

of connection occurs in everyone and creates pain on the physical, emotional, and mental levels.

Sources of the Attachment

The attachment to pain is embedded in the human entity during the early childhood experiences when feelings and sexuality are inhibited by the parents and society. In a sense, the attachment is fixed by the same processes which trigger the pain in the first place. We have seen in Chapter 10 how these parental attitudes affect children, causing them to tighten up and to draw generalizations about life and peoples. In contributing to the block to sexuality, the parents affect the whole person, because sexuality incorporates the elements of love, Eros, and the biological forces, which Chapter 21 describes. The three elements are integral to the life force.

Since to totally block the life stream and the free flowing of the pleasure principle would mean death, the child adopts other strategies. Some of the pleasure principle is attached to negative emotions and attitudes. Often, negativity is accompanied by excitement and pleasure. This is seen most vividly in people with sadistic tendencies. Married couples, for example, may live for weeks or months with deadness and blandness in their relationship. The flow of energy is very low. Then one of them cannot stand the lack of energy and excitement and provokes a fight. Even though the fighting may be destructive, there is life and energy in it. The negativity is allowed to flow between the partners for a while. Then they are able to make up and be loving until the pleasure becomes unbearable again.

In childhood, the blocked energy current produces pain and an unconscious fixation of pleasure to negative attitudes. At the same time, the image or misconception is produced, which also becomes unconscious. When it comes to the surface, the unconscious fixation produces a compensatory attitude of fighting and resisting to maintain the integrity of the child. The defenses are built around the fixation, which also engenders envy, hatred, and competitiveness. The nucleus of these attitudes is, of course, guilt. For such a person to experience total pleasure is very much feared. Why? Because the personality is geared for negative experience and negative excitement. To the degree that there is cheating, impure motives, defenses, guilt, and malice, the pleasure principle must be rejected. The person feels undeserving of pleasure. In addition, the idea is deeply implanted in the unconscious from earliest childhood that the pleasure principle itself is unacceptable. With these attitudes, the person finds pleasure unbearable.