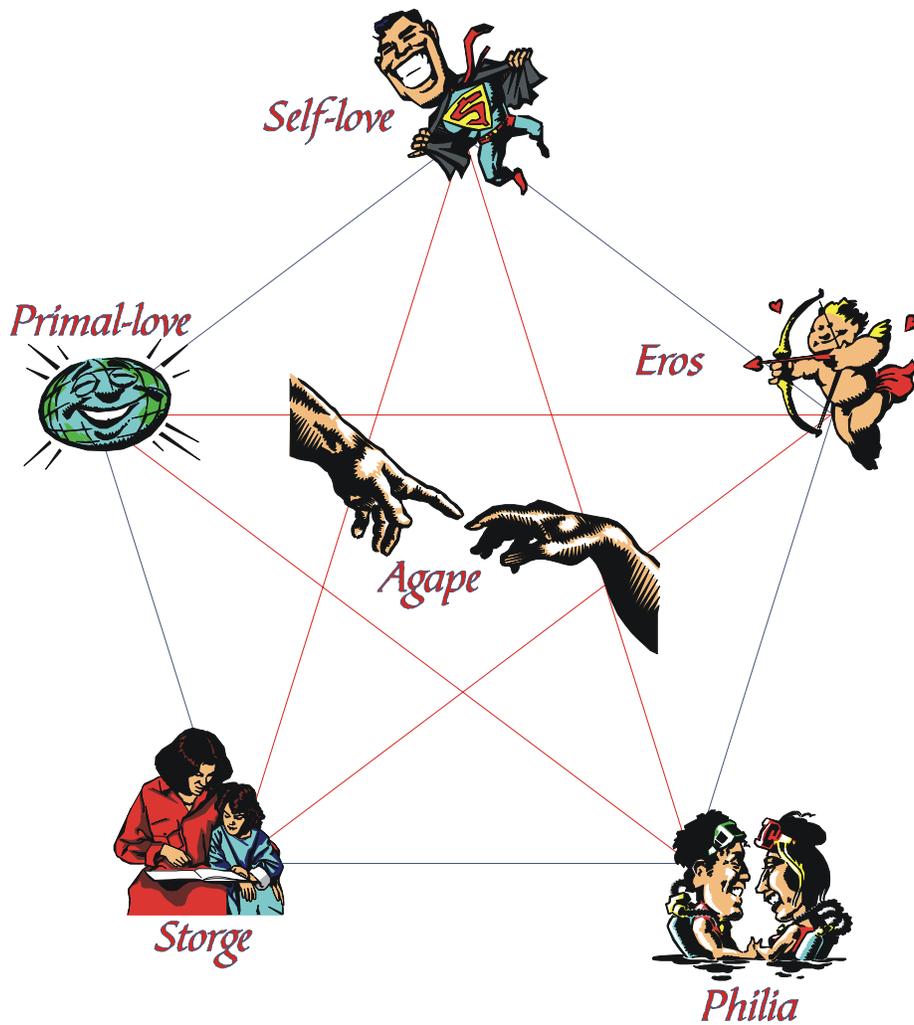


Six Loves

Al Kohallek Goes On A Love Feast



Al Kohallek Goes On A Love Feast

What is this creation? Love - Why did our Father create us? For love. - How did He create us? With love.

CAUTION: THIS COULD BE HAZARDOUS TO YOUR OLD WAY OF LIFE.
USE THIS WORKBOOK, OR ANY OF ITS CONTENTS, AT YOUR OWN RISK

Doing what's suggested in this workshop paper may cause you to let go of some parts of your personal "reality." It could cause you to be less limited. You may stop blaming other people, places, and things. You may stop being a user and become an owner of your own stuff.

You may find yourself giving up some of your old resentments, pains and fears. You could even find yourself with a new understanding and/or awakening. Maybe you will find your Self. Neither this workbook nor any of its contents are for sale. They are for sharing. Pass it on freely to those you love and those you don't.

THE PRIMARY PURPOSE

God, our Higher Power is the only subject that more songs, stories, books and poems are written and talked about than love. You would think that everything that can be said has been, however that which is infinite can never be exhausted. As an attribute of God, love is infinite with a great many agents, channels, and forms but these will not or cannot add up to the infinite whole. At the human conditional level we could be ever expanding. A fair question you may ask is why another workshop on love? Love has been and still is the second most important and fulfilling thing in my life, yet I cannot get enough receiving or giving of it. The primary purpose for this workshop is to share a little information that could make a difference in your experience of love.

For this workshop we have placed love into six loves groups: Agape (Spiritual Love – God is Love), Storge (Affection – Nurturing), Philia (Friendship), Eros (Being in Love – Romance), Primal-love (all inclusive expressions), and Self-love (the least understood). The division of love may be endless but these six will due for our purpose. Most of us have from time to time tried to generalize love as though one love fits all. For example: a woman and a man may be the best of friends (Philia) and they decide to add romance to the relationship (Eros), perhaps a little sex is included. Before long all kinds of problems come up, the fun flows out, the demands charge in. Example: A sponsoree feels a deep sense of gratitude for their sponsor (Storge – nurture) and thinks they are in love (Eros - romance). Example: Primal-love is a manifestation of love from the simplest form of creation to the most complex, an expression of Omnipresence and seems to be Agape (Spiritual Love – God is Love), the First Cause where Primal-love is an effect, an expression. Example: Perhaps the most harmful misunderstanding is that self-love and selfishness, ego driven self-centeredness are one and the same. All relationships are expressions of love, but often we need the Eyes to see beyond the appearance, and this vision comes to us by grace. This little workshop could help us to be open to that grace.

Let us remember even for an instant, this moment, to realize that we were/are created by Love, for love, to express love, the appropriate love with whomever we are drawn to. To learn more about the appropriate love to express is the purpose of this little workshop.

BELOVED – LOVER - LOVING

Al Kohallek said to his sponsor, Lou-is Pazeniton; I know my wife wants me to love her more than I am, but I promise you I am loving her all I can now. Isn't that what we all are doing?

If we want the fullness of life – if we want loving, caring relationships with whomever – if we want to be joyous, happy and free, if we want an open heart, mind, and soul then we must be willing to give all the love we can and forgive all we can, even our self, perhaps not able but willing. Then we can look to our Higher Power to do the deed. If the doors of our consciousness were clear of clutter caused by our holding on to old useless or harmful beliefs, judgments of others and our self – realizing our part in all of this is no more nor less than our little personal "reality," we are more likely to realize the love we are. Our Program demonstrates that we can, through its process, become; beloved lovers loving, forgiven forgivers forgiving, taught teachable teachers teaching, healed healers healing. The following are a few thoughts and ideas about love – check them over – take some and leave some. Al Kohallek (Alcoholic) found then very useful. Lou-is Pazeniton (Lou is passing it on) is Al's sponsor.

LOVE – GIVING

Then said a rich man, Speak to us of Giving.
And he answered:
You give but little when you give of your possessions.
It is when you give of yourself that you truly give.
For what are your possessions but things you keep and
guard for fear you may need them tomorrow?
And tomorrow, what shall tomorrow bring to the over
prudent dog burying bones in the trackless sand as he
follows the pilgrims to the holy city?
And what is fear of need but need itself?
Is not dread of thirst when your well is full, the thirst
that is unquenchable?

There are those who give little of the much, which they
have – and they give it for recognition and their hidden
desire makes their gifts unwholesome.

And there are those who have little and give it all.
These are the believers in life and the bounty of life,
and their coffer is never empty.

There are those who give with pain, and that pain is
their baptism.

And there are those who give and know not pain in
giving, nor do they seek joy, nor give with mindfulness
of virtue;

They give as in yonder valley the myrtle breathes its
fragrance into space.

Through the hands of such as these God speaks, and
from behind their eyes He smiles upon the earth.

It is well to give when asked, but it is better to give
unasked, through understanding;

And to the open-handed the search for one who shall
receive is joy greater than giving.

And is there aught you would withhold?
All you have shall some day be given;
Therefore give now, that the season of giving may be
yours and not your inheritors'.

You often say, "I would give, but only to the
deserving."

The trees in your orchard say not so, nor the flocks in
your pasture.

They give that they live, for to with-hold is to perish.
Surely he who is worthy to receive his days and his
nights, is worthy of all else from you.

And he who has deserved to drink from the ocean of
life deserves to fill his cup from your little stream.

And who are you that men should rend their bosom and
unveil their pride, that you may see their worth naked
and their pride unabashed?

See first that you yourself deserve to be a giver, and an
instrument of giving.

For in truth it is life that gives unto life – while you,
who deem yourself a giver, are but a witness.

And you receivers – and you are all receivers – assume
no weight of gratitude, lest you lay a yoke upon
yourself and upon him who gives.

Rather rise together with the giver on his gifts as on
wings;

For to be over-mindful of your debt, is to doubt his
generosity who has the freehearted earth for mother,
and God for father.

(The Prophet [Giving] by Kahlil Gibran)

So What's The Purpose
For This?

Our primary purpose for this little workshop is to expand our understanding of love. Love is infinite. We cannot understand something that is infinite with this little finite mind or this human heart. Perhaps, we should say, that we hope to increase our understanding and decrease some our misunderstanding.

Over the years we have realized much of our own misunderstanding and/or limited understanding has come from how little we do know about one of the most important areas in our life; love. For example we may know in our heart of hearts that God's love not only created us but also still maintains us and He is the root of all love. However when we expect that human loves are one and the same as Agape, Spiritual love we are deeply disappointed as these lesser loves fall far short at some point. When a second thing tries to be a First thing by it's very nature fails. If the Source of all love is God, who is infinite, then why is it that our individual love is so limited? As an individual expression of God we have just so much of everything that we could experience at best. Yet if we are willing to be that individual we were/are created as we would experience it as an abundance of whatever we may want/need.

These Workshop Papers may be used as part of your inventory in concert with all Twelve Steps or as a standalone.

AGAPE (a ga pa)



Agape

*Spiritual Love
Love of God*

That Spiritual Love which goes out from us to God came first from Him. Where Agape is, the Presence of God Is, for God Is Love.

When we have cleaned house, new useless illusions rush in, but when God arrives, Agape fills our consciousness and the half gods are transformed into His service.

The need for the beloved is not love itself. The desire to be loved is not love itself. The delight in being loved is not love itself. All natural loves have something in them that is the reverse of Agape – need. When Agape enters our natural loves, Philia, Storge, Eros, Primal-love and Self-love are transformed into God’s loving service. **Agape is a Gift-Love.** Each of the natural loves is a reflection of Agape, but all fall short. **Natural loves are need-loves** where Agape has no needs.

God’s Love works both ways. He gives us His Love, and He causes us to be able to receive His Love. With this come the ability to love others, and also the ability to receive love from others. It enables us to love Him back. With Agape we need humans less but delight in loving more. With Storge, Philia, Eros and Self-love we have more of a problem receiving the unconditional Love of God because we are so conditional. Humans want to be loved because we want to be special in the eyes of God or others.

Storge is giving through its cares and toils and like charity is humble and suffers long. Philia, friends in relation to friends seek not their own but their common cause. Eros counts all things done to win the beloved. Primal-love finds its meaning in union. Self-love finds fulfillment being true to its created Self. Yet Agape is the very Presence of Love, the True Giver, for God is infinite Lover Loving/loving, for God is Love.

STORGE (stor ge)



Storge

Affection – Nurture

Storge has a driving need to be needed; an example is a mother giving all to her baby.

Storge is the most homely, comfortable, easy to be with, the least demanding of others and humble. Storge can love anyone. They just need to know each other.

Storge is the most common and peaceful. It clothes Philia, Eros, Self-love and Primal-love. At first sight it appears to be Agape because it gives so much, but its affection, nurturing can turn into hate, it is a need-love not a Give-Love.

Too often people think that Storge is their “right” by birth or for the type of relationship or rules we make up. When Storge is enlisted into the service of Agape it will make it unnecessary to those they love, freeing them from any form of dependence

Storge is seen all throughout nature, like a dog wagging its tail at those they know and barking at those they don’t know though no harm was done to them. One species may show affection from one to another, a dog and man or even a dog and cat.

Storge joins those who are not made for one another unlike Philia, Eros and Primal-love. We can remember the day or hour when we fell in love (Eros) or when a friendship began (Philia) or that Conscious Union with God (Agape) but not with Storge.

Storge may get jealous when a loved one finds a new way of life that seems to exclude them. Some experienced this when they joined A.A. from their family and friends. Storge is based on dependence, the need for others, and it often turns sick with over-dependency then fear, anger and resentments. Motherly love is often a love for the helpless. The A.A. member has a need to share their experience, strength and hope with others. A sponsor even as a mother has a need to bring their sponsoree to the point where the sponsor is no longer needed. Holding on after that time can cause lots of problems.

PHILIA (fi li a)



Philia

Friendship

Philia may be the most spiritual and the most evil. A group of friends is at some level a resistance movement. The approval of our friends is what matters, not what outsiders think or believe. So a great deal of good and bad stuff may come out of a strong group of friends.

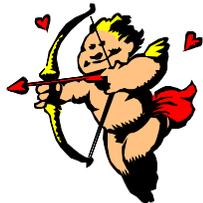
Most of us have only a few friends. Philia is the most misunderstood and neglected love. Philia is the least biological of the loves. It is the least jealous, selfish, or threatening and the least natural or necessary.

Friends walk side-by-side, little talk about their relationship, or about themselves but more about what they have in common as it starts with something in common, but at some point it can be changed by grace.

Unlike Eros more than two is better in fact the bigger the group of friends one has, the more powerful and fulfilling.

Some have thought that Philia must be the same as Agape because of its nature, but it turns out that it falls far short. In fact Philia can be totally opposed to what we believe to be the Nature of God. Friends may join together to do some of the most selfish, hideous, dreadful, unfair, appalling, cowardly things known to mankind in the name of their group often caring nothing for the well being of any outsider. A group of friends makes those who are brave braver, a kind person kinder, and a cruel person crueler. In other words it underlines, endorses and sanctions its members.

EROS (er os)



Eros

*Being in Love
Romance*

Falling in love is something that happens. It comes by grace. Being in love is something we do. Eros is like a garden, which must be cared for.

Sexual desires without Eros wants "it", gratification and then loses interest. When Eros is present, one wants and needs "this" person and no other.

With Eros lovers are face to face; they talk a lot about their relationship, each other and how they affect each other. Even if the lovers are bad for each other and the relationship is really sick, they would rather be with their lover than anyone else. If your innermost self does not tell you this, it is not Eros. When we make a god of our love, it will fall short. Eros is a need-love.

Eros calls on all past and present lovers to join in an understanding of "this" love as a universal union. (Check out the movies.) Lovers have their own individual "laws" that give the illusion of overriding God's universal principles, but these "laws" will fail. Eros may suffer long, with unending toils for the beloved, giving up family, friends, career, health, wealth, power and honor yet count it as nothing to win their beloved.

To be in love one promises and intends eternal constancy, "I shall ever be true", without being asked. Our appetites do not speak with that voice – when we are moved to over-eat or over-drink we are likely to promise; "I'll never do it again," swearing off forever.

Then Almitra spoke again and said, And what of Marriage, master? And he answered saying: You were born together, and together you shall be forevermore. You shall be together when the white wings of death scatter your days. Ay, you shall be together even in the silent memory of God. But let there be spaces in your togetherness, and let the winds of the heavens dance between you.

Love one another, but make not a bond of love: Let it rather be a moving sea between the shores of your

souls. Fill each other's cup but drink not from one cup. Give one another of your bread but eat not from the same loaf. Sing and dance together and be joyous, but let each one of you be alone, Even as the strings of a lute are alone though they quiver with the same music. Give your hearts, but not into each other's keeping. And stand together yet not too near together: For the pillars of the temple stand apart, and the oak tree and the cypress grow not in each other's shadow. (The Prophet by Kahlil Gibran)

Primal Love (love 101)



Primal love The most basic of all loves and the second most inclusive

Without primal love we could not have what we call life. It is the sharing of itself that creation, from the most simple expression to the most complex has meaning and/or purpose. No matter what the motive may be, sharing is a form of love. To the degree we can realize our Higher Power's Divine Design, Blue Print, found in His expressions of love, even His primal love we can know, realize something of His Will, His intention. To realize this gives us a better opportunity to choose His Will is done, in all forms and level of love. We can pay more of our attention on His Intention. His universal love is truly all-inclusive even for you and I. Yet it is useful to remember that all things are conscious by their capacity to be conscious.

Go to your fields and your gardens, and you shall learn that it is the pleasure of the bee to gather honey of the flower, but it is also the pleasure of the flower to yield its honey to the bee. For to the bee a flower is a fountain of life, And to the flower a bee is a messenger of love, And to both bee and flower, the giving and the receiving of pleasure is a need and an ecstasy. People of Orphalese, be in your pleasures like the flowers and the bees. (The Prophet by Kahlil Gibran)

But ask now the beasts, and they shall teach you; and the fowls of the air, and they shall tell you: Or speak to the earth, and it shall teach you: and the fishes of the sea shall declare unto you. Who knows not in all these that the hand of the Lord hath brought this? In whose hand is the soul of every living thing and the breath of all mankind.... With him is wisdom and strength; he has counsel and understanding (job 12:7-10, 13).

Self-love



“To thine own self be true and like the night follows the day thou canst not be false to any man.”

What we receive by the Holy Grace or our Higher Power, we become – What we become by this Grace, we must pass it on to keep it. This is what we express, demonstrate and experience. “What you are shouts so loudly that I cannot hear what you say.” --- “You can not lose that which belongs to you by right of consciousness.” “--- for what you see at any time is nothing but your own concept.”

It is clear that each of us were created as an individual (individual comes from a root word which means undivided), which means that we each have a purpose, meaning, mission. We could not ever be happy or fulfilled being anything else.

One of the best ways we can realize the love we are and truly express enlightened self-love is to silently and/or openly extend to each one we are conscious of what we believe/ know would be the most fulfilling for this moment. This is our perfect gift to both give and receive. What ever comes to mind at that moment is one of two things; we need/want the same thing for our self for a fuller life and/or we have an abundance at this time of something we need/want to give away. We need/want to give away whatever we have received and become by our Father's grace, otherwise this new asset will not expand and grow. To be a master receiver we must become a master giver, that is give all of our self that we can, with whomever we are drawn to.

“Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all of your heart, and with all thy soul, and all thy mind. This is the first and great commandment. And the second in like unto it, Thou shalt love thy neighbor as thyself. On these two commandments hang all the laws and the prophets.” (Matthew 23) Maybe this is one of the big reasons why we have so many resentments against others – we don't care much for ourselves.

Al Kohallek Goes On A Love Feast

What is this creation? Love - Why did our Father create us? For love. - How did He create us? With love.

STEP ONE - (Honesty) We admitted we were powerless over alcohol – That our lives had become unmanageable.

We admitted we were powerless over our limited personal “reality” - that our lives had become unmanageable. For most of us this personal “reality” has a lot of limiting, useless, even harmful habits of thoughts and feelings. These often give us the illusion that our Higher Power is not always present, that we cannot experience the fullness of love, and that we really don’t have any real individual purpose or meaning.

This program is designed to remove obstructions and create an environment where the natural healing, wholeness, and awakening can take place. The principles that cause the healing are found in the process of doing and living these suggestions. Action is the magic word.

This process of healing begins the same way in any area of our life to which we may choose to apply it. It begins with the realization that we are powerless to

Change, alone and unaided. The mind set that made us sick will not, cannot, make us well. We must want a change in our life, not just need it, or we will not go to any length to get it. Many of us that have been around the program for some time and at the first sign of a problem, we want to jump into an inventory. We are suggesting that anytime we realize we are falling short of the way of life we really want to live in any area, we start at Step One and take the first nine Steps in order. A dentist had a sign in his office, “Only floss those teeth you want to keep”. We are saying: only practice this program in the areas of your life that you want to be joyous, happy and free in. We suggest that you keep your response to the questions or statements on one love or lack of it at a time. Questions for Step One:

1. List those people whom you most want/need to love or the type of love you want/need to focus on. Choose one.

2. What pain or fear do you associate with the love you have chosen?

3. What pleasure are you getting out of not loving?

4. What will it cost you if there is no real love?

5. What are the benefits you could gain by having this love?

6. How has this lack of love placed your important relationships in jeopardy? (Example)

7. Have you lost self-respect and/or reputation due to this lack of love?

8. Has this lack of love made your home life unhappy?

9. Has this lack of love caused any type of illness? (Example)

10. Do you turn to the type of person that enables you to be unloving?

11. What part of this un-lovingness does your loved ones, friends, family or business associates object to the most?

12. What type of abuse has happened to you and/or others due to this lack of love? (Example)

13. List examples of what you have done in the past to fix, control or change this lack of love?

14. What are the feelings, emotions, and conditions you have tried to alter or control with this loveless-ness?

15. At this time ask yourself, "If this is such an important area in my life, why haven't I experienced this love?"

16. Am I now willing to do whatever it takes to experience a complete love?

17. If your answer to number 16 is YES write out the First Step: I admit I am powerless over my inability to love, that my life in this area is unmanageable. I cannot, with my unaided will and present understanding, consistently manage this lack of love.

STEP TWO (HOPE) Came to believe that a Power Greater than ourselves could restore us to sanity.

Step One shows us our problem - we are powerless over our little personal "reality". That is, we are without the ability to change our habits of thoughts and feelings alone and unaided. When we fall back into one of our ruts, habits, we are unable to consistently manage our thoughts, feelings, or actions.

Step Two tells us what the solution is. We need to find, to awaken to a Power Greater than ourselves.

So how do we do this, how do we get from Step One, the problem, to Step Two, the Solution? Well that's

what our other ten Steps, the fellowship, and the rest of our program can do for us, if we are willing.

Step Two is the result of the process found by living and practicing this Program. The following two suggestions will help us get a feel for what's to come.

a). Would it be possible for you to recall the times when you experienced that a Power Greater than yourself did for you what you could not do for yourself? Write out as many of these experiences as you can and be precise. If you cannot recall an experience related to the area you are presently working on. Any experience with your invisible means of support will do.

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b). List as many ways as you can of anything that you are grateful for, from the least important to the most important. We want to begin to build a new habit of gratitude in our everyday life. We are suggesting that you keep this running list of "I am grateful for:" at least 40 days. I AM GRATEFUL FOR:

STEP THREE (FAITH) MADE A DECISION TO TURN OUR WILL AND LIVES OVER TO THE CARE OF GOD, AS WE UNDERSTOOD HIM.

Making a decision may run to the extremes, from a total commitment to a meaningless gesture. Even if we are totally committed to change but we have the same old personal "reality," then nothing has really changed yet. This means that we are likely to fall back into one of our old ruts, habits. If we say to ourselves, "I'm going to do this thing come hell or high water," and fail to live up to our promise, which is very likely because our old habits are still running on automatic, we will even feel worse about ourselves.

This, by the way, is one of the main characteristics of addictions, the loss of willpower. Each time our willpower fails, with our best intentions, we feel even more hopeless, useless, powerless, and worthless. The greatest damage to our self-esteem comes from repeated failures at trying to change addictive, habitual

behavior alone and unaided. It does not hurt much until we really try our best to stop, to change and cannot. This really **trying alone and unaided with the same old personal "reality," is one of the main causes of our hitting our personal bottom.** It gets us ready for this Program and for sure a Higher Power.

"There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself. Looking through it, we shall see a pathway with an inscription. It reads: This is the way to a faith that works." (Twelve Steps and Twelve Traditions, Step Three reprinted with permission)

There were ten black birds on a wire. One decided to fly. How many were left? Ten. One decided but none flew. That was a meaningless gesture.

1. State what it means to you when you make an important decision.

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2. State what is this "will" and "life" you are asked to turn over.

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3. State what it means to you "to the care of God."

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4. State what it means to you "as you understood Him."

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PLAN OF ACTION - What Rules/Patterns Do You Live By? – This little exercise will help uncover the rules/patterns, which control most of our life experiences, from our childhood to our current rules/patterns.

GROWING UP RULES - In the first box write the rule you grew up with for the love you are focusing on today.

CURRENT RULES - In the second box write your current rule for the love you are focusing on today.

DESIRED RULES – In the third box write you desired rule for the love you are focusing on today.

The love I am focusing on today is _____

My Growing up rule	My Current rule	My Desired rule

My Growing up rule	My Current rule	My Desired rule

My Growing up rule	My Current rule	My Desired rule

Action is the Magic Word	Each action you will be asked to take is part of a process to help you realize consciously, your personal “reality” through which most of your life experiences are filtered. This part of the process, the Six Love Inventory, is but one part but a very important one. If we do not awaken to our little personal “reality” and take responsibility for our beliefs, habits of thoughts and feelings, we will most likely continue to experience our life on automatic.
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Plan of Action	<ol style="list-style-type: none"> 1. Respond to the following questions about each of the Six Loves. Keep you answers brief but say all you need to say to express what you are thinking or feeling about that question, stay focused. 2. When you find an important rule/pattern put it on a separate sheet of paper. 3. When you identify important assets, resentments, fears, a problem in forgiving or you realize your part in one of your important relationship, write it on a separate sheet of paper or the back of one of these pages. 4. When the little box is too small for your response use the back of the page or a separate sheet, just don’t cut yourself short.
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AGAPE

1. When we have cleaned house, new useless illusions rush in – what were these illusions?

2. When our Higher Power arrives, Agape fills our consciousness – what has been your experience?

3. The half gods are transformed into His service – what were these half gods?

4. Agape is a Gift-love – what does this mean to you?

5. Agape enters our natural loves; these are transformed into His service – give examples of this transformation.

6. Our Higher Power gives us His Gift of love – what is this Gift for you and how well have you received It?

7. He causes us to be able to receive His love – with this comes our ability to love others – give examples.

8. Also the ability to receive love from others – give examples of this Gift.

9. His Gift also enables us to love Him back – Do you believe that God is love? If yes how so?

10. With Agape we need humans less but delight in loving them more – has this come true for you? Example

11. Agape is unconditional love and most of us have a problem receiving anything unconditional because we are so conditional – we want to be special in the eyes of our Higher Power and others – give examples of this.

12. Some of the natural loves imitate Agape as a Gift love - give an example of this.

13. What are you most affirming thoughts, feelings and ideas about Agape? What are you most negative thoughts, feelings and ideas about Agape?

14. How do you relate to or express Agape in your human condition?

STORGE

15. Storge has a driving need to be needed – list the ways you have driving needs to be needed.

16. Which of your relationships have been the most comfortable and easy to be with?

17. Which of your relationships have been the least demanding, yet fulfilling or useful?

18. Storge is the most humble of all the human loves; can you give examples of your experience?

19. Storge can love anyone; they just need to know each other. What has been your experience?

20. Storge is the most common and peaceful of the human loves. What has been your experience?

21. Storge clothes Philia (friendship). How has Storge dressed up your friendships?

22. Storge clothes Eros (Being in love – romance). How has Storge dressed up romance?

23. Storge clothes self-love. How has Storge dressed up your self-love?

24. Storge often clothes Primal-love. How have you realized Storge dressing up Primal-love?

25. What are your most affirming thoughts, feelings and ideas about Storge?

26. What are your most negative thoughts, feelings and ideas about Storge?

27. What have been your most nurturing experiences at each stage of your human condition?

28. How have you experience Storge as part of your family experience?

29. How have you experience Storge as a sponsor or sponsoree?

PHILIA

30. Philia may be said to be the most spiritual and the most evil, what are your examples of this?

31. A group of friends is at some level a resistance movement, when have you been part of a resistance movement?

32. Approval of our friends is what matters, not what outsiders think, give examples from your experience.

33. A great deal of good may come out of a strong group of friends, give examples of the good experiences that has came out of one of your group of friends.

34. A great deal of bad stuff may come out of a strong group of friends, give examples of the bad experiences that has came out of one of your group of friends.

35. Most of us have only a few real close friends in our life time, when and with whom have you experienced a close friendship with?

36. What were the main characteristics in these close friendships?

37. Philia is the most misunderstood and neglected of the types of love. How would you explain this?

38. Philia is the least jealous, selfish, or threatening of the natural loves, does your experience agree with this?

39. Philia is the least natural or necessary, do you agree or disagree with this? How is this so?

40. Friends walk side-by-side, talk little about their relationship, or about themselves but more about what they have in common. Give examples of this?

41. As for Philia, unlike Eros, more than two is better in fact the bigger the group of friends one has, the more powerful and fulfilling. What is your understanding and experience of this?

42. What are you most affirming thoughts, feelings and ideas about Philia? Or most negative ones?

43. How do you relate or express Philia with the other five loves?

EROS

44. Falling in love is something that happens, at first everything flows so easy. What has been your experience of falling in love?

45. Falling out of love seems to just happen, what happened?

46. Eros is like a garden, which must be cared for. List what have you done to care for your garden (love)?

47. What have you been unwilling or unable to do for Eros (romance – love)?

48. When Eros is present, one wants and needs “this” person and no other, no matter what. Has this been your experience? Did that change, at what stage?

49. Eros lovers are face to face; they talk a lot about their relationship, each other. Give an example of this.

50. As Eros lovers how did/do you affect each other?

51. Even if you and yours are bad for each other and the relationship is really sick, you would rather be with your lover than anyone else. Can you give an example of this?

52. What are your most affirming thoughts, feelings and ideas about Eros?

53. What are your most negative thoughts, feelings and ideas about Eros?

54. Have you thought you were in love when you were really filled with gratitude? What happened?

55. Are you able to give and/or receive a total commitment? What happens when you get too close to someone?

56. Have you ever been felt completely, unconditionally loved? Completely, unconditionally loveable?

57. How do the other five loves relate to Eros?

PRIMAL-LOVE

58. Every created being from the least to the highest is about sharing, sharing is love, God is love. What is your understanding of this?

59. Primal-love is the most fundamental of all loves, but is not the First Love or First Cause, what is your understanding of this?

60. What is Primal-love's spiritual role?

61. What is Primal-love's mental role?

62. What is Primal-love's physical role?

63. What is Primal-love's emotional role?

64. What is Primal-love's social role?

65. What is Primal-love's role in each of the other five loves?

66. Chemical bond is an expression of love, how so? Chemical affirmative is an expression of love, how so?

67. What are you most affirming thoughts, feelings and ideas about Primal-love?

68. What are you most negative thoughts, feelings and ideas about Primal-love?

69. In what ways do you believe a better understanding of Primal-love enrich your life experience?

70. Primal-love is all-inclusive, everywhere present, the only other love that is all-inclusive is Agape, can you give examples of whom or how you exclude that which is universal?

71. In your present understanding what are the least and what is the highest expressions of Primal-love?

SELF-LOVE

72. How do you go about expressing self-love spiritually?

73. How do you go about expressing self-love mentally?

74. How do you go about expressing self-love physically?

75. How do you go about expressing self-love emotionally?

76. How do you go about expressing self-love socially?

77. How do you think, feel and react when the subject of self-love comes up?

78. In what ways do you love yourself as a child of God (Agape)? Or do you?

79. In what ways do you experience self-love in your family relationships (Storge)?

80. In what ways do you experience self-love in your AA or Al-anon relationships (Storge)?

81. In what ways do you experience self-love in your career relationships (Storge)?

82. In what ways do you experience self-love in your friendships (Philia)?

83. In what ways do you experience self-love in your loving intimate relationships (Eros)?

84. What are you most affirming thoughts, feelings and ideas about Self-love?

85. What are you most negative thoughts, feelings and ideas about Self-love?

86. Are you able to forgive yourself freely in some areas and not in others? Which is which?

A few more questions about the six loves

87. How have you experienced healing on any level caused by love?

88. How has love caused you to experience renewal, transformed or a rebirth?

89. What is your fear of love?

90. Can you recall a time when love caused you to feel safe? Give an example.

91. Which of the loves have inspired you with its power? How have you been empowered?

92. When and how has love made you certain, without doubt, fearless?

93. "Perfect love cast out all fear." When, how, with whom?

94. Have you experienced the unveiling of the Presence of God through love? Example.

95. Some loves bring us peace, some bring us pain are these the same? Example.

96. How does love bring us closer to God? Example.

97. Do you believe at some level that we are all love? If not who or what have you excluded?

98. Do you believe that love can inspire us to new heights and/or qualities? How so?

99. At this time which of the six loves are the most important? How so?

100. How well do you communicate each of the six loves? To Whom? What are your communication strengths?
What are your weaknesses?

NOW
WHAT?

1. When you have finished this workshop review all of your responses, reduce them to as few patterns, habits of thoughts and feelings as you can.
2. Share these with your sponsor (Fifth Step) - Continue with the remaining Twelve Steps
3. And/or write out a new plan of action.
4. There will be very little gain unless we practice daily – tools are of no real value unless we use them and keep them in good condition.

The following is part of a daily meditation from Book One, Step Eleven. If you would affirm and practice these simple elements of love each day for forty days you would experience something very special.

I practice Patience; my love is passive, waiting to begin, not in a hurry, calm, and ready to do its work when the summons comes. Love understands and therefore waits.

I am Kind; my love is active. I enjoy merely doing kind things. Any kindness that I can share with any being let me do it now in a wise and loving way. I shall not defer it nor neglect it, for I shall not pass this way again.

I share my Generosity. I am Your son, Father, and a loving brother to all. I do bestow all my goods, my gifts, and my talents. I share freely with all of my heart, mind and soul, out of the abundance I am receiving, as I am directed. My sharing does enrich, enlighten, heal, awaken and transform those I share with.

I live in a conscious state of Humility as I have the gift of knowing that You, Father, are my/our only True Source. Each time I share, I put a seal upon my lips and go back into the shade again and say nothing about it. I wait for the next gift to receive and share. I am but a channel, an agent of Your Will, Father.

I express Courtesy, the love in little things, thoughtful things; with a gentle heart filled with Your lov-

ing Grace, Father, expressing love at all levels, with all beings, in conscious union with Your Will, Father.

I am Unselfish out of enlightened self-interest. By giving of myself I truly am a master receiver. I give but little when I give of my possessions. It is when I give of my Self/self that I truly give.

I have a Good Temper and a Good Sense of Humor. I envy no other, as I have no competition with that individual You created me to be, Father. I do not make capital out of faults, my own or any other. I quickly seek correction; better yet I am non-judgmental of the "sins" of the physical world and the "sins" of the disposition, so there is no need for forgiveness.

I realize the Innocence in others and myself - that Higher Self, and the Holy, Whole Presence. I encourage all to chip away all that is not our true, Higher Self. I co-create an atmosphere of love and wisdom wherever I am and whomever I am with. Our innocence is beyond the human condition, yet it is ever present.

I am truly Sincere in all I do, say, think, and feel. I search for the truth and a consciousness of Your Attributes, Father (Life, Love, Truth, Reality, Wisdom, Spirit, Consciousness, Soul, Intelligence, Omnipresence, Omnipotence, Omniscience), with a humble and unbiased heart, mind, and soul. I rejoice in what I find, and I freely pass it on. I bear all things, believe all things, hope all things, and endure all things, for love never fails.

A NEW
BEGINNING

To practice love as a conscious choice, does make a great deal of difference in our experience of life. It is one of the ways we can practice the Presence of our Higher Power, for God is love and so are we, all of us, no matter what the appearance may be.

I was inspired to do this workshop on six loves in a number of ways. Sharing the A.A. Program for many years I realize a common problem and a common solution. The common problem is that most of us do not have the skills to express consistently the love that we are. The common solution is awakening consciously and consistently to a Higher Power that will do for us what we cannot, to share the love we are and to practice these principles in all our affairs. I had been planning to do the workshop on Four Loves but during a trip to the coast I was inspired to add two more loves. I came to realize that one love does not fit all. Trying to generalize love is the root of many relationship problems and limitations.

I have been blessed with so many contributors and references that the list would be endless. Alcoholics Anonymous has been my school and play ground, my way of life. In the early years I was introduced to our A.A. books and a number of others that have play a big part in putting this workshop together: The Sermon on the Mount by Emmet For – The Greatest Thing in the World by Henry Drummond – The Prophet by Kahlil Gibran – Four Loves by C.S. Lewis.

Appendix

Six Loves - What Are They For?

<p>Agape – what’s it for?</p>	<p>Here’s a question - How does Agape, Spiritual Love transform the natural loves into our Father’s service, that His Will can be done in earth and as it was designed to be? These natural loves are: Primal Love, Storge, Self-love, Philia and Eros.</p> <p>What if Agape, Spiritual Love is just another name for the Holy Spirit, an extension of our Creator, our Father, the Master Builder? This would answer a number of questions for me. For example none of the other loves are really effective unless they have been transformed into our Father’s service. Perhaps each natural love, as a standalone does serve some level of usefulness, a fix (A love as a standalone is an illusion of separation, everything is part of the whole, but sometimes we don’t want God present). Sooner or later they fail because each of these natural loves are need loves, which contains a high degree of self-serving and it has a built in limited value. However these natural loves can be transformed into Agape’s loving service. Agape is the only true <u>give</u> love, perfect, pure love. “Perfect Love cast out all fear.” Agape, Spiritual Love is that perfect Love sometimes called the Breath of Life.</p> <p>How does Agape use our Father’s Holy Attributes to transform the natural loves into His service? Some of these Holy Attributes are: Omnipresence, Omnipotence, Omniscience, Life, Love, Reality/Truth, Spirit, Soul, Intelligence, and Universal Principles. It is very interesting to note which one of the Holy Attributes we are currently using here and now no matter what we are up to, it is a way to practice the Presence of our Higher Power.</p> <p>Agape, Spiritual Love (the Holy Spirit), seems to be able to mold Divine Love Energy into a limited edition, a form or expression and still remain infinite, perfect, pure Love. It reminds me of the principle, when we use a Spiritual Principle it expands with its use. Agape transforms each natural love into its intended mission, using the most effective Holy Attribute(s) and providing the perfect amount of Divine Love Energy to create this natural love into a useful finite tool, which will enable us to complete some part of our Father’s Will.</p>
<p>Primal Love – what’s it for?</p>	<p>I believe Agape uses Primal Love as its basic building block, to create the other loves, Storge, Philia, Eros and Self-love. Each individual has a God created purpose or mission, in which we have a predominate need for one natural love over the other loves. From time to time, this special love will inspire each of us to carry out our individual mission, His Will for each of us. God has a plan for each one of us and He has a plan for you. We are assured He will supply us with whatever it takes to carry that purpose out.</p> <p>Primal Love can be found in the least particle throughout the universe to the most complex of the Master Builders Creations. It is not only the building blocks for the natural loves it is the same building blocks throughout all of nature. With a little reflection we can realize it everywhere present. It seems to be unconditional because it does not care whom or what gains from it’s being. It can be molded into any other form, or love not just in the human but also in all of Creation. Primal Love says yes to Agape’s Yes and no to Agape’s no.</p>
<p>Self-love – what’s it for?</p>	<p>One of the reasons I believe Agape created Self-love is so that we have the ability to love our little personal “reality” self into His loving service. When our Higher Self (our God created Self), and our little personal “reality” self are in conscious union, love may be present at all levels. Our Higher Self, our God created Self, has many names; in the Western world It may be called the Christ Self and in the Eastern world may be called the Atman. Our little personal “reality” self is the illusionary individual we each made up from everything we have ever experienced, real or illusion plus everything in this world we are part of.</p>

	<p>Although our personal “reality” self is always part of us in this human condition and is inspired by the Father within, this pure Love/Light has to pass through our personal “reality” filter system. What we experience consciously may not look anything like the pure Love/Light it started out as.</p> <p>OF SPECIAL NOTE: So Agape, Spiritual Love (the Holy Spirit) via our Created Self, the Christ Self has a special interest in our little personal “reality” self being joined as love for the whole Self/self. Without this union our mission cannot be completed. Love must be taught and practiced throughout the world, our internal personal world. Agape expresses its Self through each individual in a way that this being will think enough of her/him self to carry out their mission. Love yourself as you love your neighbor or love your neighbor as you love yourself, same, same.</p> <p>When our Created Self, our Christ Self and the personal “reality” self has experienced atonement, joined with each other we become soul mates. When we share our love with others as one voice we are in conscious union with Agape, the Holy Spirit and each relationship may then become a Holy relationship.</p> <p>Our Higher Self (our Christ Self) is a pure expression of our Father’s love in this world, not of it but in it. Being the same nature as our Father – we are love, but until these three have joined; the Holy Spirit (Agape), our Higher Self (the Christ Self), and our Personal “reality” self as one, we would be hard put to prove consistently that we are love. When we experience conscious union, even for an instant it feels like perfect love, maybe it is. Our Higher Self, our Christ Self has a need to extend this perfect love to our little personal “reality” self. When we are able to accept this there is a moment of conscious union, the three become as one and we are at peace with ourselves. This is the mystical experience of Christ in the world, but not of it.</p>
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<p>Storge – what’s it for?</p>	<p>I believe that Agape created Storge for a number of very good reasons. If we did not have this Storge love most likely there would be no humankind. Humans have a very long childhood, for some it may never end, but that’s another story. Thus, when a child comes into this world she/he will need a lot of special care for a number of years. Storge was created as a need love, the mother needs to be needed, a need to give and the child needs to be dependant and needy.</p> <p>Storge has to be a very powerful love because the care of a child is very demanding and it last for such a long time. In the animal kingdom Storge love is built in but much less demanding than it is in the human condition. The protection, learning and growing up process is much less complex than it is in the human condition.</p> <p>Storge like the other natural need loves carries with it an inherent group of problems. For example when a child becomes a young adult the relationship must shift away from dependence or it can get sick. The same is true in A.A. when the sponsored one becomes a young spiritual adult the relationship needs to shift to a more equal partnership or friendship.</p> <p>OF SPECIAL NOTE: Storge love at its best is experienced within each of us as a conscious union between Agape (the Holy Spirit), our Higher Self (the Created Self, Christ Self) and our made up personal “reality” self becoming as one in our Father’s Will. Agape (the Holy Spirit) and our Higher Self (the Created Self) are direct expression of our Creator, our Father, Which means we have the same basic nature, even as an individual ocean wave and the whole ocean have the basic elements. As with Agape the Created Self is a give love and has a need to give our personal “reality” self that perfect love of our Mother/Father Creator. Our personal “reality” self has a need to receive this love, to depend on it. This inner relationship is the purest form of Storge.</p>
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Philia – what’s it for?	<p>I believe, before our Father’s Will is completely done in earth, as it is in heaven there is a great deal to be done. I believe He has a Divine Design, which extends to each of us, as individual creations, a special part, a purpose, even if it is ever so small in relation to the whole of creation, to consciously live in harmony with this individual purpose is a big deal to each of us.</p> <p>There are lots of projects to be done in earth as it is in Heaven, (great news for those of us that are workaholics). To get these projects done humans and other creators must join in a common purpose. The way this life was created makes it impossible for any of us to survive without others. In fact, just one individual working alone could not accomplish much. (Its an illusion to think we can really be alone). So like it or not we were created with the need for one and other. The foundation for Philia, friendship is when two or more people gather for the same goal, or purpose. The more who come together for a common purpose, the same goal, the better.</p> <p>A. A. is a great example of people coming together for a common purpose. Out of this joining together the bases of our fellowship, friendship was formed. Each A.A. group is a small fellowship within its self, which has its own mission. [4th Tradition] “Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”</p> <p>OF SPECIAL NOTE: When the relationship between our Created Self (Christ Self) and our personal “reality” self have the same goal, and this goal is the Will of our Creator it becomes a Holy love friendship relationship. This is the purest form of Philia within each individual. Is it becoming a little more understandable why it is so very important that we; seek, find, and consciously realize, that our Father’s Will and our will are one and live it the best we can?</p>
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Eros – what’s it for?	<p>Eros like the other need loves was created for a very special place in and for the human condition. When two individuals are in love there is a very special type of union between them. It opens a depth of love which is some what like the Mystic’s experience of a direct conscious union with our Father. “When will the kingdom of heaven come? When the two become one – when there is neither male or female.”</p> <p>In most cases, if it really is Eros, two people form a partnership, which may or may not include children. This partnership helps bring about some stability to our comm(unity). Notice the last five letters of community is unity, which is another word for love. At first, Eros, lovers do not want anyone else around. At some point this may change from a total desire for just each other into a desire for community, family. Eros first brings a depth of warmth and love which draws two people together in a loving union – however this relationship must continue to grow, that is to keep learning to live with one another even after the romance has cooled off or this relationship may end up in a separation.</p> <p>There is within each of us three major loves; 1) The Holy Spirit (Agape, Spiritual Love), 2) The Higher Created Self (the Christ Self or Atman) and 3) Our personal “reality” self. It is when all three of these are at-one-ment in, as our Father’s Will that we find a Spiritual Union, that Mystical experience of a direct conscious union with our Father. The three have become One. Is this possible? Yes, when it is by Grace, it is simple and easy. So how do we open up to Grace? There is a Love within us that can answer that question. Be Still.</p>
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