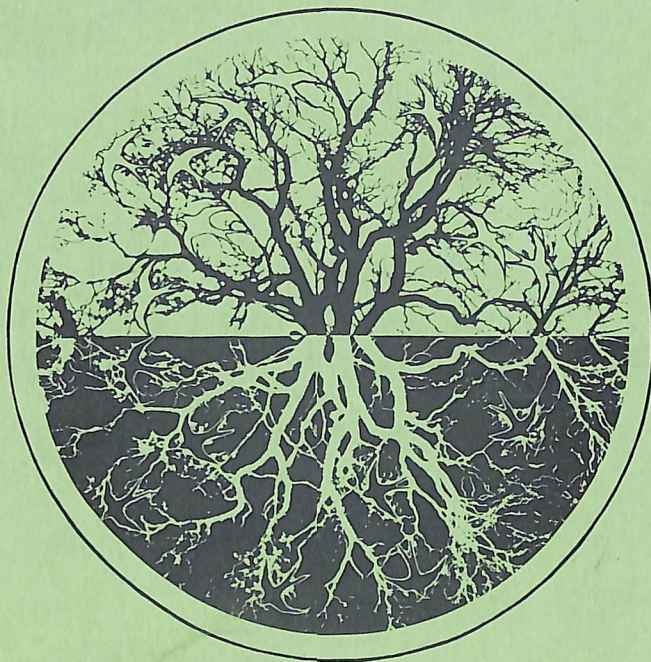


# *Frail Love Tokens*



MICHAEL DA COSTA

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# *Frail Love Tokens*

By  
Michael Da Costa

a piece. or pieces. about power. about love.  
about me. about relating. about you. about love.  
about inner depths. about outer change. about love.

(for reading aloud)

1-700335

**Dedicated to  
all those who strive to love  
and to**

**MEHER BABA**

**Who loves us more than we can ever love ourselves**

Hafiz — a perfect Persian poet — once said :

*The majesty of love lies far beyond the reach of the intellect  
Only one who has life up his sleeve dares to kiss the threshold of love.*

love

how can it be endowed with the meaning it already possesses?

love

how can it be brought alive?

love

how can it be expressed and felt in all its facets?

love

what, in heaven's name, is love anyway?

love

love

love

love

awakening

you

love

power in relationship

support

love

me

love

the centre of all things

God

love

challenge

silence

love

change

power

love

love

the enchanted space

where does love come from?

from out of the centre.  
from out of the silence.  
from the enchanted space.  
from out of you.  
from out of me.

how does love move?

love flows from heart to heart.  
there is no other way.

where can love be found?

love is omnipresent.  
waiting for awakening.  
by love.

who dares to be a true lover?

indeed, who dares?

why should love matter?

love matters because it is.

what else could possibly matter?



love is the centre of all things.  
it is present in the least expected places.  
for it is everywhere and in everything.  
and it is also beyond everywhere and beyond everything.  
it is that inner sanctuary.  
the core of being that resides in silence.

and

in the silence

is the word

silent word

heard

within

silence

the love in the innermost being.

Meher Baba — a perfect person — once said :

*Love constitutes the entire significance of creation. If love is excluded from life, all the souls in the world assume complete externality to each other and the only possible relations and contacts in such a loveless world are superficial and mechanical. It is because of love that the contacts and relations between individual souls become significant. It is love which gives meaning and value to all the happenings in the world of duality.*

~~~~~

love.

the one thing that has the power to endow all the rest with meaning.  
an affirmation of being. of the self. of the other. of life.

'life and love are inseparable.'

even in the deepest moments of despair. helplessness. hopelessness.

it is ever-present.

it is the tool of awakening and it is at the same time that which is awakened.

it is present no matter how deeply buried. how drastically denied.

how rejected. your love. mine. ever-present. ever-flowing. . . . .

*yes yes yes      and the love flows on and the love flows on  
even in the misused madness  
which works to separate the unity of all creation  
in the chains which would bind us, and in my bones  
and in the inner functions of my unbelievable being.  
yes yes and      in the million frowns and in the million sightless eyes  
jostling for a place in the circle of perfection.  
yes              and I can feel it in you who listen to the song  
and in you who do not listen to the song  
yes              and the love flows on never ending never resting  
everywhere and in everything love manifests  
is there anything which God isn't?*

*and in my heart I want to say I love you . . . . .*

not always easy though. it's there alright. but it is so easy  
to turn away from it. forget it. refuse it. loose it. let it slip away.

the trick is to affirm it no matter what. to trust it.  
to allow love to be. a tricky task, but then :  
'a loveless life is most unlovely, only a life of love is worth living.'

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love is an awakening power. has the power to awaken.  
does awaken. pierces the illusion of separateness.  
affirms unity in the midst of diversity.  
awakens from the sleep of ignorance. the ignorance of ignobility.  
of unlovability. of worthlessness. of hopelessness.

love can slice through it. divert from the void.  
towards the process of loosening the tightness of inner knots.  
to coax us gently from our most treasured but painful corners of illusion.  
to face ourselves squarely and honestly.  
and to start the long homeward journey to the truth.

waking up to the possibilities of the self. the field of feelings.  
the ocean of love itself. that inner resource.  
that inner strength. the enchanted space. the silence.  
awakening to hear perhaps for the first time the voice within.

it can be a frightening moment. to be awakened by love.  
for then the game is up.  
no longer can we hide behind our defences with quite the same facility.  
no longer play our games with quite the same conviction.  
the dream is over.

*wake*

I dream I am awake  
I am asleep, dreaming

*wake*

I am awake  
dreaming

*wake*

I sleep a sleep of waking dreams

*wake*

how to awaken?  
when dreaming awake?

*wake*

asleep?

*wake*

to wake  
to sleep no more  
and by awakening to say  
here lies the way to where freedom begins  
where truth begins  
the way to where life can begin with truth and love

only then when we are awake can we begin to stir.  
only then when we are awake can we begin to move.  
only then when we are loved can we begin to make  
that long homeward journey.

love is a seed lying deeply sleeping.  
so silently. so softly. we rarely know it is even there.

when love comes and awakens this sleeping beauty  
so it stretches. so it begins to grow. so it flourishes.

love has unlimited possibilities.  
when we are awake we can do wondrous things  
awakened love has the power to change the world.

I want to begin to learn to love you.  
but first let me rub the sleep from my eyes.

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love is also a supporting power.

not a deadening support.      not a stifling support.

not a support which takes the edge off essential personal meanings.

but a support which can make those meanings clear and possible.

loving is being there for another.

being available.

whatever the crisis.

dependable.

yet independent.

without the support of love how hopeless I would be.

how unable to face the demands that life makes.

to face the challenges created by love itself.

I need love to see me through.

supportive love.

supportive love is the means by which the inner resource can be discovered.

transition

from

outer

to

inner

resource

If I love you I shall support you through the transition  
I shall stay alongside you. be with you. a fellow traveller.  
I shall accompany you for part of your journey.  
I will not cure you. I promise. but I shall offer  
the love that is growing in me as a companion through the tangled bits.  
through the swamps and the crocodile-infested waters.  
we can hack our way together through the undergrowth.

if you let me I will cry with you when there is no-one to share your tears.  
I shall struggle with you in your confusions.  
you may rage at me. beat on my back in fury.  
you may borrow my fingers to tear out your hair in frustration.  
I shall support your habit until you are ready to give it up.  
if you let me I will stay stuck with you. stick by you.  
through terrors and torments.  
through the pain which leads to the joy which makes pain worthwhile.

is this what supportive love really means?



love allows us to support without worry.  
love allows us to support without smothering.  
love gives love room to grow in its own time in its own way.  
love supports love and lets love be.  
love allows us to support without concern for consequences.  
supportive love is independent of outcomes.  
indifferent to the tyranny of results.  
love means standing by inspite of outcomes.  
being there come what may.

I can only give what I have to give and I want to give it with all my heart.

that's all.

love given in the spirit of bargain is no love at all.

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Love is also power in relationship.  
something special between persons.  
identified by Carl Rogers — a most loving person —  
as the intertwining of certain ways of being.  
a loving trinity.

*acceptance*

*empathy*

*genuineness*

an offering of oneself to the other.  
a way of being. a way of giving.  
without surrendering the self.  
a loving interaction which offers growth and fulfilment to those involved.  
a loving giving intertwinement.  
a fearless flow of love.  
an offering. a precious gift.

*acceptance*

*empathy*

*genuineness*

acceptance.

in love I am accepted

in love I am prized.

in love I am valued for who I am.

in love I am offered a basic respect.

in love I feel warmth.

it is not for sale.

unconditionally.

unconditionally.

not for what I do.

and I feel of worth.

it is unconditional.

respect

warmth

caring

positive

unconditional

acceptance

love

I am worthy

even me?

everyone is essentially lovable.

Don Stevens — a beloved person — once said :

*'To feel complete acceptance by another person is a wonderful thing. To find that someone has absolutely no negative reactions to the wrongness and ununderstandability in one's life is worth more than all the gold in the world. It gives one courage to be one's real self and to risk whatever might come.'*

*The matter goes still further. It is not just acceptance by another person which does the trick. It is being connected up with one's inner resources as well. The two things go hand in hand.'*

It is the inner me and you for which I want to find that regard.  
the you which resides in the enchanted space. in the silence.  
the part which is other than personality.  
which is beyond behaviour.  
the part beyond the parts which please or irritate.  
the part far beyond superficial approval or disapproval.  
true acceptance is of the self which is our shared humanity/divinity.  
the part of you which is also me which is also all and everything  
and the nothing which will always be worthy of respect.

this is one of the keys to loving human relationships.

when I am accepted like that I feel free to breathe.

when I am accepted like that I can take all sorts of risks.

when I am prized like that I can grow and flourish.

when I am nourished like that I can risk being me.

when I am loved like that I can begin slowly to accept myself.

when I am cherished like that I can see the possibility of becoming free.

I want to learn to accept you like that.

to prize you like that.

to nourish you like that.

to cherish you like that.

to love you like that.                      unconditionally.

then we may learn to become free together.

I also want to understand you.

empathic understanding.                      a gift most rare.

I do not wish to explain your behaviour.    not that kind of understanding.

I do not wish to interpret your utterances.

I do not wish to assign labels to you.

I am not interested in scientific objectivity.

nor in controlled experiments.    you are not an object.

the kind of understanding I am seeking does not derive from theories.

nor produces new ones.

empathic understanding issues not from the mind but from the heart.

it is an opening up to receive another.

and a gentle penetration into the being of another.

dare I open up and let you in?    and if I come knocking will you receive me?

can I get into your skin please?    walk around in your moccasins?

WHAT DOES IT FEEL LIKE TO BE YOU RIGHT NOW AT THIS MOMENT?

that is the kind of understanding I am looking for.

to understand me you will **listen** to me with loving care.  
if you love me you should be able to **hear** me faintly — and even clearly.  
if you love me you may even **be** me for a moment  
without ever stopping being you.

loving understanding involves the neglected faculty of intuition.  
empathy and intuition go hand in hand.  
but can I trust my intuitions?  
can I listen with respect to that inner voice?  
can I feel my way to the edge of that inner sanctuary?  
and dare to hear what is going on within?  
if I am loved and listened to and heard maybe I can join in and listen too.  
perhaps I can learn to trust my intuitions.  
even when they may contradict what reason asserts.  
intuition can lead to the discovery of true values. found within.  
intuition reaches into the centre where true values reside.  
in the enchanted space.  
is that where empathic intuition can bring us?

*an enchanted space*

*even more so now must we fit together  
for it is in this space we are findable*

*no other space is quite so precious  
in no other place is there such delicious silence*

*sweet silence*

*it is not very often I care to be found  
being, as I am, much too busy to care*

*not very often I find my way there  
being, as it is, so desperately unfindable*

*perhaps that's because it is no place at all*

*being, as it were, an enchanted space  
even more so now must the silence fit*



ssssssh. . . . .

ssssssh. . . . .

listen. . . . .

listening together.

intently.

intensely.

gathered together to listen with love.

listen . . . . .

in the silence

is the word

silent word

heard

within

silence

listen . . . . .

empathy and intuition

to be experienced.          to be known.

I want to learn to experience you like that.

how wondrous.

to be loved.

but first I must learn to experience me like that.

to bring my intuition to bear on me.

to listen with love to my own inner voice.

to trust myself.      to respect myself.      to love myself.      to be myself.

only then can I offer myself to you.      but . . . . .

who am I?

WHO AM I?

can I be the bits I see

or the facets facing all directions in multi-directional madness?

what is real?    what is genuine?    what is authentic?

what shall I show?      which facet?      at which level?      and how show it?

if you are going to trust my love then it must be real.

what if I were to act out love?    make the appropriate noises?

form my face into the correct loving shapes?

modulate concerned responses?      automatically embrace?

when I am phoney you will see right through me for sure.  
love is unfakeable.  
only when love is real is it felt. fully experienced.  
and even when it is real we can be suspicious.

Don Stevens :

*'It is an odd fact of our civilisation that people hunger for a lifetime for simple human warmth, and yet are afraid to show it, and suspicious when it is offered. Probably because there is so little of the honest variety available. It is a rare person who blossoms in a natural plenty of warmth and affection. Most people want it, most people look for it, most people are deeply touched when they find an honest trace of it, and few people are capable of giving it. Love is instinctively discounted after a few unhappy experiences. It is difficult to believe that it is true even when one experiences the real thing!'*

if I cannot fake love then I must take the risk of being me.  
I must find the courage to offer myself.  
with all my strengths and weaknesses. all my stupidity and expertise.  
with all my clarity and confusion. with all my pain and joy.  
and even all my helplessness.  
to offer all of this to you.

to do this I must learn the craft of honesty.  
take up the challenge of honesty. get closer to the truth.  
be honest with you. with me. to what avail deceiving the beloved?  
to love honestly I need to be open and receptive to experience.  
I must get in touch with the nooks and crannies of the hidden self.  
it sometimes means getting the mind out of the way.  
to gain access to hidden inner truths. to let them emerge.  
to allow them to come to the surface. bubble into conscious awareness  
and to say :

YES, THAT'S ME TOO

to let it come and to let it be. it's o.k. honestly. it's o.k. it's me.

Meher Baba :

*'It is heartening to find out that the worst of one's nature  
is not frightening, and that the very fact of having faced  
the worst in oneself gives the courage to look at the challenges  
of life and the path. Having achieved honesty and found  
courage, the sustaining self begins to reveal itself.'*

if I am honest with you perhaps you can begin to trust me a little.  
if you are honest with me perhaps I can begin to trust you a little.  
if we can begin to trust each other perhaps we can begin to change.

a loving relationship allows wonders to happen.

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this kind of love is 'no game for the weak and faint-hearted.'

love is also a challenging power. is itself a challenge.  
not a soothing balm. a taker away of life's pain.  
but often salt in the wound. so that pain in time may be left behind.  
not an answerer of questions. but an awakener of old forgotten perspectives.

while love supports with one hand love prods with the other.  
stirs into motion. mixes emotions.  
gets at the feelings particularly.  
fumbles at the knots of old habit patterns.  
the tangles of stuckness.  
pushes at the rusty machinery of the hidden self.  
provides impetus for movement.  
love is relentless in its commitment to our awakening.

it can be a painful business.  
being disturbed from our sleep.

Meher Baba :

*'While love gives meaning to the world of duality,  
it is at the same time a standing challenge to  
the world of duality. As love gathers strength,  
it generates creative restlessness and becomes  
the main driving power of that spiritual dynamic  
which ultimately succeeds in restoring to  
consciousness the original unity of being.'*

love provokes the question of questions — who am I?  
and questions the assumption of our essential aloneness  
which does not heed awareness of our essential unity.

here is love's riddle.

|                                                                              |     |                |
|------------------------------------------------------------------------------|-----|----------------|
| we are alone.                                                                | yet | we are One.    |
| not either/or.                                                               | but | both/and.      |
| we are separate.                                                             | yet | we are united. |
| not either/or.                                                               | but | both/and.      |
| we must face and come to grips with the harsh reality of separate existence. |     |                |
| yet we must realise the inviolable unity of all life in love.                |     |                |
| not either/or.                                                               | but | both/and.      |

love challenges us to reconcile the irreconcilable.  
the creative tension of the irreconcilable  
reconciled in love.

love's challenge  
confrontation with absurdity.

confrontation with internal contradictions.

confrontation with binding egoism.

confrontation with self-defeating behaviours.

confrontation with meaning.

confrontation between self and other. between lover and beloved.

confrontation with helplessness and hopelessness.

confrontation with love.

confrontation can be a love offering.

love's challenge leads out of binding towards liberation.

love demands nothing yet love demands everything.

love begets love and love demands the best in the beloved.

love demands a response which is in the nature of love.

love is a true gift.

how can I ignore love? how can I be worthy?

how can I rise to the challenge of love?

how can I respond to the love which is showered upon me?

how can I begin to love like that?

if I can learn to love you then I shall confront you in loving ways.  
I will dare to approach your privacy.  
I hope you will approach mine.  
I am willing to risk your anger and your rejection  
by approaching with love your privacy.  
I shall huff and I'll puff and I'll blow down the walls of your privacy.  
I do not want to harm you.  
I have no intention of gobbling you up.  
I just wish to meet you.  
if your walls are made of bricks and cement  
then I shall have to try to lure you out.  
if you are too clever and outwit me  
then there is nothing to do but wait.

love is also the power of patience.

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*oh fellow traveller*

*at the moment of divine desperateness we meet in our humanity.  
there is further still to go, much further to go.*

*something shines out from the dimness of your eyes  
which belies the chill grimness of your smile.*

*my heart tries to stretch to encompass your pain.  
how deftly you wriggle and slip out of reach.*

*how much more is there still to be experienced?  
where is the still sleeping centre of your love?*

*the ways to the Self can be twisted and tortured.  
let me please accompany you for part of the way.*

*they say there is a joy which makes pain worthwhile.  
my prayer is that you may let it touch your heart.*

*I am a vehicle only of a greater love.  
let me be cupid, and may you find your beloved.*

there is little more to say.  
love is for putting into action. not into words.  
for love is a power.  
a mighty power.  
a mighty and beautiful power.  
a mighty and beautiful and awesome power.  
let we who use it use it with care.  
and let us not shirk the responsibility that love's power gives.

if we can awaken to the power of our ever-present love . . . . .  
if we can give unsparing support . . . . .  
if we can offer unconditional acceptance . . . . .  
if we can understand intuitively and empathically . . . . .  
if we can authentically and honestly be . . . . .  
if we can confront the challenge of loving . . . . .  
how different we could be . . . . .  
perhaps then we could begin to grow.  
towards a greater reality.  
towards a greater self.  
towards a greater truth.  
towards a greater love.

herein lies a fundamental hope for the future.  
from amidst the clamour of the fear hate and chaos of our time  
love's call resounds.

when this love can be heard and found,  
when this love can be tapped and allowed to flow, (from heart to heart)  
then the world can begin to change.  
it is not that it has been tried and found wanting.  
it has yet to be really tried.  
yet to be seriously and consistently applied.  
and yet love, if it is lived, **really lived**,  
has the power to turn the world upside down —  
or rather, the right way up!!

Meher Baba :

*'love is essentially self communicative. Those who do not have it catch it from those who have it. Those who receive love from others cannot be its recipients without giving a response, which, in itself, is the nature of love. True love is unconquerable and irresistible. It goes on gathering power and spreading itself until it transforms everyone it touches. Humanity will attain to a new mode of being and life through the free and unhampered interplay of pure love from heart to heart.'*

so love begets love (begets love begets love).  
all we need is love (and the love flows on).  
all we need is the courage to love.  
all we need to do is to take the risk of loving  
and to continue to take the risk of loving  
    and **continue** to take the risk of loving  
        and **continue** to take the risk of loving  
            and **continue** to take the risk of loving  
                and **continue** to take the risk of loving  
                    and **continue** to take the risk of loving  
                        and **continue** to take the risk of loving  
                            and **continue** to take the risk of loving  
                                and **continue** to risk loving  
                                    and **continue** to love  
                                        love

***LOVE***



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