

Impersonal Love

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by Javier Gutiérrez Ornelas - March 13, 2026

One of the biggest misunderstandings about non-duality is the belief that it leads to emotional coldness or a kind of indifferent detachment. However, when the illusion of the separate self begins to loosen, love does not disappear: its appropriation disappears. What remains is not less love, but a broader, quieter love, free from conflict.

The dualistic mind tends to understand love as a relationship between subjects: “I love someone.”

This formulation inevitably implies expectation, fear of loss, and, often, possession.

From the non-dual perspective, love does not occur between two separate entities; it is the recognition of the same presence expressing itself in different forms.

When the psychological self dominates, love is often mixed with need. We seek confirmation, stability, or comfort in the other. At that level, love can become fragile because it depends on conditions. But when we understand that there is no separate center defending its identity, love ceases to be a transaction and becomes a natural expression.

Why do we struggle to understand impersonal love?

First, because the mind fears the loss of an exclusive bond. We interpret the impersonal as distant, when in reality it refers to the non-possessive. Impersonal love does not exclude; it includes without appropriating.

Second, because identity needs to feel special. The ego prefers to be loved “in a unique way,” even if that involves suffering. Non-dual understanding reveals that love does not diminish when shared; on the contrary, it expands when it ceases to be restricted by identity.

Third, because we confuse compassion with sacrifice. From the perspective of duality, helping often involves personal strain. From the perspective of non-duality, compassion arises effortlessly because there is no “I” that feels itself carrying the weight of the world.

Suggestions for recognizing this dimension

Observe the impulse to appropriate: When love arises, notice whether the need to possess or secure something emerges. Recognizing this impulse softens it and allows affection to flow more freely.

Feel without narrating: Stay with the emotional experience for a few moments without turning it into a story. Before “loving someone,” feel love as energy present in your consciousness.

Expand the circle naturally: Observe how the same care you feel for those you love can spontaneously extend to strangers. Not as a moral obligation, but as a natural consequence of understanding.

Impersonal love does not eliminate intimacy; it purifies it. It allows for more honest relationships because they are not based on the need to complete the other person or on the fear of losing them.

In the non-dual understanding, loving is not an action that someone performs. Loving is what remains when the effort to be someone comes quiet.

Compassion, then, no longer belongs to anyone. It simply happens, just as breathing or the light at dawn happens. And in that simplicity, life recognizes itself in every encounter.