



Love

"Life is like playing hide the key with God. God has hidden the key and now it is up to us to find the key again. It also takes us a while to realize that the key is hidden in our own heart. The heart is the door to allow life to guide us. The heart is the door to say "yes" to life. The heart is the door to surrender to life.

Love is not an exclusive relationship with another person, love is a quality that arises when we are in contact with our inner being, our authentic self, the meditative quality within, the inner silence and emptiness. This inner emptiness is experienced by others and is expressed on the outside as love.

Real love is to realize that we are one with life. Real love means to understand that we are one with the other person, with nature, with the trees, the stones and with the blue sky.
It is to realize that all of life is God"

GITEN

From the book *The Silent Whisperings of the Heart*

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