

Love Under Will

... *the Black Brothers are those who shut themselves up, unwilling to destroy themselves by Love.*

- *Aleister Crowley, Liber CL*

If you find yourself with more than the usual amount of love, due to a drug, a peak experience, a brain chemistry anomaly, or focusing on generating more love, it may be useful to permanently boost your supply of love.

Meditate on everything, including nothing or space. Focus on loving everything, and on taking pride in loving everything, living and nonliving alike. Feel your heart expanding into infinity. Fall utterly in love with everything. Lose all attachments except this love of everything.

Meditate on the living beings of the universe, as the one object which benefits from your love. Meditate on being in love with them all only in so far as they are part of everything. Feel motivated to assist where beneficial, because you are in love with them if a part of everything and want to help everything any way possible, and only sentience gains from assistance.

This is impersonal love. You will have a far easier time generating new love if you successfully perform this exercise because your heart will feed on everything. When an individual falls in love romantically, his heart expands whenever nearing the attachment. A heart in love with everything is always near the attachment.

If only in love with everything, the attachment cannot be injured because everything remains everything regardless of what happens.

You want to help all sentient life because sentient life benefits from the help, and is part of everything. You don't want suffering, or the inhibition of freedom - because these things inhibit that which you love. You are in love with something that includes you, so you do not neglect your own needs. You don't care what happens to it if it isn't sentient because it doesn't care either.

Alternatively, you could choose to put loyalty first:

Focus on the most practical loyalty based hierarchy you can come up with. If you can scry, scry for it. Fall in love with the hierarchy, so that you effectively only love its members based upon how high ranking they are.

Also, you could fall in love with God in the sense of a metaphor acknowledged to be purely symbolic. He is Omniscient because all information, Omnipresent because all places, Omnipotent because all power, as a result of that love is unconditional and provides the universe a soul. Unconditional love provides all information, places, and energy a heart at the center of space-time.

The advantages of this totem is fair impetus transcending social instinct, defined as attachment to what one's affinities within society like, because you vaguely love those aspects of society, and transcending superstition, since you know God is only symbolically alive.

Then Again, you could fall in love with all sentient life. The advantage is fair motivation debatably perfected resulting from an attachment to something real. The disadvantage is paralytic sadness at the pitiable state of a good percentage of beings.

I don't think any of these states of mind are Nirvana, because the ego complex persists. I believe the first mentality referenced to be the closest to the impersonal love of my conception of Nirvana.

Previous [Thoughts on Buddhist Nirvana, quotes from the Mahayana Mahaparinirvana Sutra](#).

It is my opinion that Nirvana is obtained by the release of all pride, and all emotions except love. Free of pride, unconditional love expands in all directions forever.

This is not a new attachment. Without the ego complex, the heart is none attached, all embracing.