

WAYS TO CELEBRATE THE EMOTIONAL UNION/MYSTIC BOND

by Sterling G. Ellsworth, Ph.D.

"Sex without true love estranges two people. (Eric Fromm)"

R.S.

F.S.

1. **EMOTIONAL UNION**

Feeling Closeness
Spark or Mystic bond

1.

2. **VERBAL UNION**

Deep talks about feelings
Your favorite people to talk to--F.P.T.T.T.

2.

3. **NON-SEXUAL PHYSICAL AFFECTION--N.S.P.A.**

3.

Marriage

4. **SEXUAL CLOSENESS/UNION**

One optional way of many to celebrate a
permanent romantic union or mystic bond.
Sex is a minor part of a healthy relationship.
1,2,3 are major parts of a healthy relationship.

4.

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*Notice the false or negative self goes backwards. It indicates that #4 (sexual union) will create unions #3, 2, 1 (physical, verbal, emotional)! Just the *opposite* is true and one partner will become frigid or impotent in time.

Taken from *How I Got This Way and What To Do About It*, pg 50