

Story X

The Art of Love, Part 2 THEORY OF LOVE

- 1) **ORGEASTIC** (group, eg indigenous tribe rituals)
ORGASMIC STATE, eg sexual encounters / orgasm
TRANSCENDING EXPERIENCE, eg drugs / alcohol
- INTENSE / SPASMODIC
 - TRANSITORY / BODY + MIND
 - PERIODICAL / REPEAT

TRANSITORY

THE DEEPEST NEED IS TO OVERCOME SEPARATENESS
 How to transcend one's own individual life + find
 AT-ONE-MENT
 HOW TO ACHIEVE UNION?

2) CONFORMITY

early human history bloodlines / tribesmen / soil
 ENLARGEMENTS through citizenship / country / identity / religious organization

- DICTATORIAL
- DEMOCRATIC

INDULGEMENT OF CONFORMITY → threat + terror
 → suggestion + propaganda

INDIVIDUALISM DISAPPEARS
 "I am saved from loneliness,
 if I am no different from
 anyone else, I belong."

FALSE

YET INDIVIDUALISM IS STILL NEEDED
 + left to minor things - labels / brands
 - political parties
 - religious views

EQUALITY ORIGINALLY meant that we are all ONE
 & that the DIFFERENCES of all of us MUST BE RESPECTED
 DIVINE SUBSTANCE

we are all one, yet each one of us is a unique entity
 A COSMOS BY ITSELF ("SONDER")
 NO BEING MUST BE THE NEEDS OF ANOTHER BEING

contemporary capitalist societies have REFRAMED equality to SAMENESS
 UNION BY CONFORMITY IS INSUFFICIENT! to pacify the anxiety of separateness

- drug addiction / alcoholism
- sexualisation / compulsive sexualism / pornography
- mental illness / suicide

SYMPTOMS OF HERD CONFORMITY

not spasmodic BUT PERMANENT
 from the age of 3/4 years we never lose contact with the herd (WOMBS TO TOMBS)

being caught between the **WORK ROUTINE** & the **PLEASURE ROUTINE**

WORK ROUTINE: life force, maintenance, survival, dependence

PLEASURE ROUTINE: distraction, instant gratification, consuming

EXERCISE "CONCLUSIONS / EPIPHANIES"

- look closely on your life + your relationships / behaviour past + present.
- Try and put them into the categories displayed 1, 2, 3 + 4.
- Moving forward in your healing journey: what conclusions and/or epiphanies does this provide for you? what to keep? what to let go?

3) CREATIVE ACTIVITY: ARTIST + ARTIZAN

- Seeking oneness / union with an object outside of oneself
- the outside presents what is the outside world, creating union
- ONLY when productive → I PLAN - PRODUCE + SEE RESULTS!

NOT INTERPERSONAL

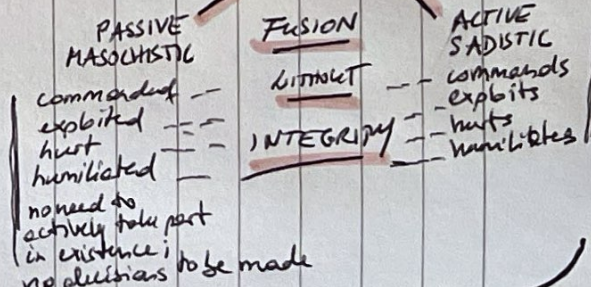
4) INTERPERSONAL FUSION / UNION THROUGH FUSION

FUSION NATURE LOVE

VS

SYMBIOTIC UNION IMMATURE LOVE
 2 become 1 (loss of INTEGRITY)

2 become 1 yet remain 2



LOVE OVERCOMES SEPARATENESS WHILE RETAIN INTEGRITY / INDIVIDUALITY.

LOVE IS PRIMARILY GIVING! AMBIGUITY + COMPLEXITY

GIVING = my strength, my wealth, my power

it fills me with joy

X refusal = mindset of market worth
 'what is my ROI? return of interest'

X virtue = sacrificial
 'better to suffer than experience joy!'

IN THE ART OF GIVING LIES THE EXPRESSION OF MY ALIVENESS
 I GIVE LOVE, LIFE FORCE, THAT WHICH IS ALIVE WITHIN ME (joy, humour, knowledge, wisdom)
 THIS ACT ENHANCES THE OTHER'S SENSE OF ALIVENESS
 I BRING ALIVE SOMETHING WITHIN THE OTHER - SOMETHING (LOVE) IS BORN, EXPANDED

EXERCISE CONTINUATION

THROUGHOUT THIS WEEK, WHENEVER YOU DON'T KNOW HOW TO GO FORWARD, ASK YOURSELF "what would a person that loves themselves do?"