

# Tools For Living Free

NUMBER 58 IN THIS ONGOING EDUCATIONAL SERIES

## WHAT IS LOVE?

excerpts from the Satsang "What Is Love?" (TAPE/CD No.A80)

"I want to talk a little bit on 'What Is 'Love'?' Alright. And I want to define 'love.' And let me start just by saying that we all know of or have experienced a parent's love for his or her child. And it's the kind of love that it's 3 o'clock in the morning; from the next room you hear your infant screaming; and you don't want to get up - you're tired; you're exhausted; you've got to go to work the next day. What do you do but you let go of all that stuff and you surrender it? and you are there and present for the child. You're there for someone other than yourSelf - or so it seems - and you make a decision: you let go of your own agenda, your own will. 'I'm too tired. I have to get up. How am I going to do this?' etc., etc.

"No, but you simply attend to the next person. The person's your child and you feel this incredible love. But it's the love that helps you get beyond your limited self. And it's the limited self that is tired; that doesn't want to get up; that lives bound, 'Oh my God! Tomorrow I have to get up early, da, da, da, da, da. How am I going to do this? I don't want my sleep interrupted.'

"But you allow - someplace inside of you allows - the love that you feel for that child, for your child, to override everything. And you go with that. And you attend to that child. And, yeah, it's called the mothering instinct, but we all have it. But when you break down the mothering instinct, what is it? But it's an instinct to insure that something other than you is being focused upon and being attended to and is being nurtured and cared about. OK?

"And this love we have for our child or for our children is the same kind of love that God has for us. He wants us to be OK. He wants us Home, etc., and the dynamic is the same. And what is the dynamic? We give on over our limited agenda to the Spirit *inside* of us, OK? ...

"So, a corollary of 'What Is 'Love'?' is that it's our responsibility to know that God or the Spirit is *inside* of us and lives as us. Not something divorced from us, you know? You can't study God. ...But what you can do - what has been available is - you can experience God *directly*. And experience this Loving *directly*. OK?"

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"And it's an experiential way; and it's an experiential model. OK. And 'Love' stands for 'Letting go Of Volition Every time.' Volition is just a will. So, let's just say, 'Oh I want to play soccer.' OK. 'I want to play soccer. I want to play soccer.' OK. But wait a second now! You know you have a 105 [degree] fever; the doc told you you're not supposed to get out of bed for two days, you need to rest up and restore your health. 'But I want to play soccer. And I want to do it now!'"

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"And you've got to be the parent to that child inside of you. See, that's loving. ...But, many times, we are so into the pull of the emotions, and our thoughts and our feelings that what do we do but we decide to go with that and come from that?"

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"But, when we unleash our emotions; and our thoughts; and our insistence upon what others should do; and try to control others - we've chosen into and unleashed karma. OK. And love has to do with learning how to - it's not even a question of control - it's a question of mediating and arbitrating and cooperating with the different parts of yourSelf, with the parts of you that are expressed in flesh and emotion and thought, etc., you know?"

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"And this is what we can do as people. If we let go of, 'Oh my God, I don't want to get up. Oh my God! I've got to work in the morning. What's the matter with that kid?' And we just surrender to the Loving we feel for that child and

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*And "Will we do anything for ourSelf to lift and let go; and to come to understand and know ourSelf as the Spirit we Are?" That's the key: to be in Love; to let go of volition every time - our will, our agenda; and just surrender to the Spirit inside of us, to God's Will."*

*From the Satsang,  
"What Is Love?"  
(TAPE/CD No. A80)*

we surrender to the Spirit we are. Then we are into that Loving. And we're there. And we're Present. Just like you're Present for your child, you know, without a judgment, without an attitude; but you're Present, see?"

"And, the interesting thing is, we'll do anything for our child but the real question is, 'Are we in Loving?' And 'Will we do anything for ourSelf to lift and let go; and to come to understand and know ourSelf as the Spirit we Are?' That's the key: to be in Love; to let go of volition every time - our will, our agenda; and just surrender to the Spirit inside of us, to God's Will. OK. God's Will isn't that you suffer and have pain. And it isn't something from outside yourSelf. It's that you come to know yourSelf and live in the Joy of yourSelf as Spirit, as Soul. And

## Case Study

What "Love" is is something that I have thought a lot about lately. I recently gave birth to a beautiful baby boy. It is amazing to me how much I love him. Very often I am moved to tears by the amount of love I feel for this child. He is the sweetest and most precious thing. My Teacher often says that God loves us a thousand times more than we love our children. As I know from loving my son all I want to do is give to him, nurture him and take care of him. Just as God does for us.

The other day I was listening to the CD of "What Is Love?" in which Our Teacher talks about the amount of Love that God has for His kids. Our Teacher goes on to say that this Love is not something outside of ourSelves as God lives within us as us. I realized that all the thinking that I had been doing about "love" was getting me nowhere; that this Love that God has for us, His kids, is beyond thought. It is about dropping everything and going to God, just like I do for my beautiful baby. I drop my agenda - any hurt, pain, worry, anger - and am just there for my child whenever he needs me; as he did in the middle of my writing this case study. Because of the love that I feel for my baby all I can do is be there for him. This is the way we Love God and receive God's Love - by dropping everything and being with Him - because we are One and the same.

I have learned that even when I drop everything to lovingly be there for my child I must always be present with mySelf - the Spirit I am. This centeredness in quiet adoration inside mySelf is my sustenance. I am present for

everything that isn't of That needs to be surrendered, needs to be let go. OK.

"And I'll give you a one sentence answer: 'What is Love?' besides 'Let go Of Volition Every time,' which is a nice prescription for living. OK. But Love is the very nature of God, and of the Universe, and of yourSelf. And, if you're not coming from That - and not the emotional love that binds, not the emotional love that hurts and separates, and not thinking that 'you're so loving and isn't that so nice and wonderful?' but the actual expression and movement along the Pathway of Spirit inside yourSelf. That's Love. And that's being Loving. And that's the very nature of who you are."

mySelf by doing self-talk (a technique learned in the Everyday Evolution I Class), reassuring mySelf that I am okay now and directing my focus into whatever action I am currently undertaking. I, also, choose to drop any and all negativity by calling in the Light of the Most High and asking God to take it. I, then, tell mySelf, "it's okay to let it go!" I listen to mySelf. If I need to eat, shower, watch TV, or do Service I make sure that I give that to mySelf. I am discovering that Love is about surrendering to the True Self in these ways. When I do this I honor mySelf on all levels.

As much as I honor my child and I honor the Spirit I am, God honors and loves me as much if not more. I have had many experiences of the beauty, Grace and Love of God but the doorway to this knowing has come through the placement of my focus in Spirit, in the positive, and in the choice to surrender negativity every time it comes up. God gives to me and lives through me when I choose to give up what I "think" and allow Spirit to raise me to the level of understanding. I do this by asking God to give me the direct experience of the Truth of the situation. I, then, stay with my Knowing. The Reality of Spirit *is* the Reality of Love and of Abundance and endless giving. All it takes is my choice to focus in the present, in God. By loving God I am really loving mySelf. By loving mySelf I am able to completely enjoy and Love my baby.

## Step-by-Step

*Here's a quick reference list for daily practice. Please refer to the articles for complete information.*

1. Call in the Light of the Most High by saying, "Lord, God send me your Light!"
2. Inside yourSelf, allow your "agenda" - e.g., a hurt, a worry, a fear come up.
3. Say, "Lord, God please take this hurt, this worry, this fear from me!"
4. Then tell yourSelf, "(your name) it's okay to let it go!"
5. If your "agenda" returns, take a moment to lovingly repeat the process above and allow the negativity to go.
6. Request information on and attend Meditations, Classes, Workshops, Retreats and Video Showings.
7. Call any Regional Center and request the Gift of Initiation into the Path of Soul Transcendence.

For further information or to request other titles in this series contact:

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