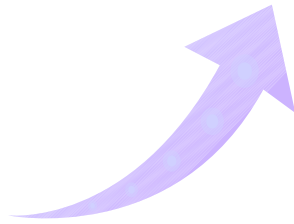


True love

I think, perhaps, that we can all admit, at least as adults, that our love does not always have wisdom. Mmm...What to do?

We can discover through meditation practise that qualities such as *samādhi* or wisdom, or even humble patience, also have love, true love. For the more experienced practitioner this can be a solution – we can develop a different, higher kind of love. This may be all very well and good but where might we begin?

We can also discover that the love of truth can take us to true love – love of truth, truth of love.



It's true. And it takes off!

I offer this for your reflection.

Ajahn Kalyāno
<http://www.openthesky.co.uk>