

The Healing Power of Eros

flexible; it raises our consciousness to that higher level we feel when

FREUD, LIBIDO AND THE PLEASURE PRINCIPLE

¹Hesiod, *Theogony*, pp.120-122.

²Harrison, Jane Ellen, *Prolegomena to the Study of Greek Religion*, Meridian, New York, 1955, pp. 657-8.

³Hamilton, Edith, *The Greek Way*, W.W. Norton & Co., 1954, p. 214. The religion was named for Orpheus, who unified the values of Apollo and Dionysus. Apollo was the God of order, harmony and moderation, while Dionysus was the God of wild drunkenness, feasting and ecstasy.

⁴Abraham, Ralph, *Chaos, Gaia and Eros*, Harper, Collins, 1994, New York, p. 147.

⁵Harrison, *supra*.

⁶Pierrakos, John C. (founder of Core-Energetics), *Eros, Love & Sexuv*
system is catabolic; it uses up energy and depletes the body.

to homeostasis, but chronic pain, stress and trauma, food the

⁸Ornstein, Robert, Sobel, David, *Healthy Pleasures*, Addison-Wesley Publishing Company, Inc. Woburn, Mass., 1989, p. 25.

⁹*Id.*, pp. 7, 24, 26.

¹⁰Marshall, *supra*, p. 184, quoting Boullier, *Du Plaiser et de la Douleur*.

¹¹*Id.*, pp. 17, 25-26.

¹²*Id.*, p. 57.

¹³Marshall, Henry Rutgers, *Pain, Pleasure and Aesthetics*, MacMillan & Co., New York, 1894, p. 184 (quoting Hoffding, *Psychologie*, p. 172; and Baldwin, *Psychology, Feelings and Will*, p. 126).

¹⁴Freud, *Beyond the Pleasure Principle*, W.W. Norton & Co., New York, 1961, pp. 4, 9, 33-36.

and peptides of the neuropeptide system influence feedback centers in the LHS, then travel to. These bio-chemicals that are influenced within five to thirty seconds, where they modulate molecules within

through our fluids to communicate with each cell. the body's natural opiates. Under their influence, even rats swoon, roll onto their backs, with eyes closed and limbs floppy. We too are

mind/body healing. What is significant about the new paradigm is

³¹Id., pp. 109-111, 129, 146.

³²Pert, supra, pp. 171-172.

³³Id., pp. 130, 145, 148, 261, 311.

³⁴Rossi, supra, pp. 183-185, 198.

³⁵Pert, supra, pp. 63, 86.

³⁶Id., pp. 134, 161-162, 182.

³⁷Id., pp. 182-183. Rossi, supra, p. 152-154.

³⁸Id., pp. 107-108, 129-130. Pert, supra, pp. 24, 38, 173.

important role of emotion, belief and relationships in fighting

(Benson & Herbert, 2000; Janov &

Endorphins and other chemicals can significantly alter a person's

patients' survival rates more significantly than either the number of

health, including chemicals with specific messages for cells to affect

the body's ability to fight cancer.

³⁹Id., p.186. Rossi, supra, pp. 129-130.

⁴⁰Pert, supra, pp. 188, 191.

⁴¹Rossi, supra, pp. 155, 157.

⁴²Pert, supra, pp. 190-191. Check, William A., *The Mind-Body Connection*, Chelsea House Publishers, New York, 1990, pp. 86-87.

⁴³Id., p. 72. Benson, Herbert, *The Relaxation Response*, Harper-Collins Publishers, New York, 2000. p. xxix. Janov, Arthur, *The Biology of Love*, Prometheus Books, New York, 2000, p. 340.

⁴⁴Justice, supra, p. 284.

⁴⁵Id., p. 293. Check, supra, p. 94. Ornstein, supra, p. 27.

⁴⁶Siegel, Bernie, *Peace, Love and Healing*, Harper & Row Publishers, 1989, p. 28.

⁴⁷Rossi, supra, p. 109.

⁴⁸Rein, Glen (Quantum Biology Research Labs, Boulder Creek, Ca.) and McCraty, Rollin (Institute of HeartMath, Boulder Creek, Ca.) Joint USPA/IAPR Psychotronics Conference, Milwaukee, WI., 1993.

⁴⁹Braden, Gregg, *The Isaiah Effect*, Harmony Books, New York, 2000, p. 179.

⁵⁰Futterman, A.D., Kemeng, M.E., Shapiro, D., Fahey, J.L., "Immunological and Physiological Changes Associated with Induced Positive and Negative Mood," *Psychosomatic Medicine*, 45: 499-511, 1994. Polonsky, W.H., Knapp, Levy E.M., Black, P.H., "Experimentally Induced Emotion and Immunologic Change: Pilot findings" (Abstract), *Psychosomatic Medicine*, 50: 198, 1988.

⁵¹Justice, supra, pp. 77, 148, 205.

⁵²Barnet, Ann, Barnet, Richard, *The Youngest Minds*, Simon & Schuster, New York, 1998, p. 148. Check, supra, pp. 82-83.

MOLECULES AND EROS

abnormal brain chemistry; they rock endlessly back and forth,

On the other hand, sufficient touch and

and touch inhibit the sympathetic nervous system's fight or flight

a film of Mother Teresa ministering to the sick can increase your

⁵³Pert, *supra*, p. 270.

⁵⁴Siegel, *supra*, p. 154.

⁵⁵Ornstein, *supra*, pp. 24, 26.

⁵⁶Pert, *supra*, p. 189.

⁵⁷Menninger, Karl, *Man Against Himself*, Harcourt, Brace and Company, New York, 1938, p. 380.

⁵⁸Barnet, *supra*, pp. 115, 118-119.

⁵⁹Justice, *supra*, p. 65.

⁶⁰Janov, *supra*, p. 292.

⁶¹Pert, *supra*, pp. 271-273.

⁶²Ornstein, *supra*, p. 33.

parasympathetic responses. This shift benefits endocrine and

fingers became extremely agile as they flew across the keyboard.
His whole body became fluid and moved with the music. He rose,