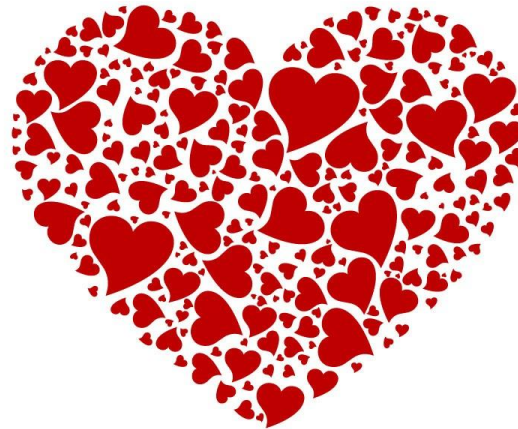


*This presentation is dedicated  
to my mother **Irina Shteingart**  
who doesn't need her.*

# Love Mastery

Seminar presentation

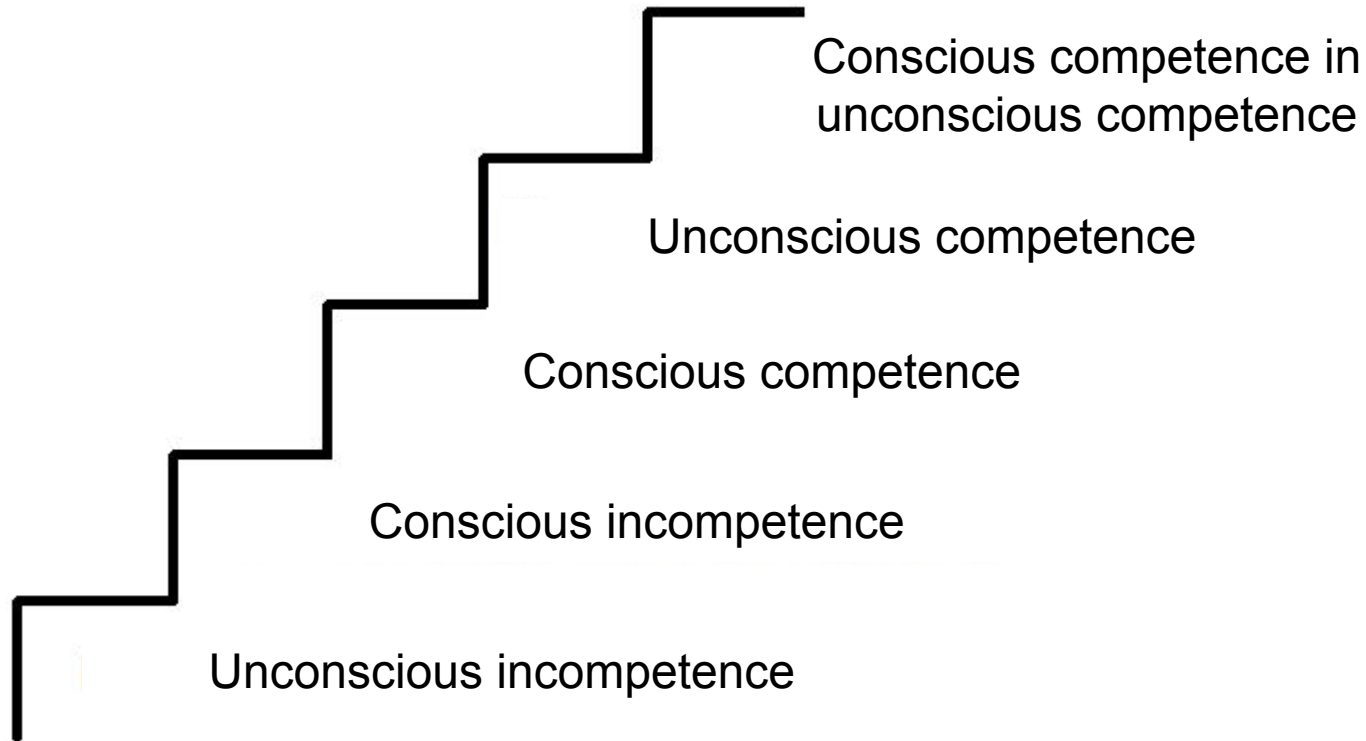


# Introduction

- 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.

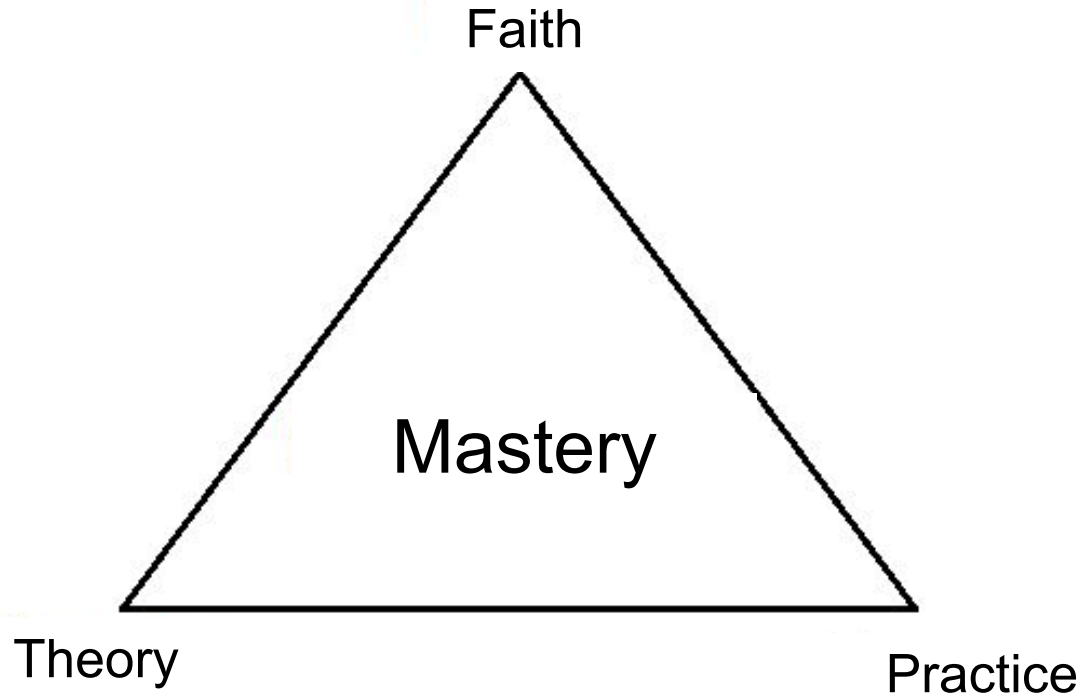


Rule of  
**10 000**  
hours

# How to Become a Master?

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

# Mastery Triangle\*

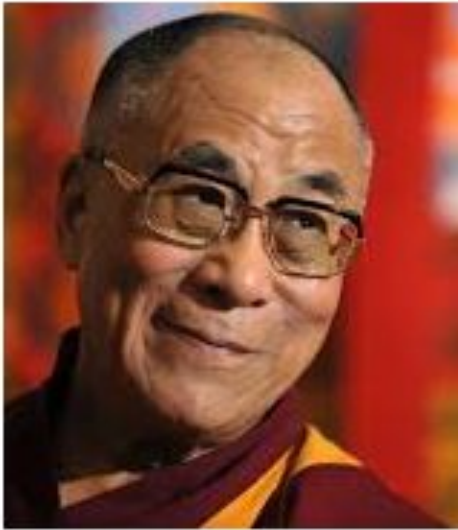


*\*Author of the triangle  
© Shteingart Dmitry, 2016*

# 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

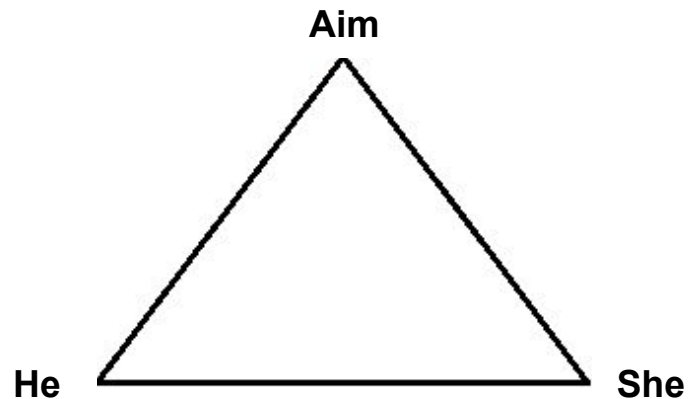
- Male – **operational;**
- Female – **conservative.**

# Traits of Loving Person

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

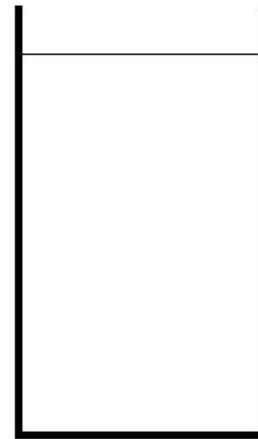
# How to Find a Good Husband/Wife?

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

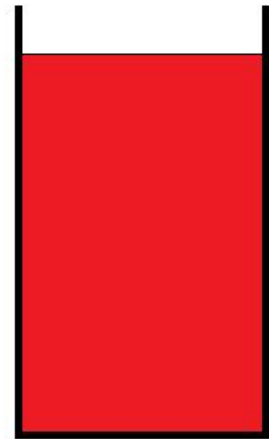


# Five Languages of Love in a Family

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



Empty  
love vessel

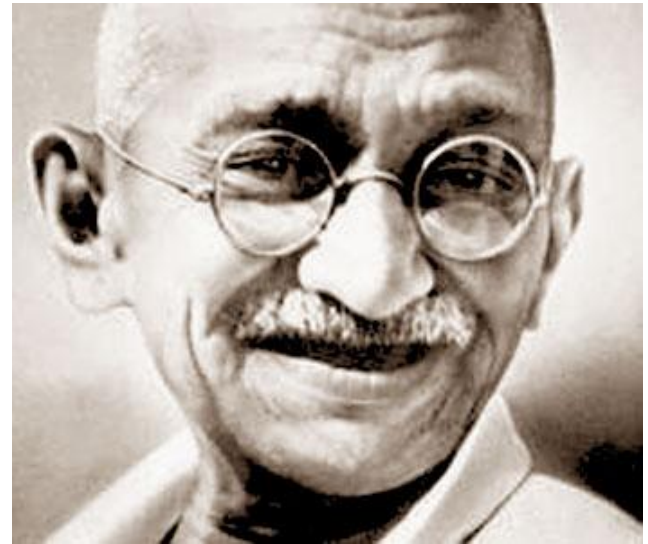


Full  
love vessel

# Love Masters



**Mother Teresa**



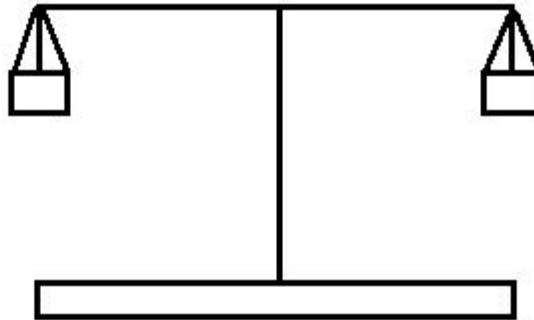
**Mahatma Gandhi**



# 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

- 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!**