

Lust is a manifestation of inner spiritual hunger. The attempt to satisfy spiritual hunger in sense pleasure is due to ignorance. The development of pure, all-expansive love within the heart satisfies one's spiritual hunger. Love cancels out lust.

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When a person is under the influence of lust, there are many handmaidens that accompany this lust. The person does not only taste the bitterness of lust but also those of jealousy, hatred, malice, etc. The children of lust are frustration and purposelessness.

As lust is transformed into its natural condition of spiritual love, the person begins to taste not just the sweet flavour of love, but also its handmaidens such as kindness, patience, forgiveness, tolerance, humility, etc. When a person tastes these qualities, he experiences real happiness.

**Siddhaswarupananda**