

*This presentation is dedicated
to my mother **Irina Shteingart**
who doesn't need her.*

Love Mastery

Seminar presentation

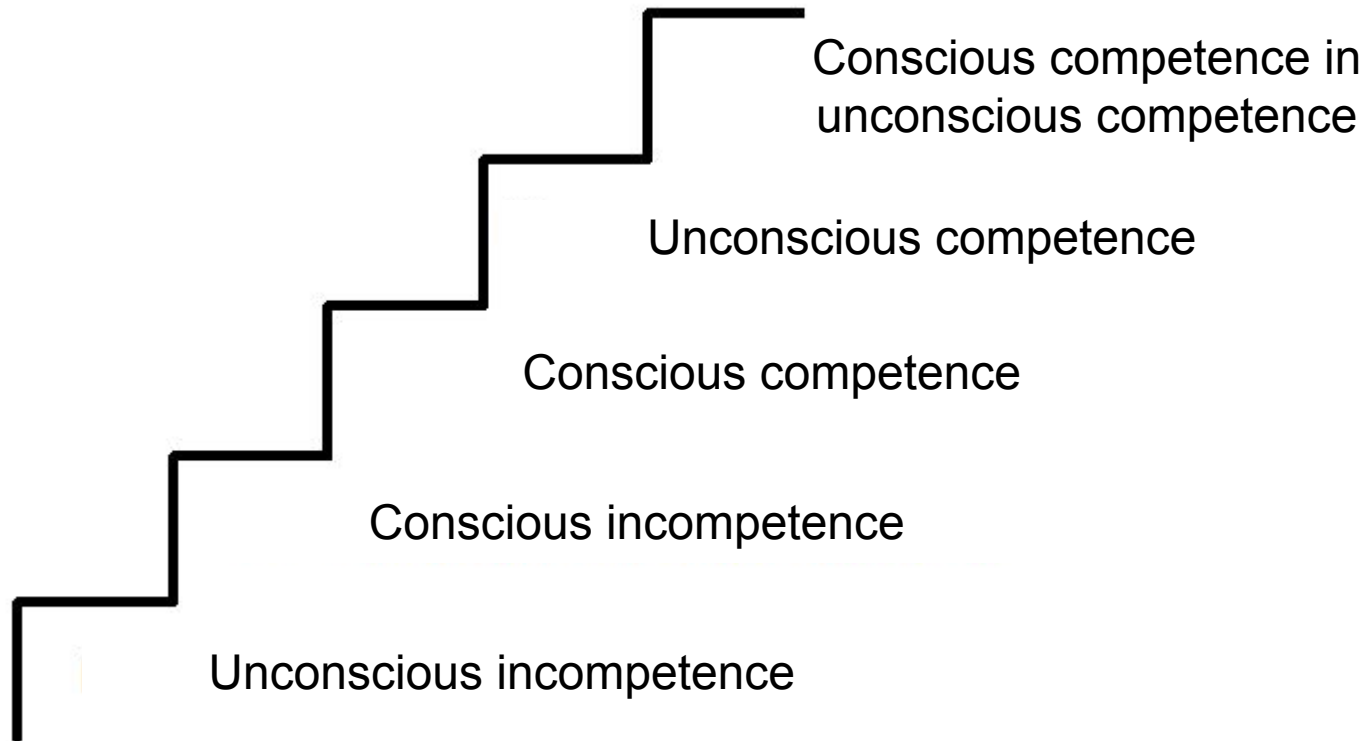


Introduction

- Aim – to improve life;
- Why does fear appear?;
- Knowledge is the power;
- Why so much material needed?;
- Triggers;
- Spiritual maturing.

How to Become a Master?

- 5 steps of education



How to Become a Master?

- 7 years/4 hours;
- 3,5 years/8 hours.

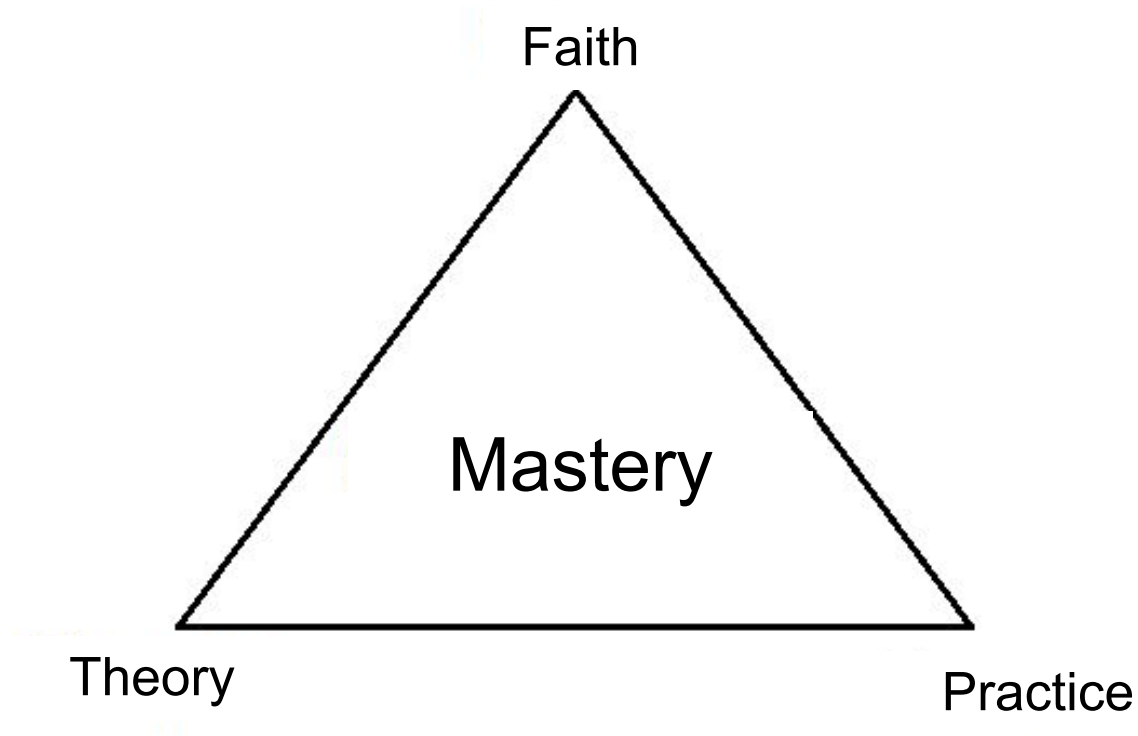


Rule of
10 000
hours

How to Become a Master?

- Spiritual strength insertion;
- **Motivation;**
- **Moral qualities;**
- Attention;
- Practice.

Mastery Triangle*



**Author of the triangle
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Why do we Need Mastery in Love?

- Love is one of the components of happiness.
- **Love is the main thing in our life!**

What is Love?



Dalai Lama
(genuine unconditional
wish of happiness for
somebody)



Treatise “Peach Branches”
(joining of soul, mind and body
impulses)



Erich Fromm
(active interest in love
object’s life and
development)

We Want to Love and to Be Loved!

- Energy exchange for life;
- Unification with the world, with yourself, with others;
- Human is finite.
- **Love is important for man's surviving!**

Kinds of Love and Its Evolution

- LUDUS – love-game;
- EROS – love-passion (erotic);
- MANIA – love-obsession;
- PHILIA – love-friendship (fraternal);
- PRAGMA – rational love (for yourself);
- STORGE – family love (maternal, paternal, childish);
- AGAPE – sacrificial love (for God).

Marriage Market

$$\text{PriceM} \approx \text{PriceF}$$

Evaluation Criterion	Estimation (0-10)
Physical attractiveness	
Intellectual attractiveness	
Emotional attractiveness	
Financial sufficiency	
SELF-APPRAISAL	
OBJECTIVE PRICE	
MARKET PRICE	

Evolutional Role of Man and Woman



Vigen Geodakyan – Doctor of Life Sciences

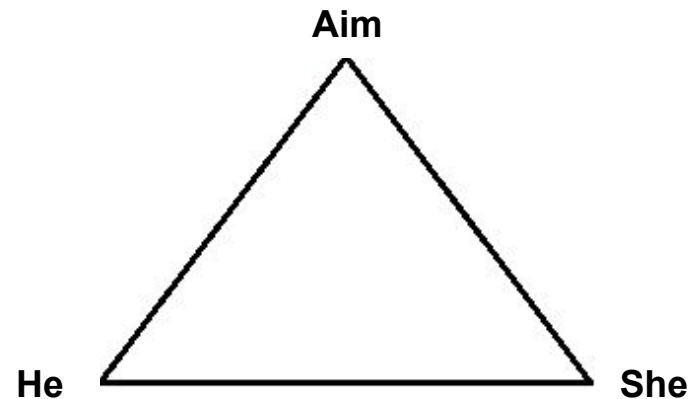
- Male –
operational;
- Female –
conservative.

Traits of Loving Person

- Sincerity;
- Honesty;
- Responsibility;
- Tenderness;
- ...

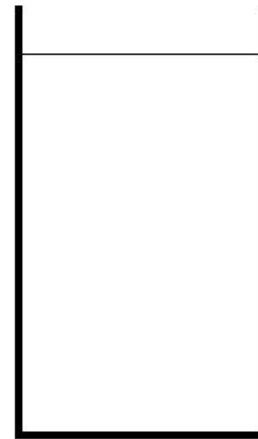
How to Find a Good Husband/Wife?

- **Love for yourself;**
- **Kindred spirits;**
- **Coincidence of values;**
- **Maturity;**
- **Use all search methods.**

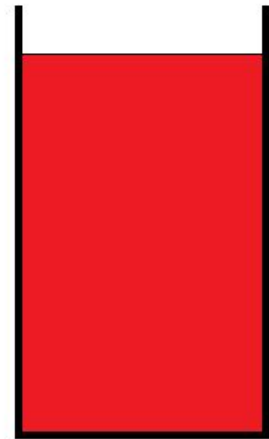


Five Languages of Love in a Family

- Words of approval;
- Qualitative time;
- Presents;
- Aid;
- Touch.



Empty
love vessel

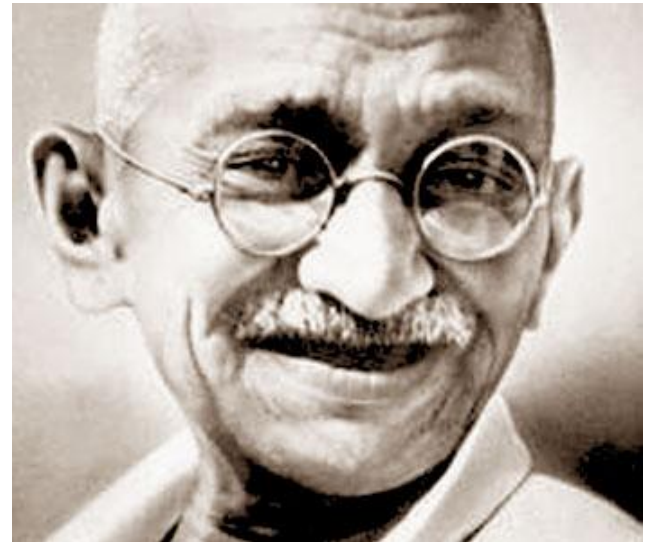


Full
love vessel

Love Masters



Mother Teresa

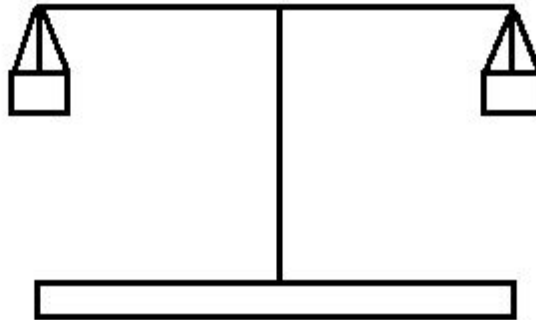


Mahatma Gandhi

Spiritual Sex

**Balance of pleasure and
intimacy!**

Pleasure
(sex)



Intimacy
(love)

How to Become Feminine and Masculine?

- One is not born a woman, one becomes one!
- A man is what he had made from himself!



Simone de Beauvoir



Paul Tillich

Conclusion

YOU ARE BEAUTIFUL!

LOVE IS INSIDE YOU.

Reference

- Mikhail Veller - Love and Passion;
- Erich Fromm – The Art of Loving;
- Dalai Lama – The Art of Happiness;
- Louise Hay – Became Happy for 21 Days;
- Olga Ageeva – Heaven Protection Codes;
- Harry Champman – Five Languages of Love;
- Paul Tillich – The Courage to Be;
- Simone de Beauvoir – The Second Sex;
- Barbara de Angelis – Secrets of Family Happiness.

Thank You for Attention!