

To know is to love.

There is only one experience “to know”. Knowledge is the highest experience, and it is the lowest experience too, the most humble. To know implies submitting, surrendering to reality.

Knowledge consists in the union between the knower and the known. We say we know reality, weather we refer to – the so called – external or internal world. But when we look at it more closely we realize that we only know knowledge. Therefore we can say that reality is knowledge. That which knows, knowledge, knows itself as reality.

Depending on the situation, knowledge perceives itself as truth, love, beauty..., but these apparently different perceptions are, in fact, one. We could say instead that we know truth, we know love, know beauty...

To know is not a merely intellectual act. To know means to experience fully, with all our being, this fact underlies the use of the language of love by many mystics. To love is to know the beloved, to join together, to become one with him/her.

The end of the spiritual search is simply to know reality. When we realize truth fully, nothing else needs to be done. In that moment we are one with reality, free and at peace. We love and we are love.

Pedro Brañas.