

## True love



*Love ≠ attachment*

The challenge is always that we misunderstand the idea of love with attachment. We imagine that the grasping and clinging we have in our relationships shows that we love. In fact, it is only attachment that causes pain. The more we grasp, the more we are afraid of losing and then when we lose, of course we will suffer.

Tenzin Palmo

The ability to be alone corresponds to the ability to love. It may seem paradoxical, but it is not. It is a fundamental truth. Only those who can be alone can love, can share, can reach the deepest core of a person without owning them, without becoming dependent on them or addicted to them. They allow others full freedom because they know that when they are being left, they are just as happy as before. Their joy cannot be taken away because it does not come from others.

Osho

*Small and great love*

There are two kinds of love. One is desiring love, counter-set love, clinging love. The other is great love, absolute love, freedom.

If you desire something for yourself, your love is not true love. It depends on many conditions; if these change, you suffer.

Suppose I like a girl very much and she loves me. I go away to Los Angeles, and when I come back she has another boyfriend. My love turns into anger and hatred. So small love always brings suffering.

Great love knows no suffering. It is only love, absolute love, so in it there is neither happiness nor suffering. This is Bodhisattva love.

Seungshan