

*Love is the feminine way and*

*Meditation is the masculine way.*

*Meditation means the capacity to be absolutely alone,*

*And love means the capacity to be absolutely together.*

*Love means rejoicing relatedness;*

*Meditation means rejoicing solitude, aloneness.*



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*Both do the same work  
Because on both the paths  
The ego disappears.*

*Osbo  
Eastern Mystic*

Is our mystic encouraging us to embrace *both* love and meditation as equally valid paths to peace, wisdom, and compassion? Is he telling us that either path is capable of changing our lives? Is he implying that we don't have to pick and choose, saying, 'I am really a meditator and not much of a lover', or 'I am truly a lover and not a meditator'?

Are you aware of whether or not you have unconsciously chosen one over the other as being the better path? the easier path? Do you have a sense that love and passion are too worldly and will never get you to God? Or have you unconsciously decided that meditation is too stale, dry and hard and will never bring you much joy?

Our mystic spoke of calling forth from within what he called our 'Zorba The Buddha'. This image represents a call for the *union* of love and meditation and frees us from having to exclusively choose one path over the other. For the Marketplace Mystic, this creates the possibility of a life filled with *both* passion and spontaneity *and* the balancing factors of awareness and Presence.

You may be too young to remember the 1960's film called Zorba the Greek. Zorba is a philosophizing 'everyman' who teaches a rather uptight Englishman about passion, love, and how to revel in the simple pleasures of life. Unchecked, this kind of life style naturally becomes indulgence to an extreme. Yet, when this untamed exuberance is *balanced* by meditative consciousness and wakefulness, a paradoxical union of wild elegance and refined unaffectedness is created. The concept of a 'Zorba the Buddha' creates a bridge where our humanity and divinity can consciously meet. Here they can co-create a harmonious and intelligent partnering for *both* joyous love and absolute togetherness *and* deep reflection and absolute aloneness – all in the midst of our everyday marketplace comings and goings.

I invite you to explore your feminine and masculine energies that are resting in your Being. Free them to more fully express their abilities to rejoice in *both* your relatedness *and* your aloneness. Explore permitting your loving heart and passion for life to show up on a daily basis, expressing itself through the guidance of your Presence and awareness just by your side. Too much meditation (solitude) can dry up the juice of living. Too much love (togetherness) can drench the flame of awareness so it sputters instead of burning bright. As always, in *this* world, balance is the key.

Until next month when another Reflection will appear, may you delight in both the noisy exuberant wonders of love and the silent reflective awakenings of meditation.

Ragini