

Constant Love

Many of you have studied Romeo and Juliet, the classic story of two people from families fighting with each other, who fall romantically in love with each other, but whose relationship ends in tragedy.

The question for today is how we recognise a true lover as opposed to a person who displays love to find favour. Love in this case in all forms of love, not just romantic love.

Shakespeare has answer to this question.

Love is not love
Which alters when it alteration finds,
Or bends with the remover to remove:
O, no! it is an ever-fixed mark,
That looks on tempests and is never shaken;

The answer is constancy.

There are two aspects to this. If a person is constant in what he says, feels and does, then he must be true. If he changes from time to time, or place to place then he is not true. Truth is that which never changes. If a person does not find constancy and singleness of feeling, speech and action then one can be sure one faces a pretender.

The second aspect is that a true lover has a stillness about himself and his heart is at rest. Stillness is the crux. A man who is only pretending has some concealed selfish desire in his heart, which he suppresses to put on a show. But his condition cannot be maintained for long. For example, take a ball full of air and press it under water. As long as the pressure is maintained the ball will be submerged in the water but the moment the pressure is released the ball will spring out. The concealed selfish desire which is hidden in the heart cannot be suppressed for long and soon will come out to tell the tale.

The stillness and constancy of feeling, speech and action will reveal if love is true.

The challenge for this week is to ask yourself the question:

How do I bring the constancy into love?