#  DIFFER TYPES OF LOVE

**1**. “\_\_\_\_\_\_\_\_\_\_\_” LOVE

The first kind of love is \_\_\_\_\_, which is named after the Greek god of love and fertility. Eros represents the idea of sexual passion and desire.

The ancient Greeks considered \_\_\_\_\_\_\_\_\_ to be dangerous and frightening as it involves a “loss of control” through the primal impulse to procreate. \_\_\_\_\_\_\_\_\_ is a passionate and intense form of love that arouses romantic and sexual feelings.

\_\_\_\_\_\_\_\_\_love is an exulted and beautifully idealistic love that in the hearts of the spiritually mature can be used to “recall knowledge of beauty” (as Socrates put it) through Tantra and spiritual intimacy. But when misguided, \_\_\_\_\_\_love can be misused, abused and indulged in, leading to impulsive acts and broken hearts.

\_\_\_\_\_ is a primal and powerful fire that burns out quickly. It needs its flame to be fanned through one of the deeper forms of love below as it is centered around the selfish aspects of love, that is, personal infatuation and physical pleasure.

Love Catalyst: The physical body

**2**. “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” LOVE

The second type of love is \_\_\_\_\_\_\_\_\_\_, or friendship. The ancient Greeks valued it far above \_\_\_\_\_ because it was considered a love between equals.

Plato felt that physical attraction was not a necessary part of love, hence the use of the word platonic to mean, “without physical attraction.” \_\_\_\_\_\_\_\_ is a type of love that is felt among friends who’ve endured hard times together.

As Aristotle put it, it is a “dispassionate virtuous love” that is free from the intensity of sexual attraction. It often involves the feelings of loyalty among friends, camaraderie among team mates, and the sense of sacrifice for your pack.

Love Catalyst: The mind

**3**. “\_\_\_\_\_\_\_\_\_\_\_\_\_” LOVE

Although it closely resembles \_\_\_\_\_\_\_\_\_love in that it is a love without physical attraction, it is primarily to do with kinship and familiarity. It is a natural form of affection that often flows between parents and their children, and children for their parents.

\_\_\_\_\_\_\_ love can even be found among childhood friends that is later shared as adults. But although it is a powerful form of love, it can also become an obstacle on our spiritual paths, especially when our family or friends don’t align with or support our journey.

Love Catalyst: Causal (Memories)

**4**. “\_\_\_\_\_\_\_\_” OR “\_\_\_\_\_\_\_\_\_\_” LOVE

Although this kind of love has a bit of the erotic eros in it, it is much more than that. The Greeks thought of it as a playful form of love, for example, the affection between young lovers.

This kind of love is that feeling we have when we go through the early stages of falling in love with someone, e.g. the fluttering heart, flirting, teasing, and feelings of euphoria.

Playfulness in love is an essential ingredient that is often lost in long-term relationships. Yet playfulness is one of the secrets to keeping the childlike innocence of your love alive, interesting and exciting.

Love Catalyst: Astral (Emotion)

**5**. “\_\_\_\_\_\_\_\_\_” OR “\_\_\_\_\_\_\_\_\_\_\_” LOVE

This is a type of love that leads a partner into a type of madness and obsessiveness. It occurs when there is an imbalance between eros and ludus.

To those who experience this kind of love, love itself is a means of rescuing themselves; a reinforcement of their own value as the sufferer of poor self-esteem. This person wants to love and be loved to find a sense of self-value. Because of this, they can become possessive and jealous lovers, feeling as though they desperately “need” their partners.

AFFECTS:

Being a Loner and Finding Love: Is It Incompatible?

If the other partner fails to reciprocate with the same kind of love, many issues prevail. This is why this kind of love can often lead to issues such as ‘codependency’.

Love Catalyst: Survival instinct

**6**. “\_\_\_\_\_\_\_\_\_\_” OR “\_\_\_\_\_\_\_\_\_\_\_\_” LOVE

This is a love that has aged, matured and developed over time. It is beyond the physical, it has transcended the casual, and it is a unique harmony that has formed over time.

You can find this kind of love in married couples who’ve been together for a long time, or in friendships that have endured for decades. Unfortunately this is a type of love that is not easily found. We spend so much time and energy trying to find love and so little time in learning how to maintain it.

Unlike the other types of love, \_\_\_\_\_\_\_\_\_\_\_\_love is the result of effort on both sides. It’s the love between people who’ve learned to make compromises, have demonstrated patience and tolerance to make the relationship work.

Love Catalyst: Etheric (Unconscious)

**7**. “\_\_\_\_\_\_\_\_\_\_\_\_\_\_” OR\_\_\_\_\_\_\_\_\_\_ LOVE

The Greeks understood that in order to care for others, we must first learn to care for ourselves. This form of self-love is not the unhealthy vanity and self-obsession that is focused on personal fame, gain and fortune as is the case with Narcissism.

Instead, it is \_\_\_\_\_-love in its healthiest form. It shares the Buddhist philosophy of “self-compassion” which is the deep understanding that only once you have the strength to love yourself and feel comfortable in your own skin, will you be able to provide love to others. As Aristotle put it, “All friendly feelings for others are an extension of a man’s feelings for himself.”

You cannot share what you do not have. If you do not love yourself, you cannot love anyone else either. The only way to truly be happy is to find that unconditional love for yourself. Only once you learn to love and understand yourself, will you be ready to search for the spiritual freedom of the Self.

Love Catalyst: Soul

**8**. “\_\_\_\_\_\_\_\_\_” OR “\_\_\_\_\_\_\_\_\_ LOVE”

The highest and most radical type of love according to the Greeks is \_\_\_\_\_\_\_\_\_\_, or \_\_\_\_\_\_\_\_\_\_ unconditional love.

This type of love is not the sentimental outpouring that often passes as love in our society. It has nothing to do with the condition-based type of love that our sex-obsessed culture tries to pass as love.

It is what some call spiritual love. It is an unconditional love, bigger than ourselves, a boundless compassion, an infinite empathy. It is what the Buddhists describe as “mettā” or “universal loving kindness.” It is the purest form of love that is free from desires and expectations, and loves regardless of the flaws and shortcomings of others.

 It is the love that is felt for that which we intuitively know as the divine truth: the love that accepts, forgives and believes for our greater good.

Love Catalyst: Spirit

Thanks to the ancient Greeks, we can learn from all the different types of love in our lives. Because of these distinctions, we can learn that in order to truly enjoy eros we must also search for greater depths through philia and cultivate ludus, avoiding mania as our relationships mature. It’s through these efforts that we’ll find pragma in our soulmate or twin flame relationships.

Finally, through the power philautia and agape we can come to understand how amazing our human hearts really are. Our hearts are the only things in the universe that grow larger the more they give to others.

LOVE SCRIPTURES

Match these scriptures with your findings

 **KIND OF LOVE**

St. John 3:16\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Galatians 2:20\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Deuteronomy 7:9\_\_\_\_\_\_\_\_\_\_\_

Psalms 37:28\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 John 4:9-11\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 John 4:16\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 John 4:19-20\_\_\_\_\_\_\_\_\_\_\_\_\_

Proverbs 10:12\_\_\_\_\_\_\_\_\_\_\_\_

Leviticus 19:18\_\_\_\_\_\_\_\_\_\_\_\_

1 John 3:10\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Matthew 6:24\_\_\_\_\_\_\_\_\_\_\_\_\_

Joshua 23:11\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Psalms 18:1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Matthew 22:37-39\_\_\_\_\_\_\_\_\_\_

Proverbs 17:17\_\_\_\_\_\_\_\_\_\_\_\_\_

## 1 Corinthians 13:4-13\_\_\_\_\_\_\_\_

St. John 15:12-13\_\_\_\_\_\_\_\_\_\_\_