

# STORY IX

"LOVE IS THE ACTIVE CONCERN FOR LIFE & GROWTH OF THAT WHICH WE LOVE"

ERICH FROMM

## The Art of Love Pt. 1

### I THEORY / Ep. 10

### II PRACTICE / Ep. 11

### III MATTER OF ULTIMATE CONCERN / Ep. 12

FALLING  
CHANCE  
LUCK

VS ART FORM  
KNOWLEDGE  
EFFORT

EXAMINE FAILURE  
+ STUDY

### PREMISES OF LOVE IN SOCIETY TODAY

starved for it YET no one thinks there is anything to LEARN ABOUT LOVE  
HEALING NEEDS THE DEVELOPMENT OF LOVE FOR SELF + LOVE FOR OTHERS  
How can we love if we do not look at love as something within OUR POWER TO LEARN?  
something to be trained like a muscle

### EXERCISE

- write down 3 sentences describing
  - ↳ what love is for you
  - ↳ what love consists of for you
  - ↳ how you show love
  - ↳ how someone shows you they love you
  - ↳ how you show love for your self
- in week 4 we will come back to this!

A

### BENG LIVED VS ONE'S CAPACITY TO LOVE

how are we becoming lovable  
how are we going to be loved

- success, power, wealth
- appearance: attractiveness, dress to impress
- pleasant manners: inoffensive, helpful, modesty, conversational

making oneself  
LOVABLE  
follows the premise of  
HOW TO BE SUCCESSFUL

win friends  
+ influence  
people

MIX OF  
being popular  
+ having sex appeal

B

### LOVE IS SIMPLE BUT FINDING THE OBJECT TO LOVE IS DIFFICULT!

↳ VICTORIAN AGE / TODAY: love develops AFTER marriage  
marriage arranged, marriage brokers  
based on social / socio-economic considerations

↳ TODAY romantic love first focus on OBJECT  
less focus on FUNCTION / COMPATIBILITY

### EXERCISE

- A LIST
  - ↳ choose 1 day
  - ↳ carry a piece of paper + pen
  - ↳ write down
    - how many hours you spend on...
    - work
    - appearance
    - shopping
    - self-care
    - love (family, quality time + self-love)

C

OUR CULTURE IS THAT OF CAPITALISM + INSTANT GRATIFICATION  
AN OVER SATURATED MARKET AT THAT  
→ OUR ECONOMIC SYSTEM NATURALLY TRANSCENDS INTO HUMAN LOVE RELATIONS!  
A MUTUALLY FAVOURABLE EXCHANGE WITH A THRILL OF BUYING / CONSUMING  
A NICE PACKAGE OF QUALITIES THAT ARE POPULAR / SOUGHT AFTER ON

THE PERSONALITY MARKET (physically + mentally)  
specifics depend on the EVER CHANGING fashion of the times  
SOMEWHAT SIMILAR TO WHAT I HAVE TO OFFER (PROXIMITY OF EXCHANGE RATE)

### EXERCISE

- @realscreen.net
  - choose 1 day of your week
  - every decision you are confronted with that you are unsure or how to choose
  - ask yourself + take action accordingly
  - what would a person who loves themselves do?
  - ↳ DO THIS ALSO FOR THE FOLLOWING 3 WEEKS!

### FALLING VS BEING (permanently) IN LOVE

↳ INITIAL EXCITEMENT combined with sexual attraction + consumption  
STRANGERS TEAR DOWN WALLS  
BORDERS EVAPORATE

ONENESS / EXHILARATION

↳ CLOSENESS COMES FROM SUDDEN INTIMACY: taken as sign of love  
BEING CRAZY ABOUT EACH OTHER

over time this disappears  
+ reveals the truth of INITIAL LONELINESS

ALMOST ALL OF US DEDICATE ALL OF OUR ENERGY TOWARD WORK, SUCCESS, MONEY, ACHIEVING MATERIAL GOALS, IMPROVING APPEARANCE  
LOVE PROFITS THE SOUL: thus it is deemed profitless YET it is the ultimate craving, the essence of our longing  
WE NEED TO INVESTIGATE + NOT SETTLE  
tremendous HOPES YET FAILURE regularly  
AN ART REQUIRES THEORY, PRACTICE + DEDICATION