

Dear Ram ,

I have gone through the satsang section on your website...the love article...and I am facing the dilemma where I want to focus my attention on god realization but I am in a relationship which is a bit twisted. I am looking for love in the wrong place and I know for a fact that I will get disappointment towards the end.

Why do I seek love outside and not within? And why do I long to be loved by others and why does it hurt when a person does not acknowledge that he loves me and wants to keep everything a secret? He doesn't want anyone else to know what is happening between us. Why does he move away from me when a person who is known to him comes by and why won't he walk beside me but prefers instead to walk ahead of me?

And is it right that the person whom you love tells me to just be in the present and make the most of the time we have together and this will me grow spiritually and as I become more spiritually inclined I will automatically get the feeling of de-attachment?

It is of no help to me that he says I need to grow spiritually and not use the word love for human but he does everything with me that lovers do and says he likes me but doesn't love me and hates marriage.

I am just not able to live in the present and be happy when I know for a fact that this relationship is not permanent and when I know that I need to focus on the eternal who is always with me no matter what .

Can you Please Help me? I want to get rid of this confusion and get clarity on how shall I go about focusing myself inward.

Thanking you ,

Yours Truly,

Laxmi Patel

Dear Laxmi,

I hope you do not mind if I am very frank. I may be wrong, but this sounds like a self esteem problem. Why do you carry on with someone who does not love you? It sounds to me like he is only in it for the sex, that he is using spiritual arguments to keep from treating you properly. It is not right spiritually that you associate with a person who does not respect you and honor your feelings. It means that you do not respect yourself. So the only short term solution is to stop this relationship.

This is going to cause you a lot of heartache because it will make you face the fact that you do not love yourself properly. So how does this relate to your spiritual path? You cannot inquire into who you really are until you are reasonably happy with who you are as a person. So the first order of business is to stand up to that needy lonely part of yourself and reclaim your self esteem. You do not need a man to make you happy. No human being can complete another. Once you have the strength to stand alone, then your spiritual vasana will flower and a path will open up that will lead you to the truth of who you are.

You are welcome to write me anytime.

Om and Prem,

Ram

Dear Ram,

Thanks a lot for replying out of your busy schedule. I am extremely thankful and your words have really strengthened my belief that one doesn't need another to be happy. And i will definitely work on my self esteem, as this has caused me a lot of stress even at my workplace due to which I had to quit my organization. I really don't know exactly what li want in life due to which I have changed a lot of careers and not stayed too long with any company. I guess again it's somehow related to myself. Please let me know if you conduct the satsang in New Delhi anytime. I would really be interested in attending the same .

Thanking You ,  
Your's Truly  
Laxmi Patel

Hi Laxmi,

I'm glad that my words were helpful. The key to a quiet mind and healthy self esteem is to be clear about why you are here in life i.e. what you actually want to accomplish. Object-oriented emotional security is never a satisfactory pursuit. Freedom from dependence on objects (people, jobs, etc.) is. I am sure the Lord will help you get clear on this issue. All the best.

Ram