

# YOU AND LOVE/SEX/ FRIENDSHIP

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JOVIAN ARCHIVE

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# You and Love/Sex/Friendship

We enter into different territory today. It's always so interesting for me as I go through each of these to see what's actually coming into me in my Facebook page because it seems that they provide me with exactly the right fodder each day for the madness out there. And I was mentioning before that I had this guy yesterday, I guess it's a man, I have no idea because the name is so neutral, Julep. I don't know if Julep is male or female, I have no idea. But anyway, I have this person who sent a message today to my inbox that says: I love you very much, and hope you love me, too.

I started to giggle because, of course, with the theme today of all of that. And being heretical and nasty as I am, I wrote him back and said, "I don't know who you are, and why don't you love yourself," which I think is really the beginning of this whole story.

## **The Conditioning from Our Parents**

This whole business about love, the first thing is that I think that so much of the way in which we understand the nature of love begins with the way in which we were conditioned by our parents. You grow up in an environment where you watch the archetypes that are there, the male and female archetype that are there, however long they are there, because not in everybody's case do they stay that way, and you watch that relationship.

It's in that relationship where you were conditioned to see what the elements of love are. This is the first thing that you get to see as a child, that this is what love looks like. One of the things that I tried to get across to analysts when I first began to teach was that if you're going to look at somebody's chart, never look at them as an adult. It doesn't do you any good because you don't really see what happened to them. You don't see the way in which in those first seven years of their life how their life was distorted.

## The Beginning of the Not-Self: How the Child Is Fed

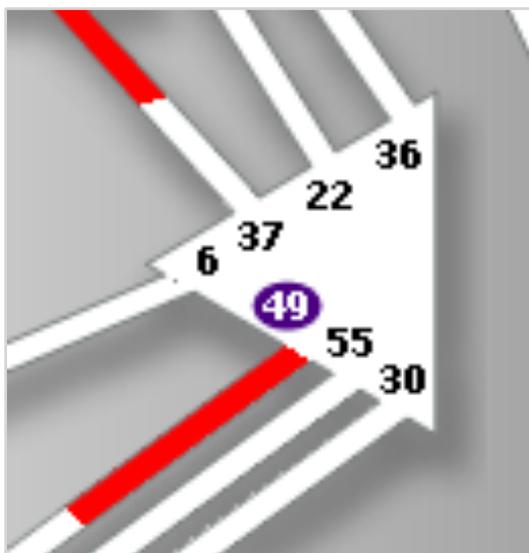
Lynda asked me a question the other day about when does the not-self actually begin. One part of us would like to think that the not-self only begins when the mental construct of the child is developed to such a point that it can be distorted. But in fact, it begins the moment they come into the world, the moment that food goes into their mouth.

The moment that the child is not fed correctly, is the moment that they're already being conditioned. The moment that they're not treated correctly—you're a Generator baby and your mother just sort of jams the food into your mouth, is the moment that you're being conditioned, that you're being distorted away from who you are.

## We All had Not-Self Parents

Everything about the nature of our relationship to love begins with the fact that we all had not-self parents. We all had not-self parents that were trying to find within their relationship something that they could live with. And most of them did so based on the rules of their society and the rules of their tribe, and so forth and so on.

When you got into a marriage 60 years ago, no matter what, you were simply going to deal with it. It didn't matter what the hell was going on. It didn't matter if you were being beaten up, if nobody cared about you, any of those things, you simply dealt with it. It was the kind of thing where you will learn to



love this person, learn to deal with them, learn to adapt to them, or you will eventually be able to change them.

When I first went through my own adulthood, when I began to enter into relationships and bonds, it was horrendous. I'm divorced three times. I know this movie; I know this movie of the false expectations. I'm a 49 in an open emotional system, so it's very easy for me to reject and go through all of that process.