

AiR - ATMAN IN RAVI

The Divine Magic Of
TRUE LOVE



How to Discover True Love that is Bliss

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The Divine Magic Of **TRUE LOVE**

By



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ISBN 978-93-341-5803-8

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Printed by: The Safire Offset Printers

Publisher: AiR - *Atman in Ravi* (Ravi V. Melwani)

Kemp Fort Mall, No-97, Old Airport Road, Bangalore-560017

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About The Author

AiR – Atman in Ravi



Started with Nothing, Became Something...

Achieved Everything, Only to Realize, we are Nothing!

AiR – *Atman* in Ravi, is an Awakened Soul, Transformational Author, Singer, Philanthropist, 'Happppiness' Ambassador and a Messenger of True Love. He is on a mission to help people discover the way to Eternal Happiness through Enlightenment.

AiR was an iconic entrepreneur who transformed retailing in India, only to walk away from the mega retail empire he had created. He shut down his business when he was 40 and started making a difference doing - Humanitarian, Inspirational and Spiritual work. AiR opened destitute homes known as AiR Humanitarian Homes spread across Bengaluru, that today, care for over 600 homeless and needy people.

Like anybody else, AiR started his life being religious. He built a Shiva temple in 1995. Subsequently, inspired by his Guru, he realized that God lives in the temple of our heart and he changed the name of the temple to *Shivoham Shiva Temple*. Now, he doesn't pray *to* Shiva but prays *through* Shiva, to SIP, the Supreme Immortal Power that is nameless and formless, birthless and deathless, the Divine Power that is everywhere, in everything. His Realizations resulted in his own metamorphosis as he realized that we are the Soul, the *Atman*, a part of the Supreme Immortal Power. He let go of his given name and called himself AiR – *Atman* in Ravi, which means, the Soul embodied as Ravi. AiR, now, lives as an instrument of the Divine, doing His Divine Will.

AiR has founded the AiR Institute of Realization to reach out to the global community of seekers. As a Happiness Ambassador, AiR teaches people the AiR Happiness Secret that reveals the way to Eternal Peace, Divine Love and Everlasting Bliss. AiR spells the words 'Happy' and 'Happiness' with 3 Ps, because he has realized that true happiness is evolving from Pleasure from achievement, to Peace from fulfillment and ultimately to Purpose from Enlightenment. This is to Live a life of True Happiness!

Based on his Realizations, AiR has authored over 80 books, composed and sung about 1450 *Bhajans* and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their Spiritual journey. He is a TEDx speaker and is often invited to speak at several organizations, corporates and universities. He conducts daily webinars on Zoom, Facebook and Instagram Live to help people realize the Ultimate Purpose of life – Enlightenment.

Connect with AiR - *Atman* in Ravi at:

-  Website: air.ind.in/
-  [Speakingtree.in/air-atmaninravi/](https://speakingtree.in/air-atmaninravi/)
-  [Linkedin.com/company/air-institute-of-realization/](https://linkedin.com/company/air-institute-of-realization/)
-  [Instagram.com/airatmaninravi/](https://instagram.com/airatmaninravi/)
-  [Facebook.com/airatmaninravi/](https://facebook.com/airatmaninravi/)
-  [Youtube.com/channel/air-atmaninravi/](https://youtube.com/channel/air-atmaninravi/)
-  [In.pinterest.com/airatmaninravi/](https://in.pinterest.com/airatmaninravi/)
-  You can directly WhatsApp AiR on +91 98451 55555



AiR Linktree

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Acronym of
TRUE LOVE



T - TRANSCENDENTAL

R - RAINBOW OF 7 COLOURS

U - UNCONDITIONAL

E - ETERNAL

L - LONGING

O - OF THE SOUL

V - VERY PASSIONATE

E - ECSTASY OF JOY



Preface

What is Love? We use the word 'Love' every day in our life. We experience Love but have we ever stopped to experience the true meaning of Love? Does Love have any relevance to the subject of Enlightenment and Eternal Happiness? After writing 82 books on the subject of God, Religion, Spirituality, Happiness, Peace, Bliss, Achievement, Fulfillment and Enlightenment, I decided to write this book on True Love and how it is one of the most essential emotions of life.

Isn't it sad that we forget the three most important aspects of life – to Laugh, Love and Live? If we live a life without Love and laughter, it is nothing but a disaster! We get caught in the myth that we grow up with. We remain a fool because of what we are taught in school. We grow up misunderstanding Love as lust. We never discover that LOVE is a Longing Of the Soul which is Very Passionate and it is that emotion that creates an Ecstasy of Joy.

Although we Love our parents when we are children and we go on to Loving our friends, evolving through the Rainbow of Love, we don't discover the essence of where Love comes from and what Love is. Therefore, we suffer heartaches and heartbreaks. We Love and hate, and experience jealousy and revenge inside our gate, creating misery and sorrow, every today and tomorrow. When will we discover the meaning of True Love?

Because we are oblivious to what True Love is, I decided to write a book on True Love, but not on the Love that is seen in movies and described in novels. Love stories, as shown in movies and written about in books are, of course, very interesting but they are so glamorous that they eclipse what True Love is. True Love is bliss. True Love is Eternal Happiness. But alas! We are lost in this world of illusions and don't discover what True Love is. If only we discover True Love, we will realize God. We will discover that the Divine is within. We will go beyond the Love of the bone and skin, as we see God in all and Love God in all. We will be able to experience heaven right here on earth and make the best of this human birth, if only we can discover True Love.

Because I was blessed to discover True Love, I have written books on True Love and *Prema Yoga*. However, since then, I have evolved further to experience the Divine emotion of Love. As I am inspired with the mission to become a messenger of True Love, I write this book to share what Love truly is, how it can touch, trigger and transform our life, how it can eliminate all the toxic emotions that make us sad, and how True Love can make us Divine and make each moment glad. Love can make us blossom if it is True Divine Spiritual Love. But if Love is full of conditions and expectations, we will fall in Love but never learn to rise and become Divine with True Love. Do you want to discover True Love and enjoy the bliss that True Love is? If yes, wipe out your mistaken beliefs about the word 'Love' and get ready to start a new journey to Love one and all.



***I, too, experienced Love that was from skin to skin,
Till I discovered True Love for the Divine that was within.***

Introduction



If we try to find a book that explains what True Love is, we will find it impossible to get one. We all talk of Love but we don't know what Love truly is. We see Love in the movies and experience Love for our beloved but we don't realize that Love is an endless ocean, a Divine emotion.

In this book, we will get into the depth of Love. We will discover what Love truly is, how Love is the very first thing we experience when we take our first breath and it is the last thing that we experience in the moment of death. Throughout life, we experience the Rainbow of Love, the seven colours, the seven types of Love – Love between parents and children, Love between friends, Love that is innocent romance, emotional Love, intellectual Love, physical Love and Self-Love. We all experience these seven types of Love but in this book, we will discover where this Love comes from.

Although Love is Divine and beautiful, the word 'Love' is a taboo. That is why we cannot go to the streets and tell somebody, '*I Love you.*' We may face unpleasant consequences for expressing something so Divine as Love. It is sad that the meaning of Love has become derogatory over time and is understood as lust, which it is not. Love manifests in different ways and physical Love is only one of the manifestations of Love.

True Love is not physical. It is Spiritual. It is Divine. It comes from the depth of our Soul and it is for the Soul in another. But

unfortunately, because we think of Love to be from skin to skin, we don't realize that Love is emanating from the Divine that is within. That is why a table cannot Love a chair. But we see human beings and several other creatures that are alive, dancing with the ecstasy of Love. How a peacock and peahen demonstrate Love should be a matter to ponder. Why does Love exist in us human beings? Love is the essence of our life. Just like every human being wants pleasure and doesn't want pain, so also, each of us wants to Love again and again. We think that we will die without air, water and food but we don't realize that we also need Love and laughter to truly live.

In this book, we will discuss the difference between Love and True Love. What does it mean when one says, '*I Love you because I need you,*' versus, '*I need you because I Love you.*' There is a world of difference between Love and True Love. The former is so ordinary and the latter so extraordinary. Love is not necessarily about marriage and all marriages don't always mean Love. Then, how can we build a tower of Love in our life? What is that True Love that the Sufis call *Ishq-e-Haqiqi* and Greeks call *Agape*? We will discover how True Love is Divine, True Love is God and how True Love can take us to that ultimate state of God-Realization, where we will see God in all and Love God in all. This book has it all! Let's start the amazing journey of True Love that will create an ecstasy of joy!



***True Love is not just an attraction that is physical
True Love is emotional, intellectual and it is Spiritual.***

1

CHAPTER

What Is Love?



Who hasn't experienced Love, that intense liking for somebody or something that makes us passionately yearn and then, enjoy an ecstasy of bliss? The emotion of Love is deep-rooted in every human being but still, if we want to define what Love is, we often struggle.

Love is one of the most positive emotions that a human being is blessed with. It creates a strong feeling of attraction and liking of something or somebody that makes us happy. Just like happiness is another emotion, which is difficult to define and easier experienced, so is Love a passionate emotion, but one that can make us both happy and unhappy. When we fall in Love, there is bliss but the moment our heart breaks, we are filled with unhappiness.

But Love is not just Love for the beloved. There are different types of Love. We may Love our parents, our family, friends, spouses or partners. The Greek philosophers divided Love

into platonic Love, romantic Love and Divine Love, amongst other types. The Sufis divided Love into *Ishq-e-Haqiqi* and *Ishq-e-Majazi*, which we shall explore later. But we all experience Love in its various forms.

While the positive side of this emotion is called Love, the negative side is called hate. Both are extreme emotions. The positive aspect leads to attraction, deep liking, yearning and even attachment and intimacy. But when it comes to hate, the toxic aspect leads to several other toxic emotions like anger, revenge and jealousy. Love creates friends, good friends, boyfriends and girlfriends, just as the negative aspect of Love creates enemies. We all know what Love is but very few of us have discovered True Love. Where does this emotion come from and what does it create in our life? We just experience the emotion of Love with another, physically, emotionally or intellectually but we don't understand the root of Love. Without understanding how Love shoots in our life, we just enjoy the fruit of Love, which is so sweet!

Love is the most popular of all human emotions, besides joy, bliss and peace. Just as we all want to be happy and want to have peace of mind, every human being seeks to be Loved and to Love. But unfortunately, because we have not been taught the true meaning of Love, we misunderstand the Divine emotion of Love that throbs within us. We even think that the heart is the organ of Love, when in reality, Love vibrates throughout our body, causing our heart to beat faster. And so, the world is fooled into believing that the heart is the organ of Love. We think that Love is to do not just with hearts but hugs and Valentine's. We think that Love is a kiss, when in reality, True Love is Eternal Bliss. When will we discover what True Love is?

Love leads us to a state of heightened emotions. When one is in Love, one is ready to sacrifice. In passionate Love, one is even ready to kill another. The obsessive emotion of Love leads a human being to the heights of passion, something that no other emotion can do. Therefore, Love has seen kings and princes give up their thrones and crowns for their beloved. People commit suicide when their hearts break in Love. It is not rare to find Love becoming the motive of a murder. Therefore, Love is both a strong and a passionate emotion that creates an ecstasy of joy, just as it can become an obsessive emotion that can create misery, sorrow, depression and death. It's time for us to discover the beautiful emotion of Love, where its source lies, who is it that we truly Love and why we Love.

When we discover the true meaning of Love and realize that Love is God, then we will go beyond the petty understanding that Love is just romance and lust. We will evolve as we reflect on our Love for our parents and friends, till we evolve further and start Loving God, which is the ultimate peak of Love. Just like one needs air, water and food to live, one cannot live without Love. Love is the emotion that makes us bloom with joy. Without Love, one will just shrivel and die.

Different cultures and different religions have different views about Love but most scriptures contain the word Love. Scriptures urge us to Love all, to Love our neighbours and even Love our enemies. God Loves us and we must Love God. But how can we Love God? When we realize the true meaning of Love, we will be able to Love God and experience God's Love. Let us not look at the Love stories of *Romeo and Juliet*, *Laila and Majnu*, *Heer and Ranjha*, and imagine that Love is just an attraction between skin and skin. Let us go deeper and discover True Love that comes from the Soul within.

Love appears in our life from the moment we are born. Nobody teaches a little baby to Love its mother and nobody teaches a mother to deeply yearn for her little child. We Love our friends so dearly and we fall in Love with someone without even realizing what this emotion is. Of course, the greatest ambassadors of Love are Hollywood and Bollywood. It is movies, dramas and novels that emphasize the power of Love, just as they teach us how to Love. But it is sad that because they do not expose what True Love is, we live and die thinking that Love is the shallow emotion that they show.

Many people think of Love as lust. Because of the great pleasure that comes from sex and physical Love, the erotic aspect of Love has overtaken the Divine aspect of True Love. The pleasure that comes from being physical has confused most of the world in understanding what True Love is. When people experience physical intimacy, it is not necessarily Love. It is just pleasure. Our mind fools us into believing momentarily that it is Love. Why then, does a man not Love a prostitute soon after the act of sex? There is no doubt that sex is not Love. However, Love at its peak manifests physically to experience an ecstasy of joy through physical means too. But those who discover True Love, find that Love is Love of body, head, heart and Soul. Love is Divine. Let us discover True Love!



***What is Love? Is it just a hug and a kiss?
True Love is Divine, it creates Eternal Bliss!***

2

CHAPTER

The Rainbow Of Love



The best way to understand Love is to understand how the rainbow appears. When the white light of the sun refracts through droplets of water, a rainbow is formed. The water droplets act like little prisms. The sunlight is dispersed and through a natural phenomenon, the magical rainbow of seven colours is formed.

The rainbow has seven colours, popularly known as VIBGYOR. The seven colours are violet, indigo, blue, green, yellow, orange and red. So are the seven colours of Love. When the White Love of the Soul manifests through the life of a human being, it appears as the seven colours of Love. The seven colours, the VIBGYOR of Love begins with Violet Love between a little child and a parent. Don't we all Love our mother and father, just as our parents Love us? Who can deny that this is a profound Love that often lasts through our life?

The second colour of Love is Indigo Love. It is Love between friends. Friendships can demonstrate very deep and genuine Love. We all experience Love for our friends but this Love

comes and goes. Each of the colours of Love has its own features and manifests differently.

When we are young, we experience Blue Love or the innocent Love that is often understood as romance. Young boys and girls Love their boyfriends and girlfriends, without this Love being physical in nature. This is Blue Love.

The next colour of Love is Green Love or Self-Love, a Love that every human being has for himself. Sometimes, it is called self-respect but there is no doubt that the one we Love most in life is our own self.

Yellow Love is intellectual Love. When we Love to have conversations with people and develop an attraction to spend time with them or have intellectual conversations, this is the development of Yellow Intellectual Love.

Orange Love is more feminine. Orange Love is emotional. When we get emotionally connected or even attached to somebody, this is Love appearing in its manifestation of orange colour.

When Love manifests as Red Love, it is erotic physical Love. This is dominant in men and is a masculine manifestation, just like emotional Orange Love is a feminine manifestation.

All the seven colours of Love manifest in our life from birth to death. We experience these seven colours of Love in every breath. Not all seven colours of Love appear at the same time like a rainbow. But just like white light causes a rainbow, it is White Divine Spiritual Love from our Soul that manifests as

the Rainbow of Love. It is these seven colours of Love that create the rainbow of joy, an ecstasy of bliss.

Unfortunately, the world has misunderstood the meaning of Love. Love is largely understood as Red Erotic Love. That is why when Love is expressed or communicated, first, the heart symbol is used and the colour red is added. This is not True Love. It is just an expression of a more dominant erotic Love that is red. This Love manifests as a crush, an infatuation or a physical attraction, usually between two persons of the opposite gender. But this is not what True Love is all about.

True Love is a manifestation of all seven colours and it emerges from the Soul. When there is no Soul, no source of Love, a person is incapable of expressing the strong emotion of Love. Love is something that flows from Soul to Soul but we don't understand it. We think that Love is just a kiss but we don't discover True Love that is bliss. When all the seven colours of the rainbow manifest as Love in our life, then we will experience Love in its truest form. Those who discover the meaning of True Love are able to Love one and all. They realize that Love is flowing from their Soul, that Spark Of Unique Life, that is SIP, the Supreme Immortal Power, to other Souls. These blessed few discover True Love as they discover the universal White Divine Love. White Love cannot be enjoyed unless it manifests as the seven colours of Love. Those who live with White Universal Love enjoy the Rainbow of the Seven Colours of Love.



***Love is a Rainbow of colours, seven.
Its source is White Love that takes us to heaven***

3

CHAPTER

Love Is Not Lust



Most of the world considers Love to be Red Love, an erotic expression of physical Love, commonly understood as lust. We believe that Love is a strong sexual desire but we don't realize the source of that passion. Lust is just craving for sex and can extend to lust for other objects of passion. It can be the lust for power or the lust for money. Lust, no doubt, is a negative word. That is why you cannot lust for something that you really Love. Lust is a very strong and powerful desire but it is not Love.

Why is Love misunderstood as lust? Because we consider ourselves to be this physical body, which we are not, and we think we are the mind that we cannot find, we think that Love is physical and material Love. Very few of us discover the Divine Love of the Soul. Only these few blessed ones realize that Love emanates from deep within the skin, from the Divine that is within. Love is not the craving of one body for another body. It is not infatuation or attraction. That is lust and not Love!

Therefore, lust is born out of Love but never out of True Love. True Love will manifest in its physical form and will encompass that aspect of Love, manifesting physically but it will never ignore the other colours of the Rainbow of Love. When the attraction is purely physical, it is not Love. It is just lust. Men, who are more physical in nature, have been created with a larger desire for the expression of physical Love. Men are polygamous by nature and are strongly influenced by Red Erotic Physical Love. However, when a man wants to experience lust or sex, he will rarely fall in Love with a sex-worker who fulfils his lust. The moment his lust reaches its point of physical expression, he will dismiss the service provider without delay because there was no Love at all. This is a simple example where lust is revealed.

When Love is expressed in its physical form, it vibrates from the Soul, and this is expressed through the skin by touching the one we Love and then, going further to manifesting Love physically. However, if it is True Love, there will be caring and sharing. There will be mutual respect and the expression of physical Love will be an ecstasy of joy for both Souls involved in the act of erotic Love.

If one wants to understand the origin, one can contemplate how human beings are created as male and female, and how the ecstasy of joy is naturally experienced through the act of Love-making. While some people have taken physical Love to a dimension beyond need and expressed it in texts, such as *Kamasutra*, Love can be very beautiful if it manifests as Red Erotic Love but it does not become lust. The moment Love becomes lust and it loses the essence of the Divine emotion, it remains nothing but a passionate physical desire, which will never truly quench our thirst. It will only make us greedy and

make us burst. Lust can become an addiction from which we will suffer but True Love is a Divine benediction, which we are blessed with. Lust is purely physical but True Love has its elements of being emotional, intellectual and Spiritual as well.

We must not confuse Love with lust. One is a Divine expression while the other is often called an animal expression of physical desire. Haven't we seen dogs manifesting erotic Love? We should learn that Love-making must be rooted in the Divine emotion of Soulful Love for it to be enjoyed in its expression as Red Erotic Love. Otherwise, like animals, we will enjoy lust but not experience the Divine emotion of True Love.

When Love appears as a rainbow, it is perfectly okay for it to reach that state of Red Erotic Love and be naturally expressed without losing its source of White Love. Many cultures and religions have made Love a taboo, confusing Love with lust. It is through Love and the process of Love-making that the Creator has ensured progeny and the continuation of life on earth through our offsprings. Without Love, we would never have children but lust is never the cause of progeny and creating new life. Lust is solely for the gratification of physical erotic Love and not for the purpose of creating a Divine life. Therefore, while lust can result in a rape, the intention is never to create life. Rather, it is just to express the animal emotion of lust disguised as Red Erotic Love. Therefore, Love is a Divine emotion. It is not lust.



Passionate sex is not Red Love. It is lust!
For True Love to exist, mutual respect is a must.

4

CHAPTER

What Is True Love?



If Love is not just an attraction between a man and a woman, if Love is not just pleasure that comes from the pleasure between skin and skin, what is that True Love that is hidden within? *Let us discover True Love that is not just a kiss. Let us discover True Love that is bliss. Eternal Happiness is what True Love is.*

True Love is a manifestation of the seven colours of the Rainbow of Love. True Love is White Divine Soulful Love. It is Love that emanates from the Soul, the Spark Of Unique Life that throbs within. True Love manifests from the time we are born, till the time we are gone. Whether we Love our mother or father or we Love our friends, True Love is not Love that has expectations. When we fall in Love as kids, it is innocent, genuine affection that flows from Soul to Soul. There are no conditions in this little romance. But as we grow and Love manifests for oneself as Green Love, we want to have intellectual orgasms with people whom we Love, brain to brain, and this is another manifestation of Love. Therefore, what is True Love? Is it one of the seven colours of Love or a combination of some colours of Love? No! True Love is White Love. It is Love that sprouts from the Soul. It will also manifest

as Red Erotic Physical Love, just as it will manifest as emotional Love between people.

True Love is when all the seven colours of Love are blended, just like we would blend seven different fruits in a mixer to create an exotic smoothie. We can taste the seven fruits but when put together, they become one smoothie. True Love is that one Divine Love, when we are able to Love the Divine in one and all. Unfortunately, we have not discovered what True Love is. Therefore, we do not experience its bliss. We do not feel that Eternal Happiness that comes from True Love. Those who discover True Love, eliminate hate out of their life gate. All they experience is Love, True Love because they see the Divine in one and all. The ego that normally stands tall has a fall. There is no 'I' and 'you' and then, Love becomes true.

How many people in this world even understand that there is something called True Love? We only know of Love as an experience of joy. Can you Love without being happy? You can't! And if you are happy, does not the emotion of Love flow naturally in you? Yes, it does. Love and joy are the rivers of the Soul. The moment there is Divine Consciousness, it is natural. If I look at my little pet dogs, I find them wagging their tails and loving with so much unconditional Divine Love. Then I stop to wonder, isn't it True Love? Even if I get angry at my pet dog, in a moment, it returns to me. When will we discover the True Love that exists in man and beast? When will we learn that True Love is not just romance, hugs, kisses and Valentine's?

True Love is not just about giving a rose to the one you Love. What is causing that Love is the longing from the Soul within to the other Soul that is hidden beneath the bone and skin.

Unfortunately, we are attracted only by the skin. Therefore, we experience heartache and heartbreak because there was no Love in the first place. It was just an infatuation, an attraction. There was Love but there was no True Love.

True Love is bliss. It is an ecstasy of joy. Throughout this book, we will try to discover what Love really is. We have already covered the seven colours that form the Rainbow of Love and how it is sourced in White Love that is universal Divine and Spiritual. But True Love is not easy to understand. Because I evolved from experiencing Love and escaping lust that appeared to be Love, I evolved to a state of *Prema* Yoga, a state of experiencing Divine Love. When we discover that Love is God, Love is from God and Love is for God, then we discover True Love. Many people confuse True Love to be *Bhakti* or devotion. That is not True Love. That is separating me and God. True Love is for the God that is within. True Love is for the life that throbs beneath every skin. True Love is not a transaction between one and another. It has no expectation. It is ever forgiving, just as it is giving. In True Love there is sacrifice. Such is the emotion of Love!

When I started to discover the meaning of Love, I realized the acronym of LOVE, which is Longing Of the Soul that is Very passionate and creates an Ecstasy of joy. But I realized that True Love is beyond this. And so, I discovered the acronym of TRUE LOVE. But Love cannot be expressed in words. If you ask me to explain my experience of True Love, I will ask you to describe how your favourite fruit tastes. Will you be able to describe it? It is an experience! It creates joy and bliss but True Love is greater than all this. Even a thousand favourite foods and fruits, the pleasure of friends, the affection of family and the erotic Love of the beloved cannot individually explain

what True Love is. It is a combination of all these and even greater. It is an ecstasy that creates Eternal Bliss. Let us, through this book, discover what True Love is.

When we discover that True Love is for the Divine that dwells within, we will see the Divine in one and all. We will yearn for the Divine that is hidden in each living creature and want to serve the Divine and Love the Divine. As long as we try to Love an invisible God, we will fail. But when we Love the God in one and all, we will sail in this beautiful ship of True Love, loving SIP, the Supreme Immortal Power that appears as the Soul, the Spark Of Unique Life that gives life to one that lives on earth.

Have you seen a stone loving another stone? Alas, no! But you might have seen two birds making Love. It is revealed thus, that Love is from Soul to Soul. Every living Soul is blessed to Love and when one Soul is longing for another Soul, this yearning is True Love. My Spiritual Master said it beautifully, *'True Love is a triple yearning, which is greater than a miser's Love for gold, greater than a lover's Love for the beloved and greater than the tears that a little child sheds for its mother, who it has lost.'* Let us discover what True Love is!



***True Love is not Love that flows from heart to heart.
True Love is a Divine bond that never tears apart!***

5

CHAPTER

The Acronym Of TRUE LOVE



T - Transcendental
R - Rainbow of 7 Colours
U - Unconditional
E - Eternal

L - Longing
O - Of the Soul
V - Very Passionate
E - Ecstasy of Joy

The best way to understand True Love is to capture the essence of True Love through its acronym. TRUE LOVE is indeed a Longing Of the Soul that is Very Passionate and creates an Ecstasy of Joy. But this is just the acronym of Love. For it to be True Love, it must be Transcendental, must manifest as the seven colours of the Rainbow of Love, and must be Unconditional and Eternal. What do all these really mean?

True Love is transcendental. It is Spiritual and universal. It comes from deep within the Soul. It is not just ordinary attraction of skin to skin. It goes beyond the limits of ordinary

Love. Therefore, True Love is Divine, transcendental. It means that it is not worldly Love but Spiritual Love. Ordinary people with ordinary Love will never understand the meaning of True Transcendental Love.

The acronym of True Love reveals that it must have all the colours of the Rainbow of Love. It all begins with White Love of the Soul, Divine Spiritual White Love that appears as VIBGYOR - Violet Love for parents, Indigo Love for friends, Blue Love that is innocent romance, Green Self-Love and Self-Respect, Yellow Intellectual Love, Orange Emotional Love and Red Physical Love. True Love is a blend of all of these. It is the combination of these seven forms of Love. Without White Transcendental Love, there can be no Rainbow of Love.

Is all the Love of this world True Love? Hardly! True Love is very rare to find. And the acronym reveals what it is. True Love is unconditional. When we say, '*I Love you*,' because we need somebody, it is not True Love. It is transactional. When there are conditions and transactions, it cannot be True Love. True Love has absolutely no conditions. It is pure Divine Love.

True Love is eternal. Therefore, when you Love somebody, you don't leave and if you leave, it only means that there was no True Love. True Love is accepting and forgiving. True Love has no expiry date. It is a deep Soulful Love and just as the Soul is immortal, so is True Love. Even the death of the physical body cannot destroy True Love that is eternal.

We have already covered the acronym of Love. It is not just romance, hugs, kisses or even a marriage. Love is a deep longing of the Soul. It is not a crush. To complete the acronym of True Love, let us clearly understand what Love is before we

discover the transcendental, unconditional, eternal, Rainbow of Love.

True Love is a longing. It is not just a temporary attraction. True Love is in our Consciousness, not just in the thoughts of the mind. When we truly Love somebody, the longing is in every breath. It cannot be eliminated from our Consciousness. Therefore, the acronym of Love begins with this deep longing.

True Love is of the Soul. It is not of the skin. It is not just physical erotic Love, even though Red Physical Love may be one of its manifestations. True Love is the deep yearning that comes from the intensity of our Soulful Consciousness.

Because True Love is that deep longing of the Soul, it is very passionate. It is not just a desire. It is an obsession and when Love becomes True Love, this obsession flows from the one we Love to loving the Divine in all.

Love that is true creates an ecstasy of joy. It is the greatest source of bliss. True Love creates Eternal Happiness. Therefore, **LOVE** is

L - Longing

O - Of the Soul

V - Very Passionate

E - Ecstasy of Joy

When Love becomes True Love, there is sublimation of Love, from Love of the world to Love of God. There is an elevation of Love from worldly Love to Divine Love. There is a transformation of Love from clinging and attachment to freedom and trust. But this is only possible when Love becomes true. It must be **TRUE** -

T - Transcendental

R - Rainbow of 7 Colours

U - Unconditional

E - Eternal

Now that we have a clear meaning of True Love through its acronym, it is very easy to identify where is Love and where is True Love. Love in Bollywood and Hollywood, in the movies and the theatres, may appear to be very passionate and true but if the qualities of that Love do not qualify with the acronym of True Love that we have just learned, that Love is just Love, it does not qualify as True Love.

Love has to evolve. First, to real Love, real longing of the Soul and then, this real Love must grow into True Love that is Divine, Eternal, Unconditional Love. No doubt, it is not easy to find True Love in this world. True Love is heavenly. It is Godly. It is discovering the Divine within us and loving the Divine in the beloved. It is realizing that the Divine dwells in every living being and our Love flows to the Divine in one and all without any expectations. This is True Love. True Love is free from heartaches and heartbreaks. It is Pure Eternal Divine Bliss.



***True Love is loving a God or a Goddess.
Thus, it is an ecstasy greater than any Happiness.***

6

CHAPTER

Where Does Love Come From?



Have you paused to ponder, where does the emotion of Love emerge from? Why do we Love? Who loves? What is the source? Let us analyze.

We see a little baby just born, bubbling with the emotion of Love. It yearns for its mother, just as the mother, who gives birth, loves her little baby more than anything in the world. A to-be-mother starts loving the child even before it arrives on the planet, as she feels the life throbbing inside. The moment a Soul gives life to a body, the spark of Love begins. We do not have to press any buttons to start the flow of Love. It is natural.

Just like we breathe effortlessly and don't have to make an effort for thoughts to pop like popcorn in our head, Love is also effortless. It just happens! But we don't realize that Love does not begin in the eyes that see. Even a blind person can Love. Love is demonstrated through every speck in our body. We touch and feel as we Love. But even a person who has no limbs is capable of Love. Such is the emotion that throbs within us. What is the source of this Divine emotion? It lies in our Consciousness. The moment the Soul gives us life and the heart is throbbing, Love flows through us. Therefore, is it the heart that beats, the organ of Love?

It is grossly misunderstood that Love begins in the heart. There are songs and movies that talk of how our heart feels as our heart breaks but there is no connection between the heart and Love. When we Love, the emotion drives more blood into our chest and so, it seems that our heart is full of Love, when in reality, Love throbs in every cell of our existence. What is this power of Love that flows through our entire body? It is our Consciousness. Our Consciousness flows from the Soul, that Spark Of Unique Life that gives each of us breath from birth to death. The moment we die, we are incapable of loving anymore.

Where does the Soul come from? What is this power of life that creates Consciousness in us through which Love flows? The Soul is energy. It comes from SIP, the Supreme Immortal Power and returns to SIP. Therefore, Love has its source in SIP. When the Soul in me loves the Soul in you, it is the Divine SIP within us that is causing this ecstasy through the yearning of Love. Just like a wave splashes and returns to the ocean effortlessly, True Love flows from the Supreme energy, from Soul to Soul and ultimately, merges back into the Supreme. Because we call SIP, 'God', we do not understand the Divinity of Love and how its source is that Supreme Power that manifests in us. Love is God, Love comes from God and Love is for God. But because we believe the lie that God lives in the sky, we do not experience the Divine emotion of Love flowing within us from none other than the Creator, the Supreme, the Divine, the Power that throbs in every atom.



*Love comes from God, does man know?
He enjoys the ecstasy of Love but doesn't understand its flow.*



CHAPTER

Signs Of True Love



We all experience Love but very few amongst us experience a Love that is transcendental, unconditional and eternal. We all Love but there is still some hate that resides inside our gate! We both like and dislike and this dilutes True Love to become just Love.

Love is a very beautiful emotion. In its purest form, it is the Rainbow of seven colours that emerges from Divine Spiritual Universal White Love. When the seven colours of Love shine in the horizon of our life, we experience strong signs of True Love.

Is there longing in your Soul? Is there passion in your Love? Not just passion for one but does your Love flow like a river that has waves of joy? Do you experience ecstasy in your Love, not just ecstasy for the person you Love but ecstasy in the emotion of Love that flows through you? These are the signs of True Love.

Everybody Loves but a rare minority experiences True Love. They are the ones who evolve from living with worldly Love to

living with Spiritual Love. Spiritual Love cannot exist only with Red Erotic Love. That is only Love, not True Love. The moment there is Spiritual Love or True Love, it is only natural for the seven colours of the Rainbow of Love to flow through our life. Then we experience heaven on earth. Our life becomes a paradise because of Love, which is flowing in every moment of our life.

It is sad that we think of Love as being something physical. We have misunderstood lust to be Love. When we have an attraction, an infatuation or a crush on somebody, it is a strong sign of Love but not necessarily a sign of True Love. If it was True Love, then this Love would flow to one and all as we would Love beyond the skin. We would Love the Divine that dwells within.

Namdev was a famous Indian Saint. One day, when he was cooking, a hungry dog that was passing by, quietly took a chapati (Indian bread) from the plate that was kept beside the stove and ran away. Namdev started running behind the dog with a bottle of ghee (Indian clarified butter), which is spread on chapatis to make them more delicious. Somebody observing the scene called out to Namdev and said, 'The dog was hungry. That's why it took your chapati. Why are you running behind it?' Namdev replied, 'I am trying to catch the dog so that I can put some ghee on the chapati!' This is a sign of True Love. When we can see G O D, in a D O G and affectionately Love every living creature on earth as a manifestation of the Divine, it is a sign of True Love.

In the worldly Love that we see today, most Love relationships are transactional and conditional. We tell people, 'I Love you,' but in reality, we don't truly Love them. We just need them. True Love is not just saying, 'I Love you,' but expressing it in

actions. Signs of True Love are sacrifice, doing anything for the beloved or the ones we Love, acceptance, giving space and understanding the person. Forgiveness, compassion and kindness are all signs of True Love, if they flow seamlessly and unconditionally. Do we see all these signs in the Love that is all around us? It is very rare. Love has become transactional. It is a give-and-take. It has become conditional. It exists with terms and conditions. This is Love. It is not True Love.

In True Love, we are happier when we make others happy. This is a giveaway. If we find somebody trying to make us happy, putting our happiness ahead of their own, it is a strong sign of them expressing True Love. Still, even though these symptoms may exist, if Love is not Divine, it is not transcendental, going beyond Love for the skin and becoming Love for the Divine that dwells in one and all, it is not True Love.

We must aspire to develop True Love. It is not ordinary. It is an exceptional way to live. True Love is bliss. It is far more ecstatic than romance or sex or hug or a kiss. When the signs that we have enumerated are demonstrated, then it is True Love. It is True Love that creates an ecstasy of joy and Eternal Happiness.



***True Love is unconditional Love that seamlessly flows...
Divine it is and no expectations it knows!***

8

CHAPTER

Love, Relationships And Marriage



Those who don't understand the true meaning of Love, blindly believe that Love means a good relationship and ultimately, marriage. To the world, Love has no other conclusion. But is this the truth?

No doubt, if there is True Love between two people and this becomes a relationship that culminates in a marriage, there can be nothing more beautiful than that. But this is possible only if both understand the true meaning of Love. Unfortunately, this is very rare.

In fact, more than Love, marriage is a contract. That is why a marriage requires legal certification. If it were True Love, there would be no need for a certificate. In today's world, marriage has become a big question mark. A peek into our history reveals how there was no life without marriage but today, with such a high rate of separation and divorce, people have started to question the institution of marriage.

Marriage can be the most beautiful thing in this world. But a marriage will fail if one plus one becomes two. For a marriage

to succeed, one plus one should become one, not two. With two people having different priorities, different likes and preferences and most importantly, without the presence of True Love, two trying to bond as one, there is bound to be conflict.

Love is a Divine emotion. It is an ecstasy of joy. It is a fountain of bliss. It is natural for two people who Love each other, to get into a relationship. If there is Love between the two, it often becomes a marriage. And then there are kids and a family. However, if there is no True Love, a Love that is unconditional, non-transactional and without expectations, the Love in the relationship often becomes sour and ends with the two who Loved each other, growing apart and ultimately, the breaking of their relationship.

It's very strange that two lovers enjoy a beautiful relationship before marriage but get divorced soon after marriage. Why? It is because expectations change. After marriage, people start replacing Love with traditional expectations from a husband and wife. Why this change? If only True Love prevails, a marriage will not fail. However, when Love is petty, possessive and narrow-minded, partners don't give space to each other. The unfortunate fact is that we start Loving ourselves more than we Love our beloved. No wonder, Love fails!

If only there was True Love in a marriage, it would never break apart. True Love that is Divine, Spiritual, Eternal and unconditional. When Love is a longing, not from skin to skin but from the Divine within, when it is Soul to Soul, not only will the Love blossom but marriages will also succeed and families will be beautiful gardens of Love. Alas, because we

have not understood the true meaning of Love and relationships, marriages are completely messed up!

Can Love then, thrive without a marriage? Of course, it can. If one loves the Soul, the Divine in one and all, one does not necessarily need marriage. However, the world has chosen marriage for several reasons. The first of the reasons is the privacy in the expression of physical intimacy. This leads to the necessity of marriage in order to have children and continue a legacy. This has institutionalized marriage. While there can be beautiful Love in a marriage, one may choose to enjoy Divine Love even without marriage. It is a personal choice.

What about relationships? It is natural for two people who Love each other to have a relationship to enjoy each other's company, be together, travel together and even stay together. If there is True Love, the relationship will last. Otherwise, it will soon be a thing of the past! It is for us to live with True Divine Soulful Love if we want a relationship to succeed and a marriage to thrive.

Love is independent of marriage and relationship, just as it is natural to flow into them. What is important is to experience True Divine Love in our life. If our Love is pure, Divine Love will appear to us effortlessly as a gift from the Divine. Let us focus on True Love and surrender relationships and marriage to the Divine Power of Love that we are all blessed with.



***When there is True Love, a relationship will last,
Otherwise, marriages break and become a thing of the past!***

9

CHAPTER

The 4 Pillars Of Love



People often wonder '*What makes Love work? What are the signs of Love?*' To understand this, let's consider a table. If a table has one leg, anybody sitting on the table can fall. With two legs, it may be a bit more stable but even a three-legged table is unstable. When a table has four legs, it stands firmly on the ground. So, we see that most tables and chairs have four supports to give them stability. Love is no different. When Love is standing on merely a physical relationship, it can fall anytime. Even as most couples think that Love can work with a physical and emotional bond, it is still not stable. When we add an intellectual angle to Love, there are more chances of a relationship working. But physical intimacy, emotional connect and intellectual magic are still incomplete for a perfect loving relationship to survive and thrive. When a Spiritual pillar is added, that Love becomes firm and unbreakable.

Therefore, the four pillars of Love are emotional, physical, intellectual and Spiritual. Love must flow from not just the body and the heart but from the head and the Soul too. The body expresses physical Love, the heart emotional, the head makes intellectual Love blossom but it is the Soul that creates

Eternal Love between people. Couples who enjoy a loving relationship which involves body, heart, head and Soul, enjoy True Divine Love that is stable and fulfilling.

In most cases, Love is only of the head and the heart. Therefore, we find many relationships break. Couples get bored of each other as time passes, if there is nothing intellectual between them. When Love between people has the glue of a great conversation that is intellectually stimulating, the joy of such an orgasm is far more exciting than just a physical peak.

When we go to a restaurant and see two people cuddling close to each other on the same side, we know that they have just fallen in Love. When they are having a loving conversation sitting opposite each other, it is probably a two-pillared Love. But often we find people looking at the time and saying, *'Oh, the food is taking so long to be served!'* Then we know that this Love has lost its lustre because it is either on one or two pillars.

When two people who enjoy True Love are together, they build their Love on the four pillars of a beautiful emotional understanding, an exciting physical intimacy, a stimulating intellectual conversation and a Divine and Spiritual bonding. Such a Love is True Love and is unbreakable. Unfortunately, we have not learned that True Love is built on four pillars and so, our Love shakes and breaks and takes away our heart and Soul to leave us in tears. But we can enjoy cheer, bliss, joy and peace, if we learn the art of building our Love on the four pillars of body, heart, head and Soul.

How can we make our Love, True Love that rests on the four pillars it needs? We must acknowledge and understand that Love manifests in different ways. When it manifests

physically, there is nothing wrong in it but this Love should not become lust. LUST is Love Underestimated as Sexual Transaction. It is momentary. But when two lovers truly Love each other, their Love that flows from their head and heart expresses itself through the body to make Love, truly beautiful. Physical Love of the body, without the Love of head and heart, cannot work. Therefore, people who are in Love must learn to blend the four aspects of Love to make it True Love that works.

While Spiritual Love may thrive for an individual, how does it make two people Soulmates? It is absolutely necessary for the head and the heart to twin, to vibrate together. But the physical manifestation of Love has a magical bond that can be experienced only in action.

If we want Love to be True Love, we must let Love flow and grow through the body, head, heart and Soul. Then, we can be sure that our Love is strong and stable, not like a two-wheeled bicycle that can fall any moment. Even a three-wheeler auto-rickshaw or a Tuk-Tuk can overturn at a high speed! So, for all cars to drive with stability, they have four wheels. Let us discover True Love with its magical bond of body, head, heart and Soul. Let us enjoy the intimacy of Love as it manifests in our life as a Divine emotion, which gives us an ecstasy of joy and bliss.



***What is the Secret to make Love, True Love, and make it whole?
It is to let Love flow from body, heart, head and Soul.***

10

CHAPTER

How To Make A Relationship Work?



Why are so many relationships breaking apart? Marriages are ending in divorce and Love affairs do not reach their fruition. The answer is simple. We haven't learned the meaning of True Love. Love has become a matter of convenience. It is based on transactions, conditions and expectations. How can such Love work? If we want our Love to work, we must understand what it takes and we must be willing to pay the price. The reward is an ecstasy of joy that cannot be compared with any other bliss. This is what True Love is.

To experience True Love in a relationship, one must learn to give more than to take. Unfortunately, we want more out of Love and so, we destroy it. Love is not a well to pull the waters of happiness out. Love is a fountain. The more the water flows out of the fountain, the more it will circulate and return. But if we want to extract Love from a relationship, it will soon be parched and die. Therefore, let us learn to give Love if we want to get Love. Let us not keep on waiting to receive Love. It won't work! But just try this. Don't just give Love but surprise your beloved with a flood of Love that is least expected. Then, watch what comes in return.

What happens when we don't water the plants in our garden for some time? Don't we see them shrivel and die? We don't forget to water our plants but we often forget to shower Love on the ones we Love. We take our relationship for granted. Slowly and steadily, the Love starts to wither away, till it reaches a point of no return. It is sad that when we are trying to make up after we express lack of Love, the effort to make up only ends in a breakup. But where there is True Love, there are no breakups.

When two people truly Love each other, even though they may fight with each other, there is no thought of leaving the beloved. This bond must be created between lovers for when you Love, you never leave and if you leave, it only reveals there was no Love. To make a relationship work, the commitment of it being eternal is most important. And this will only happen when the magic of Love flows through body, head, heart and Soul. Otherwise, there will be a lacuna and the gap created will create space for Love to go out of the door and seek a more fulfilling and loving relationship.

Sometimes, we don't express our Love and presume that it is understood that we Love our partner. The simple expression, '*I Love you*,' makes a world of difference! Partners, who surprise the ones they Love with symbolic acts of Love, constantly cement their tower of Love so that it remains strong. Love then establishes itself to be True Unbreakable Love.

Why do people lose interest in each other and thus, make their Love dissolve and sometimes end up even hating each other? Isn't it strange that once two people Loved each other so much but later, they hate the sight of each other? First of all, it means

that there was no True Love. And then, expectations changed. If we have to make a loving relationship work, we must have a mutual understanding of joint expectations. There is no 'I' and 'you' in a truly loving relationship. When two people become one, where is the question of breaking apart?

The common problem in broken relationships is that two people think that they Love each other, when in reality, they don't! They never build that bond that needs both Love and trust. If trust is missing, a relationship can't work. We may drag it for as long as we want but ultimately, it is bound to break! Two heads must be one and two hearts must unite for two bodies to become Soulmates, to become eternally one. It is sad that not only do we lack trust in the one we Love but we also cheat our beloved for selfish reasons of pleasure and benefit and ultimately, lose the treasure of developing True Love.

Relationships thrive when we sacrifice our pleasure and convenience for the one we Love. We are ready to do anything because our Love is pure and passionate. But sacrifice by itself won't work. We also need to give our beloved the space to be free. Often, we become over-possessive and think that this is what being in Love is. But possessiveness causes suffocation and leads to the death of a loving relationship. But there is a way to make a loving relationship work. It is to turn our Love into True Love. Let Love be transcendental and unconditional. Such a Love can never break.



*Just as plants in our garden need attention and water to grow,
Loving relationships can't be taken for granted, this we must know.*

11

CHAPTER

Moving From Love To True Love



Love is such a beautiful emotion but unfortunately, unless it is True Love, it oscillates between joy and sorrow. Love can make us glad but in the next moment, it can also make us sad! This happens when it is just Love. But when Love becomes True Love, it becomes an ecstasy of joy, it becomes the most beautiful thing on earth. How can we make our Love, True Love?

Love can become True Love, when it moves from clinging that causes suffering to truly loving that is Divinely inspiring and flowing from Soul to Soul. When we Love somebody only as their physical manifestation, it cannot be True Love. When we become possessive of the body that we Love, that Love is bound to suffer and break. True Love is longing of the Soul. It is loving the beloved or other Loved ones, not in the formal relationship that we enjoy, but rather, as the Divine Soul that they truly are. Therefore, we must focus on the acronym of True Love to transcend Love and evolve to True Love.

True Love is transcendental. It is Spiritual Divine Love. It is not transactional material Love that is purely physical in nature. It

rests on the four pillars of Love — body, heart, head and Soul. Most importantly, Love must blossom as the rainbow of seven colours and flow from the depth of the Soul within, just as it flows to every Soul that is none other than a manifestation of the Divine. This makes Love, True Love.

When Love has expectations and conditions, how can such a Love be True Love? When expectations are not met, our heart breaks. When conditions in Love are not respected, Love withers away. But True Love has no expectations and conditions. So, we eliminate the very cause that can result in the Love ending. True Love is endless. It is eternal.

We have to understand that Love is not True Love. Love is just an attraction for somebody or for something. You may Love chocolates or pizza but that is not True Love. True Love is a longing of the Soul, which does not just give pleasure but creates an ecstasy of joy. It is for us to enjoy the depth of True Love, so that we can transcend and go beyond the ordinary Love known to the world.

What does the world think of Love? It is falling in Love and then, falling out of Love. But this is not True Love. In True Love, you don't *fall* in Love. You *rise* in Love. Your Divine Love elevates you to ultimately Love the Divine that manifests in the ones you Love. True Love is not from skin to skin. It is from the Divine to the Divine within. Unless Love is Soulful, beyond body, head and heart, it cannot be True Love.

Love can be expressed physically, emotionally or even intellectually. But True Love is expressed spiritually. Once it is expressed from the Soul, it can manifest through the body, head and heart and blend between lovers, so that they never

drift apart. But when lovers lack Divine Soulful Love, there is always a chance for the Love to end.

True Love is for God. The Sufis called True Divine Love, *Ishq-e-Haqiqi* and the Greeks called it *Agape*. It is not *Ishq-e-Majazi* or *Eros*, as per the Sufis and Greeks. Today, we have forgotten the meaning of True Love. We have lost sight of the truth that Love is a Divine emotion that flows from SIP, the Supreme Immortal Power that we call, God, to our individual Spark Of Unique Life, our Soul. When Love emanates from the Soul and we experience this passionate ecstasy, it is True Love. We then, Love our beloved as a God or Goddess, just as we Love every living being as the Divine, the Supreme. This is True Love. It is a passionate emotion that flows to every Soul without any conditions or making any differentiation. True Love is pure and it flows to the Divine, without expecting anything in return. The mere expression of True Love creates a Divine ecstasy of joy.

If we want to move from Love to True Love, we must first discover that there is a world of difference between Love of the world and True Love of the Divine. True Love is not worldly. It is Spiritual. It is loving the Divine in all the Divine manifestations that exist on the planet. With True Love, we see God in all, we serve God in all and we Love God in all!



***Love creates Joy. A hug and a kiss can create Bliss,
True Love is Divine, it is an ecstasy of Eternal Happyness!***

12

CHAPTER

Ishq-e-Haqiqi The Sufi Love



What is *Ishq-e-Haqiqi*? *Ishq-e-Haqiqi*, in Persian, means Real Love or the Love for God. The *Sufis* talk of primarily two types of Love – *Ishq-e-Haqiqi* and *Ishq-e-Majazi*. The latter is the Love for God's creation or worldly Love.

The Arabic word '*Ishq*' itself denotes passionate Love. It is deep Love and longing. What then is the difference between the Love that is *Haqiqi* and one that is *Majazi*? When we demonstrate *Ishq* which is *Haqiqi*, it relates to the True Love that we are talking about, a Love that is real, genuine, non-transactional, unconditional or with no expectations. The *Sufis* were able to divide Love into these two parts based on the Realization of what Love truly is. The Enlightened *Sufi* Masters discovered *Ishq-e-Haqiqi*, real passionate Love. They realized that it was not *Ishq-e-Majazi* or the Love for the world, pleasures, possessions and even for beautiful or handsome people. Worldly Love was lust or *Majazi* and not Divine *Haqiqi* Love.

This Divine Love of the *Sufis* was discovered centuries ago. It is not that True Divine Love is something new that we are trying to invent. The ancient Greeks called it *Agape*, as against *Eros*, which was just lust. Therefore, while the *Sufis* and the Greeks

have discovered the meaning of True Love in their very own way, an understanding of True Love has not percolated to the world. People are confused between Love and lust, when in reality, Love is not lust! *Haqiqi* is not *Majazi*. While Love is Love for the skin, True Love is for the Divine that is within. Thus, the *Sufis* called it Love for God. The *Sufi* Masters were enlightened. There is a famous term, '*Ana al-Haqq.*' It means, '*I am the truth,*' as said by *Mansur Al Hallaj*. What does it really mean? It means, '*I am God.*' He learned this after returning from India, probably from the Vedic phrase, '*Tat Twam Asi.*'

When we talk of *Ishq-e-Haqiqi*, we talk of Love for God, whether it is for the unmanifested God in the skies or God that manifests as every living Soul. Different people interpret it in different ways but our takeaway should be that there is a difference between *Ishq*, passionate Love and *Ishq-e-Haqiqi*, passionate Love that is True and Divine. It is very different from *Ishq-e-Majazi* or worldly Love. The reason we refer to this when we talk of True Love is to realize that True Love is not a new invention. It was experienced and talked about centuries ago by our Enlightened Masters. True Divine Love has no conditions, no expectations. It flows from Soul to Soul. Thus, the *Sufis* called it *Ishq-e-Haqiqi*. If we get confused and consider Love to be True Love, we will end up with a broken heart and tears that will make us weep. But if our Love is *Ishq-e-Haqiqi*, True Divine Spiritual Love, we will enjoy the ecstasy of bliss, what True Love essentially is. Those who want to discover True Love may refer to the *Sufi Ishq-e-Haqiqi* to realize Soulful Divine Immortal Love.



***Ishq-e-Majazi is Love for God's creation.
But Ishq-e-Haqiqi is loving God through God's manifestations.***

13

CHAPTER

Agape Love Of The Greeks



While True Love is Divine Universal Spiritual Love that the *Sufis* called *Ishq-e-Haqiqi*, the Greeks called this Love, *Agape*. The Greeks described different forms of Love with different names. They compared *Agape* with *Eros* or the erotic, sexual and passionate Love.

These terms come from very ancient times and they are differently interpreted but their meanings are clear. *Agape* is selfless unconditional universal Love. In fact, the Greeks talked of Love being *Agape*, *Storge*, *Philia* and *Eros*. While *Agape* is Spiritual Love, *Storge* is Love between parents and children. These are different from *Philia* or the Love between friends, equals and siblings. We all know that all this is Love but the Greeks chose to divide Love into four parts with *Eros* being the most common, romantic, sensual, sexual, physical aspect of Love. Some Greeks also talked of *Ludus* or young playful Love, *Philautia* or Self-Love and *Mania* or obsessive Love. Over the centuries, these different types of Love have evolved and today, we talk of the Rainbow of Love, the seven colours of Love. But ultimately, we must aspire for *Agape*, which is the purest form of True Love.

To understand Love in a simple way, True Love, *Agape* or *Ishq-e-Haqiqi* is Divine Love that is Soulful. It manifests throughout our life as the different forms of Love. However, surely, we must know that True Love is not *Eros*, the Erotic Love of the Greeks or *Ishq-e-Majazi*, the pleasurable worldly Love of the *Sufis*. As we move deeper to discover True Love, to understand it and implement it in our lives, we must keep in mind that this True Love originated thousands of years ago with the Greeks, the *Sufis* and also, across several other cultures and continents. Alas! The Erotic Love or *Eros*, is so powerful that it overshadows the true Divine Love of *Agape*. The pleasure of *Eros* is so passionate that the bliss of *Agape*, True Love is compromised, when in reality, *Eros* or physical Love is only momentary. It is not unconditional. When the beauty that appears in physical Love deteriorates, Love disappears. True Love is eternal and does not depend on the beauty of the skin. True Love is loving the Divine that is within. Therefore, we must go beyond the erotic Love of *Eros* and reach destination, True Love.

Interestingly, the Greeks created several Gods and Goddesses of Love. Aphrodite was the Goddess of Love and Fertility and her son was *Eros*, who in Latin is often called *Amor* or *Cupid*. These mythological terms and names should help us only to evolve to that state of True Love that is transcendental, unconditional and eternal. We should learn about the Rainbow of Love that fills our life from the *Sufis* and the Greeks. Ultimately, all these types of Love culminate into that deep yearning, that deep longing of the Soul, which is very passionate and which creates an ecstasy of joy, unknown to man.



The Greeks distinguished erotic Love, Eros, from Agape, Divine Love. One is the passion for earthly Love, the other, for the Divine above.

14

CHAPTER

True Love Is Spiritual Divine Love



Having reviewed the history of Love from the time of the Greeks and the *Sufis*, understanding *Agape* and *Ishq-e-Haqiqi* and taking into account the Rainbow of Love, the seven colours of Love, let us capture the essence of True Love. True Love is not a flash, a crush or an infatuation with somebody. While that is Love, it is only Love, it is not True Love. Love is temporary. True Love is eternal. Love has conditions. True Love is unconditional. Love is transactional. True Love is sacrificial. Love is for the skin. True Love is for the Divine within. Therefore, we must clearly understand the difference between Love and True Love.

In Love, there is pleasure, joy and bliss. But in True Love, there is an ecstasy, which creates Eternal Happiness. Love comes and goes but True Love eternally flows. Therefore, while Love appears from True Love, it is like a wave. True Love is the ocean. Love is earthly. True Love is heavenly. In Love, we are trying to make ourselves happy. In True Love, we are trying to make the Divine in others happy. Love is possessive. True Love is freedom. In Love, there is fear of heartbreak. In True Love that is Soulful, there are no hearts that can break for Love flows from the Soul. Love can be a contract like a marriage or

relationship but True Love has no contract because in True Love, there is no you and me. We become one. But in Love, the two who Love are separate from each other.

We see Love in the world but we don't see True Love for it is Heavenly Divine Spiritual Love. True Love is rare to find, while Love is very common. Everybody loves but very few experience True Love. Probably 1% of humanity even understands the difference between Love and True Love. These rare, blessed ones who understand True Love, develop Love for SIP, the Supreme Immortal Power. They Love one and all as SIP. They see God in all, serve God in all and Love God in all because they realize that God is a Supreme Immortal Power that manifests as the Soul, the Spark Of Unique Life. Therefore, True Love is not enamoured by the beauty of the skin. But in True Love, everything becomes beautiful, even a leaf or a flower. To one who has discovered True Love, even their little pet dog, wagging its tail, emanates Divine Love.

True Love is transcendental. This means that it goes beyond Love of the world, beyond erotic lust and beyond seeking something out of Love. No doubt, True Love may manifest through the body, head, heart and Soul but it comes from the Soul and is for the Soul, and therefore, it is unbreakable and unshakeable! It flows from the Supreme through us to the Supreme that manifests in another. This is true, Divine Love. And when True Love flows, it eliminates all suffering and sorrow. The world becomes a paradise and every moment of our life is filled with peace, bliss and Love.



***Love is temporary and conditional, it is of the skin,
True Love is Eternal, Unconditional Love for the Divine within.***

15

CHAPTER

White Love And Its Seven Manifestations



Those who want to discover the magic of True Love must realize that True Love emerges from White Divine Spiritual Universal Love that springs from the Soul. We don't need to find this Divine Love. The moment we are born, the Soul in its apparent Consciousness vibrates White Love, till the moment we are gone. But White Love is not visible. It becomes visible through the seven colours of Love that it manifests as.

Just like the white light of the sun is colourless but the moment it splits through droplets of water, we see the magnificent rainbow that comes and goes, so does the White Love of the Soul eternally flow. Alas, because we do not realize that the source of all Love is White Divine Soulful Love, we get caught in Red Erotic Love or Green Self-Love or even Orange Emotional Love. When we yearn with a deep longing from the Soul, for Divine Love, then the White Love expresses itself in any of the forms of VIBGYOR, the seven colours of Love.

In fact, those who discover the Divinity of True Love go beyond the seven colours that Love manifests as, to that Universal Love that sees the Divine in all and loves the Divine in all. Because we don't realize that Love is God, Love comes from God and Love flows to God, we don't discover true

Spiritual Love that is pure and white. Whether it is a miser's Love for gold, or a lover's Love for the beloved or even the Love that causes a child to yearn for its lost mother, we must realize that all these forms of Love are, in essence, flowing from White Divine Soulful Love. Without White Love, there can be no Love, just like without the white light of the sun, there can be no rainbow. Therefore, whatever be the Love that flows from us to the ones we Love, we must never forget that the source of Love is the Divine, the Supreme Immortal Power, SIP. This will also reveal the secret that Love flows to none other than the Divine, the Supreme Immortal Power, SIP. Love is Divine, comes from the Divine and flows to the Divine. This is the ultimate Realization that will convert our Love and make it True Love.

When we Love our beloved, parents, family and friends as Divine manifestations with White Soulful Love, that Love is no less than a prayer. It is Pure Divine Soulful Love. The difference is the Awakening, the Realization of the true meaning of Love. Alas, the world continues to believe in the lies and so, Love flies between skin and skin, without discovering the source of the Divine within. If we learn the meaning of True Love, our life will be transformed and so will the world. Our ego that is in awe of itself, full of self-respect and self-esteem, will be enlightened and Love will flow in a new transformed vibration of humility, respecting all, loving all as Divine manifestations. This is True Love, White Soulful Divine Love, far more blissful, joyous and ecstatic than any other form of Love known to man.



*Just like a beautiful rainbow originates from the sun,
We experience the ecstasy of White Love, realizing we are all one.*

16

CHAPTER

I Love You Because I Need You



When I say, *'I Love you only because I need you,'* what it really means is, *'I don't actually Love you, I only need you. That is why I am saying that I Love you.'* But when we say, *'I need you because I Love you, then I don't really need you. I only need you because I Love you.'* Which of these is True Love?

In today's world, the words, *'I Love you,'* have lost meaning. Anybody can say, *'I Love you,'* but it may not mean *'I Love you.'* When we say, *'I Love you,'* without any expectations or conditions, that is True Love. When Love is transactional and we Love people only because they provide us something, whether it is physical pleasure or emotional affection, when our Love is based on some need, it is not really Love. True Love is when our Love has no expectations. It is pure Divine Spiritual Love. Unfortunately, Love in today's world is more Love rather than True Love. There is Love, no doubt! But is this Love, really Love? Is it a deep longing of the Soul? No, sadly it is not! Therefore, such Love doesn't last. First, we say, *'I Love you,'* and soon we say, *'I am leaving you.'* When there is True Love, one doesn't leave and if one leaves, it only means that there was no True Love.

The whole world is full of broken hearts and unhappy people, who claim that they have been cheated in Love, when in reality,

there was no real Love in the first place. That is why the common phrase used is, '*I have fallen in Love.*' When it is Love, you may 'fall' in Love but where there is True Love, you will 'rise' in Love. That Love will inspire you and evolve you to a state of heightened Consciousness because Divine Love between Souls elevates our Awareness to the state of Divinity, which is a sign of True Love.

The world hasn't understood the true meaning of Love. That is why most movies and plays revolve around the subject of Love. People are easily carried away by Love stories, without realizing what True Love means. True Love is very powerful and we can see through history, how princes and kings were ready to give up their empires for the sake of Love. In some cases, where it was True Love, it worked. But in many cases, where Love was just an infatuation, it only caused the downfall of the princely lover. We have also heard of many Love stories, where Love was extremely passionate. Is that True Love?

Let us remember that Love may be passionate but it need not be True Love. When there is True Love, first, it is transcendental or Spiritual. Without that, it cannot be unconditional and eternal. More than Love being passionate, True Love manifests as Divine Love for one and all. It is not compromised as Love between two lovers. True Love is sunshine that spreads warmth and light to the Divine in all. It has no conditions and no tags attached. It is Pure Divine Bliss because it is Spiritual Love.



***When I Love you because I need you, I don't really Love you.
But when I need you because I Love you, I Truly Love you.***

17

CHAPTER

How True Love Awakens



We all experience Love but not all of us are blessed to experience True Love. True Love is bliss. It is free from all unhappiness. But how can we awaken this True Love? As long as 'I' Love 'you', we can never experience True Love. For True Love to spring, two must become one. As long as there are two, there can be no True Love.

How beautifully our right hand loves our left hand! Our left leg is in sync with our right leg when we walk. Imagine both our eyes looking in different directions. How would we see? Or imagine if our two ears decided to hear two different things at the same time, life would become impossible! Just like we have synchronicity in our body and this creates peace and bliss, True Love emerges when two become one. And then, there can be Eternal Happiness.

As long as one plus one is two, there will be 'you' and 'me' and there can be only Love. But when one plus one becomes one, then there is True Love. Unfortunately, the ego stands tall like a wall. Until the ego is enlightened and has a fall, we will be unable to see the Divine in all. When we are able to Love from the Soul and Love the Soul in another, True Love starts to awaken.

Love in today's world is to do more with physical Love. It is to do more with appearances and looks. It is to do with the senses of one body and the senses of another body. Therefore, creams, cosmetics and perfumes, clothes and accessories have become part and parcel of our Love stories. If we Love the body, rather than the Soul, it is only Love. When we go beyond the skin to loving the Divine within, True Love is born. There are no conditions. There are no expectations. There is just Love, True Love. So, it hardly matters how somebody looks. We still Love them. Despite the times when negative thinking overpowers the ones we Love, if we have True Love within us, we will be kind and compassionate, understanding and forgiving, accepting unconditionally. These are signs of True Love.

As long as we are slaves of the mind, it will make us blind and we will not develop the vision of True Love. True Love is Divine, and as long as it is imprisoned in the material world, it cannot become transcendental to ascend into that elevated, evolved state of True Love.

Therefore, if we want to awaken True Love, we have to go beyond the body that seems to Love. We have to transcend the Mind and Ego, ME, and then we will discover that Divine Energy of True Love that will flow from the Soul. Yes, True Love awakens from the Soul and we are all Souls. Because we have not realized this, we live and die with Love, without awakening True Love.



***We can awaken Soulful Divine Love that is True,
When Love emanates from the Soul and we are one, not two.***

18

CHAPTER

The Soul Loves The Divine In All



True Love is an ecstasy of joy but unfortunately, we experience waves of bliss and unhappiness. We experience the highs of Love and the lows of a heartbreak. We so easily fall in Love and then, fall out of it. Why does True Love elude us all?

As long as we Love from body to body, mind to mind, heart to heart, we cannot discover True Love. True Love is of body, heart, head and Soul. It emerges from the Soul but we get carried away by Love that is physical intimacy. We enjoy the Love between two minds, just as we feel an orgasm because of intellectual conversations. But where is all this sourced from? We don't realize that all Love has its roots in the Soul. We enjoy the fruits of Love without discovering the roots of Love. When we discover the source of Love, the Soul, we discover True Love.

When there is True Love of the Soul, then Love becomes a rainbow of seven colours. It flows to one and all. It manifests as kindness and compassion, affection and care, understanding and forgiveness, sacrifice and service. Where does all this come from? All this is sourced from True Love. That is why it is not easy to discover these virtues that are born out of True Love.

As long as there is Love, we will serve only the ones who are near and dear. We will forgive depending on our whims and fancies. Instead of care, compassion and understanding, we will often develop anger, hate, revenge and jealousy. But when True Love appears, Love that is sourced in the Soul, we discover the secret of True Love. We realize that we are Divine Souls, just as everybody else is a Divine Soul. When Love flows from Soul to Soul, it is flowing from the Divine to the Divine. 'My' Soul and 'your' Soul are both essentially a part of SIP, the Supreme Immortal Power. True Love makes us like two waves that are part of one ocean. When we realize that all Souls are Divine and Love flows from Soul to Soul, we are able to Love one and all because we are able to see the Divine in one and all. It is a natural phenomenon for our Divine Soul to have Love and longing for other Divine Souls because in essence, we are all part of one Power, SIP, the Supreme Immortal Power.

Unfortunately, we have been conditioned to think of Love, as Love between one body and another. The mind has fooled us into believing that Love is something special between two people and so, the mind, our biggest enemy, steals away the ecstasy of True Love that each one of us is intrinsically blessed with. The false layers of ignorance created by the Mind and Ego, ME, dilute True Love into becoming worldly Love. But once we discover True Love of the Soul, we experience the Divine in all and Love the Divine in all. This is the magic of True Love.



***The Ego makes us ignorant and stands tall like a wall.
When we awaken as the Soul, we Love the Divine in all.***

19

CHAPTER

My Gift Of *Prema* Yoga



How did I discover True Love? For the first 48 years of my life, I had a very different understanding of what Love was. My story and experience of Love and *Prema* Yoga may help you discover what True Love is and it may change your life forever. Let me share my story.

My journey of life took me through a journey of achievement. For 25 years I went from peak to peak, from success to success and I enjoyed every kind of pleasure. I also enjoyed Love but it was worldly Love. I fell in Love and broke my heart. Not once, but again and again. In the process, I had fun in what I believed Love was, when in reality, it was not Love at all. My Love was romance. It was physical intimacy. But today, in hindsight, I realize that I had never experienced True Love, till I was 48.

At 40, I shut down my business and took an exit from the highway of achievement. I spent over 5 years in peace on the second peak of fulfillment and contentment. Then, I went on a quest to discover the true purpose of life. Guided by my Guru, my Enlightened Spiritual Master, who I lovingly called, '*Dada*,' I was blessed to transcend my faith to such a level that

my devotion for God became a deep Love and longing. I developed an intense Love for God, more intense than any lover can have for the beloved. After having reached that state of Self-Realization, I was evolving towards God-Realization, when I was blessed with a special gift called *Prema* Yoga, the Yoga of loving the manifestations of the Divine.

In the moment of Self-Realization, I awakened to the truth, '*I am not the body, the mind and the ego. I am the Divine Soul.*' Thereafter, the Realization, '*If I am the Soul, then, every living creature is also a Soul,*' led to the Realization that we are all energy that comes from SIP, the Supreme Immortal Power we call God. I overcame the lie that God lives in the sky. I realized that God lived in every Soul. In fact, every being was none other than a manifestation of God. This was God-Realization. Earlier, I was searching for God. I didn't know that we don't need to search for God. God is within each one of us. We have to realize God.

When we realize the self, '*Who am I?*' and we flip the coin over, we realize that we are nothing but manifestations of God! Therefore, if we want to Love God, there is a simple way - we Love all the manifestations of God and this creates an ecstasy of joy, a happiness that we have never experienced before. How did I discover True Love? It was through the gift of *Prema* Yoga.

The word Yoga means to be united with the Divine. The world knows of four states of Yoga. We can be in *Dhyana* Yoga or meditation, *Bhakti* Yoga or devotion, *Karma* Yoga or Action or *Gyana* Yoga or education. Through any form of Yoga, which means '*Yuj*' or union, we can be connected or united with God.

Those who are new to the concept of Yoga can understand it by comparing our connection with the Divine to a SIM card that is connected with the satellite. If there is no proper network, we can lose the connection. When I tried to be in Yoga through these four states, I found it challenging and I would slip away into the material world of Love, lust and pleasure. But I Loved God a lot and so I prayed to my God to keep me united in Yoga.

Then, a miracle happened! A fifth state of Yoga, *Prema* Yoga was revealed to me on Monday the 10th of January, 2022. I was praying to my Lord, singing in ecstasy, seeking God. And then, God told me that I could remain in the state of *Prema* Yoga. I could Love God, all the time, for God was not somewhere far away in the skies. God was in every Soul. God was in my beloved, in every member of my family, even in the little pet dog that lovingly wagged its tail. I experienced an ecstasy of Divine Love as it burst through me! I could Love God by loving all the manifestations of God.

This experience of *Prema* Yoga revealed to me the magic of True Love and from that date, over the last two years, I have become a messenger of True Love, trying to teach people the meaning of *Prema* Yoga, the Yoga of loving the manifestations of the Divine. This magical secret takes us to that state of the Transcendental Rainbow of Unconditional and Eternal Longing Of the Soul, which is Very passionate and creates an Ecstasy of joy. *Prema* Yoga is True Love. It is experiencing Love, not for the skin but for the Divine that is within.

Very few people are blessed to experience the Divinity of *Prema* Yoga, the ecstasy of True Love. We all Love and we get our hearts broken because our Love is to do with 'me' and

'you'. We don't discover Love that is Divine. We don't discover True Soulful Love. The combination of my Self-Realization and then, God-Realization led me to experience that state of *Prema* Yoga, where we Love God in all because we see God in all.

My life was transformed! The ecstasy of Divine Love filled my life in such a manner that words cannot express. My life became a fountain of joy and hate went out of the gate. There were no elements of ego that otherwise troubled me because Awakening makes us realize, first that we are nothing, and ultimately, we are all one. It reveals to us the truth of non-duality that we may appear to be different bodies but in reality, we are the ones that wear the body. The moment we rise above the body, mind and ego, we become the Soul and this leads us to experiencing Divine Soulful Love, unknown to those who struggle with Love of the body, mind and ego.

Discover *Prema* Yoga today, the Yoga of Divine Love. Be blessed to Love every Soul as a Divine manifestation and you will experience happiness like you have never experienced before. No Love can create the bliss that comes from what True Love is.



***Prema* Yoga is the union with the Divine, a state of Eternal Bliss. It is True Divine Love that is more ecstatic than any Happiness.**

20

CHAPTER

Loving The Beloved As God



We all Love our partners. If there was no Love, we wouldn't be partners. But is there True Love between partners? This is the magical difference between existing and living life with bliss and joy. Is every married partner, a beloved? In many cases, they were and they are. In some cases, they were but they no more are. The magic of Love has disappeared. And there are those rare cases, where a spouse was arranged by parents or family, without any Love but who became a Soulmate for life. Whatever be the scenario, each of us loves a beloved, a special person in our life, who is very dear to us and whom we Love more than anybody else.

Most often, the lover and the beloved, is a man and a woman, who enjoy an intimate relationship of body, heart, head and Soul. Such a relationship cannot be enjoyed between other couples who are not 'in Love' with each other. We may Love our parents, children, siblings, family and friends but the strongest relationship is between the lover and the beloved, whether they are married or not.

While the intensity of Love differs between the lover and the beloved, True Love is beyond all this. True Love is when we

Love our beloved as God. The Love between us and the one we Love is beyond a physical, emotional and intellectual relationship. It is bonded with a spiritual glue. It is a relationship from Soul to Soul. This is rare and only possible when, at least, one of the two partners has discovered the magic of True Love.

When we discover True Love, the beloved is no more, 'my' wife or husband or partner. The beloved is no more, 'my' spouse. The beloved is God. The moment we treat our beloved as a God or Goddess, it demonstrates True Love. This comes with the Realization that the one we Love so much, is none other than a manifestation of SIP, the Supreme Immortal Power. Everybody cannot realize this. But those who do, make their Love, magical, eternal, unconditional and non-transactional. Such a Love becomes True Love. Then, we are willing to do anything for the beloved, without expecting anything in return because our Love is no more, just Love. It is no more a physical need. It is neither based on an emotional connection nor is it tied with an intellectual bond. Our Love has evolved and has become transcendental. It is no more a Love for a human being. It is Love for the Divine. We start to see the beloved as the Divine and this Divine Love cannot be expressed in words. It has to be experienced. Such Divine Love carries in it not just care, affection and kindness but is also ever-forgiving. Such a Love is unique because it becomes no less than a prayer. It is loving God as though God has come to earth. Such a Love is rare to find. It is True Love. It is *Prema* Yoga. It is the ability to Love God in every breath, in every moment and this ecstasy is unparalleled.



***When we see our beloved as a manifestation of God,
Then, we don't Love our lover, we Love the Lord.***

21

CHAPTER

Soulmates - Do They Exist?



What are Soulmates and do they really exist? Unless we understand the meaning of True Love, we cannot get to the root of what makes us Soulmates. What is the connection between Soulmates and True Love? True Love is not just infatuation, attraction and physical intimacy. True Love is transcendental, far beyond the worldly Love that we know of. It has no conditions, no tags attached. It is pure, Divine, genuine, unconditional Love. However, it is very rare to find. When somebody experiences True Love for somebody, it is neither from body to body nor heart to heart, nor is it an intellectual bond. It is Pure Love from the Soul. But this Soulful Love cannot make two lovers Soulmates, till Soulful Love ignites in both of them. Two people can be Soulmates only when they both transcend body, mind and heart, such that their Souls become one, although they exist in two different bodies. This may not even happen in one in a billion. It is so rare, for first, there must be True Love in one, which is very difficult to find and that must be followed by True Love in the beloved. When both the lover and the beloved develop deep, sincere, selfless, Divine, transcendental Love, then there is the possibility of them being Soulmates.

When two people become Soulmates, they are no more, two. They become one. There is absolutely no difference between the one and the other. Financially, physically, emotionally, intellectually, socially, spiritually and in every other sense, there is no difference. They are more than identical twins, so to say. The magic between them is beyond any logic that can be understood by this world. Such is the bond between two Soulmates. They are willing to sacrifice anything for each other. Their Love expresses itself in a way that they become joyous, making their Soulmate happy. There is no trace of a grudge, anger or dislike of any form between the two Soulmates. Normally, this is very, very rare because even though one person may be ignited by the Realization of True Love, for two people to realize True Love and become Soulmates is unheard of.

Each one of us is different. We are conditioned by our body, mind and heart and our upbringing fills us with different kinds of emotions, likes and dislikes. As long as we carry this baggage, it is very difficult to experience the Love of Soulmates. Unless we are willing to empty ourselves completely and reprogramme the software of our life with True Love, deleting all other impressions, memories and desires that can separate us from our Soulmate, we are not yet prepared and ready to experience the journey of being Soulmates. Therefore, is becoming Soulmates even possible? Being Soulmates is a dream-possibility. Though it is rare but if the lover and the beloved discover True Love that is Divine and transcendental, beyond worldly Love, such a Love can become Immortal Unconditional Love and they can become Soulmates. It is the most beautiful bliss that one can experience on earth.



***It is Divine Love that is most beautiful but it is not everybody's fate.
When two people experience it, then we find a Soulmate.***

22

CHAPTER

Loving Everybody As God



Not many people can fathom this statement that we can Love everybody as God. To most people, we can only Love God as God. Nobody else! Most of the world is searching for God. We go to a temple, a monastery or a church but don't take our search in the right direction. Although the scripture tells us that the kingdom of God is within (Luke, 17:21) and God lives in the temple of our heart (Corinthians 3:16) we still search for a God in the sky, not realizing that it is a lie! The ancient Hindu faith, *Sanatana Dharma* teaches us, '*Neti Neti Tat Twam Asi*,' meaning, '*Not this body, not this mind. Thou art that, the Soul that is none other than SIP, the Supreme Immortal Power.*' The rare few who realize that we are all Divine Souls, go beyond the duality, the separation of you and me, of me and God and realize a profound truth. We are all manifestations of God. The moment we realize that every human being, in fact, every living creature is none other than the Soul, that the Soul is none other than God or SIP, the Supreme Immortal Power, in that moment, we discover God walking on earth. We realize that God is appearing in every being. If we can realize this, we are blessed with the Divine magic, where we can see God in all, serve God in all and Love God in all.

One who has realized God within and in every Soul, not only loves the beloved as God but loves every being as God. Such a person develops reverence for every Soul, be it man or beast, a bird in the sky or even a fish that swims. A Realized person, realizes God in every Soul and loves every Soul as God. This is man's greatest achievement. In fact, it is the purpose of our existence and is the complete meaning of our coming to earth and taking this human birth.

Only man is blessed with a fully developed intellect to discriminate and realize that we are not this body that dies. This body is formed over nine months in a mother's womb and one day, at death, it will become ashes. We are the Divine Soul that arrived nine months before at conception and will depart in the moment of death. The Soul is nothing but Divine energy. We all come from God, from SIP but because we don't realize it, we develop a false ego, we fight with each other, experience anger, hate, revenge and jealousy and are even ready to kill each other. But the moment we discover True Love, the moment we Realize the Truth, we realize God in man and woman, and in doing so, we are able to Love everybody as God. This is True Love. It is Divine. It is Spiritual and it is universal. It is not Love from one body to another body but from the Soul to every single Soul that manifests in every life. It is the longing of the Soul, which creates an ecstasy of joy.

Can everybody experience True Love and Love everybody as God? No! But you can. Whether or not others realize, if you Realize the Truth of True Love, you can experience Divine, Transcendental Blissful Love that is unknown to the world.



***True Love can't happen with the Ego that stands tall like a wall.
When the ego has a fall, we Love the Divine in one and all.***

23

CHAPTER

True Love Is The Ultimate Ecstasy Of Joy



Who doesn't want to be happy? We all want to be happy but a very few amongst us have discovered the ecstasy of joy that comes from True Love. The bliss that True Love is, cannot be explained in words. It has to be experienced. It is a euphoria of Divine Joy that sprouts from the Soul and flows in every cell of our body. It is difficult for any other type of happiness to come close to the ecstasy that comes from True Love.

What makes Love, the ultimate ecstasy of joy? Love is God. Love is that Supreme Immortal Power that flows as our Soul, the Spark Of Unique Life and when one Soul has a genuine longing for another Soul, the power in this magical attraction is so Divine that it overpowers all other forces of life. That is why the power of Love is said to be so strong that people are ready to sacrifice anything for it. People are ready to let go of their life and careers, their family and friends, even the crown and the kingdom for the sake of Love. So many people have even killed themselves when they could not get the Love of their life. This reveals the power of Love. But when this Love transcends to True Divine Spiritual Love, then it is refined into a powerful ecstasy of bliss, eliminating all negativity that gets diluted with the body, mind and ego that makes us think that Love is

that of the physical self. No doubt, the bliss of physical Love and emotional intimacy is strong but it is nothing compared to the ecstasy of Divine Love that encompasses the body, heart, head and Soul. When True Love flows through us, the joy is boundless and is as the waves of the ocean that can flow through eternity.

Why has the world not discovered this ultimate ecstasy of joy that comes from True Love? It is because the world experiences Love, not True Love. Love is Longing Of the Soul which is Very passionate and creates an Ecstasy of Joy. But when that Love evolves to True Love, then that transcendental Rainbow of Love, which is unconditional and eternal, rises to a peak that experiences an ecstasy far greater than the Love of the world. This Spiritual Divine Love is not only unheard of but experienced by only a rare few. They don't just Love the skin but Love the Divine that is within. Their Love does not flow to just one but to one and all as they see each Soul as a manifestation of the Divine.

While happiness can come from pleasure and peace is the foundation of happiness, the true treasure of bliss is True Love. True Love emanates and vibrates joy that flows through our life, creating ripples of happiness that cannot be compared to the happiness that money can buy or our senses can be gratified with because this is True Love of the Soul. It is Divine and goes beyond the physical body and our subtle existence to the very essence of our being, the Spirit, the Soul or the *Atman*, where True Love flows from. There is no greater ecstasy of joy than True Love!



***True Love is an ecstasy of Joy, of Divine Bliss,
It is a euphoria greater than any other Happiness.***

24

CHAPTER

True Love Eliminates All Misery, All Sorrow



How can True Love eliminate all misery and sorrow? While True Love may create an ecstasy of joy, how can it eliminate misery and suffering? True Love is of the Soul. It transcends the body, mind and ego. It is not just Love between skin and skin. When there is Love between two bodies, there may be conflict, misunderstanding, expectations and conditions that create unhappiness. Even when Love is emotional, there are expectations between people and this leads to disappointment. Intellectual Love too, is not free from different opinions and often the magic of synergy becomes stress and anxiety that can end up in arguments and loss of Love.

But True Love is Divine Spiritual Love. It transcends all conflicts of the body, mind and ego because it goes beyond them. True Love is realizing that we are the Soul from where Love flows. When Love flows to another Soul in True Love, it eliminates the mind and ego that separate me and you. In True Love, there is no duality. The lover and the beloved become one, just as the body, mind and ego dissolve. Therefore, the first level of pleasure without pain, is the elimination of the ego that normally creates anger, hate, revenge, jealousy, pride,

greed and selfishness. Because the ego dissolves and two become one, these monsters of the ego also disappear.

True Love also transcends the mind as it resides in the cavity of the Soul. All thoughts of fear, worry, stress, anxiety, regret, shame and guilt disappear the moment there is the sunshine of True Love. The shadow of the toxic mind only exists when there is ignorance and Love is considered as an attraction or even a relationship between two people. But when True Love evolves into being a Divine flow of energy between two manifestations of the one Divine, in that very moment of Awakening and Spiritual bonding, all misery and sorrow ceases.

What causes misery and sorrow? Negative thoughts, feelings and actions that we all experience in life. But the moment there is a fountain of True Love, negative emotions are transformed to positive emotions as the body, mind and ego transcend into being the Soul. When we realize that we are not different from each other, rather, we are all a part of that one same Divine Universal Energy, then there is no possibility of any sorrow because then, True Love becomes omnipresent. It is everywhere, in everything, all the time. This is not a common phenomenon. Most of us experience miseries and sorrows, not only as we live on earth but also after we die and when we return in a rebirth. However, the ones who experience True Love, realizing the Divine presence in oneself and others, not only enjoy the ecstasy of bliss but also transcend all misery, pain, suffering and unhappiness.



***True Love goes beyond the Body, the Ego and the Mind,
True Love resides in the Soul, where no misery, we can find!***

25

CHAPTER

How I Discovered True Love



I, too, lived with Love for 50 years. I did not know the meaning of True Love or how Love could become True Love. To me, Love was what I saw in the movies. Love was between two people. It flowed from body to body, heart to heart and mind to mind. I had heard of Soulmates and how Love could flow from Soul to Soul. But neither had I paid attention to that nor had I realized what this Love was all about.

Then one day, I discovered the magic of True Love. It was much after my quest for the Truth, my search for the true meaning and purpose of life. I was seeking True Happiness beyond the pleasure that I had enjoyed for so many decades. I had even lived with bliss, fulfillment and contentment. But there was something missing in my life. My Spiritual Master sent me on a quest to find answers to all the unanswered questions in my life.

Then came the Spiritual Awakening, the Realization of the Truth that I was not 'I'. Neither was I the name that I always repeated, '*I am...*,' nor was I the body that Loved and experienced Love. This body came much later, over nine months after I was conceived. One day, this body will die and people will say that I passed

away. When I searched for the mind, where is the mind, I could not find. Therefore, the ego that said 'I,' was a lie. If I was not the body, mind and ego that I appeared to be, then, who was 'I'? I awakened to the truth that I was the Divine Soul, the Spark Of Unique Life, the energy that gave me breath, from birth to death. I also learned that Love comes from the Soul. It manifests through the body and mind but does not come from either. Love is a Divine emotion that flows from one Soul to another Soul. I got this Realization long after my Spiritual Awakening but I could see so clearly the Divinity of Love, how True Love was not about Valentine's or a hug and kiss. True Love was Divine Bliss. I woke up to the truth of what True Love is.

From then on, my paradigm of Love changed. I did not see Love as I used to. For me, Love was now, a Divine emotion that was flowing from the Divine in me to the Divine in all. As I realized that every individual is a Divine manifestation, I realized that the True Love that was flowing, was flowing from the Divine to the Divine. I realized that this is the very essence of our life but because of our ignorance, we do not realize who we are, in reality and why we are here. We pray to God and we even Love God but we are not able to take our Love for God to its logical conclusion because we do not realize who is God, where is God and what is God. The moment we realize this, we also realize that we are none other than God and True Love is nothing but the power of God flowing through us from one to another. That is why True Love is such an ecstasy of joy and has no misery or sorrow. This is because True Love is God, it is from God and for God.



***True Love is not romance or a hug or a kiss!
When Love is from the Divine for the Divine, True Love it is.***

26

CHAPTER

From Attachment To Detachment



What is the way to move from attachment to detachment? Attachment seems to be only Love. It is not True Love. It is just attraction, desire and passion. Not many will agree to this because most of the world experiences attachment due to an attraction and they think it is Love. It may be worldly Love but by no means is it True Love.

When there is True Love, there is an inner detachment, even though there may be a deep sense of Love and longing. Attachment and detachment are what differentiate Love from True Love. Suppose, there is a man who is in a physical relationship with a woman. If he has no Love for this woman, there will be no attachment. His physical relationship is just a need. But if such a man has Love for that woman, there would be an attachment, which would lead to the man becoming possessive about the woman. Here, the attraction to the woman has become an attachment due to the perceived Love that he has for her. But is it True Love? Unfortunately, it is not! True Love is not just Red Erotic Love of the world. True Love is Divine. It is Spiritual, universal and transcendental, which means that it is not just Love of skin to skin. True Love is the longing of the Soul for the Soul in another. This may manifest

emotionally, physically, intellectually and spiritually but in True Love, there will be Detached Attachment.

What is Detached Attachment? This new term is what is experienced in True Love. One is not attached to the body of the beloved that one loves. One realizes that Love is for the immortal Soul, not the mortal body. The body is just a manifestation of the Divine, whom one loves. Therefore, such True Love becomes a state of Detached Attachment. On the outside, it may appear that there is deep attachment. But deep within, there is no attachment, only Pure Love.

Not everybody can understand the difference between Love and True Love. We can easily comprehend where there is Love and no Love, for where there is no Love, there is no attachment. Attachment is a product of Love but not of True Love. The moment there is True Love, one is not just detached but also attached. This Detached Attachment is a product of True Love.

Those who are seeking True Love must learn the art of Detached Attachment. It is natural to be attached to the ones we Love but if we overcome our ignorance about Love and are awakened to understand the meaning of True Love, we will go beyond attachment to a state of detachment. But because there is True Love, the detachment will not reveal itself. To the world, the attachment of Love will appear but to the one who has attained True Love, he will not only enjoy the manifestation of Love as it appears but also enjoy the ecstasy of detachment in True Love, which eliminates any possibility of a heartbreak.



***When there is Love, it is natural to have attachment.
But True Love evolves to a state of Detached Attachment.***

True Love Is Not Transactional



This world is a transactional world. Everything is give-and-take. In fact, the world is governed by the Law of Karma. What you give is what you get. What you do will come back to you. So, Love too, has become transactional.

We tend to Love as much as we are Loved. We like people who like us and we dislike people who are not on our frequency. Is there anything wrong with this? Absolutely not! But this is not what True Love is.

People talk about having a good understanding in Love. If a wife is taking care of the kids and her husband and doing other household chores, while the husband earns for the family, it shows a good understanding between them. Likewise, if the husband is not the one who is earning but the wife is, and if the husband helps with the household chores, it also indicates a good understanding between them. This is how the world operates and it seems like this is Love. No doubt, it is. But True Love is very different. In True Love, there is no transaction, no comparison and no balance. True Love is ever-giving. True Love flows to the one that we truly Love. Therefore, there is no expectation in True Love. Such is the magic of Spiritual Divine Love.

It seems quite impractical at first instance. How can Love work if there is no equation of give-and-take? The only mistake we make is confusing Love with True Love. All Love relationships are based on a give-and-take equation but True Love is only give and give. The lover who experiences True Love doesn't seek anything in return. The moment we do something in Love and seek something in return, it reveals that the relationship lacks something. It is not True Love. In Love, the transaction must be completed but in True Love, there is no transaction.

Thus, the ecstasy of True Love is beyond our comprehension. The emotion of True Love is a unique emotion. When we see the Divine in our beloved, we are already living in that state of being ever-grateful for the Divine bliss that we enjoy and thus, we seek nothing else. This Divine ecstasy that is born of True Love is priceless and thus, there can be no further transaction to equate a give-and-take in the subject of True Love.

Since we do not see such True Love in the world and even the movies and theatre portray only worldly Love, we cannot fathom what True Love is all about. In the few Love stories that the world remembers, we see the lover madly in Love but little do we realize that the key component in this mad Love is that the beloved should Love him back. If it is True Love, it is not transactional. In True Love, there is just Love and nothing but Love. It is a longing of the Soul and it is so passionate that it seeks nothing. The longing itself creates ecstasy and therefore, when we do anything in True Love, we seek nothing in return. It is transcendental, totally Divine.



***In every Love, there is attraction and a transaction.
But True Love is Divine and has no expectation.***

28

CHAPTER

In True Love, There Is Sacrifice



Regardless of how much Love we have for somebody, the essence in Love is that we Love ourselves first. This is the truth. Every human being has immense Green Love. This is the Love for oneself and the motivation in loving another is that Love makes us happy. In such Love, it seems that Love is flowing so beautifully but in reality, the Love for the beloved is the cause and the effect is bliss for oneself. But True Love is different. In True Love, there is no cause and effect. There is nothing but True Love.

How is True Love different from Love? In True Love, there is no 'I'. The self is dissolved. The self is awakened and enlightened. When we realize that we are nothing but a manifestation of the Divine and we realize that the beloved is the Divine manifesting as the beloved, we are ready to do anything for the beloved.

This is sacrifice. When one is ready to sacrifice unconditionally, anything and everything, it is a mark of True Love. What holds us back from such sacrifice in Love? Nothing but the ego, the 'I'. In True Love, we sacrifice the 'I'. We cannot annihilate the ego or destroy it but the intensity of our sacrifice is so deep that

the 'I' dissolves. *'I seek nothing. I want nothing. I am nothing. I am willing to do anything for you.'* It's the sacrifice Mantra that one discovers in True Love.

The sacrifice that we are talking about in True Love seems so idealistic and unrealistic that it would seem that such Love cannot exist. That is why True Love is very difficult to find. Where can we see such a state of total sacrifice that appears as complete surrender, where the lover has completely surrendered to the beloved? In such a state, where one has total faith, total trust, total Love, total understanding and total acceptance, True Love builds its roots and the shoots and the fruits of such True Love will sprout in sacrifice that is unlimited, unheard of and unbelievable.

The sacrifice in True Love has no logic. It is beyond magic, because in True Love, two have become one. True Love is Divine. It emerges from the Realization that there is nothing else in this world except True Love. What appears on the outside as the material world is nothing but a Cosmic Illusion. Everything is a manifestation of that one Divine whom we Love. In fact, beyond the sacrifice that one does for the beloved, True Love overflows into the world as care, compassion, understanding and forgiveness. All this forms the very basis of True Love. But when there is selfishness in Love, when 'I' becomes more important than 'you', this reveals that there is Love but it is not True Love. Most of the Love in this world is just Love. And so, while we do see some glimpses of sacrifice, total unconditional sacrifice is very rare, just as True Love is.



***When there is unconditional Sacrifice, our life itself we give,
This is True Love, a very rare way to live!***

29

CHAPTER

Loving Without Expectations



The least that one expects in Love is to be loved in return. But in True Love, even that is not expected. True Love is loving the beloved without expecting the beloved to Love us back. True Love goes beyond this. It is loving one and all, loving the whole world, without waiting for the world to Love you. Such is the magnanimity of True Love.

The whole world has expectations. Everybody expects something from everybody. That people do something without expecting something in return, is unheard of. But when one is awakened with True Love, then their life is transformed, for in True Love, you just give. You don't wait to get. You forgive, even without your expectations being met.

True Love is Divine. Thus, it is Transcendental, Spiritual and Universal. In common Love, when we say, '*I Love you,*' we expect some response, be it Love in return or at least, an acknowledgement. But True Love is different. *True Love flows, goes and grows without waiting for the rose.*

What differentiates Love and True Love? Love is human. True Love is Divine. Love has expectations and in True Love, there

are no expectations. In Love, there is 'you' and 'me'. In True Love, there is non-duality. Everything and everyone is one — one seamless manifestation of the Supreme, the Divine. It is only this state of Awareness that can foster the blessing of True Love. The rest of the world will only experience Love. We will live, make Love, enjoy the joy and die, only to return and Love again. But True Love is liberating. When we Love without any expectation, we become a *Yogi*, a *Prema Yogi*. Such a lover loves without any thought of getting anything in return. The Love is flowing from a *Yogi's* Soul. It is the flow of this Divine emotion of True Love that creates an ecstasy of joy for the *Yogi*. The *Yogi* is not waiting for a reply from the beloved or from anybody in the world. Therefore, the ecstasy of True Love, which has no expectations becomes seamless, eternal, uninterrupted, peace, Love and bliss.

True Love is not something that we will see everywhere. It is rare to experience but it is for us to try to discover this Divine grace of True Love. We all have Love within us but this Love must transcend from the Love of the heart, head and body to the Love of the Soul too. When Love starts flowing from the Soul, it may manifest physically, emotionally, intellectually but being deep-rooted spiritually, it is very different from the Love of the world. That is why the Greeks called it *Agape* and not *Eros*. The Sufis called it *Ishq-e-Haqiqi*, not *Ishq-e-Majazi*. There is a difference and when we start to experience True Love that is Divine, we experience an intoxication that is greater than any wine. This is a different sunshine and our lifeline will be free from all expectations. Let us start our journey of True Love and be blissful without expectation.



***When Love becomes True Love, there is no expectation.
The expression of True Love itself becomes a celebration!***

30

CHAPTER

Transcending Love Of The Skin



If one wants to discover True Love, one has to first transcend the Love of the skin. As long as one is enamoured and attached to worldly Love between the body, head and heart, one will never ever discover True Love of the Soul. True Love of the Soul is detached. It is Universal Love. It is not lust nor is it a crush, an attraction or worldly Love. As long as one is a slave of worldly Love, one cannot discover Divine Love. Therefore, one has to go on a journey from *Ishq-e-Majazi* to *Ishq-e-Haqiqi*. One has to transcend the Love of the body to the Love of the Soul.

Suppose, we are madly in Love with one person. We can never discover True Love that is transcendental. The Love that is for the beloved can be deep and devoted but if it stops us from loving the Divine in one and all, we have failed in the journey of True Love. The journey of True Love means to let the waves of Divine Love flow like the waves of the ocean. This should never stop. This Love is eternal just as the Soul is. This Love is unconditional and does not limit itself to the body of one individual. In fact, it cannot limit itself even to a group of individuals. This restricted Love is not the Love of the Soul and thus, can only be termed as Love and not True Love.

Therefore, the one who is seeking True Love will go beyond the skin to Love the Divine that is within. Even when there is Love for the beloved, that Love is not restricted to the beloved or not restricted to the Love of the body, heart and head. It is Soulful Love that can transcend the Love of the body and go beyond.

What does this mean? Does it mean that we have to give up the Love of the body or physical intimacy, or loving our family and friends? No! But our Love should not be selfish and confined to our near and dear ones. In True Love, you eliminate hate completely and Love one and all, as you experience the Divine presence in all.

Some people get very troubled and say that they are able to transcend Love of the skin and Love the Divine within all, except one or two people, who drive them up the pole. This shows that the presence of True Love has not yet been completely achieved. The goal is to Love without exception. Only then, it reveals the presence of True Love because True Love means realizing that every individual that we Love is not made up of bone and skin. Every individual is a manifestation of the Divine that dwells within. And so, if we see the devil even in one or two people, we are still 'work in progress'. We are still on our journey to achieve Transcendental True Love.

Many people get fooled into thinking that True Love is deep intense passionate Love for the beloved. Unless Love flows beyond the beloved and beyond the skin to the Divine that is within every living creature, it is not True Love.



***True Love transcends the Love that is for the bone and skin,
It is Universal Love for all that embodies the Divine within.***

31

CHAPTER

True Love Has No Expectations



True Love is an ecstasy of joy. We all experience Love but with True Love, there is seamless bliss. That is why there are no disappointments, no unhappiness and the root of this is not having any expectations.

In Love of the world, where two people enjoy a loving relationship, there is '*give-and-take*.' It is natural for people to expect and fulfil expectations, just as it is natural for some people to be indifferent and hurt others. There is no example of Love in which there is no heartache, no heartbreak. Not only is there heartache in cases of Love between the lover and the beloved but even when we Love our friends and family, we experience heartbreak and sometimes, feel let down. We ponder, '*We did everything for that person but what did we get in return?*'

In True Love, one does not expect anything in return. There are absolutely no expectations. The Divine Drama of True Love unfolds, realizing that this whole world is a manifestation. It is *Maya*, a Cosmic Illusion. Everything is Divine energy appearing on this earth stage as a show and we are like actors, who come and go. True Love understands this *Leela*, this Cosmic

Drama and as every actor being a manifestation of the Lord. True Love understands that this drama of life is Karma and therefore, there is no trauma because with True Love, one learns to live and laugh, enjoying the ecstasy of Love, without having any expectations. The hallmark of True Love is acceptance and surrender because True Love is the awareness of the Divine presence in one and all. True Love teaches us the art of letting go. The bliss comes not when Love is fulfilled, rather, the ecstasy of joy comes when Love bursts from the Soul and flows to the ones that we Love.

If we want to differentiate between Love and True Love, the litmus test is simple. If in Love, there is any expectation, it is only Love, not True Love. But in those rare cases, where there is deep Love and longing but no expectation, Love has transcended the body, mind and ego and has become True Love. Thus, the Spiritual Love that has no expectations is True Love.

In True Love, we want to do things for the beloved. In True Love, we want the ones we Love, to experience bliss. Therefore, in True Love, one does not wait for the response of others. In fact, there are no others. There is only the Divine presence and True Love is loving the Divine in one and all with the Realization that we ourselves are manifestations of the Divine and we are already Loved by the Divine that is within us. Having this Realization, the ones who experience True Love have nothing to expect. Just being in this state of True Love is such an ecstasy that one lives and loves without any condition, any reason or any objective. This is the magic of True Love.



***Where there are expectations, it cannot be True Love.
True Love is loving all as manifestations of the one above.***

32

CHAPTER

Living As *A Prema Yogi*



Who is a *Prema Yogi*? A *Prema Yogi* is a Divine Saint, whose life flows with True Love. *Prema* is Love and *Yogi* is one, who is in union with the Divine. Therefore, a *Prema Yogi*, through the Yoga of Love, remains in union with the Supreme, the Divine. He loves all manifestations of God, of the Supreme Immortal Power, SIP. This elevates a *Prema Yogi* to the state of *SatChitAnanda*, Eternal Bliss through Truth Consciousness that flows from *Prema Yoga*.

A *Yogi* may live with *Dhyana Yoga* or meditation, *Bhakti Yoga* or devotion, *Karma Yoga* or Action or *Gyana Yoga* or education, but a *Prema Yogi* spends most of his time in loving God through True Love, the Divine Spiritual Universal Love for one and all. As a *Yogi* of Love, one lets the Divine emotion of True Love flow to all living beings, be it you, me, a butterfly, a bee or even a tree. A *Prema Yogi* even loves a DOG as GOD, because to a *Prema Yogi*, being in a state of *Prema Yoga* means seeing God in all and loving God in all.

A *Prema Yogi* is in a state of heightened Love. When he loves his beloved, he sees the beloved, not as one made of bone and skin but as a Divine being. This Divine Love works in two ways. First,

the *Prema Yogi* is able to Love God in the beloved and in one and all. But as this Divine Love flows to all Divine manifestations, the *Prema Yogi* gets a return gift of being Loved by the Divine, the Supreme through *Prema Yoga* or the Divine True Love flowing to him from God through the beloved. This is a gift of *Prema Yoga* and only a true *Prema Yogi*, who is successful in living with True Love and sincerely and earnestly loving all manifestations of the Divine as the Divine, receives this True Love that is coming from the Supreme through the beloved.

True Love is an ecstasy. It is God. It comes from God. It flows to God and the sooner we realize the presence of God as SIP, the Supreme Immortal Power, in every Soul, every Spark of Unique Life, the sooner we will be blessed with the gift of *Prema Yoga*.

Living as a *Prema Yogi* means transcending the monsters of the ego, dissolving anger, hate, revenge, jealousy, pride, greed and selfishness. A *Prema Yogi* realizes, '*I am nothing but a manifestation of the Divine and so is everybody else.*' Thus, the Love of a *Prema Yogi* flows to one and all and the enhanced Love to near and dear ones is also nothing but the True Love that flows out of the Soul. It is only natural for every human being to have some special people around and the extra Love to these special ones does not dilute the existence of *Prema Yoga*. *Prema Yoga* is Universal Love without any hate. Anger, revenge and jealousy are thrown out of our gate. What remains is pure, unconditional, Divine, Eternal Love called *Prema Yoga*.



***A Prema Yogi loves one and all, enjoying Eternal Bliss.
Loving the Divine in all, enjoying seamless Happiness.***

33

CHAPTER

True Love Is Bliss, An Ecstasy Of Joy



Why should we even bother about True Love? Why must we work so hard in attaining *Ishq-e-Haqiqi*, *Agape* or True Love? It is because every human being in this world is seeking only one thing – happiness. A human being may want to achieve success, achievement, money and create name, fame and wealth. But why? For what? It is because we believe that all this can give us happiness. We all want pleasure. We don't want pain. What gives us the most pleasure is Love.

We misunderstand Love to be pleasure and so, we do not discover True Love because we are lost in the ephemeral, momentary, joy that comes from the magic of Love. We enjoy romance, hugs, kisses, Valentine's Day and physical intimacy but we forget to discover that True Love is a Rainbow of Love, of the seven colours of Love. Very few of us discover White Divine Soulful Love, the very source of all Love. We are in raptures in the ecstasy of Love that is Red Erotic Love, Blue or Romantic Love or even Orange Emotional Love. While the other colours of Love form the very foundation of our happiness, not many of us discover the ecstasy of joy that comes from True Love, which is Eternal Bliss.

No doubt, Love is beautiful and no doubt, we must enjoy loving our beloved but we must not forget that more than Love, it is True Love that is really blissful and that creates a euphoria of joy throughout our life. We must transcend Love and realize True Love if we want our bliss to be seamless, eternal and everlasting. If we don't want heartache and heartbreak, we must not restrict Love to being just Love. We must evolve to that state of Transcendental True Love that is Eternal Bliss. It is important to reiterate this because even after understanding True Love and discovering the Rainbow of the seven colours of Love, if we don't realize White Divine Soulful Love that is the source, we will be happy but we will not climb the ultimate peak of happiness.

Happiness has three peaks. The first peak is achievement, success, money. We use this money to Love people and create pleasure. The second peak of happiness is peace. If our Love is on the rocks, if we have bad relationships, we will lose our peace and with it, our happiness too. The third peak of happiness is Enlightenment, which is realizing the Divine within. Then, Love will flow from Soul to Soul, creating an uninterrupted flow of ecstasy. This joy is unparalleled. This happiness has three Ps – Pleasure, Peace and Purpose. We Love the Divine in one and all, till we ultimately become one with the Divine, which is man's reason for being alive, the very purpose of human existence. Therefore, we must work towards True Love and enjoy not only the bliss and ecstasy of just Love of the material world but also the Divine Love of the Spiritual world. We must enjoy the Rainbow of Love, which is a fountain of joy.



***We must discover True Love and Love in every breath.
True Love is eternal, it flows from birth to death.***

34

CHAPTER

Can True Love Ever End?



True Love comes from the Soul. The Soul is a Spark Of Unique Life. It is Divine energy. It is eternal. It is birthless, deathless, beginningless and endless. The Soul comes from SIP, the Supreme Immortal Power that we call, God. This power is beyond definition and comprehension. It is this power that creates the magic of Love, peace and bliss. Unless we get to the root of Love and discover True Love, we will not enjoy the ecstasy of joy that True Love creates.

Therefore, True Love never ends. It continues from the time we are born, till the time we are gone. Our life on earth will come to an end as every 'body' dies. But True Love transcends death because Love is of the Soul. The Soul carries Love with it and when a new body is created, it is with the Soul, the Spark Of Unique Life, and the Soul is nothing but Love and bliss. Every Soul vibrates Consciousness and in Consciousness, there is the possibility of peace, Love and bliss. Unfortunately, because we get lost in the material world, we do not discover the Spiritual world which flows with the fountain of Love, the rainbow of seven colours. This Divine Love manifests as the seven colours of Love, transcending one colour to another. True Love is

limitless. True Love is seamless. True Love is omnipresent, omnipotent and omniscient - the three virtues of the Divine that manifest in every Soul, carrying with it the potential of True Divine Love that creates an ecstasy of joy.

Because we think of Love to be Love, we Love and then, we hate and True Love goes out of the gate! There is like and dislike, good and bad. But True Love is none of these. In True Love, there is no good and bad. Everything is perfect. True Love is complete acceptance and total surrender to the Divine presence that is within, in the Soul and that manifests as every Soul. Therefore, True Love is unconditional and eternal. The Rainbow of Love is transcendental, universal, Spiritual and not the material Love that we know of.

Therefore, True Love can never end. If one has True Love, one never leaves. But if one leaves, there never was True Love. We must remember this when we Love, as we move our Love to True Love that is not transactional. We must drop all conditions in our Love, all expectations to make our Love transcend to become True Love. Then, we will enjoy the seamless Eternal Bliss of True Love.

As long as Love is only for the skin, it can never be True Love. When Love flows deep to the Divine within, the Divine that Loves is not the mortal body. It is the eternal Soul. And thus, this True Love from the Soul never ends. Such True Love creates heaven on earth. It creates seamless joy, bliss and peace in every moment that we live. So, let us fill our life with True Love!



***Just as the Soul is Eternal, Birthless and Deathless,
So, True Love is Immortal. It is Everlasting, Seamless.***

AFTERWORD



I, too, experienced the magic of Love. I was just 13-years-old and did not know the meaning of Love but fell in Love with a girl, whom I adored. I would run back from school, every day just to get a glimpse of my beloved walking from her school back home. And then, after 4 years of this romantic Love, where I did not even date her or have any contact with her, when I finally proposed to her, she broke my heart and said that she was in Love with somebody else!

Many of us go through such relationships. Sometimes, such relationships result in marriages. But there are always ups and downs in the Love that fills our life. We all experience this. Love, first makes us glad and then, it makes us sad! But the rollercoaster continues. After all, can we live without Love?

I, too, had my share of Love. But my Love story evolved as my river of Love flowed from the one I Loved to many. After all, Love is an EMOTION, Energy in MOTION and it needs an outlet to flow. My Love was very powerful. Only today, when I reflect, I realize how it was a Divine Rainbow of Love.

From the time I was a child, I Loved my parents, siblings and friends but I never realized that it was Love. I was programmed to believe that Love is only between a boy and a girl and so, throughout life, I knew of only romantic and erotic Love. It is an honest submission that I did not pay attention to the other colours of Love, which were also flowing through my

life. Then, one day in 2014, I was Spiritually Awakened. I realized that there was a difference between Love and True Love. I even wrote a book named - 'True Love is Bliss, Not Just a Kiss!' It was then that I discovered what True Love is. I realized that throughout my life, there was Violet Love for my parents and Indigo Love for my friends. My Love from age of 13 to 16 was Blue Innocent Romantic Love. It was Green Love that made me passionate and created my success story. Much later in life, I discovered Yellow Intellectual Love and Orange Emotional Love. Most of my life was filled with Red Erotic Love, which I thought was Love.

Today, I feel blessed that I realized that Love was very ordinary. When I discovered True Love, I awakened to the Realization to what Love really was and how that seamless bliss and ecstasy of joy was not just Red Erotic Love but the seven colours of Love that had flowed throughout my life.

Today, having Realized the Truth about True Love, I have decided to devote my life to become a messenger of True Love, so that I can share with people what True Love is. Having experienced the fountain of joy, the Rainbow of Seven Colours of Love, I hope that people are not deprived of the magic of True Love that is nothing but life. Life is Love and Love is life. But if this is not True Love, it is mixed with misery and strife. My journey of life has experienced the ecstasy of True Love and I wish to share it with the world!



True Love is Bliss that has no strife.

True Love is in every breath. Without it, there is no life.

AiR, A MESSENGER OF TRUE LOVE

Everybody knows about Love but nobody knows about True Love. Who doesn't enjoy a hug and a kiss? But who enjoys that ecstasy of True Love that is bliss? The world is deprived of True Love that is the greatest pleasure, greater than any treasure. Unfortunately, we are ignorant about True Love and the worst part is that we are even ignorant about our ignorance! We all think that we know what Love is and we all think that we enjoy Love. Little do we realize that we have not discovered the Rainbow of True Love. We have not realized White Divine Universal Spiritual Love, which is the cause of all the Love in this universe. We enjoy one or two colours of Love - Blue Romantic Love, Red Erotic Love and maybe, Orange Emotional Love but the fountain of joy that comes from the Rainbow of Love, triggered by White Divine Love is missing in our life.

Being blessed with this True Love as a Divine gift, I have made it my mission to show to the world what True Love is. I have decided to become a messenger of True Love, which is Eternal Bliss. True Love is Divine. It is not just Love. It is realizing that Love flows from the Soul, from SIP, the Supreme Immortal Power we call, God. Therefore, Love flows from God to God. Love is God but we have not discovered this. I have realized this and enjoy the ecstasy of True Love. Now, as a messenger of True Love, I have taken it upon me to help the world discover this magnificent Love that is blissful beyond words. I have made this my mission. As it is my passion, it has become an

obsession to make people experience the Rainbow of True Love that manifests from White Divine Love.

Where does Love come from? Love emerges from the Soul, that Spark Of Unique Life. That is why it is such a Longing, Of the Soul that is Very passionate and creates an Ecstasy of joy. Love and bliss are not human constructs. We experience them but we don't realize that they are in us from the moment we are born, till we are gone. Who teaches a little baby to smile and giggle? A baby is born with the gift to laugh, Love and live but we don't realize that it is inherently Divine. We live and die without discovering, 'Who am 'I'?' and therefore, we don't realize that we are all manifestations of the one Divine. Who will teach us this? It is not something that can be taught. It has to be caught. It has to be realized. We need to be enlightened. As a messenger of True Love, I have made it my purpose to help people discover True Love and enjoy that ecstasy of bliss that is greater than any other happiness.

As a messenger of True Love, my life is all about helping people understand the purpose of life, who we are and why we are here, to help them discover the state of Eternal Happiness and most of all, to realize that Love is beyond what we think it to be. Love is Eternal, Unconditional, Spiritual and Divine. It is True Love in me that has made me a messenger of True Love and makes me want to spread it to the world.



***True Love is not of this world. It comes from the Divine above.
It is my Mission to spread this message of True Love.***

POEM

The Divine Magic Of **TRUE LOVE**



*What is Love? Love is Bliss
But why does Love cause unhappiness?*

*When Love is from heart to heart, it can break
Love causes ecstasy but sometimes it's fake!
What is the way to overcome this heartache?*

*We all have loved right from our birth
There is no one, who does not love on earth
But do we really know what Love is truly worth?
We think, Love is romance and so we flirt!*

*Love is beyond a hug, a kiss, a dance
Love is not just that first glance of romance
Love is beautiful. It is a Divine trance
It hardly matters whether we are in India, USA or France!
How can the emotion of love, we enhance?*

*Love is not love just from heart to heart
Love is a bond, which can never break apart
When we don't realize the true meaning of Love
When Love is of the earth, not for the one above
It is only when we move from Love to True Love
Then, the lover and the beloved are like hand and glove*

*What then is Love, if it is not just lust?
To discover True Love in life, is a must*

*True Love is a Rainbow of Colours, Seven
It is not counting Love affairs, from one to eleven
True Love is bliss, no less than heaven!*

*If Love has conditions and is based on expectation
Then it is not True Love, let's have this Realization
True Love is deep within, it creates inspiration
And the ecstasy of True Love is a bright Illumination*

*True Love is not of the earth, True Love is Divine
True Love is an intoxication, greater than any wine
It is not just Love from skin to skin
True Love emerges from the Divine that is within
Ordinary Love will end in suffering!*

*True Love is not just for the beloved, it can be friendship
Though Love often ends up in a relationship
But Love does not have to be marriage, a fixed contract
Many marriages end in divorce, isn't this a fact?
How can we then, make our Love, true?
This secret is known, to just a very few*

*Love is the emotion of romance, Love is fun!
But True Love is not about the climax, all said and done!*

*Love cannot be eternal, if it stands on pillars, three
What are the pillars that in True Love must be?
Pillars that make Love, firm, that make partners, free*

*Love can only be True Love when it stands on pillars, four
Love from body to body will soon be out of the door!
True Love is of the body, head, heart and Soul
Only then can we achieve True Love, our goal*

*True Love, in fact, is a Rainbow of Colours, Seven
True Love is that Bliss that is greater than heaven
True Love starts at birth, not after age eleven
What are the seven colours of True Love, learn the lesson
And ultimately, the source of True Love we must recon*

*The Rainbow of True Love comes from the colour White
It is the colour White that creates seven colours bright
Violet Love between parents and kids, Indigo for friends
Blue Love is romance, Green Love for oneself, in essence
Yellow Love is of the Intellect, Orange Love is emotion
Red Love is Erotic Love that creates so much passion!*

What is the difference between Love and True Love?

One is of the earth, the other for the one above

True Love is transcendental, it is Divine

It is the Rainbow of colours seven, so fine

Unconditional, Eternal and Passionate, it makes us pine

But True Love is not just the pleasure of the skin

True Love is Soulful and sprouts from the Divine within T

True Love is that throughout life which spins

In True Love, there is Divinity, there are no sins

True Love is an ecstasy of such a great Bliss

True Love is that where there is Eternal Happiness

True Love is not just a hug, romance and a kiss

True Love is of the Soul, this Truth, we miss

When Love is universal, True Love it is!

Love is not True Love, It is just Lust

If in Love, a sexual transaction is a must

In True Love, it is not just passion of the skin

True Love has an obsession but for the Divine that is within

If I Love you because I need you, this is not Love that is true

True Love is without expectations, 'I need you because I Love you'

*True Love is transcendental, it is Divine
True Love is an ecstasy, stronger than any wine*

*True Love is a Rainbow, it has Colours Seven
We experience these Colours throughout the life lesson
Its source is White Love that comes from heaven*

*The Sufis called it Ishq-e-Haqiqi, their name for True Love
The Greeks called it Agape, it was Love for the one above
True Love is that Spiritual, Divine, Sunshine like the sun
True Love is where two people become one*

*True Love is loving God, the Lord that is SIP
The Supreme Immortal Power, SIP, we see on every lip
True Love is a new voyage on a brand-new ship
Are we ready to embark on this most Celestial trip?
If we don't, then this Divine opportunity will slip!*

*In True Love, there is joy, there is no sorrow
There is ecstasy in every 'Today' and in every 'Tomorrow'
True Love is freedom, it is not being attached
Although it seems we are attached, within we are detached
True Love is not transactional, there is no give and take
True Love is Divine and sincere, it is not fake!*

*True Love is like a river that forever will flow
True Love is an ecstasy that creates a Divine Glow*

*True Love is when there are no expectations
True Love manifests every day, waits for no occasions
In True Love, there is complete acceptance, no questions*

*True Love is not for everybody, it's not easy to find
True Love doesn't exist, if in command is our Mind
True Love must come from the Soul, then it will never end
True Love is Immortal, this world we transcend*

*True Love is an ecstasy, there is no greater Bliss
True Love is sublime, it is the greatest Happiness!
It is transcendental, the greatest emotion on earth
It lasts till our last breath and begins at birth
There is nothing more precious than what True Love is worth!*

*Let us today, the meaning True Love, learn I
It is more important than whatever we can earn!
There is no success in love. It is pure Bliss
True Love is that state of Eternal Happiness
When our life is filled with True Love in our Soul
Then we achieve life's Ultimate Goal!*

Acronym of
TRUE LOVE



T - TRANSCENDENTAL

R - RAINBOW OF 7 COLOURS

U - UNCONDITIONAL

E - ETERNAL

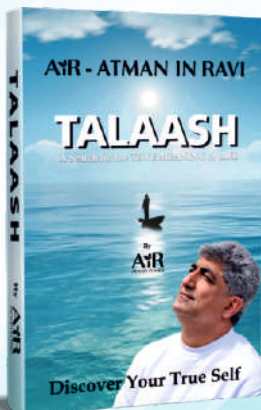
L - LONGING

O - OF THE SOUL

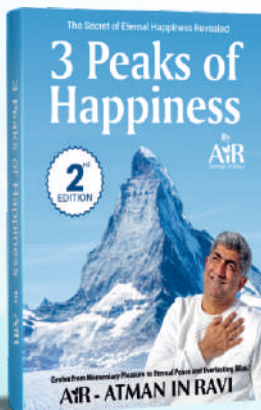
V - VERY PASSIONATE

E - ECSTASY OF JOY

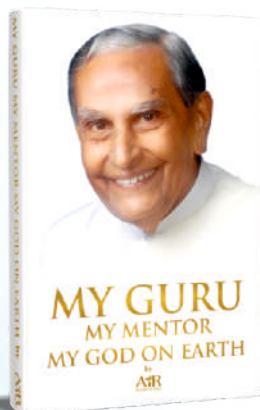
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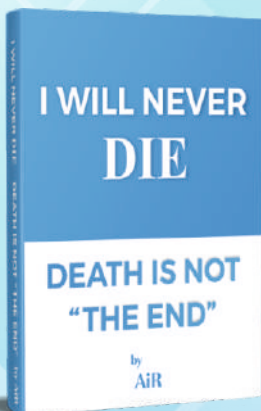
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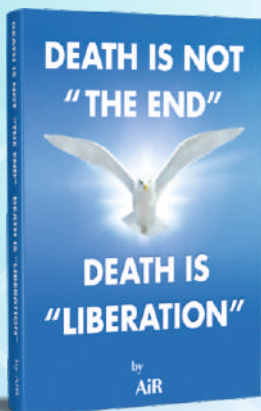
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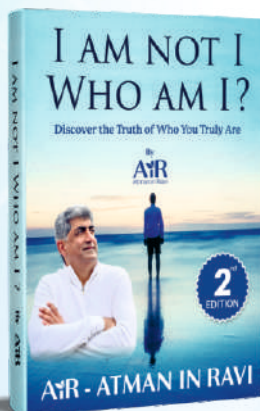
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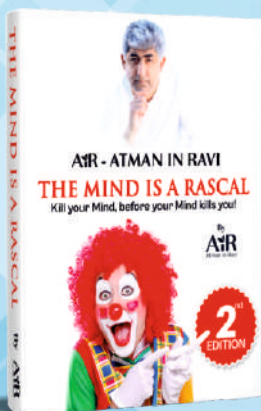
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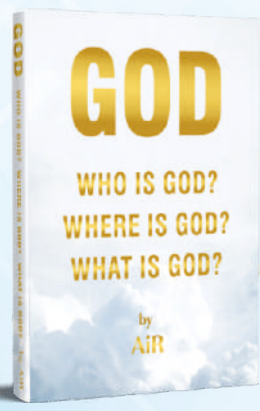
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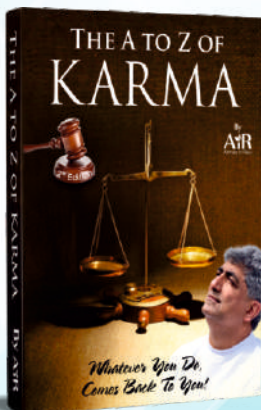
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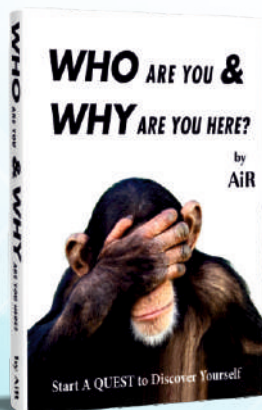
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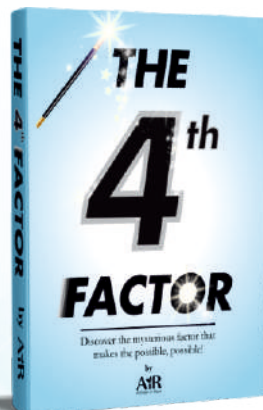
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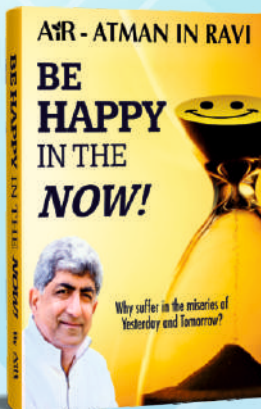
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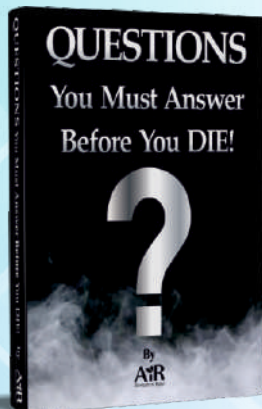
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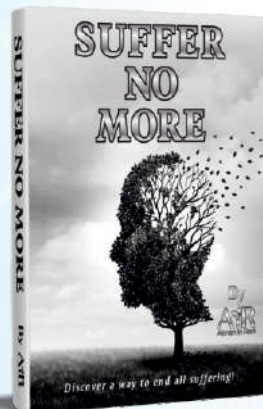
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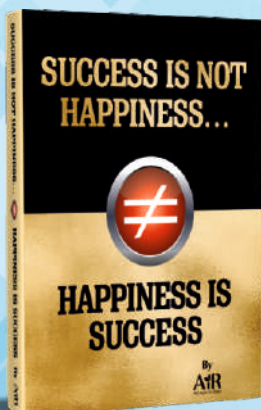
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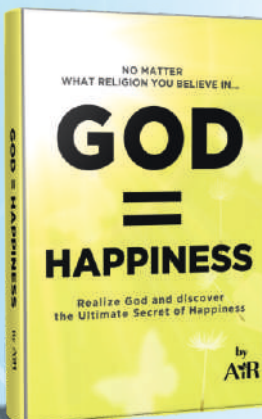
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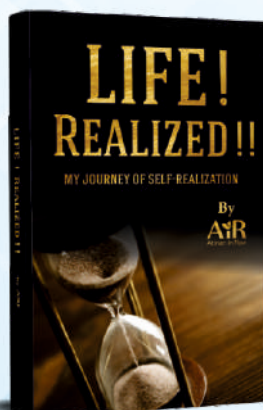
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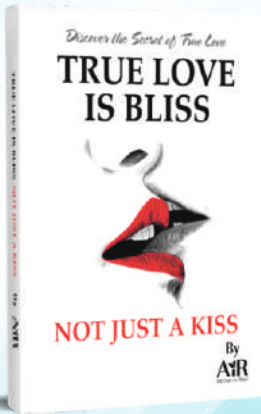
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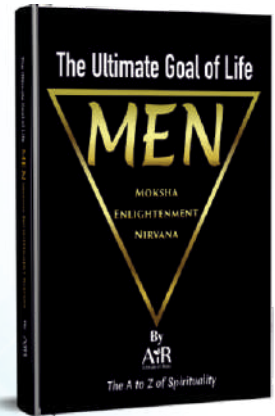
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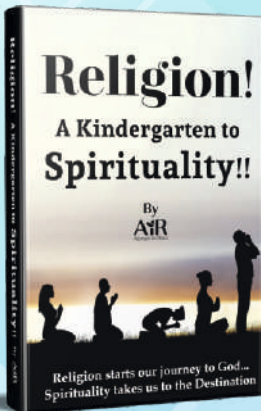
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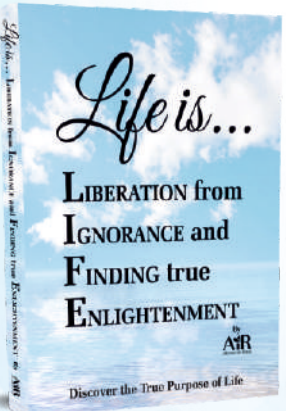
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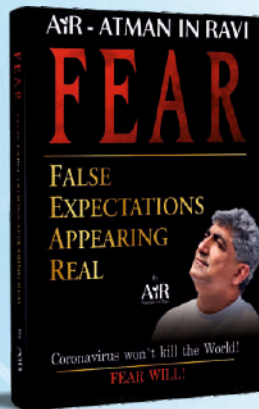
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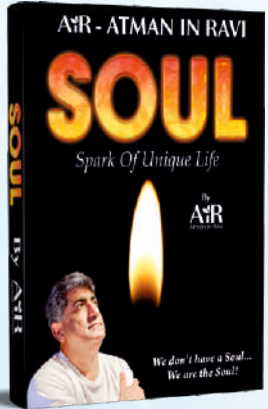
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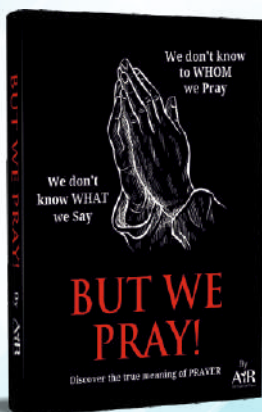
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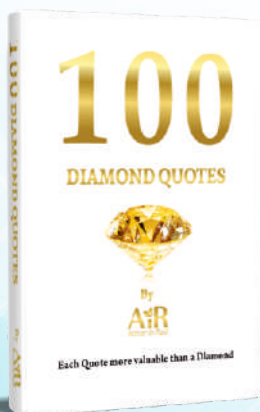
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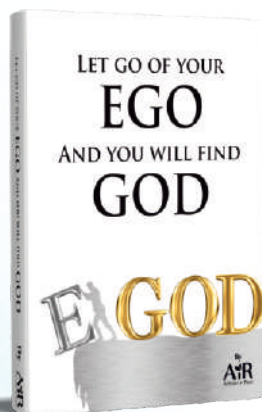
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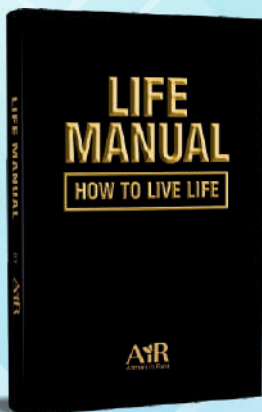
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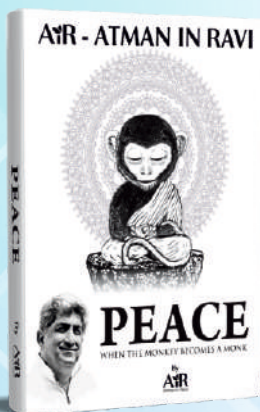
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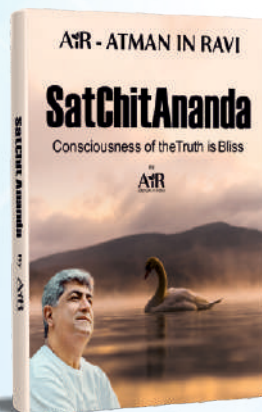
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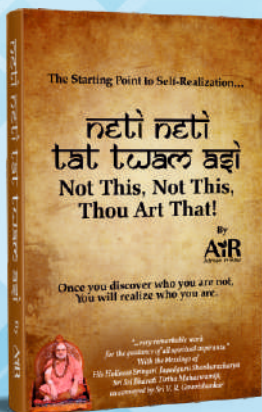
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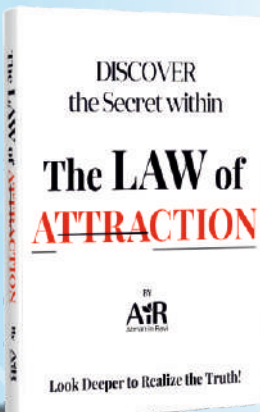
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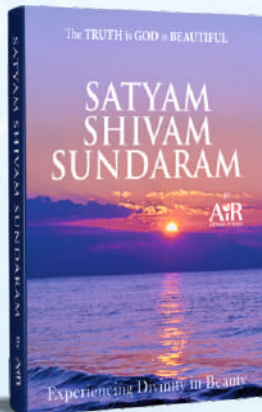
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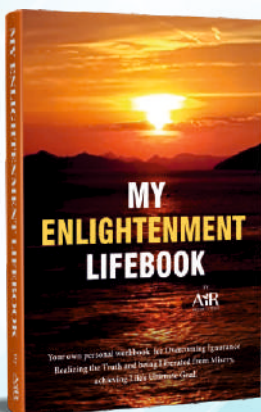
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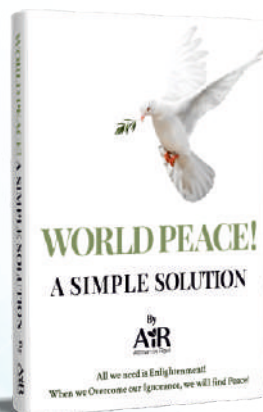
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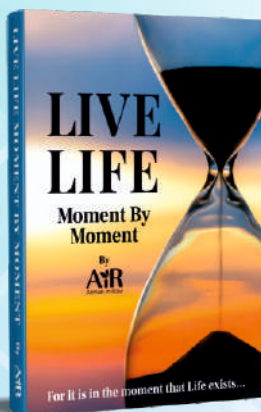
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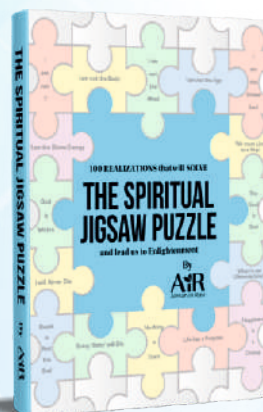
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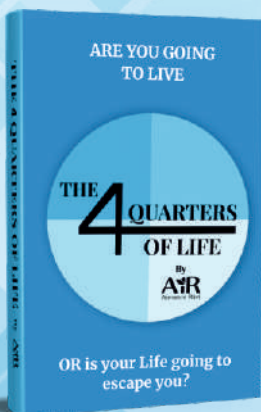
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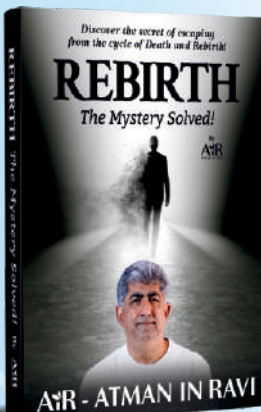
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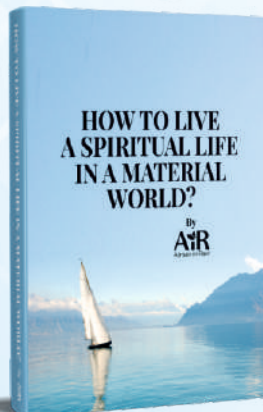
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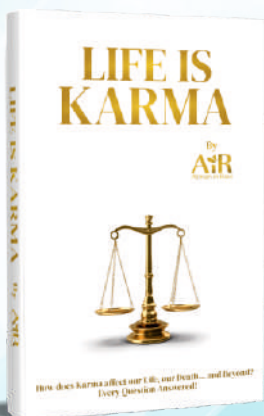
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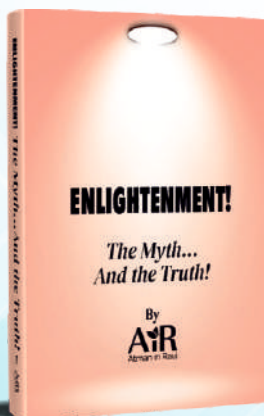
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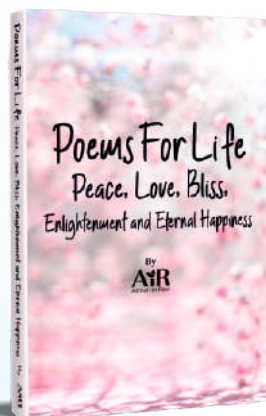
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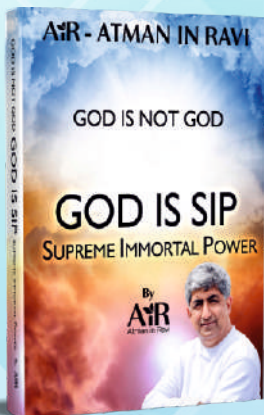
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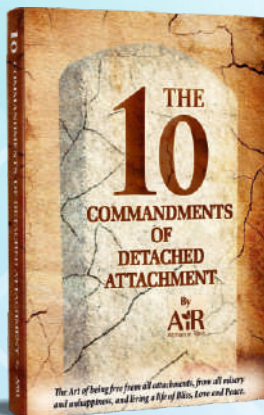
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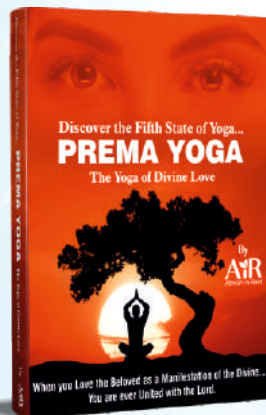
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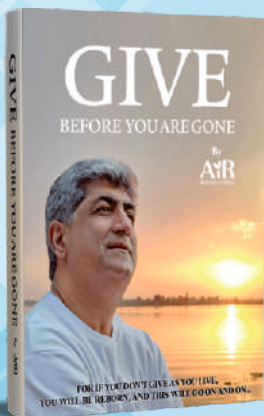
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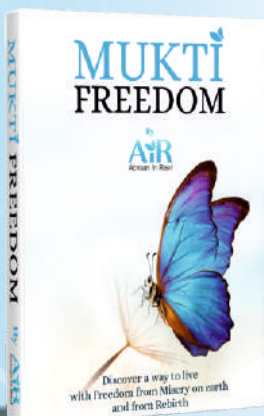
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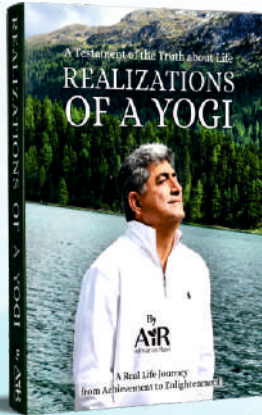
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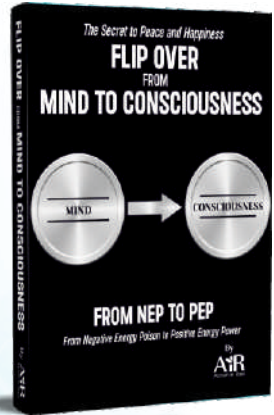
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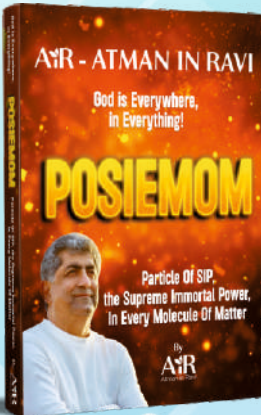
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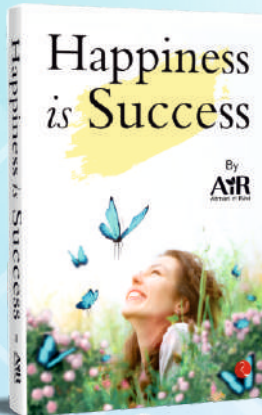
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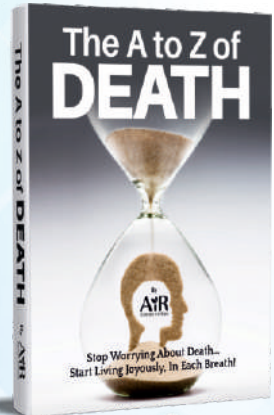
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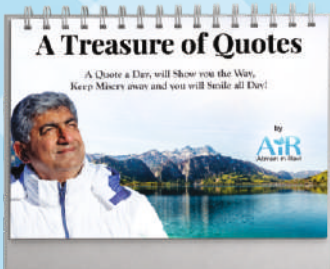
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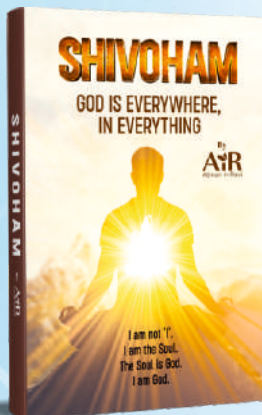
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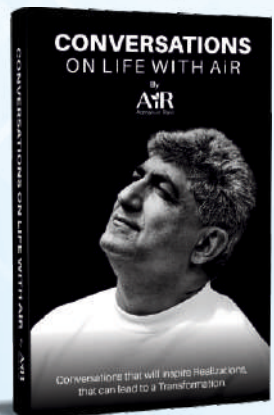
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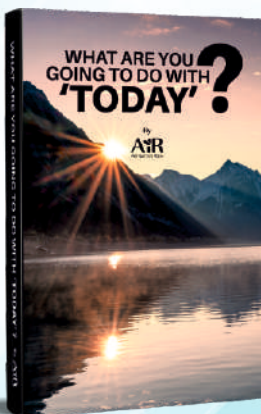
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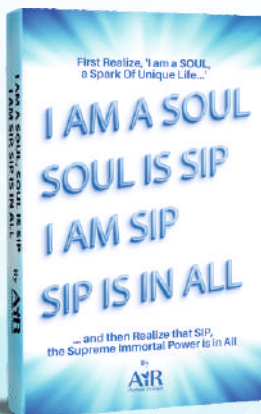
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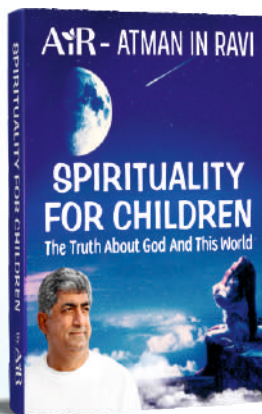
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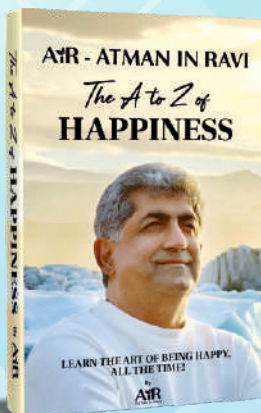
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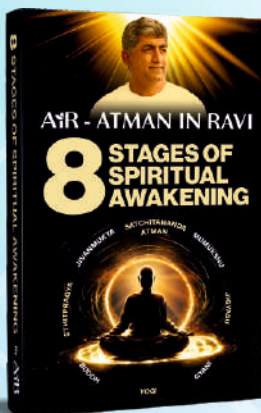
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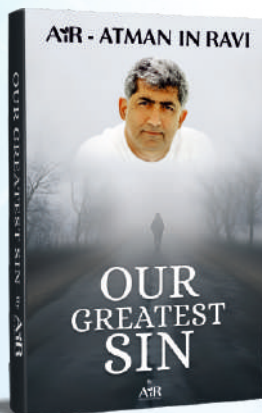
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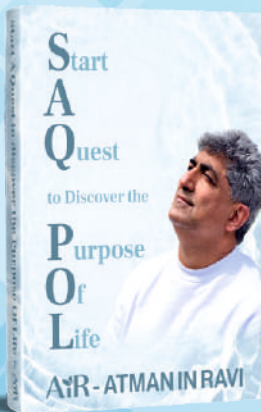
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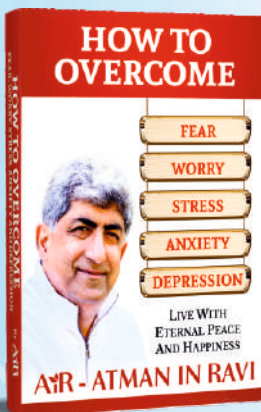
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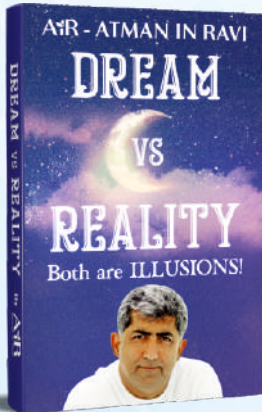
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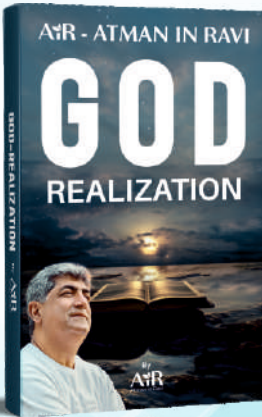
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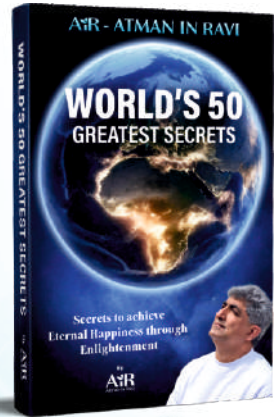
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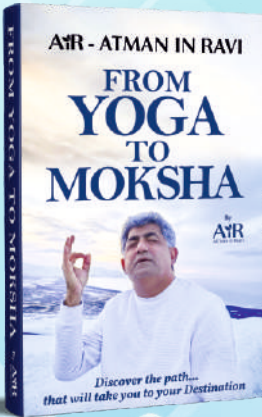
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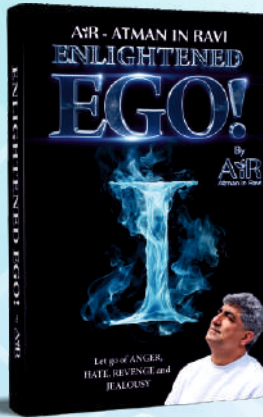
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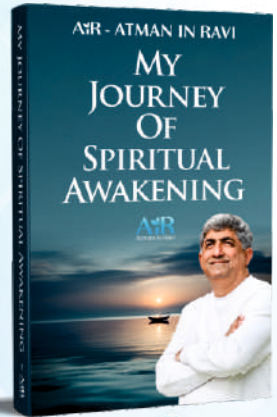
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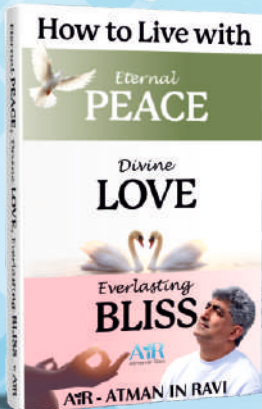
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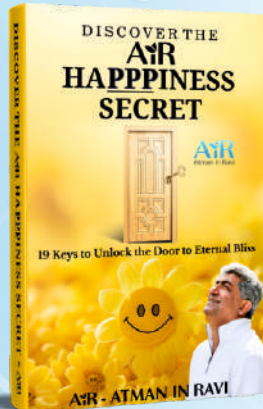
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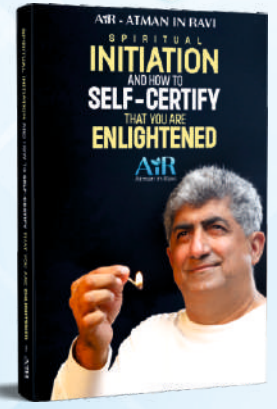
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