

Longing

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When you really feel, you feel love. Most deeply, most honestly you know that you *are* love. Love is openness. This same openness is what everyone seems to be longing for. You are this love. You are alive as love. Your entire body yearns to live open as love.

Who you truly are is Love. This Love has no name. No shape. No form or even a feeling. It is that which you already are without you needing to make any effort. You are love. Love is unbound by condition, space or time. Love never knows what is next or why things happen. It is free. You are free. You are freedom itself.

But despite all this, we behave as if we are in a prison. We believe that there is a problem and that something is missing. We feel we are not living fully enough. We suppress our true feelings and desires and have so many ideas of how we think we should feel or behave. We believe we are stuck in fixed patterns of behaviour. In an effort to create safety and protection in life and relationships, you may have built imaginary walls around the

love that you are. This often accumulates tension in the body. Although sometimes these walls of protection are useful, most of the time you long to break out of these walls and run naked screaming down the street! You long to live without caring. To live freely in love. To express whatever is in your heart. You long to surrender to the fullest passion of life. To feel and experience the love that you know. You long to become as free as love.

It is only thought which stops you. Thought creates these imaginary walls of tension and limitations. Walls protecting an imaginary person. What you are does not need protecting. What you truly are is life itself only playing a game of protecting and defending. Seeing that these walls are only thoughts means that the pretence is seen through. In recognising this and getting the 'joke', the edges melt. The boundaries dissolve.

What is this lack or need to be fulfilled by someone or something? Is it physical as well as mental or emotional? Where is it felt in the body? I remember I used to associate a burning sensation in the sternum area with a lack. Sometimes it was so intense and all consuming. Is this physical sensation permanent? Or are there times when it is not there and totally forgotten about? See that it is a physical sensation that comes and goes. But what does not come and go? The love, the freedom that you really are is the only constant.

This feeling of longing or something missing, comes up in all areas of life, but longing for the perfect lover is probably the most common. Longing for someone to complete you. Longing to fall and dissolve into the other and know that there is nothing to be scared of and no reason to hide anymore. Longing to know the absolute love which has no reason to hide. No reason to play games. Nothing to think about. Nothing to wait for. No reason to do anything but love. Right now. Right here. Just love for no

reason. Just love, despite all reasons.

However, no matter what you do, no matter how close you get to someone, however much you make love, you can never get close enough. You always feel separate and frustrated. This is the same as a search for spiritual enlightenment. You imagine that when you achieve the spiritual goal that you are looking for, it will give you all the sense of completion and freedom that you long for. But whenever you experience anything close to it, it always seems just a little further out of reach.

What are you really longing for? Do you really want to find what you are looking for? Or will you just get bored of that when you find it? Haven't you noticed that no matter what experience or goal you attain, it always loses some of its sparkle after a while. Don't you really long for the end of all experiences or goals? Don't you really long for the end of it all? To melt into oblivion. To disappear. Death. What freedom!

You already know the freedom and true love that you really are beyond all pretence. You already know that it is all so easy and flowing. You already know that 'you' are not a separate identity. But when there are ideas of a problem or a lack, these ideas are accompanied by intense emotions or physical sensations and seem to be so overwhelming. At these times, there seems to be no freedom or love and only a feeling of separation. All that is focused

on is the limited perspective of negative, self-obsessive thoughts and beliefs. But deep down, you know that these experiences are not real. This is when there is often a sense of longing for the freedom. Often this comes after a taste of that freedom in the form of an experience such as falling in love or a spiritual experience. When this experience fades and life brings more so-called mundane experiences, there is an idea that 'I've lost it'. The longing is what drives any spiritual search or in fact any search for more than simply what is.

Longing is actually an innate knowing of the true freedom that you are along with a frustration that is felt when there is a denial of that. The denial is a belief that there must be something more than just this. This belief is reflected in every aspect of society. Life is believed to be complicated and all good experiences must be achieved through hard work and striving. Thought can not stand the simplicity of absolute presence. It denies that 'I know despite all thought and beliefs'. It belittles any kind of recognition that isn't based in proof or something written by, or approved by, someone else.

Just this. This right now is all that has ever been longed for.

Just this sensation or sound. Even this thought (if there is a thought) is all there is. It's not leading anywhere. Nothing to achieve. Beyond any thought that denies it, is this real knowing of the freedom that you are already.

There is often an expectation that this freedom and love should be experienced as that, constantly. However, true freedom is not dependant on any experience of freedom. True love is not dependent on being in a relationship or any experience of falling in love. The love that simply is, despite any experience or thought to the contrary, is the love that you know you are right now. What a relief! You don't have to walk around with a permanent smile on your face or have blissful experiences, to know the bliss that is beyond any experience.

So when there is any feeling or experience of lack, it is known that it is not a real lack. When you have a problem or unpleasant emotion, you know that it is not really a problem because you know that who you truly are never has any problem. Who you are never lacks, despite any thought 'I lack'.

Recognise who you truly are, and know once and for all, what you really long for.

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