

"I have estimated  
the influence of Reason upon Love  
and found that it is like that of a raindrop upon the ocean,  
which makes one little mark upon the water's face and disappears."

Hafiz, Sufi Mystic & Poet, 14<sup>th</sup> Century



Our wonderful mystic poet approximates that in the face of Love, Reason's impact is small and momentary. I doubt any of us would disagree. Yet, we may be thinking of our own experiences with human love and not the spiritual Love that Hafiz is referencing.

When we think of reason, we think of being rational: and for most of us, especially in the face of love, the opposite is irrational. However, the actual opposite of rational is emotional and emotional love is different from the spiritual Love that has no opposite.

You can verify this by examining your own experiences of love which will almost always be peppered with the dark face of hate. Since love and hate (as an emotional and psychological reality) are an interdependent polar pair, they have to travel together. One cannot exist without the other in the realm of time and space that is our mind. Most of us don't like the idea of hate accompanying love. Yet, honesty reveals it does arise – and unfortunately we feel it more often than we would usually like to admit.

The Love that is impervious to Reason is the Love that is beyond concept or beyond the mind, thought, and emotion altogether. It is rather a fundamental state of our Being and

not an emotion. In its presence, we find no inner tug-of-war between loving and hating, or between you and me. We humans taste the wonder of this in our moments of unconditional love – with our children, our dogs, our cats, our beloveds – and often in the deep peace that comes with a cooling breeze on a hot day, the sound of a dog barking on a quiet afternoon, or the sun's heat that steals away the chilled sweet dew of morning.

But unconditional love is not unconditioned Love, or Love that has never been re-shaped or re-formed by a learning or a teaching or a guideline. A wonderful song from the musical South Pacific says:

“You've Got To Be Taught  
to Hate And Fear,  
You've Got To Be Taught  
from Year To Year,  
It's Got To Be Drummed  
in Your Dear Little Ear  
You've Got To Be Carefully Taught.”

These teachings – whether to hate or to love, be cruel or be kind, to hide or reveal – all take the Essence of who we are and re-shape it into the fulfillment of our personality's need to protect itself. This is not bad. This is not wrong. This is simply by design. To embrace being human and divine requires both dimensions of Love - human love and spiritual Love. The more you can honor this distinction, the easier it is to see the validity of our mystic's reflection and the power of its guidance. You cannot reason with Life for it is made up of the unconditioned Love that exists beyond the mind.

The point is to cease trying to be loving by not hating. The Love Beyond Concept arises most easily when you can relax into the dynamic dance of love and hate in the human heart – let it be – watch it – feel it – and be present to it. Underneath that dance rests the Love Beyond Concept we all seek. Understand the organic unity of human love and hate. They define each other and cannot be separated. When you can accept the rhythm between human love and human hate, you open the door to our hidden dimension. With Divine Love as your ground, Reason and Emotion can play out their dance while you rest in the stillness hidden inside the movement and the silence concealed by the sound.

I invite you to explore your own experience of human love and spiritual Love and discover for yourself how they play together, creating the incredible comedies and tragedies of our amazing species.

Until next month when another Reflection will appear, may you live life with ease and be free from suffering.

Ragini