Live. Pray. Love.

SPIRITUALITY IN VOGUE

Love is all about you

Sadhguru, Isha Foundation

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here is a lot of emotion attached to the subject of love and lots of fanciful things have been said about it. Feelings are that hard to define. It is the mechanics of the love of instance, we are saying, “God loves you,” but does anybody really know 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 be harmonious and live wonderfully on this planet. Love, joy, bliss—all these are human possi- bilities. 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. What is one aspect. When you say “me” or “myself”, what is it that you are referring to? One thing is your physical body, one thing is your mind — the way you think. Yet, another thing is your emotion — the way you feel, and the recognition of the other three things. This is what you are calling “love”. When this “me” feels pleasant at different and says, “well, you can call it pleasure. But, if your emotions become very pleasant, we call it love. Love is just one as- pect of life. We have given so much impor- tance to it simply because, for a long time, in most cultures, love had been the strongest part. Even today, al- though people consider mankind, love and emotion is the strongest part of them — not their intellect, their body or their energy state. Making that pleasant is very important. Otherwise, it will find unpleasant emotions. If you are feeling very pleasant, suddenly you become like a flower. When somebody is in love, if you look at their faces, and, suddenly, they look like a flower because they are feeling so pleasant within themselves. Whoever you are in love with, they may not even be aware of it — it does not matter. You are in love with that person and it is your emo- tion. It is the way you are. Love is not something that you do. Love is some- thing that you are. So, either you can use somebody as a support to make yourself loving, or you can simply become loving. After all, loving is not just about the other person’s quality, it is your quality. You are using the other person as a key to opening up this up. But you can simply be loving without the help of the other person. Then, it is definitely more enduring because, when you open up with the other person’s help, nobody on this planet is 100% reliable. If you are trying to extract joy, love and pleasantness out of somebody, it is going to be disastrous for both. I am not saying it is better to live alone. I am saying the way you are with another person should be determined by you. If this is so and you are here to share your love with people, if you are feeling good somehow and you want to share this with somebody, it will be very beautiful.

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