

Pathwork[®] Steps

The Forces of Love, Eros and Sex

Pathwork Lecture 44 Transcript of 2009 Teleconference by Jan Rigsby
<https://youtu.be/ZQnqnsw7YU> 1 hr 3 mins Edited by Cynthia Morgan

Welcome to everyone. This is August 22, 2009. This is a teleconference on Pathwork Guide lecture 44 which is The Forces of Love, Eros and Sex.

I was privileged to work with John Pierrakos for a period of time when I studied Core Energetics. He always called his workshops, Love, Eros and Sex. People said *Why?* He said *because it gets people to show up. And besides, that's what it's all about anyway.* That was part of my initial teaching; that Love, Eros and Sex is what everything is about.

When I began to study the Pathwork lectures, I found that to be true. That's how I approach this lecture on a personal level, but also on a universal and spiritual level.

To start off with, there's a real tenderness in this lecture. Within the tenderness and the gentleness of the Guide's words, there's also a slight bit of bad news for those of us who are single. Because depending on how you choose to read the lecture, you can choose to read the lecture as if 1) being in relationship is the penultimate human experience and 2) if you're not in a relationship, you have a problem.

I want to be very firm and strong about this. This is an interpretation. That is not what the lecture says. But it can give an impression; that this lecture is about people in relationship, or who want to be in relationship. And the question that comes up is, *what if you're single?*

What if you're single and that's how you have been? And perhaps that's how you may be for some period of time. If you're older, perhaps for the rest of your life. This has been my situation for the past couple of decades.

I did a lot of thinking about this. *What about me? How, if this sounds so luscious and wonderful and divine and spiritual, where is mine? What do I do, to find Love, Eros and sex?*

From the beginning with my teaching, in Core Energetics and Pathwork what was brought to me, what was offered to me, is a more universal sense of what this lecture is about.

There is a place where, yes, you can experience all of these in a human relationship. But you can also experience all of these feelings, the depth of feelings, movements, soul movements. All these things exist in many, many other aspects of life. I mention this to draw this away from the personal to the human, to a larger reality where every human being experiences these three forces. It's just a matter of where you are at the moment, as to how you may hear the words.

When I read the Guide, with an open mind, I find that the words are always inclusive -- if you choose to see it that way.

Second speaker: I just wanted to let you all know that I'm here. This is Joseph.

Oh, welcome, Joseph. Glad to have you. That's all right. I appreciate interruptions. Let me say this, if you have any questions or you don't understand what I'm saying - heaven knows, I'm not always

clear - please go ahead and interrupt. It's important that the information is given as a communication. If it doesn't communicate, or if I don't even know you're there, then that kind of leaves out an element of communication. I'm glad to know who's on board, even though we've turned the chimes off.

When I was reading the lecture, I tried to keep an open mind about what this lecture is about, hearing it phrased in terms of personal, intimate human relationships, and also wanting to hear how that would affect me, as a single person.

I was reminded of a teaching that is given by the Pathwork helper who founded the Philadelphia Pathwork. Her name is Carolyn Tilove. She wrote a very brief little paper, and she sometimes shares it at leadership meetings. It's called How to Read a Lecture. I found her point of view exciting and refreshing.

What she said was, *when you're reading a lecture, don't run over the speed bumps*. As you're reading a lecture, when you read something that makes you hesitate, or brings up feelings, or memory, or anything that stops the flow of the movement of your reading the lecture, don't just run over it and keep going! Pause and reflect.

Because the truth is that the meaning of this lecture could come in the first paragraph -- for you. The rest of the lecture may not be as relevant for you. It can be a sentence in the first paragraph that hits you. I'll explain in a moment how that fits into Eros.

Along with her discussion of this, what was delightful was that she said, *Sometimes when I'm not in a really good mood, I stop dead on "Greetings, my dear friends"*, which is the introduction to many, many of the lectures.

(Now, there's a lot of background noise that just went on. That might be a mobile phone: if you could press * six. That would help because it's very distracting. There we go. Thank you.)

Carolyn says, *stop when you hit a phrase that hits you*. And sometimes, that's the very, very first words: *Greeting, my dear friends*. So, stop there and deal with the things that come up at that moment, rather than racing ahead.

As I'm reading a lecture, I do think or feel that in the first paragraph that I get 'hit' with with a sentence. Because of her teaching, instead of racing ahead, I pause and reflect on that one sentence.

I invite you, as you read through a lecture, to consider -- whatever strikes you, whatever calls to you, whether it feels positive or negative -- stop there. Be real with what is happening to you in the moment, as you read the information. It makes the lectures fresh and alive, and gives you different places to go because you'll stop at different places during different readings.

The joke is: Love, Eros and Sex... the sex part is kind of titillating - people say *what does the Guide say about sex?* I thought that I would go through them a bit, and I thought I'd go ahead and start with sex. One of the reasons is that in September, I'm going to be doing a whole teleconference on PL 207, which is the Spiritual Significance of Sexuality. I didn't think that I needed to devote too much time in this teleconference to that. For those of you who are most

interested in that, we'll put that first on the plate. Like John P. said, *that's what people are interested in.*

What the Guide teaches about the sex force is in one simple sentence: the sex force is the creative force on any level of existence.

The sex force is the creative force on any level of existence. As I said in the beginning, you can hear this on a primal human level. You can hear it on a species, or civilization level. But you can also hear this in the unitive plane. The sex force can be expressed in different ways, in different phases and energetic realms. It is the creative force throughout the universe.

(Again, I'm hearing a lot of background noise if people could hit * six and silence their phones, it would be appreciated.)

Sex is an active force, whether it is expressed in sexuality, on the planet, with humans, or as a force alone -- a creative, procreative force, in a spiritual, emotional, or even intellectual effort. That is the position that the Guide takes about sexuality, acknowledging that is also a major human element.

He goes on to say that pure sex -- the sex force alone, without Eros, and without love, -- is utterly selfish. Now, again, you can read that as saying, *Oh, I must be bad when I'm having sex.* Or you could consider that it simply -- it is utterly selfish. If sex is the creative force in the universe, the most powerful creative force, then what quality of being purely selfish CAN mix with being a powerful creative force in the universe? It would sound like these two don't fit. And yet, the Guide is saying that this would be true about the pure sexual force WITHOUT the influences of love, and WITHOUT the influences of Eros.

The fact that something -- in its purity -- is fundamentally self-centered does not make it negative or bad. But it is something to consider; if that is true (and there's always an if!). When you're reading the Pathwork lectures, that Guide is very, very clear: *Do not accept what he says. Think about it. Work with it. Argue with it. It is a gift for you to consider, not a command.*

In terms of sex as possibly being utterly selfish, what would that mean?

The Guide goes on to say that, for instance, if Sex mixes with Love, such as in a long-term relationship, there can be affection, there can be caring, there can be a number of very, very positive elements in a relationship. But without the element of Eros, it lacks a spark. When you mix Sex and Eros, you can get a lot of energy moving.

Yet, that energy doesn't have any place to land if there is only Sex and Eros. There's a driving force and a spark of energy, a soul movement of exploration. With those two together, it is possible that this could remain in an area of actual avoidance of long-term intimacy.

I think that explains what the Guide is saying about Sex alone being utterly selfish. Movement and creativity, without consideration of any other, is about our creativity and our driving force and our ability to manifest in the world in energy in in spirit, rather than about relationship or a loving community with other people.

Without going into negativity about "selfish", the sex force simply isn't complete in and of itself.

The other thing that the Guide speaks about is that sexuality always manifests, at first, in a very selfish and immature way. That's how we are as we grow up. Because a lot of human beings are not spiritually strongly developed, there's a lot of sexuality on the planet that isn't mature. Societies have had to deal with this. They had to deal with this strong creative force that is being moved by and held by people who are not particularly emotionally or spiritually mature. And that this has led to the condemnation of Sex among cultures and philosophies.

This is where I found a bit of tenderness. He simply says, *that was in response to a reality* - that because sex was misused, misunderstood, and misapplied, it became aligned with “badness” and became - I want to use the word equivocating, it's like that – equivocate is not the right word. But “Sex equals sin” is, in effect, a solution to the difficulties, of the fact, that we haven't fully developed.

We certainly haven't matured all around across the planet, in our attitudes towards sexuality. And of course, once Sex is put right next to sin and hooked to it, then we don't want to go there. It's an invitation for a terrible vicious circle, where sexuality remains immature and underdeveloped because it's been associated with negative aspects of human life.

That kind of kind of wraps up Sex. That's really all the time the Guide spends on it.

The next thing I'd like to take a look at is Love. There isn't a specific lecture on Love – as a positive -- in Pathwork.

Second Speaker: What you just said about the immaturity -- that is what the creation of the word “lust” expresses. And if one is fearful of being lustful, they might shortchange themselves by being fearful of following through with legitimate expression.

On some level, you could think of lust as being like - what's the word for wanting to eat a lot -- I forgot the word -- gluttonous. On some level, you can think of lust as being gluttonous. If we have felt starved for both nutrition and pleasure in our food, we may tend to reach out with great voracity, and overeat or grab things, and literally shove them into our mouth, because we are missing out on some of the key elements of the pleasure of eating.

Lust might be analogous to that, in the sense of, because we don't have a mature and loving experience of sex. Yet we want the experience, because we really, intuitively know the power and the beauty of it. We might reach for it with a strong forcing current. Yeah, that's a really good analogy of sexuality.

Do ask questions as we go along because I really appreciate your contributions.

Next in the triad: looking at Love. The Guide says that *love is a permanent state in the soul*. He also says that *pure love does not exist on this planet*. Again, you can read that as negative. *What do you mean I don't have pure love; I have great love!!!*

All the Guide is saying is: *what you have is human love, at the height of its maturity and development*. You have the most love that a human being can manifest, which is a great and wonderful thing.

Yet the Guide is talking of pure Love, speaking from a place that we are not embodied. He is speaking from a larger container Without being negative about the container we live in, which is the human plane, the Guide is saying that the full experience of pure Love is something that a human being does not necessarily experience, except for brief moments.

Love also does not come at random. Love doesn't dart; Love is not a movement like sexual force or erotic force might be; or the force of Eros, or the force of a number of things. Love will be more of an 'oozing'! Love would be more of a state of being rather than the thing you DO, that manifests the Love itself.

Love does not come at random. It does not come and go depending on the quality of the person who is being loved.

There was a quotation that I read at a ceremony once by Thich Nath Hanh who said, *True Love contains respect. If you are motivated by some desire, that is not Love. Desire is not Love.*

That is why the triad! The complete quality of loving relationship needs to include the other elements as well.

Love was not meant to be the only compartment, the only item in a relationship; a relationship is not being asked to support only love. There are other forces that add to, that help love breathe, that help love stay alive, that help it develop into the fullness of its capacity.

The other quality of love is that - like many other qualities that we are trying to develop -- Love is a matter of balance. Love is a matter of finding areas that don't work, and strengthening, encouraging, and creating a container for them.

At one point, what I loved about the lecture was the Guide said, *if you're out of balance in some quality, it may be part of the Incarnatory Process*, which is a concept in Pathwork. Whether you accept it or not, is certainly up to you. If you believe in the Incarnatory Process, -- which means we come back many times in our development of spirit, that if something is missing from you, you may come back in one lifetime -- I'll use this word -- a little "lopsided". You can mature and advance and develop a part of you that is not yet fully developed.

Our lives as human beings are not the full spectrum of who we are. Our lives as human beings reflect what we have chosen to do in this small portion of unitive reality. We as human beings are much bigger in spirit than we how we appear at the moment. We may have manifested to learn a certain lesson that requires us to be out of balance for a while, because the larger plan is that we want to come back into balance.

That was the element of love.

The reason I went through these other two quickly, is that I find the strongest teaching in this lecture to be about Eros. That's the one element I have not found addressed as strongly or as beautifully in any other philosophy, or any other lecture, as it is in this one. I'm a little enthusiastic because I find it delightful.

Eros...what is Eros? The Guide says that Eros is one of the most potent forces in the universe. He calls Sex the creative force on any level of existence. If Sex is the engine, Eros is the starter! Eros

is what gets the creative force started. Eros is what starts the process of our lives; learning to be in love.

Sorry to interrupt - I'm filming and recording this alone, so If something needs my attention, I have nobody I can point to and say go over there and fix that! Back to Eros.

Eros is one of the most potent forces in the universe. Eros' job is to get us up and moving. That's its purpose; that's its entire point. *Eros gets us started, gets us up, gets us moving.*

Once that is in motion, once we are moving, then the next step is in relationship - whether that relationship is big "R" or little "r": relationship with an individual, relationship with a community, relationship with your friends, or even on a spiritual level -- your relationship with God.

Once Eros has got you up and running, the next step is to start building love, to start building that steady state, that permanent state in the soul, of love. Because Eros' ONLY job is to get you moving, get you up and going, it naturally cannot last forever.

Eros is like one of those lovely annual plants. It is designed to die so that it has the opportunity to be reborn. In other words -- think of it like a flower. Think of it like an absolutely gorgeous flower. The plant stores up this energy and it sends up the shoots and it grows a bud that makes this riotously gorgeous creation. It's not meant to be a permanent state. It's meant to allow itself to be fragile and colorful and beautiful. But then a horse or a donkey or an insect eats it ,or a person steps on it. That's not the end!

The roots that support that plant may have gone out into the earth and found nutrition and are ready to either go dormant for a while, or just wait until it's ready to send up another flower. We think of Eros as the flower, but as the penultimate point of some types of creation. *It is not supposed to be a permanent state.*

Balancing those two - balancing the energy and the glory and the wonder of Eros, and also holding that it is meant to fade and come back, fade and come back. *Eros cycles rather than remains as a steady state.*

The Guide also speaks that *Eros is a foretaste of unity.* Eros is like an appetizer. Eros, you taste it, and it's so wonderful, so great! You get a sense of what pure love might be; of what the unitive state might hold for you. Because of that taste, a longing develops in us for that pure state of love, and for the unitive.

It propels us to do the craziest things! It propels us to go out and find adventure. It propels us to move to a new location; to take on the difficulties of relationship. With all its beauty, relationship is hard work!

Eros is the one that gets us up in the morning, gets us activated, makes our eyes sparkle, lets us run over those speed bumps in the road that might hold us back. It serves as a foretaste of the unitive state. It gives us just a nibble of what is possible, bringing forward our longing for unity.

But if Eros doesn't do what it's meant to do, which is to bridge the gap to lead us towards the development of love, then when it fades and there's little or nothing left.

Eros alone...what is Eros alone? If Sex alone is utterly selfish, Eros alone can be analogized as platonic love. Eros alone is simply an enthusiasm to be with, to do, to engage, to participate. But after you feel it...what happens next? When Eros fades, and we come back. If you think of Eros - - Eros leads you out the door to do things. Then when we're done or we get tired or the task is over, we come home. If there's nothing at home, in our soul, in our emotional life, if there's nothing at home, to come home to. It can feel like, once Eros has gone, there is nothing left. That without the flower, everything's over, everything's done.

If, when we exercise Eros, at the same time we begin to build – there are building blocks, I'm repeating here a little bit -- we're put together the building blocks of love and relationship. Or, for instance, the building blocks of career and profession; or the building blocks of... *I have Eros for a lovely home, and I went out and I spent some time in an area and really enjoyed it. Now I'm going to go home. I'm going to create a plan. I'm going to start the hard work of doing whatever has to be done to create such a home for myself.*

In career, we get a chance to exercise our creative abilities in a job. And we decide, I'm going to go out and get a little bit more education because I loved that feeling. That was a wonderful sense of power and authority, and I want to earn it. I want to have the credentials; I want to have the training; I want to have the learning that I need. I can put my name forward and have more of that. So that I can turn around -- and you can feel how this could be repeated.

This is just as valid as having Eros for a person, having a great time, and enjoying them. Then when that fades off a little bit, and you're not excited about this, but you have agreed to spend more time, you have started the process of getting to know this person better, and that process will carry you. Then Eros has a chance to flower again, then you have another burst of enthusiasm about this relationship.

Eros alone is wonderful, but it doesn't necessarily build or create anything of lasting value. Because of that, you can probably see where Eros and erotic are simply a strong version of Eros, rather than thinking of it as lascivious or promiscuous or pornographic. Erotic pulls a lot of energy into the force of Eros, but maybe for the purpose of its own benefit. The erotic force on its own can be so exciting and so wonderful that when it begins to fade, we have a tendency to want to go out and regenerate it, even if we're pushing a little bit.

The erotic force carries the beauty of Eros. But if we simply insist that that's all we want, we may find that we're having to “make it up”, that we're having to synthesize it, that we're having to scramble to create events and circumstances that support another burst of Eros.

Because without the other two -- without the creative force of Sex or the creative force, and without Love as a permanent state of unity -- when all you've got is Eros, then all you can look forward to is another burst of Eros. And then another burst of Eros. It gets you up. It gets you out the door. It gets you excited, and then it's like you crash and burn after Eros has gone, instead of having used that time period to start to build the building blocks of a container that can hold a more developed spirit, more pleasure from life, companionship, a job, or an artistic endeavor. That's if you are ONLY using Eros.

Another aspect of Eros is if you overuse Eros -- and especially if you overuse Eros coupled with the Sex force -- it can actually be a way to avoid intimacy. Because true intimacy comes from the

quality of love. Eros is about getting and finding and wanting to keep love. The Sex force is about being creative and active. But Love what is holds all these together.

If you focus only on Eros signs, especially if you couple it with a Sex drive, you can have a cycle that goes on, very strongly, on a continual basis. But it doesn't really get anywhere. It can actually mask or prevent the very intimacy that it can look like it's seeking.

On the other hand, if you love the erotic force, and it's very exciting to you, and you are not afraid of where it leads you, you can spend a lot of time in an Eros-filled environment. You can create a life that has a lot of Eros, over and over again, in many, many different planes. You can be very open to that experience -- without necessarily being open to the experience of deep intimacy.

There's something that people who have been married a long time learn. And that is, you have to fall in love with that person, over and over again. The "falling in love" meaning, the Eros element of love in a long-term relationship has to be rekindled, not kept. *Rekindled*.

The force of Eros in a long-term relationship, a long-term job, a long-term career, or a long-term series of relationships with friends, needs to be rekindled. Rekindling the creative force of sexuality (or creative force just by itself) is the task of Eros. The goal is what's going to give Eros its strength and its power and its enthusiasm.

The two ways of avoiding intimacy by using Eros is 1) to couple it with the creative force, so that you've got a lot of drive and a lot of enthusiasm, a lot of energy -- but you never get around to the love part. And 2) to revere Eros above all else, and literally live in a pleasure world of Eros, so that you are not called to build love, and you do not incorporate the creative force.

Interestingly, the Guide says that Eros only exists in human beings. Whenever I read the lectures, I find these new sentences -- It feels like somebody rewrote them, and slipped them in while I wasn't looking, because I didn't see that the last time! -- The Guide says that Eros is something that is only available in the Incarnatory Process when we reach the development / stage of being a human being. Dogs and horses and eagles don't have the force of Eros -- as we are talking about. It is a basic difference between us and the animal and mineral world. We have this fire and this ability to be compassionate and aroused, and leap tall buildings at a single bound and walk over mountains. Also, Eros is the main ingredient in the adventure of relationship.

This is where the Guide goes into a specific discussion of marriage, which is a beautiful discussion. Again, you can feel a little bit left out if you're not in a marriage or a long-term relationship. Taking this both in the terms the Guide talks about it, and in a larger context, the spirit of adventure needs to exist in any long-term relationship of any kind. You need to rekindle the desire to go further, to listen to, to speak, to share.

A story occurred to me when I was preparing for this, which I hope works! Sounds a little bit odd. A few weeks ago, I was driving with a friend and the friend mentioned a part of my life that was not terribly pleasant, and then went on to talk about something else. 5-10 minutes later, they noticed that I had gone silent. My friend turned to me and said, *Did I upset you? Did I distract you? Did I bring up memories that you would prefer not to have?*

It was an act of love by my friend, to notice and to feel called to reach out and say, *Is there something here? What happened?*

Interestingly, on the other side -- in my world, vs. their world -- what had happened to me, was that when they mentioned this one incident -- which, truly, was not something I care to remember without some thought and some care -- they had co-incidentally mentioned the word seatbelts.

Unknown to them, as a Good Samaritan and a passer-by, one time I came across a bunch of teenagers who had been in an open truck that got overturned. I had given mouth-to-mouth resuscitation to a 17-year-old boy who died. While what they mentioned regarding other memories wasn't pleasant, I reacted to the word seatbelts a few sentences later. That set me off into a world of concern and care.

The end of my that personal story is that from that day forward, nobody in my household got in a car without using seatbelts, and no one has ever gotten in my car without using seatbelts since that day 30 to 35 years ago.

So, I was swimming in that. The reason I mentioned it is this: I experienced it, and we shared the information -- and laughed a little bit about where I'd gone and where they thought I had gone. That's an example of earning to know someone. There's no other way to know who someone is, and what their experiences are. Because we are not with another person every single day, every minute, every moment of their life. Part of learning to love someone is learning who they are, what they think about, why certain things trigger certain memories.

I mentioned this because I "collect" stories like this. I "bookmarked" it and said, "I'll use that". That little story was an example of deepening love, between me and my friend. In that moment, we learned a little bit about each other -- in that very, very brief exchange.

I chose that example partly because it's not particularly pleasant. The pleasure of love, the pleasure of sharing, the pleasure of being with someone does not necessarily have to have a smiley face put on it. Now, why do I mention that? I'll go there in a second. Part of me feels like I just did a cliffhanger on you! And perhaps I did, it wasn't intended, but I found that interesting.

This is part 2 of the teleconference on Pathwork Lecture 44, the Forces of Love, Eros, and Sex.

Where I was about to go -- after telling a story that was intended to exemplify that love and Eros don't have to have a smiley face put on them. It doesn't have to be a happy experience. -- There is a part of the lecture that talks about the point of Eros. As I said, the point of Eros is to get you going, to get you moving.

Why? Underneath the reason for why is that we have a deep longing for Unity. I often reference the Salvation PL 22 as The Plan of Salvation. There are other, better terms, this is what I call it.

The Plan of Salvation, from a spiritual level, involves finding and creating Unity in the universe. Being humans on the planet, we're working on smaller sections of that, with the intention of taking our developed spirits and going back out into the unitive, as well as going back out into the human world, incarnation after incarnation. We both develop ourselves and contribute to a stronger sense of Unity. In other words, our purpose here on the planet is to achieve the unitive state. Even if, technically, we can't achieve it in human form. That's not a failure; that's just reality. One day, we may all have to burst out of our skins and just be the bright shining lights that we are. But until that

moment comes – or, when we're ready to do that, -- our job is to purify and transform the parts of us that are immature, underdeveloped, and attract negativity -- attract and engage negativity.

Eros is a way for us to get up and move and to get started on that adventure. The Guide talks about -- and I usually paraphrase, because I am less developed than the Guide, that would be for certain - - The Guide says: you don't just do what Eros says. Eros requires reason to support it. Eros is simply an impulse. It's a massive impulse. It's a gigantic, huge, irrational, uncontrollable impulse to do something.

The intention is not for you to DO that. The intention is for you to change. For you to see, to grow, to gain a different perspective. To do that, you need to go “around the corner”. To get you “around the corner”, you and creation, in your wonderful co-creativity, send a puppy. The puppy dashes around the corner, and you follow the puppy -- because it's cute. That tiny example of Eros takes you around the corner -- and then the next thing happens. You're not chasing the dog around the corner, because you're supposed to take it home. This is where we get into trouble. We want to make a story; we want to create a 1-2-3-4-5 with beginning, middle and end. We want the dog to matter permanently, instead of accepting that a lot of our life happens not because it -- in itself -- needs to become permanent.

By following a train of thought, by following the force of Eros -- by following eroticism sometimes -- we explore different aspects of ourselves, see each other, and see ourselves from different perspectives. This is the quality of Eros that revitalizes and re-engages relationship. Eros is the main element in the sense of adventure that truly revitalizes long-term relationships and marriage. That's the spirit of wanting very, very much to know, *who are you? How do you think?*

Like the story that I told. Wow, I had no idea that mentioning something innocuous, like a technical reality, seatbelt, could bring that entire experience to you. Isn't it interesting-- that I now shared with you something when I had no idea if you'd had that kind of experience? On my part, my friend's curiosity, *Did I hurt your feelings? Did I say something that upset you?* Her impulse to touch back, in her impulse to say *Are we still on good standing? Did I disturb this? Are you still my friend?* Even though it was perhaps a very tiny element of what she was saying. That little touch-in told me that my friend cared. And in that sense of being cared about, in offering the sharing, we became more known to each other.

The Guide talks about marriage as being “an adventure of the ultimate”. This is where, once again, he's talking about marriage and you have to perhaps see it in a larger context. He talks about marriage as being the ultimate adventure in the unitive state. Not only to know another person, which can never be completed. -- I want to stress that; the Guide says you'll never know another person completely. If you think do, you are wrong, you are mistaken, you are truncating your vision of what is possible, because the other being is infinite. By the same token, you are infinite. Not only is there a possibility there of knowing another person to a depth and degree that perhaps no one else on the planet will ever know this human being, in this incarnation of their spirit, but you bring to them a gift -- and that is you, your experience, your real self.

Now, that's why I wanted to use a story that was not pretty, because pretty is not necessarily an element of Eros. Eros being a soul movement, Eros doesn't care if it's pretty. Eros doesn't care if it's easy. Eros doesn't care about anything except the spiritual sense of “*I/we want that*”. And the fact that we interpret that as being the puppy we chased around the corner, instead of seeing the different perspective as a gift given to us, that that's our human limitation. It's not about spirit.

That's about the fact that we're dualistic beings. And sometimes we only see what's in front of our nose.

Let me give another example of this. Let's say that Eros tells you to jump off a cliff. Okay, well, let's build this story a little bit. Let's say that if you jump off that cliff, you're going to die. There's no question about it on a physical level, on a human level. Unless you're so enlightened that you can levitate, which that may be, but I'm talking about a case where you are not quite that developed. You step off that cliff, you're going to die. Yet you have this uncontrollable urge to jump off this cliff. Where's the spirituality in that?

I'm using an extreme example. Because when you look at spirituality, sometimes the message -- sometimes the thought is very, very buried in the experience, something that you have not considered.

To go a step further, think about it. You jump off the cliff, because you have the urge to do so. And on the way down, you get a revelation. Now I have a twisted sense of humor. I'm going to say that on the way down, what you get is "*bad idea!!! Don't do that*". Okay, that's okay. Because the jumping off the cliff and the dying may have reflected, in an absolute sense, a thing you were doing in your life anyway. But you weren't getting that you were shooting yourself in the foot, that you were sabotaging yourself, that you were stagnant. All these things were happening on such a very subtle and minor level that you weren't *getting* that you were not progressing., You were managing to stay stuck.

Eros comes along and says, jump over the cliff, it'll kill you. But on the way down, you may get the one thing you need to get going again, as a spirit.

Now, from a spiritual perspective, if you get that, the fact that you die is of little or no consequence. Because we are immortal; we are eternal. Whether you come back on this planet or you stay in spirit and --. I tease a lot about the Incarnatory Process because the Guide is sometimes very specific about it. You die, you float up into the ethers you go into the world of unity. Your teachers all gather around you and say, *what did you learn?* And you say, *don't do that*. And they say, *Why? Because that's the end of my life. I need some adventure -- but not that level of adventure!*. And they say, *Great, fabulous. Congratulations. It would have taken 10 lifetimes to teach you that, but you got it. Now, sign up here because you're going back. And we'll give you another lifetime. And now you can use the enlightenment that you got. And we'll give you an opportunity to move faster. And let's watch you take it. Let's see if you really become enthusiastic. Let's see if you really allow us to exist moment by moment in your life. Or whether you live another lifetime, where you say no, no, no, until the response to Eros is extreme. cataclysmic.*

What I'm trying to build here is the odea that just because Eros takes you over a proverbial -- or real cliff, and real damage happens -- that does not mean that you are not on top of your spiritual path.

The Guide is very clear: just because you have an impulse to do that, let reason guide you. If you have an impulse to jump off the cliff, how about doing exactly what I just did, and think it through? If you think it through, and you realize - *it would release me from stagnancy, but I'd have to start over*. What could you turn around? So -- you look at your life and say, *Well, what could I do if I continued in this life? And I started letting Eros move me in modest yet moving, ways of movement?*

I'm going to try this tie this all together.

The idea is that Eros may tell you jump over the cliff. Well, that may be the interpretation you have, of a sudden urge. It may not mean jump over the cliff. But it means something. We have a faculty of reason. We have faculties of interpretation, of thinking things through, of seeing what's around the corner, of getting what would happen if we jumped off the cliff.

We are meant to use those faculties. The Eros itself is only one element of our life and our spirituality, it is not the element. While it may be one of the most potent forces in the universe, that does not mean that when it says jump, you have to jump. The trick is to honor having noticed the urge to jump and to see where that takes you.

Now, if I take that analogy, and I pick it up, and I squish it into dating and love relationships, what this might look like there is that Eros may lead you to go out with someone. Eros may lead you to go into relationship with someone. But that does not necessarily mean that this is your soulmate. That does not necessarily mean that this will be a 1-year, 10-year, or lifetime relationship. As Eros comes up, it may be saying we need this experience to build us. There's a part where Eros may know, on some level, that there's a plan and the plan is for you to be out, in the future, committed, in a relationship with someone. But it's going to be rocky, unless you get this now. That relationship isn't on the table yet. It's not ready. The other person hasn't moved along enough so that they are ready to take that step.

In effect, while you're on your own, by falling in love with this person, by experiencing this personality, by being in a certain environment for certain length of time, you have an opportunity to grow and develop. The invitation is to take the opportunity and to notice -- on some level, perhaps in some instances, you could simply honor the Eros and not do the action that it suggests, just like the urge to jump over a cliff.

What if you saw yourself attracted to somebody and said, *What is that about? Well, that person was very intelligent. I've never been attracted to anyone very intelligent before. and you go through in your head - Well, ummm. intelligent people make me feel dumb. And when I feel dumb, I become needy.* That's not an enlightened point of view.

What if we began to work on that. As a way of working on that, you engaged in friendships or relationships with people who were more intelligent than the groups that you have been involved with before. You exercise that weak part of you, that undeveloped part in you. In fact, let it swim, let it fly. let it grow up a little bit. But again, just because Eros sends you there does not mean that you're meant to stay there.

Another way of looking at this - that may be difficult for some people, this is this is how I analyze human behavior and it's in this lecture as well - when you're in a relationship and it's not working, it has gone stagnant. Eros may pop you out of that relationship.

The Guide talks about a particularly male point of view, and a particularly female point of view - saying that men carry more creative force than women. A man may be more prompted to reach out for Eros than a woman. The Guide actually says that's why man tends to be more open to polygamy than woman. These are all generalities -- the Guide is never specific. In this he's talking

about a trend, a tendency, about man holding the active creative principle and women holding the receptive principle.

Man may act out on this loss by incorporating Eros, or letting Eros move through and moving out of the relationship. Now that can be seen as a negative, but it does bring things to the table sometimes.

Woman on the other hand, because she is more intuitive about relationship and perhaps more willing to compromise, more willing to sit with imperfection, may wind up creating stagnancy. The Guide says that just because one person is faithful and the other person is not faithful, you have to look deeper than that in a relationship to see what the core issue is. If a relationship is stagnant and needs to be revitalized, these forces of Eros are ways to revitalize -- even if the result is that it fractures, or fragments, the relationship. Not that that is good, but that there is something going on there that needs to be looked at.

Again, the looking at another person -- If you are in a partnership with someone, and you find yourself gazing at another person with some level of lust or Eros or interest, the question is *Why? What does that person have that my relationship needs?* Then to come back to the relationship, and to see if that can be incorporated; brought home into the relationship, rather than simply going and getting it outside, which weakens the fabric.

I like to use biology examples. When my children were growing up, I worried about their diet. I had some very enlightened doctors and they said *Don't worry about it. Let them do what they want (to some degree). Put healthy food in front of them, and don't worry about it - just give them enough variety of healthy foods. They will ultimately pick up a variety of foods that will suit them.* The basis of that, which is biological, is that we crave certain minerals and vitamins. There's a natural human tendency to reach for fresh fruit when you need what's in the fresh fruit, or a specific fruit when you need what's in a specific fruit.

Being a master of trivia, I remember reading that children do not like brussels sprouts. Scientists have finally gotten it!. They found a chemical in brussels sprouts that is damaging to children. Children intuitively run away from what is, to some degree, poisonous to their system! They naturally run towards the vitamins, minerals, and whatever, that they need. Children are an excellent example, if they have not been biased or skewed, when this natural instinct has not been artificially changed. Children excellent example of Eros in the human being, of trying to reestablish some level of equilibrium, of finding a sense of balance.

Eros is not meant to live by itself. It's not meant to be the only force. The Guide is building a triad here, with Love, Eros, and Sex - saying yes, you can lean too hard on one side. In an incarnation, in the task for a specific incarnation, you may have designed your life to do that. You may be compensating for something. Not that that is the way to be. But that is strengthening or revealing something that you need -- to achieve balance on a greater, unitive level.

That's pretty much the lecture on Love, Sex and Eros. If anyone has any questions, I'm happy to go into different areas or see what I can say or hear your sharing on it.

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