

Love & Happiness

Dhamma Talk

given by the Nilambe Resident Teacher Upul Gamage July 2016
during an English 5 Day Retreat

Love is such an important subject in our life. Why? Because love is connected to beautiful feelings, emotions, imaginations and experiences. Love, that's the most attractive feeling for humans - not only for humans, for all living beings.

There are so many forms of love: parents love, friends love, partners love, God's love, so many qualities, standards, varieties - but in whatever form it doesn't matter. We all like that word and feeling: LOVE. Everybody is expecting love from others - even animals. Love is directly connected to the heart, to our heart not to any other organ or place. It comes from the heart.

Whenever you receive love from anyone it touches your heart. It touches your heart and it opens it. When you love somebody you are touching the other persons heart and you open your heart too - towards the person you love. So love is the most attractive feeling for all living beings.

See how many things we are doing out of love, for love. It makes us so happy. Nothing can make us more happy as the feeling of love. Money can make us happy, places, things, goods, food, flowers, scenery, songs, movies, they all make us happy. But not like love. Happiness and love - they both are going together.

And, dear friends, we do everything to make us happy. That's the destination. That is the real destination for us. Happiness. With everything we expect to be happy, we want to experience happiness.

Once we are happy we are thinking now everything is alright. No problem anymore. Who thinks that there is a problem when he or she is happy. No problem is there. All problems are there when we are unable to experience happiness, when we experience unhappiness. If we are unhappy everything is a problem and everybody is a problem.

So, love is the most attractive **feeling** and happiness is the most attractive **experience**. And both are coming from our heart. Our heart is the source of love and the source of happiness. Our heart is the fountain of joy, the fountain of friendliness and love. There is no way to experience love or happiness without the heart. If the heart is not there no happiness and no love can arise. If the heart is closed and doesn't function properly, if the heart is like an iceberg, very cold, very taff, very hard and very solid then no one can experience happiness as well as love.

Dear friends, we all have this infinitive source of love and happiness in our self. The source is here - not anywhere else. The spring is here. It's not somewhere on the other side of the world. It's here within us. We don't have to go anywhere to make our self happy and to feel love, to experience love and friendliness. But the reality is something else, something different.

One reason for that is: We are not living with the heart. We are not staying with the heart. We are not there. Mainly we are living with our thinking, with our thoughts, with the mind, with the head, with the brain all the times. We are thinking and thinking and thinking and criticizing and judging and blaming and demanding and punishing . These all are mind activities, psychological games.

Then there is no time for the heart. Poor heart. It's alone now. Alone. We don't take care of the heart. We take care of anything else. How much we care for our house, for our clothes, for our shoes, for our phones and tablets. How much time we spend with them or for them. But how much time we spent with the heart? Our own heart. We even don't know that we have a heart. Only very few know that they have a heart. Everybody knows that they have eyes, ears, stomach, computer, cars, phones, but only very, very few know that they have a heart.

That's the reason that now it is not working properly. We neglected it. We didn't care about it. We didn't feed our heart. We just avoided it. We give priority to the mind, to the rational mind, to the logical mind, to the intellectual mind. And to the judging mind. They are playing main roles in our life. They are the leaders. They are the commanders. And they are the one who make decisions.

See how strong they are. See how strong your judging mind is. It is judging everybody including our self. „These people are good“. „These are bad.“ „He is nice“, „She is beautiful“, „This is ugly,“ „This is negative“, „This is positive“.

Always it is judging. It is judging our behaviors as well as others.

Dear friends, it needs a measurement to judge otherwise it is not possible to judge. It needs a model, a baseline to judge. So, what is the measurement, what is the baseline and what is the model for the judging mind to judge everybody? Is there a measurement in the reality? In the nature? Any model made by the reality, made by the truth, made by the nature?

No. The nature doesn't make any measurement to judge. To the nature everybody is equal. Everybody is equal to the reality. That's the reality. There is no hierarchy. No one is superior and no one is inferior either. All are equal. Then how is it possible to judge if there is no measurement, no model in the nature? Our judging mind **creates** a model, a measurement to judge, to measure. **So the measurement is made by the judging mind.**

We all have personal measurements now. Made by our own mind. And we use that model to say: „ she is good“, „she is bad“, „they are beautiful“, „they are wrong“, „they are right“, who has to live and who has to die. All these judgements come out from our own measurements made by our own mind. And what kind of measurement is it? Are you aware of your own models? Of your own measurements when you say that these are wrong and these are right? They should not do this. Or they should do that. What's the model behind all these judgments?

The model is very funny. The measurement is really funny. It is the model of PERFECTION. That's the measurement. Measurement of Perfection, the model of perfection. We use that model to judge others and to judge our selves. We judge our own words, our physical actions, our own thinking as well as other words and behaviors.

As you know, dear friends, compare to the model of perfection everything is **imperfect**. And everybody is imperfect. Who can be perfect? Who can give a perfect talk? Who can prepare a perfect meal? A drawing? A movie? A relationship? Everybody, everything is imperfect towards the model of perfection. This is really funny because, dear friends, we are humans and we know humans can't be perfect. According to all religions, not only one, according to all religions, humans are not perfect beings. They have a lot of skills, more than all other beings, but they are not perfect. We are not perfect. We know this, intellectual, as humans we cannot be perfect. But we expect perfection from everybody including our self.

No other being thinks it should be perfect. As human beings we know that there is no perfection but we expect perfection. What a contradiction. What a stupid mentality.

Parents expect perfect children. They ask them to be perfect. Teachers expect perfect pupils and always ask them to be perfect students. And children expect perfect parents; perfect mothers, perfect fathers. And students too, they expect perfect teachers, perfect masters...

This is a really beautiful idea to have perfect children, to have perfect parents – what's wrong – it's a beautiful idea to have a perfect partner, perfect friends, perfect relatives, perfect neighbors and perfect colleagues, perfect government, a perfect economical system, perfect climate, a perfect world – What's wrong? It's such a beautiful expectation.

But in reality it is not working well. We expect perfection from others, perfect parents, perfect children, perfect everyone, including our self. We always want to be a perfect person, a perfect meditator.

But who knows what is PERFECTION. Who or what is „The Perfect Meditator“ ? Can you describe it? Who is the perfect father or mother? Can you really give a definition for that? Do you have any idea about the perfect partner? What qualities should he or she have?

When we start to think about it, dear friends, only then we realize it is **a myth**. The model of perfection is a myth. **There is no perfect definition for the perfection**. No. There is no common agreement for perfection. No common agreement for the perfect parents or the perfect society.

You are thinking in one way, others are in another way and a third person might think in a complete different way. There is no agreement. But everyone is sure that his or her way is the perfect way. From this situation many conflicts arising; inner conflicts as well as outer conflicts.

There is always a gap between the model of perfection and what is really happening. You expect somebody from yourself and again there is a gap between the real you and the expectation. There is a conflict. This conflict is painful; that gap is painful.

The reality is always going against our expectations. The reality does not fulfill our expectations hundred percent. This creates a hurting feeling in us. It really hurts us. And we think others hurt us. Parents are thinking the the children hurt them and the children think parents are hurting them. The husband thinks

that the wife hurts him and the wife thinks that the husband hurts her. We all feel hurt – but not because others – we feel hurt because our own judging mind.

The judging mind makes wounds in our heart, painful wounds. And the judging mind tells us, that we are in pain because the other person not because of it. It doesn't tell that we are in pain because the judging mind, no – it says, we are in pain because somebody else or because of our own mistakes.

This is another beautiful word, dear friends, MISTAKE. From where does this word come from? Who wants to do mistakes? Do you like to do any mistake? Nobody wants to do a mistake. Everybody thinks that's just the right thing, the right word, the right action in that moment. Everybody thinks that is the right thing to do, a good thing. Nobody thinks „I.m doing a mistake“.

But later when the judging mind comes to the stage and when it uses the model of perfection, after looking to the incident through the model of perfection, the judging mind says: „It's a mistake“. „It was a mistake“. „You did a mistake“. „He did a mistake“. „She did a mistake“. It is a big sin for the judging mind. Mistakes are big issues for the judging mind. „You did a mistake!“ „You are not allowed to do any mistake“. „Therefore I punish you“. So the judging mind is punishing us and we agree to be punished.

And we want to punish others too whenever we think they did a mistake. By punishing others we make a damage. We damage our own heart.

It is impossible to hurt others without hurting one self. It's not possible. So when the judging mind is there in between you and somebody else - what happens to the friendliness ? Friendliness is not there anymore. You are not a friend anymore of that person. That person is not a friend of you. You become a judge and the other person becomes a guilty one. Or you become a guilty one and the other person becomes a judge. This always happens between you and others. In each single relationship suddenly you become a judge and your husband becomes a victim. Or you become a judge and your wife becomes a victim. So we want to punish. Most of the time parents are playing the role of the judge, teachers also play the role of the judge, everybody.

What happens to the relationships? Relationships are not there anymore. No love, no happiness and the heart is not there either. When the judging mind is there heart is not there. Nobody is looking for a judge. No child expects a judge from the father or the mother and no partner expects a judge from the other partner.

The whole world needs friends, true friends, genuine friends who can accept you just as you are. Without saying you are bad, you should be good. I love you only if you are good. Otherwise i don't love you, i hate you. Who likes to listen to such words.

So, dear friends, now no human relationships is there anymore because of this. Maybe at the outside the relationship might be there - but not from heart to heart. From mind to mind, yes, but no relationship what comes from the heart and reaches another heart. Therefore we miss the joy and true love .

All the relationships become very artificial now, very electronic, very mechanical. And a small word is more then enough to hurt. We are in such a situation now – a very small action is more then enough to hurt and to make a fulstop to the relationship and to become an enemy. All this is happening very quickly now. Friends being friends, being lovers – and being enemies, being a judge and being a punished one.

Therefore **Metta** is so important. Metta – Loving Kindness Meditation, Non Judgemental Friendliness, Maitri; it has many names. It is so important. Once again you come back to your heart and you stay with your heart. You become a friend of your self, That is really important to make friend with your self. And accept your self just as you are. Of course – we have to improve a lot to become matured but what is the first step for that ? The first step is acceptance. Without accepting the present reality no one can grow.

So, dear friends, lets accept our self just as we are. That gives a lot of peace. Tremendous peace and joy – no inner fights and conflicts. And we can try to accept others just as they are. We can forgive our self for whatever mistakes we have done in the past to cure our wounds. And we can forgive others even they don't ask our forgiveness. Better to forgive them. The whole world needs people who can forgive each other rather then to punish.

This is Metta – being a true friend of yourself. To try to be a true friend of others. To accept your self just as you are and to accept others just as they are. Try to forgive for whatever mistake you have done in the past. And try to forgive others whatever mistake they have done in the past.

We can do this only if we are in **the present**. On one hand we have to forgive to the past for whatever mistakes we have made, on the other hand we have to help our self not to repeat the same mistakes in the future.

That is Metta, dear friends Your self needs your guidance, your friendly guidance not to repeat the same mistakes in the future. Guidance, friendly guidance, friendly support, friendly help - not a punishment. When you are in the present on one hand you forgive your past and on the other hand you help your self not to repeat the same mistakes in the future. The same thing we have to do for others. We have to forgive others for whatever mistakes they have done- Meanwhile we have to help them not to repeat the same mistakes in the future.

Dear friends, we need a society like that, we need a family like that, we need a religion like that. **Metta helps us to experience the true love and true happiness within.**

Nilambe July 2016