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Dedicated to Osho's Vision for Humanity

“E é pra você
e pra todo mundo que quer trazer assim
a paz no coração”

“For you
and for everyone who wants to carry
peace in the heart”

Song “Gabriel” by Beto Guedes

Preface by Eva-Maria Zurhorst

Author of best selling *Love yourself... and it doesn't matter who you marry.*

If you are just browsing in a bookstore and open this book, and you have not yet read Diana Richardson, you may be asking yourself "Is '*Tantric Love: Feeling versus Emotion*' the right book for me?" Then I can tell you that for me the books written by Diana Richardson (and now for the first time with her partner) are the most important books that I read over the past years.

After recommending, as a therapist and couples consultant, her previous books, *The Heart of Tantric Sex* and *Tantric Orgasm for Women*, to many people, I am delighted to find more material with *Tantric Love: Feeling versus Emotion*. I am also glad to find an opportunity here to express my enthusiasm and gratefulness for the approach which I discovered through the books of Diana Richardson. I felt a deep relief for finally I found an answer beyond positions, techniques, fantasies and the endless search for the perfect lover. I also found a new path, which is explained in her books in a way that is both concrete and practicable.

This new book is dedicated to a theme that dominates and steers our lives – emotions. Emotions obstruct our outlook on love, and impede the very thing that we most long for: to be present and fulfilled, and able to enter into a deep connection with others. What is the difference between emotions and feelings? How can you learn to free yourself from these unconscious forces? You can discover this directly from this book! As Diana Richardson writes, 'We live in order to love – nothing is truer than that. We are here because of love and it is love that keeps us alive.'

Eva-Maria Zurhorst, Germany, 2006.

Acknowledgements

We extend our gratitude and appreciation to the couples who have permitted us to publish their personal experiences in distinguishing between feeling and emotion. Thank you to Miguel Ruiz and Eckhart Tolle for their kind permission to use excerpts from their writings. We are eternally grateful for the presence of Osho, our spiritual master, and our thanks are due to Osho Foundation International for permitting the use of Osho's inspiring words.

Authors' Note

Diana & Michael Richardson

The books *The Heart of Tantric Sex*, *Tantric Orgasm for Women* and *Tantric Sex for Men* include a chapter on the significant theme of emotions. In *Tantric Love: Feeling versus Emotion*, the material on emotions has been lifted out of the sexual context and amplified. Now it appears as a separate and self contained book because the information on 'feelings and emotions' is of equal significance, whether a person is interested in exploring sex (and therefore more likely to read our books) or not. However, as sex and emotions are frequently linked, there will be several necessary references to sex. There is no direct sexual guidance as in our other books.

An insight into 'emotionality' is valid for each and every individual, whether they are single or in a partnership. We have now been working with couples for over twenty years, during which time we have observed that the information that we present on how to differentiate between 'feelings and emotions' during our week long 'Making Love' Retreats, has a profound and positive impact. It enables couples to sustain love, instead of experiencing love as something unstable, with highs and lows.

Most of the unhappiness on earth is a by-product of emotion. If we are to witness a shift toward light and love on earth, for which we pray, a new awareness of emotion and its destructive consequences will have to be central to this change. Emotion operates 'unconsciously' in us and there is an urgent need to notice when it is 'active'. Many people today feel helpless and powerless against the forces of unconsciousness present in our society. Even so, we must not lose heart or give up personal responsibility. As individuals we really are in a position to contribute lovingly toward peace through questioning uncon-

scious negative emotional patterns, which lie at the root of most of our unhappiness.

Living is for loving, nothing else really rings clear and true. Love is why we are here, the light that encourages us to keep moving forward. When we have the capacity to recognize our 'emotional side', and with constructive 'golden rules' to hand, we empower ourselves to live joyfully, where love can be sustained as a subtle, yet vibrant, ever present current flowing through life.

Books by the same Authors:

Diana Richardson

The Heart of Tantric Sex

A Unique guide to Love and Sexual fulfillment

O Books, 2002 (first published 1999 as *The Love Keys*)

Diana Richardson

Tantric Orgasm for Women

Destiny Books, 2004

Diana Richardson & Michael Richardson

Tantric Sex for Men

Making Love a Meditation

Destiny Books, 2010

Diana Richardson

Tantric Love Letters

Questions and Answers

O Books, due 2011

Chapter 1

LOVE IS NOT AN EMOTION

Ups and Downs of Love

Perhaps you have noticed that so often, when you ask a friend about their love life, you receive a standard reply. And it does not seem to matter which friend you are talking to. Perhaps you realize that you too say the same words yourself. The well worn phrase is 'up and down, you know how it goes'.

These few words are repeated again and again, and through repetition the phrase has by now become a hypnotic mantra which we all unwittingly associate with love – love is unstable. A change of partners does not seem to make a difference to the situation either. As soon as the honeymoon is over the talk about love's 'ups and downs' begins.

Interestingly, when you listen more closely to others or yourself, the mantra actually begins as a statement, 'up and down' but in fact it ends as a question, 'you know how it goes?' Usually there will be a slight rise in voice intonation accompanying the words, 'you know how it goes?' The inflection in the voice communicates to the listener that a question is being asked to the effect 'you have the same don't you?' or 'your experience is similar, isn't it?' The implied 'question' creates a feeling of fellowship, a sense of mutual bonding. The other person is automatically included in the statement/question, because their experience of love will also usually consist of 'ups and downs'.

Belief that Love is Out of Our Hands

It is incredible to realize that we all live under the impression that love is a phenomenon which fluctuates, and that we are

powerless against it. We are all hypnotizing ourselves by thinking, saying, and believing love to be unreliable and unsteady. Through this hypnosis we unconsciously create unhappy situations for ourselves. We experience love as an accidental force and believe there is nothing we can consciously do to keep love alive. These beliefs reflect that we know very little about love, because the truth of love is quite different to our experience of it.

What is Love?

Love is overflowing joy. Love is when you have seen who you are; then there is nothing left except to share your being with others. Love is when you have seen that you are not separate from existence. Love is when you have felt an organic, orgasmic unity with all that is. Love is not a relationship. Love is a state of being; it has nothing to do with anybody else. One is not in love, one is love. And of course when one is love, one is in love – but that is an outcome, a by-product, that is not the source. The source is that one is love.

Osho, transcribed teachings, *The Guest*, Vol. 6

Remember, love is born with you; it is your intrinsic quality. All that is needed is to give it way – to make a passage for it, to let it flow, to allow it to happen. We are all blocking it, holding it back. We are so miserly about love, for the simple reason that we have been taught a certain economics. That economics is perfectly right about the outside world: if you have so much money and you go on giving that money to people, soon you will be a beggar, soon you will have to beg yourself. By giving money you will lose it. This economics, this arithmetic has entered into our blood, bones and marrow. It is true about the outside world – nothing is wrong in it – but it is not true about the inner journey. There, a totally different arithmetic functions: the more you give, the more you have; the less you give, the less you have. If you don't give at all you will lose your natural qualities. They will become stagnant, closed; they will go under-

ground. Finding no expression they will shrink and die.

Osho, transcribed teachings, *Come, Come, Yet again come,*
Vol. 10

Turn Inward to Find Love

To begin to shift our perspective and *personal experience of love* we have to realize that love *is*; love is not something that goes up and down. The enlightened masters tell us that 'love is a state of being, an organic, orgasmic unity with all that is'. Day by day we are surrounded by the awesome miracle of creation, a manifestation and expression of pure love. Love actually *is* all around us!

Be silent as you sit somewhere, close your eyes, and fall back into your heart, and remember the moments when you did feel 'in love', even if briefly. As you shift your attention from outside to inside, and relax into your body, you will always find love alive vibrating delicately and gently in your heart. Love is a 'state', an intrinsic quality that resides within the being; how can there possibly be highs and lows? There may be moments when we are not in contact with our love, but this does not mean that love has up and left us for good.

Emotion Goes Up and Down

Once we realize that love is an ever-present happening in the core of our system, the next question is to ask 'what actually *is* going up and down?' What is taking place when we feel ourselves suddenly 'fall out of love', out of connection with ourselves and another person? What is happening when suddenly the world turns upside down and we find ourselves blaming someone, making them responsible for our unhappiness? What happens when unexpectedly the tide turns and the loving flow between us is disturbed and interrupted for hours or days?

How often has it happened to you, that within a fraction of a second, the person you love the most in this world turns into the

one you like the least? You will discover, or at least get a hint of what goes up and down when you begin to examine anew the very moment you 'fall out of love' with your partner.

Love is not an Emotion

At the moment of disconnection what you are experiencing is a *rise* in your level of emotions. And you will have noticed how that surge or wave of emotion instantly and utterly obscures all loving feelings and loving vibrations.

Love is not to be a part of your emotions. Ordinarily that's what people think and experience, but anything overwhelming is very unstable. It comes like a wind and passes by, leaving you behind, empty, shattered, in sadness and in sorrow.

According to those who know man's whole being – his mind, his heart and his being – love has to be an expression of your being, not an emotion. Emotion is very fragile, very changing. One moment it seems that is all. Another moment you are simply empty. So the first thing to do is to take love out of this crowd of overwhelming emotions. Love is not overwhelming. On the contrary, love is a tremendous insight, clarity, sensitivity, awareness. But that kind of love rarely exists, because very few people ever reach to their being.

Osho, transcribed teachings, Om Shanti, Shanti, Shanti, 17

Chapter 2

EMOTIONS ARE DIFFERENT TO FEELINGS

Now with the understanding that love is not to be a part of our emotions, we can begin to make a separation between our warm inner heart-filled feelings and our emotions. In general, as we speak about ourselves or situations, we use the words 'emotions' and 'feelings' interchangeably, as if the experience of 'emotion' is almost the same as the experience of 'feeling'. But emotions are definitely *not* the same as feelings. As you explore your inner world you will soon observe that emotions and feelings are different. In reality they are two diametrically opposite experiences. The experience of a feeling is a world apart from the experience of an emotion.

Emotion Past and Feeling Present

The vital difference between emotion and feeling is that emotions have their roots in the *past*, and feelings relate to the *present* moment. *Emotions represent our feelings which were not previously expressed, and these accumulate with time.*

During our week-long Making Love seminars we introduce the theme of emotion only on the fourth day. We explain and apologize to the couples that we are unable to talk about emotions any earlier, even though we know emotions are responsible for major disturbances in most relationships. The reason for our delay in giving the material on emotions is because the initial days are devoted to teaching couples how to tune into the source of love lying within each person: to be present and experience love as the 'radiance of their being'. With a completely fresh experience of love they are easily able to see

emotion for the destructive force it is and realize that the unconsciousness of their emotions has caused a great deal of heartbreak and unhappiness in the past.

Indicators of Emotion

We ask our participants 'How does an emotional experience *feel*?' What do we experience in ourselves, in our bodies, when we are in emotion? The answers given in response to our questions are similar in each and every seminar.

Below is a list which describes the experience when suddenly the level of emotion rises and love equally as suddenly evaporates. Emotion is easily and immediately recognizable in the following experiences:

1. The sensation of *separation* or disconnection from the other person, as if a wall comes down between you, or you feel paralyzed.
2. It is difficult to meet the eyes of the other person, you *avoid eye contact*, or they appear to be far away in the distance.
3. You *blame* the other person for the situation or for your unhappiness.
4. You use the words 'you *never...* do such and such' or 'you *always...* do such and such'; you talk about the other person not yourself.
5. You become withdrawn and closed.
6. Your body is contracted, paralyzed, numb, sometimes with pains.
7. Your vision becomes narrow and cloudy.
8. You are exhausted, low in energy and wish to sleep.
9. You are protective and defensive.
10. You experience abandonment and rejection.
11. You experience loneliness and a sense of being incomplete.
12. You are self-righteous, with the attitude that 'I am right' and you refuse to give up until the other person *admits you are right*.

EMOTIONS ARE DIFFERENT TO FEELINGS

13. You experience yourself as being misunderstood or taken for granted.
14. You like to argue, discuss, fight and challenge the other.
15. Your mind is very active, full of negative thoughts and doubts.
16. The themes occur in repeating patterns, same issue again and again.
17. You experience helplessness and you are a victim of your situation.
18. Your outlook on life is hopeless and depressing.
19. You get tense and prickly (like a hedgehog) and the other person cannot do or say anything right.
20. The emotional state of separation/disconnection continues for hours or days before a return to harmony.
21. You try to change the other person.
22. You want to get revenge by saying or doing unkind, unloving things to them.
23. You react from ego, pride.
24. It is an unconscious pattern – you don't realize why you are reacting in that way.
25. The reaction relates to some incident/experience lying in the past.

The uncomfortable experiences listed above can be called the 'symptoms of emotion'. Usually you will suffer many symptoms simultaneously, and you may even observe other symptoms to add to the list! From now on, when one or some of these symptoms are present in you, you will begin to have the insight that you are *in emotion*; that something from the past has come into play here and now and taken over the show. In a way you were taken hostage by the emotions temporarily. It is helpful to remind yourself repeatedly that when you are emotional, the situation has little to do with the present. The emotion is resurfacing in the present of course, but you feel disconnected from

the present. There has been a dramatic shift in your perception as a by-product of the accumulated and unresolved past which we all carry around with us, to a lesser or greater degree.

Easier to Recognize Emotion of the Other

Perhaps while reading the symptoms of emotion listed above you have already started to recognize a part of yourself. When we ask participants if they see themselves in the list there is an uproar in the room – yes, absolutely! Or perhaps you might have said to yourself, ‘I, for sure, can see my partner!’ as one man replied during a seminar once and his comment was greeted with a roar of knowing laughter by all!

Take note, it is easier to see the emotion of another than to see your own! The truth is that each of us intimately knows our own emotional side, and we experience the emotional side of other people too. However, we do not understand *how* our emotional side, which pops up from time to time, creates shadows of darkness or unhappiness in our lives. We have no inkling of how to view or deal with this ‘shadow aspect’ of ourselves. The understanding of emotion, and its root in the past, is the missing piece in our self awareness. When we begin to acknowledge that there is an ‘emotional’ side to the human, we open a new door, and thereby create the potential to rise above the vortex of emotions which so easily obscure and damage our love.

Experience of Feelings

The experience of a ‘feeling’ and the experience of ‘emotion’ are really like day and night. Feelings, when they are expressed as they arise *in the present*, lead to to a completely different inner experience. We ask couples how they feel in themselves when they share from the heart, expressing their deeper feelings. Interestingly, the feedback we receive about feelings *contradicts* the previous list of the emotional indicators. Words given to describe the experience of expressing a feeling are almost the

opposite of the words given to describe the experience of emotion. The two experiences are definitely not the same.

We ask 'When you truly express how you feel, when you share your deepest feelings, do you experience separation between you and your partner?'

'No, of course not, we feel wonderfully connected.'

'Can you look your partner in the eye?'

'Yes! Easy.'

'Are you contracted and collapsed?'

'No, expanded and alive.'

'Is your attitude closed, protective and defensive?'

'No, open, soft and vulnerable.'

And so on we continue down the list of emotions asking for the corresponding words to describe how they feel *when they are able to express what they feel in the present*. Responses from our participants appear below. Each emotion is listed as in the previous section, and now after each symptom of the emotional experience appears the opposite feeling experience.

List of Emotions Versus Feelings

When you have expressed your deeper feelings:

1. Instead of separation and disconnection from the other person – *you feel connected and closer*.
2. Before it was difficult to meet the eyes of the person – *now eye contact is easy*.
3. Instead of blaming the other person – *you are acknowledging yourself and expressing your deeper feelings*.
4. You do not say 'you never' or 'you always' and talk about the other – *you say 'I feel...' and talk about yourself*.
5. You are not withdrawn and closed – *you are open and receptive*.
6. Instead of the body getting collapsed, contracted, paralyzed – *the body opens, you feel expanded, alive*.

7. Your narrow, negative, cloudy outlook - *becomes wide, clear vision with a positive outlook.*
8. Instead of being exhausted – *you are inwardly refreshed.*
9. Instead of being protective, defensive – *you feel vulnerable, open, innocent.*
10. Instead of abandonment and rejection – *you feel embraced, accepted.*
11. Instead of loneliness and a sense of being incomplete – *you feel complete, all-one (alone).*
12. You are not self-righteous – *you are self revealing.*
13. You are not misunderstood or taken for granted – *you feel understood and appreciated.*
14. Instead of wanting to argue and discuss – *you want to exchange, share.*
15. Instead of being in the mind, thought oriented, full of doubt – *you are connected to your body and heart, in trust.*
16. Instead of repeating patterns – *things become spontaneous, changing.*
17. Instead of being a victim, helpless – *you feel empowered.*
18. Instead of hopelessness – *you are full of trust.*
19. You feel tense – *you can relax.*
20. It lasts for days – *you move on quickly.*
21. You try to change the other person – *you accept them as they are.*
22. Instead of getting revenge – *you feel loving.*
23. Instead of reacting with ego and pride – *you respond with heart and love.*
24. Instead of operating unconsciously – *you are being conscious.*
25. You are relating to the past – *a happening in the present.*

Feelings Only Talk about Self not Other

Essential to expression of feelings one is naturally talking only about oneself, and *not* the other person. Any sentence would start with 'I feel...'. Definitely not 'I feel that *you*.....'! Which is a way

of indirectly blaming the other person, and is a sure sign of leaking your own emotions and not taking responsibility for them.

The usual resolution to the emotional stalemate reached in domestic arguments is that one partner will finally break down into expressing their underlying feelings, their vulnerability, insecurity, and pain. We have all had the experience how reconnection and togetherness is instantly created when one person gives up the fight, when the ego melts away from the heart and the tears begin to flow.

The return to innocence, connecting to the true feeling, has an alchemical effect on the situation, and the other person naturally lays down their weapons and opens up their hearts and arms again. As soon as the ego, which temporarily obscures the heart, is put to the side, love will surface again. Love does not disappear in these moments of emotion, as couples so often experience, it lies shining behind the ego gently waiting, radiant and ever-present.

Feelings Contacted Through Heart and Body

Relax into the body and heart to experience yourself and 'feel' deep inside to discover the subtle sensations and sensitivities within. Find words to express the subtle. Avoid general words like 'it feels good'. Instead, be more accurate; the word 'good' could mean warm, inspired, happy, excited, relieved or a whole other range of experiences. When we are general about what we feel then words such as good and nice *prevent the other person from connecting easily* with what we might actually be experiencing within ourselves. Fall into your heart and your body to discover your true inner feelings. Express and share your feelings as they arise, and as they change.

Marshall Rosenberg, in his book called *Nonviolent Communication - a language of life* (page 44/45), which comes highly recommended, has compiled an A-Z list of words to help

increase the power to articulate feelings, and to be able to clearly describe a whole range of experiences. For example, instead of saying you feel 'fine' you could instead expand on yourself and say you feel absorbed, adventurous, affectionate, alert, alive, amazed, amused, animated, appreciative, ardent, aroused, astonished, satisfied, secure, sensitive, serene, spellbound, splendid, stimulated, surprised, tender, thankful, thrilled, touched, tranquil, trusting...

Osho suggests that one can also make a practice of encouraging pure feelings such as friendliness, compassion, cheerfulness and gratefulness. These four feelings each have their opposite. The opposite of friendliness is hatred and enmity. The opposite of compassion is cruelty, violence and unkindness. The opposite of cheerfulness is sadness, misery, anguish and worry. The opposite of gratitude is ingratitude. Someone whose life and emotions are in the four opposite aspects is in a state of impure emotions. And someone who is rooted in the first four aspects is rooted in pure feelings. When we consciously practice being friendly, cheerful, grateful and compassionate we begin to refine ourselves and tune into the higher vibration of love.

In most people's lives our pure feelings have moved into the opposite negative emotional expression. By encouraging positive feelings you can change the quality of your day. Be grateful for all that life has showered on you. For the small simple gifts that come with each day. Do not compare yourself with other people, it is a futile exercise. Start to see your cup as half full and not as half empty. When we begin to feel gratitude we feel full, positive and affirmed, not empty, cheated and miserable.

Osho, transcribed teachings. The path of Meditation

Love is Ever-Present in the Body

Love will have many bodily feelings associated with it which we do not normally identify as love. When we take the awareness

into the body, and tune into ourselves on a cellular level, any place we feel vibrant, alive, warm, tingling, is a place where love is *already* alive and well. You can feel love vibrating cellularly within you. Perhaps a glowing, an expansion, spaciousness, gratitude, a total 'yes' to life, a deep sense of well-being. Love is a 'state of being' deeply rooted in the body, arising in the core and radiating outward. In love, another person enhances or reflects your very own inner beauty. Again and again relax inwardly into your body to maintain a connection to the beauty and delight of your inner aliveness. By holding the inner sensations of love in the bodily awareness they are encouraged and enhanced.

Fear to Love

Many of us are 'afraid' to open ourselves up to love because of the imprints our previous experiences have left on us. We have been hurt through love, we have had our love rejected, all kinds of 'agony' happen in the name of love. Reacting out of self preservation and fear we avoid getting too close to people, showing our vulnerability, and allowing intimacy to grow between us. Fear tends to dominate us and we become unadventurous in love.

Question addressed to Osho:

You say fear is the opposite of love. Have you any practical or impractical suggestions how one can drop fear?

Response: *Love is existential; fear is only the absence of love. And the problem with any absence is that you cannot do anything directly about it.*

Fear is like darkness. What can you do about darkness directly? You cannot drop it, you cannot throw it out, you cannot bring it in. There is no way to relate with darkness without bringing light in. The way to darkness goes via light. If you want darkness, put the

light off; if you don't want darkness, put the light on. But you will have to do something with light, not with darkness at all.

The same is true about love and fear: love is light, fear is darkness. The person who becomes obsessed with fear will never be able to resolve the problem. It is like wrestling with darkness – you are bound to be exhausted sooner or later, tired and defeated. And the miracle is, defeated by something which is not there at all! And when one is defeated, one certainly feels how powerful the darkness is, how powerful is fear, how powerful is ignorance, how powerful is the unconscious. And they are not powerful at all – they don't exist in the first place.

Never fight with the non-existential. That's where all the ancient religions got lost. Once you start fighting with the non-existential you are doomed. Your small river of consciousness will be lost in the non-existential desert – and it is infinite.

Osho, transcribed teachings, Come, Come, Yet again Come, 10

Fear is just the opposite of love. Remember, hate is not the opposite of love, as people think; hate is love standing upside down, it is not the opposite of love. The real opposite of love is fear. In love one expands, in fear one shrinks. In fear one becomes closed, in love one opens. In fear one doubts, in love one trusts. In fear one is left lonely, in love one disappears; hence there is no question of loneliness at all. When one is not, how can one be lonely?

Osho, transcribed teachings, The Guest 6

Fear is Opposite of Love

We can say that in general 'emotions' fall under the umbrella of 'fear', while 'feelings' fall under the umbrella of 'love.' If we observe ourselves when we are in emotion, we can usually describe ourselves generally to be in a state of fear, and doubt; we shrink and contract. And the state of fear represents the absence of love. When we are in 'love', when all our needs are being met, we feel expanded, open, trusting.

Start Loving!

The first thing to remember is: don't make a problem out of fear. Love is the question. Something can be done about love immediately; there is no need to wait or postpone. Start loving! And it is a natural gift from God to you, or from the whole, whichever term you like. If you are brought up in a religious way, then God; if you are not brought up in a religious way, then the whole, the universe, the existence.

Osho, transcribed teachings, Come, come, yet again come #10