

A close-up portrait of a man with a full, grey and black beard and mustache, smiling slightly. He has dark, curly hair and is wearing a dark blue jacket. The background is a soft, out-of-focus green. In the top right corner, there is a handwritten signature in black ink.

DV.

— What Is Love? Dhyaan Vimal

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What is love?

Foreword

What is Love is the second in this series of short reads for those who would like to explore the teachings of Dhyhan Vimal.

All titles in this series are transcripts of spontaneous talks delivered at various times. For the reader to understand and appreciate the true essence of the Dhyhan Vimal's style, certain inconsistencies and new 'terms' coined by him are left as they are.

We trust this series will serve to help introduce more readers to what Dhyhan Vimal stands for and what he offers humanity at large.

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Chapter One

Love and Freedom

8 February 1998

'Love and freedom are two sides of the same coin,' this is the statement I heard from Osho.

Love and freedom are two sides of the same coin but in our whole life, love has been the way we form bondage. Love has been the way we trap someone, love has been the greatest nightmare for us. In the name of love, we have been tortured and horrified. In the name of love, we have lost our freedom. In the name of love, we have at times prostituted ourselves.

Let's understand what love is, let's understand the implications of it, what does it mean to be alone? What does it mean to be together?

Or is it possible for us to ever be in love?

So far love is ... I love you and you are mine. I love you and you are to follow me. I love you and you have to be my disciple. This love that exists now makes another person non-existent.

The way we love now, the other person has no rights. In the name of love, we remove all rights from the other person and we push them not to have individuality. We push them so they don't exist, only we do. You do this in many ways. When you love someone and the person does something opposite to you, you are hurt ... why?

Because there is an expectation. There is possessiveness. You want to hold the person in your arms and the person is to become blind, deaf, so the person only loves you.

Man hasn't come to the maturity to love and to be alone. To love and to be alone is to become an adult. It is to have the ability to love someone so totally and at the same time not run away from the fact that I am alone.

It is a fact that we love because we don't want to be alone. It is our subtle trick to avoid ourselves from being alone.

We cannot bear being with ourselves, we need an escape. We need someone else with us. We need someone else to hide our hurts. So we create relationships and we put in this stuff called love so we may convince ourselves that we are not alone, but the fundamental and undeniable fact is that we are alone.

You'll be alone, you'll die alone.

No one ever comes to know you really. If in this life you come to know yourself, that's good enough.

Then how do we live in relationships?

How do we relate with people?

If you drop the fear of being alone, you would watch yourself appearing a little bit cold, you don't need anyone. You are happy by yourself.

But then something bursts forth in your heart and for the first time you love, and this love is not possessive. You understand that the other has their mind, the other has their life, the other has their individuality and you would never violate it.

Right now, what love has done is violate your rights. It has taken away your being from you. You are not there, but you remain in the relationship because you are afraid to be alone. So that which holds both of you together is just the fear that you might be alone.

It is time to grow up. It is time to accept the fundamental fact that one is alone and love is so beautiful.

The greatest treasure has become the greatest poison.
The highest nectar in this life is the ability to love without possessiveness.

I love you so much, my heart aches but I bow to your freedom. I touch your feet at your birth and your glory. I am not in any way trying to run away from being alone, but I am so grateful that I set my eyes on you. That I had a chance to embrace you. To smile at you.

A person living this way lives a very sensible life, very, very sensible. One's life is so passionate, one grows. One is a blessing but for that, one must come to be true to oneself.

People cannot accept truth. Truth is the furthest thing that they are looking for. They want to dilute themselves into romance, into anything that can take them away.

But the fact that keeps coming up again and again is that I am alone. That's why no relationship satisfies. All relationships are somehow hollow, if it is based on escaping your aloneness. Just because you have a relationship, it doesn't change the fact that you are alone. And as you go on, the romance disappears and the freshness disappears. You come to see that you are still alone and you get angry in the relationship.

But if one can develop the heart of simply loving, simply being in the heart, simply pouring, simply smiling, one takes on a new quality in this life. If you accept the fact that you are alone, you will never hurt in this life.

I don't know if you have ever loved, many of you talk about it but I am not sure. You are salesmen because you are constantly selling something, it's so difficult to trust a salesman's word.

Do you know how to love?
If you haven't loved, you haven't lived.
If you haven't loved, you have not been born.

Today, let us go into this and be free from the nonsense. Are we not to have relationships in this life?

Yes, we are to have relationships.
But it has to be two 'alones' meeting.
With a heart beating in love.

Most of your problems come out of relationships. You get into relationships hoping that your heart will be healed, and you come to see that it is never healed. Now how? What am I to do?

Go into quantum. Move deep into yourself. Silence the mind more because the mind also takes you away from being alone. Silence the mind, and you are for the first time totally alone. And the moment love pours, you don't need anyone else to love you. Your love is enough. And if the other is kind enough to love you, it makes it more beautiful. That is why in love, they say, two people have become one.

When two become one, it is still only one. So you are still alone.
I am alone and you are alone, in love we meet ... we are alone again.
So alone is the fundamental, undeniable truth.

People think that if they get famous they can avoid being alone. You are most alone then. I have not seen a more alone person than me. I have thousands of people around me yet I am alone, no complaints at all.

The ability to be silent, the ability to be still is the art, is the state for love to flower. In this world, there is no greater energy than love, it moves everything.

Your whole greed for success, it's nothing but fear of aloneness. You want to look for security to secure yourself. And this security, if you go deep into it ... it is you wanting to protect your house so you may keep your family and you don't want to be alone. That is why if you don't have a family now, you will ask what is the point of making the money. Your motivation for becoming rich is wrong.

Now, let's look at it in another way ...

I am alone and I am in a dance.

I am alone and I am blissed out of my brain.

I am alone, hallelujah!

And I'm ready to love.

Only the man who is alone is ready to love.

He loves so freely.

It is his nature, it is his vibration.

Now, when you're with a Master, understand you're with a man who is alone. And right now you need the relationship with the Master, but you have to be with the Master, as you are alone and as he is alone. The relationship is beautiful. No other relationship will be as such, where two aloneness' meet.

Yesterday, a disciple came to me and said something that made me very happy. It was something I was waiting to happen. He said, "Master, leave me alone, I will survive." Now that he has become alone for the first time, he and I can be friends. For the first time, the secrets I hold in my heart I can pour into his heart.

He is alone and I am alone.
Two nothingness meeting ... a dance.

This training is for you to come of age, for you to attain maturity, for you to become a grown-up. Enough of the nonsense that we have played all this while.

Do people need to get together? Yes. There are times you have to get together to get something done. But in the togetherness don't forget that you are still alone. Don't let the crowd convince you that you have lost your aloneness.

It never goes away.
It is there.

Then the words, I love you, have so much life and yet you don't actually love a person in particular. Your whole atmosphere is loving in nature. But for that you have to accept being alone. Being with me you must learn to be alone, you have to be alone. But understand, I'm not saying go away from me. I'm saying be in a state of aloneness with me, then you will form the right relationship with me. Then something can be done.

I hope that in your life, you will come to experience total aloneness. Not lonely. Lonely means you want to avoid the aloneness. And in that aloneness you have strength, you have grace, you have beauty. In that aloneness, you are born.

We might be a crowd here, but each one of us is appearing alone as an individual. No one is your boss. No one is your master. No one is anything to you. You are alone and I am alone. In this aloneness, we occasionally relate.

Remember the path that you are moving into. Become very clear why you are here, penetratingly clear why you are here. And move, and move into it with courage.

Don't be afraid to love. Love cannot be wrong, if it's born truly. Before love takes abode in your heart, you are not yet born. If there is love in your heart, for the first time you are born.

Man always asks,
life, please let me live it.
Love, please let me experience it.
But the truth is that life is always saying,
please be alone so I may embrace you.
Love is always saying,
please be alone so I may enter you.
Dance is always saying,
please be free so I may move you.
God is always saying, where are you?

Because you never seem to be present. You keep running away. You are an escape artist. Your whole ability is to escape you. Truth is very painful. Truth is so painful for those who want to escape, but truth is the very nectar for a man who wants to embrace it.

I hope you find love in your life, I hope.
I can only hope. I hope your heart beats in love.
I hope in this life you enter the love of the total, the love of the universe.

I hope in that you dissolve.
In that you disappear. In that you come back home.
And you would say, I am that which I always wanted to be.

As how you are now, when my Master was speaking, I didn't understand that clearly. Only the actual experience will bring clarity. This is why I say that this is not an intellectual process. This is an actual process.

Now, be silent for a few minutes and allow the moment to take you.

Don't decide.
No verbalisation. No naming.

Allow the moment to embrace you.
Allow yourself to drown into it.
Disappear into it.

I want to see whether we can go into this question today.
We are questioning ... what is love?

Let's go into that question. What is love?
Is there such a thing called love?

How does one enter into this question?
I know this question is very important. It is something that surfaces in your consciousness often. What is love? Is there such a thing?

Your normal exposure in this world ... there's a lot of input in this world, there are many accepted norms, accepted ideas about love. You have many ideas about it but we know these ideas are just ideas. It might not necessarily be something real. So in order to go into this question, we have to put those ideas of love aside and ask ourselves, what is love? Innocently.

Is love pleasure? We know for certain that it is not. In love, there can be pleasure, but pleasure alone cannot be love. Love can be experienced pleasurable. You can derive some pleasure from it, but pleasure is not love. We know that.

Then what is love?
How do we proceed to understand this?
How do we get a sight into the inner workings of this, which is what an insight is.

What is love?

You question it within you too ... what is love?

Is helping another, love? Love sometimes helps. Helping someone cannot be love. Because sometimes love doesn't want to help. That could be the way of love, to help someone become independent.

What is love? We would like ourselves to be loved.

What is that? We would like our husbands, our wives, our children, our mothers, our friends, to love us. What do we mean by that?

We say we want our friends to love us, what do we mean by that?

Are we asking them to accept us? Is that what love is?

When we say we want someone to love us, what do we mean by those words?

I want my wife to love me, I want my husband to love me, what do we mean by that? We use these words daily. We ask someone – do you love me? What do we mean by that? Are you asking whether they like you? I don't think so. The question is deeper than being liked.

What do you mean when you say – do you love me?

Or are we asking – are you ready to put the ego aside for me?

Could that be the question?

Let's go into that question. We ask someone – do you love me?

It's a very important question for all of us. Do you love me?

What do we mean by that? Could it be that we are asking them – are you ready to put the ego aside for me, to be with me. Could it be?

I am just injecting something. That question is a very real question, when you ask someone, do you love me? I want to find out what do you mean by that.

Do you love me? Let's ask this question.

When you say you love someone, what do you mean by that?

When you say I love that person, what do you mean by that?

Is that something you feel? What is that you feel?

Could it be that when you tell someone, I love you ...

are you saying, I am not the ego with you?

Thus, when I am not the ego, I give me to you. Could that be?

Or you say that is too complicated? You all use those words – I love you.

You will make a man happy if you say you love him. Of course.

You say, I love you. What do you mean, when you say you love someone?

What do you mean by that? You are giving you to that person. What is it about you, you are giving?

What do we mean by this word we say, love?

Could it be, it is not something given or taken? It is a state I am ready to be in. Could it be? Just walk along slowly. This is the word we use.

Could love be a state in which I allow myself to enter, which many times happens very accidentally. Could love mean that I will not bring the I in, is that what you are saying?

When you say I love you ... are you telling the person my I has been put aside with you? Could it be? With you, I am putting my I aside. That means I am vulnerable, I don't have an I. Thus I am merging with you, or I am allowing you to merge with me. When you ask someone – do you love me? You are asking – are you ready to put the I aside to be with me? Could that be?

Because right now, love seems to be very mysterious. It's an unknown commodity. Seems to be the most mystical experience, which it is not. What do you mean by the word love? Could it be, love is when the I is not. Could it be?

You see, with your wife, because you love her, no matter how much money you have, you are ready to give it to her. You will give anything, because you love. There you will not think of the I. With someone you don't love, you think about yourself. I am just making a small demarcation. With the person you love, all is possible. With the person you don't love, there is mathematics. So could it be, love means I don't bring the I in?

Because with your children, you don't bring in the I. Even though you can't give them more than what you have, but you'd like to. In that context when you love someone, the I doesn't come into play.

So when you say you love someone, you are actually telling them – with you, I am not allowing my ego to enter. I am having a relationship beyond the ego.

When you ask someone whether they love you, could it be that you are asking them – would you relate with me beyond the ego.

Are you? Could it be? Think on it. It's very important. But now, if you know how to act without the ego at all times, aren't you in love all the time?

When there is no self in action, when the self doesn't come in, what there is, is only love and love in action. Could it be? Think on it.

What is love? I am asking that question. What is love? It appears we can love some people only, which means to say only with some people we can put the ego aside for awhile. It seems to be the disease.

What is love? Very important question. We all struggle with it. People commit suicide. Kill each other, climb mountains, sail the ocean ... looking for love. We are asking that question for ourselves, without authority, what is love? For ourselves. Don't take the speaker's view. My view matters not.

Let's see whether some truth can be seen, because so many people have told you so many things about love. If a man comes to you, gives you flowers, candy, chocolates, and says you are the most beautiful girl, you may mistake that for love. Someone likes you because you are beautiful, not necessarily it is love. It could be an ego trip, because he is getting something beautiful. It's about the ego.

What is love, is the question. What is love?
We are asking the question.

Does it appear to you that whenever the self doesn't come into action, we say that state is love? Can we? Love means the I has not come into action. Would you agree with that understanding?

Thus if we are looking for love, we are actually looking for the state where the self doesn't come into action within us. And if you are looking for someone outside to love, we are looking for that same quality in another. That someone who can function without the self coming in. Could it be?

In this context, what the world has said love is, doesn't seem to be love. It seems to be an extension of the ego. I will love a beautiful girl. Why? Because she gives pleasure. Being with the beautiful girl, I have something better.

Can you see the point? Why not an ugly girl? That beautiful girl or that beautiful man makes you more of an ego. And ego can sometimes make you feel good too, which we can falsely think is love.

Many people agree, in general terms that your mother loves you. Most mothers do. Why we recognise that as love is because she doesn't bring her self-interest in. Most often anyway, even that sometimes gets corrupted. But on a general note, because the mother doesn't think of herself, she thinks of the child.

Thus we can see a clue, that she is not bringing her self in. It is not about her, it's about you and the best for you. It is a movement without the self corrupting it. We recognise that as love.

Your father loves you, it is not about him. He will do anything for you, it's not about him. But we falsely think, if someone will do anything for you, that is love. That can be stupidity too, a misinterpretation.

Some say – my mother loves me, she never says no. So you will go out and look for someone who will not say no, and think that not saying no is love. It's the corruption of intelligence. That not saying no, is not the point. The state of no-self moving, is the point, you understand? The way I am looking at it, love is when the self does not interfere.

Let's go slowly. We are asking the question, what is love? We are trying to understand. You want to know what is love? Is there such a thing?

This world appears loveless. So many battles, wars, so many robberies and injustice everywhere. The egoistical movement of this world has made love not true.

You have to understand the property of love. What is love? You like it when someone loves you. What is that?

Could love be the state ... I am not even describing love, only that experience of love, or that property of love, but I am saying love seems to exist when the self is absent.

What is love? I don't think I can describe it. One has to enter it, for oneself. It is such a vast truth, it is not an experience. You are befooled if you think love is an experience. Love is not even romance. Love is a truth, a reality, a living entity, if you want to say. But it appears love exists when the self is not.

Can you see? So if you are looking for someone to love you, to find out whether he loves you, you must understand ... with you does the ego come in? Does he bring the self in? Can he be with you without the self coming in?

Because for most people, life is only about that, it's a self-movement. That means with you, can he think of you too because in thinking of you, he has to forget him a little bit. Can you see? You are included. The space doesn't just contain him, now it contains you too. So he has to make room.

So love can be found when there is no self. And two people who can move without the self are in love. But to find love, you don't need another. The other is an excuse for you to put your self aside, it's a technique.

You find someone with such great qualities or whatever it may be, and then with him you put the self aside, with him you don't bring the self in. Thus, he is an excuse for you to unblock you for the love to flow. You can do that without him too. You understand? So the other is an excuse for you to drop the self. And since the other is an excuse, the technique can fail too. Maybe for awhile you put the self aside because of some impact ... full moon, tequila, margarita ... such impact. *(Master laughing)*

You have been lonely for years. You put the self aside and the other was a catalyst. Maybe you trust him. You trust the person enough that you put the self aside. But the self is just put aside, it can come back. See the point.

So we ask sometimes how can something so good at one time, go so bad? You all have relationships. It is so good in the beginning. How does it go so bad?

In the beginning, the relationship was formed when the self didn't come in. It became bad, when the self was the only thing that was there. That's the only way we can explain why it was so good in the beginning, and so bad later. In the beginning, you saw something that you couldn't see later, because in the beginning, maybe the self was not there. The self was not brought in, and then the technique failed, the self came in.

Could it be? I just want you to inquire. We are not even inquiring what love is. We seem to be inquiring, when does love happen.

Thus the whole propaganda of love seems to be utter lies. What's the propaganda they have put there? It seems to be two people with perfect bodies, in a very tantric position. That is the classic definition of love. Two old people, sitting with each other, we will not see that as love. Why not?

So the propaganda of love, is sex, which it cannot be. In love there can be sex, but sex cannot be love. In love there can be pleasure, but pleasure cannot be love. We are looking into this. Thus, all the propaganda seems to be false. We are fragmented.

If you think that someone accepting you is love, then when someone accepts you, you think that is love. In love you can enjoy someone. Enjoying someone cannot be love. If you think that is love, then when someone enjoys you, you think he loves you. He could be raping you.

Can you see how it can go wrong? Because of the keyword – my mother never said anything to me you know, she never scolded me, thus that's love. No.

You have caught hold of the wrong keyword. Not scolding you could be an absence of love too, that they don't care. Now if you think – when people scold, only then there's love. Then when someone scolds you, you think that is love. This is the stupidity of humanity.

Like some communities think, sacrificing themselves is love. No, in love, sometimes people sacrifice. Sacrificing cannot be love, it is stupidity. Wrong formula. To tolerate someone's nonsense can be love, it can be part of love's action that you can tolerate. But just tolerating someone's nonsense cannot be love. All these can be the properties.

Like in the sea, you have the coral, the fish, lobsters, you have everything. But if you take a lobster and say that's the sea, you are a fool. It is part of the sea. If you take the lobster and say, "I have the Pacific Ocean in my hand", you are a fool.

This is how people are fooled in love. They take one part and they think that's love because they don't have a direct experience of love. That direct experience of love seems to happen when you have a taste of your self being absent, which all of you would have had. You don't have to be a spiritual mystic for that. There are times you will not be thinking about you, it's about the other. It is not about you. That moment you will see love flare out.

The ideal scenario in movies – the helpless dame, and the man looks at her, he puts his self aside because she is so helpless, you see. Have you seen whenever you look at a baby, you put your ego aside, you also go *kuchi kuchi khoo*. You put your self aside. That's why you love babies, because your self cannot come in with the baby. The baby doesn't relate to your self.

Now the same classic scenario – the woman is helpless, the man puts his ego aside and he thinks he is in love. No, it's a technique, it's a trigger. Thus women who know how to pretend to be helpless seem to get fools to love them. They befool the man ... classic movie scenario.

But there is a truth to it. Because she is helpless, he can put his self aside, you understand? Can you follow? Because for him, she needs to be helpless for him to put his self aside. If she is all capable, he doesn't have any reason to put his self aside. So his self is in movement. But with that same woman, after saving her, he will bring his self back. Because that's his original state. Putting the self aside is accidental.

Now we are seeing the door that opens love.

What is love? From my point, you cannot know it, because you are it. It is the unknowable. You can live it, you can be acquainted with it, because it is you ... it is the real you, from my point of view. You are that love itself.

Thus you go out looking for love, actually to find an excuse to find the real you. That is why it feels so good, it is not because of the other. The other has been the technique for you to experience you.

Now the question, "Isn't there anything about the other, Master? Is it always about me?"

That is when I say, you are me and I am you. There is no difference. I don't have to go there to find you, I just have to go within and I find you there. You are me, if you can understand that. Thus I don't fall in love with you, I actually fall within and find you there too, Thus there is no question of me loving you. We are in that love together, falsely experienced as though I am loving you.

Now, do you love another human being? That's a good question. The way I am saying it, it does seem to be absolutely useless. Do you love another human being? Yes you do. That love, the way the speaker sees it, comes from the word, *sundaram*. *Sundaram* means beauty. You see the beauty of another. That is why love is very associated with beauty. It is me seeing your beauty. Thus people try to be beautiful to get loved ... it is just misunderstood.

It is like this ... when there is no ego, I find me as love. As how I have found me that way, in that love I find you. Thus I don't have to go there to love you, I find you, I love.

And it is felt by the other because I see you within me, not outside of me. I move with you as though there is no separation. You are me and I am you. There is no separation.

The man who has come into love is in oneness. He cannot say, I love you ... even though that's the language. He says – in my love, you are. That's far better. In my love, you are. Not that I love you ... in my love you are. It is a recognition.

Thus how are human relationships? Because everyone is there too, not just your beloved, everyone is there too. Then what is human relationship? It is beauty. Not the physical, the physical is included but not just the physical.

Slowly, go with me on this. It is beauty.

Beauty of what? Beauty of the love expressing itself in another form. This love which is within me, is within you too and within me you are hidden in there too. So when I find someone to love, actually I am finding more of me.

What is human relationship? The appreciation and the communion with this love within me, now as a form without me, and shining its beauty. It is still me, but in an outward form, and shining in its own beauty, you understand?

It is like a tree ... rooted. One tree, many branches, many flowers and each flower is beautiful onto itself, appreciating itself but understanding all is one, even though it is separated. Thus human relationship is not about love. It's about beauty which is the expression of love.

Love is discovery ... when you love someone, you discover you. You don't lose. Now, there is a possibility of human relationship. The relationship with the other flowering in their beauty and in communion with that beauty.

You see a man, a beautiful man. You see a woman, a beautiful woman. Not beautiful just physically, something more. A writer writes, you say, "What beautiful writing." A painter paints ... and beauty seems to be that which lasts because it is timeless.

Now, what is love? And why do people seek love?

It is the fish in the ocean, missing the ocean. It is in it, but it just can't see it.

What is love? Now, how do you go out there and find love? How do you do that? What I have said so far doesn't help in the day-to-day. How do you go out there and find love?

You find whether you can drop yourself with the other. Thus you are not looking for the other, you are looking for a technique, do you understand? You have to look for a man you trust enough, you put your ego aside, then you know, you love him. But you have to find the man who can put the ego aside with you. Thus two people in love, so-called.

If you can't put your ego aside with the other, remember, you can't love the other. If the other can't put the ego aside with you, there is no love either.

Now, if you want to look for a relationship, having established this, see whether your eye can pick up the beauty of the other.

The Hindus and Chinese saw this very beautifully. They created them into goddesses, all Hindu gods, female gods are. They saw them beautiful, have you seen? They dressed them up beautifully. It is actually a beauty thing, but people reduced that beauty to the eyebrows, to the nose, to the body shape. That is not it.

Sometimes you go to the zoo and I have heard people tell me, they look at an orangutan and say what a beautiful creature. It is fat, its breasts sag, it spits, bad breath, but they can see the beauty ... but they can't see the beauty of the woman next to them.

Because they are conditioned, the eyes don't look, you understand? But they look at an orangutan and they call it a magnificent creature, because they are detached, there is no programming. They never said it must weigh a hundred and ten pounds, be five feet eleven, long legs ... no one said that.

I have had people pick up worms, when I go fishing and they say, "What a beautiful worm." And you really look at that person for awhile, and you look at the worm, and you agree. It is a magnificent specimen, a nice worm. But they can't look at another person with that eye because the eye is poisoned.

Now, where is the beauty? The orangutan looks beautiful. You must put the conditioning aside and look. Now, I am not saying go and marry an ugly girl, don't.

Go, be with the woman or the man in whom you see some beauty. Beauty is the expression of love. When you love, you will see beauty and when you see beauty, it's very easy to find love.

Now, for those who seek it, something to think about for yourself.

Look into this for awhile. Take a short break, then we'll see. If you have questions, it will be nice. Have I utterly confused you? Then I have done my job.

Now that we have inquired a little bit into what is love ... we ask ourselves this question, what is there for us to do?

What do we need to do?

Because an understanding that doesn't translate into action is not an understanding. An action is not just of the physical, but an action of the whole. The whole being acts. It becomes the quality we carry.

We ask ourselves this question, what is that we need to do?

What is to be done? How do we move from here?

If you look at it, I think the most apparent thing is, we must move in the direction of this love unfolding. We must seek it out. You can seek it out in a relationship, you find someone with whom you can put the ego aside. Find a profession in which your ego doesn't enter, live in a way that the self doesn't spoil it. That should be the direction, from my view.

If at all we ever want to live in love, be in love, realise that we are love ... we have to move into that direction. It cannot be an idea, it has to be a living inquiry. It cannot be an answer but a living question. It has to be a living question which doesn't need to be answered. All it demands is for us to live it. The question is alive at every moment and we do not attempt to answer it, but we live it.

What is that we ought to do?

Find a lifestyle in which the ego dissolves, move in that direction. To be so obsessed about finding someone to love you, is bound to put you in an illusion, be entrapped, abused.

To find someone to be with without the ego is far more fundamental. To find someone to love you is such a tall order, such a crippling thing. Not that one should abandon that, but one should understand the mechanism.

I live a life where my ego has been put aside so I live in love. And I seek out people who are ready to do the same thing. And there is no demand of them loving you because a person who can put his ego aside is bound to love. And when you enter love, your beauty shines forth thus the real thing that you need to do is help your own inner beauty to shine forth, to find your beauty.

The word beauty ... have you found anything beautiful about you? Is there anything beautiful about you? Not in the egoistical sense, I have nice eyes or a nice nose or body, but beauty. A very spiritual quality. The word beauty and spirituality I think can be brought together without misunderstanding.

Am I living in a way where I am discovering my own beauty? Have I lived in a way that I stumbled upon my magnificent nature? Or am I just looking for it outside?

Because when someone accidentally loves you, you think you are beautiful. No. Only when there is beauty, love comes. Thus the right direction to flow is to go find your own beauty. Now, how do you do that?

Beauty is not an idea, not a preconceived notion. Beauty is your self absent. And in that absence, whatever that is expressed is beauty. Thus the work we have to do is to live a life where the self doesn't interfere

Can you relate to that?

We can do this. In our work,s we can do this. You don't have to bring your self in, in your work. You can put your ego aside. Being a mother, you can put your ego aside and you can allow the child to grow to her own beauty. Not to impose your inferiority on her. Not to ask the child to redeem your failures but give the child the freedom to find her success.

We can do this in our day-to-day living. But the hurt is, you feel you have not been loved. Let's go into that. That is why people are so obsessed with looking for love. You feel you have not been loved. All the time people say, "Master, no one loves me." And you are obsessed with that idea that you have not been loved. What is that obsession?

You are saying, "I haven't found people who are without their self with me, Master. Everyone whom I meet is bringing the self in." Now reverse the question. How many people have you been with, without bringing your self in? That is the question.

The more you can be without the self, the more the other will be without the self, that is the law, that is the rule. The more of such people you will attract. Then you will never feel you have not been loved. Right now, almost everyone feels they have not been loved, which means to say they haven't found people being with them without a selfish motive. They haven't found people without the self sitting with them.

How many people can you be with without bringing the self in? Now, when one says they have not been loved, they are very selfish, right? Because they never asked the question of who have I loved?

Many times you say that there seems to be no one loving in the world. I say, you are one of them too. You are part of the problem, that is why the problem appears so big. You are contributing to the problem.

It is very strange, if you watch nature, it is right there. A salmon would live its life out in the sea but at a particular time, it will swim upstream, against all odds. There are bears there, treacherous pathways, yet it will go back to the place where it was born, lay eggs and die. So the future offspring has a chance. If one can't even see that is an action of love, then one is blind.

You can see it happening ... there are animals, when their young are attacked, the adults will sacrifice themselves so the young can survive. Is that a movement of love? I think it is. Love seems to be everywhere.

Now, when you look at it, is it the human instinct or is it an instinct of everything that is alive? Now, love is not the problem. The bear has it, the beaver has it, the birds have it, it is there.

This existence seems to be made out of this word called love, but you want someone to love you. What is that? No, you want someone to heal you, that's what you want. You want someone to heal you out of this disease called the ego. And you are hoping when someone loves you so much, that you will put your ego aside.

Let me tell you, it cannot happen that way. When someone loves you deeply, they show the truth of love, but knowing the truth of love will never make you attain to love. And attaining to love is your responsibility. So when you say, I want to be loved, you are asking someone to heal this ego.

When I was growing up, I had many people in my life who showed me that, one was my grandmother. She was my biggest fan. In her eyes, I could not do wrong. She just loved me. She would sit by me when I was fishing, and I knew I was sitting next to someone who loved me no matter what I am ... success, failure, good, bad, whatever. And not just loved me, admired and adored me.

I don't know whether you can understand those words, that you are so beautiful in her eyes. When she sees you, her eyes light up.

I was in school when I heard she was dying, so I rushed ... she was in the house. I went up to her and I said, "*Patti*," that's how you say grandmother. I held her hands, she looked into my eyes ... that same look, and she died. I didn't attain to love, I knew the truth of love, you understand? I had to go and find it myself. When they all looked at me, they had no ego in their hearts, so total. Was I a recipient? Yes. Am I grateful? Yes, but I had to find it.

Sometimes, when you look into my eyes, you see love totally. But that shows you your possibility. Now you have to find it. Me loving you is good, but until you find it, it is not yours.

Love is the greatest phenomenon worth finding because in that love, you will find your enlightenment. It is there. Just a few more steps.

Love is the first. But now, how do you find it? That's your *tavas*, that's your meditation, to drop the self.

From young, I was surrounded by this. Love was very true for me, it was real. Thus having a look at that eye, that sight, validates it, it doesn't make it a lie. But the validation must start a search in you, an effort in you, in every aspect not to bring the self in.

Maybe for these people I was the technique but what it did for me is, it made me look at me, made me find my beauty. Sometimes when you get together here, that's the whole exercise.

A living Master is with you. He looks at you with that eye. He looks deep into you. But now that look alone is not enough. You have to find it in everything you do. A life without being contaminated by the self is what we need to do.

I remember as a boy, being ill once. Lying in my bed, my grandmother came to see me and they told her I was very sick. They were worried, fever for a few days. I remember my grandmother looking at me in a way that said, nothing is going to happen to you. That's what her eyes said. Her love was so big. And she said, "Even if the devil comes to take you, he can't. He has to pass through me." I could remember watching her and I got better very fast. That's the power of love, that is the strength.

Now, what do we need to do? Unblock ourselves so it can flow, isn't it? Unblock ourselves so we can find our beauty. That is meditation.

What is meditation? A movement, once this is understood.
Now, meditate everywhere.

I can give you a thousand techniques to drop the ego. You may find a man and marry him, he can be a technique. You may find a woman and marry her, she can be a technique. Now everything can be. Thus you live a life of meditation, a life of prayer, a life of tava, in everything you do. Your meditation is not confined, it is a meditative life. The whole life is in the search of that miracle. Now you can drop the obsession of looking for someone to love you, you can go look for it for yourself.

What is your action? In everything I do, I become so meditative, that I can separate the ego and realise the non-ego. In living that way, I live in love. And living in love, one's beauty shines forth. And when one's beauty shines forth, trust me, people can't help but love you, they can't help it.

Maybe as a child, it happened to me. I know it didn't happen to anyone else much around me, it happened to me. I used to have great fans when I was very young, ten and below. I used to have these old ladies who liked to sit around me. Now I am grown, still I have old ladies sitting around me. *(Master laughing)*

But I remember, they will just sit around me, listen and talk to me. And it was a crazy thing, maybe they saw that beauty. Because my first taste of meditation was when I was six. Trust me on this, people can't help it but love you. They can fight it, but they can't help it.

So, what is the right course of action? What is the most intelligent thing to do? To go and find your beauty, to go find you.

And how do you find you? Through your work, through your action, through your involvement, through everything you do. Make it a mirror that reflects you back to you. Have the courage to go beyond that silly addiction of wanting people to love you. Not rejecting it either, but not make it an addiction.

Now go forth and find you. And whenever you come close to this understanding, you come into this, when it pulls you to this ... the first thing that happens is the miracle and it happens all the time.

Celebration explodes, suddenly your life becomes a celebration, it is no more an addiction. Suddenly life becomes good, you catch yourself saying that. Suddenly life becomes a blessing, life becomes a joy. Suddenly, you find yourself one step closer to finding your beauty. You are just one step backward from beauty, just one step forward and you will find your beauty.

Now, coming into this, you explode. You are ready to give everything you have to everything you do. And in that celebration, you always come to the final, which is your freedom. You are free. Your freedom is intact.

Now, we asked the question earlier, what is love? That is in the 'what is' is the love. I asked the question, what is love?

No. What is, comma, equals love.

What is, equals love. What is, is love. And that's all there is ... love.

So go to the is, the is is. (*Master smiling*)

It is here now, it is not outside of you. It is there, now. You are running away from it. You have been cheated, lied to by the world, by the moralists, by the fools. You don't have to go anywhere, it is there now. But they have lied to you, as though it is far away, as though it is in another.

And when you undertake this courageously, when you reject all else and say it is within me, I agree it is here, I see it. When you come to that courage to say, yes, it is here. I am it ... for the first time, we can appreciate each other's beauty.

We can truly be civilised, truly be friends. We can celebrate our beauty together. Now, see whether you can find the courage to live that way. Try.



About Dhyan Vimal

Born in a small fishing village off the East coast of Malaysia, DV lived a childhood of simple means. His parents were traditional Indian second generation immigrants.

Throughout his childhood, DV was never interested in the normal pursuits of boys his own age. This situation left this child spending most of his time in solitude but also the complete centre of attraction because of his penchant for being a great storyteller where he attracted and would be surrounded by the customers at his grandfather's shop.

The first most profound experience that he remembers was at this time, at the age of six when an experience, a taste of the beyond was experienced.

This DV later came to recognise as the first satori. However his mother has related an earlier occasion at the age of four when he had another experience.

Never one for the academics, DV spent most of his time on his own ... swimming, fishing the seas, away from the eyes of the ever watchful mother.

Towards early adulthood, DV left the village to further his studies in the city of Kuala Lumpur where he was in a situation in which he was totally dependent on himself for a living.

From the age of 16 to 25, this was the time when he was really searching, a dark period of self-dependence.

This period yielded a few interesting and important moments which DV has shared with me, which I feel must be put down.

One was a meeting with an old rishi who had resided in the Himalayas for many years and had only come back because he was dying and his family wanted him to.

DV didn't know or recognise the significance of his meeting with this kindly, old man. All that it meant at that time was that this old man placed his hands on DV's head and said, "What I have, I pass on to you ..."

Another interesting time was when DV would eat at a certain restaurant every day. As this was the time when he was alone, he was always short of money. This was where he met a yogi whose family ran the shop. He described this yogi as someone who looked very clean and had a glowing presence.

The yogi would always promise that DV did not have to pay if he would sit and talk to him. DV has said that the yogi would sit with him and look into his eyes, laugh and say, "You'll do this."

One event which was very important to DV was a mystical experience he had at Lumut, a small coastal town. He has told us never to repeat it so I'm keeping the details out.

Up to this point DV had not decided to teach and speak on these subjects but the occasion and the events led to his decision to seriously do this work. This was the beginning of the teachings of Mastery.

In 1988 for reasons known only to him, DV decided to take on sannyas. Despite being with many Masters, this was when he received the name of Dhyhan Vimal from Osho.

After this he began teaching small groups of students and spent many years doing so. Life mainly consisted of hours spent in solitude.

For many years, DV would spend his time alone, always sitting silently. Sometimes he would go fishing which is often his time of preparation for classes.

At the age of 26, DV attained the first state of samadhi. This was after years of studying, practise and a life devoted to this path. This was the point where things started clearing and we saw the beginning of Mastery and Meditation.

DV began many different teachings, implementing meditation into life. Students of meditation began coming, most of the students who came then are still here with Master.

From this point, he began creating and modifying many trainings which have come to a point of perfection in the Four Disciplines today.

In 1994, just before a state of enlightenment, DV taught a miraculous class in a resort. I would like to quote a statement made by a participant who became a student after this meeting. She said, "When he walked in, I felt like I was looking at a prince walking into the room, the room was bright and shining and filled with him and his magnitude."

Briefly after that Master said that the 'I' was no more.
This is what we later came to know as enlightenment.

What he wrote down and created then is The Master Training, known today as Discipline One.

Today Master has created a simple system, The Four Disciplines, so meditation is for you and me, for us who live this life, in this world. For us who are here, now in this moment, in this mad, chaotic, exciting, crazy life.

All I have written is just my observation and may I add that it has been a blessing and my privilege to have been around in this space and time with the Master.

Beyond that, this observer has only seen the mountain grow in magnitude.

D. Vivek.

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The 7 Stages of Simirthi

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