

The Courageous Heart

Murray Kennedy's Notes on The Courageous Heart, a chapter from Diamond Heart 4 by A. H. Almaas.

Relationships

1. There is the tendency to want to make relationships either all good or all bad, although we know that a relationship is never one or the other; it is always a mixture. In our minds, we do not think of it as a mixture; we think of it as either good or bad, as black or white. The moment we begin to perceive the good, we want it to be all good. The moment we perceive the bad, we feel disappointed and hurt, and the tendency is to make it all bad, to react in a negative way.
2. In a real relationship, what actually happens, the interaction that actually occurs, is rarely purely one way or the other. Interactions are mixtures of various proportions. Our mind does not let us acknowledge and live according to the actual reality of what transpires in the relationship, but is always thinking in terms of absolutes.
3. Rather than being aware of what is really there, you are seeing your projections and reacting to those projections. This means that you are bringing a part of your mind to bear upon the present situation. You are engaging in, and activating, a certain one sided relationship that you have in your mind all the time anyway.
4. The moment your relationship with someone becomes good, something curious occurs. It feels similar to all positive relationships you have had in your life: there are the same feelings, the same way of seeing the other person. There is very little variation in how you see yourself, how you see the other person, the kinds of feelings that arise, things you hope for, your plans and dreams. They are always the same.
5. And when it becomes negative, isn't it the same kind of negative feeling that you have always had before in relationships?
6. If you see the person is rejecting you, it is the same way you always feel whenever a relationship gets bad. It is rarely different. Some people are

perpetually engaged in negative relationships where they feel rejected. Some people are always the rejecting and angry one. Some people engage in negative relationships where they are continually frustrated. They want someone, and that person is not giving them what they want. It is always the same flavor; there is little variation. Now, that same flavor is a little suspicious, to say the least.

7. Obviously it cannot always be what is happening. That same old flavour must be something you bring with you from the past.

Three Idealized Relationships

8. We can distinguish three kinds of relationships that our mind is engaged in all or most of the time.
9. The positive idealized relationship: The other person is an idealized other - all wonderful, powerful, good, perfect, whatever the idealization is. You feel when you are with that person, everything will be wonderful, and you will be taken care of, loving, melted, and so on. That is what we call the **all-good idealized relationship**. The moment you know you are feeling that way in a relationship, you can take it for granted that it is a mental one, not a real one. Also, when people are in that kind of relationship, they feel that they are completely in love. But you can be sure that your feeling of being in love is in your mind and not real, because it is not taking into consideration the real relationship.
10. The second kind of mental relationship is the **Frustrating Relationship** where the other person is the frustrating other. The other is the frustrating object - exciting, wonderful, but unavailable. You want somebody you cannot have. You hope that one of these days you are going to get them. But it is only the relationship your mind is actualizing. And you do not want the satisfaction to become actuality. If it became an actuality, you would lose that mental relationship. Then all kinds of new things will happen. So, if you are the one who is always involved in the frustrating relationship, you will find that it is important that your relationship continues to be frustrating even though you are always complaining about it. You do not want your hope to become an actuality.

If it became an actuality, you would have to become real. So you pine for something year after year, you are always excited about it, but you cannot have it. That is the frustrating kind of relationship.

11. Third is the **hostile relationship**, You feel unwanted, rejected, or hated; or - you are the one who is not wanting, rejecting, hateful and hostile. Although you might think you do not like it or want it, if you keep being engaged in that relationship, in reality your mind is attached to that relationship. You are engaged with it either with the other person or in your mind. Your mind needs the relationship for its own equilibrium. Some people feel rejected in most of their relationships; whatever happens, they take it as rejection. If someone turns his head away, they feel rejected. If someone says something, they feel rejected. If someone does not say something, they feel rejected. It would be very difficult to convince them that the rejection is not true. It is difficult because they do not want it to not be true. It is important for them for it to be true. If it becomes clear that the rejection is not true, then the person's mind will lose its equilibrium.

Suffering Reality Splitting and Contact

12. Most human relationships that are conflictual, and cause suffering, fall into one of these three categories.
13. Most human suffering comes as a result of these mental relationships. There are other sources of suffering, but the primary source of emotional suffering is engaging in those mental relationships.
14. The real relationship usually contains all three: satisfaction, fulfillment, and love, some negativity, anger, and hatred, and some frustration. The real relationship is the relationship where these three are acknowledged, where the person realizes, yes, of course I love this person, but I know he is angry at me, or I do not like this or that, but I still like her anyway. Even when we are feeling rejected or hated or hateful, it does not make us forget that we love each other.

15. But the moment that the other person hates us, our normal tendency is to forget that he or she loves us. The moment that we are hurt, we forget that we love the other person. It is difficult to keep the whole thing together. **The mind does not allow us to keep the totality of the relationship in perspective.**
16. The mind tries to protect itself by splitting relationships into purely good or purely bad components. It is very difficult for the mind to allow the perception of the complete, real relationship that exists.
17. Because we are usually engaged in mental relationships instead of real relationships, we are not present and we are not in contact. Contact requires real relationship. Contact means contact with what is actually there, with the actual relationship.
18. The moment you split it, make it all positive or all frustrating or all hostile, you are not in contact. You are in your mind then. You are operating through your thoughts and emotional reactions which are reacting to your thoughts. You think you are reacting to the other person. No, you are reacting to your thoughts.
19. One reason we are not present, or in contact with ourselves; the other, or with reality, is that we are very attached to these mental relationships. We do not want to see the totality of this situation. We do not want to be in contact with the real relationship. That would be devastating for a part of our mind that is based on that splitting.
20. It would be good for everyone here to spend some time observing your relationships. How do you experience your relationships? We have to perceive our tendency to divide into absolutes to be able to work with it. It is not enough to just hear about it. You have to see your minute-to-minute interactions with people. You have to see how at each minute, interaction is either all positive or all negative and rarely a mixture. But when we step back and look at our interactions, we realize that they are usually a mixture. It is extremely rare that when you are with another human being, the relationship itself is all purely wonderful or purely negative. You might feel all wonderful, but the relationship is always mixed. The person may not be doing exactly what you want them to do, or whatever. So, although you might feel all wonderful, the relationship itself is not all wonderful. And of course, engaging in the mental relationships involves all the judging and blaming of the other or oneself, or the idealization of the other, or grandiosity about oneself.
21. This splitting is a protective mechanism that the ego employs to continue existing. The ego cannot exist if there is true relationship. The

ego's continued survival depends on this separation of relationship into black and white.

The Courageous Heart

22. The resolution is to be aware, and to allow, accept, and acknowledge the real relationship that is actually happening, instead of trying to make it something different from what it is.
23. To do that you need to manifest what I call the courageous heart. The real relationship is the relationship of the courageous heart.
24. The reason you split your relationships, and do not see them as they are, it is because you are scared.
25. when you are splitting relationships, making them black or white, good or bad, what you are doing is separating love from hatred. You're separating what you see as the good feelings in your heart from what you call the negative feelings.
26. You either feel love, by itself, or you feel a negative feeling by itself. You do not let them coexist. You do that mainly to protect your love. You are afraid of the negative feelings. If the other person is good, the relationship is good, you are loving and you allow your heart to be there. The moment something negative comes in, it brings in the negative mental relationship. It is fine to feel all angry and frustrated; it is fine to feel all loving. But I do not know if I can do both. "What will happen to my love? It will be contaminated. It will be destroyed by the hatred, by the negativity."
27. But the courageous heart is a heart willing to love regardless of the negativity. in spite of the badness that is there. The courageous heart loves regardless of what happens. It is the heart of unconditional love: whether the other is good or bad; you continue loving them.
28. it is easy to be loving if the other is loving. But if the other is frustrating or angry or rejecting, right away you shift, and close your love and bring in another reaction. You are hurt, you are angry, hateful, or frustrated, and if you are angry, frustrated, or hurt, you do not let yourself feel your love, at least not at the time of your initial reaction.
29. Splitting closes the heart. Whether you are all bad or all good, or all loving or all hateful, what you are doing is covering up your courageous heart. .. You are not allowing your love to be unconditional. Your Love

becomes conditional. You respond lovingly only under certain conditions.

30. So real relationship is based ultimately on love, and does not exclude anything else. If your heart is loving, you do not have to exclude the negative.
31. For instance, you like or love someone, and they do something you don't like, you feel hurt, attacked, scared, or jealous your tendency is to not want to love at that time. It is not only that you do not want to love; in your mind you say that you shouldn't love. If you love when they are doing that, you are going to lose. You feel that you are going to lose your pride. What is your pride? It is your ego. So if the other person manifests anything that you take to be unacceptable, negative, your tendency is to not want to be in contact. You react – you feel hurt, betrayed, angry, hateful or you want to get even.
32. But why not continue loving? Yes, you might even feel angry, or frustrated, but why does that have to close off the love? Why not continue loving, continue to feed open, and let that love, that openness contain whatever else is there? Why not let it be bigger and stronger than any negativity that is there- whether the negativity is yours or the other person's?
33. The moment we see the other person as the bad person, react by closing our heart. That's it. A desire for revenge comes. Not only does vengefulness or hatred come; when it comes, it is the only thing we want to feel. We do not want to remember the love.
34. When there is frustration, it is natural that there will be hatred and anger. That is not bad. But it is destructive to allow that anger or hatred to eliminate everything else.
35. The courageous heart does not allow that. The courageous heart wins all the time, by continuing to love regardless of what is happening. **You do not love the other because she's good; you do not stop loving her because she is bad. You love because it is your nature to love.** Your nature, part of being a human being, is to have a heart; and the heart loves and appreciates and understands and forgives and accepts.
36. Part of that acceptance and understanding is to have room, space, for the other parts of the relationship. You realize that yes, there is frustration, there is difficulty sometimes, sometimes the other person does not like me or I do not like her. But that does not eliminate the courageous heart. It all becomes contained within and absorbed by it.

37. If we allow that to happen, then the relationship is real. We see it as it is. We are not making it something that it is not.. We are being total, all of ourselves. 198 ...
38. If you take just one reaction and be that, and that's it, you are not a complete human being. You are not seeing the other person as a complete human being. You are seeing a mental relationship that has been extracted from other situations.
39. The fact that there is always love for the other person regardless of what else you feel comes from the fact that it is your nature to love. Your heart is always there. You might not be aware of it, but it is there. Although you might not hear the beating of your heart, it does not mean that your heart is not there. Having a heart is part of being a human being. You cannot lose it. Never. If you lose your heart you cannot live anymore. It is just like saying to someone, "Well, I do not love this person and that's it. "What does it mean? Does that mean that you lost your heart? There is no such thing. You could never purely hate a human being without love being there; it is not possible. You might not be aware of the love, you might be blocking it, but it is there.
40. It is our nature to love. We are the source of love. We cannot help but have love somewhere; love always underlies any relationship. If there is no love, there is ultimately no relationship.
41. The fact that there is love is absolute- whether you feel the love or not, it is there. When we take one side of the relationship and focus our attention on it and fail to see the other part we are not allowing love.
42. Sometimes there is love and no negativity, but there is never hatred with no love, because hatred is a reaction, while love is being; it is not a reaction. Love is the flow of your nature. Hatred is the reaction to that flow being blocked, that is all. Whenever there is hatred, whenever there is negativity, there is love somewhere. If there was no love, there would be no hatred. or jealousy, hurt, fear, or anger. All of these things are reactions to the absence or blockage of love.
43. And love has understanding in it and forgiveness and acceptance in it, and compassion, appreciation, pleasure, happiness, strength, and gratitude. All these are elements of love, and it is there all the time; it is part of our nature.
44. . If your heart is present only if good things happen, your heart is not yet free, not actualized. the courageous heart is always present, regardless of what happens
45. The moment you make the situation all wonderful, all positive, with no negativity, difficulty, or frustration, the courageous heart is no longer present. It is an idealized relationship. It is a mental, unreal relationship.
46. There is ultimately no such thing as an all good relationship. As long as we are embodied in a physical body, there will be difficulty and frustration. If you hope that one day you are going to have a relationship

that is all wonderful, all satisfying, never frustrating, you are dreaming. There is no such thing here.

47. And because there is heart and there is love, we can tolerate difficulty and continue loving. Love helps you tolerate and accept and understand the difficulties. Love is here to help you continue being happy regardless of the difficulty. Love does not reject difficulty. It is not in the nature of love to reject hatred. Love loves. It does not stop loving when there is hatred or frustration or pain.
48. So when something negative happens in a relationship, whether you feel hurt or anger or frustration, and that event makes you forget about love, then you know you are engaged in a relationship that is not real. You are involved in your mind and not in the actuality of the situation. You are not perceiving the real situation. You are not perceiving yourself or the other or the relationship in a real way. And you are not in contact with the other person. You are in contact with part of your mind but not with reality.
49. If we allow ourselves to be in contact, to acknowledge the relationship that actually exists, for a while they will be hurt, frustration maybe hatred, fear and vulnerability. But if you do not withdraw out of fear, and you allow your heart to be courageous and present, in time, love will triumph, and there will be mostly love in the relationship.
50. The frustration and the difficulty will not go away, but they will not be as powerful. Difficulties are powerful only because we are identified with the negative relationship.
51. Our nature is love. We are the source of love. So the most powerful force within us is the loving force. That is the reality.
52. We do not see it and we do not allow it to happen because we are identified with another part of ourselves that is not real. We are engaged in something mental, not something real.
53. The more we allow ourselves to be, and to be in contact, the more we are able to perceive the difficulties, the frustrations, the painful feelings and emotions, the more we are able to accept them and tolerate them.
54. We are more able to absorb them, contain them, assimilate them into something larger, bigger, something indestructible, which is the heart.
55. The courageous heart does not reject judge withdraw from or exclude the "bad". The bad is contained, perceived, felt, acknowledged, accepted and understood. The heart continues to love, regardless.

56. When the heart is courageous, then love is unconditional. When the heart is afraid, then love is conditional.
57. Originally, we create all of these mental relationships, and splittings in relationships, to protect the love, to protect the heart from hurt.
58. But our heart is indestructible.. It is more permanent than your body. Even when you feel hurt, What is actually hurt are your identifications, your self-image, your pride.
59. So to continue loving regardless of what happens is not giving in to the other person; it is giving in to your heart, to your nature.
60. When we do not allow ourselves to be loving because we think that loving means we are going to be weak, or that we are going to be taken advantage of, or exploited, or that we are being stupid, or that we are going to lose something.
61. If you give in to your heart, it does not mean that you are giving in to the other person. You are giving in to your nature. You are surrendering to who you are.

Being and Autonomy

62. To be always loving does not mean that you do not defend yourself. The courageous heart perceives and acknowledges what is there - good or bad. It does not pretend that there is no negativity. It perceives the negativity and deals with it with love.
63. In fact, to have a courageous heart means you're able to be inwardly alone and independent.
64. There is no true autonomy without a courageous heart. And there is no courageous heart without true autonomy. To have a courageous heart means to continue loving in spite of the situation, which means your heart is really autonomous. You have achieved the aloneness of the heart. It does not mean you are weak or that you are being exploited. That is how most people see it: if somebody has done something bad to you, you feel that you shouldn't love them, that you are dumb if you do. No, you are being courageous.
65. I am not talking about continuing to love someone and letting them walk all over you. That is not love it is dependency. I'm talking about real

understanding, forgiveness, appreciation, joy, and pleasure. That's the love I'm talking about. I'm not talking about a situation where there is negativity, the person hates you and exploits you and you still stick around – that's not Love. You are probably just engaging in the frustrating relationship then, the mental relationship.

66. Real love is courageous, it is strong, it is no bullshit. If someone does something hateful to you, you deal with it with strength, but you do not stop loving. You do not eliminate the good just because there is bad. You do not eliminate what is really there just because there is also something you do not like. So you are courageous enough to see the other person as who they are, the whole package.
67. You can be angry sometimes and still have the courageous heart. You can even hate, and still the courageous heart is there. Hate does not contradict love because it can coexist with it. If you are really courageous, sometimes there will be hate, anger, frustration, but these are passing reactions. They are not real. What exists, what is permanent, is the heart itself
68. The heart is beingness, an expression of being. Being is indestructible. It is independent of your mind. A human being is not truly realized unless she can be the courageous heart. No matter how much you are realized, if your heart is conditional, it is dependent on the situation and frightened; it is cowardly. You are still not yet real, not complete regardless of how you experience yourself or how you experience the other. This means that your relationships are not yet real. The real person has real relationships.
69. The courageous heart is independent of what the other person does and what they think of you. To have a courageous heart, you need to accept a certain kind of aloneness, a certain kind of independence. With the courageous heart, you are so independent that the person can do all kinds of unpleasant things but you can still see the reality. In that independence, the feeling is that you have to give constantly, regardless of what the other person does or what the situation is. That is where many people balk. If the person is being a jerk, why should I give? Right? Why should I give in to a jerk? Why should I be understanding? Why should I be accepting?
70. You are understanding, accepting, and forgiving not because of who the other person is, but because of who you are. That is independence, that is autonomy, and that is aloneness.

- 71. So you have a real relationship with your self. Having a real relationship with yourself allows you to have real relationships with others.
- 72. You understand and accept that in human relationships all kinds of negative things happen. There are difficulties, frustrations, and disappointments, but that is part of life that can be tolerated, accepted and learned from.

Learning

- 73. We cannot really learn and grow from those interactions unless Love is there. If we eliminate Love from the scene, it is not possible to learn; we are completely reactive. If you become completely reactive, then there is no learning. You just bring something from the past to bear on the present, And that's it. You are just repeating the reaction, an automatic habit.
- 74. But if love is there, it is possible to understand the situation. It is possible to use the experience as some kind of food for your soul. It is not easy, but it is what is there.
- 75. I'm not saying you should do anything about your relationships, that you should make yourself change them. Just see what it is. What is the actual relationship? Acknowledge all of the feelings, not just some of them.
- 76. We tend to see just some of the feelings; we do not want to see all of them. So to have a real relationship means to really acknowledge, perceive, feel, and be with the whole thing. This is courageous. You are willing to take on the totality of who you are and the totality of the relationship.
- 77. The totality is already present; it is not something to be created. All the time you are creating something that is not there. You need to see through your creation and see what really is there.
- 78. If you do you are bound to see that love is the governing force, and that everything else is a reaction to it, or about it.
- 79. Your ego self will not let you see what is there. It does not want to see what is actually there. It wants to maintain its distorted vision of one color or another. To see the totality of the relationship means to experience the totality of who you are; this means to become a real human being, a real person, and to see the other person as a real human being. Then you know that both of those persons are grounded in, and manifestations of awareness, a larger ground.

80. The other person, and you, and all persons, are nothing but the manifestation, the expression, of the love of that ground. The love is not only in our hearts, that is, something we feel in relationship; love is what creates us. We are manifestations of the heart. The human being is the manifestation of the heart.
81. The human being is nothing but the manifestation of the heart of God. So if there were no love we would not exist. Love, the heart is that basic. All that you see is a manifestation of love.
82. When you actually, finally, let yourself see it, you see that you are a particularization of loving energy. Your atoms are made out of love Your body Your mind Your surroundings are made out of love. Everything is made out of love. If there were no love, you would see nothing.
83. Beyond love there is just God. Out of that love that manifests from the god state, or from the supreme reality, emerge the particularization.
84. We are the final fruit of that particularization, and because we are the final fruit, we have the microcosmic heart that reflects the universal heart.
85. Just as the universal heart does not judge or reject negative things in the world, the personal heart, the human heart also has the capacity to do that, not to reject, not to judge, to continue loving, to continue enjoying, regardless of what happens.

Contact

86. So in the usual mental relationship – which is avoiding contact – you will notice that you avoid contact if there is no experience of love.
87. If you are in complete contact, you will perceive some love there. Being in contact does not mean you will experience only love. To be really in contact means to be in contact with whatever is there, all of it in all of its dimensions.

