

TIK NAHT HAHN How To Love

If you pour a handful of salt into a cup of water, the water becomes undrinkable. But if you pour the salt into a river, people can continue to draw the water to cook, wash, and drink.

The river is immense, and it has the capacity to receive, embrace, and transform. When our hearts are small, our understanding and compassion are limited, and we suffer. We can't accept or tolerate others and their shortcomings, and we demand that they change.

But when our hearts expand, these same things don't make us suffer anymore. We have a lot of understanding and compassion and can embrace others.

We accept others as they are, and then they have a chance to transform.

When we feed and support our own happiness, we are nourishing our ability to love. That's why to love means to learn the art of nourishing our happiness.

Understanding someone's suffering is the best gift you can give another person. Understanding is love's other name. If you don't understand, you can't love.

The essence of loving kindness is being able to offer happiness. You can be the sunshine for another person.

You can't offer happiness until you have it for yourself.

So build a home inside by accepting yourself and learning to love and heal yourself.

Learn how to practice mindfulness in such a way that you can create moments of happiness and joy for your own nourishment.

Then you have something to offer the other person.

If you have enough understanding and love, then every moment — whether it's spent making breakfast, driving the car, watering the garden, or doing anything else in your day — can be a moment of joy.

To love without knowing how to love wounds the person we love.

To know how to love someone, we have to understand them.

To understand, we need to listen.

When you love someone, you have to have trust and confidence.

Love without trust is not yet love.

Of course, first you have to have trust, respect, and confidence in yourself.

Trust that you have a good and compassionate nature.

You are part of the universe; you are made of stars.

When you look at your loved one, you see that he is also made of stars and carries eternity inside. Looking in this way, we naturally feel reverence.