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### Love, Formlessness, and Common Humanity

Love is not an emotion. Love is instead the manifestation of being with the least dependence on context. Humans are not their bodies, not their emotions, not their thoughts. With proper focus and training, we can each of us perceive our bodies, our emotions, our thoughts, our souls with equally acute clarity. If we can see these elements of ourselves, what, then, is doing the seeing? A part cannot perceive the context of the whole. And so we become increasingly aware that the whole is not composed of these things. The whole stands alone, watching. This is our true being. It is this being that is entirely formless. The ego, the element of existence that restricts spirit into the form of individuality, is a manifestation of circumstance, not a manifestation of existence. Our formless witness exists in all context and, actually, more is more accurately represented out of any context.

Love must be one of two things: a very high level, complicated emotion, or a very low level undercurrent of being. Anybody who has loved can attest to the power love wields inside of us. Love can be accompanied by almost any emotion at all: happiness, sadness, anger, fear, etc. Obviously love must be beyond any of these emotions in context, for in order to coexist with such a range of emotions and thoughts, like the whole-being, it must not be defined by them. How could it? With this realization, love ceases to be propped up by the context that surrounds it. It can exist independently of any of these ego elements and, in fact, these ego elements do not rest underneath love, but instead rest on top of love. Therefore, if love is simpler than the addition of ego elements, the context in which love interacts with being must be extremely fundamental.

The root of being that manifests itself in a formless state is often referred to as the 'witness' or as 'emptiness'. This is the level in which true love interacts. Elements of mankind that approach the highest levels of commonality between all people must, by definition, be the basic representation of the composition of the creature that is a human being. Some would refer to this fundamental being, when placed in the context of life, as the 'human condition'. It would be no exaggeration to suggest that all humans desire to love and be loved. So, from the moment that we are able to perceive, we love. It demonstrates itself in attachment with family, in the search for the perfect mate, in the support of friends, and in empathy for our fellow man. When we fall in love, we simply find a focal point to direct the love we have always known. Love, at its basic level, is the mingling, the resonance of commonality... the fundamental human composition. Love is as basic as existence gets. Love is the resonance of being despite the ego, despite the self. It is formless, timeless, and spaceless.

Therefore, the more the ego is abolished from ruling life, the more love will be experienced, the more freely love will resonate, and the more satisfaction will be felt on the most fundamental level. Once the ego is no longer in control, it becomes a tool that does not restrict expression. It is instead a context for the expression of enlightened understanding, including the understanding of love.