

Pathwork™ Steps

The Forces of Love, Eros, and Sex

Study Guide for Online Meetings based on PRS 17 & PL 44

Week 1: A Holy Triad

Week 2: Eros as a Soul Movement

Week 3: Integrating Love and Sexuality

Week 4: Finding Your Unique Balance

Over the years I have taught about these 3 forces many times. There are video presentations on YouTube (plus study guides on my websites) for PL44, The Spiritual Significance of Sexuality PL 207, and a composite teaching on 'Five Soul Movements' (Eros, feelings, un-thought thoughts, dreams and imagination). Last month's topic was 'Some Aspects of Love' from PRS 16 and PL 240.

All three of these forces can easily become distorted. Love becomes a rationalization for possessing or controlling others; Eros justifies ethical lapses or breaking social codes. Sexuality can be overused as an expression of the life force when other channels are blocked.

This month's study guide emphasizes Eros because I feel it is the most misunderstood. I am a passionate advocate of the power of Eros to reveal – and help heal – distortions in the soul. Even Freud became annoyed at those who only associated Eros with genital activity! (see quotes from Wikipedia below).

These forces are often only recognized in the context of romantic relationships. Notice how the Pathwork Guide suggests a greater role for Love, Eros, and Sex, as powerful forces for change, growth, and self-development.

Warm regards, Jan

Week 1: A Holy Triad

Love

Since your inner spiritual self is the same as everyone else's spiritual self, the separateness is lifted the moment that you are no longer separate from your spiritual center. The real you is the other person's real self. There is no barrier between them. *Reaching the Spiritual Center PL 116*

Eros

Eros seems in many ways similar to love. It brings forth impulses in a human being that he would not have otherwise, impulses of unselfishness and affection he might have been incapable of before. This is why Eros is so very often confused with love. But it is equally often confused with the pure sex instinct, which also manifests as a great urge. *PL 44*

Sex

The sex force is the creative force on any level of existence. In the highest spheres, the same sex force creates spiritual life, spiritual ideas, spiritual concepts and principles as it also does on your earth sphere. *PL44*

For as you know, **every thought, every feeling, every ambition, every act is form** in spirit and thus creates a world. *Salvation, PL 22*

**Love, Eros, and Sexuality and
The Spiritual Symbolism and Significance of Sexuality**
Worksheet for PL 44 & PL 207 by Elizabeth Mylonas

1. Of the three aspects discussed in this lecture – Love, Eros, and Sex – which aspect do you feel the most at home with at this point in your life? Why?
2. Make a list of a few instances in your life when you have been struck with the force of Eros. Look at the one or ones where there is / was a pull to deeper relationship. Feel into yourself to see if you can identify why you resist that pull. Make your unconscious conscious in this respect by accepting whatever is in you.
3. Listen deeply into yourself to hear the voice of your sexual current. Ask it to reveal itself to you so that you might know yourself better. Once again embrace it with acceptance. If possible, share this with your mate / partner.
4. Complete the following sentence several times: “Love is...” Allow your unconscious to be revealed in this exercise so that you can come to a deeper understanding of what blocks your willingness to love.

Love and Eros in Western Philosophy

The ancient philosopher [Plato](#) developed an [idealistic](#) concept of Eros which would prove to be very influential in modern times. In general, [Plato](#) did not consider physical attraction to be a necessary part of Eros. "[Platonic love](#)" in this original sense can be attained by the intellectual purification of Eros from carnal into ideal form. This process is examined in Plato's dialogue the Symposium. Plato argues there that Eros is initially felt for a person, but with contemplation it can become an appreciation for the beauty within that person, or even an appreciation for beauty itself in an ideal sense. As Plato expresses it, Eros can help the soul to "remember" beauty in its pure form. It follows from this, for Plato, that Eros can contribute to an understanding of truth.

It is important to remember that Eros understood in this sense differed considerably from the common meaning of the word in the Greek language of Plato's time. It also differed from the meaning of the word in contemporary literature and poetry. For Plato, Eros is neither purely human nor purely divine: it is something intermediate which he calls a [daimon](#).

In his 1925 paper "The Resistances to Psycho-Analysis",^[14] Freud explains that the psychoanalytic concept of sexual energy is more in line with the [Platonic](#) view of Eros, as expressed in the [Symposium](#), than with the common use of the word "sex" as related primarily to genital activity.

[https://en.wikipedia.org/wiki/Eros_\(concept\)](https://en.wikipedia.org/wiki/Eros_(concept))

Daily Review

Exercise Week 1: Become aware of feelings of **LOVE**, in you or in others. Don't edit in advance! Every time you sense a feeling of love, allow that there **is** a grain of truth -- **a grain of real love** -- present. Trust your senses in the moment, rather than throwing love away because it is imperfect, immature, or frightened.

If you don't know where to start, begin with the links to stories in 'Finding your own unique balance' on the last page of this study guide. What forces seem most active there? By focusing upon one aspect at a time, we may find them in the strangest places... such as:

When You Give a Tree an Email Address...

<http://www.theatlantic.com/technology/archive/2015/07/when-you-give-a-tree-an-email-address/398210/>

In Melbourne, Australia authorities gave trees email addresses so that citizens could make condition reports. To their surprise, the trees began receiving love letters.

All you need is a ½ page of lined paper per day. Create 4 columns. At some point, jot down each day these brief notes about each incident (limit:10 per day).

1. Two to three words to identify each incident (no details!)
2. What feelings or emotional reactions came up
3. The judgments or conclusions you came to *at the time*

At the end of the week, read through your entries.

4. Notice any patterns or common denominators.
5. Using your preferred form of meditation (sitting, walking, or while doing 'mindless' chores) reflect upon your early childhood experiences.

Exercise Week 2: Become aware of **Eros**, in you or in others. Notice when your heart seems to leap out of your chest, like a badly trained puppy who sees a cat to chase! Notice irrational urges that are fleeting, ideas that dash through your mind before you can even figure out what they are about. See if you can sense yourself opening up to a person, idea, project, like a flower opening up to gather the sun's rays.

Exercise Week 3: Become aware of your **life force**, which may be most easily recognized in an expression of sexual energies. Notice lust, desire, impulsiveness. Notice any Freudian connections, such as a sense of penetrating into conversations or allowing yourself to become totally enveloped within an experience (regardless of your personal gender or sexual identity, as we all possess various levels of masculine / creative and feminine / receptive energies).

Exercise Week 4: Become aware of which force, **Love, Eros, or Sex**, either **dominates** your emotional life or is **missing** from most of your daily interactions.

Week 2: Eros as a Soul Movement

What turns you on?

Imagine fully being able to accept, with an open heart, that desire is divinely designed to lead you to what you are meant to have?

Soul Movements:

Your soul, however, manifests in your emotional life, in your feelings and in your subconscious. Even to become conscious of your feelings, a great deal of self-knowledge is necessary; most people are unaware of their real feelings and emotional reactions and are thus slave to them; they are mastered by them, instead of controlling and mastering them. To achieve this mastery, self-observation, objectivity, and self-criticism are essential. If what I advised tonight in my second reply is followed, the result must be, **first, awareness of the soul, and then awareness of the spirit.** *The Fall, PL 21*

I have not spoken about this aspect in the past, except in a very cursory way. **It is a specific soul movement, an emotional climate that I wish to describe.** In order to be compatible with the universal power, it is necessary that the personality is in inner and outer relaxation. Such relaxation does not imply immobility nor lack of energy. It is not the kind of false relaxation that does not breathe, move, respond. **Quite on the contrary, it expands and contracts like breathing -- rhythmic and relaxed, effortless and yet vibrating with power, poised and calm, peaceful and dynamic.** This state, when attempting to describe it, may easily be confused with indifference, passivity, or laxness. It is none of these. But it is entirely free from tension due to fear, pride, and self-will.

Man's habitual state is one of more or less taut intensity which is foreign to and incompatible with this universal power. This very intensity may cause, as a final effect, an outer immobility, paralysis, overpassivity. But these extremes are always the result of **an intensity of soul movement which must be dissolved.** *Intensity PL 151*

You will develop this very fine awareness in which you first observe yourself in a **very subtle inner soul movement, an inner attitude** toward yourself when something good comes along, that you shrink away from it. As you discover this, you will then weaken the rage with which you blame others, circumstances, people, life itself. *Fear of Bliss, PL 170*

The universal forces have but one aim, and that is toward wholeness, health, unfoldment, expression of divine aspects. They strive toward healing where distortion exists, toward making whole and full where disability and emptiness exist. **This growing principle is obvious once it is fully looked at and understood.** Then it can be observed at work all over and around you. You will not trust this growing principle any less because it requires a certain time span for the seed to become a tree. It is no different with the matters of mind and spirit. **Try to work with these soul movements,** with the concepts I have given you, always and always first finding and removing the misconceptions. Do not superimpose the right concepts, but realize and compare, with your own thinking faculties, what is truth and what is error.

Interplay between Self and Creative Forces, PL 129

Quotes on Eros From PL 44:

Without Eros, many people would never experience the great feeling and beauty that is contained in pure love. They would never get the taste of it, and their yearning for love would remain deeply covered in their soul. Their fear of love would constantly remain the stronger urge. Eros is the nearest thing to love the undeveloped spirit can experience. It lifts the soul out of her sluggishness, out of mere contentment and vegetation. It causes the soul to surge up, to go out of itself.

When this force comes upon the most undeveloped person, he will become able to surpass himself.

Even a criminal will feel temporarily, at least towards that one person, a goodness he has never known. The utterly selfish person will, while this feeling lasts, have unselfish impulses. The lazy person will get out of his inertia. The routine-bound person will naturally and without great effort get rid of his static habits, and so on and so forth. This erotic force will lift the person out of his separateness, be it only for a short time.

And this gives the soul a foretaste of unity and teaches the fearful psyche the longing for it; that is, this longing becomes more conscious after the erotic experience. During the experience of Eros, an otherwise thoroughly self-centered person may even be able to commit a sacrifice. So you see, my friends, Eros enables the personality to do many things that he is disinclined to do otherwise, things that are closely linked with love. It is easy to see why Eros is so often confused with love. Why then is it different from love? Because love is a permanent state in the soul. Love can only exist if, through development and purification, the basis for it is prepared.

Love does not come and go at random. But Eros does. **Eros hits with a sudden force**, finding the person often unawares and even unwilling to go through this experience. You should use this **potent momentum of Eros** as the propelling force it is to begin with, finding with it and from it the urge to go on further "on your own steam," so to speak.

And when Eros comes to you, it will **lift you up far enough** so that you will sense and know what it is in you that longs for this experience and what it is that is your true self which is longing to reveal itself. Without Eros, you are merely aware of the outer lazy layers. **Do not escape Eros** when it wants to come to you. If you understand the spiritual idea behind it, you will use it wisely, and God will be able to lead you properly and will enable you to make the best of it."

The Forces of Love, Sex and Eros, PL 44

1. Recall a time in your life when you felt strong Eros- for a person, a task, a life situation or even for God. Spend some time remembering the feelings and events. You may have to revisit several memories in order to find a particularly strong sense of Eros- allow yourself to understand on an intuitive level rather than through intellect or logic.
2. What changed in your life because of your Eros? If nothing changed, you may have chosen an experience that was simply emotionally powerful- think of Eros as the whisper of your own destiny calling to you, enticing you to explore something truly new and fascinating about yourself. If you followed such Eros, surely some aspect of your being changed or grew or experienced something quite special. Focus upon what was important to you, whether or not there was disapproval by others or even a sense of failure in external terms.
3. Consider whether you might have made such a change or had such an experience without the power of Eros driving you on or pulling you forward. What would be different about you today if you had refused to follow your heart? Did the experience bring your soul forward?

Week 3: Integrating Love and Sexuality

The Metaphysics of Sex: Sexuality, however, is not a “purely” spiritual act. Instead, the sexual act brings the spirit and the body closer together in order to attain unity. Evola makes the point that Eros is the product at once of rationality and irrationality, being and emptiness. Thus sex has the ability to make one both (either) full and (or) empty. It is both the unity of man and woman and the driving force behind the never ceasing impulse to procreate.

Transcendental Aspects of Profane Love: Profane love is love (and sex) which does not have transcendency or unity as its object. This obviously includes sex for pleasure, but also sex for love. Evola describes how the language of lovers implicitly includes references to the transcendental. In other ways too, modern manifestations of love show their roots in the divine, transcendental metaphysics of sex. Perhaps the most important of these is the way that lovers use references to death during courtship (as well as coitus). For example, saying “I would die without you” or referring to the orgasm as the “little death.” This language refers back to the contradiction in the myth of Poros and Pennia, in which sex is both life and death and therefore hints at the true nature of Eros.

From the writings of Julius Evola https://en.wikipedia.org/wiki/Eros_and_the_Mysteries_of_Love

The sex instinct arises in the infant. The more immature the creature, the more sex is separated from love and therefore the more selfish. ... Thus, in the growing child that is naturally immature, the sex drive will first manifest selfishly. Only if and when the whole personality grows and matures harmoniously, will sex become incorporated with love. But due to the fact that, out of ignorance, humanity has long believed that sex as such is sinful, it was kept hidden and, therefore, this part of the personality could not grow up. ... If people would realize -- and they begin to do so more and more -- that the sex instinct is as natural and God-given as any other universal force and not more sinful in itself than any other existing force, they would break the vicious cycle, and more human beings would let their sex drives mature and mingle with love -- and Eros, for that matter. How many people exist for whom sex is completely separate from love. ... Because of these conditions and this vicious cycle, humanity came to believe that you cannot find God when you indulge in your sex urges.

The Forces of Love, Sex and Eros, PL 44

Worksheet Questions on Sex PL 44:

1. Are you ashamed of your sexuality in any way? Despite the ‘sexual revolutions’ of the past few decades, are you honestly at peace with your needs and desires? Very few cultures are completely free of sexual repression and distortion. Allow yourself to see any aspect of your sexuality that may not be in harmony and balance.
2. Could God be sexual? Would there be any paradox or contradiction to God who was both omnipotent and sexual? Allow any distortions or fears or shock to emerge- most of us were not raised to imagine an erotic deity!
3. Does your image of God (refer to Lecture #52, The God Image) exclude sexuality? How can you imagine that might affect your opinion of yourself and your human needs and desires? If your image of God includes sexuality, how has that affected you?
4. If you have had sexual experiences - whether actual sex was involved or just strong sexualized feelings- *without* strong aspects of love or Eros, were they fulfilling experiences? (Try to differentiate between fantasy and real experiences, since in fantasy we can ignore our actual feelings and simply imagine our responses.)

5. Since all humans are somewhat out of harmony or balance, which aspects- Love, Eros or Sex- are more prominent in your recent experience? Which were more prominent in your past?
6. Since all three aspects exist in all of us, which aspect is harder for you to see as active in your current life? Which aspect seemed least active in your past?
7. Is there a place in your current life where allowing Eros might bring you out of your feeling of separateness, and into a larger experience of Unity? What would stop you from following such Eros? Make a list of the reasons so that you can see them clearly. Do these reasons truly support your soul's journey? If not, what *do* they support?

Before you can truly reveal yourself to God, you have to learn to reveal yourself to another beloved human being. And when you do that, you reveal yourself to God too. Many people want to start with revealing themselves to God directly, to the personal God. And actually, deep in their heart it is only a subterfuge because it is abstract and far. What they reveal, no other human being can see or hear. One is still alone. One does not have to do the one thing that seems so risky and that needs so much humility and thus appears humiliating. By revealing yourself to another human being, you accomplish so much that cannot be accomplished by revelation to God who knows you anyway, who really does not need your revelation. By finding the other soul and meeting it, you fulfill your destiny. And when you find another soul, you also find another particle of God. And if you reveal your own soul, you reveal a particle of God and give something divine to another person.

The Forces of Love, Sex and Eros, PL 44

Worksheet Questions on Love PL 44:

1. Can you find the place in you that is deeply afraid of loving honestly and openly, of revealing yourself completely to another? Make a list of all your objections to loving.

(Allow yourself to be honest here- allow even the undeveloped or immature places within you some expression of their fears. Until you find all of your objections, you will not be able to resolve them, and your life will manifest the results of such unconscious beliefs.)

2. What are your demands? What conditions do you place upon the other before you would love them? Make a list of all the requirements the other person would have to meet in order for you to be able to love them fully. (Once again, be as honest as possible without judgment. If your beloved *must* have a particular characteristic, allow the demand to come forward.)

“...your subconscious affects the subconscious of the other person. You go through life resenting other people because they do not respond to your outer actions. You are yourself unaware of what your inner actions are. Your inner actions or reactions are accurately perceived by your fellow human beings, and they react to that part of yourself. Their souls hear that voice, or perceive with other inner sense organs of hearing, seeing, smelling, tasting. That is why the subconscious of one affects the subconscious of the other.”

The Compulsion to Recreate and Overcome Childhood Hurts PL 73

Week 4: Finding Your Unique Balance

Love, Eros, and Sexuality Worksheet for PL 44 by Gene Humphrey

1. Which of these forces is most absent in you?
2. What do you do to block it?
3. What childhood situations come to mind regarding this missing or diminished force?
4. What feelings arise as you remember these situations?
5. What misconceptions do you have about this force?
6. **Visualize yourself** with the forces of Love, Eros, and Sexuality in balance.
7. **Create a statement of your positive intention** to work toward achieving this balance.
8. **Pray for divine help** to identify and take the specific steps you need to take in order to move toward balance.

I have been collecting articles that describe the forces of Love, Sex and Eros outside of individual relationship. See what you think; what forces are present here? What forces are in distortion? How does a distorted force blind us to reality?

On Parched Navajo Reservation, 'Water Lady' Brings Liquid Gold <http://nyti.ms/1HqasWV>
How one person affects 221 lives every single day – in addition to her day job!

Pluto Comes Into Focus <http://nyti.ms/1JdHRCb>
What drives a scientist? Last month we explored levels of love from PL115 – can a love for abstract ideas, such as knowledge, also be an expression of love for mankind, and even individuals? Separating love into levels is a useful way to explore where we might fear intimacy. And our substitutes may still express true love.

Nicholas Kristof | The Worst Atrocity You've Never Heard Of <http://nyti.ms/1fDhi2k>
Note: very graphic video essay re: injuries. There are several points of view to consider – what is driving the doctor who has lived in this area for 13 years? The president who bombs his own people? Those who fly the planes? What holds these families and communities together?

Consider how you affect the lives of those around you on a day-to-day basis. What would happen if you were able to live more lovingly? Channel your life force more effectively? Allow Eros to lead you into adventures that may be beyond the imagining of your conscious mind?

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