

“Love is the only sane and satisfactory answer to the problem of human existence”

-Erich Fromm

“For one human being to love another human being: that is perhaps the most difficult task entrusted to us, the ultimate task, the final test and proof, the work for which all other work is merely preparation.”

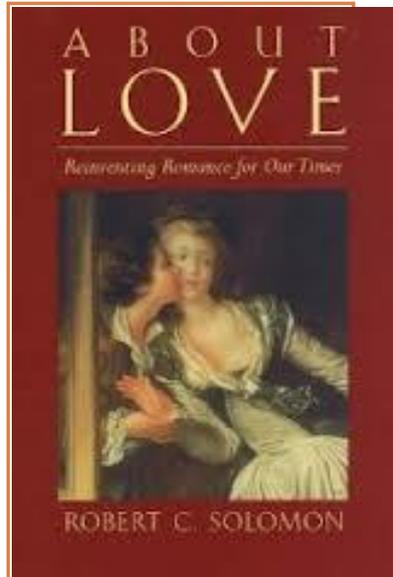
-Rainer Maria Rilke

“What is love? Baby, don't hurt me. Don't hurt me no more.”

-Haddaway

THEORY TWO: LOVE AND RECONCILIATION

Robert Solomon, “*About Love*”



- “Love is essentially a matter of ideas. Love is, ‘an amazing product of human ingeniousness.’ The promptings of love may begin with the libido but the structures that aim it, guide it and define it are not libidinal but conceptual... But there are good ideas and bad ideas, creative ideas and self-destructive ideas, obscure ideas and clear-headed ideas, ideas that tell us what to look for and ideas that make it impossible to find our way, and all of these enter into love.”

My mother bore me in the southern wild,
And I am black, but O! my soul is white;
White as an angel is the English child:
But I am black as if bereav'd of light.

My mother taught me underneath a tree
And sitting down before the heat of day,
She took me on her lap and kissed me,
And pointing to the east began to say.

Look on the rising sun: there God does live
And gives his light, and gives his heat away.
And flowers and trees and beasts and men receive
Comfort in morning joy in the noonday.

**And we are put on earth a little space,
That we may learn to bear the beams of love,**

And these black bodies and this sun-burnt face
Is but a cloud, and like a shady grove.

For when our souls have learn'd the heat to bear
The cloud will vanish we shall hear his voice.

Saying: come out from the grove my love and care,
And round my golden tent like lambs rejoice.

William Blake

The Little Black Boy

William James, 1842-1910

- “We are not only gregarious animals, liking to be in sight of our fellows, but we have an innate propensity to get ourselves noticed, and noticed favorably, by our kind. No more fiendish punishment could be devised, were such a thing physically possible, than that one should be turned loose in society and remain absolutely unnoticed by all the members thereof. If no one turned round when we entered, answered when we spoke, or minded what we did, but if every person we met ‘cut us dead,’ and acted as if we were non-existing things, a kind of rage and impotent despair would ere long well up in us, from which the cruelest bodily tortures would be a relief; for these would make us feel that, however bad might be our plight, we had not sunk to such a depth as to be unworthy of attention at all.” (*The Principles of Psychology*, 1890)

the brain absent the usual trigger, death of a loved one, remains unknown.

Prolonged separation affects more than feelings. A number of somatic parameters go haywire in despair. Because separation deranges the body, losing relationships can cause physical illness. Growth hormone levels plunge in despair—the reason why chi

BEHAVIOR	
Decreased	
Motor activity	Vocalization
Socialization	Food/Water intake
Play	Demeanor
Increased	Slouched posture
Self-huddling	Sad facial expression

PHYSIOLOGY	
Decreased	
Heart rate	O ₂ Consumption
Body temp. & wt.	REM Sleep
Growth hormone	Cellular Immunity
Increased	
Sleep arousals	Irregular heartbeat

The behavior and physiology of the despair phase. (Adapted from Hofer, 1987.)

From *A General Theory of Love* (2000)

Thomas Lewis, M.D., Fari Amini, M.D., Richard Lannon, M.D.

“Medical illness or death often follows the end of a marriage or the loss of a spouse. One study, for instance, found that social isolation tripled the death rate following a heart attack. Another found that going to group psychotherapy doubled the postsurgical lifespan of women with breast cancer. A third noted that leukemia patients with strong social supports had two-year survival rates more than twice that of those who lacked them...

Thomas Lewis, M.D., Fari Amini, M.D., Richard Lannon, M.D.

...In his fascinating book *Love & Survival*, Dean Ornish surveyed the medical literature on the relationship between isolation and human mortality. His conclusion: dozens of studies demonstrate that solitary people have a vastly increased rate of premature death from all causes—they are three to five *times* likelier to die early than people with ties to a caring spouse, family, or community.”



Brené Brown, "The Gifts of Imperfection"

“A deep sense of love and belonging is an irreducible need of all women, men, and children. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don’t function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick. The absence of love and belonging will always lead to suffering.”

“Luck is when the Guy next to you gets struck by the arrow.”

-Aristotle

Four “Immature” Approaches to Belonging:

- 1. Conformity
- 2. Orgiastic States
- 3. Sadism / Masochism
- 4. Social Scripts

“TO BE PART OF A WE INVOLVES HAVING A NEW IDENTITY, AN ADDITIONAL ONE. THIS DOES NOT MEAN THAT YOU NO LONGER HAVE ANY INDIVIDUAL IDENTITY OR THAT YOUR SOLE IDENTITY IS PART OF THE WE... ONLY SOMEONE WHO CONTINUES TO POSSESS A NONSUBSERVIENT AUTONOMY CAN BE AN APT PARTNER IN A JOINT IDENTITY THAT ENLARGES AND ENHANCES YOUR INDIVIDUAL ONE.”

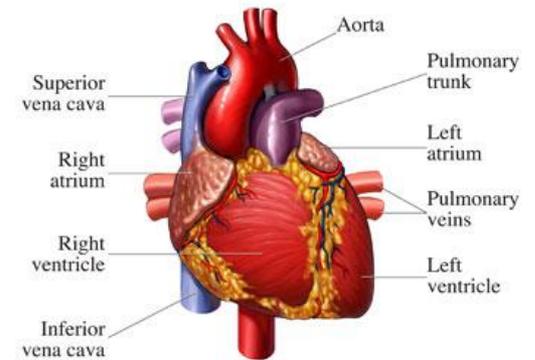
Robert Nozick, *The Examined Life*

love cannot submit, or dominate;

love encourages authenticity, integrity, and difference;

love is a capacity, not an ability – love opens, not forces;

love is the mystery enabling two people to become one,
while remaining two



“Love is the only sane and satisfactory answer to the problem of existence.”

Rainer Maria Rilke

“Letters to a Young Poet”

“Love consists in this: that two neighboring solitudes border and protect and greet each other.”

The Dialectic

The need to Belong

- Intimacy
- Companionship
- Togetherness
- Community
- Wholeness
- Family
- Empathy

The need to be Separate

- Solitude
- Integrity
- Authenticity
- Self-Awareness
- Interiority
- Groundedness

“LOVE DOES NOT FIND ITS FULLNESS IN ACHIEVING COMPLETE NONATTACHMENT OR ATTACHMENT. LOVE’S DEEPEST REALIZATION IS FOUND IN GROWING, STRUGGLING, MOVING, LONGING, REACHING *TOWARD* PERFECTION WHILE LIVING FULLY AS IT IS IN THE HERE AND NOW.”

Gerald May, “The Awakened Heart”

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