

DISCOVERING THE ESSENCE OF THE AWAKENED HEART

A. H. ALMAAS

FOREWORD BY RAM DASS

SHAMBHALA PUBLICATIONS, INC.

4720 Walnut Street Boulder, Colorado 80301 www.shambhala.com

©2020 by A-Hameed Ali

Selections from *Kabir: Ecstatic Poems* by Robert Bly. Copyright © 2004 by Robert Bly. Reprinted by permission of Beacon Press, Boston.

All rights reserved. No part of this book may be reproduced in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

987654321

First Edition

Printed in the United States of America

This book is printed on 30% postconsumer recycled paper. For more information please visit www.shambhala.com.

Shambhala Publications is distributed worldwide by Penguin Random House, Inc., and its subsidiaries.

Designed by Kate Huber-Parker

LIBRARY OF CONGRESS CATALOGING-IN-PUBLICATION DATA

Names: Almaas, A. H., author.

Title: Love unveiled: discovering the essence of the awakened heart /

A. H. Almaas.

Description: First edition. | Boulder: Shambhala, 2020. | Series:

The journey of spiritual love series

Identifiers: LCCN 2019029113 | ISBN 9781611808391 (trade paperback)

Subjects: LCSH: Love. | Spirituality. | Self-acceptance.

Classification: LCC BF575.L8 A 45 2020 | DDC 128/.46—dc23

LC record available at https://lccn.loc.gov/2019029113

In memory of my longtime editor, Elianne Obadia— With love and gratitude

CONTENTS

Series Foreword by Ram Dass IX
Editor's Preface XI
Acknowledgments XV
Introduction XIX

PART ONE—PINK

- I. The Soul's Love Affair
- 2. The Impact of Not Feeling Loved 25
- 3. The Babylike Sweetness of Love 51
- 4. Love Embodied 73
- 5. Love Fuels the Unfoldment 9:
- 6. Self-Love 105
- 7. Personal Love and Object Love 117

PART TWO—MERGING GOLD

- 8. The Longing for Union 137
- 9. Dual Unity and the Desire for Merging 153
- 10. Merging Gold Essence 173

VIII Contents

PART THREE—POMEGRANATE

- 11. Passionate Love 199
- 12. Barriers to Passionate Love 217
- 13. The Magnetic Pull to Inner Union 233

Afterword 255

Notes 259

Index 262