

Intimacy

The word intimacy points towards closeness, absence of separation. Our intimacy is that which is closest to us, that which is really ours, that which we are inside at our deepest level.

The poet Vinicius de Moraes said that “life is the art of the encounter”. To meet someone implies to get close and to open, to give space to the other.

Meeting the other requires to discover our intimacy first, to find and meet our own self. On discovering our own intimacy an opening takes place, we open to a friendly space. We realize that we are that space, limitless. This welcoming space invites the other to open in it, to meet us there. Is in this space that we can truly approach the other, to become close, to recognize each other.

Love is the recognition of this intimacy, of the absence of separation: the recognition that our intimacy and the intimacy of that other are the same intimacy. I and the other are one.

Ultimately intimacy is the same as reality, our deepest reality. To become close is to know this reality, to love. Love and knowledge are one and the same.