

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.

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| 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

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| 4. | SEXUAL CLOSENESS/UNION One <u>optional</u> way of many to celebrate a permanent romantic union or mystic bond. Sex is a <u>minor</u> part of a healthy relationship. 1,2,3 are <u>major</u> 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