

# Love Equation

May 16, 2015 *Sohbet*

Talk given by Es-Seyyid Es Shaykh Taner Ansari

*Bismillah er Rahman er Rahim*, [In the Name of Allah, The One Who Acts with Mercy, The Source of Mercy]. All praise belongs to Allah. Allah owns everything. All power belongs to Allah and not to us. May Allah's peace and blessings be on the Prophet Muhammad and his family and on all the other prophets and their families.

How much love there is between you and Allah depends on you. It is based on the formula:

$$Y=(S---Q)(ZF)$$

Y= how much you want to love Allah

Q= *nafs*/qualities that you attribute to yourself

S= self

Z=magnitude of your resolution

F= effort you put into your relationship with Allah

Your closeness to Allah depends on the above formula. How much do you want to be loved and love? (That's why you exist). How much of yourself can you evolve for Allah's sake, give up? That's called Islam — surrendering.

You are not surrendering your will or yourself. What you are doing is gradually seeing what is holding you back from Allah and lifting those barriers with Allah's help one by one. You are giving up these characteristics or these qualities that you attribute to yourself.

Who gives you these attachments? Didn't Allah give you these attachments? But your job is to use your head and see that everything including yourself and what you have and what you don't have belong to Allah and not to you. The sooner you accept this fact, the sooner you reach the goal. At the end you have to detach from everything including the process of detaching, especially the pronoun you attributed to yourself "I".

Each time an injustice happens to you or some hardships fall on you, you don't like what's happening and you start blaming Allah. But if you bear with patience, Allah will increase your capacity of understanding and your love. Some people want paradise of Allah. But these are the people who do not have any understanding of Allah's *zat* (essence). Their relationship with Allah is limited to their five senses. They are superficial, on the surface, not in-depth of knowing Allah. So what do you want? Whatever you want Allah will test you for your sincerity. Are you going to hang in there or tuck your tail and run away?

***Nafs-i Radhiyyah*** is the circle of love, the sea of love that you start dipping in. There is no fear or grief here. Actually, in *Nafs-i Radhiyyah* you test the water of love, but in ***Nafs-i Mardhiyah*** you just dip in. Why is there no fear? You don't have anything to fear because you don't have anything to lose — you gave everything up.

Can you have love and still have peace? On earth you cannot love and have peace unless you completely give up yourself. In *Nafs-i Mardhiyah* you can have love and peace all together as long as you don't keep going back to yourself. Why do we sacrifice? Because "I" is selfish. "I" wants to exist.

## Call of the Divine

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