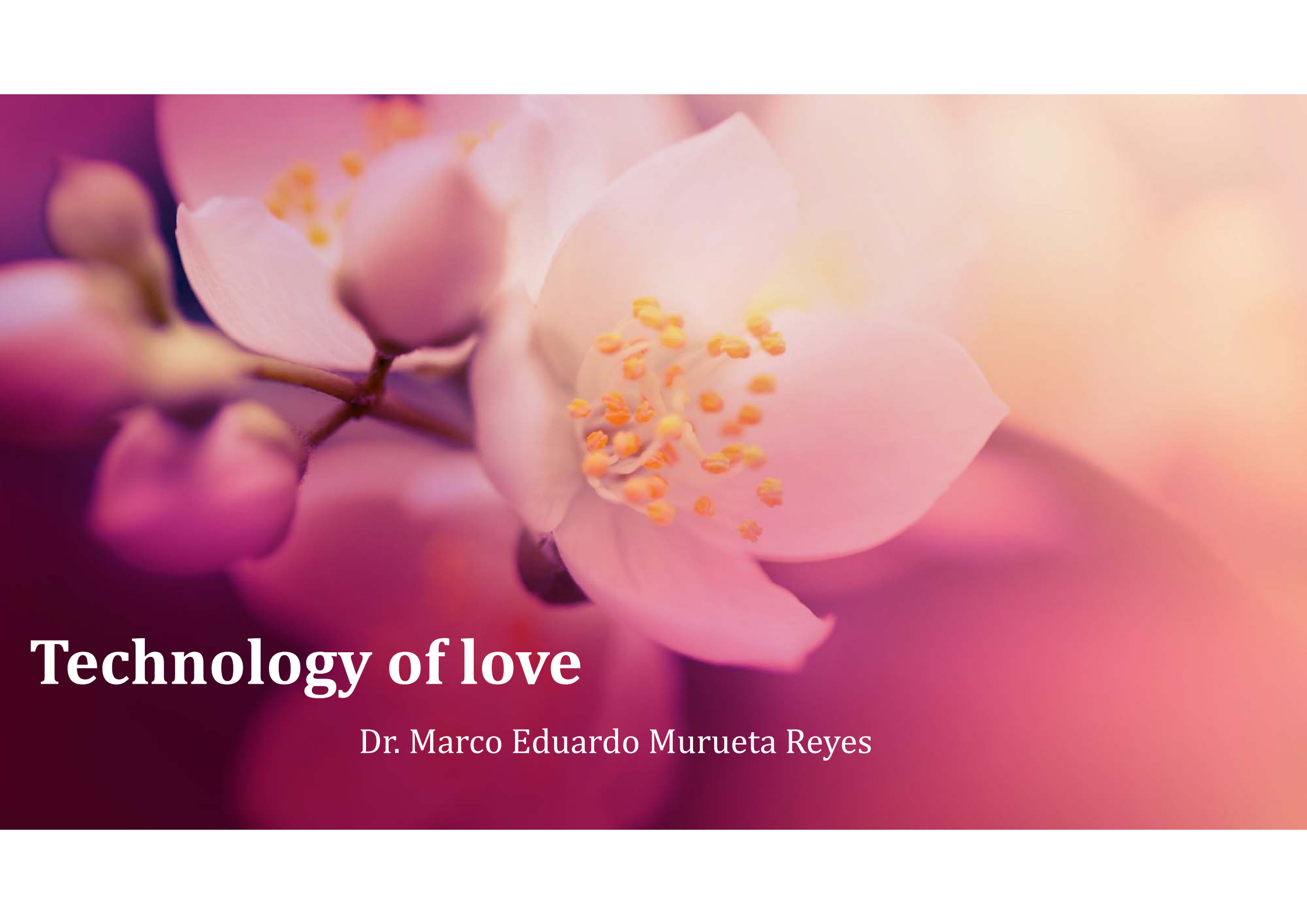




CURRENT ISSUES ON BIOCENTRIC HEALTH AND BIODANZA RESEARCH

BIONET - COLLOQUIUM OF HONOUR
ON THE OCCASION OF THE 60TH BIRTHDAY
OF PROF. DR HABIL. MARCUS STUECK





Technology of love

Dr. Marco Eduardo Murueta Reyes

- Love, more than heartbreak, is what makes history.
- Love is what moves the world; it gives meaning to every personal effort.
- It is becoming increasingly scarce.
- Loneliness, frustration, resentment, apathy and violence are on the rise.



- Love is a natural phenomenon.
- A phenomenon occurs when a set of factors come together to cause it.



- Technique is the ability to bring together the necessary factors to produce a phenomenon.
- Technology is when a set of techniques are combined to achieve a complex product.



Can love be intentionally produced?

Yes, by bringing about the factors that cause it.

The theory of praxis defines love as:
Feeling what happens to another or others as your own.



- There are elements that produce this romantic identification, *regardless of the participants' will.*
- We speak of "love" in a general sense, encompassing feelings such as esteem, friendship, filial love, and sexual love.



The feeling of love will be greater the more *intensity, duration and frequency* each of the following ingredients has:

I. Recognition

- Expressing or letting others know what you like about yourself and other people:
 - a) Listening to what others like about you.
 - b) Telling others what I like about them.
 - c) Telling others what I like about them.
 - d) Listen to what others like about themselves.



II. Coexistence

This consists of shared experiences such as:

- Playing, eating, drinking (in the broadest sense!), sharing events such as parties, cinema, theatre, music, trips, reading, laughing, etc. (shared leisure activities).



- Grinberg Experiments

III. Creating special pleasant experiences

- Those who promote pleasant experiences become positively integrated into the identity of others in a symbolic way, and this is more intense if these experiences are unusual.
- Personal image, 'little touches';
- pleasant surprises, gifts, laughter;
- physical pleasures, poetry, fantasy, etc.



IV. Pleasant physical contact

- A key aspect in determining the depth of romantic involvement.



V. Cooperation

- Doing things in which everyone voluntarily collaborates to achieve a single result.



VI. Shared creativity

- Jointly generating interesting or aesthetic things that did not exist before.



VII. Shared success

- The feeling of having achieved an important goal through combined efforts.



VIII. Life stories

- Talk about everyday experiences and anecdotes or memories, as well as listen attentively to what has happened to others.



IX. Caring for someone or something

- Doing things for the good of others generates loving feelings towards those who are cared for.

Third Law of the Theory of Praxis:

A feeling that is expressed verbally or through actions GROWS, and if it is not expressed, it DECREASES.



X. External contrast

- The cohesion of a couple or group requires contrast with other similar couples or groups.



With a combined and progressive dose of the aforementioned elements, high-intensity processes of romantic identification occur.

If the factors that produce it cease, the phenomenon also disappears.



When love is NOT nurtured, the following arises:

Loneliness

Frustration

Aggression

Blackmail

Contempt

Reproaches, etc.

Then, without realising it, you cultivate

Hatred

Apathy

Violence

Destruction of life

Therefore...

SELF-DESTRUCTION



- Love is the essence of human beings and the foundation of psychological health.
- COMMUNION means the loving integration of each individual with the communities in which they participate (their partner, family, friends, work group, community, country, humanity), and therefore with the entire universe.



Thank you!

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