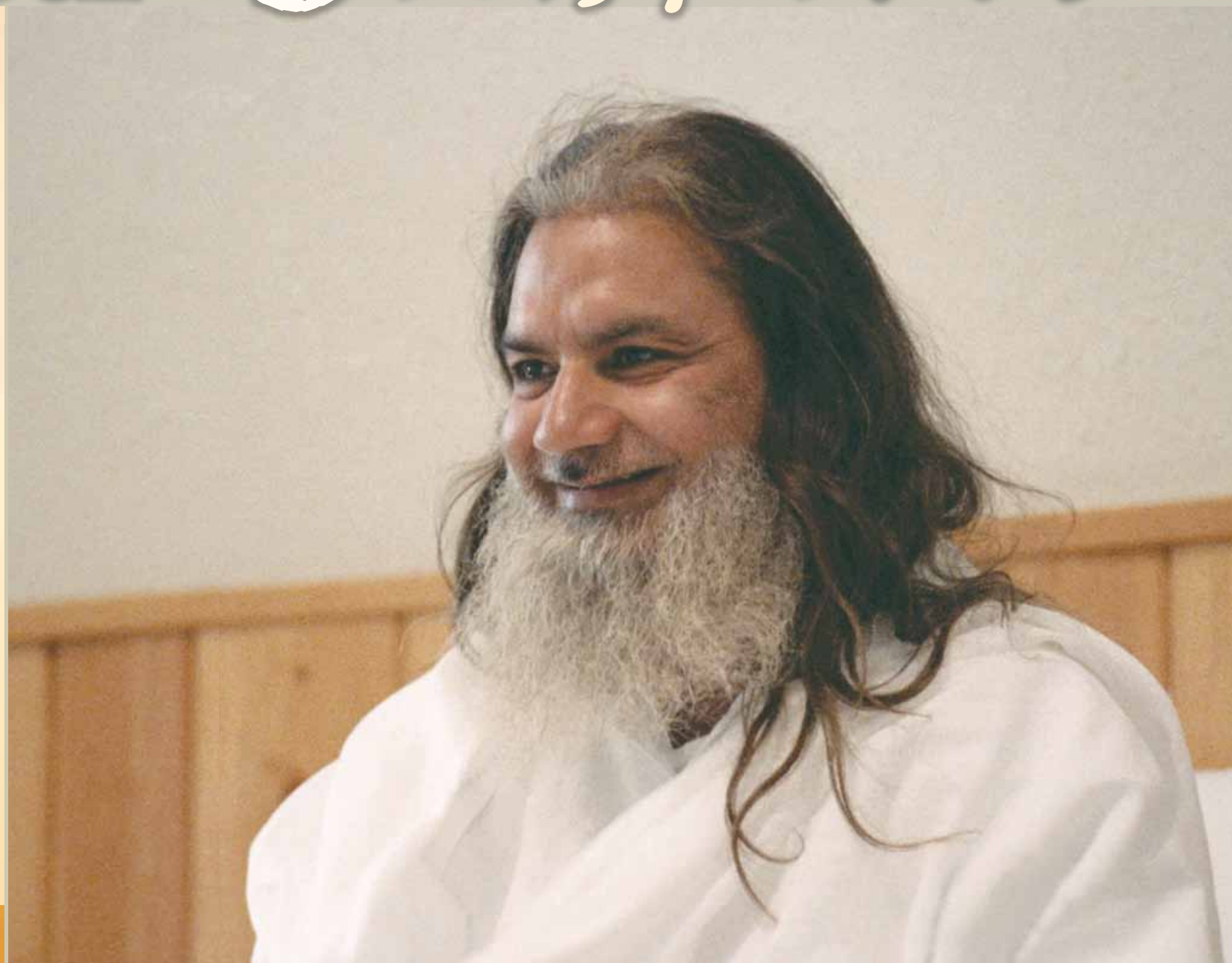


Satsang by Swami Amar Jyoti

Awaken Your Soul/Force

If you want to truly love as God loves us, you have to transcend your human nature. You have to become the embodiment of love. And when you are the embodiment of love, you radiate love naturally.

THE HIGHER YOU GO, the less dependent you are upon material needs. And because you depend less on these, the less you have to spend, which means you do not have to earn as much. And if you do not have to earn as much because you are now depending upon higher principles, the less you have to work for money. The less you work for money, the finer your consciousness becomes and the more satisfaction you will have. I am not teaching poverty. On the contrary, I am trying to convey how to get rid of dependence on gross needs so that you could enjoy and have a more fulfilling life. It is only then that you can grasp and experience pure love.





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The word “love” we use so often and so confidently that we are seldom aware that it is the very thing we are missing. In our day-to-day activities, relationships, personal contacts, duties and all our talking about and hankering after love—that is the very thing we miss. If this were not true, then the majority of us would not be hungering for love. We would have it. It is only because we are not correlating with the level of consciousness on which we could *really* love that we do not experience and receive it.

Actually, you are the embodiment of love. You experience your intrinsic nature in its pristine purity through unconditional love, and that is ultimately releasing. Spiritual love is so self-existent, self-expressive and satisfying that it does not need an object, but even if it had one million objects, it would accommodate them. As long as love *needs* an object it is not true or unconditional; it is on the mental or psychic level.

Love is for love’s sake. Whatever problems you may have are not because of love. Unconditional love is such a blissful, natural state of the soul, it hardly needs expression, though it can take on any expression. Even quarrels, hatred and war are a crude and violent form of this love, but we do not see that. We judge the creation through our human understanding, but in order to truly understand, we have to transcend our human nature.

We use the word “love” on the vibratory level, but in its own intrinsic state it is universal and cosmic. The soul, in its pure consciousness, creates bliss and love. These are our first attributes. Then out of love we create and express in infinite ways: emotions, excitements, sentiments, attachments, even greed and war. These are simply expressions on different levels. In its natural state, love is non-vibratory. At that level the question does not arise what to do with it, nor does it need an object. It is when you are trying to project love that you create attachments, sentiments and possessiveness, and thereby love loses its purity.

Cosmic love does not need projection. The sun does not have to project its rays to give us light. Sunshine is

its nature, its self-expression. Love is the self-expression of the soul. When you come to this intrinsic nature of your soul, the highest level of love, you are released. Human nature wants to project and envelop others with love, and that projection is the seed of future tragedies, sooner or later. Your desire to envelop someone or something in love simultaneously creates future frustrations. If you want to truly love as God loves us, you have to transcend your human nature. You have to become the embodiment of love. And when you are the embodiment of love, you radiate love naturally.

Any expression in the whole of creation, in whatever form, has its source in love. When you fully realize this, you will be an embodiment of love under all circumstances. You will forgive your enemies and pray to God to forgive those who do wrong, because they do not know. When you come to this pinnacle, you are safe and fulfilled under all conditions, even in situations of extreme enmity, what to speak of among friends, relations and fellow beings. We have to stand on this pinnacle, but not by understanding alone. When understanding creeps in, love diminishes. If you are going to love others through your understanding, you are bound to fail.

By putting conditions on love we are corrupting it. We are not trying to practice unconditional love; rather, we base love on our likes and dislikes. Then the very person whom you loved you will begin to dislike; your love diminishes. As if the person doesn’t deserve your love because you dislike him or her. I often maintain that you may have liberty to dislike a person but you should not stop loving the person. Love can stand apart in its own pristine nature and purity. It may seem very difficult to do this, but then again, that is our salvation. If you *truly* love, you are not affected by anything in the world. In other words, you are released. You are unaffected and simultaneously loving—look at the beauty of it. Normally if we separate or disassociate or detach ourselves from someone, we also stop loving. This is because often, or perhaps always, our detachment is

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due to likes and dislikes. That is a corruption of love. And that is why it becomes a tragedy, pathos. We may justify that pathos because of this or that. Love has no “because.”

Love is a soul force—when you stand on your *true nature*, playing your role as it is meant to be. When you remember Krishna, Christ and Buddha—were they not beautiful players? They played perfectly, scene after scene. Do you find any chapter in their lives devoid of love, or those of any holy persons or enlightened beings of East or West? They were the embodiment of love simply because they could stand in their soul or spirit and play whatever role they had to play. They had no problem in loving all. That perfection of love is already within everyone; you simply have to come back to your own true nature.

Without unconditional love, without having our true nature realized, what are we? It can be likened to water that has been contaminated. God created pure water; we poisoned or polluted it. Now we scientifically devise chemicals and machines to purify it, as if God created impure water and we have produced a great achievement. It is our own fallacy. In the same way we often corrupt love and then finally we come back to unconditional love as if that were a great achievement. It is not an achievement; it is just coming back home. In between there was wandering. Do you call it an achievement when you come home after a day’s work? It is natural to come back home and everyone has that right. In between we have loitered, wandered, deviated and become corrupted, all the while unconsciously wanting to come back to our sweet home, the true Self.

To love others is not to oblige them. The sun shines freely, not as an obligation. Out of humility, we are thankful to the sun. Fire gives heat because that is its own nature. The tree gives shade as its own nature. The true nature of your soul is love. Everything in nature has its own fundamental qualities. To give those or express those qualities is not a thing of pride or

obligation. What if the sun would stop giving sunshine or water would stop giving coolness or trees would stop giving shade? That would be a failing of their duty. To love others is our soul’s duty as human beings. If you are able to love others in spite of their differences and under all conditions, it will also help them to grow in love. It has been preached since ages: love thy neighbor. This universal injunction is reminding us of our own true nature that we have forgotten.

Love is its own release. Emotions, including impatience, hastiness, excitement and anger, are a dissipation of power; often, in the next moment or the

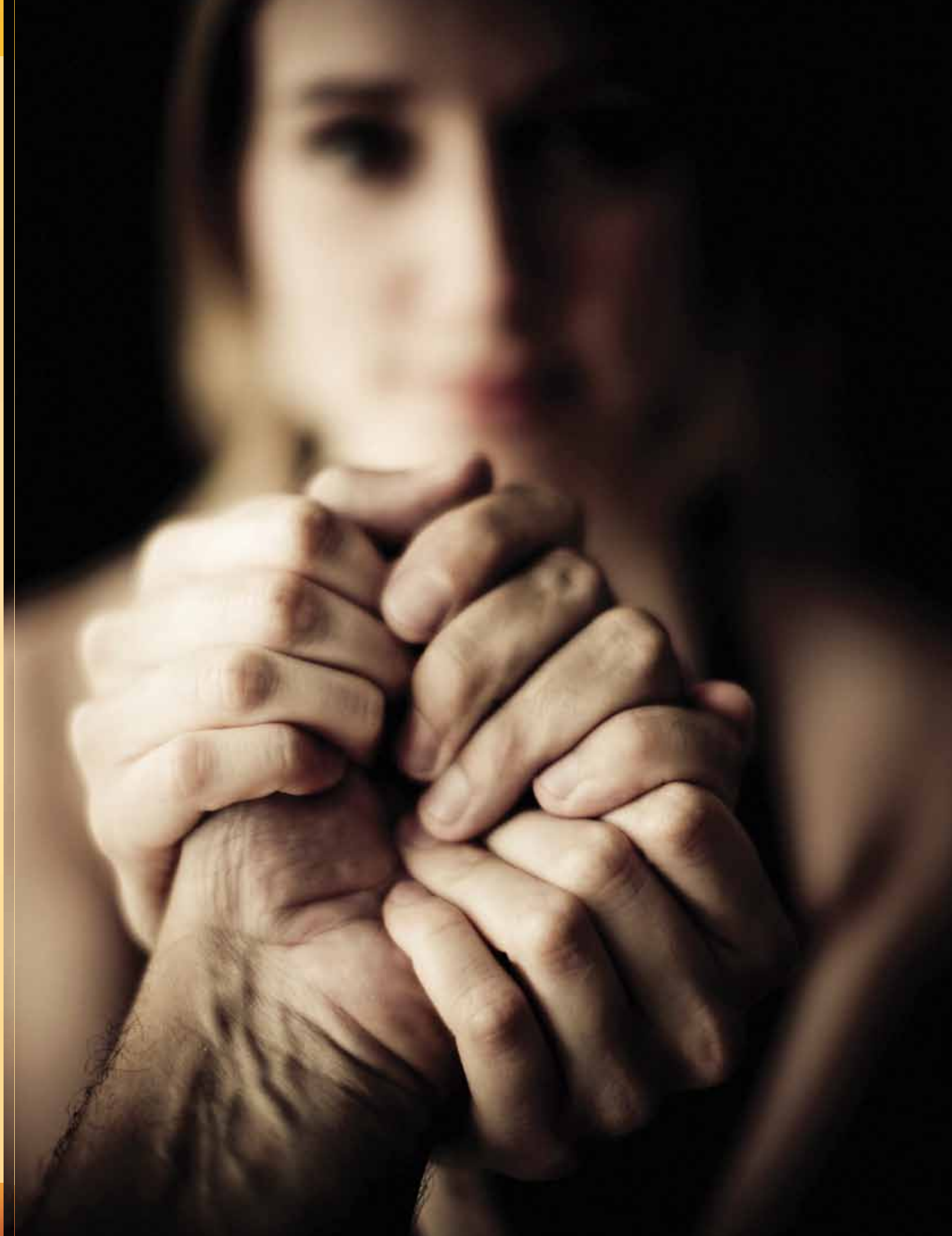
next hour, they leave us restless, confused or disturbed. Once our emotions are channeled, we gain back our patience and a restful attitude. Then our inherent nature of love expresses itself automatically. You come back to true humility. When you love with this equanimity, you will see the whole world will love you. You will not say, “My heart is too small to love all,” because the love of the soul can accommodate billions.

Mental love, psychic love and romantic love are limited. They cannot accommodate more than a few people: your husband or wife, children, auntie, uncle, cousin, nephew, niece, a friend. And even that is a challenge, from birth to death, to maintain love of those few, to satisfy them and to be satisfied

with them. Shakespeare wrote dramas about it. Of course pleasures are there, intermittent, like sweets and pickles, and in between stomachaches. Yet an unfathomable number of souls could be accommodated in that shoreless ocean of love once you come back to your true Self.

You want love. Everyone wants love. But perhaps most of us miss it because we are misapplying the true meaning of love. Just come back to your true Self. Your love can accommodate billions; it is inexhaustible. How many people can bask in the sunshine? The sun gives the same light to all without taking it away from anyone. Those saints and sages who have realized this are blessed. They are love incarnate. But it is not

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their monopoly; they are inspirational examples to all of us. Unconditional love does not know morbidity or stagnation. Inspiration comes from the soul, from where love comes. You are that. Think about it. Believe it. Contemplate, meditate and realize it.

True love is so easy, so simple. No one is obliged to you. What freedom! You do not need to leave someone in order to love someone else. Your love embraces all. Problems arise when you leave one and take another: all the papers you have to sign, and then you have to convince everyone that you are right and the other person was wrong! In loving all you have no convincing to do. Love is its own proof. You need not try to prove it to others. They will feel it. And if they do not feel it, that is their problem. They will realize it on the second or third day or tenth day. Out of resentment or negativity we sometimes accuse even a loving person, but for how

long? I always believe that we cannot do this for too long because everyone wants love anyway. We have to come around again to relax into love. Even if no one else does it, at least you come back to God's love.

Why did Jesus give the example of the "prodigal son"? Why should he come back home? To find rest, refuge. That rest and the refuge are expressions of love. You must have experienced times when you have rested well and are feeling very relaxed; when you get up, don't you feel more loving to everyone around you? The prodigal son came back home ultimately for love. That is the motivating attraction that brings you home: to find your dear ones and near ones. Why? Because you love each other. Attachment may be a part of your love, but the source is the same. When you realize this within you, you find refuge in God's love and thereby in all. When you truly love, it is not static; it has a

conscious, transparent quality. You express this in many ways: you serve food to someone; you give charity. If it is hot you ask, "Honey, can I start the air conditioner for you?" What are you actually trying to do? You are expressing love.

Selfless action is an expression of love. Attachment and possessiveness are also expressions of love, but so limited and conditioned that because of those boundaries you come to frustration. God created in love, in bliss. Everything was born out of bliss and joy. Everything remains in joy. Freedom is nothing else but freedom from conditions. Limitations are bondage. Conditioned love is bondage; unconditional love is release. Those souls are free who love all. Attachment is bondage; it is selfish, limited. If we see this, we can easily understand why we are often hurt and disillusioned by attachments. Let us not blame others. You create your own frustrations and bondage due to your attachment. Though it starts with sweet dreams, it ends in bitterness due to attachment, not due to love. If it is unconditional, love remains pure and transparent.

In true love you will never get fed up. For your whole lifetime, for ten million lifetimes, you will never get fed up with love. But in ordinary love, which we call attachments, we get fed up in a few years. We want a change. We somehow create reasons to divorce and find someone else. We cannot prolong that kind of love because it is not love. Actual love is never obsolete. Love should not suffer because of changing conditions. Parents, unless they are selfish, love their children regardless of whether they are good or bad, grateful or ungrateful. That is the nature of God, which expresses through parents, through your Master, through saints, prophets and enlightened beings. God expresses through them to make us understand that He loves us. You have heard this in Christianity many times. If you come back to your true nature, like the prodigal son coming back home, He does not make you lose your attachments or sentiments or relationships. On the contrary, He fulfills them.

Often we confuse love with changing phenomena such as living together or not living together. That is why we miss it. Then love begins to diminish because the

soul gets suppressed or closed up. Mind comes to the forefront and applies logic: why I should or should not love. When the soul opens up to love, it is like the sun coming out. You begin to hug that very person without counting or measuring qualifications or disqualifications. When you stand on the mental level you have your own logic. When you stand on your soul and true Self, you are beyond logic; you love without reservation.

The level of consciousness we are on matters very much. It is not by understanding that we love others—on the contrary. Whether you understand or not, go on loving. By the time you understand something it will be time to leave the body and go; it takes the whole lifetime.

You may understand a few things today but tomorrow new things will come up, and next year, and ten years hence. There is no end, discovery after discovery. How many things have we understood and still we do not understand? The more we understand, the more there is to understand. When are you going to stop understanding and start loving? There is nothing wrong in trying to understand, but don't mix up love with it. Even if you do not understand, do not stop loving.

Love is a soul force. Come back to your spirit, your true self. With awakened eyes and a heart full of love you will see the world differently,

as the prophets and enlightened ones see. True love is coming back home. And when you come back home you do not miss anything. That self-satisfying soul force is your true expression. 🌸

Your love can accommodate billions; it is inexhaustible. Think about it. Believe it. Contemplate, meditate and realize it.

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