

## **The Impossibility of Unrequited Love: How attraction occurs beyond the “self”**

There is such drama in the expressions of “unrequited love” as depicted historically in films, musicals and all manner of media. The nature of “love” by itself is something that needs to be reconnected with. When we talk of “love” we often mean something very specific when in fact love can only be total and all-inclusive and therefore cannot be specific, actually love is often the wrong word. In a way what “unrequited love” is describing is “unrequited attraction” which is an interesting idea but needs to be looked at in the context of energetic-attraction similar to the way the poles of a magnet will come together. Herein lies the problem... how can this be *unrequited*?

The scene is set of a man who very much desires a particular woman but she is completely uninterested, a really deep dis-interest that can't be related to any particular thing but in fact to the overall sense she has of this person. However he is totally infatuated and is determined to pursue her, come hell or high water. Then when all his hopes are dashed he spends his life as a recluse hoping one day she will change her mind. The curtains close. This is the stuff of a variety of Hollywood movies and can be seen in a variety of scenarios, enacted by either gender. But whatever the plot or characterization, the whole expression is similar, there is a lot of suffering associated with the nagging ideas of “does she like me” or “does he think about me” etc. However, these things have very little to do with what is actually going on in the process of attraction.

If we look at nature as the expression of energetics that it is, then attraction can really only ever be something that is a mutual expression. There is an active energetic yang and a still energetic yin and these are polar energetics that combine to form a bigger expression. The nature of this process is irrefutable and occurs both at the level of the physical plain and also of the expressional plain if, say, there is a complete energetic attraction going on. It is common for there to be different processes of attraction going on, like only a physical attraction which is the visual appearance of something/ someone or feel of something/ someone. But also, in addition to this, there is the nature of the expression or ethereal-energetic-nature, the invisible stuff so to speak, which may in words appear to be dualistic, are actually what one can call bodyspirit which is a singular expression.

When there is attraction on *all* levels then it's is a “clear” attraction, but when attraction occurs in one way but not completely then it's an attraction of sorts but is less potent, so to speak. It's never a situation of “attracted” or “not attracted” there is always a connection, it's just a question of degrees. The same applies to repulsion, if something is without repulsion then it is more attractive by default, if it is with repulsion there is less attractiveness, so these are different words of exploring the same energetics. Attraction and repulsion are part of a spectrum of energetics. The charge or attractive potential is strong or weak, this is the nature of any polarized energetic field.

So back to the situation of supposed “unrequited attraction”. If there is a total or clear attraction between seemingly two (or any number of) people then this situation would seem simple, in that that these people would be drawn together. However, one thing prevents this process from occurring, which only occurs in humans and it is the human-condition of the separate “me” or “self” which acts like a buffering between

two expressional entities and can manifest in two different forms. One is the more yin form which is cooler and is associated with the yin-female and the yin-male expression, it is that of a kind of detachment from feeling so everything becomes a phenomenon happening to “me” inside a “glass box” of “self”. This is a kind of numbness that can exist through a situation of self-defence or of wanting to feel secure and protected within a cocoon, so to speak. From the perspective of the naturally attracted partner can seem very strange as they feel there is potential for attraction but the other one is not responding to it. This can cause feelings of rejection or vulnerability for naturally-attracted person as this can trigger the “self” in them which can have many consequences, including a tendency to feel victimized in some way. Often Hollywood will sometimes accentuate this by teasing out the length of time during which a man or woman is oblivious to how attractive the other person is before that realisation sets in.

Conversely there can be a situation where there is not such an obvious attraction occurring, but one or other person is strongly projecting a situation of being attracted (as in the example at the top of page 1). This is often occurs with the yang-female and yang-male expression whereby there is a strong focus on someone who represents something very key to them at a particular time, or because they require connection to that person’s energetic quality, or they would like a person to be what they want, more than actually seeing the person as they really are. This tends to be a hotter or more yang expression. The result is that the person will often feel very disappointed (understatement of the millennia) that they can’t “get” the person they want or they can feel rebuffed or dismayed when there is no response. There is often a feeling of being cut-off, not being heard or understood, of one’s heart being not accepted. This can lead to violence, aggressive, manipulative behaviour and all kinds of forceful attempts at ownership, of trying to make what *is* into something else. In Hollywood this is the classic tale of “tragedy”.

In both situations the “self” clouds or gets in the way of what is actually going on. It is rare that people can explore attraction or potential attraction with the kind of “courtship” that animals engage in, which has nothing to do with actual “courting” but everything to do with “sniffing-out” the actual nature of the energetics in the process of attraction. Of course attraction doesn’t necessarily beget any form of longevity of relationship, some attraction can last for years and others will be gone in a moment. However none of this is good or bad, right or wrong, it’s all within “love”. *All forms* of energetic interaction, including tyranny and energetic contraction, are expressions of the unconditional nature of love, which is essentially what makes it *without condition*. Hence one can’t *get to* unconditional love as one already is it in every way. “Conditional love” or “romanticized love” is an imaginative process containing suffering and is all to do with the nature of “self”. (For more on this please see my article “Real Love”).

Therefore the nature of unrequited-attraction is actually a total impossibility. What can happen pathologically is unresponded-to-attraction (yin-pathology) or projected-attraction (yang-pathology), but a situation of actual attraction if it is real exists no matter what. When there is a dropping away of “self”, simply because it passes away naturally not because of any forced process of so-called “self-development” (a contradiction in terms), then there is simply an interplay of energy, one might call it an exploration of connection, or a dance. In this process the energetics of people

follow the natural process of attraction by engaging with what is, not with an idea or a projection, which originates from a “self” and sense of separation - “me” vs. “you”, neither is it a non-engagement, which is another form of “self” in a more insular state. Very commonly the “self” and the presentations of “self” create enormous problems, such as believing one is “always attracted to people who don't want me” or feeling that “I am so insular by nature that it’s impossible for me to connect”. The point is that attraction isn’t something “you do”, it’s something that *is*, and so is simply to be sensed and responded to rather than imagined or not-sensed/zoned out from.

People come to sense this when there is a natural ripeness, not through “trying”. There is often a process at the heart of each person’s nature that is preventing natural attraction from being connected to, or that is projecting attraction and fundamentally this is all to do with the state of a vulnerable “self”. This “self” is contracting from early childhood and at the same time there is a contrary feeling of something not being “quite right”. This sense eventually leads to a process of completely opening and letting go that is utterly in the hands of nature. It isn’t something the “me” can do anything about and in fact the unravelling takes place at a much faster rate as this becomes clear. The impediment to the process is often the very focus upon it.

Attraction and repulsion, like everything else in nature, are totally out of the hands of “me” but our arrogance in attempting to tamper with nature and believing we are able to control it is commonplace within our psychology. We truly believe we “choose” the relationships we are involved with but in fact this too is a fallacy and there is a much larger picture to this. We don't have the individual “power” to create change and “make things happen”, things occur through us, as life is being lived through us not because of us. As such relationships often display the key features of expression that show us the edges of the “self”. The triggering process that occurs between people in attractive-oppositional energetics creates the friction of change to either feel the warmth of fire that melts the glass-box or to see the truth behind an illusive image of idealism created in the mind’s-eye. Both are expressions of reality. When there is peace of natural expression through the vessel of the human bodyspirit, no matter what pathological processes are involved, there can be an expression of attraction without wanting or requiring reciprocation on any level and so without expectation. Or there can be non-attraction and this too is without grief or requirement or feeling the need to act-the-part.

When there is an allowance of nature, then all interactions are totally at ease and are beyond time, space, life and death.

David Nassim  
2/ 5/ 2012