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Self-love

What is the concept of self-love? For love, you need a subject and an object. If it is love for oneself, it is like talking to someone else. It is like thinking to talk, I need somebody to talk to. These days, people are talking to themselves and walking on the street. Ten years ago, this would have immediately attracted the label of insanity, but now it is acceptable. I am on the road that is called self-love, which is not on a landline-free phone. As long as people are not talking to themselves, we can overlook it. But if they are, you would have to think that ‘person is gone’! So love is about something or somebody, not just me. ‘I love myself’ is a bad idea. It is just like I talk to myself. If you are talking to yourself, it is a bad idea. Once this becomes well-established, then we call the person schizophrenic. You need two to love simply because love is a transaction. There is no such thing as ‘I love myself’. You try to invent a way of loving yourself simply out of a deep sense of loneliness and because you are not willing to transact with any other being around you. It is a psychological state that you hate or yourself you cannot have a love affair with yourself.

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A popular philosopher says, ‘Love yourself. Believe in yourself.’ You can only believe in things that you do not know. ‘Know thyself’. That’s good. ‘Believe in yourself?’ The idea itself is crazy! Why can’t we believe in someone else? ‘Love yourself’, ‘Believe in yourself, I love myself,’ that is a sure way of exceeding another person’s foolishness or his loony head.

What do you say, ‘I love myself’; you don’t have to transact with anybody. Loving somebody costs time because if you have to love someone, you have to give up something of yourself. You have to make space. Only another person can take up space. But if I am giving myself, the need I think love is a pleasure. Love is not a pleasure; love is a way of self-defeat. The more you love, the less you valuable. Love is a way of self-denial. That is why the term has come about, ‘falling in love’. Nobody says, ‘I love you’. ‘I love you’ is a love affair. You fall in love because what you consider as ‘myself’. to only a least a part of a fall, there is room for a love affair. If you are intact and you are trying to love, nothing like that will hold you about will never know what it is. The beauty of love is that you are being obliterated in the process. It is a log for self-destruction. That is what love affairs are.

In short, if you are not willing to even give an inch to anybody, you start a love affair within yourself. And after sometimes, you will become two because without two, there is no love. So do not try to love yourself. Love someone else. Why would your own needs be impossible for you, try a dog. A lot of people have already given up on human beings and are trying dogs because nobody can possibly treat you as well as a dog would. If you come home five times a day, all the five times he welcomes you with the same enthusiasm. Nobody will do this for you. Nor your wife, not your child! So if you are badly in need of attention, a dog is perfect for you. Try it. If they are successful, then try a human being. But don’t try to love yourself, because it is too absurd; you cannot love yourself because then you would be creating two entities. And nothing creates two entities, once created, once established, you will become sick.