



# WHAT'S Love GOT TO DO WITH IT?

THIS WEEK, SREE SREEDHARAN A CRITICALLY ACCLAIMED SELF-MANAGEMENT TEACHER WITH A GROWING CELEBRITY FOLLOWING, REVEALS FURTHER INSIGHTS ABOUT THE NATURE OF REAL LOVE...

## Why are real love and attachment opposed to each other?

Love is a result of inner purification. As we unveil our selfless qualities, our capacity to identify with others increases. At the highest level, we are capable of loving everyone. When we lead an egotistical life, we develop a sense of separateness from others. An ego-infested mind has selfish desires and motives, which obstruct our selfless qualities from manifesting. An self-centred existence becomes a breeding ground for hatred, jealousy, anger and so on. Such a person expects the whole

world to cater to his or her likes and dislikes. This isn't love but a perversion of it. It is an attachment to another person, a selfish, possessive kind of love. Such a person, who mistakes preferential attachment to real love, is usually riddled with fears and is often controlling, manipulative and even jealous in relationships. Your partner should never be like a possession. In the presence of your love, let your beloved blossom. Ideally a beautiful, healthy relationship should be like two free, selfless spirits joining together as one. Such a relationship is life's greatest gift.

## So is a selfless, unconditional love the only real form of true love?

Yes, true love is not based on any conditions. It does not alter with situations. It sustains through the ups and downs of life. Love polluted with motives and desires become conditioned, and it isn't real love. In these situations, we become attached to those who cater to our likes and dislikes, our opinions and our ego. And when they stop massaging our egos, we shift our attention to others who do so. Ego-led people don't have the ability to really fall in love with another as they are way too self-centred. True love bridges all differences and brings a lasting union among all beings.

## When in love, should we be making sacrifices for our other half?

Sometimes. Love has the capacity to forgo its comforts and pleasures, in order to give happiness to others. A person who is truly in love strives to bring happiness to all those he comes in contact with. Joys and sorrows of others are felt. Identification with others is complete when the ego has been broken down.

## And lastly what is the highest form of love?

Universal love. This form of love is never confined to any one person. It is universal in nature. Such love stands above any like and dislike or any mental conditioning. Purified of selfish motives

and desires one radiates it wherever one goes and on every object that comes its way, irrespective of it being beautiful or ugly, useful or not. Similarly, to the extent one has true love it pervades all experiences. It expresses itself to one and all with no distinction of 'me' and 'mine'.

## And lastly should we be striving to love our enemies?

Yes, ultimately, those who have reached a higher spiritual level will have the capacity to love their enemies. Love can conquer hate. We tend to hate those who hate us, and love to hate them as well. But hatred only begets more hatred. We can change no one through hate. We can rectify no situation with it. Hatred may or may not destroy others but it definitely destroys the one from whom it emanates. Just as darkness can be overcome by light, weakness through strength, sorrow through joy, so also, hate is overcome through love.

## Is hatred in fact a sign of weakness?

Yes it is. Love is a sign of inner strength. No weak person can truly love. It is easy to hate but love is created through strength and character. Love fills one with peace and joy and radiates that aura around. Love someone so completely that you make yourself worthy of being someone's greatest gift. OK!

For more info, contact Sree at [sree.okme@gmail.com](mailto:sree.okme@gmail.com)

INTERVIEW BY SARAH BLADEN  
PHOTOGRAPHS BY GETTY IMAGES/GALLO IMAGES



# TREAT QI MANTRA MASSAGE AND DERMATOLOGICAL FACIAL WEEK



## What is it?

A massage technique from Singapore that involves deep pressure on areas of tension and knots. It's quite intense but there is no better massage for aching muscles and tension headaches. The Demalogica facial is an intensive, anti-ageing treatment that includes a 20-minute steam, extraction, facial massage and two face masks.

## What are the highlights?

Walking out of the spa feeling brand new. Not only will your body feel as light as air, your complexion will be radiant and glowing.

## Are there any downsides?

Some people don't enjoy a deep massage, but I can't sing the praises of Qi Mantra enough. For me this is without a doubt the best massage in Dubai.

## How long do the effects last?

Tension is eased for up to 10 days and tired skin will be revived for up to two weeks.

## Who should do it?

If you're desk-bound or exercise a lot, this is the massage for you. The facial is an intensive booster for prematurely ageing, lacklustre or environmentally damaged skin.

## How much is it?

A one-hour massage costs Dhs250 and one-hour facial Dhs400 and this Valentine's Day, you can choose one of two packages for him or her, at Dhs300 or Dhs500.

## Where can I try it?

Spaces Oasis Centre, 04 515 4400.

★★★★☆

Review by Melanie Penny