

# AURA

*David Tian, Ph.D., and Aura Transformation present...*

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Love vs. Sexual  
Attraction

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# Overview

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- ❖ Love vs. Attraction
  - ❖ Have you ever experienced...?
- ❖ Science
- ❖ Codependent / Parasitic Neediness
- ❖ The Antidote
- ❖ How to Know Whether She Likes You

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# What the Science Tells Us

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- ❖ Evolutionary Psychology
- ❖ Neuropsychology and Sexology
- ❖ Practical Implications and Applications

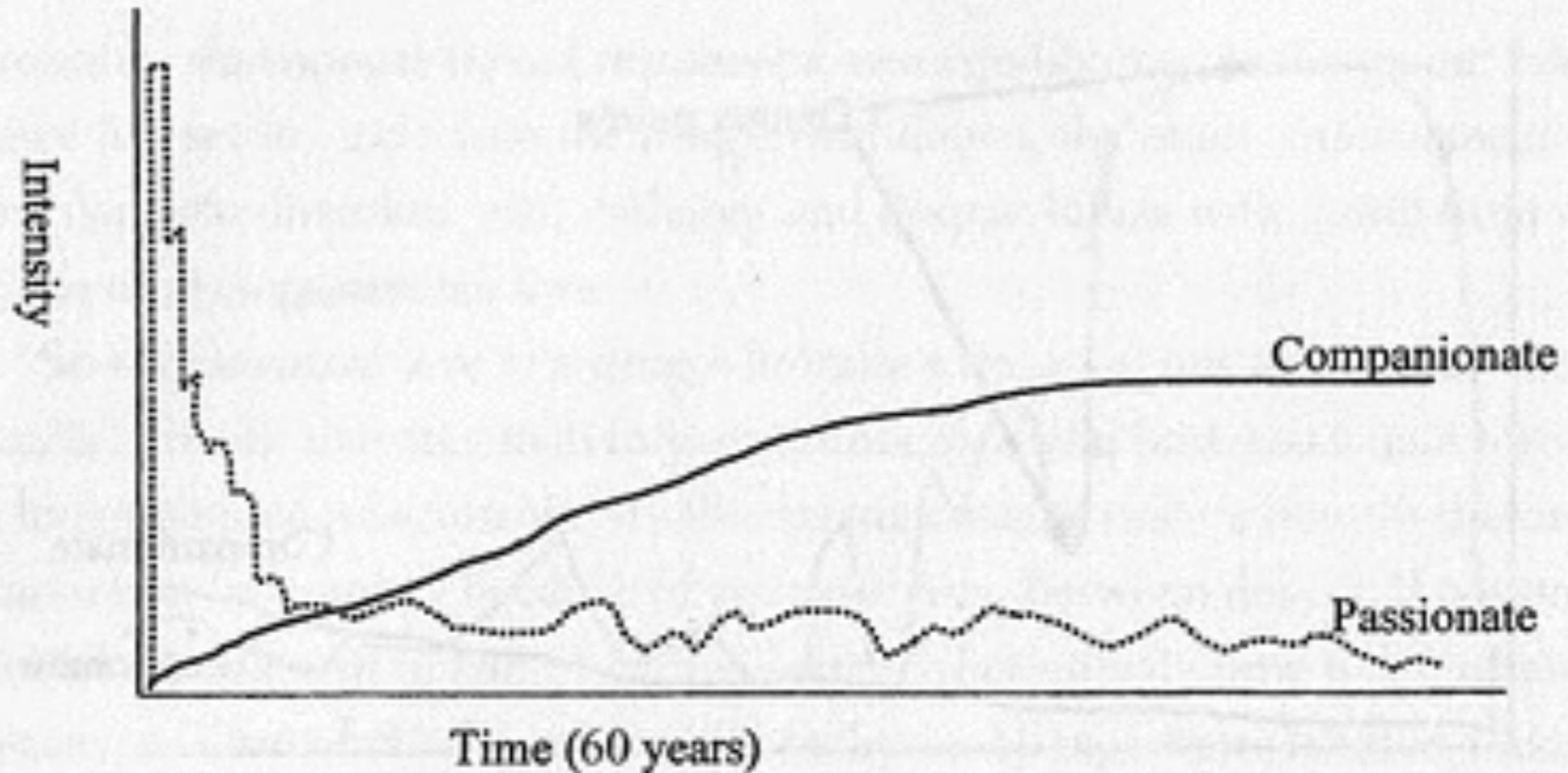
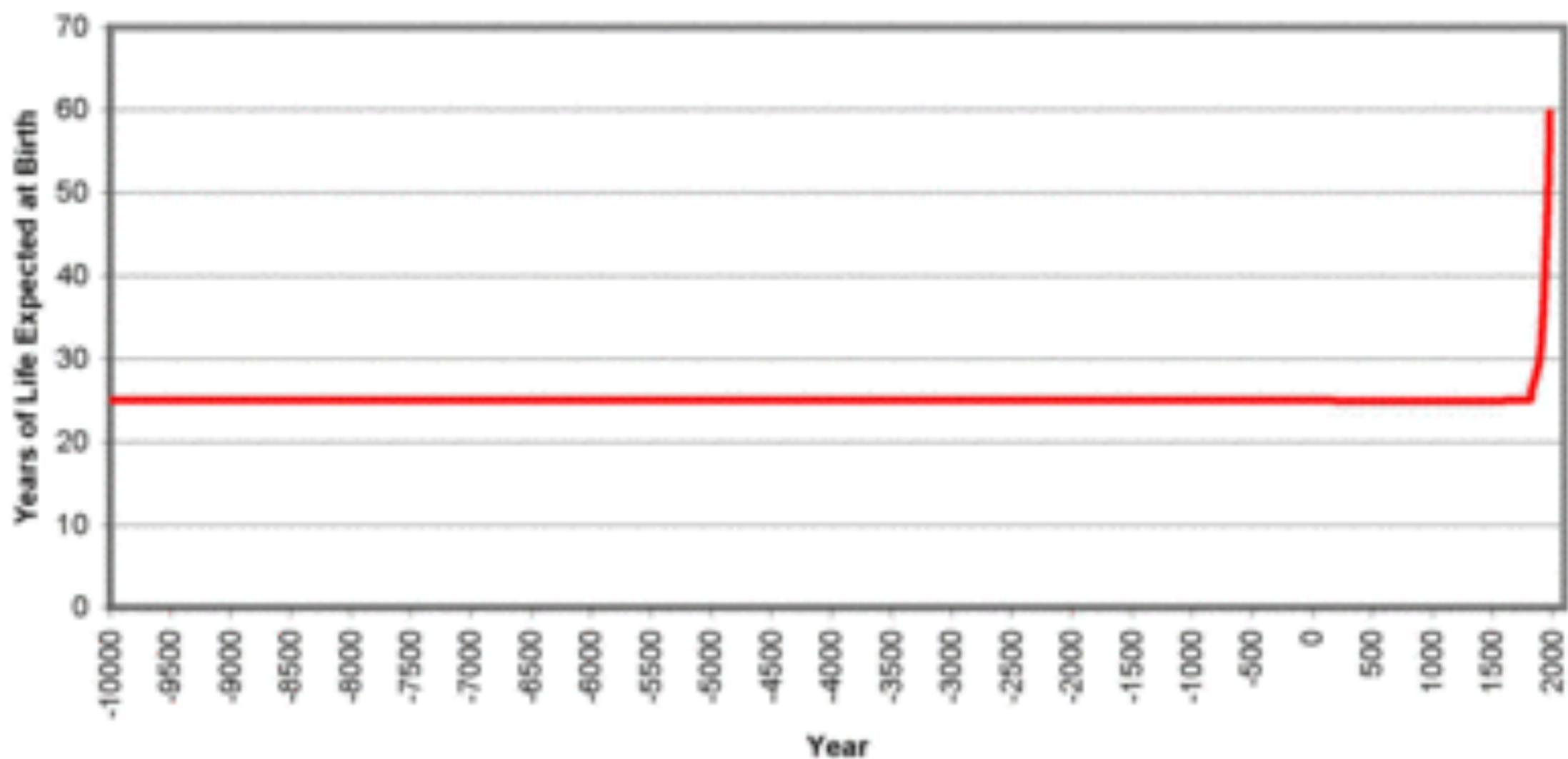


Fig. 6.2 The Time Course of the Two Kinds of Love (Long Run)

# Passionate & Companionate

The Myth and Ideal of  
“Romantic Love”

## Global Life Expectancy -10,000 BCE - 2003



Source: Indur M. Gokhale, "The Improving State of our World," Washington, DC: Cato Institute, 2007. 36. Life expectancy is believed to have been 20-30 years prior to 1820. Age 25 is selected as an average.

- ❖ “The troubadours did give us a particular myth of “true” love--the idea that real love burns brightly and passionately, and then it just keeps on burning until death, and then it just keeps on burning after death as the lovers are reunited in heaven. This myth seems to have grown and diffused in modern times into a set of interrelated ideas about love and marriage. As I see it, the modern myth of true love involves these beliefs: True love is passionate love that never fades; if you are in true love, you should marry that person; if love ends, you should leave that person because it was not true love; and if you can find the right person, you will have true love forever. You might not believe this myth yourself, particularly if you are older than thirty; but many young people in the Western nations are raised on it, and it acts as an ideal that they unconsciously carry with them even if they scoff at it. (It’s not just Hollywood that perpetrates the myth; Bollywood, the Indian film industry, is even more romanticized.) But if true love is defined as eternal passion, it is biologically impossible.” -- Jonathan Haidt, *The Happiness Hypothesis*, p. 124

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# Attraction vs. Love

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- ❖ Attraction is an emotion
  - ❖ “Attraction is not a choice.”
- ❖ Love is more complex
  - ❖ 4 Loves: Eros, Philia, Agape, Storge
  - ❖ “Romantic Love” includes all four
  - ❖ Love in the long term: Feeling + Commitment

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# Evolutionary Adaptations

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- ❖ Evolution and Neuro-Psychology
- ❖ Physical Attractiveness
- ❖ Social Dominance
- ❖ Social Alliances
- ❖ Emotional Health
- ❖ Mental Health

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# What Evolution Has Led Women to Want

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- ❖ Evolution-Behavior Link
  - ❖ Modern studies= Status, Resources, Health
  - ❖ Evolutionary History= How could a female tell a male's status and resources
  - ❖ His Behavior

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# Attractive Behavior

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- ❖ Attractive Behavior = Emotional Independence
- ❖ Emotional Independence displays a lack of...
  - ❖ Deference
  - ❖ Approval-seeking
  - ❖ Desperation and begging

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# Codependent Neediness

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- ❖ Biggest Factor in F-M Attraction is the Male's Perceived Level of Codependent Neediness
- ❖ Values and Principles
- ❖ Boundaries
- ❖ Purpose, Passion
- ❖ Self-Esteem

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# How Independence Is Expressed

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- ❖ “Attraction is not a choice”
- ❖ Emotional and Sensory vs. Factual and Logical
- ❖ Indicators of power (status, wealth, health)
  - ❖ Demonstrated vs. Verbalized
- ❖ Dominance and Frame Control
- ❖ Sense of Humor

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# “Parasitic Neediness”

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- ❖ Men who *need* women to complete them end up *using* women for their emotional needs, to fill emotional void in himself (parasitic)
  - ❖ Looking to plug in his umbilical cord (Glover, *No More Mr. Nice Guy*)
- ❖ [Good sex is by definition a two-way, mutually satisfying experience]
- ❖ Healthy relationship can only be had between two individuals who are complete and full in themselves

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# “You Complete Me”: The Epitome of Neediness

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- ❖ “The seeking of a lover to embody these words; the pining for a love that will be unconditional; the search for a union that is absolute; the sense that our partners should give us what we were given--or what we believe we should have been given--by our parents; the craving for reassurance--*tell me I’m special, tell me I’m beautiful, tell me I’m smart, tell me I’m successful, tell me you love me, tell me it’s forever, no matter what, till death do us part*--these were scarcely more than a child’s cries. Yet most of us could not bear to give up on these longings. Most of us could not stand to relinquish the yearning for someone to be our fulfillment, our affirmation, because to turn away from such hope would be to acknowledge that we are, inescapably, navigating our lives alone, supported by love if we are lucky but, finally, on our own.” -- Daniel Bergner, *What Do Women Want?*, pp. 144-45.

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# Lover vs. Provider

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- ❖ Sex
- ❖ Difficulty in changing categories
- ❖ Traits vs. Tangible Signs
  - ❖ When traits and evidence come apart, traits take priority (e.g. wealth vs. social intelligence)
- ❖ Rich Man vs. Pool Boy (companionate vs. sexual attraction)
- ❖ Power of first impressions

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# Attraction Signals

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- ❖ Physical

- ❖ Preening, Proximity, Directionality, Eye Contact, Touching, Following, Arousal

- ❖ Verbal

- ❖ Agreement, Reactivity, Excitability, Attention, Questions, Contributing to Conversation, Vulnerability

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# Life Purpose

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- ❖ A man's purpose will be his guiding light through the challenges of life and love (Deida)
- ❖ APART from women
- ❖ Self-fulfillment rests in finding those things that bring you pleasure and excelling in them
  - ❖ Maximize FLOW throughout your day

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# Recap

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- ❖ What the Science Tells Us
- ❖ Attraction vs. Love
- ❖ Evolutionary Psychology
- ❖ Codependent and Parasitic Neediness
- ❖ Lover and Provider
- ❖ Life Purpose
- ❖ Still need SKILLS (emotional and social intelligence)
- ❖ [www.auratransformation.org](http://www.auratransformation.org)