

What is Love?

Interview by Anjil

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Love is the wish for someone else to be happy. What can we do to support that process—to help someone open their heart to happiness? And what does it mean for us to sometimes put aside our own needs and serve love without a sense of self? For me, I believe that is what love truly is.

After enduring some challenging times, I discovered the dances and Sufism—paths that led me into a new chapter of life. When I first arrived in the UK, my life was transformed through encounters with beautiful people and nature that felt nothing short of miraculous.

The people who entered my world were incredibly generous and kind, offering gifts in countless forms. Even though I had no money to contribute financially, I was welcomed into a small community where my role became to learn and eventually lead the Dances and Sufi practices.

My friends shared their friendship, love, and even material things with open hearts. During those years, as I hitchhiked across Europe, what began as an external journey soon turned inward. With every act of kindness and each moment of beauty I experienced along the way, my heart grew fuller than I ever imagined possible. All I wished for was that those close to me could feel some spark—even a tiny glimmer—of the joy and love that filled me.

As time passed and these experiences deepened, so did my wish; it expanded beyond those near me. It became a longing for everyone—all beings—to feel that same love, joy, and gratitude. My desire evolved into a calling: to live in service so that others might catch glimpses of the love I had been shown.

Later, through Tibetan Buddhist practices, I came to know this process as awakening the *Bodhicitta*—but labels aside, that wish still burns brightly within me. Whenever life has brought me somewhere new, where things have felt unfamiliar or uncomfortable, I would simply send out this message: “Universe, you brought me here—how can I best serve in this place?”

In doing so, and by trusting each voyage, I have experienced love again and again, giving back from the abundance I have received.