

LOVING MINDFULLY

“Love” is a beautiful word, and we have to restore its meaning. When we say, “I love hamburgers,” we spoil the word. We have to make the effort to heal words by using them properly and carefully. True love includes a sense of responsibility and accepting the other person as she is, with all her strengths and weaknesses. If you only like the best things in a person, that is not love. You have to accept her weaknesses and bring your patience, understanding, and energy to help her transform. This kind of love brings protection and safety.

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NONDISCRIMINATION

In true love, there's no more separation or discrimination. His happiness is your happiness. Your suffering is his suffering. You can no longer say, “That's your problem.” In true love, both happiness and suffering are no longer individual matters. You are him, and he is you. In a good relationship we are like two fingers of the same hand. The little finger doesn't suffer from an inferiority complex and say, “I'm so small. I wish I were as big as the thumb.” The thumb doesn't have a superiority complex, saying, “I'm more important. I'm the big brother of

all the fingers; you have to obey me.” Instead there's a perfect collaboration between them.

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ASKING FOR HELP

When you suffer, you may want to go to your room, lock the door, and cry. The person who hurts you is the last person you want to see. Even if he tries to approach you, you may still be very angry. But to get relief, you have to go to the person you love, the one who just hurt you very deeply, and ask for help. Become yourself one hundred percent. Open your mouth and say with all your heart and with all your concentration that you suffer and you need help.

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THREE HELPFUL SENTENCES

It's not healthy to keep anger inside for too long. If you're too upset to speak calmly, you can write a note and put it where the other person will see it. Here are three sentences that may help. First: “My dear, I am suffering, I am angry, and I want you to know it.” The second is: “I am doing my best.” This means you are practicing mindful breathing and walking, and you are refraining from doing or saying

anything out of anger. The third is: "Please help me." Memorize these sentences. Or write them on a small piece of paper, the size of a credit card, and put it in your wallet. Then when you're angry, you can take it out, and you will know exactly what to do.

ARE YOU SURE?

Other people's actions are the result of their own pain and not the result of any intention to hurt you. A wrong perception can be the cause of a lot of suffering. This is why whenever we have a perception, we have to ask ourselves if our perception is right. When we stand with friends looking at the setting sun, we're sure the sun has not set quite yet. But a scientist might tell us that the sun we're seeing is only the image of the sun of eight minutes ago. We are subject to thousands of wrong perceptions like this in our daily lives. The next time you suffer, and you believe that your suffering has been caused by the person you love the most, ask your loved one for help.