

Love and Relationships

A fresh spiritual idea providing a new and powerful dimension to what we call 'Love' was in dire need. If we only knew what true 'Love' is, perhaps there would not be any misery in the world. 'Love,' in whatever way we may feel and describe it, is only an interplay of feel-good hormones and the turbulent mind's desire to feel happy in the company of someone we are intensely attracted to. Normal romantic attraction, which we often confuse with 'Love,' is nothing more than physical chemistry and the gossamer fantasy of a 'happily ever after' with someone special. If we observe, our imagination regarding 'Love' is all about our dreams and happiness. We think about finding one to fulfill our desires and the need for companionship and romance. It is not surprising that most love affairs crumble before they reach the altar of marriage and as also many crumble even after reaching the 'pinnacle' of marriage, and after that, we are left picking the pieces of what once was. True 'Love' has very little to do with the expectations of the 'other person,' it is all about being aware of the 'other person.' It is all about looking beyond the confines of our ego mind. Manipulating our psychological faculty in the process helps us from seeing 'Love' as merely being sensitive to the needs and wants of the 'other person,' to seeing 'Love' as a state of constant learning, unlearning, and ultimately growing in life. True 'Love' is such an abstract emotion filled with a mind-boggling richness that most of us get injured and suffer while dealing with what we call 'Love.' Lastly, for earthly love to succeed spectacularly, it is imperative to make the Divinity a party to the relationship with the 'other.' Holy Divinity is a party to the relationship, and we learn to see the picture of our relationship clearly and objectively without being misguided by our minds or emotions. With the Holy Divinity alongside us, the choppy waters of human relationships can be navigated brilliantly with greater skills and adroitness. This distinct sound of awareness is mandatory to understand the meaning of true love.