



EPILOGUE



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ROMANTIC MEMES WORTH SPREADING

(Sharing few of my personal favourites)

Gestalt Prayer

I do my thing and you do your thing.

I am not in this world to live up to your expectations,

And you are not in this world to live up to mine.

You are you, and I am I,

and if by chance we find each other, it's beautiful.

If not, it can't be helped.

(Perls, 1969)

Zen story

If You Love, Love Openly

Twenty monks and one nun, who was named Eshun, were practicing meditation with a certain Zen master.

Eshun was very pretty even though her head was shaved and her dress plain. Several monks secretly fell in love with her. One of them wrote her a love letter, insisting upon a private meeting.

Eshun did not reply. The following day the master gave a lecture to the group, and when it was over, Eshun arose. Addressing the one who had written her, she said: "If you really love me so much, come and embrace me now."

Kahlil Gibran on Love

When love beckons to you, follow him,
Though his ways are hard and steep.
And when his wings enfold you yield to him,
Though the sword hidden among his pinions may wound you.
And when he speaks to you believe in him,
Though his voice may shatter your dreams
as the north wind lays waste the garden.

For even as love crowns you so shall he crucify you. Even as he is for your growth so
is he for your pruning.
Even as he ascends to your height and caresses your tenderest branches that quiver in
the sun,
So shall he descend to your roots and shake them in their clinging to the earth.

Like sheaves of corn he gathers you unto himself.
He threshes you to make you naked.
He sifts you to free you from your husks.
He grinds you to whiteness.
He kneads you until you are pliant;
And then he assigns you to his sacred fire, that you may become sacred bread for
God's sacred feast.

All these things shall love do unto you that you may know the secrets of your heart,
and in that knowledge become a fragment of Life's heart.

But if in your fear you would seek only love's peace and love's pleasure,
Then it is better for you that you cover your nakedness and pass out of love's
threshing-floor,
Into the seasonless world where you shall laugh, but not all of your laughter, and
weep, but not all of your tears.
Love gives naught but itself and takes naught but from itself.
Love possesses not nor would it be possessed;

For love is sufficient unto love.

When you love you should not say, "God is in my heart," but rather, "I am in the heart of God."

And think not you can direct the course of love, for love, if it finds you worthy, directs your course.

Love has no other desire but to fulfill itself.

But if you love and must needs have desires, let these be your desires:

To melt and be like a running brook that sings its melody to the night.

To know the pain of too much tenderness.

To be wounded by your own understanding of love;

And to bleed willingly and joyfully.

To wake at dawn with a winged heart and give thanks for another day of loving;

To rest at the noon hour and meditate love's ecstasy;

To return home at eventide with gratitude;

And then to sleep with a prayer for the beloved in your heart and a song of praise upon your lip.

Gibran (1923, pp. 11-14).

Ayn Rand on love

To love is to value. Only a rationally selfish man, a man of *self-esteem*, is capable of love-because he is the only man capable of holding firm, consistent, uncompromising, unbetrayed values. The man who does not value himself, cannot value anything or anyone.

(Rand, p.32).



*Oh, Love, that I might be love
To love thee with the love of Love!
Oh, Love, for Love's sake, make that I,
Being love know Love as fully as Love*