

## Love, Life & Death By Barry Crisp

### LOVE

Love is a word so often misunderstood and misused. When using it, we automatically create a myth, an unconscious ideal of what love is and what it should be. When asked what love is, we try to recall emotions, experiences and things we have seen, such as movies. We do this to help construct our idea of love and to prove to ourselves we know what love is. Through my experiences I have constructed my own idea of love, albeit hard to understand or to engage; but this is what I believe.

To feel love is to feel the nothingness which surrounds us; that empty void where we seldom travel is where the word love is contained and in its purest existence. Love does not grow from the mind; it must come from the Spirit. Emotions on the surface evolve from the process of the working mind, therefore, ultimately result in lust and/or only physical attraction. The difference between true love and lust is that with love you do not yearn to be next to your lover everyday, you don't have a constant desire to engage in sexual activity with that person. You do not hold expectations with that person, nor expect to receive anything great in return. Our expectations are at the basis to all of our disappointments and problems. I tend to think of love as *harmony* and so I call it *harmony*. I am in *harmony* with those around me. You should find that your relationship with this person becomes harmonious and peaceful, for this is the true yearning of our spirit. Try replacing the word love with the word *harmony* and it might just work for you better.

If you do not find a harmonious spiritual connection with your partner, then you are always open to the possibility of arguments, disappointment, lack of trust and commitment. It's true that most people court one another because of the first physical attraction. However, what you need to do is reverse this thought and action process. You should be seeking a spiritual attraction first.

Like so often said before, in love there should be no pain. Before you go seeking love, it's best that you go seeking for yourself first. Know who you are and what you want. Know your limits and dampen your desires. Be aware of your spirit and communicate with it. Learn how to interact with and challenge your own mind (learn how to control your initial thoughts). This all takes time

and concentration, but the rewards for spiritual awareness are miraculous. Only then can you engage in a truly fulfilling relationship (both physical and friendly). The task now is to find another person spiritually aware. Fear not, because spiritual energies usually attract each other like a great natural magnet. Being spiritually aware of you will be present to other people and slowly with time become apart of them. Which is why it is always best to take your time, take things slow.

Your relationship with your partner should be that of a best friend. For best friends are usually soul mates (and its always possible to have more then one friendly soul mate, and of course I am not suggesting having more then one partner!). The spiritual communication is very strong, and if of the opposite sex the physical is overlooked. Don't think because you are in a relationship, that you should always be doing something physical/passionate. There is no race, nor anybody monitoring you. You are only judging your relationship in relation to those of the 'so-called,' ideal and exciting relationships you see and/or hear elsewhere. Let's not all try to be the same! Our differences are what make each and every one of us beautiful.

In any case, let's make one thing clear. If a relationship is not benefiting you spiritually then let it go. The ultimate goal for each of us is spiritual development, and anything that comes in the way of this development must be cast aside. Is it any wonder why Buddhist Monks separate themselves from the secular society and women to concentrate on this spiritual growth? So yes, we everyday people have the greater challenge of balancing it all!

Don't let your mind control you. The mind lives within the Now and the world of time (Power Of Now: Eckhart Tolle), but your spirit lives in the world of eternity and without time. Try to understand the true power of making love. Making love is not important that it happens often, but it is important that it happens with a deep spiritual connection.

## **LIFE**

Implementing everything that I have said above into your everyday life would enable you to understand the beginnings for the meaning of life. You set yourself challenges to help keep yourself feeling alive, and to enable your spirit to experience. It is true when people say, if every one showed love around the world, the world would be a better place. By becoming spiritually aware, you affect does around you and slowly that sends out a ripple of love and understanding. If we all do this, eventually there will be a world full of love. Remember, negative energy only ever attracts more negative energy.

In your practical everyday life, set yourself constant challenges and goals to reach. In most cases, the people who don't have any challenges or goals to reach are the ones consumed in crime, ill thoughts, and so fourth. The truth is, nobody knows what happens after death, so live life like there is only one, and enjoy it. Live for the now, because the now becomes the future and stores the past. The important thing to remember is that we accommodate ourselves to our situations, and every decision we make sets either big or small ripples for our future. Be love and spread love. Work hard, but find happiness in everything you do. Don't dislike your job, just because it's boring. Think of the benefits it gives to you and other people. Push yourself to have a greater understanding of yourself, your surroundings and life!

Make as many friends as possible, as we have something to learn from everybody. We are all living walking and talking books of knowledge. Most of all, follow your spirit and let it take you to the place where you feel you belong, don't stay somewhere or do something that depresses you, as it only weakens your spirit, which in turn weakens you and creates constant negativity. Love and life work within the same energy field, but unfortunately, we live in a world where everything needs to be categorised for us to understand and make meaning of it. Try your best not to label things, accept it and understand it without labeling it.

Take time out for yourself and appreciate the little moments, the cool air creeping through your window, the energy around each tree, and birds singing in the morning. Before anything, start by finding the silence within your mind.

Life is beautiful, see it, feel it and believe it!

## **DEATH**

I like to think of death as one great cycle. Each lifetime is a chance experience something else. It's good to think about death, as this enables your spirit to become fully acceptant of it, so that when it is your time to part from this world, you hold no regrets and no resentments. You pass through and on, knowing that you did enough. A life is taken at any moment, and at times often seemingly unfair. It truly is a scary, crazy and unsafe world at present. It is often hard to do, but try to enjoy each moment and learn to smile in hard times and/or when being angered. And remember hate and anger are results of an incomplete mind, not results of our pure spiritual being within.