

# LOVING UNDERSTANDING

## THE OPENING OF THE HEART TO THE REASONS OF THE OTHER

(Translation by Achille Cattaneo)

The loving understanding is critical to create good relationships between individuals.

It is neither obvious nor easy to acquire, but the result of a lot of inner work and long practice of disidentification.

In this article we will analyze what it is, what it is not, what are the most frequent obstacles that you encounter, what aid we can give and what qualities we can develop to help us in the difficult task of fully express this quality that is Transpersonal.

As first definition, but we will see that it is much more, we find that the result of “comprendere (understanding), from the Latin cum = together + “*prehendere*”, take, carry within themselves.

Loving, *considering what is intended with benevolence*, is the ability to consider the feelings of others in a spirit of tolerance.

In turn, “*comprendere*” (understand) has as synonyms contain, enclose, incorporate, embrace, understand, by extension justify, forgive.

The loving understanding is the ability to go beyond appearances and “get inside us” the motivation behind the behavior of the other.

The opposite of loving understanding is judgment, criticism, rejection, emotional reaction, the destruction of the other with the thought.

We practice loving understanding when we are disidentified by “changing contents of consciousness” and self-identified in the Ego.

We pass by judgment and criticism to questions “why are he telling me this?” “Why are he doing this?”.

The active energy of loving understanding elicits a powerful reaction against hate.

Empathy is the magic key to open every heart, the medium irresistible to dispel misunderstandings, dislike, hostility, conflicts and separateness.

The magic key to establish right human relations in every

field of consociate life: from the family to the group of the whole humanity, because we understand the needs and motives of others.

So it is the most effective cure to heal human relationships. Without understanding there can never be the Brotherhood, that sense of Unity with all.

The loving understanding is the meeting point between intelligence and love: therefore possesses qualities of mind and heart. It is the result of the union of mind and heart. The Heart is the “mediator”; in it all opposites merge and synthesize.

To express it is necessary an act of will.

Continuing our analysis, let us realize first of all what it is not and, conversely, what it is.

It is not doing good, on the contrary, it is the Will of Good.

It is not passive acquiescence, rather it is an strong act because it brings with it the ability of the mind to understand and the benevolence of heart; is the host of the heart and the light of intelligence.

It is not to justify, but to accept the manifold and various expressions of life. It is not a form of weakness, but it is an act of Will.

It is not ignorance of the wrongs of others, but go beyond appearances keeping well separated, the “sinner” from the “sinner.”

It is not renunciation of the defense, but understanding the reasons and then look for the appropriate measures to address the situation.

It is not an obligation of “attendance”, but sure understanding.

Loving understanding begins with listening and attention to the other.

Continues in the conscious word, aware accepting and helping.

The understanding has nothing of sentimental, but arises from a level that is mental and at the same time is smart, tends to be seeing another point of view, give rise to the response from the inner of individual as in question it is already inherent the response, in the problem the solution.

It is laying the thought in the heart: think with the heart and to love with the mind.

Of course, the understanding should be given first and

foremost to ourselves as understanding towards others goes hand in hand with what we can give to ourselves.

To understand it is necessary must make room inside us, hence the importance of inner work.

To understand it is necessary to know.

To understand it is necessary to contact our pain and then the pain of every human being behind the usual masks.

A proper understanding also sees the solution or way forward to overcome that pain.

Another important chapter to be taken into consideration are the obstacles in their way.

- Pride (afraid to show for what we are for fear of not being accepted)
- Stubbornness and egotistical demands. Its corollary is self-centeredness... I, I, I
- Separateness (excessive attention to personal Self)
- Criticism that comes from the ideology
- Attachments, for example, the need to look for the “culprit outside”, opinions, anger
- Expectations - how things/people should be
- Encamp excuse not to change ourselves
- Selfishness
- Unfulfilled needs (belonging, being recognized, appreciation...) that create gaps
- Frustrations
- Fears
- Thirst for power
- Prejudices

Large aid may come from the development of the qualities of the Heart, Mind and Will (see box).

Wanting to understand is of course the first step. As we all know the will is the key factor in any choice we make and for any quality we want to develop and express.

The impersonality is another step that is required to us by the same understanding. How can we deeply understand others if we are continually focused on ourselves and our problems. The impersonality can be defined as the inner attitude that gives attention to others withdrawing from the continuous identification on ourselves or, in other words, the detachment from the Ego.

A sincere and genuine interest in others is of course a strong help.

The loving understanding is facilitated by reflection on three feelings:

- Compassion: antithesis of passion, which is greedy and selfish
- Tenderness: antithesis of egotism, more rigid and closed in itself
- Fairness: antithesis of greed or desire.

When these three feelings are understood and practiced, we are in relationship with the soul of all men.

**Compassion** moves the focus from egoistic interests and makes us partakers of the sufferings of the others. It blends us with the needs of others, leads to share what dwells in the heart. It can be got harmonizing with the love of the soul, the unifying principle that opens all hearts. Compassion, in fact, is the ability to identify with others in all outdoor conditions.

**Tenderness** brings a quality of selflessness, that draws inspiration from the outside and inspire the desire to serve and help. This feeling is sometimes called mercy, and marks all those who come to the aid of humanity.

Implies positive help, altruistic intention, wise discernment and loving activity. Is not motivated by a desire for reward and recognition.

**Fairness** detaches from the results of the activities in favour of others. It frees from desire. Fairness is more mental than compassion and tenderness.

In summary, we see that the steps to develop understanding are:

- Stop the personal reactions
- Quieting the emotions
- Stop the judgment
- Put us in a position of listening
- Wondering why, what are the causes of a certain behaviour
- Understand that it is more than understanding. We understand with the intellect, more cold and detached, surgical, while when we understand we bring in, we include, we allow things to be a part of ourselves
- Finally, answering, that is being active - emissive.

**Life is difficult for everyone; therefore does no longer make sense to help each other instead of fighting us?**

### Quality of the Heart

Sincerity	Generosity
Humility	Equanimity
Gratitude	Benevolence / Charity
Perseverance	Aspirations
Receptivity	Trust
Peace	Forgiveness
Courage	Waiting
Goodwill	Wisdom
Sharing	Cooperation
Responsibility	Freedom
Direction	Synthesis
Love	Union
Brotherhood	Human Membership
Compassion	Patience
Transmutation	Understanding

### Quality of Mind

Intelligence	Discrimination
Understanding <i>(establish logical and analogical relationships between thoughts and phenomena)</i>	Connection
Processing	Research the causes
Vision beyond appearances <i>(eg. Good from evil, right from wrong)</i>	Discernment
Interpretation and explanation awareness <i>(of the world outside and inside)</i>	Observation and
Memory	Imagination
Planning	Correction of errors
Analysis	Managing emotions

### Quality of Will

Intention	Listening
Make room	Concentration
Focusing attention	
Domain	Control
Discipline	Endurance
Courage	Integration
Organization	Synthesis

Another step toward loving understanding is to understand that humans are not all equal. Human beings are equivalent, they all have the same value but are not equal.

If we understand that there are developmental levels, we can understand that certain behaviours we see are almost “forced” with respect to the level of consciousness to which the individual is located.

As a result, this knowledge allows us to eliminate the judgement and to develop an understanding that individuals can only do what the level of consciousness allows them.

Continuing on, we come to understand and accept that in reality there is nothing to understand, in the sense that every event has the right to exist as an expression of thousands and thousands of human conditions and experiences that everyone does.

It’s a bit like forgiveness, the day comes when one realizes that there is nothing to forgive because everyone does what they can.

The ancient spiritual traditions called for the aspirant to abide by the following Rule.

*“Enter into the heart of your brother and see his pain. Then speak. Your words instill in him the power and strength he needs to break his chains. But do not break them to him yourself. Your work is to talk with your intelligent understanding. From the force that he will receive will be supported in his work.”*

When the critical part of our mind learns the silence and humility, makes us recognize the qualities and strengths of those with whom we relate, then our life is heated by the warmth of loving understanding that gives sweetness to our relationships.