



BIYANI
GROUP OF COLLEGES

*Know
True
Love*



Gurukpo.com
No. 1 Educational Web Portal in India

- Free Study Notes • Video Lectures
- Career Planning • Scholarship • Blogs
- Top Books • Model/Previous Question Papers...

Prof. Sanjay Biyani

Director (Acad.)
Biyani Group of Colleges

Find us on www.facebook.com/biyanigroupofcollege

ISBN No. 978-93-83462-31-5



Address to the Readers

Dear Readers,
Greetings!

With immense proud and gratitude I present this magical love manual **"Know True Love"**. The 36 golden rules presented here in this booklet talk about divine love that has potential to unlock the secret and mystery to get the answers of all your worries.



Only love is true and has power to resolve all your delusions.

All the best to all my readers for shaping their present and future by being the partners in the journey of soul searching with me while reading the book.

I want to leave you with the following thought before you embark on your spirit enriching journey.

"Love is the master key that opens the gates of happiness."

The greatest poverty of all is the Absence of Love. May you all be blessed with eternal love.

Thank You! Thank You! Thank You!

With Regards

SBiyani

Dr. Sanjay Biyani
Director (Academics)



डॉ. संजय बियानी

जन्म : 06 अगस्त, 1970

शिक्षा : चार्टर्ड अकाउंटेंट, एम.बी.ए., एल.एल.बी., एल.एल.एम., पी-एच.डी., पी.जी. डिप्लोमा इन साइकोलॉजी, पी.जी. डिप्लोमा इन योग एंड थैरेपी।

दस मोटिवेशनल पुस्तकों का लेखन। जिनमें से स्वयं की खोज, पाँजीटिविटी से मस्तिष्क को शक्तिशाली कैसे बनाएँ, श्रीमद्भगवद्गीता... संजय की नजर से, अष्टावक्र गीता से परमात्मा को जानें... संजय की नजर से, द काउंसलर प्रमुख हैं। अनेक प्रतिष्ठित सम्मानों और पुरस्कारों से विभूषित।

लेखक, मोटिवेशनल स्पीकर, यू-ट्यूबर व काउंसलर के रूप में विख्यात। उनका मानना है कि जीवन में सफलता का मूल मंत्र उत्साह व सकारात्मक सोच है। बियानी ग्रुप ऑफ कॉलेजेज के अंतर्गत 15 कॉलेजों के निदेशक। इनमें आधारभूत शिक्षा के साथ-साथ विद्यार्थियों के व्यक्तित्व विकास पर विशेष ध्यान दिया जाता है।



Are you looking for good health, excellent relationships, more money, brilliant job & a career or you want to own a business? Do you wish to be happy all the time and keep your mind calm by removing all kinds of negative emotions like anger, jealousy, greed & attachments? Do you feel anxious more often? Do you overthink too much? Are you willing to unlock the secret / mystery to get the answers of all your worries, there is only one stop solution of all your worries and that is LOVE..... Love and only divine LOVE. The problem is that the mystery of love or the true meaning of love has never been explained properly by our families, educational institutes or our society at large. We must understand that our society can never become healthy without understanding the true meaning of LOVE. Today I try to reveal the meaning of true love with all my learning and experience. You might have heard some or many of these below mentioned points, however if you have already heard some of these aspects of love but have yet to implement them, this article will remind you again to retrospect and will motivate you to apply the concepts of love in your life. I am sure this article will be helpful in bringing magical positive changes in your life.

1. Pure love is selfless without any attachment.

Love does not mean attachment. It means just the opposite of attachment, because attachment creates a very unloving space. Attachment means you will be possessive and from the other side you will be possessed. And the moment you possess you are continuously afraid, anxious, worried, shaky, trembling deep down. There is always fear. It is bound to be there because to possess somebody means you are creating bondage for the other person, and nobody likes bondage; everybody resists it. Love is freedom, it makes you free from all kinds of boundaries.



There is never an attachment in true love. "Serve love through the lover, so that you never become attached to the lover. And when one is not attached to the lover, love reaches its highest peaks. The moment one is attached, one starts falling low. Attachment is a kind of gravitation—unattachment is grace. Unreal love is another name for attachment; real love is very detached."

A deluded person creates a web around himself like a spider and gets trapped in that web, on the other hand loves brings Liberation & freedom, it gives ultimate happiness (freedom) to two people who are firm in it which never ends.

2. Emotion operated from outside - that is only urge & attachment flowing within is "pure love".

You must have seen wet wood burning and smoke coming out of it, the reason for the smoke is – the water present in the wood, attachment or infatuation is the same water misunderstood as love. There is no smoke if we burn the dry wood, similarly there is no place for attachment in true love. We have to keep purifying the impurities on the path of true love.

3. Love lives in the moment.

Living in the present moment means no longer worrying about what happened in the past and not fearing what will happen in the future. It means enjoying what's happening now and living for today. Love says present moment is the most precious.

Greed is to live in the past, expectation is to live in the future & Only Pure love inspires to live in the moment. The person clings on the things and hold them is called 'Greed', if he has desires / wishes to be fulfilled in future called 'expectations' and they both (greed & expectations) are unreal. Love inspire us to live in the moment and that is real.

4. Whom you love. You become like that/them.

The energy of the people you surround yourself with matters a lot. It will influence how you see yourself, how you see life, what you believe to be possible. Gradually you start becoming like the people you love.

“If you enjoy being with somebody, you would like to enjoy it more and more. If you enjoy the intimacy, you would like to explore the intimacy more and more, love is so powerful it makes you just like the person/ things you love the most. Some people love machines or gadgets they become like them, some people love their mobiles, computers and cars and start becoming like them -materialistic, love is the name of awareness. Love impacts us the most.

5. Love is all about devotion NOT about fulfilling the desires.

In love there are no desires, expectations from others. It has been conditioned by society; society has implanted many things in our mind. Generally we are seeing in our social life, a wife is asking for love from her husband and a husband also seeking love from his wife ,actually both are deprived of love, they both are seeking love from each other like beggars and they both can't get the love, because love is about giving and nurturing . Seeking love is like begging. Love is actually the name of selfless devotion towards each-other. The seed of love never germinates in the lives of people who demand for it.



6. Love happens without Reason- Don't search the reason.

True love always happen without any reason; where there is reason there is no love. Love happens with trees, plants, ants, birds, and cows, dogs all the living beings without any attachment or demands because you yourself are full of love.

We love people without any expectations, if at all there is any expectation, demand it's a business transaction of give and take certainly not love. Love is always unconditional just like the pure love between mother and her child.

7. You surrender yourself in the love rather pretend to become someone.

When our inner ego comes to the state of emptiness, then that emptiness arise within and anyone can be accommodated there. The feel of “I” (selfishness) is the main reason for all the sorrows and obstacles. A selfless man can be filled with the essence of love. Here destroy oneself means destroy our ego. Love is the opposite of lust, rather its about respecting others. When you love someone, then there is no feeling of hurt and you become enriched by experiencing it.

8. Pure love : loves everyone with the same intensity and has no place for biases.

Love knows no discrimination, you will be surprised to know that everyone loves himself / herself the most in this world and that's why he feels trapped in lust and relationships. Love is pure and divine, love is most sacred most comprehensive and it's limitless. Pure love is equal to all. It provides respect and dignity to everyone without any biases.



9. Love is not darkness, it's a glimpse of the light from heaven.

In reality love is knowledge, and those who attain higher level of wisdom become full of love. In fact, love is such a light that the darkness of the ego cannot exist in it at all. If you love others, if your love is focused on others, you will live in darkness. Turn your light toward yourself first, become a light unto yourself first. Let the light dispel your inner darkness, your inner weakness. Let love make you a tremendous power, a spiritual force.”

10. Love gives freedom not authority.

We start descending from the ladder of love when we start exerting authority over others and trying to control them to do what we want them to do, on the contrary we start climbing the ladder of love when we keep liberating others, and give them freedom to do what they want to do.

11. Love is charity not alms.

A true lover has a tendency to give like an emperor and a person without love is fearful and behaves like a beggar. Love is selfless and is full of gratitude; pure love can't ask or demand anything from anyone.

12. Love does not EXPECT it gives unconditionally.

Due to expectations, attention is always focused on others, when the attention is diverted from others then only inner vision will be able to reach the soul. Pure love is expressed in the form of giving. Here! I would like to say that it's not only about giving rather giving everything without any condition. Love is unconditional.



13. Pure love offers both – Falling in love or rising in love.

Often people understand the fulfillment of desires & lust as love, this is falling down from the ladder of love, in reality the goodness of love is to accomplished the need of others and to adapt the selfless love like Krishna. Only by practicing this we can achieve the highest degree of divine love.

14. True love never loses if you lose understand its EGO and not love.

If there is love inside, you may find God and if there is Ego inside you find bitterness and enmity outside, love says don't be panic if you feel rejection on the path of love, keep faith, keep patience it will receive permanent acceptance. Love take tests and also wants to test the impurity.



15. Lotus defines pure love.

Lotus is also called "Pankaj" (in hindi) Pankaj is made up of two words, meaning "which is born in the mud". This example of lotus express if we are looking only at lust & desires in love then its pure MUD and if our attention is on meditation and prayers then we are looking at the lotus blooming in the mud.

16. A person can never be sad if he/she in love- love can't make you sad, ego and selfishness makes you unhappy and depressed.

The cause of sorrows are outside/ external and the existence of love has to be from within, anybody who is full of desires, expectations from outer world will always be disappointed that lead to unhappiness as he is full of ego & possessiveness. A person deprived of love can be sad, love can never make you unhappy.

17. Love does not come by birth automatically one needs to earn it with honest efforts.

After the birth a child start sees the competition, and gradually he get trapped into the materialistic race, lust, greed anger, ego and other negative emotions. On this path of life the one who understand these differences can realize the power of love and develop the power to come out from this trap or else his entire life will revolve around this misery.

18. Mediation and prayers are best ways to earn Love.

One of the purposes of prayer and meditation is to regain our energy. We reconnect, re-center, recharge and gain the strength required to take steps that has the ability to bring positive changes in life. In other words, prayer is the fuel that lights the fire of action. Meditation and prayer are best ways to calm our mind & enhance spirituality and they both lead to reach to true love.

19. Love is born out of "Nothing".

Divine love never demands it's always about giving. If we expect something in return, it's merely an exchange of emotions or our hidden desire we mistakenly name them LOVE. Love gives birth, love is creative; fear is powerless. It has never created anything. It cannot create anything because it has no substance. But it can destroy your whole life, it can surround you like a dark cloud, it can exploit all of your energies. It will not allow you to move into any deep experience of beauty."



20. Love never decreases by sharing rather love increase and enhances by sharing- SO LOVE ALL.

The ordinary love is about demanding from others whereas the real love is about sharing. It knows nothing of demand; it knows the joy of giving.

21. TRUE love is neither bound in any relation not an act nor the desires, its conscious state of mind.

Love is never a relationship; love is relating. "Once you are in a relationship you start taking each other for granted – that's what destroys all love affairs. The woman thinks she knows the man, the man thinks he knows the woman. Nobody knows either! It is impossible to know the other, the other remains a mystery. And to take the other for granted is insulting, disrespectful.



22. Pure love is an expression of feeling of joy and happiness.

It is always like a river, flowing, unending. Love knows no full stop; the honeymoon of emotions has a beginning but it never ends.

23. Pure love can connect you to GOD.

God is pure love and pure light, whatever He creates and whatever He does is with divine love. If we want to connect with God Love is the only way. When you think of God as your Friend, that relationship expresses the grandest form of love and devotion. Friendship is the touchstone by which we may know the purity of any relationship, human or divine. It has the sweetness of all forms of love without their contamination. In parental love there is a compulsion of nature; and in all other forms of human love there is some selfish compulsion – but not in true friendship. When you speak of a sibling and say, "He is my brother," that means he is born to the same parents and you have to love him. But when you say to somebody, "He is my friend," that means you offer him your love that is pure and unconditional and you have freely chosen to give your love to him.

24. The flower of love blossom among many thorns.

Love is not easy, those who ready for sacrifices, who are nurturing and givers, they only can reach to uppermost level of love.

Love is both - it is rich and it is painful, it is agony and it is ecstasy - because love is about meeting of the earth and the sky of the known to unknown, of the visible to the invisible.

Love is the boundary that segregate circumstances and consciousness, the boundary of the lower and the higher. Love has roots in the earth; its pain. And love has its branches in the sky; that is its ecstasy.

25. A saint or a sinner both can't understand divine love.

The bhogi (common man) has multiple materialistic goals in his/her life, their purpose is to get a car, home, gold, property, position & prestige. Their whole life they run after these. On the other hand the yogi also wants to attain salvation. Where we have desires & demands we can't find love.

26. Pure love is about becoming ONE.

Love never divides it always unites. True love is the art of seeing "the one". When we look inside ourselves, we get to know "I & YOU", are not separated from one another. Everything is connected with each other at a very subtle level we are all connected to each other through the power of awareness. Something like the energy flowing in a wire that illuminates thousands of bulbs. All the bulbs are connected at the subtle level. If the feeling of 'Me' & 'you' remains constant in life then understand its not love and we are far away from it.

27. PURE love is neither related to body not related to hormones produced by body.

If love is based only on body it will soon bring the boredom!, however true love brings joy not the boredom, love brings awareness, there must have been the high levels of hormones in the bodies of Laila & Majnu, if these level of hormones get reduced or eliminated from their body by any scientific methods will they still be so attracted or in love with each other?



28. Pure love is Synergy of God.

Love is the food for soul. Our breath connects our body& this whole existence. Similarly on a micro level love connects with the soul & God. Where there is no love there can never be God, as love is considered as a energy that connects the soul with the God. Which cannot ne manifested due to desires? For this reason, Shri Krishna in Bhagavad Gita describes unattached feelings and selfless action as the easiest way to attain God.



29. We are miserable without love.

Love is to see yourself in the eyes of others with similar type of feeling. As if someone is saying that I can sacrifice everything for you. If you see the same dignity in someone's eye then fortunately life has been successful. Such love is priceless. Without love you feel miserable everytime.

30. Can love become HATE?

And the answer of this is absolute No. love knows no language of hatredness, there is no place of jealousy, possessiveness, hatred, anger, violence in love. Ownership is hidden somewhere in the love of an ordinary person, he is doing politics somewhere. What has turned into hatred was never love infarct in the love of an ordinary person there is hidden wrong intentions, due to desires, ego, wishes; tensions come in the life whereas love fills our life with joy and happiness.

31. Attachment is not love.

Love is beautiful only when there is no attachment in it, but unfortunately, we have been told for thousands of years that love means attachment. That is one of the greatest calamities that has happened to humanity. Love does not mean attachment. It means just the opposite of attachment, because attachment creates a very unloving space. Attachment means you will be possessive and from the other side you will be possessed. Everybody wants to get out of the prison; hence the fear.

32. Knowledge will follow true love and then true love will become prayers.

Science means understanding the world i.e external environment or understanding things, people and our surroundings. Whereas knowledge is 'Knowing Oneself'. Love is essential to understand our thoughts, feelings and existence. How can a person discover himself without love because all his consciousness goes in to the search of materialistic things in the outside world? However the truth is there is nothing much to be gained in the outside world. A heart that is filled with the love, begins to develop the capacity to manifest in life. With the utmost love and wisdom we can attain God. Wisdom purifies love and this pure love generates faith and devotion in everything we do. A person full of pure love automatically gets connected with prayers and start feeling the supreme power of God. Today even during prayers and temple visits people ask something from God however we must accept that prayers are gestures of thanksgiving and not begging.

Love is the most eternal blessing that keeps life flowing and wisdom is the true form of knowledge. Don't be knowledgeable, be wise. And a wise man understands the meaning of true love.

33. Is Give & Take love?

The spirit of taking is selfishness. Give and take is called business not love. Love is all about giving, not taking, mending, not breaking, trusting, believing, never deceiving, patiently bearing and faithfully sharing each joy, each sorrow, today and tomorrow. Love is kind, understanding, but never demanding. Love is constant, prevailing, its strength never failing. The true meaning of love is –giving only.

34. Love is food for soul.

Like the need of the body is water & food, like purified thoughts are the food for heart and mind similarly the food for our soul is love. Self-realization can not happen without love. Self discovery is just not possible without love. Love is the nourishment for the soul. Just as food is to the body, so love is to the soul. Without food the body is weak, without love the soul is weak. And no state, no church, no vested interest, has ever wanted people to have strong souls, because a person with spiritual energy is bound to be rebellious."

35. What can be the act in the world due to which the seed of love starts sprouting in a person?

Even if we start doing one or two things in a day of 24 hours without expecting anything in return that is selfless act then just by doing that you will realize the seed of love start cultivating within you. The small acts like, planting a tree, serving food to birds, helping poor all are sign of Love. The gesture of giving selflessly is one of the purest forms of love.

36. Love never fails it stops only after attaining God.

Yes indeed! Love never fails rather empowers all people to express and experience our best sense of humanity. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres.

"Love is a spiritual phenomenon; lust is physical. Ego is psychological; only love is spiritual & divine"

