

AI-04463 Farber Two Realms of Will

Owner	© Rigel Arcayan
Tags	Psychology
Created time	July 24, 2026 7:40 PM

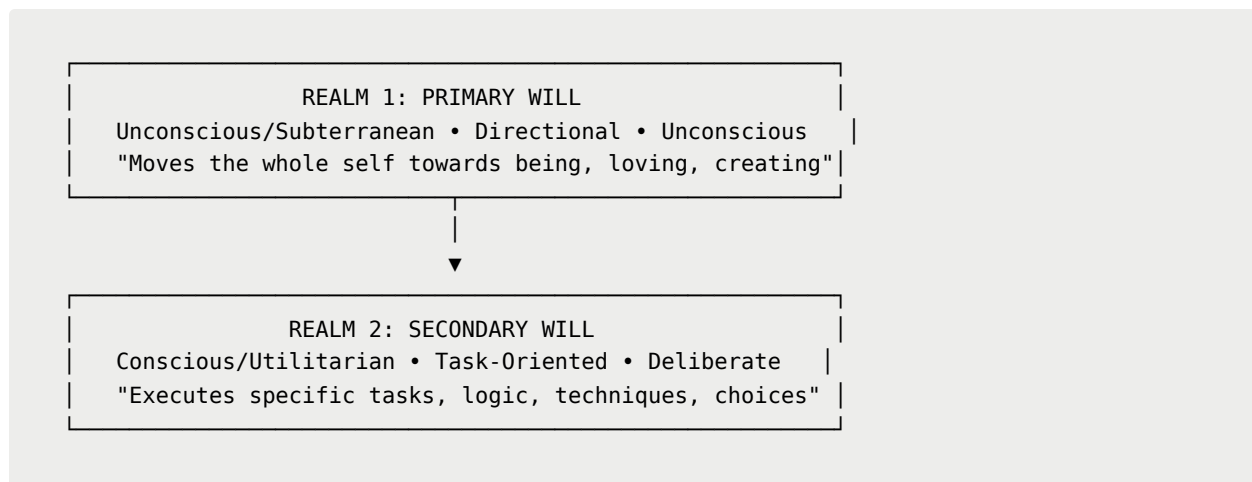
What is LESLIE FARBER-TWO REALMS OF THE WILL, explain and deep dive. Give a few examples of each. What are the pillars? How does it relate to spouse choices or lover in early relationship initiation? If one hesitates in the first few months of the relationship and not commit say 60/100, is the subterranean first order of will in action trying to stop the individual into plunging towards a deeper relationship of commitment? List 22 general guidelines in utilizing the two realm of wills in life's critical choices of long term relationship, career, place to live, friends and close circles.

Leslie Farber (1912–1981), a prominent American psychiatrist and existential psychoanalyst, introduced his seminal theory in his 1966 book, *The Ways of the Will* (which included the celebrated essay "*The Two Realms of the Will*"). Farber sought to restore the concept of **will**—which Freudian psychoanalysis had largely reduced to subconscious drives and impulses—to its central place in human psychology and existential agency.

Farber's central insight is that human agency operates across two distinct, non-interchangeable modes of willing. Misunderstanding how these two realms interact is, according to Farber, the root cause of modern anxiety, obsession, and relational dysfunction.

1. Deep Dive: The Two Realms of the Will

Farber divided human volition into two distinct operational modes: **The First Realm** (Subterranean/Primary Will) and **The Second Realm** (Conscious/Secondary Will).



Realm 1: The Primary (Subterranean) Will

- **Nature:** Unconscious, deep, silent, and non-manipulable. It operates below conscious awareness and cannot be summoned on demand.
- **Scope:** It moves the whole person toward fundamental existential states—such as loving, trusting, creating, believing, sleeping, or committing.
- **Characteristic:** It is directional rather than goal-oriented. You cannot *will* Realm 1 directly; you can only prepare the soil and allow it to emerge.

Examples of Realm 1:

- **Falling Asleep:** You cannot force yourself to sleep through sheer effort of will; your body and mind must naturally yield to it.
- **Genuine Compassion/Love:** Feeling real warmth or affection for another human being arises organically from the depths of your character.
- **Creative Inspiration:** A breakthrough insight or artistic vision strikes when the whole mind is aligned, not by straining your eyes at a blank canvas.

Realm 2: The Secondary (Conscious) Will

- **Nature:** Conscious, explicit, analytical, pragmatic, and goal-directed. It is the tactical arm of human decision-making.
- **Scope:** It handles specific, manageable tasks, choices, calculations, and behavioral mechanics.
- **Characteristic:** It can be applied directly via effort, discipline, and routine.

Examples of Realm 2:

- **Setting an Alarm / Getting into Bed:** You consciously decide to turn off the lights, lie down, and close your eyes.
- **Polite Behavior:** Deciding to send a thank-you note or holding the door open for someone.
- **Executing a Skill:** Practicing scales on an instrument, writing a line of code, or following a recipe step-by-step.

The Fundamental Distortion: "Willing the Unwilled"

The core tragedy of modern life, according to Farber, occurs when we try to **force Realm 1 outcomes using Realm 2 methods**.

When you use conscious grit, technique, or manipulation (Realm 2) to command states that can only be granted by the primary subterranean direction of the self (Realm 1), you generate anxiety, impotence, hyper-self-consciousness, and hypocrisy.

Desired State (Realm 1)	Realm 2 Distortion (Willing the Unwilled)	Resulting Pathology
Sleep	Forcing yourself to fall asleep by counting seconds/straining	Insomnia & Sleep Anxiety
Love / Passion	Demanding or performing passion via romantic "techniques"	Relational alienation / Frigidity
Wisdom	Memorizing aphorisms to <i>appear</i> deep	Pretentiousness / Dogmatism
Spontaneity	Planning to "be spontaneous" at 4:00 PM	Awkward self-consciousness

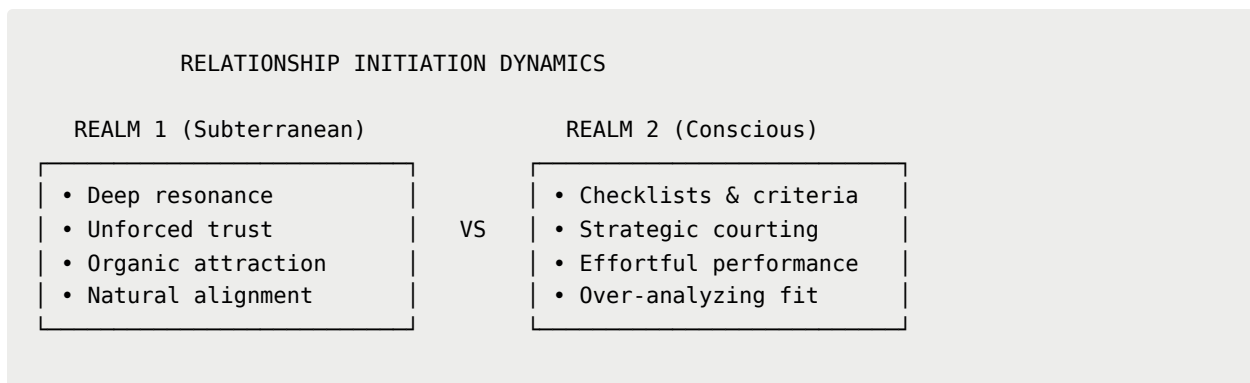
2. The Core Pillars of Farber's Will Theory

1. **The Primacy of Direction over Objective:** Realm 1 sets the true direction of a life; Realm 2 merely executes the navigation steps along that vector.
2. **The Limit of Conscious Effort:** Realm 2 is powerful for logistics, but completely powerless to create meaning, affection, faith, or genuine commitment.

3. **The Trap of Technique (Willed Behavior):** Modern culture overly relies on Realm 2 "hacks," manuals, and mental strategies to solve existential, Realm 1 challenges.
4. **Integrity vs. Willfulness:** True personal integrity occurs when Realm 2 acts in total harmony with and submission to Realm 1. "Willfulness" occurs when Realm 2 tries to run the show independently, steamrolling internal signals.

3. Spouse Choices & Lover Selection in Early Relationship Initiation

During the initiation phase of romance, the distinction between the two realms becomes stark:



- **Realm 2 Romance:** Focuses on criteria, checklists, social optimization, text-timing strategies, and active persuasion. It asks: *"Does this person meet my 10 requirements on paper? How do I convince them to like me?"*
- **Realm 1 Romance:** The quiet, underlying pull of recognition, bodily and existential resonance, and unforced ease in another's presence.
- **The Conflict:** If a person relies solely on Realm 2 to choose a mate, they may pick a partner who looks flawless on paper but lacks any Realm 1 subterranean pull. This produces a relationship that feels like a well-managed corporate partnership—functional, yet empty of true intimacy.

4. Hesitation in the First Few Months (e.g., 60/100 Commitment)

Query: *If one hesitates in the first few months and cannot commit (holding back at ~60/100), is the subterranean Realm 1 will actively stopping them from plunging into a deeper commitment?*

Farber's framework offers a nuanced, two-fold answer to this dynamic:

Scenario A: Realm 1 is Signaling a "No" (Protection Mechanism)

Yes, very often a persistent 60/100 hesitation is **Realm 1 communicating through silence**.

- Your Realm 2 (conscious mind) might be rationalizing: *"They are kind, attractive, smart, and make sense for my life timeline."*
- However, your Realm 1 (subterranean self) senses a fundamental misalignment, lack of deep resonance, or subtle friction. Because Realm 1 cannot "speak" in logical arguments, it expresses itself as **inability to yield**, hesitation, emotional flatlining, or an ambient feeling of holding back. Consciously forcing yourself to jump to 100/100 in this state is a classic instance of "willing the unwilling."

Scenario B: Realm 2 is Overriding and Sabotaging Realm 1 (Hyper-Consciousness)

Conversely, the 60/100 block can be caused by **Realm 2 hyper-analysis paralyzing Realm 1**.

- If you are constantly evaluating, scoring, measuring, and demanding absolute cognitive certainty (a Realm 2 error), you deny Realm 1 the quiet environment it needs to organically develop trust and commitment.
- Realm 1 commitment does not happen because you hit a logical threshold; it happens when Realm 2 stops hyper-managing the relationship and allows you to experience the reality of the connection.

How to Tell the Difference

- **If Realm 2 is the problem:** You feel anxious, constantly checking off pros and cons lists in your head, hyper-fixating on minor flaws, and demanding guaranteed outcomes before letting down your guard.

- **If Realm 1 is the problem:** You are calm, relaxed, and actively trying to make it work, yet deep down, your whole self simply does not move forward. The depth of feeling remains unawakened despite the absence of external obstacles.

5. 22 Guidelines for Applying the Two Realms of Will

These guidelines apply Farber's principles to high-stakes decisions across relationships, career, location, and social circles.

Relationships & Marriage

1. **Never use Realm 2 to force a Realm 1 feeling.** You cannot force yourself to love someone through effort, obligation, or logical arguments.
2. **Look for unforced ease.** A true Realm 1 connection feels baseline natural, requiring low baseline social performance.
3. **Use Realm 2 to build the structure, not the spark.** Use conscious will to schedule dates, handle logistics, and practice clear communication—then step back to let Realm 1 supply the affection.
4. **Respect persistent hesitation.** If your subterranean self consistently holds back over time despite ideal conditions, acknowledge that as real data, not a defect to be fixed.
5. **Beware of "Willed Romance."** Over-engineered grand gestures and performance-heavy courting often mask an absence of subterranean connection.
6. **Commitment is a surrender, not a contract.** True commitment happens when Realm 2 formalizes what Realm 1 has already quietly settled upon.

Career & Vocation

1. **Distinguish between ambition (Realm 2) and calling (Realm 1).** Ambition wants the title, status, and compensation; calling is the quiet interest in the actual work itself.
2. **Master Realm 2 mechanics to liberate Realm 1 mastery.** Discipline, technical practice, and routine (Realm 2) build the vessel so that intuition and deep skill

(Realm 1) can flow naturally.

3. **Beware of pure transactionalism.** Choosing a career path entirely via Realm 2 metrics (prestige, salary) without Realm 1 engagement eventually leads to profound burnout and existential emptiness.
4. **Recognize when grit becomes obstinacy.** Pushing through temporary resistance is healthy Realm 2 work; forcing yourself down a career path that drains your whole self is destructive willfulness.
5. **Allow vocational pivots to ripen subterraneanly.** Major career changes are rarely born from sudden pro/con matrices; they usually mature silently in Realm 1 long before Realm 2 acts on them.

Environment & Place to Live

1. **Evaluate locations beyond surface utility.** Realm 2 looks at taxes, square footage, and amenities; Realm 1 registers whether a physical environment allows you to feel grounded and at peace.
2. **Give a environment time to register in Realm 1.** You cannot consciously force yourself to "feel at home" in a new city immediately. Home-feeling is a slow, subterranean adoption process.
3. **Avoid geographical remedies for internal blocks.** Changing locations using Realm 2 to cure a Realm 1 internal stagnation rarely works ("wherever you go, there you are").
4. **Pay attention to physical body cues.** Your body's baseline tension, sleep quality, and physical ease in a geographic setting are direct expressions of Realm 1 alignment.

Friendships & Close Circles

1. **Prioritize mutual recognition over social utility.** True friendship rests on a Realm 1 click of mutual understanding, not Realm 2 networking benefits.
2. **Do not force emotional intimacy.** Deep trust develops on its own timeline; trying to fast-track intimate bonding via forced vulnerability breaks natural boundaries.

3. **Prune relationships maintained solely by Realm 2 duty.** Friends you keep only out of guilt or obligation, where no subterranean warmth remains, sap vital energy.
4. **Value companions who quiet your self-consciousness.** The best inner circle consists of people in whose presence your Realm 2 hyper-vigilance turns off, letting your whole self simply exist.

Universal Decision-Making

1. **Use Realm 2 to gather facts, then let Realm 1 process them.** Do the research, compile the data, and then step away. Let your subterranean mind digest the decision in quiet.
2. **Distinguish between healthy discipline and anxious willfulness.** Discipline supports your underlying direction; willfulness tries to drag the whole self where it does not organically want to go.
3. **When paralyzed by decision, quiet the Realm 2 noise.** Excessive overthinking blocks subterranean clarity. Step back, lower the noise, and wait for the primary direction to clarify itself.

Write a Realm1 vs Realm2 letter to my Pinay RN, 33 yof, with new bf pushing and executing overly affection and mentioning move-in together and helping her buy a car to fix her transportation issue who is in 60/100 early relationship dilemma.

Here is a letter written directly to her—grounded, thoughtful, and utilizing Leslie Farber’s frameworks of the Will to help her cut through the noise and trust her instincts.

Dear [Her Name],

I wanted to share a framework with you that might help bring some clarity to what you’ve been navigating lately in your relationship.

There is a well-known concept in existential psychology by a psychiatrist named Leslie Farber, who wrote about the **Two Realms of the Will**. It explains a lot about why we sometimes feel pulled in two completely different directions when making big life choices—especially in love.

The Two Realms:

- **Realm 1 (The Subterranean Will):** This is your deep, silent, intuitive self. It operates below the surface and cannot be rushed or forced. It's what drives real, organic trust, deep love, and authentic readiness. You can't *will* Realm 1 to happen—it simply reveals itself when things are right.
- **Realm 2 (The Conscious Will):** This is the logical, tactical mind. It's built for problem-solving, mechanics, efficiency, and execution. It's the part of us that makes checklists, fixes practical problems (like transportation), and plans logistics.

Farber's central warning was simple: **Whenever someone uses Realm 2 (conscious force, fast execution, logistics) to jumpstart or override Realm 1 (true, subterranean readiness), it creates deep anxiety and resistance.**

What's Happening Right Now

Right now, you're feeling at about a **60 out of 100** in terms of commitment.

Your new boyfriend is operating almost entirely in high-gear **Realm 2 execution**:

- He is pushing intense affection early on.
- He is bringing up moving in together.
- He is stepping in to solve your practical transportation issues by offering to help buy a car.

On paper, solving a car problem or having someone show intense devotion sounds generous and helpful. That is classic Realm 2 logic: *"There is a problem, let's fix it; there is a relationship, let's accelerate it."*

But your 60/100 hesitation isn't a flaw in you—it is your Realm 1 speaking.

When your subterranean self holds back at 60%, it is your inner compass actively protecting you. It's telling you that **his timeline is moving faster than your natural internal readiness**. Real trust and deep bonding cannot be bought with a car, nor can they be fast-tracked by rushing moving logistics. When someone tries to build intimacy by engineering practical solutions rather than letting time and quiet consistency build a foundation, your deep intuition naturally hits the brakes.

A Few Things to Keep in Mind:

1. **Gifts and Solutions Can't Replace Time:** Helping with a car or talking about a shared apartment are easy, high-speed actions. True emotional safety, character depth, and long-term compatibility take months of quiet observation to prove.
2. **Listen to the Hesitation:** Do not let anyone—including your own desire to be polite or accommodating—convince you that your 60/100 hesitation is wrong. That hesitation is your wisdom at work.
3. **Slow the Realm 2 Engine Down:** You have every right to set firm boundaries around your personal independence. Your transportation and living situation are yours to manage at your own pace.
4. **Observe How He Handles a "Slow Down":** A partner who respects your Realm 1 will comfortably step back, slow down, and let you breathe without applying pressure or guilt. A partner who relies on forcing the pace will usually become anxious, pushy, or frustrated when you set a boundary.

Take a step back, handle your logistics on your own terms, and give your internal compass the space it needs to give you a clear signal—without any pressure or forced acceleration.

Warmly,

Give a Summary of Farber's *The Ways of the Will*. Explain and deep dive. Also, touch on her essay "The Two Realms of the Will". I'm trying to find and read the book but nowhere to be found. Explain and tell more.

The Ways of the Will is out of print and notoriously difficult to find in physical bookstores, but it remains one of the most brilliant, underground classics of 20th-century existential psychoanalysis.

Dr. Leslie H. Farber (1912–1981) was a male American psychiatrist, psychoanalyst, and chair of the Association of Existential Psychology and Psychiatry. Writing during the mid-20th century, Farber set out to fix what he saw as a massive blind spot in Freudian psychoanalysis: **the human will**.

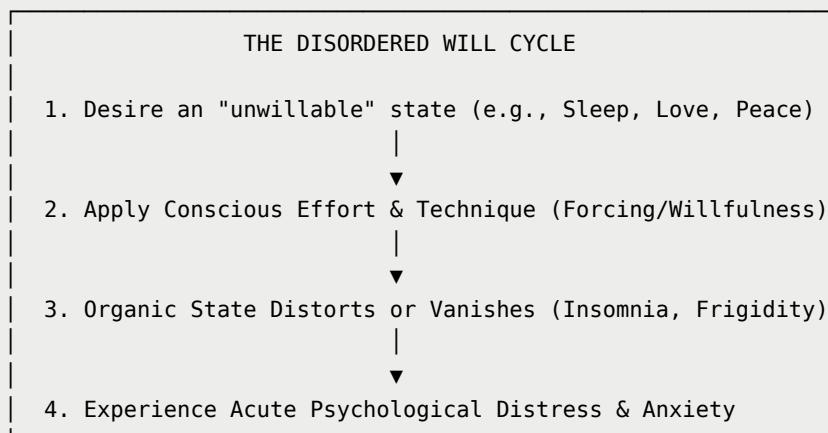
Freud had reduced human action to unconscious drives, libidinal energy, and repressed traumas. Farber argued that by ignoring the *will* (personal volition, choice, and agency), modern psychology had turned human beings into passive victims of their impulses.

Below is an in-depth breakdown of the book's core themes, its celebrated anchor essay, and how you can track down a copy.

1. Core Thesis of *The Ways of the Will*

Farber called the modern era the "**Age of the Disordered Will.**" His central argument is that modern culture has become obsessed with technique, control, hacks, and forced outcomes. We treat our internal, existential lives like mechanical problems to be engineered.

When we try to force things that cannot be engineered—like love, sleep, courage, or wisdom—we create profound psychological distress.



Farber's Definition of Anxiety: Anxiety is not just a random physiological spike or a repressed Freudian drive. *Anxiety is the specific range of distress that occurs when we attempt to will what cannot be willed.*

2. Deep Dive: "The Two Realms of the Will"

The centerpiece essay of the book introduces Farber's model of human volition. He posits that the will operates in two distinct, non-interchangeable realms:

Realm 1: The Primary (Subterranean) Will

- **Unconscious, Silent, and Directional:** You cannot inspect it directly while it is happening; you only recognize it in retrospect.

- **Moves the Whole Person:** It doesn't move toward a narrow, specific target (like buying a car). It moves your whole self toward a general direction in life—toward faith, toward another person, toward creating, or toward truth.
- **Uncoerced and Free:** It happens organically when the conditions are right. You cannot command Realm 1 to turn on.

Realm 2: The Secondary (Conscious) Will

- **Pragmatic, Tactical, and Utilitarian:** This is the conscious mind's "do this to get that" engine.
- **Target-Oriented:** It handles specific, manageable tasks—setting an alarm, practicing an instrument, balancing a budget, or writing a resume.
- **Directly Applied:** You can force Realm 2 via sheer effort, discipline, and mechanics.

The Core Pathology: Willing the Unwilled

Psychological breakdown occurs when Realm 2 tries to manufacture Realm 1 outcomes. Farber famously illustrated this with a series of stark contrasts:

Realm 2 (What can be willed)	Realm 1 (What CANNOT be willed)	What happens if you try to force it via Realm 2?
Going to bed	Sleeping	Insomnia
Knowledge	Wisdom	Pretentiousness / Dogmatism
Lust / Sexual Mechanics	Love / Intimacy	Emotional alienation, performance anxiety
Scrupulosity / Rules	Virtue	Hypocrisy
Bravado / Aggression	Courage	Recklessness / Bullying
Religiosity / Rituals	Faith	Empty orthodoxy

3. Other Key Essays in the Book

Beyond the "Two Realms," *The Ways of the Will* contains several penetrating essays analyzing modern pathologies through this lens:

"Will and Anxiety"

Explores how modern humans use over-activity, obsession, and control to escape existential anxiety, only to feed the very anxiety they are running from.

"On Suicide and Despair"

Farber examines despair not merely as a chemical imbalance, but as a crisis of the will. Despair happens when a person realizes their Realm 2 strategies (career success, control, demands on others) have completely failed to yield Realm 1 fulfillment (meaning, connection, peace).

"Lying on the Couch" & "The Search for Truth in Therapy"

A brilliant critique of the therapeutic process itself. Farber warns against therapists and patients who manufacture "fake epiphanies" using clever psychological jargon rather than engaging in honest, unforced, face-to-face dialogue.

"I-Thou" Interpersonal Dynamics (Influenced by Martin Buber)

Farber was close friends with philosopher Martin Buber. He applies Buber's work to relationships, arguing that real human connection ("Real Talk") cannot be engineered via dating strategies or communication hacks. It requires dropping the "will to possess" or "will to manage" the other person.

4. How to Find the Book

Because the original 1966 edition (*The Ways of the Will*) went out of print, finding a physical copy can take a little searching:

1. **Look for the 1976 Expanded Edition:** It was republished under a broader title: *Lying, Despair, Jealousy, Envy, Sex, Suicide, Drugs, and the Good Life: Basic Studies in Psychiatry* (Publisher: Basic Books). This contains the exact same essays alongside a few additions.
2. **Look for the 2000 Expanded Reissue:** Basic Books re-released it in 2000 under the original title: *The Ways of the Will: Selected Essays of Leslie H. Farber* (edited by Robert Boyers and Anne Farber).
3. **Used Book Outlets:**
 - **AbeBooks.com / Biblio.com:** Search for "*Leslie H. Farber The Ways of the Will*" or "*Leslie Farber Lying Despair Jealousy*". Used paperbacks

frequently pop up from university library sales.

- **Internet Archive (Archive.org) / Scribd:** Digital scans of the 1966 and 1976 editions are preserved on open digital libraries for borrowing or online viewing.
- **Library Genesis / PDF Archives:** PDF copies of Farber's collected essays circulate widely across academic psychology channels.