



A lively afternoon surrounded many green plants and beautiful sunlight streaming down the glass windows formed the perfect setting to discuss that most effervescent and magical thing of life called 'Love' and feel the depth, the delight and the ecstasy of it.

The discussion began light heartedly with a question thrown at the participants "How many had celebrated Valentine day?" Many hadn't. But many felt that every day was meant for love and to celebrate love. After the initial hesitation, came very candid and pleasant sharings from the participants as to what Love meant to them. One lady said, it was the total freedom to be herself, another said it was support and care from the partner. One of the most touching moments was when the facilitator shared the love he felt for his dad who was no more. He missed his dad's silent presence. Weighed down with emotion he shared that "I did not know my dad when he was alive but I know him now". To one, it is the chemistry which was just there between two people, to another it is tolerating the other person. Someone shared how loving people he hated actually freed him, yet another said she has come a long way from holding grievances and loves everyone equally. To one, love meant the selfish seeking of one's own happiness. To another, it is a blessed feeling - to love and to be loved in return. A father pointed out how his love is affected by the inconsiderate behavior on the part of his children. Many parents resonated with him only to find out a



little later in his sharing that deep disappointment rises out of deep love. A lady said she misses the feeling of love many times in her heart. Filters of expectations and conditions blocked it. A rapturous experience of divine love which did not last was shared. A boy with special abilities shared that the love he felt for his mom was above all other love. To the question "How many of you love yourself?" Many answers came and what became known was that you, yourself, as much as anybody in the entire world, deserves your love and affection.

As love wove its magic in to the evening, what was felt was that experiences of love were as innumerable and as diverse and as exclusive as human beings are. What stood out was the uniqueness of love, that it cannot be put in to any format and that all expressions of love are maximal.

**Web:** [www.aashwasan.com](http://www.aashwasan.com).

**To know more contact:** [spirit-u-all@aashwasan.com](mailto:spirit-u-all@aashwasan.com)

