



# Mysticism: The Psychology of Love

*Sharam*

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## **Mysticism: The Psychology of Love** Sharam

*There are many wrong teachings we learn from society as a child. Ultimately they turn out to be right because they cause suffering, and too much suffering causes us to seek the truth or God. The result of these teachings is our frame of mind and the ego that is born from it. This ego is a collection of ideas about ourselves and our environment, mostly given to us from the outside, from parents, teachers, friends, the media, and society overall. Our personality is, for the most part, something that has been imposed upon us and reinforced from others. In *Mysticism: The Psychology of Love*, we watch a small group of students working to free themselves from these false truths. In so doing, we see that the real truths, those of the heart, are often one-hundred and eighty degrees opposite from those handed down to us from society.*

— Sharam

One day during a class, Sharam said, “People all around the world are suffering, are miserable, and are looking for help. What is said in these sittings could really help them. We should collect these sittings for future generations, for your kids, for anyone looking for inner freedom.” So we have. *Mysticism: The Psychology of Love* is a collection of students’ actual one-on-one sittings with Sharam. It gives readers a “fly on the wall” perspective of how a mystic responds to the everyday issues of his students and of life. We see, as Sharam maneuvers through the arguments of the mind and the ego, how, with higher understanding, the mind and the ego will gradually release their grip on us, opening the door to the love and ecstasy we are all yearning for.

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