

Week 11 - Realizing the Mystic - I Want to Know what Love is....

*I gotta take a little time, a little time to think things over
I better read between the lines, in case I need it when I'm older
Now this mountain I must climb, feels like the world upon my shoulders
Through the clouds I see love shine, it keeps me warm as life grows colder
In my life there's been heartache and pain
I don't know if I can face it again
Can't stop now, I've traveled so far, to change this lonely life*

*I want to know what love is, I want you to show me
I want to feel what love is, I know you can show me*

*I'm gonna take a little time, a little time to look around me
I've got nowhere left to hide, it looks like love has finally found me
In my life there's been heartache and pain
I don't know if I can face it again
Can't stop now, I've traveled so far, to change this lonely life*

*I want to know what love is, I want you to show me
I want to feel what love is, I know you can show me
I want to know what love is, I want you to show me*

*(And I want to feel) I want to feel what love is
(And I know) I know you can show me*

*Let's talk about love, I want to know what love is
The love that you feel inside, I want you to show me
And I'm feeling so much love, I want to feel what love is
No, you just can't hide, I know you can show me
I want to know what love is (let's talk about love), I know you can show me
I want to feel it too, I want to feel what love is
I want to feel it too, and I know and I know, I know you can show me
Show me love is real, yeah, I want to know what love is*

Source: [LyricFind](#)

Songwriters: Michael Leslie Jones

I Want to Know What Love Is (1999 Remaster) lyrics © Somerset Songs Publishing Inc

Consider the words of the song - do not take them at face value. In fact take nothing at face value ever again.

If we read the lyrics of the famous song as a prayer to the God within, then it is a holy song. If we hear it as a song addressed to another human, it becomes a profanity of dependency and projection.

It is a brave self-acknowledgment to say, "I have no idea what Love is," or "If what I think of as love is all there is, then I don't want it," or "I will search to know what love is until I die." I have heard a few people say these kinds of things over the course of my career and I know that this is a huge step up the mountain. It is a quantum leap in self-awareness and recognition of the tragic trap of staying safe in life. It is a statement of humility, of courage, and of surrender to the unknown, that few people ever make. You have to want love with your whole heart, mind and soul and be willing to discover over and over again, "not this, not this...."

And you have to want love in the sense of wanting to find the love you are within, *not get it* from without from someone else. You have to want to learn to live in love, out of love, for love, with love, for self, others and the world. And you have to be willing to sacrifice everything you think you are to have it be revealed to you, that it is in fact actually what you are. As you embark on this quest to the top of the spiritual mountain, you are reaching for a new life, a resurrected life, a born again life, a transformed life, a holy life, an enlightened life, and it is true that very ordinary people find this within, and, it is hardly ever the idealized gurus of our times that have attained this in revelation and realization - even if they have knowledge and can speak it, it is the very few that live it.

We have talked about the critical step of being able to face the pain again and know it deeply for the first time. The song would indicate the ambivalence, and the commitment to change this lonely life.

*In my life there's been heartache and pain
I don't know if I can face it again
Can't stop now, I've traveled so far, to change this lonely life*

But know the pain is not enough.

As we embark on this part of the journey we have to listen very, very deeply within. First, we have to recognize our human condition of pain and then we have to bring a cosmic consciousness to that condition. We will make many mistakes discovering that what we thought was a love (or cosmic consciousness, or Buddha nature, or Christ consciousness), is not and that we have again fooled ourselves and that it is not that at all but one more clever trap of the mind. It requires humility, again and again and again.

Having some guideposts can be helpful. Let's take a look at just a few characteristics of ego functioning, or our human condition and what the opposite might look like.

We have already mentioned an inner focus. An inner focus and locus of control is the essential shift in consciousness that has to happen first. So first how do we recognize an outer locus of

control and focus of attention? We have to recognize it in every small observation we make, every word we utter, every action we take, every thought we have.

As long as we are alive we must have an external focus - it is part of staying safe in the physical world. And we must know when we are doing it, so that we can shift deep within to find which response we want to have to the external world. It is very important to not be confused and think we should forfeit the world, withdraw from the world, or not notice the external world.

This has been a heresy and swing in the opposite direction in every religious tradition, from examples like the desert fathers, the hermits, and even the Buddha went through his ascetic stage of denouncing the external world. This still means embracing one side of a duality and so being trapped in duality. All I am saying is that together with noticing the external world, the focus must be on the inner answer and the inner response.

It is this simple. Be aware of your external focus and locus of control and then bring an inner focus to your awareness.

Here is a simple example. I notice something beautiful externally. Now, realize that the perception of beauty is within you and that recognition must be something resonant within your own being. You are the beauty that you see. People completely stuck in an external frame of reference see the external world only in terms of meeting their unaware needs. A hunter with no sense of inner value cannot see the beauty in an elephant - sees it only as a means of winning admiration from other unaware humans, as if that could ever heal the inner problem.

Notice as you read this how you feel. What objection arises, what difficulty in understanding? It is this conditioning that is in the way of the shift happening.

Now think of all the ways in which you judge others. Your focus is on seeing something within yourself externally. Shift this and find the thing you judge within yourself? Examine it deeply. Why would you judge this? How did you learn it? Sink deeper and see if you can find love for the thing within that you judge so harshly.

Now think of a time that you have blamed another person for your unhappiness or shame. For what is that you are actually needing to take responsibility? What is your part in the dynamic? What limit do you need to set with yourself? Look deep within instead of superficially blaming another for the unhappiness you yourself are perpetuating in your life.

Think of how you seek external distraction and pleasure and addiction to alleviate and squelch your inner state of suffering. This is the exact opposite of what is required. What is required is to bring loving attention to your inner state of suffering. Your suffering needs to be surfaced so that your inner love can be brought to it.

Deciding on an inner focus *is a loving act* that you are bringing to your external focus. You are bringing depth to superficiality and awareness to blindness. People that are internally focused, primarily, are

- always questioning the layer beneath what they observe
- seek to understand deeply
- are not taking anything at face value, in themselves or others without cynicism
- do not make snap judgments one way or another
- see many layers and complexity to dynamics within and without
- their language reflects their attitude, in statements like, "I wonder...."
- lead lives that are simple in that they do not require possessions, addictions and distractions to keep them from their suffering
- **are present to inner feelings and needs** and recognize when they defend against them
- **they set limits with defense** and welcome the one who is suffering into their heart
- are motivated by their deep desire to BE LOVE

Exercise:

Notice all the ways in which you made reactive decisions, said things that were not thought through, this week, based on unaware fear and bring an inner focus to the situation. An inner focus is always deeply introspective, reflective, wondering, not superficially judging and shaming (external locus of control). See if you can recognize the language and behavior of each state and can discern the difference.

Make two columns - Inner Focus, External Focus and write down the words that reflect each condition as you examine yourself.

See if you can find the motivation for each state and condition

See if you can recognize the consequence both in the short term and the long term of each condition.