



The Way of Love: Waking the Divine in the Human Heart

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Divine Love & The Human Heart

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Hameed:

Good morning and good evening, everybody. We will begin our adventure to one of the mysteries of the human being, one of the mysteries of reality of life which is love.

MEDITATION

We will begin with the meditation exercise. You want to sit comfortably in your seat with a straight back but comfortable. Close your eyes. And you want to feel your breathing rising and falling in your chest. Your breathing rising and falling in your chest. When it rises you inhale, you are inhaling energy, air, oxygen. Different kind of energies actually. When you feel the inhalation and your chest fills, just feel the inhalation all the way down to the belly as if you are breathing from your belly, not just for your chest. Then the exhalation starts from the belly up. Then you can follow the inhalation further down from the belly to the pelvis all the way to the legs and the feet. You are really bringing in energy all the way from your feet. Feeling your feet as you inhale and then the inhale goes all the way down. Then with the exhale rises up all the way to the chest as you exhale.

So, this practice of breathing, the inhalation your chest expands, you feel as if you are drawing energy all the way down to the belly, to the pelvis, down to the legs, all the way to the feet, to the ground. Then you exhale it out, you bring it out and put it out into the world. So do that a few times.

All the way to the feet so you can feel your feet on the ground because we are grounded on the earth, even our breathing. And now, as you breathe out, feel as if your chest opens up and emerging from it is some kind of softness, some kind of delicacy. You can see the petals of a rose coming out with the exhalation. So, now you breathe in all the way down to the belly and the feet and as you exhale, you go up and then out of the chest, then flows or emerges an unfolding rose with its petals. It could be any color of pink, golden rose. They are colors that come with softness, freshness. It has a texture, fulness. If you do not see anything, that is fine. Do not force it. No explanations. Imagine it is there. Feel it. See it coming out as flowers coming out, as petals filling out the chest coming down to the room. We will do that for a while until I bring you out of it. Close your eyes. This is the meditation basically. It is both breath and visualization.

Now, grounded in the belly, in the body, you open your eyes without forgetting your feet and your belly, with the chest open, moving slowly, easily. Maybe you saw petals fall, maybe you did not. The point is that you did the meditation practice of the heart. In many teachings that is what they do opening the heart with a little bit of chanting. We will do more than that by adding an exploration. We will take a five-minute break and then come back to continue the teaching.

TALK

We began with a meditation practice that has to do with opening the heart where love comes from in the human experience. It comes in through the heart. Now the question of love is really a paradoxical thing. On one hand people talk about love a lot. People talk about love as if they know what love is. They probably know something about it but the fact that we are giving a course on love indicates we could give something new, we can illuminate more about love, access to love, experience of love. But love is. It comes from the possibilities, potentialities of love. Love is one of those things that are important and significant for human beings. Human beings in some sense, especially when we are young and developing and maturing, we need love to be able to survive, to thrive, to grow, to learn, to mature, to come into our being, to come into our potential.

So, love is really necessary for both our survival and for living a good life. Everybody knows that. Most people feel they have not had love or did not have enough love or did not have the right kind of love. That is true in human society, in human history. I think in our times and also looking at the world and what is happening in it, you can easily see that there is less love being expressed actually in the human sphere than there was in the last century, for instance, the last fifty years or so. The last ten, twenty years it seems people are less loving more expressing something opposite to love like aggression, like opposition, like disrespect, like hatred, violence. So, there is a dearth of love these days that is obvious, I think, for most of us except for the people who are perpetuating such violence. Which means we know something about love.

When we see somebody is being hateful or aggressive or cynical or disrespectful or harsh or abusive, we know they are not loving, that their heart cannot be that open. But we know something about it. But what is it that we know? What is it we do not know from experience? Many of us have the good fortune of actually experiencing love directly, having a loving relationship, loving parents, loving spouses, loving kids, loving family, loving friends, loving community. We are fortunate when that happened. Human beings thrive with love not in the sense of becoming successful in the materialistic sense but in the sense of being more themselves, more free inside, move free to experience themselves, be themselves and feel contented with themselves and their life.

The topic of love is vast. Many people talk about love. Many philosophers talked about love, many poets wrote about it. In fact, our literature and history, whatever is all stories about love. The hardship of love, the loss of love, the presence of love, and joy of love and all the dramas that we have, a lot of them involve love. Not just love, but love is a big part of it. So, in this course, I am not going to be discussing and working with what most people know about what love is but about what is not known. That inner essence of love. I would say most people when they say they know love, they know its expression. Somebody is loving them because they are treating them well. They are being good in the way they treat them. They are appreciating them. When you love somebody, you like them, appreciate them and want what is good for them.

We can even go further, and we can feel we like somebody. I appreciate them. I love my garden. It is easier for people these days to love inanimate objects like loving their iPhone for instance. Many people

are enthralled with their phone or their device and are inseparable from them. It is a kind of love, but you do not feel really sweetness and goodness, what is good for the phone. You like it. You like what it does for you. Well, if you like somebody for what they do for you, we do not call that love. When they say somebody loves their phone, iPhone or whatever device, that is not the same thing as when you say you love a human being.

When you love a rose, when you love your garden, when you love your dog or cat, there are differences. If you love a rose, you like it, you appreciate it, that does not mean you want to give it something. You water it, take care of it, tend it but it is not the same thing as if you love your dog for instance. If you love your dog not only you feel good in their presence, but you will take care of them. You will do what makes them feel good and make them feel comfortable.

When you really love a human being, a spouse or a family member or a friend, you not only respect them and listen to them, appreciate what they are but the more love there is the more selfless is the interaction and the feeling. The more what you feel is for them not for you. The more it is for us, the less it is love. The more it is for the other, the more it is love.

So, we know all of these things about love. What I am talking about is something everybody knows. Well, some people probably do not know. But the point is that there is a spectrum of what love is as known by humanity. We want to look at the spectrum, acknowledge that we know something in our spectrum and see where the spectrum leads, what is the source of that spectrum, what is the purest level of the spectrum.

So, the first thing we know is the expression of love. You say to somebody I love you; you do something good for them. You enjoy being with them. You give them gifts. You pay for their dinner. You send them birthday cards. You show that you really care for them, you love them. But what is happening in your heart when you do that? People are different there. Some people do these things because they know that is how you love somebody. Some people feel something. They feel a warmth. They feel a liking. They feel maybe an appreciation or closeness or a bond, a caring. Human beings know all of these on different levels. Some people know more than others. Some people just see the expression of love, they do not know where it comes from. Some people express it without feeling it. Some people express it and feel something and what they feel is an emotion, an emotion that we call love, an emotion of liking, appreciating, loving.

But an emotion is a certain manifestation of the heart but here it is a positive emotion. We call it positive, instead of anger or jealousy or hatred. It is a lovingness. It is an emotion, it is a positive emotion, and that emotion can be superficial or could be deep depending on our love or the objects of our love, who we love. You see a beautiful sunset, you love it. But you are loving it, you like what it does for you. It is a beautiful vision. It opens your vista. You open your soul, your heart. Does that mean you wish the best for the sunset? It is different for a human being. When you love them, you feel I love them. part of that is wishing something good for them. It is not just you enjoying that. I mean, you could eat a pudding, you could eat a McDonald and feel you like it, you love it. That is not the same thing as loving a human being or even a pet or your God and your flowers.

As you see, there are many ways we know love and many dimensions. There is the outer expression, the physical expression, the words, the emotional expression, the feeling, the emotional feeling. The emotional feeling has different qualities and different depths. Sometimes it is passionate, strong loving. Sometimes love is mixed with desire, wanting and liking and wanting to be close, wanting to be connected. Sometimes just happy to be with somebody when you love them. You are happy to be with somebody. You like them, appreciate them, all of that. That is all most people experience. They experience them as emotions which is not wrong. It is right. It is one dimension of how the heart expresses itself. That kind of love you can even see in primates. Even elephants have that empathy and caring for each other. We do not know what elephants really feel when they have empathy. Do they really feel warmth and kindness in their heart? We do not know. When primates like baboons or monkeys care for the young and love them, do they really feel something? We do not know what they feel. We know only what we know, what we experience in our heart. We assume the other people feel something similar. When you talk with them, you can confirm that they have similar things.

So, I have been discussing the spectrum for what we call love, all the way to love that is in poetry and songs of course about love. The songs about love are mostly about heartache, loss of love, longing. Once in a while about celebration love, love that works and you are happy about it. There are some songs like that. Celebration and dancing whatever but much of the time it is really sad and melancholy, and loss of love and nothing of love, losing a loved one or being rejected or being lonely, not getting it and all that. So, all of that indicates that love is important whether we feel it, whether we have it or whether we have not. It all indicates love is important for human beings and that we have different degrees of familiarity or experience of love. Some people are completely blank. They do not feel anything in their heart. Some people not only do not feel love, they do not even feel anger or frustration. They are just blank. There is that and then more openness of the of the heart, of the feeling capacity.

You need the feeling capacity to be activated to be open to experience love. It is not enough to be aware. If you just do meditation, awareness meditation to be aware of everything, that does not mean your heart is open. Awareness is not the same thing as love. As you know, human beings care more about love than awareness or consciousness or presence or anything like that. Those things are not part of songs and literature. Love is. Love makes the world turn round. It is what makes life happen. Either its presence or its intensity or its absence or its loss are the stories of humanity around love. Or its absence. So all of us are here because we already recognize it is important and we want to learn more, be more in touch with our own love and be able to receive love and see love in the world and give love to others.

There is the question of self-love, do we love ourselves. Many people, most people actually, do not know what self-love means even when they say I love myself meaning, I will buy myself a good Nike because I like myself. I will get a good t-shirt. That is not loving oneself. If you love yourself, you really appreciate who you are. You leave yourself alone. You do not bother yourself. You do not judge yourself. You do not criticize yourself. You are generous to yourself. So, love has in it goodness. It has in it generosity. It has in it appreciation. It has in it liking, intimacy, closeness. It has in it selflessness all the way to self-sacrifice.

Now there is a spectrum like some outer expression whether in action and words, attitude, interaction to actual feeling emotions, different levels of emotions. It is a fact that there is a bonding and a closeness and an intimacy, the liking, the appreciation, the passion and the wanting to be close and connected. All that shows there are also many kinds of love, different ways, which we will discuss in this course. But here I am really just wanting to focus on what love is before we explore the different ways that we feel it, the different ways we express it.

So, the more love in some sense the more selflessness, the more thinking of ourselves as secondary. We are thinking of what we love. We get concerned with what we love and there is a natural generosity in giving. And generosity, not just giving material things, but giving of oneself, giving of our attention, our time and giving our heart which mean it really will be overflowing. flowing with some kind of appreciative feeling. Also, the other side, where we feel loved. Do we feel love, or do we feel loved but not loved enough or not getting the right kind of love or you love but love disappears. Many of us had that. Our mother loves us and then the sibling is born, and love disappears somewhere else. We get: What happened? I was the precious darling of the universe and suddenly I am the second fiddle. There are all these experiences and all that history, actually, of what happened to us in our formative years in relation to love. Our parents where they were, whether they were loving or they were violent or they were open or they were listening or they were just critical.

All of that affects our heart. It affects our experience of love now in the present. That is one thing were are also going to work with, work through, because that becomes an attrition of the heart. The wounds of the past, the conflicts of the past, the losses of the past are imprinted in our consciousness and tend to become layers over our heart limiting it, closing it down, making it heavier instead of being light and open and effervescent overflowing with the goodness of love. For many people, they have to go through a lot to experience love, not to mention people who are abused or exploited, traumatized in the ways of love. Somebody loved them but then exploited them. That is a very complicated thing. Human history is full of these things. We are not going to go through all that. Each one of us has our own story, our history of love. But we want to go into the very essence of it, which is when we are feeling the expression of love, when we are feeling the verbal, physical, emotional expression, is that all about love? Is the love that human beings know, the poets talk about, it is all about love?

You take even the greatest poets of love like Rumi, for instance or others who talk about love, they still talk about the expression. When Rumi talks about love divine, he talks about the divine, wanting to lose oneself in the divine, loving the divine so much that I do not want to be there anymore. I just want the divine. I want to be so close to the divine I will give up everything. For me, that is an expression of love. He has not said yet what love is. I do not know if you could find a poem by Rumi where he actually says in words a description of what love feels like. What is its color? What is its shape? What is the sensation of it?

There might be hints there. He talks about nectars, about fragrances. That is coming closer but not yet a complete focus. I mean Rumi is a great poet of love and many other poets of course. I am thinking about great poets of love and they inspire and all of that, all our heart but it is rare to find somebody who gets



into it and just says this is love and goes on to say it, express it that reveals its inner substance, its inner secret, its true essence.

Because all those expressions of love, you wonder where they are coming from. Are they coming just from our physiology? If you talk to a scientist, they think they are coming from certain parts of your brain, certain parts of the neural networks, certain center of emotions. They think that is where love comes from. I am sure those are important for the experience and expression of love, but does that really deal with love completely? Is our brain, our nervous system, our physical body or physical heart the true source of love? It is a contemplation. What I am saying now is really a contemplation, a meditation on what love is beginning from what we know, what we experience, what we see, what we hear, the songs we listen to, the song we love, the stories we love, the poetry we read, the inspiration we feel, the uplifting of our spirit.

When you read or see something about love, what we see is an expression of love like a mother and her child, how much she sacrifices herself to protect her child. We say it is love and it is love, but what is happening in the mother that makes her do that? Is it just biological? Because if it is similar to what the baboon does, what the elephant does, you could say is mostly biological. It is there for the survival of the species. I think love is important for the survival of species and especially for the human species. It probably is not important for the survival of all the species. I do not think snakes need love to survive. They have survived for billions of years, and they are needing love. Human beings seem not to thrive, not to survive without love. We are different kind of beings. We have become sort of reliant. Is that bad? It is bad if you think survival is the most important thing. It would be better to be like an alligator who does not need love. They just survive for billions and billions of years.

But I think there is more to life. You do not want to just survive. You want to feel the richness of life. You want to feel the fulness of what life can be, of experience. We value experience. We value not just positive experience, uplifting experience, happy experience, expanded experience, free experience. So, love is needed for those kinds of things not just for survival although it is important for survival, I think, especially for human beings. I think human beings without love at all, they just shrivel up. Even if they survive physically, not emotionally or mentally. So, it is a big topic. I could go on and on and on discussing all these dimensions of love, ways a human being knows love. But I want to talk about why human beings do not talk about where love comes from.

It is like a gentle, soft, delicate, peaceful ether that suffuses the universe, invisible to the ordinary eye but that can come through the human heart, which is not just the physical heart, the heart center. It can come through and we can experience it then as an outer expression, a feeling or more directly as this medium. Soft, gentle, sweet medium. That is why in the meditation I talked about rose petals. It has the feeling of softness and delicacy all the way to delicate effervescence, soft pink that comes through your heart. It unfolds like a fountain that opens up in the heart. Intoxicating pink drink light and effervescent and beautiful and you fill the world with pink, not just petals, just a pink field. Pink and sweet and happy and yummy feeling. When you feel it, you cannot help but feel love not just for your husband and your wife or your dog but for everybody and everything. It explains why we can even love our iPhone. Because it is that love, but it is directed to something that is an object.

The capacity to like, the capacity to appreciate, the capacity to want good, the capacity to feel goodness. If we follow it really, we need to follow it not just through the dissecting of neural science, but through the psychological or the inner subjective inquiry into our hearts, into our soul, into our spirit. We find out that we are not just presence, not just consciousness. We are not just subjectivity. Our subjectivity can manifest within it as many kinds of things. It can manifest as satisfaction, fulfillment, kindness. It can also manifest as a sense of goodness. A goodness not just for us because this goodness makes the self be not important. The self-centeredness begins to dissipate and there is more the goodness that is naturally giving and generous overflowing. The goodness becomes goodness for others, for the world, for the environment, for the earth, for all human beings.

When we feel real love, there is no such thing as country, nation, party, race, gender. None of that matter. It is just love for everything. We call that universal love or sometimes in my book I call it Divine Love. It is like the heart of God, the heart of the divine filling the whole universe. God's heart is not just a little heart someplace in some kind of being. No, it is what holds, what pervades the whole universe. It comes through the whole universe, everything comes through animate and inanimate matter. We do not see it, we do not feel it because for most of the time we are focused on emotional love. Emotional love is an expression of love but also an outer expression. If we stay with it, it becomes a limitation of the heart. It is a good opening, but it is not the end. If we stick with it, if we stay with just the emotional level of the heart, our heart is still not manifest. It is a potential that is not yet realized. When the potential, however, becomes more manifest, more liberated, the heart appears as a source of goodness that is palpable, that is alive., that is conscious, that is luminous.

We begin to feel the very essence of love. The very essence of love is a kind of fullness, a kind of substantiality almost like a nectar or a lake, like a lake of nectar, a pool of nectar that fills the heart, suffuses the being and overflows and makes your body soft and smooth and you are almost melted. For most people that would be scary, which will be dealing with in the next few meetings because it is not easy to get to that kind of level of love. It is scary because it challenges our sense of self and identity, our sense of what is possible for us. We are afraid of losing ourself, losing our functionality. Like I talk now about love, I experience myself as a piece of candy, chewy chewable candy. Sweet, yummy chewable candy but an immense size. Everybody can have a bite and they can feel uplifted if they have a bite of it because my being is expressing love, is becoming love as I talk about it. Since I know it, known from experience talking about it is the same thing as experiencing it.

You can experience that to one degree or another. That is what we are going to learn in this course. How to experience love in its essential nature, its true nature beyond the physiology, beyond the nervous system, beyond the brain, beyond the human body, beyond the earth, beyond the universe all the way to the divine beingness, the divine heart which we call the Divine Love which is really an ocean of love. Rumi talks about an ocean of love. In some places, maybe he describes it a little bit the way I have described it now. He easily goes to the expression. What it does to us. What we do with others. Which is easy for you. People can relate to it. We can experience love. When you feel true love, the true essence of love manifests. We can understand all the spectrum of love. The expression of goodness, generosity,

wanting good for the other, having a kind word, sending a birthday card, sending flowers to a sick person and all of these things become understand why this come from.

We are really messengers trying to take a piece of this nectar, of this candy and giving it to the other person because if they feel it their world will be uplifted. Their spirit will be lighted and illuminated and happy. They feel good regardless of their difficulty or pain or loss. So, in some sense, we all know love. In other sense, we know it in various degrees. Some of us do not know the essence of it, do not know the very nature, the very source of love that reverberates through the heart into the various manifestation of the whole spectrum all the way, of course, to the closing of heart. The fear of love and the fear of all the ways it changes and to aggression and hatred which are really just a distortion of the heart, not a real thing. Hatred does not have an inner essence. Love does. Hatred if you follow it all the way through, it is a distortion, a misunderstanding, a negative experience and fear and all that, an emptiness. But love when you follow it, you find an abundance, a richness, a goodness that is self-existing, that is effulgence, an endless effulgence.

I remember when I was talking with Zarina, she asked me how long do you need for your talk? I said thirty minutes. She said I do not think so, you always take longer. I said well, I would like to stick with thirty minutes. But I never know you see because really what I am trying to do, the reason why I can never time myself is I am responding to the need. I am trying to bring out what would work, what would communicate. I never know how much time I will take. I have not done the job yet completely. To do the job completely, we have to do some practice. We have to make what I am talking about into our own personal experience. It is not enough just for you to hear it. Some of you will be hearing it, be feeling inspired, you might even be feeling some love, some lightness, some goodness, some yumminess, some sweetness. Some of you might be just feeling wanting it, an inaccessibility of it. Some might say what are you talking about? There is no such thing. It sounds like an old man telling a story or an old wife's tale.

I am not just telling you what love is, telling you what Being is, telling you what my being is. I am describing to you what I am, what I am experiencing at this moment. I want you to be able to have that kind of experience, to know love in its depth and its fullness. When you recognize it for what it is you see how beautiful, how wonderful, how happy, how uplifting and how it makes sense that it is what makes the world go around, what makes human life meaningful. It makes a difference in human life depending on how much love is experienced, expressed and received. We understand why there is a dearth of love because there is a construction in the heart, a distortion that distorts even the emotion of love to become more frustration that breeds anger and hatred. An opposition, a not listening, a not respecting.

If you open to this, you cannot see how we can harm somebody else. If you are feeling the essence of love, your heart feels true love, it is not possible to even imagine. I sometimes I cannot imagine why would anybody hurt somebody. It is unfathomable how can somebody even do something like that, even envision doing something like torture or something like that or limiting your freedom. It is like amazing that that happens, that the spectrum of the heart can move all the way from the nectar, Divine Love, to the heart of stone, to the jagged heart of steel. The heart has all that spectrum. It explains all that happens in humanity.

When people talk about being enlightened and being awake, you want to wake up to what you are. The point of it is not just to know that you are a being, a consciousness, you are awake, and you know you are authentic. All that is important, but with that will come the fruit of that which is the openness of the heart. The outer flow of love from the heart. That will be the fruition of realization, of awakening, of enlightenment. Enlightenment with the heart is incomplete. It can be heartless and there can be abuse with it because the heart is what prevents the abuse. The heart will respect of the other. Will be appreciating the well-being of the other and making it be important and foremost.

EXERCISE

So, let us do an exercise to make this our experience by actually exploring what I am talking about. This exercise we call it inquiry which means you inquire into your experience. The structure of it is you will be divided into groups of three. So, you might be with people you know or people you do not know. In this group of three, each person will take fifteen minutes to practice the inquiry. The two other people are being there feeling their belly and their legs and feeling their breathing but listening and being there and not encouraging or discouraging the person inquiring. Just being there. Being there for the person who is practicing. The person who is practicing is talking about their experience. You explore it by verbalizing it.

Many people think verbalizing makes you disconnected from your emotion. That is true if you are not in touch, if you stay in your mind. But if you really talk about your experience, not just talk about your ideas, that will magnify the experience. It will show its meaning. Because we have our experience, and the meaning of our experience. What is the truth of our experience? What is it telling us? What is it about? What is it expressing? What is affecting it? Where does it come from? So, inquiry is really inquiring into our ordinary experience not into something like Divine Love. I am not going to ask you to inquire into Divine Love. For many that will be an abstract intellectual thing. We have to be experiencing it to really inquire into it.

Inquiry is inquiring into what is available to you in terms of experience to find the meaning of it and because every part of our experience is connected with other parts. So, what we know about love, our experience of love is connected with the deeper levels of love. You explore it and inquire into it honestly, truthfully not because you want it to be different, not because you are not good for others but because you really want to know what it is. You want to know the truth of your experience. You want to know the truth of what you are inquiring into. You want to understand it. By understand I do not mean intellectually. I mean that your felt experience will have meaning, will have insight, illumination to it. It can open up to not just the experience itself and to the meaning of it, but it connects it to other things that can open up the heart to other dimensions, to other parts. It might also be difficult for some of us, painful or it might open up to the spaciousness, the openness, the sweetness, the luminous.

For inquiry, we could do inquiry into our general experience, which we call open ended inquiry, which is whatever you happen to be experiencing. We can focus the inquiry into some topic. Here it is the topic of love. To find out what we experience, what we know. Inquire means to look at it with an inquisitive

mind, with curiosity, with a sense of wanting to know, with the drive the love to know the truth of your own experience of the heart of love.

You will have fifteen minutes to inquire into what it is that you experience about love, what you know about love from your experience. I talked about a big spectrum. You explore by discussing maybe from memory, from other experiences or from what is happening now what is your knowledge of your own felt experience of love in your heart and in your consciousness, in your experience, in your subjectivity. So, you have fifteen minutes so it is a long time, but it will go fast really because you probably need five weeks to really give it what it deserves, this inquiry of our understanding, experience of love. So, I am giving you only fifteen minutes. It is very short really. You will barely scratch the surface. But some of us might go deep. So do not assume one thing or another. Just talk about what is your experience of love, what you know of it as expression of caring, of goodness, of generosity, of feeling, of liking, of appreciation, all the way to fulness of heart, effervescence in the heart. Roses opening in the heart, the nectar-y substance, a factory of candy. Whatever it is you know of love.

So, you want to go through the spectrum that you know from your experience not what you hear. You do not want to focus on what Taylor Swift says about love. You want to know about your experience of love, not what Rumi says about love, but your experience of love. For some of you, you might feel its absence, what is missing. When you explore love, you might experience hurt and sadness and tears or a blockage or thickness. Explore that. Whatever presents itself in your heart as you explore love, explore that. Inquire into it, question it, not take it to be what you already know. You do not already know. Nobody here knows everything about love or about your heart. You want to know experientially all of that you could tell about what is the love, what kind of love you experience and, at some point you want to find out where does all that come from? Where do you feel this love come from? All these ways to experience love, where does that come from? That means you are beginning to look at what is the source of love.

So, you want to discuss, explore, inquire into the ways you experience love and then move into where do you feel all this comes from? What is it expressing? I am not talking about your history. I am talking about in your soul and in your being, in your spirit and in your heart. What is the source of it? Discuss the source. Some of you might know it in your experience. Some of you might not. You might open up to it, you never know. For fifteen minutes. The other two people are there present, listening, attentive and respectful, not saying anything, not even nodding. Just there present, receptive willing presence, supportive presence to help you dip into, dive into your experience and explore it.

I know it might be difficult to talk openly, completely about your heart with people you do not know so it might feel like taking a risk. You need some courage, some boldness to really get into it because you might feel shy, you might feel protective. We are afraid of judgement, but nobody is going to judge you, criticize you. Nobody is going to talk. Only you talk in those fifteen minutes. The other two will be mute.

You go one after the other, each person will take their turn. After forty-five minutes, the three of you will have a discussion about what you have come to as a group in terms of what insights that arose about love and its source. What are the main things you can cull from the discussions, from the inquiries. Taking



everything what you have feared, everything you have gone through. What do you see? What do you understand about love and its true source? So, good luck and enjoy the journey.

One thing I wanted to say is that this exercise is the practice. This is our practice. This teaching has a practice, and the main practice is inquiry. The meditation is just an introduction. The actual practice, getting into the meat of this teaching, is to do those explorations. They are very powerful, and they work for most people. So, good luck with it.

QUESTIONS AND COMMENTS

It is best if the questions and comments are about today whether it is the talk or the exercise. The exercise might have brought up more questions which can make it more experiential. I definitely want experiential questions not ideas.

Q&C 1

STUDENT:

I have been with Duncan for over twenty years, and I do hope this question is relevant and significant to our topic. I am well-worn soldier. This is my experience. I would like to get your point of view.

Hameed: Sounds good.

STUDENT:

In this growth pattern, which is unlimited, we find ourselves at a portal of a new dimension. Many times, what comes up is the resistance to that dimension. And I want to make an analogy for when we are a newborn. We are in that nascent phase and then when we start walking, it is all red. We are in the red. We are in the biology. And when we start on a portal of a new phase, that red that comes up can be distorted. It can be aggression or too much discipline or not enough discipline. I am working on having compassion for myself on these obstacles when I enter a portal of new teachings.

Hameed:

There is no other way. If you do not have compassion for yourself, you are in trouble. You will not be able to get through.

STUDENT: Is it not fantastic?

Hameed:

Compassion, which is the kindness of the heart, acceptance of where you are and not giving yourself a hard time, letting yourself be with empathy make it possible to recognize the resistance or the obstacle or what is in the way. By understanding it, it will tend to dissipate, fall away by itself revealing what is the underlying truth. This is how this path works. I imagine you have done it many times, so you know that.

STUDENT:

And it is always new, and I just want to reiterate what went on in our group. There was a little chaos in the beginning and by the end, it was like we all live in a yellow submarine. You know, we got the ground. It was just beautiful. I thank you for the lightheartedness.

Hameed:

You are welcome. Good talking with you. That is a good instruction for everybody that as we explore ourselves, we do not judge or reject what we experience. We embrace it because that is our experience, it is what we got, and we need to work with it with an open heart to be able to move through it.

STUDENT: Thank you.

Q&C 2

STUDENT:

I have a question that arose during the inquiry. I noticed that in my life when I feel love for a person and I like them for some reason and then this other person does something that makes me feel rejected, that makes me feel that my love is rejected. It gives me a lot of suffering. When it comes up in my life, it tends to block like when I feel that I can be rejected, I tend to block this love to not feel it. So, this does happen. But during this inquiry, I kind of got thinking that like it is not the love that it is rejected, it is something else like I get the feeling that I kept asleep the love that I feel toward the person then all the other things like rejection that brings me suffering can fall aside. I do not know how to approach it.

Hameed: Are you talking about rejection from yourself or from other people?

STUDENT: From other people.

Hameed: Like when you express yourself, you sometime get rejection. You feel your love or compassion get rejected?

STUDENT: Yes.

Hameed: It is not taken in, you mean? People do not receive it. They push it back. Is that what you mean, or it gets judged?

STUDENT: It kind of feels like that.

Hameed:

For many people, it is not easy for them to receive love, you know, because it makes them be vulnerable. To receive love, one has to be open which for many that means being vulnerable which means people need to let go of some of the defenses, the protection. So, I am not surprised, but I am sorry that that happens. It seems that you're understanding it better than you know. There is something in them that

makes them reject your love or compassion. It is not the love or compassion itself. Does that make sense?

STUDENT:

Yes, it makes sense. But, like then there is a question. If rejection brings suffering to myself, it makes me feel pain –

Hameed:

Yes, the rejection. How do you feel as you bring up this question? How does it make you feel when it happens?

STUDENT: Now it is all good. I feel calm.

Hameed: How about now? How do you feel?

STUDENT: Right now, it is good.

Hameed: You feel good. You are not dealing with the rejection now. Now you feel good.

STUDENT: Yes.

Hameed: When you say good, what does that mean? Good means many things.

STUDENT: It is like calm and deep like a bit expanded.

Hameed: Expanded and calm. And how does the heart feel?

STUDENT: It feels full and warm.

Hameed: And you feel that warmth of the heart. How do you understand that?

STUDENT: I think like a physical sensation.

Hameed: It is physical?

STUDENT: Very physical in my chest.

Hameed: But it is expanded so it is bigger than the physical, right?

STUDENT: Yes, of course. It feels bigger than my body.

Hameed: What is it then that is warm, that is bigger than the body?

STUDENT: Good question.

Hameed:

Yes, a good question to contemplate because our consciousness is much bigger than the body. That is why in this talk we were talking about Divine Love which is bigger than the body. If you are feeling warmth now, maybe kindness. It can also appear as sweetness or love and both of them can be infinite. So big that there is no end to it. Divine Love has that characteristic of not being limited just to the body or to the individual heart when it is expanded. Expanded with no edges or no ends. It goes on and on and so it is really everywhere. That is something very important about our true nature, of what consciousness in general. But the quality of consciousness is like love, compassion. The heart is the same way. It could be like a whole ocean without shores. So, you are feeling kindness, compassion, softness and warmth which is good. Thank you for bringing that up.

STUDENT: Thank you.

Q&C 3

STUDENT:

I have a question. What I have experienced I feel may be the universal love and nature and with friends. This feeling of really heart openness and there is this real unity, a sense of essence of unity there. It is so restful to be in this place. I have been diagnosed with generalized anxiety disorder so experiencing this is like a whole other thing for my physiognomy.

Hameed: Yes, it is calm.

STUDENT:

It has this open, calm loving feeling. It is really beautiful. But then I noticed this feeling of fear of it when it passes and then I feel more my true identity again and leaving this unity and going back to this feeling of separateness. I wonder what you would say for that.

Hameed:

So, the feeling of the separate self comes back, right? The question is what makes it come back?

STUDENT: The fear itself, I guess.

Hameed: Fear of what?

STUDENT: The fear of it coming back. It is like –

Hameed: Yes, what is the fear about: Fear of what?

STUDENT:

Aloneness but then the strange thing about that is when I am alone, I still do feel this expansive quality.

Hameed:

So, aloneness helps us with inner aloneness. We are not talking about social aloneness; we are talking about inner aloneness. You feel alone means your experience is not interfered with by any external things. That is what aloneness means. You might be afraid of it, but when you are experiencing it, it allows this expanded field.

STUDENT: Yes. It is like that, and I can cognitively understand it, but the fear is still there.

Hameed: Is the fear there now?

STUDENT: No.

Hameed: The fear is not there.

STUDENT: No. I feel very loving.

Hameed:

It is good. What you bring up is very important for everybody to know because we are talking about not just love but the source of love, the original source of love which is the expanded infinite ocean of love that is everywhere, suffuses everything and underlies everything. So, we can experience it as under everything or inside everything. But usually, we do not notice it. It is not visible with the usual eye, but we can feel it, the heart can feel it and inner eye can see it. It can have a golden white light. You know, it is expanded. It has no end but what limits it is the return of the sense of self which means I am separate. I am an individual. I am separate from this while this love brings in sense of unity, oneness, everything is one because as we experience it, we see it as everything. It is the substance that comes through everything and that unifies everything. You see all of that.

STUDENT: Yes.

Hameed:

As long as we need the sense of self, the separate self, it will reemerge. That is why it is not enough to have the experience. We have to process, work through the obstacle and the main obstacle is the separateness of the self.

STUDENT: Yes. I cognitively, I understand it and then the fear is still emergence.

Hameed: Have you worked with the need for the separate self, why do you need it?

STUDENT: I do not know why. I asked myself that now. I do not know why.

Hameed: You might not know. It would be a good inquiry for you. What do you need? Why does it need to come back, because the fear means there is somebody who is afraid.

STUDENT: There is a small child inside of me.

Hameed: There is a small child. Inside the individual self, there is a small child. That is the beginning of the individual self, the memory or the impression of a small child.

STUDENT: Yes. I want to care for her.

Hameed: Yes. How about you just hold her, care for her.

STUDENT: Yes, that is what I do. I am not holding a separate self.

Hameed: No, you are holding the child. When you were a child, you know, maybe you did not feel completely held.

STUDENT: No, rarely.

Hameed: There is a need for that. Now, you can provide the child with that. The child is really a memory not a real child, but it lives in us as if it is real.

STUDENT: It feels physical.

Hameed: So that is how we deal with it. You hold it until it melts away.

STUDENT: I have been holding it so maybe it will melt away.

Hameed: It can melt away all the way that it will not come back but many people do not want it to go away.

STUDENT: Well, I would miss the child.

Hameed: Okay, now we got it.

STUDENT: Because I love the child.

Hameed:

Okay. Now we got it. You can love the child, but the childhood memory is not a real thing. Why do you not love your memory of your childhood? That is true, real. But to say I love the child as if there is something there, really it is just some impression in your consciousness, you see. But it is true you were a child, and you were not loved, and you could love that, that child that was not loved.

STUDENT: I have compassion.

Hameed:

Yes, compassion too. You bring in many important questions for all of us that we need to be aware of. One of the main obstacles to embodiment, expansiveness of the love field is the sense of the separate self. But the separate self is not just separate self, it has in it the whole history and the beginning of the history is being a child, the history of that child. So that is why I do not believe people who say just experience the nondual and everything falls away. You have the experience, and it did not fall away. It keeps coming back. You need to really work with it, and I think you know how to work with it, holding and compassion and kindness. Thanks for talking. I think you are doing very good.

STUDENT: Thank you so much.

Q&C 4

STUDENT:

I am happy to share some moments with you again. I want to share the experience first of all of listening to your talk. There was there was a moment where actually in the first part I was more, you know, reflecting on things coming up from my history about what is my experience with love and all that. Then there was a point when it shifted to a very different level, a lightness and expansion came in and what happened is that I felt very much connected to you, to the field. I realized how that aspect of connectivity, of connection is related to love and how that desire to be connected or to feel connected was a motivation or kind of motivation during my whole life, my professional live, my relationships and all that and that felt really kind of like looking at my life from a new level, from a deeper, from a different perspective than just looking at the results but really coming to feel how the process of creating, of sharing is important to me and how that is connected to love and how it makes me feel loving somehow, wanting to share and wanting to –

Hameed: Is that what you are experiencing now? What you are you sharing now?

STUDENT:

Yes. It is back again. It is very present, and it is that feeling that something as you as you talked about the source of love, I do not know exactly, but I know it comes like this and it wants to expand.

Hameed: How do you feel it now, that it wants to expand, to share?

STUDENT:

It is a joyful sharing and what I am noticing now is that unlike previous times where I was nervous or something when I became present, that is not present at all. So, I feel very comfortable and calm and relaxed, so this is also a very beautiful experience that somehow that that kind of anxiety has disappeared. It is not there. There is no need for it.

Hameed: Yes, I noticed you are not anxious or anything. You are free, happy, relaxed. You are sharing yourself.

STUDENT: Yes, that is it. The aspect of connection and sharing –

Hameed:

You are bringing in something very important which we will be discussing in the future which is how love manifests in many ways. One of them has to do with sharing or connection. You cannot be connected, have real connection without the love itself. Love is the connecting factor because love makes everything one and on an individual level it makes us feel more connected, more bounded.

STUDENT:

Perhaps a little aspect of that is giving up thinking about the result but just about the process of sharing and letting us see where it leads us. Because I have been somehow a lot result driven, it is much more enjoyable just to go into the process of sharing, developing, creating and let us see what that result will be of not being kind of concerned.

Hameed:

Yes. You are in the moment. You are not thinking of results. That is always the case when we are in our authentic beingness like true love. It is the experience. It is what is happening. It does not mean the fruition is not important or neglected, but I mean we are present centered. We are not thinking about consequences or results or something. We are just enjoying it. If we are enjoying something, you are not thinking about what will happen next.

STUDENT: Yes. That is exactly what I am feeling at the moment.

Hameed: Sounds wonderful. Thanks for bringing your enjoyment and your sense of connection. You brought in the quality of connection which is one way love can manifest as a liking, an appreciation but also as connection which is very important for human beings. As you know, for a human being it is difficult to have a life without some kind of connection with family, friend, colleague. Not just you know them, but you do feel some connection, deep connection. Most people experience it emotionally, but it can be deeper than emotional. When you get to that level of it, it is freedom, happiness. Great.

STUDENT: Thank you very much.

Hameed: Thank you.

Q&C 5

STUDENT:

During the meditation, you took me to the place where I had a glimpse of this beautiful pink golden flowering in my heart. After that, I was back to my small, open heart and it felt like far, far away from the place where this flowering is happening. I felt this huge desire to have this flowering, to have this full potential of my heart. I felt this fear of unknown and disappearing and that keeps me safe and shallow in my experiencing of love.

Hameed:

That is good. You are seeing a lot about yourself and some of the concerns, the fears that most human beings have and experience. So, it is. The heart is a risky business. To open the heart does not feel safe always because of all that has happened to us, because of what we see in the world. It is scary to open the heart and vulnerable and at the same time it is what we want. You liked feeling that pink loving sweetness. You like it, you appreciate it, you treasure it. Of course, the more we see that, the more we see we treasure it, the more we see feel it is worth taking the time, taking the risk and working with the fears and the difficulties and hurt sometimes, wounds and all kinds of stuff that the heart has. The heart has its history. What is happening now? What are you experiencing?

STUDENT: I am quite nervous, and my heart is expanding. I feel like (sound), it is a risky business.

Hameed: Yes. I see that. Expanding, opening up. Is it not wonderful? It does it by itself.

STUDENT: Yes. It is so moving and beautiful. It is very natural.

Hameed:

It is a nice thing about being human that we have these possibilities. Part of the treasure of being human is that a human has the heart and all its possibilities. So, it is quite a treasure. You are recognizing it, you appreciate it, and you know the difficulty and the fears about it. So, as it expands now, what happens? How do you feel?

STUDENT: I feel more precious. I feel more valuable. I feel more beautiful.

Hameed: You are all of those. As you that way, more precious, more valuable, what do you feel in the heart? What is there?

STUDENT: It is spaciousness, but it is very focused spaciousness.

Hameed: Focus spaciousness. What do you mean focused spaciousness?

STUDENT: It is not vast, but it is just like it opens like bubbles opening.

Hameed: Okay. Open and bubbles that open up. As you feel the bubbles, let it bubble up and see what happens.

STUDENT: I feel like - oh, I stopped bubbling because I got really scared of what is going to happen.

Hameed: That is good. So, maybe you feel you are one of the bubbles. Let it come up. It is okay if there is fear. The heart bubbles and it brings out everything.

STUDENT: Yes. Okay.

Hameed: It is okay to let the fear come?

STUDENT: Yes. It is here.

Hameed: Yes, it is here. So, let the fear happen. What do you see? What do you find?

STUDENT: It is quite unnecessary, but I still have kind of a habit of holding it.

Hameed:

Yes, history. It comes up but as you said this is very true and unnecessary now, but you have had all this history that is still there that brings in fear. You do not need to force anything. Whatever is happening is fine with me.

STUDENT: I feel like yes, give me a chance.

Hameed:

You are bubbling away. I like it, the bubbling. Even if there are fear bubbles because fear sometimes appears as bubbles, you know. You have bubbles that are expansive too. Openness, expansion, heartfelt. And you are feeling precious and valuable, all that. Well, you are. You are a human being, so you are precious. A human being has a treasure which is in their heart.

STUDENT: And it is so nice to experience it, not to know mentally.

Hameed: Yes. I do not care about knowing mentally. You could read books for that. Here it is about our experience, our direct knowing from your own immediate felt experience.

STUDENT: Now, I feel excitement because I am a human.

Hameed: Yes. A human that expresses something bigger.

STUDENT: Yes. Very mysterious.

Hameed:

That is what we are. Humans are organs for love to express itself in this world. That is why we can live as human beings who have connection to something bigger, profound.

STUDENT: Yes. Very grateful for you, for that opportunity and for everyone here.

Hameed:

Okay, now you feel gratitude which is also feeling of the heart. That is one way to feel the heart to feel gratitude. Can you imagine if two thirds of the world felt grateful what would happen in the world?

STUDENT: Magic.

Hameed: Yes. It will be magic. I mean it does not even need to be two thirds, just one third. I am glad that you are feeling this gratitude. That is good for you and for everybody.

STUDENT: Excitement for the future as well.

Hameed: We need more of that, more humans to feel this openness of heart and gratitude. Thanks for sharing your heart.

STUDENT: Thank you so much for the opportunity.

Hameed: You take care.

Q&C 6

STUDENT:

Thank you for the teaching and for this connection. I am grateful for that. During your teaching and into the exercise, I felt a lot of energy changes or something in that way. Right now, I am really back to being anxious and feeling the jumpiness in me. I am also feeling a lot of density in my thyroid area. But I had a question. Somewhere along the line a flow that started in me, more flow than these others, how do I name this flow. I never experienced colors before like pigments of gold. How do name it? I only know that it is flowing.

Hameed: You are sensing it as a flow, you are feeling it as a flow.

STUDENT: Yes, but I would not know how to name it.

Hameed:

You already named it. You are calling it a flow. That is naming. It expresses the recognition that it is a flow. That is what you know. It is a flow. Then when you feel the flow, what do you think is flowing?

STUDENT:

Well, that is what I do not know. I have felt things that are more fluid than this so I would say it has more substance to it than what I have felt before.

Hameed: Okay. Something flowing, could be energy, could be substance, could be all kinds of things. That is why I am curious what kind of flow you are experiencing.

STUDENT:

I do not know how - no word is coming to my head. Sometimes words will come to my head. I say oh, that is probably it. I have felt in other people like a milky white flow or sweet flow, but I do not always feel that in myself. I can recognize it.

Hameed: So, you are feeling as of a flow, you just do not know what the quality of the flow is. Do you not know it because you do not feel it, or you do not recognize what you feel?

STUDENT: Well, every once in a while, there is something that I have never felt before. I do not recognize it at all, and it is like, well, how do I name it.

Hameed: Something new, if you never experienced it, of course, you would not give it a name, but you can describe it though. How would you describe the one now?

STUDENT: About all I can tell is that it has a thickness. I guess I would say the word that came up was twinkly. It twinkles, it sparkles. That is what came up.

Hameed: Sparkling thickness. My thinking is you mean by thickness you mean substantial. You do not mean like thick, compacted. You mean substantial.

STUDENT: Yes. It has viscosity to it.

Hameed: It has viscosity to it.

STUDENT: Yes. It is not like water. It is thicker than water.

Hameed: I see. Water has very low viscosity. This has a higher viscosity. So, the flows go slowly, more slowly and has more substantiality and fullness it seems.

STUDENT: The longer I sit with those sparkles, I guess I would say it feels like joy.

Hameed:

Okay. You are happy. Particles flowing kind of substantiality. That is one way actually the heart can move, and the love can happen as a glowing kind of substance of different kinds. Nectars, juices. The heart can be juicy and flowing with different kinds of viscosities depending on what quality it is. Each quality has a different viscosity, a different kind of fullness.

STUDENT: So, I do I recognize it from compassion.? I guess I am thinking I am starting to think too much.

Hameed: Well, it does not feel exactly like compassion. You feel something different. You just do not recognize what it is.

STUDENT: Yes.

Hameed: But you do know does it has viscosity. It has a flow. It has some kind of density to it. Is the flow similar to honey or is the flow similar to oil?

STUDENT: It is more thick like honey or a nectar.



Hameed: Oh, like a nectar, like honey. Okay, we are more and more zeroing in. That is how you can tell by just finding more how it feels, how you experience it. That is more important than a name. From that comes a name. The name has to come from it not from somewhere else.

Student: The name comes from the flow.

Hameed: It will tell you what it is. It sounds wonderful.

STUDENT: It makes sense. Thank you too. I am happy with that. I do not have to figure it out from here.

Hameed:

No, you do not want the mind to try to figure it out. It will stop it and limit it. The heart knows itself and it will reveal what it is. It is already revealing itself in many ways. It just has not given you a recognizable quality. There is a quality but there is not a knowing with it. It is just the quality. You know it has texture. It has viscosity. That is a lot of knowing. It makes you feel happy. Does it make you sort of feel a sense of richness or fondness?

STUDENT: I am starting to feel more upright and there is also a solidness with it, more than I felt earlier.

Hameed:

It could be more solidity. That is great. More solid and the flow. That is good. I think that is wonderful. Just stay with it, you know. I would ask question of myself the way I am asking you. The experience will reveal more of itself and the more interview yourself, you hone in exactly what it is, what is its impact.

STUDENT: Okay. I will keep being curious with it. Thank you.

Hameed: It sounds a very curious thing.

STUDENT: Yes, it is very curious.

Hameed: Very interesting actually. Enjoy.

STUDENT: Thank you.

CLOSING

Good being with everybody. I think everybody who shared, who asked questions have been wonderful. Obviously, the heart is opening and revealing many of its treasures. There are many more. I am sure others who have not had the chance could have also shared more things. We will continue tomorrow with the full course. There is a lot more to unpack about our experience of love and its possibilities. So, have a wonderful time with it. As you see, all kinds of surprises happen. So, you take care and see you again. Zarina will be here tomorrow. She will be teaching. It will not be me. You will be in good hands. Okay, you take care.