

LOVE

The Lady in White



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The Buddha was sitting under a tree talking with some monks to his left. He was resting his right arm on his right upturned knee, when a woman approached from his right, knelt down and bowed her head placing her palms together. The Buddha immediately turned to her and said, “*Welcome. Welcome. I am happy that you have finally come.*” Then he adjusted his position to face her directly, bowed his head, and smiled with her and waited.

She said, “I want to know about Love.”

The people who heard her were shocked, and the celibates started to stand up and take their leave, when in a harsh voice the Buddha said, “*Get back here you cadavers! Maybe you can learn something about life from this woman.*” Everyone was shocked, and returned to their seats with heads down.

The Buddha asked in a beautiful voice, “*What is there you don't already know about Love?*”

“Yes, I should know everything about Love. I have loved many men, and have married twice, and I am

married now, and have several children. For many years now, deep in my heart, I felt my love was not full. I love my children. I would give my life for them, and I have loved my husbands. I love the man I am with now. But what is Love?

“Why do you say your Love is not full? You would give your life for your children, and every day you must be serving and supporting your husband. True?”

“Yes, this is all true. I love my children and am totally devoted to my husband. My life on the surface seems wonderful. I have everything, but something is missing in all this. Many years ago I had a dream. A woman in delicate white robes came to me in this dream, and she was radiantly beautiful, like a goddess, and she asked me, “What are you doing? Are you happy? I will always be with you to care for you, to comfort you. I love you.” And when she said that, there was a Love I have never experienced before, and I started to cry, and I immediately woke up and found myself crying and shaking.”

“Yesterday, I was collecting firewood and saw a remarkable sunset, which caused me stop, to feel the beauty and freedom, and from somewhere that same voice came to me and said, “I will always be with you, I love you.” I started to cry and dropped my firewood. That same profound love overwhelmed me again, so I came here today to ask you, “What is Love?”

“This is very beautiful. I am glad you came here today and told us this. What could be more beautiful than this? You have love for your family and love for your life, but do these compare with the love you felt?”

“Thank you, but none of my earthly love compares to that Love. I would give my life for my children, but I think that I would rather give up my life for that Love. It sounds crazy, because maybe it is just a hallucination, but it seemed so real and it shook me so deeply. Even now as I sit here talking about it with you, those feelings return and I want to cry. Can you help me?”

“Be happy my daughter, these things were not

hallucinations. You are the most fortunate of all these people. No one here knows Love, and Love has come to you alone. No one seated here would give up their lives for their meditation. This is a rare thing you have experienced and we need to find it again, because as you have said, it is more important than your own life.

I ask all of you, consider carefully, what can be more important to you than your life? Only this Love can be more important! So let's find it!

“You had a dream and felt an amazing Love. Then a few days ago you heard that same voice, and the same Love came upon you. Now, because you were awake and felt the same Love, you know how important that Love is to you. So, I want to ask you, do you feel that same love now?”

“No, it has gone from me.”

“Why is it so important to you?”

“Well, when the Love stopped, I saw my life in a flash, and no Love compared to it. Nothing

compared to it. My life did not compare to it.”

“Truly. Can you remember the feeling of that Love Now?”

“Yes”

“Can you tell me where you feel it?”

“Yes, I feel it in my heart.”

“Exactly. Can you forget everything but that feeling? Just relax, feel the Love in your heart, and forget everything else, and tell me what happens. Take a few moments and feel that Love in your heart.”

“OK. Well the feeling in my heart was only a small love, and after a few moments the image of the lady in white appeared, and the Love in my heart grew bigger. It was as if the lady appeared in my heart in a vision, and the love grew stronger. I can still feel her in my heart. I can see her in a space in my heart.”

“Excellent. And when you completely relax into that Love, into that space in your heart, what happens?”

“Oh! My body relaxes so much, and I feel so happy, and I don't know why. I feel myself inside the space in my heart with the lady in white, and I am feeling so happy. What is happening to me?”

“Where is this happiness?”

“It seems like it is in my heart or radiating from that space in my heart, and making me feel very happy.”

“Exactly. And as you feel the space and the happiness, rest and relax there, do you notice new things?”

“Yes the more I see and feel these experiences, the space in my heart seems to be growing, and it feels like the lady in white is coming closer, and I am firmly inside that space with her. This is very strange, when I think about this. I am just sitting here with you, looking at you and having this

dream in my heart. The lady in white appeared inside a space in my heart, and that space feels like it is growing, or becoming bigger and I am moving into that space. The more I feel like I am moving into that space the more joy I feel, and the closer the lady in white approaches. Now, I am seeing the space and the lady more than you and the world, but this dream brings me great joy.”

“Wonderful! Continue to relax and fall into that joy and that space and what happens?”

“The Lady in white has become me! She stepped into me, and I became her. This feels so crazy! Where I am, where my body is, the Lady in white is in that space and I can no longer see her. I feel or see the white robes moving in the air around me, but it feels like my clothing. Surrounding me is that space that I have moved into, and everything is just so blissful and joyous. I no longer feel the space in my heart. I entered into that space, and it expanded and now engulfs me and my body, and I have become the lady in white. This is crazy except that I have become full of Love, happiness, and joy. What a strange dream I am having!”

“Wonderful. Is there joy, Love and happiness everywhere in your body?”

“Yes, it feels like it is everywhere in my body. Even my feet are happy!”

“Very Good. Is this Love and Joy filling your body over and over again without any effort?”

“Yes, I am filled with Love and joy from above and below constantly without any effort. I am at peace resting in an endless fountain of Love and joy. I was not expecting this joyous experience, but I am in it.”

“Wonderful, my friend. With your eyes, very gently see the world behind me. Can you extend this Love outward into the world you see?”

“Yes, when I gently saw the world behind you, at first I didn't know what to, I just looked and thought to extend the Love there, and I felt the Love fill the space between me and the world. I can almost see and feel a sparkling in the air in

front of me. Then the Love inside of me grew stronger, and the top of my head started tingling.

“Excellent. Relaxing completely, allow the Love to fill the space to your left in the same way as far as it can go.”

“Oh! This is too extreme! I have become drunk with Love and joy. I can barely sit here awake. My eyes, my seeing, and my mind is now just a wave of extreme Love, and the Love fills the world to my left.”

“Excellent. Relaxing completely, allow the Love to fill the space to your right in the same way as far as it can go.”

Oh my Lord! You are a magician. This not possible. I thought I had experienced all the Love. I had become the lady in white and I thought it was extreme then. Now the Love is so strong, I feel everything inside and out is dissolving into Love. Love goes from my heart into the world, and goes from my world into my heart endlessly.

Excellent. And allow that Love to go everywhere,

everywhere into the world? Wherever you look, wherever you can feel, expand this love as far as it will go in every direction.”

Love! Love is everywhere! How profound. This beyond belief. It is like magic, and I feel completely drunk in Love and ecstasy. But I have this funny experience. I keep hearing or feeling this thought in my heart. It is the repetitious drumbeat of me..me..me..me, and it seems so useless compared to the Love I experience.”

“Yes, the drumbeat of me..me..me is totally useless when you are drunk with Love. Stay as the Love and let the heart and the drumbeat fade away. If you focus on that drumbeat, your Love will fade away. Let go of the heart. Let go of the drumbeat of me..me..me.”

“Yes, I feel that! Allowing the drumbeat of me..me..me starts removing the Love, and when I let it go of the heart and become the Love I go into the ecstasy of Love filling the whole world. How amazing this is. How profound. No words can express this.”

“When I dreamed of the lady in white and heard her voice, I felt her Love. I knew I had no Love, and it made me cry. I was sad for myself.”

“Now I have become Love. I have become the Love, where sadness can never go. I don't know what has happened, but I am truly blessed. You are an unusual teacher. You don't just talk about worldly love. You give the experience of a supernatural Love, and I will thank You forever. Can I come again?”

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