

Pyar, Ishq Aur Mohabbat

Caring Love

www.karmayoga.life

“Yaar, Roz ki tareh aaj fir Drink karne chalein...”

“Chal”

“Sunte Ho, mera 4 aur laddu khaane ka mann ka raha hai. De do plz.”

“Lekin tumhari Blood Sugar high hai yaar...”

“Please, mera mann kar rha hai :(“

“Ok Ok, laata hun”

“Papa, mujhe ye badi vali cycle le do...”

“Beta ye bahut badi hai, tumhe chott pahuncha sakti hai”

“Uaaaaan uaaaaan...”

“Ok ok, lele yaar, bass roya na kar mere bachche”

This is the love which is
Very Sensitive : I won't do anything which can hurt my loved one.
Very Emotional : I am sorry, don't cry, I do as you say
Very Supporting : I am with you in everything

And these are the things which everyone wants in our relationships, Haina?

Isn't it good to have a lovey - dovey relationship like in this love?

That's why this is kind of a love which is mostly idealised.

Let's see if this is the ideal type of love or not...
Or can even this type of love lead us into some challenging situations..?

The common phrases related to this love are

“Ideal Couple”

“Such a Happy, Lovey - Dovey Couple”

“Ek doosre k bina toh khaana tak nahi khaate..”

“Touch wood, Ye dono ek doosre ki pasand ka kitna khyaal rakhte hain”

“Hey Bhagwaan... Humaare bachcon ko bhi aise pyar karne vala jeevansaathi mil jaaye”

And most of the popular songs of hindi movies are also those
which are based on this type of love.

This is very interesting and paradoxical relation & full of delimas.

Lets try to see the paradox with an example.

Let's take a example of a couple Raja- Rani.

They both love each other and wants to be in each others company all the time.

Situation 1

Raja has a habit of eating a lot of junk and watch crap on TV every evening for 4 hours.

And Rani loves Raja, so she has to join him also,
because if she refuse to join, toh Raja can get hurt na.

So every evening, the typical scene in their house is:

Raja - Rani sitting on couch, eating bucket full of junk & watching junk on TV.

Every day both of them after coming back from their work, they both used to watch TV
and eat a lot of junk food together.

Situation 2

Rani being from medical background knows that due to bad habits of Junk Eating & watching, our Liver, Brain can get sick, but even then she couldn't stop Raja from this, because this is the only time when Raja feels relax and happy

She tried once also but Raja felt hurt and sad as he don't want to stop this ritual of happy time together.

So Rani stopped herself from stopping her love Raja & continued their routine.

Situation 3

Rani could see that both of them's health is deteriorating due to this evening thing.

Rani used to be a very fit girl but how she finds herself in bad shape.

She wanted to gain back her fitness.

So she enrolled for couple membership for both of them at a nearby gym to regain good health and to get rid of all unhealthy bad habits.

But Raja did not want to leave all this and asked Rani to go to gym alone.

So Rani started going to the gym... and day by day she is getting her fitness back, she started eating healthy, corrected her lifestyle, stopped watching TV and instead reading and learning something positive.

But Raja was still the same like before.

And he could see the change in Rani, and is not liking the way Rani is living her life now.

Although Raja loves her, but Rani could sense that for some unknown strange reasons

~~Raja is not looking comfortable with new life of Rani.~~

So Rani is now in a problematic situation which often comes in relations based on this type of love.

Where if one person wants to change something in one's life for growth or improvement or anything, the other person feels betrayed & hurt, which can even lead to end the relationship.

And that's what our wise loving Rani would never want. Hurting her love is the last thing she will ever do.

So she quit the gym, quit her all healthy habits. She is back again for her Love.

So now again every evening, you can see Raja - Rani sitting on couch, eating bucket full of junk & watching junk on TV together.

The underlying belief of this love is,
I won't, can't do anything which can hurt you.

I will stay, speak, do things in a way which
+ Won't hurt you
+ Makes you happy
+ Make us leave peacefully
+ Make us stay together

I can't hurt you - because i can't see you sad

I can't correct or stop you - because it can hurt you

I can't chose to change or improve myself - because even that can hurt you

Points To Remember

Yes this love is all about being sensitive & taking care of our loved one's happiness.
It all about, care, happiness & peace.

But remember we are here for growth
Not just comfort for both of us.

What To Do

It's very good of us if we can't see your loved one getting sad or hurt.
But can we check honestly, minutely & regularly
if our love is stopping us from the things which are really good for our loved ones.....
Just because we can't see our loved ones sad
even for a moment.

Yes it is not suppressing or bossy like Demanding Love

Yes it is not self destructing like Addictive Love

But this kind of love can be much more dangerous for both of the lovers.

And due to its own complexities,

It takes really a lot of courage to come out of
the self created trap of

“Use bura na lag jaaye...”

“Voh hurt na ho jaaye.....”

www.karmayoga.life