

## **Discovering the Treasure of Love**

In today's webinar, we will continue with our theme of the seven spiritual treasures, by exploring what is spiritual love. We will identify the types of love, how one matures into spiritual love, and how Divine Grace awakens love within us. We will guide you to discern genuine spiritual love from the other types of love, and to tap it within your own Soul.

### **The Seven Types of Love**

The first three types are external. The Greeks called these:

- Philo – the love of things—possessions, collectable objects, and other objects or ideas that attract you and fascinate you
- Eros – sexual, romantic love
- Agape – love for members of your community and for humanity

The next four are internal. For these types of love, we will use the language of the Hindu mystics, who gave a name to these states:

- Bhakti – love for God and the Spiritual Master, devotional love
- Prema – the unconditional love of the Soul
- Bhagavan Prema – God's unbounded, infinite love that blesses us and enfolds us
- Adi Shakti Prema – the empowered and Grace Bestowing love of the Spiritual Master that awakens love and devotion in the spirit and the Soul; it leads them on the Path discover every form of God in that domain in which they dwell, until the spirit and the Soul are merged in their origin.

## **The Four Postures of Love**

When we look at the internal types of love, we notice that many people do not seem to be able to tap into the levels where these states of devotion and spiritual love can be experienced. Instead, they experience emotional states that are absorbed in self or in others, or focused on spiritual development that excludes others—what we might call, selfish spirituality.

It appears that people have to go through an emotional maturation process before they can become capable of the love and devotion that characterizes genuine inner Bhakti and Prema. We will attempt to describe these four postures of love.

The first posture of love is called **narcissism**. Love of self is its keynote. You will experience a narcissistic people as having a sense of entitlement; they typically will have an arrogant attitude. They exclude anyone who is not of their immediate circle of loved ones. As long as they get what they desire, they are happy. They will turn away from you in a moment if you do not fulfill their needs.

The second posture of love is called **co-dependency**. Caring for others, while ignoring their own needs are common signs of co-dependent people. You will notice that co-dependent people will hover around their loved ones, smothering them with love, protecting them, often doing for them or planning for them.

While someone who is found worthy of a co-dependent's love definitely feels included and cherished, they often feel that they have little freedom—this state of being trapped by love has been called enmeshment. While you sense that codependent people are altruistic, generous, and charitable, you find that they often feel neglected, misunderstood, and unappreciated—but will sacrifice themselves, so their loved one will be happy.

The third posture of love we call **sacred selfishness**. You will find that this group of people emphasizes detachment and dispassion from all but their core mission, or life's work. While their love is thoughtful and kind, you sense that their dedication to their inner life and actualizing their Soul's purpose is the primary passion that drives them.

While the initial phases of this posture seem self-absorbed, we find that in the later states of this stage that genuine spiritual devotion and unconditional love are kindled—for this one-pointed dedication characteristic of sacred selfishness awakens the spirit and the Soul.

When people complete their Soul's mission and fulfill their Soul's destiny, they become emissaries of Grace, compassion, and mercy. This posture of love we call **sacred engagement**; for in the presence of these highly advanced Souls, we experience living communion with God. These Grace-Bestowing Ones, as Swami Prem Dayal calls them, awaken the inner lives of others. When you experience this glimpse of these empowered Souls (darshan), you feel exultation and the ecstasy of spiritual love.

### **Narcissistic Spirituality**

Many people do spiritual techniques and adopt religious practices, but they remain in the narcissistic posture of love. What are some of the beliefs that give them away?

- They consider how great and powerful they will become if they continue on the path—and how people will look up to them, even worship them, when they become highly advanced.
- They are eager to know where they are on the path, so they can experience themselves as superior or more spiritually evolved than others.

- They believe that the universe entitles them to receive whatever they desire, whenever they want it. They consider anyone who holds them back from having what they desire are evil, demonic, or deluded.
- They imagine they will bestow their blessings and benedictions on those who love them and serve them, but will exclude the “alien” or “outsider”—those who are of other faiths or paths
- They assume they are “right,” that they have discovered the “only true way,” that they are saved, but others are not.

Narcissism, which often takes the form of these attitudes of spiritual pride or arrogance, typically becomes gradually healed through corrective emotional experiences. In these types of experiences, you really “get” what it feels like to be discounted, excluded, or regarded as worthless.

For many people, this drives a shift to the other extreme. Instead of focusing entirely on yourself and “the legend of your greatness in your own mind,” you then become absorbed in others through co-dependency.

### **Spiritual Co-Dependency**

We commonly hear about co-dependency as something that occurs in dysfunctional families. One member of the family becomes so absorbed in the needs and issues of another person in their lives—their lover, their spouse, their child, a relative—they forget about themselves, and their own needs are not met.

We also see this in professional co-dependents, who labor on behalf of their clients, students, or customers—neglecting their own health and welfare in the process. Many cases of burnout among those in the helping professions are due to these co-dependent helping styles.

Spiritual co-dependents become martyrs, so that others can be helped or saved. They can become so involved in the crises of others that they neglect their own personal and spiritual development. They become humbled and abased, so that others may rise up. Spiritual co-dependents may be found in great numbers in religious cults, where they readily sacrifice themselves for the cult leader.

In co-dependency, you feel you must take care of others, assuage their suffering, protect them from injury, make their lives simpler, and to do for others what you assume they are unable to do for themselves.

You can lose yourself in other's lives, or taking up important causes, denying or forgetting your own needs. Paradoxically, others may come to resent that co-dependents do for them or give to them without consulting them about what they really want or need.

Co-dependents may feel confused that in spite of all of their caring and sacrifice, others don't seem to appreciate them; especially when they discover that sometimes others feel irritated by their kindness.

After experiencing enough ingratitude, abuse, and exhausting themselves again and again on behalf of others—only to see no change, no gratitude, and no reciprocation of love or appreciation in response—spiritual co-dependents must take out the sword of discrimination, and discern what is essential and truly important—and decide to dedicate themselves to this.

## **Dispassionate Spirituality**

If people's core drive is spiritual—and not in some other arena of life, such as the arts, science, politics, or entertainment—inner development will become the first priority of their lives. They will dedicate themselves to this pursuit one-pointedly.

You will often see with these individuals that they will detach themselves from what they deem are unnecessary and time wasting pursuits. They may begin to cut back on going to parties, concerts, and sports games. They may limit watching television, movies, or listening to music. They may withdraw from people who do not support their inner growth and spiritual quest.

Sometimes, you will see these dispassionate ones may stop attending religious and social gatherings, preferring to meditate and pray in the silence, and work on their core projects. You may find that some dispassionate ones become reclusive, or require periods of sacred solitude, in which they are not to be disturbed.

It is in this crucible of inner silence and dedication that their spirit's love is kindled, and their Soul's love begins to embrace more and more of humanity—whom they behold as spiritual essences.

### **Encounter with the Fullness of Love**

When disciples complete the spiritual Path and merge into their spiritual Master, they become the embodiment of Love and Grace. Instead of focusing on achieving the spiritual goal, the one who embodies Grace Divine looks back upon the Path, and loves those unconditionally who are sojourning there. There are no words for the Beauty and Unfathomable Love of the Beloved.



Avatar Meher Baba



Sant Sat Guru Darshan Singh

## Checking in with Your Postures of Love

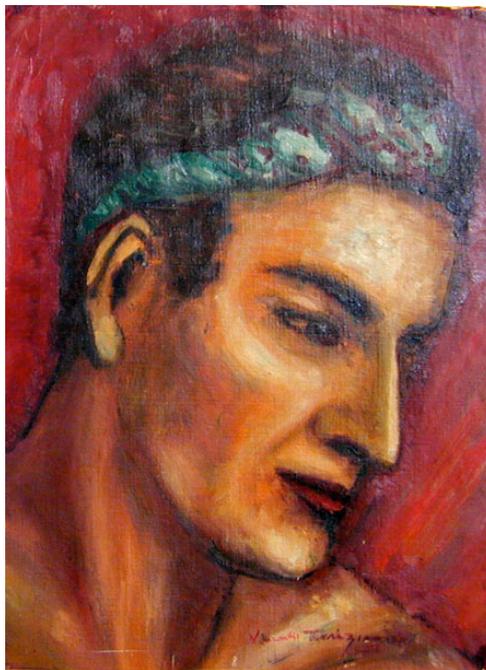
We each have elements of narcissism, co-dependency, and dispassion in us; perhaps we have even begun to nurture that inner atom of Divinity that must one day release its tides of Grace.

In Grace, there is acceptance, understanding, and unconditional love without measure.

In Dispassion, there is discernment, abandonment of the unreal and unessential, and the awakening of devotion and dedication.

In Co-dependency, there is caring, loss of self in others, and ignoring or neglecting your own life issues.

In Narcissism, there is pride and self-absorption, unexamined assumptions, and commitment to one's own happiness, power, and pleasure—while ignoring the needs of others.



Narcissus

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So will you take a moment to look into the well of your heart, to see which of the postures of love dwell within?

- Are there tendencies in you that are narcissistic? What are they?
- Are there tendencies in you that are co-dependent? What are they?
- Are you developing spiritual dispassion and dedication? In what ways is this occurring?
- Which of these tendencies are dominant in your life now? Do you sense that you are beginning to shift or change? What is contributing to this transformation?
- What are the outcomes in your life from expressing love in each of these different ways? Narcissistic? Co-dependent? Dispassionate?
- What might it be like be the embodiment of Grace? What would have to change in you to allow this to manifest?
- Which of these tendencies that I have beheld today am I willing to place upon the inner fire to be transmuted?



## **When Love Transforms You**

Grace touches you when you receive the Light of the Spirit during a Light Sitting; you participate in the tides of Grace when you send the Light to others.

When love is truly present, it transforms you:

- It brings beauty to your perception of the world you experience through the senses.
- It makes your body feel fully alive.
- It forms bonds of attachment with others, and makes you affirm their presence in your lives, and what they mean to you.
- It makes your reason aspire to know the Truth.
- It melts away the defensiveness and the suspicion of the ego.
- It brings remembrance of those your love, and what you have experienced with them—through the twin cords of grief and joy.
- It opens your chakras, when you receive the downpour of love.
- It lifts your attention and your attentional principle into the spiritual worlds.
- It touches your spiritual heart and awakens your love for God.
- It attunes each vehicle of consciousness of your Metaconscious and Superconscious mind to its seed atom, which harmonizes you with the Divine Law.
- It activates and brings into expression the unconditional love of your Soul.
- It brings the Soul in you into full expression, and you experience the fullness of life.

## **Worldly Love and Spiritual Love**

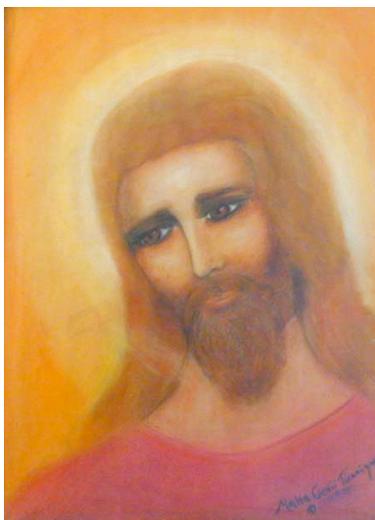
Much in you that says it is love is only the grasping of lust, of covetousness, and yearning for the fulfillment of your cravings and desires. When Love Divine is with you—it is pure, it is selfless, it is desireless, and it is complete and fulfilled within itself.

For one is the love of the flesh, contaminated by imagination and desire; the other is the Love of the Spirit, which imbues you with the Light and Grace of God.

For it is our human nature to know and experience the love of the flesh, but our essential spiritual nature seeks to receive and express the love of the Spirit.

For if we do not have this Divine Elixir—even if we have pleasure, wealth, and worldly success—there is an aching emptiness within. But if we have it within us—even if we lack these outward things—we are fulfilled, rich, and blessed beyond measure.

It is for this reason that the Masters say that love (Prema) is one of the seven spiritual treasures. Find it. Nurture it. Share it. It will bring you the very best of life.



“Young Jesus”

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Thank you for attending our webinar today!

