



### Love

There are dimensions of Love that can not only be experienced but can be lived. I mean we can actually know love through lived experiences where we are not separate from love, not separate from being Love. In these moments where we do not feel separate from Love, we can recognize Love is a fundamental quality of existence fundamental to who and what we are – collectively and individually. We can actually know this by experiencing this truth directly, intimately. When we are not separate from Love, from Being Love, then the source of our actions is from Love because that's what we are in those moments that we are experiencing

ourselves as Love. As Love we are doing whatever we're doing out of Love, out of our Self that is Love Itself in those moments. I'm describing a Pure Love that is whole in itself and not conditioned in any way.

There's nothing wrong with the Egoic view of love, of the personality doing what it understands as being loving actions. That's the level of love that the Egoic realm understands and accepts and thinks that that is what Love is. Just know that we can have the capacity to experience Love as all-encompassing in experiences where Love is particularly needed.

### Relationship

Most people know what the definition of relationship is intellectually. It's typically seen and understood to be about two or more things sharing something in common. My interest has to do with how the experience of relating and relationship depends on the dimension of experience.

I read something by Martha Stark, MD, Harvard Medical School Faculty & Founder/CEO synergy MEd for Mindbody Health, where she describes relationship as an "I-It Relationship—between someone who gives and someone who takes" and an "I-Thou Relationship—a 2-way relationship involving give and take, mutuality, reciprocity and collaboration." Her "I-Thou" Relationship is intersubjective which I think still refers to a shared perception of reality between two subjects or involving individual conscious minds.

Most of our experiences in life involve Subject/Object interactions. That's the way we're used to experiencing what happens in life. And many of us recognize when we have direct, immediate experiences where the Subject (I) and the Object (other) dissolve into Being -- Being the Verbing (the happening Itself). This is a good example of how there's No One Doing, there's simply Being, and Being is the Doing. The doing (or verb) here is "to relate" and relating is the happening.

Now, how is "relating" experienced as a lived experience? Somehow, in my experience, there's no pre-thought, no thought that precedes the act of relating. The mind is not dictating what is supposed to happen. The happening is spontaneous, alive, and not separate from whatever else is happening. A dynamic mystery unfolds as relating happens as an open-ended process that includes all the senses in all dimensions of Being. As I continue to sit with this exploration, I feel a new perspective and understanding where I feel "relationship" is the space where this unscripted, open-ended process of relating happens.

### The Beloved, a direct experience

Years ago, while in a meditation, I felt a movement in my consciousness toward someone. I didn't know who it was. I kept moving closer and closer. At once I realized I was very close to this "other" and was touching the other's lips with my lips. And then I realized there was no separation in the love and the kiss that was happening; there was no other. At that moment I recognized that I AM the Beloved.