

17th Episode – State of Wellbeing – Love

Following 16th episode of “*Mahashivaratri – The Great Night of Shiva*” towards Maha Kumbhabhisekam of Panching Gua Charas Jalalingeswarar Shivan temple, with good intention and thoughts for all devotees, the following write-up is prepared.

As discussed in the previous 16th episode, we looked at the details of Mahashivaratri – The Great Night of Shiva.

In this 17th episode, we look at state of wellbeing – Love which is mostly extracted from Sadhguru – Isha foundation and some aspects from Jalalingam temple.

First and foremost, let us start with a single question: what do we consider to be a **state of well-being**? Very simply, well-being is just a deep sense of pleasantness within each of us. This can be summarized as follows;

- If our body feels pleasant, we call this health.
- If it becomes very pleasant, we call this pleasure.
- If your mind becomes pleasant, we call this peace.
- If it becomes very pleasant, we call this joy.
- If your **emotions become pleasant**, we call this **love**.
- If they become very pleasant, we call this compassion.
- If your life energies become pleasant, we call this bliss.
- If they become very pleasant, we call this ecstasy.

This is all that you are seeking: pleasantness within and without. When **pleasantness is within**, it is termed **peace, joy, happiness**. When your surroundings become pleasant, it gets branded success. So, essentially all human experience is only a question of pleasantness and unpleasantness in varying degrees.

But how many times in your life have you lived an **entire day blissfully**—without a single moment of anxiety, agitation, irritation, or stress? How many times have you lived in utter and absolute pleasantness for twenty-four hours? When was the last time it happened to you?

The amazing thing is that for most people on this planet, not a single day has happened exactly the way they want it! Of course, there is no one who has not experienced joy, peace, even bliss, but it is always fleeting. They are unable to sustain it. They manage to get there, but it keeps collapsing. And nothing earth-shattering needs to happen for it to collapse. The simplest things throw people off balance, out of kilter. It is like this. You go out today and someone tells you that you are the most beautiful person in the world: you're floating on cloud nine. But then you come home, and the folks at home tell you who you really are: everything crashes!

The English expression, “Falling in love,” is significant because **no one rises in love or climbs in love**. You *fall* in love, because **something of who you are must go**. If not the whole of you, at least a part of you should collapse. Only then there is a love affair. You are willing to destroy a bit of yourself for the sake of the other. It essentially means someone else has become far more important than yourself.

Love is not a mutual benefit scheme

Unfortunately, what most people call "love" is just a mutual benefit scheme. If you can look at everything lovingly, the whole world becomes beautiful in your experience. **You realize love is not something that you do; love is the way you are.**

Generally, we have made relationships within frameworks that are comfortable and profitable for us. People have physical, psychological, emotional, financial or social needs. One of the best ways to fulfill these needs is to tell people, “I love you.” This so-called “love” has become like a mantra: open sesame. You try to get what you want by saying it.

Every action that we do is in some way to fulfil certain needs. If you see this, there is a possibility that you can grow into love as your natural quality. But people go on fooling themselves into believing that the relationships they have made for convenience, comfort and wellbeing, are actually relationships of love. It does not matter how much “I love you” has been said, if a few expectations and requisites are not fulfilled, things will fall apart.

The meaning of true love

When you talk about love, **it must be unconditional**. There is really no such thing as conditional love and unconditional love. It is just that there are conditions and there is love. The moment there is a condition, it just amounts to a transaction. Maybe a convenient transaction, maybe a good arrangement – maybe many people made excellent arrangements in life – but that will not fulfill you; that will not transport you to another dimension. It is just convenient.

When you say “love,” it need not necessarily be convenient; most of the time it is not. It takes life. Love is not a great thing to do, because it eats you up. If you have to be in love, you should not be. You as a person must be willing to fall, only then it can happen. If your personality is kept strong in the process, it is just a convenient situation, that’s all. We need to recognize what is a transaction and what is truly a love affair. A love affair need not be with any particular person; you could be having a great love affair, not with anybody in particular, but with life.

What you do, what you do not do, is according to circumstances around you. Our actions are as the external situation demands. What you do outside of yourself is always subject to many conditions. But **love is an inner state – how you are within yourself can definitely be unconditional**.

Love is not imported from heaven

People either profess to love God or believe God loves them. The assumption is that love is a quality that needs to be imported from Heaven. But does anyone really know whether God loves or not? We bow down to whoever created this grand creation – a creation that boggles the mind. We bow down to the creator, but you don’t know whether he is love or joy or peace.

Love is a human emotion

Human beings are capable of love when they are willing. Unfortunately, we want to export everything that is beautiful in our life to heaven and live wantonly on this planet. Love, joy, blissfulness – these are human possibilities.

A simple process

Love is not something to do with someone else. **Love is never between two people**. It is what happens within you, and what happens within you need not be enslaved to someone else. For 15 to 20 minutes daily, go sit with something that means nothing to you – maybe a tree, or a pebble, or a worm or an insect or simply sit at meditation area of Hanuman Sanathi or any other place which you find comfort within Jalalingam temple.

After some time, you will find you can look upon it with as much love as you do your wife or husband or your mother or your child. Maybe the worm does not know this. That doesn’t matter. If you can look at everything lovingly, the whole world becomes beautiful in your experience. You realize love is not something that you do; love is the way you are.

Shiva Shambo
Om Nama Siva Ya Om
Help Ever Hurt Never
Service to Society is Service to Almighty
Master Ir. Sivabalan - Temple Trustee
20th Feb 2020