

Sudesh Didi – 20th February 2022 Sunday Morning Class - GCH, London

Being Lost in Love

Om shanti Om shanti. Om prem.

Shall I say Om Shanti? What is merged in this Om Shanti? When the soul is lost in Baba's love, then, automatically, the mind is silent, clean, clear and peaceful; intellect is divine. Celebrating the meeting with the Ocean of Peace and Love, when we are lost in the love of the Supreme Being. When I use the term "lost in love", the question arises: What is lost? Am I lost in love, or have I found something in love. Merged in love, and all other things which were not right, which were unnecessary, which were influencing and disturbing the mind, questioning the intellect, influencing the sanskaras, they automatically become quiet, because it is Baba's Love.

"Being lost" means totally concentrated and enjoying the experience of belonging to the Supreme. Baba is the Ocean of Love but souls are asking, "We are thirsty for one drop." To be Baba's children are so fortunate. We are multimillion-times fortunate, that Baba is showering love every day. We don't just received drops of love, but we are soaked in love, drowned in God's love. Love has such deep influence and leave such an impression.

The love of human beings is selfish, superficial, demanding, controlling, possessive, doubtful, limited and insecure. There is fear in human love, the fear of losing. With God's love, you come to get lost in it.

What is the difference between the love that human beings offer and the love that Baba showers upon us? It is selflessness. God does not need anything. With human beings, whenever they think of love, they become more and more body conscious. Just imagine, love as only the attraction of the physical body, the temptation of physical things. God takes us beyond. The more we are bodiless, losing "mine" consciousness, body consciousness, the more the soul is absorbing, taking in pure love, Supreme love and perfect love. Going deeper and deeper into it. It's because this is selfless love; this is purifying love. And this purity creates self-respect; automatically makes us feel the Affection and the Companionship of the Supreme Being. Baba becomes a natural Friend and Companion, the Beloved and the Bestower. This is the relationship of experience, without possessiveness or dependency. Baba makes us independent again.

Yet, we know that without Baba's Love, there is no power. In fact, the basis of yoga or powerful fire of love is pure love. But it needs to be checked through introspection, because it is extroversion that makes us the quality of love changes, the body-conscious quality changes love. It is in the packet of love and the label of love, but gradually, instead of letting go of expectations and desires, instead of giving, wanting comes. The soul then, through the sense organs, becomes more and more attached to that physical being. Baba is bodiless, and Brahma Baba is benevolent. The Company of the Bodiless makes us soul conscious.

What is bodilessness? Soul consciousness. And what is soul consciousness? When the qualities of the soul, the inner power of the soul and the divine sanskaras of the soul begin to shine. And the soul begins to love the self instead of loving the body. Whatever you love, you don't have to make an effort to remember. You want to be in that company; you want to experience the vibrations and the power. We begin to experience; we begin to love ourselves; we begin to love what we are in reality. Purity, peace, love, wisdom, truth, happiness and kindness; this is what we are and what God is.

God is Love, and in love, you give. This is why Baba is the Giver and the Merciful Forgiver. He is not only the Giver but the Forgiver. He does not have any bad feelings for those who defamed Him. He always says that we defamed Him. Why? It is not to glorify Himself, but to enable us to have the right connection. And, this is also God's love. When this true love is experienced for the self, we begin to experience love for others.

It is about values. Even with physical attraction, behind that, there is also some kind of value that the person is impressed by, and begins to like. Liking becomes connection; connection becomes dependency, and then attachment. So, that love is not love anymore; it is polluted love.

God's love is purified love. So, let go of negative body consciousness; open yourselves with the original qualities that you have. What vision does God have for us? A perfect being, a divine being with pure mind, divine intellect and elevated sanskaras. He makes us into the charming and attractive Shri Krishna. *Aakarshak*, the word means the Attractive One. It is the qualities that attract.

It is God's love that purifies us, decorates us, empowers us, and liberates us from every kind of bondage. What holds our concentration is the Godly qualities and our original qualities of the self. That is getting lost-in-love. This means finding the original self and enjoying the Company, the Companionship with God. Eventually, one asks, "What should I do in return?" For the One who is showering love upon me, what should I give in return?" Do I have anything? Baba does not want anything. But our heart says that I belong to You. Then, we offer ourselves and surrender ourselves.

When we belong to You and You belong to me, then, there is no longing anymore. The longing finishes, all kinds of longing. And that is called "getting lost in love".
Om shanti.