

## Sri Bhagavan to discover causeless love and limitless joy?

Sri Bhagavan on Discovering Causeless Love and Limitless Joy  
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One of the most important teachings of the dharma is that the content is not important. How you experience the Content that is important. What ever is happening in your life, you must learn the art of experiencing it. That is the true 'art of living'. The true art of living is to experience fully, totally and completely whatever is going on.

So, mostly what is going on is human interactions, your friends, your relatives, your boss, your children and your family. You are all the time interacting with them because life is relationship. Without relationship you don't exist. So, in this relationship you are transacting some kind of interaction. You may get hurt, you may get provoked, and you may get back some memories, all these are happening.

Whatever is happening, if you can experience fully, as I was speaking earlier, then you will find there is limitless joy. Now, what happens when there is so much joy? It doesn't stop there. It becomes love. Only a happy and joyous person can truly love. An unhappy person cannot love. That love is nothing but attachment, possession...true love comes only when there is true joy and true joy comes only when you experience what ever is going on inside. It is not very difficult.

Practice this for 21 days, if you keep trying it will become natural. What is not natural, what is not easy, I don't teach. There is no point in teaching that. Only what you can do I am teaching. The brain must learn a new pattern of functioning. It takes 21 days for that. After 21 days of practice you will find it becomes easy. It becomes like alcoholic addiction or drug addiction. Why are you addicted? Because it gives you so much joy or happiness or freedom. Same thing happens here also. Only thing is there are no negative side effects. There are very good effects on the other hand. You discover love, compassion. All these things happen.

So basically you must start with pain. You hold that pain like you hold a newborn baby. So carefully you must hold that pain you must know that it is a blessing. You must hold it, you must not condemn or judge it and strangely you'll find it is very painful. It will become pain in the chest region but slowly you'll find, you'll discover a freedom, joy and that will become love. That is the way to get this causeless love and limitless joy.

Aum Satchidanand Parbramha  
Purushottam Parmatma  
Shree Bhagawati Samet  
Shree Bhagawate Namah.