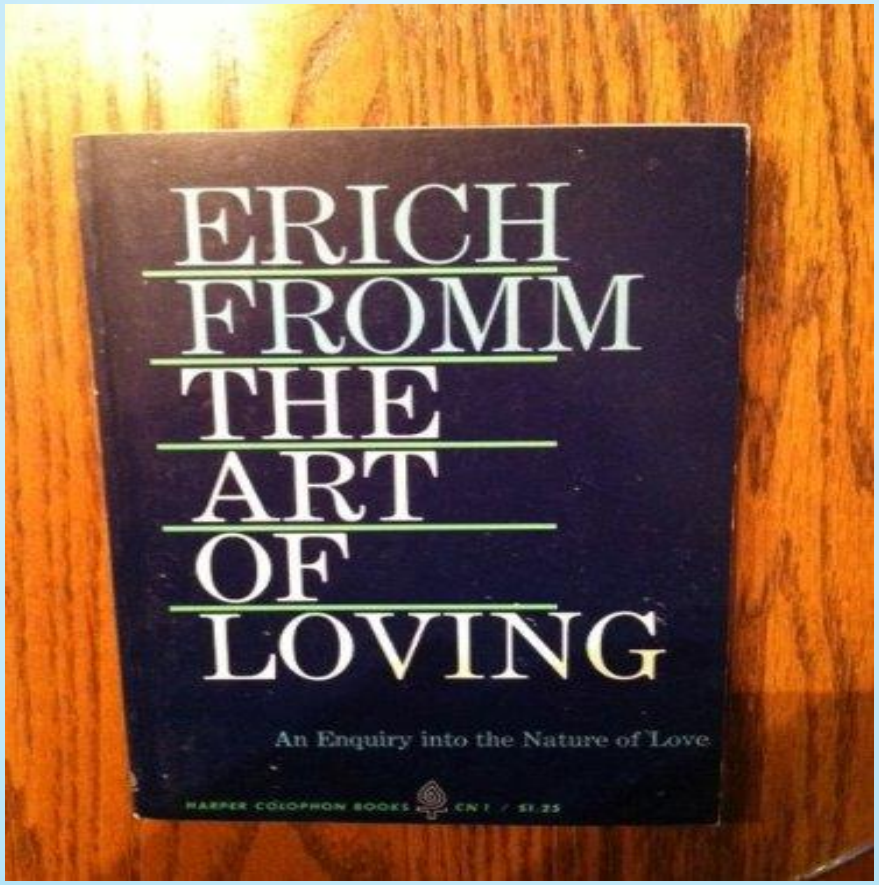
DR.ERICA'S
30 DAY
LOVE CHALLENGE

Day 20
The Art Of Love



Types Of Love

Erotic love

Parental love

Sibling love

Friendship love

Animal love

Inanimate love

Activity love

Self-love

God-love

Love Is Not

Being Loved And Lovable By

Being successful, powerful and rich

Being sexy or seductive

Winning Friends And Influencing People

Love Is Not

Having The Right Person To Love Or Be Loved By

Socially desirable male or female

According to current standards

Who wants and desires you

In spite of your flaws and deficits

Love Is Not

"Falling" In Love

Temporary, exhilarating, exciting passion

Sudden intimacy of sexual consummation

- Reveals your preceding loneliness -

Soon to be replaced by

Disappointment, boredom, antagonism,

Betrayal, abuse, neglect, abandonment

Love Is … An Art

Love Is An Art

Requires learning and knowledge

Effort, practice, skill development

If Love Is Just A Matter Of Luck

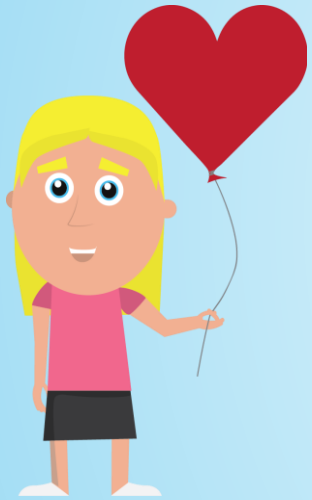
That one “falls into” by chance

Then there is nothing you can do

But Wait And Hope And Dream

Love As An Art Involves

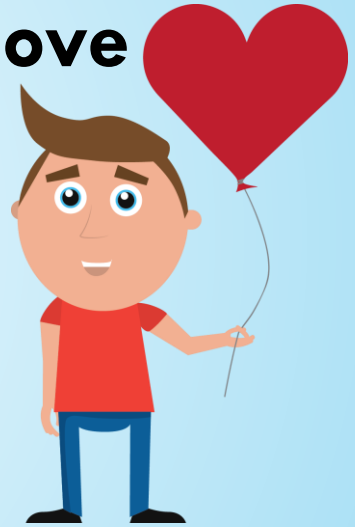
Expanding One's Capacity To "Be Loving"



Learning how to "stand" in love

Mastering the theory of love

And the practice of love



Self Awareness

Of Your Aloneness And Separateness

Your helplessness before forces of nature

Without reunion by love

Is the source of

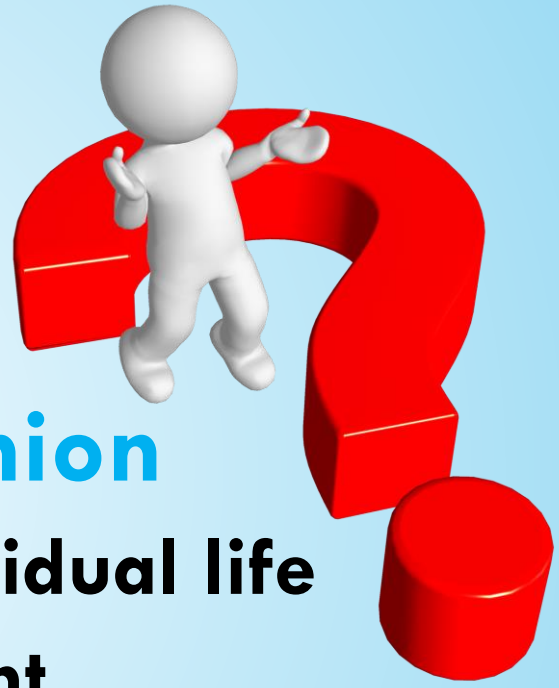
Shame, guilt and intense anxiety

Your deepest need

Is to overcome separateness

Absolute Failure, Complete Isolation = Insanity

The Question Is



How To Achieve Union

How to transcend your individual life

And find at-onement

The Same Questions For All Of Us

The Answer Varies

The Answers Are Limited

Animal worship

Human sacrifice

Military conquest

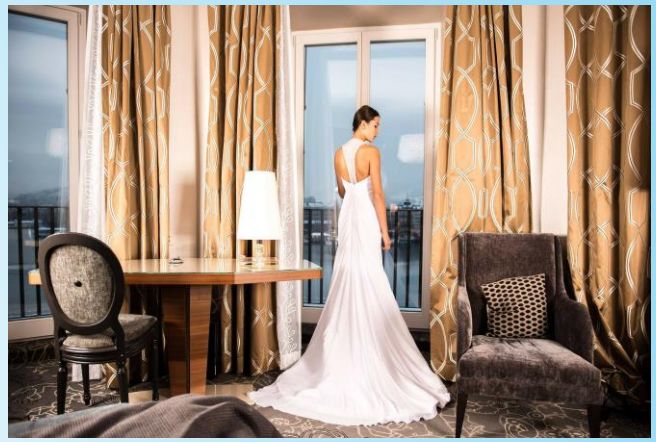
Indulgence in luxury

Ascetic reunification

Obsessional work

Artistic creation

Love of god



Love of man and woman

Ways To Escape Separateness

Orgiastic States – intense, transitory, periodical

- Shared communal rituals
- Transitory state of exaltation
- Communal sexual orgies

No anxiety or sense of separateness for awhile

Separateness In Non-orgastic Cultures leads to

- Alcoholism and drug addiction
- Compulsive sexuality
- Workaholism
- Risk taking
- Gangs and bullies

Desire For Interpersonal Fusion

The Most Fundamental Passion

Failure means insanity and destruction

Immature love

Lose yourself in symbiotic union

Mature love

Preserve your integrity in union

Love Is An Action
Not A Passive Emotion

Can only be practiced in freedom

"Standing in" love not "falling for"

Is primarily giving, not receiving

Exploiter sees deprivation and giving up something

Marketer gives only in exchange for receiving

Lover sees giving as highest expression of living

Basic Elements Of Love

Care – work toward helping love grow

Responsibility – response to the other's needs

Respect – see and help the other grow and expand

Knowledge – concern for the other's needs

Male-Female Polarity Creates Love

Male And Female By Jscreations @Freedigitalphotos.Com

A polarized union of male and female

Penetrating and receiving

This polarity in nature is the basis of love

Unresolved Separateness Blocks Love

The Lover And The Beloved

“Never, in sooth, does the lover seek
Without being sought by his beloved.
When the lightning of love has shot into this heart,
Know that there is love in that heart.
When love of god waxes in thy heart,
Beyond any doubt god hath love for thee.
No sound of clapping comes from one hand
Without the other hand.

Divine Wisdom Is Destiny And Decree

Made us lovers of one another.

Because of that fore-ordainment
Every part of the world is paired with its mate.
In the view of the wise,

Heaven is man and earth is woman:

Earth fosters what heaven lets fall.
When earth lacks heat, heaven sends it;
When she has lost her freshness and moisture,
Heaven restores it.
Heaven goes on his rounds,

Like a husband foraging for the wife's sake;
And earth is busy with housewiferies;
She attends to births and suckling that which she bears.
Regard earth and heaven as endowed with intelligence,
Since they do the work of intelligent beings.
Unless these twain taste pleasure from one another,
Why are they creeping together like sweethearts?
Without the earth, how should flower and tree blossom?
What, then, would heaven's water and heat produce?

As god put desire in man and woman to the end
That the world should be preserved by their union,
So hath he implanted in every part of existence
the desire for another part.

Day and night are enemies outwardly;
Yet both serve one purpose.
Each in love with the other
For the sake of perfecting their mutual work
Without night, the nature of man would receive no income,
So there would be nothing for day to spend."

~ Rumi (Muslim poet and mystic)

Practice Of The Art Of Love

”It’s not about how much you do,

But how much love

you put into what you do

That counts.”

~ Mother Teresa

This 30 Day Love Challenge is Serious and Life Changing

You will see amazing results

If you seriously intend to

Expand your loving – and -

Love fearlessly and openly

As We Close
Remember

Start each day focused on love
In every moment feel the love
End each day realizing love
Every day repeat the love pledge

Start Each Day
Focused on Love

In every moment ask…

”What would love do now?”

For Me

Knowing all that I do brings me

Closer or further from love

End Each Day

Realizing the Power of Love

Review The Moments You…

Turned away from love

Shared your love freely

Felt loved by others

The Love Pledge

Every Day I Develop Greater

Awareness and communication

Acceptance and forgiveness

Compassion and tenderness

Love, trust and respect

For My Self And For Others

Love Agenda for Today

In Your Love Habits Journal

My Art Of Loving

Which Traits And Practices Do You Already Have?

Choose One Trait For You To Improve?

Share Your Love Trait In The Facebook Group

References

Erich Fromm

The Art Of Loving

Dr. Erica Goodstone

RELATIONSHIP HEALER

Helping You Heal Through Love

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