



Sathya Sai International
Organisation

Unconditional Love

UNCONDITIONAL LOVE

Understanding Unconditional Love

1. The term Love is commonly ascribed to the thoughts, feelings and emotions in intimate relationships and to infatuations or attachment to people or things. Such love is often based upon an expectation for personal joy and completeness.
2. Love for people is in practice mostly limited to a narrow circle of one's kith and kin and does not embrace acquaintances, strangers and, least of all, one's enemies. This limited form of love often loses its lustre over time and space.
3. A mother's love for her child is considered to be a pure form of love, yet even this is conditioned by her possessiveness and maternal attachment. *"Love possesses not nor will it be possessed, for love is sufficient unto love."* – Khalil Gibran
4. Love is a universal human value that manifests as kindness, forgiveness, generosity, etc. Selfless practice of these virtues can be transformational. Yet, it requires wisdom and self-sacrifice to express these virtues for their own sake. Selflessness requires that the ego be diminished.

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

Lao Tzu

5. Love can be shrouded by darkness when expressions of the ego – lust, greed, jealousy, etc. – mask themselves in it. Such supposed love deceives and contains within it the seed of its own betrayal.
6. Love for God is extolled in most religions. Yet, this love risks becoming ritualistic when men barter petty material offerings for the Lord's blessings.
7. The only true love is that unconditional love between man and God in which the disciple seeks nothing but the Beloved and is

willing to surrender everything to be forever consumed in God's love. This requires single-minded yearning, purity within and non-attachment to all ties that bind one to worldly affairs. Such love inspires us to discharge all our righteous personal responsibilities as offerings to the Beloved.

8. And when one experiences God's love, the realisation dawns that the lover and the Beloved are actually one, not two.
9. Love is not a many-splendid thing; it is the basis of creation.



"Love is the source, love is the path and love is the goal." - Sathya Sai Baba

Teaching our Children and Ourselves Unconditional Love

Children

10. The child's first lessons in love come from her mother and home. The tenderness and virtues of her parents and elders provide living examples and create an environment of love expressed. Their calming and encouraging words nourish, inspire and guide her to expand her heart to embrace, love and respect all those around her, both at home and outside.
11. The parent's actions highlight the importance of goodness, compassion, selfless service, hard work, etc. Love in children is cultivated by such dynamic parenting. *"If your heart is a volcano, how shall you expect flowers to bloom?" - Khalil Gibran*
12. At school, education that enlightens the child should be taught. She learns about the world and the rich traditions and culture of her community and the land of her birth, which soften her personality and refine her character. She learns disciplines needed to strengthen her body and mind, which prepare her for the challenges and difficulties that await her beyond the

school gates.

13. By learning universal human values and from moral/spiritual education her intellect is sharpened and she knows how to discriminate between right and wrong. She learns of her duty to develop the progress of society through service to others. And she is cautioned against greed for self-aggrandisement and the absence of virtues in her daily conduct. The other universal human values of love, truth, peace, right conduct and non-violence, are elicited from within her – this is *Educare*. *“Educating the mind without educating the heart is no education at all.”* – Aristotle



“It is easier to build strong children than to repair broken men.” Frederick Douglass



Adults

14. *“If a man say, ‘I love God,’ and hateth his brother, he is a liar; for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen?”* – (1 John 4:20). Cultivate love for all beings and embrace all. Acquire love through love. True love does not wax and wane.
15. Overcoming insecurity for the wellbeing of one’s family and oneself and ending conflict do not come by more rivalry, hate or conflict, but from love. Indeed, love is the true yearning of all life. Yet, *“The hunger for love is more difficult to remove than the hunger for bread,”* said Mother Teresa.



*“Love and compassion are necessities, not luxuries.
Without them, humanity cannot survive.”*

The Dalai Lama

16. When love declines in man, so does the peace and joy in his heart that he so desperately seeks by everything that he does.
17. Love grows by selflessness and sacrifice, not by selfishness and self-interest. In the Bible it is said, *"You shall love your neighbour as yourself"* (Mark 12:31). In Islam, there is a well-known hadith that the Prophet said, *"People are all God's family, so the dearest people to Him are those who benefit His family the most."* Similarly, the Buddha taught that compassion and loving-kindness arise from the freedom that emerges from sincere inquiry. In our daily affairs, love lives by giving and forgiving.

"Love must be manifested as selfless service."

Sathya Sai Baba

18. In the objective world, no two people are exactly the same and in our perceptions of the world we observe only diversity. The best of our human experience, and also science and spirituality, have shown that the whole of creation, is interconnected.

"If you treat the entire world as one and regard all the people living in the entire world as one and extend your faith and sympathy to all of them, then it is the highest form of love." – Sathya Sai Baba



Ways to Love Unconditionally

19. There are many ways to love. These include:

- ◆ Love yourself for the goodness that is in you. Let go of the past, do not worry about the future, and live in the present, freeing your mind from any demeaning notions of yourself. *"You yourself, as much as anybody in the entire universe, deserve your love and affection."* – The Buddha. How can one love others if one has not experienced love within?

- ◆ Purify the mind and heart and remove the taint of worldly attachments, the desire for which is the source of misery. *“These three are the gates of hell, destructive of the Self – lust, anger and greed; therefore, one should abandon these three.”* – Lord Krishna in the Bhagavad Gita (Chapter 16, verse 21)
- ◆ Love grows through selfless service, not selfishness; expect nothing in return. *“The best way to find yourself is to lose yourself in the service of others.”* – Mahatma Gandhi
- ◆ Develop compassion and give joy to all. *“Spread love everywhere you go. Let no one ever come to you without leaving happier.”* – Mother Teresa
- ◆ Develop forbearance and forgiveness. *“Listen with ears of tolerance! See through the eyes of compassion! Speak with the language of love.”* – Jalaluddin Rumi

“The more one judges, the less one loves.”

Honore de Balzac

- ◆ Perform your duties with love. *“No eulogy is due to him who simply does his duty and nothing more.”* – St. Augustine
- ◆ Keep good company. *“When the character of a man is not clear to you, look at his friends.”* – Japanese proverb
- ◆ Practice meditation; remember the name of the Lord always. *“A life is either all spiritual or not spiritual at all ... You are made in the image of what you desire.”* – Thomas Merton
- ◆ *“Start the day with love, fill the day with love, end the day with love – this is the quickest and most direct way to God.”* – Sathya Sai Baba

Love’s Power to Transform

“Analysis does not transform consciousness.” – Krishnamurti

20. Practising unconditional love and loving for love's sake will eradicate evil qualities. Without hatred, the vagaries of the mind are controlled and man learns greater self-control and self-sacrifice, thus freeing himself from sorrow.
21. With love as the motivator of our thoughts, word and deeds, there is peace in the heart and mind. A heart and mind without fear, anxiety and selfishness is freed from the stresses that manifest as physical ailments. Love heals!
22. Love protects because it destroys evil and can even nullify a curse or a sin. Pure love invokes God's divine love and grace, which will confer peace and free one from the consequences of past misdeeds. *"Love conquers all."* – Publius Vergilius Maro

*"Transformation must begin with the individual.
When the individual changes, the world will
change. This transformation has to take place in
the minds of men. Right thoughts will lead to
right actions."* - Sathya Sai Baba

23. Unconditional love makes us aware of the Lord resident in every heart. With pure love, Divinity is perceived and the omnipresence of God is revealed. This experience confers bliss and increases one's self-confidence and self-satisfaction, paving the way to self-realisation, or knowing one's true self. This is the supreme goal of life.

"All things are possible for one who believes." – Jesus Christ



**"God is love; live in Love."
Sathya Sai Baba**

