away 10 miles, what then? One hundred miles – can you love? If that person goes away and dies, can you still love?

Even if this person does not exist, still you can be in love. So, is this love about you or the other person? This is the way you feel, isn't it? If it God who loves you or somebody else it makes no difference. If you were feeling love in your heart, it makes you a beautiful human being because you are feeling pleasant. If you are feeling blissful, you would be even more pleasant to the world around you. Whenever you are feeling very pleasant, you are a wonderful human being. Whenever you are feeling unpleasant, you can be a nasty human being.



Love is just one aspect of life. We have given so much importance to it simply because for a long time, in most people, emotion has been the strongest part. Even today, though people consider themselves intellectual, emotion continue to be the strongest part. Not their intellect, not their body, not their energy – emotions are the dominant force for more than 90 per cent of the human beings. So, making that part pleasant is very important. Otherwise, it will find unpleasant expressions. If you are feeling very

pleasant, suddenly you become like a flower. If you look at the face of somebody in love, they will look like a flower. Why! Because they are feeling so pleasant within. Whoever you are in love with, they may not even be aware of it – it does not matter. You are in love, that's all that matters. Even if they do not know, still it is a beautiful feeling because they are in love. It is your emotion. It is the way you are.

Love is not something that you do. Love is something that you are. So, either you can use somebody as a support to make yourself loving, or you can simply become loving. After all, it is not somebody else's quality, it is your quality. You are using the other person as a key to open this up. But you can also open it up from inside without the help of another. Then it is definitely more enduring because when you open it with the other person's help – nobody on this planet is 100 per cent reliable.

If you are trying to extract joy out of somebody, if you are here to extract love out of somebody, if you are trying to extract pleasantness out of somebody, this is going to be disastrous for both of you. I am not saying it is better to live alone. I am saying the way you are should be determined by you. If this is so and you are here to share your love with people, if you are here to share your joy with people, it will be very different. If you are feeling wonderful and you want to share this with somebody, then it will be very beautiful.