



You Have to Give Love to Get Love **Swami Chetananada**

Transcript

My loved ones...who are the loved ones of the Goddess understand the importance of growing love and they understand that in growing love we have to extend love to get love.

It's very simple. I was watching two elderly people, you know...my age, riding bicycles one day and they weren't in as good a shape as I am, so they were really working at it. I was watching them and thinking ...it dawned on me, you have to expend energy to have energy...you have to expend energy to have energy.

More importantly, everybody in this world is looking for love. In a way, that's what everybody wants. What they end up with is not love – everybody wants love. The thing is this, we give everything else. We give money, we give sex, we give...whatever..., adulation to people in hopes that we will get love in return. In fact, if you want love, you have to give love. To have love you have to extend love from the core of yourself. For those people who are the loved ones of the Goddess, the people who are the loved ones of life – those people understand, to have love...to really have love, you must give love.

