

# Love is God

Welcome everybody to the Satsang!

What about shall we speak today?

*Q: Love... It's an epic question!*

Love...wonderful!

As all of you know, when Maharajji was giving speeches, most of the times he was saying just one thing, "God is Love and Love is God."

Just this, that's all!

Teaching about Spirituality completed!

There are many, many Spiritual practices that require a lot of discipline, and a lot of self-purification and a very tedious process that lasts for a very long time. A lot of asceticism, a lot of hardships involved - and most times it is necessary to go through all this, simply to wash away all unnecessary things inside you. What happens is that as we slowly come more in touch with the pure part of our Being, a certain sweetness comes, a certain sweetness blossoms inside!

We cannot anymore speak so much about the Truth in terms of intellectual understanding, it doesn't feel like this. Truth is not something to be understood intellectually, to be debated, to be explained in words, to be contained within words - it cannot happen like this! The Truth and the Reality that the sages experience is something very, very sweet - it's a sweetness! It's like they immerse themselves in an experience of sweetness and this sweetness you can give it the name Love.

There is nothing more sweet, more gentle, more beautiful than the Self. Some people may call it God, or Shiva, or some others Krishna. There's nothing more sweet, nothing more blissful, nothing more fulfilling!

So one way to call it is simply Love!

It's a love that is there without some purpose or without some reason. It doesn't have a reason and it doesn't have a specific destination. And it is not a love that comes from the ego. This is not love at all, it is more like business! "I give you something, you give me something back!" Or, "I like you this way or the other, I like your appearance, or I like your personality, you are a funny person, you are enjoyable person, then I love you!"

This is not love! This is not the love that the sages speak about. This is, "You give me something, you give me some beautiful appearance, I give you something back, I give you love, so we both earn something." This is business!

The love that the sages speak about it's something irresistible. Something that we don't have a choice, "We will do it - we will not do it?" It's simply there, it's our own Being, it's our natural quality! We cannot decide "Will I love - will I not love?" In the same way that we cannot decide "Will I be or will I not be?"

"To be or not to be?" This question doesn't exist! Who can decide "I will not be"? Nobody can "not be", it's impossible to "not be".

In the same way it is impossible not to love. Because that Being is Love!

That Being is Oneness. Can you follow the word "Oneness"? Is the one Divinity, the one Being that pervades everything, is unity, is Oneness, that's why it's Love!

Love means the very clear experience that you and me we are one. Not just an intellectual understanding, but the very clear, tangible experience that me and you we are one and the same Being. Love is an experience of oneness and it is a groundbreaking experience. It is a transforming experience. It is an experience that goes completely opposite to the ego.

Where the ego says, "I am one thing and you are something else."

Love says, "Me and you we are one and the same thing."

That one and the same thing that exists in me and you, which is Love, that is also God, that is the true Being, that's why Love and God is the same.

To understand this and rather to experience this there is a very simple exercise, because I know everybody likes exercises and practical tips. There's a very, very simple exercise, a yogic practice that you can do, that all people who are in the path of Yoga must practice this.

If you want to love anybody, any person around you, you have to do one very simple practice: take out his or her appearance, take out the appearance, good, bad, take it out! Like you slide the curtain, like this...

Take out the personality of the person, take out the character, the individual expression, take it out completely, it doesn't matter how that person is!

So, first step take out the appearance! Second step take out the personality!

What lies behind these two?

If you practice this you will find out that behind these two there is a very pure, perfect, beautiful, shining Being, a spotless shining Being!

You can be dumbfounded and bewitched by its beauty, you can be enchanted by its beauty. So great is its beauty that no matter how beautiful the appearance, you will forget the appearance! No matter how beautiful or how ugly the personality, you will forget about this because it is immaterial! You will fall in love with the beauty that is behind the appearance and the personality.

And if you do this practice again and again you will be surprised to find out that behind every individual being there is one and the same divine Being. That behind every appearance and personality there is just one Being, one and the same, it's not different.

And looking inside of you will find exactly the same shining Being - and then you will know Oneness.

Do you want to have a harmonious relationship with anybody, with any friend, any partner, any neighbour, any stranger? Do you want to have a harmonious relationship?

Discover this Being that is behind the personality and the appearance. Look for this and you will surely find it because it is there all the time.

Just the focus is not correct. It is like when you take a photograph and you have the focus lens and adjusting the focus lens you can see one thing and not see the other, adjusting it differently you can see the other and not see the first. The same thing you do, you adjust your lens of your focus so you see what is essential, what is beautiful. When you practice like this, the more you will see it. You will discover Love, because it's so beautiful it's impossible not to love it! Even behind the most ugly person, both in appearance and in personality, even behind the most unpleasant person there is this perfect divine Being, there is your own Self!

There is nothing that we love more than the Self, nothing we can possibly love more than the Self. Once we find our Self behind every manifestation, then we know Love, then we know God.

The one who loves somebody else because of his appearance or personality, will be surely disappointed, because it is the nature of appearance and personality to have fault. It has faults, it has defects - in everybody! You take the most saintly person, his personality has defects, his physical body has defects like everybody else. So if this is the whole thing that you love you will be disappointed, and you deserve to be disappointed, because you choose to love flesh and bones instead of loving God!

And there is a passage in the Upanishads that is very interesting, that says, "By loving the appearance or the personality of somebody you actually insult him!" Can you follow what I am saying? By loving his appearance or personality you actually insult him because it's like considering him to be just flesh and bones, and programming - that is the personality. Is like you are viewing this person as a bundle of flesh, bones and programming - and that is insulting! Why don't you look that person like God, like the divine Being that he or she is?

If on the other hand you view that person as the divine Being, and you look that person with love, this love will automatically come back to you.

Maybe you don't say that to this person, you don't say "Look! I love you like God!" You don't need to say these things, these are tricks most of the time. Just love, silently! The other person will know and will love you back in the same way.

When it comes to love, I will give you a very practical advice; avoid saying big things, don't say anything, just love!

The more you say, the less you will do. The less you will say, the more you will do.

Be careful of people that tell you "I love you, I love you, I love you! You are everything in my life!" Be careful, they are going to leave you very soon!

Appreciate the people who don't say nothing to you about love, but their whole life is a proof of their love. These are the ones that will stay with you.

Let love not be beautiful, romantic, poetic words... let your whole life it be love! Your whole life, let it be proof of your love.

So, this is what Maharajji meant when he was saying "God is Love and Love is God."

It's a name of God, Love is a name of God. It is a name of the Nameless.

You can call it Life.

You can call it Light. Jesus Christ was saying, "I am Life, I am Light!"

He could say also, "I am Love!" He was very much like this.

Socrates used to say, "If you want to know the truth of things never depend on your senses, they will lead you astray." So don't depend on your senses to know who the other person is or who you are.

Slide aside what your senses tell you, take out the appearance. If you focus on the appearance how will you cultivate love? One moment the person is beautiful, next morning is not so beautiful, after one year is not so beautiful anymore, or after twenty years or thirty years, that person has grown old...maybe the beauty has gone.

This is not love, this is just taste, a certain taste of the appearance.

So don't try to love the appearance! Don't try to love the titles also, maybe that person has the title "my mother" - I love this person! The other woman next door she doesn't have the title "my mother", I don't love her so much. Don't love the titles!

Love your mother in the same way that you love the woman next door or whoever else, or a stranger! That is truly love! Because your Self is inside them in the same way. Your Self, what you are, what you are seeking for, what you love the most, is inside your mother in the same way it is inside a stranger, the same way it is inside your beloved! The more we cultivate this, the more we work towards this, the more we discover this, the more we develop Self-knowledge!

This is the way to practice love and there is no other way actually!

I will say this again, avoid trying to love personality or the appearance. If you like to do something with them simply accept them, they can never be exactly 100% as you like them to be. Not even your personality can be 100% as you like it to be! Not even your appearance can be 100% as you like it to be! How much less the others! So accept them as they are, they are beautiful as they are, don't try to make them as you like them! Even if they are your kids, don't try to shape them as you like them, to sculpt them as you want them to be. Recognize them as they are, accept them, love them! And love them not as your kids, love them as your Self!

*And love your wife and your husband not like wife and husband, but like your own Self!*

*Love your mother and father not like mother and father, but like your own Self!*

*Love the students and the Guru not like students and Guru, but like your own Self!*

*Love your friends and your enemies not like friends and enemies, but like your own Self!*

In this way, the commandment that Jesus Christ gave, becomes a possibility!

He said, "Love your enemies as your own Self."

And some people think "Wow! That's too high for me!"

It's not too high for you, not at all, is something you must actually do! If you seek for Spiritual growth, and Spiritual oneness and Self-realization this is not something optional, this not something maybe you do – maybe not - this is a requirement!

Because if you can see yourself in anybody then you will see yourself in the enemies also. You will know it's an expression of yourself.

And there is hardly anything more liberating than to love your enemies as your own Self! It's a very great liberation, a liberation from hatred, liberation from anger, liberation from conflict...

To be able to love everybody as your own Self, this is truly Self-knowledge! It is liberation and it is very blissful! And it is a divine way of living! And it is in the hands of everybody!

So, when you are by yourself in your room, when you are meditating, find the Self inside you, behind your personality, behind your tendencies, behind any movements. Find your Self standing there like a mountain, a mountain of light, immovable, the Knower of all movements, the Knower of all changes, the one Light that illuminates all changes inside you. The one Life, the one Awareness...

When you are out of your little cave, out of your room and you are together with other manifestations of your Self, practice in this way; don't focus in the personality and the appearance. Practice again and again to see the divinity. Remember again and again that it is a manifestation of your own Self.

You don't need to go and speak to this person, to hug him, and tell him "I love you so much, you are God!" You don't need to tell these things, simply do it inside of you, this is for your own benefit!

Practice Self-knowledge in silence, this is the best way!

And this way you will come to know and understand the teaching of Maharajji. That God, the Supreme Self, is Love and Love is God. This is the whole Spiritual science in one sentence.

*- Om Shanti Shanti Shanti! -*