

"The Buddha's teachings on love are clear.

It is possible to live twenty-four hours a day in a state of love.

Every movement, every glance, every thought, and every word can be infused with love."

Thich Nhat Hanh



Photo By Andy Olney 2009

When you read this amazing possibility for daily life, you may experience a range of responses: skepticism, joy, disbelief, anxiety, wonder, frustration, inspiration, despair, and perhaps, hope. These emotions can reflect confusion or distrust in the actual truthfulness of this directive and its plausibility for daily living.

As human beings, we are pretty much tossed about on waves of love and hate, without much say. The notion that living in a state of love could be a 24 hour reality may seem a goal far beyond our reach. How to do such a thing? How would I have to be different? Wouldn't we have to live in another kind of world for that to happen? How could it be safe enough to be loving 24 hours a day? How would engaging in only loving behaviors 24 hours a day be possible? These are the kinds of questions that arise when we think of love as that experience that is the opposite of hate.

However, when we understand our mystic is speaking of non-conceptual Love, the Love with no opposite anywhere, then clarity and trust in the guidance begins to arise. Non-conceptual Love, as a state of Being, can be likened to the air that surrounds us. The air is there. We can feel it, if we pay close attention, surrounding our body. It stays with us always, wherever we move and whatever we do. There is no judgment; only pure acceptance of us as we are moment to moment. No chance it will abandon us, leave us stranded, or reject us. It simply can't happen as we exist within the spaciousness that is the air.

Non-conceptual Love can be hard to understand without the actual experience of its reality. But upon meeting this non-conceptual dimension of your Being, there are no words more fitting to describe what is beyond words than benevolence, kindness, and softness. When we interface with

this experience, we tend to call it Love because that is exactly how it feels. When we believe so deeply we are separate and alone, touching these qualities fills us with wonder and a deep knowing that we are an inseparable part of the Beauty and Majestic Mystery that belongs to all things.

Once you touch and taste this state of Being and allow it to penetrate your unconscious process, the promise of its presence throughout your daily life becomes a real possibility. When you know this dimension of your Being is real by your experience of it, the Love that transcends all understanding can begin to permeate all your thoughts, emotions, and actions. It is no longer a question of only engaging in loving behaviors, but rather discovering all behaviors are intrinsically infused with the fragrance of this Love.

I invite you to explore your own sense of how love and hate dance together on this plane of reality. Then step beyond that understanding of love to discover the non-conceptual Love all mystics point to. Watch for the space between your thoughts, the spaciousness surrounding the arising and passing away of your emotions, and the actual air that embraces your body however you choose to move. Explore the feel of moving, speaking, and listening from a space of velvety openness to what is. Let every action be filled with a supple relaxation. These efforts extend an invitation for non-conceptual Love to enter your awareness and your day.

Until next month when another Reflection will appear, may the sweetness of your Being and the innocence of your heart become like magnets. May they draw non-conceptual Love to your side, extending the invitation to be your partner in this dance of duality.

May you be happy, peaceful, and live life with ease.
Ragini