

Evolutionary Psychology

The replication of one's genetic code is the principal motivating factor in human behavior.

The replication of one's genetic code requires the satisfaction of one's *instinctual drives: sexual, self-preservation, and group participation.

All human behavior is rooted in one or more of these instinctual drives. For example, an argument with one's partner (sexual), shopping at the grocery store (self-preservation), attending a football game (group participation).

The instinctual drives are so powerful that one (the self) passively serves them (Most human actions are, contrary to our beliefs, passive. Humans are rarely active agents.).

**There are various ways that psychologists and sociologists label and define instinctual nature.*

The Structure of the Self

Most believe that the mind is the central (and therefore most powerful) aspect of the self, followed by the emotions, then the body.

Actually, the body (which includes the instinctual drives) is the central (and therefore most powerful) aspect of the self, followed by the emotions, then the mind.

Given the nature of the instinctual drives and the structure of the self, the mind is the least effective mechanism for effecting change in human beings (i.e., the "transformation of being").

The Transformation of Being

Since the mind is the least effective mechanism for transformation - *and the instincts ain't gonna change themselves!* - one must utilize emotion to achieve transformation.

Love (specifically, unconditional love, i.e., *agape*) is the principal emotion and therefore the most effective mechanism for transformation.

In sum, the cultivation of love (aided by other positive emotions, e.g., the religious "virtues") is the key to transformation.

A Thought to Ponder

"The highest form of love is love with no object." - Rumi