



## **Dimensions of love**

What Happens

What happens when your soul  
Begins to awaken  
Your eyes  
And your heart  
And the cells of your body  
To the great Journey of Love?

First there is wonderful laughter  
And probably precious tears

And a hundred sweet promises  
And those heroic vows  
No one can ever keep.

But still God is delighted and amused  
You once tried to be a saint.

What happens when your soul  
Begins to awake in this world

To our deep need to love  
And serve the Friend?

O the Beloved  
Will send you  
One of His wonderful, wild companions-  
Like Hafiz.

## The Subject Tonight Is Love

The subject tonight is Love  
And for tomorrow night as well.  
As a matter of fact,  
I know of no better topic  
For us to discuss  
Until we all  
Die!

Hafiz

Your heart is the size of an ocean.  
Go find yourself in its hidden depths.  
Rumi

As you live deeper in the heart,  
the mirror gets clearer and cleaner.  
Rumi

Love is the way  
Messengers from the mystery  
tell us things.  
Love is the mother.  
We are her children.  
She shines inside us,  
Visible-invisible, as we trust  
Or lose trust,  
Or feel it start to grow again.  
Rumi

Give me freedom to sing without an echo,  
Give me freedom to fly without a shadow,  
and to love without leaving traces.  
(From the golden sufi centre)

There are people with their eyes open  
Whose hearts are shut. What do they see? Matter.

But someone whose love is alert,  
Even if the eyes go to go sleep,  
He or she will be waking up thousands of others.

If you are not one of those light-filled lovers,  
Restrain your desire-body's intensity.  
Put limits on how much you eat  
And how long you lie down.

But if you are awake in the chest,  
Sleep long and soundly.  
Your spirit will be out roaming and working.  
Even on the seventh level.  
Muhammed says, I close my eyes and rest in sleep,  
But my love never needs to rest.

The guard at the gate drowns.  
The king stays awake. You have a king inside  
Who listens for what delights the soul.

That king's wakefulness  
Cannot be described in a poem.  
Rumi

Love asks for nothing and risks everything.

Rumi

If you can't smell the fragrance  
Don't come into the garden of Love.  
If you're unwilling to undress  
Don't enter into the stream of Truth.  
Stay where you are.  
Don't come our way.  
Rumi

Why ever talk of miracles when you are destined to become infinite Love.  
Hafiz

Love as if your life depends on it ,  
Because it does.  
Michael Franti

"If you open your heart, love opens your mind."  
The Dalai Lama

Would you become a pilgrim on the road of love?  
The first condition is that you make yourself humble as dust and ashes.  
Rumi

Gamble everything for love,  
If you are a true human being.  
If not, leave this gathering.

Half heartedness does not reach  
Into majesty. You set out  
To find God, but then you keep  
Stopping for long periods  
At mean spirited roadhouses.  
Rumi

How will I allow  
The Lords devastating kiss  
To burn my lips  
If I can't open right now  
To the gentle touch  
Of tiny fluttering wings  
Of Love  
As they brush by....  
Hafiz

There is no salvation for the soul but to fall in love  
It has to creep and crawl amongst the lovers first  
Only lovers can escape from these two worlds.  
This was written in creation.  
Only from the heart can you reach the sky.  
The Rose of Glory can only be raised in the heart  
Rumi

Love is the cure, for your pain will keep  
giving birth to more pain until your eyes  
constantly exhale love as effortlessly  
as your body yields its scent.  
Rumi

Lose yourself, lose yourself in this love.  
When you lose yourself in this love,  
you will find everything.  
Rumi

O love, o pure deep love,  
be here, be now.  
Be all.  
Rumi

The real Love I will always keep a secret.  
All my words are sung outside her window, for when She lets me in, I  
take a thousand oaths of silence.  
But, then She says, O, then God says,  
"What the hell, Hafiz, why not give the whole world my address."  
Hafiz

He who wants to do good knocks at the gate; he who loves finds the gate  
open.  
Rabindranath Tagore

You have to keep breaking your heart until it opens.  
Rumi

On the path of Love we are neither masters nor the owners of our lives.  
We are only a brush in the hand of the Master Painter.  
Rumi

Give yourself a kiss.  
If you want to hold the beautiful one,  
hold yourself to yourself.  
Rumi

Through Love all that is bitter  
becomes sweet  
Through love all that is copper  
becomes gold  
Through Love all dregs will turn  
to purest wine;  
Through Love all pain becomes medicine.

Through Love the dead become alive,  
Through Love the king becomes a slave.  
Rumi

When at first  
love captured my heart  
my cries kept the neighbors awake all night.  
Now that my love has grown deeper  
my cries have calmed down.  
When fire catches, smoke  
disappears.  
Rumi

The way you make love  
Is the way God will be with you.  
Rumi

You think you are alive  
because you breathe air?  
Shame on you,  
that you are alive in such a limited way.  
Don't be without Love,  
so you won't feel dead.  
Die in Love  
and stay alive forever.

Rumi

Love is fire. To suffer in love is creative, it takes you to higher levels of  
consciousness.

Osho

Love wants to reach out and manhandle us,  
Break all our tea cup talk of God.  
If you had the courage and could give the Beloved His choice,  
some nights He would just drag you around the room by your hair,  
Ripping from your grip all the toys in the world that bring you no joy.  
Love sometimes gets tired of speaking sweetly  
And wants to rip to shreds  
All your erroneous notions of truth

That make you fight within yourself, dear one,  
And with others, causing the world to weep on too many fine days.  
God wants to manhandle us,  
Lock us inside a tiny room with Himself  
And practice his drop-kick.  
The Beloved sometimes wants to do us a great favor:  
Hold us upside down and shake all the nonsense out.  
But when we hear He is in such a "playful drunken mood"  
Most everyone I know quickly packs their bags and  
hightails it out of town. (Hafiz)  
The way of love is not a subtle argument.  
The door there is devastation.  
Birds make great sky-circles of their freedom.  
How do they learn it?  
They fall, and falling they're given wings.  
Rumi

### **Pink**

But whoever said unconditional love was easy?  
It is not easy.  
It is internal genocide.  
The flames ravage without discrimination.  
Leaving no part of me untouched.  
But I'd rather die than never know this love.  
So have no pity, dear friend.  
Sit by my side as I burn.

Jeff Foster

### **Gold**

Even after all this time  
The sun never says to the earth,  
"You owe me"  
Look what happens with a love like that,  
It lights the whole sky  
Hafiz

'Why are you so enchanted by this world,  
when a mine of gold lies within you?'  
Rumi

Always check your inner state  
With the lord of your heart  
Copper does not know it's copper,  
Until it is changing into gold.  
Your loving does not know its majesty,  
Until it knows its helplessness.  
Rumi

Dissolver of sugar, dissolve me,  
If this is the time.  
Do it gently with a touch of a hand, or a look  
Every morning I wait at dawn.  
That is when it has happened before.  
Or do it suddenly, like an execution.  
How else can I get ready for death?  
You breathe without a body, like a spark.  
You grieve and I begin to feel lighter.  
You keep me away with your arm  
But the keeping away is pulling me in.  
Rumi

Always check your inner state  
With the lord of your heart  
Copper does not know it's copper,  
Until it is changing into gold.  
Your loving does not know its majesty,  
Until it knows its helplessness.

Rumi

The time has come to turn your heart into a temple of fire.  
Your essence is gold hidden in dust.  
To reveal its splendor, you need to burn in the fire of love.  
Rumi



## Give Thanks

If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep ... you are richer than 75% of this world.

If you have money in the bank, in your wallet, and spare change in a dish someplace ... you are among the top 8% of the world's wealthy.

If you woke up this morning with more health than illness ... you are more blessed than the million who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation... you are ahead of 500 million people in the world.

If you can attend a meeting without fear of harassment, arrest, torture, or death ... you are more blessed than three billion people in the world.

If your parents are still alive and still married ... you are very rare.

If you hold up your head with a smile on your face and are truly thankful ... you are blessed because the majority can, but most do not.

If you can hold someone's hand, hug them or even touch them on the shoulder ... you are blessed because you can offer a healing touch.

If you can read this message, you are more blessed than over two billion people in the world that cannot read at all.

Isn't this a wonderful day to give thanks?

Fall in Love with the Agony of Love, not the Ecstasy. Then the Beloved will fall in Love with you.

Rumi

Why ever talk of miracles when you are destined to become infinite Love.  
Hafiz

Look as long as you can at the friend you love,  
no matter whether that friend is moving away from you  
or coming back to you.  
Rumi

When the power of love  
overcomes the love of power,  
The world will know peace.  
Jimmy Hendrix

You are such an ocean of Love,  
That you have no boundary.  
The desire man and woman  
Feel for each other,  
Is only a drop from that ocean.  
Rumi

It appears that love was born from me,  
But don't believe that.  
If fact, I was born from that love  
Rumi

Always check your inner state  
With the lord of your heart

Copper does not know it's copper,  
Until it is changing into gold.

Your loving does not know its majesty,  
Until it knows its helplessness.

Rumi

When you shoot an arrow of truth, dip its point in honey.  
Arabic Proverb

Man's desire is to jump out of the world,  
and God's desire is to plunge into the world.

Man's desire is to be God,  
and God's desire is to be man.  
Osho

...When the soul first puts on the body's shirt, the ocean lifted up all its  
gifts

When love first tasted the lips of human Beings, it started singing

...You are in my eyes, how else could I see light? You are in my brain,  
this wild joy.

If love did not live in matter, how would any place have any hold on  
anyone?

Rumi

### **Pomegranate**

This wine I drink today  
Was never held in a clay jar  
I love this world  
Even as I hear the great wind  
Of leaving it , rising.  
For there is a grainy taste I prefer  
To every idea of heaven:

Human Friendship

Rumi

The agony of lovers  
burns with the fire of passion.  
Lovers leave traces of where they've been.  
The wailing of broken hearts  
is the doorway to God.

Rumi

I swallowed some of the beloveds wine  
and now I am ill.

My body aches

My fever is high

They call in the doctor

And he said: Drink this tea.

Okay, time to drink this tea

Take these pills

Okay time to take these pills

Then the doctor says:  
Get rid of the sweet wine of his lips  
Okay,  
Time to get rid of the doctor  
Rumi

Love came and became like blood in my body.  
It rushed through my veins and encircled my heart.  
Everywhere I looked I saw one thing:  
The beloved's name written on my limbs,  
On my left palm, on my forehead, on the back of my neck,  
On my right toe  
Oh my friend, all that I see of me belongs to be beloved.  
Rumi

I used to be shy  
You made me sing  
I used to refuse things at the table  
Now I shout for more wine  
In serious dignity I used to sit on my mat and pray  
Now children run by and make faces at me.  
Rumi

Your love became blood in my body.  
This is the spirit marrying the flesh, this creation, the body.  
Laila

The whole world just got thick Again with God.  
And everywhere I look Makes me feel very proud  
That all the objects and creatures Can remain looking So poised  
And acting so cool While keeping the Great Secret So well  
And not blissfully shout All day long the Reality  
I Am – I Am the Wine!  
The whole universe just got stoned Out of its mind again On the Beauty  
Of God.

Suddenly the drunken sweetheart appeared out at my door.  
She drank a cup of ruby wine and sat by my side seeing and holding the  
lockets of her hair.  
My face became all eyes and my eyes all hands  
Rumi

The way you make love is the way God will be with you.  
Rumi

"Be wild and crazy and drunk with Love,  
If you are too careful, Love will not find you..."  
Rumi

Inside this new love die  
Your way begins on the other side  
Become the sky  
Take an axe to the prison wall  
Escape  
Walk out like someone suddenly born into color  
Do it now  
You are covered with thick cloud  
Slide out the side. Die  
And be quiet. Quietness is the surest sign  
That you have died.  
Your old life was a frantic running from silence.  
The speechless full moon  
Comes out now.  
Rumi

Some mysterious opening of essence builds as  
we turn the refuse of mistakes  
over in the sun,  
like garbage being composted  
on a Damascus street.  
Rumi

Man's desire is to jump out of the world,  
and God's desire is to plunge into the world.  
Man's desire is to be God,  
and God's desire is to be man.  
Osho

...When the soul first puts on the body's shirt,  
the ocean lifted up all its gifts

When love first tasted the lips of human Beings,  
it started singing  
...You are in my eyes, how else could I see light?  
You are in my brain, this wild joy.  
If love did not live in matter,  
how would any place have any hold on anyone?  
Rumi

I want nothing to do, with this world or the next. Yet I do not turn away.  
My heart is filled with a million wonders, beholding the sight. What  
madness keeps me from becoming totally mad.  
Rumi

If it is not too dark  
Go for a walk if it is not too dark.  
Get some fresh air, try to smile.  
Say something kind to a safe looking stranger, If one happens by.  
Always exercise your hearts knowing.  
You might as well attempt something real along this path.  
Take your spouse or lover into your arms  
The way you did when you first met.  
Let tenderness pour from your eyes  
The way the sun gazes warmly on the earth.  
Play a game with some children.  
Extend yourself to a friend  
Sing a few ribald songs to your pets and plants.  
Why not let them get drunk and wild!  
Let's toast every rung we have climbed on evolutions ladder.  
Whisper, "I love you, I love you!"  
To the whole mad world.  
Let's stop reading about God.  
We will never understand him.  
Jump to your feet, wave your fists,  
Threaten and warn the whole universe  
That your heart can no longer live  
Without real love!!!  
Hafiz

No lover ever searches for union  
If his beloved is not also seeking him.  
Rumi

The love of lovers makes them thin  
The beloveds love makes them full and shining  
When the lightning of love for the beloved  
Falls from heaven and strikes this heart  
Know that love is also firing that heart.  
And when the love for him brims over in your heart  
Know that the love for you is also brimming in his.  
Can the sound of clapping come only from one hand?  
Rumi

It happens all the time in heaven,  
And some day It will begin to happen again on earth--  
That men and women who are married,  
And men and men who are lovers,  
And women who give each other Light,  
Often will get down on their knees And while so tenderly  
Holding their lover's hand,  
With tears in their eyes, Will sincerely speak, saying,  
"My dear, How can I be more loving to you;  
How can I be more Kind?"  
Hafiz

Love is fire. To suffer in love is creative, it takes you to higher levels of  
consciousness.  
Osho

When all your desire are distilled  
You will cast just two votes:  
To love more  
And be happy.  
Hafiz

Give me freedom to sing without an echo,  
Give me freedom to fly without a shadow,  
and to love without leaving traces.  
Sufi Saying

If you open your heart, love opens your mind.  
The Dalai Lama

Your task is not to seek for love, but merely to seek and find all the  
barriers within yourself that you have built against it.  
Rumi

Love is fire. To suffer in love is creative, it takes you to higher levels of  
consciousness.  
Osho

The way of love is not a subtle argument.  
The door there is devastation.  
Birds make great sky-circles of their freedom.  
How do they learn it?  
They fall, and falling they're given wings.  
Rumi

No better love than love with no object  
No more satisfying work  
Than work with no purpose  
If you could give up tricks and cleverness,  
That would be the cleverest trick.  
Rumi

Love more, feel more, enjoy more, so that you can feed your heart.  
Watch the sunrise, the sunset, the clouds, the  
rainbows, the birds on the wings, the flowers, the animals, the rocks, the  
people -- look into their eyes. It is such a  
multidimensional existence. Look into every dimension but look as a poet:  
to praise, to feel. Be ecstatic!  
Osho

Through Love all that is bitter  
becomes sweet  
Through love all that is copper  
becomes gold  
Through Love all dregs will turn  
to purest wine;  
Through Love all pain becomes medicine.  
Through Love the dead become alive,  
Through Love the king becomes a slave.  
Rumi



In the slaughterhouse of love  
They kill only the best,  
None of the weak or deformed.  
Do not run away from this dying.  
Whoever is not killed for love is dead meat.  
Rumi

When at first  
love captured my heart  
my cries kept the neighbors awake all night.  
Now that my love has grown deeper  
my cries have calmed down.  
When fire catches, smoke  
disappears.  
Rumi

Gamble everything for love,  
If you are a true human being.  
If not, leave this gathering.

Half heartedness does not reach  
Into majesty. You set out  
To find God, but then you keep  
Stopping for long periods  
At mean spirited roadhouses.  
Rumi

Horror has its day, or year, or decade, or century.  
The Sun of Love has never, and will never, set.  
Whatever you have to go through to know this beyond any shadow of a  
doubt is worth it.  
From someone written in Auswitsch.

Love came and became like blood in my body.  
It rushed through my veins and encircled my heart.  
Everywhere I looked I saw one thing:  
The beloved's name written on my limbs,  
On my left palm, on my forehead, on the back of my neck,  
On my right toe  
Oh my friend, all that I see of me belongs to be beloved.  
Rumi

I used to be shy  
You made me sing  
I used to refuse things at the table  
Now I shout for more wine  
In serious dignity I used to sit on my mat and pray  
Now children run by and make faces at me.  
Rumi

When the soul first put on the body's shirt,  
the ocean lifted up all its gifts and that union took place  
When love first tasted the lips of human beings it started singing  
when the divine united with the flesh.

You are in my eyes, how else could I see light  
You are in my brain, this wild joy  
If love did not live in matter,  
how would any place have any hold on anyone.

Suddenly the drunken sweetheart appeared out at my door.  
She drank a cup of ruby wine and sat by my side seeing and holding the  
loquets of her hair.  
My face became all eyes and my eyes all hands  
Rumi

I want nothing to do, with this world or the next. Yet I do not turn away.  
My heart is filled with a million wonders, beholding the sight. What  
madness keeps me from becoming totally mad.  
Rumi

### **Saffron**

Guard your good deeds from the eyes of men with the same fervor you  
hide your bad deeds from them. ~ Rabia al-Adawiyya

Give anonymous  
the gentle outlast the strong  
the obscure outlast the obvious

I slept and dreamt that life was joy.  
I awoke and saw that life was service.  
I acted and behold, service was joy.  
Rabindranath Tagore

Even after all this time  
The sun never says to the earth,  
"You owe me"  
Look what happens with a love like that,  
It lights the whole sky  
Hafiz

### **Living daylight**

May today there be peace within.  
May you trust that you are exactly where you are meant to be.  
May you not forget the infinite possibilities that are born of faith in  
yourself and others.  
May you use the gifts that you have received, and pass on the love that  
has been given to you.  
May you be content with yourself just the way you are.  
Let this knowledge settle into your bones, and allow your soul the  
freedom to sing, dance, praise and love.  
It is there for each and every one of us.

How did the rose ever open its heart and give to this world all of its  
beauty? It felt the encouragement of Light against its being; otherwise we  
all remain too frightened.  
Hafiz

Drop worrying. There is nothing to worry about; all is taken care of. Live  
with that trust.  
Osho

## **Luminous black**

Don't surrender your loneliness  
So quickly.  
Let it cut more deep.

Let it ferment and season you  
As few human  
Or even divine ingredients can.

Something missing in my heart tonight  
Has made my eyes so soft,  
My voice  
So tender,

My need of God  
Absolutely  
Clear.

Hafiz

There is nothing in the world  
that exists outside yourself.  
Look into the depth of your being  
for that which you desire.

Rumi