

Define Love

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“I love you because you are me. You are me because I am everything that is. My nature is non-separate love – the love that knows no opposite.” ~ [Nondoodle](#)

Comment: This is another interesting one, requiring contemplation and a clear idea of the definition of love. Do I love the individual parts of Islamic State? From the point of view of Self (awareness), there is no separation. Our apparent duality is where for me it gets a bit muddy. I certainly do not agree with their ethos, but to love them, well... Daniel, you gave a definition of love before. I think it would be helpful again here.

Respose: That's the thing – without the vision of non-duality a muddy view, along with a texture of agitation, will continue to clog up the *jiva's* experience. The muddy view is a result of misidentification with a mind that's primarily dominated by *rajoguna* (projection/anger) or *tamoguna* (denial/veiling) or – in most cases – a combination of both *rajasic* and *tamasic* tendencies.

Yup, from the point of view of Self (pure awareness) there is no separation, and the work indeed lies in educating the *jiva's* mind with this understanding – equipping it with the vision of non-duality/reality. The only remedy is the application of self-knowledge. Self-knowledge *is* love – and vice versa. Self-knowledge is the perfect definition of love.