

AI-04464 Farber Philosophy Deep Dive Vol1-10

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Leslie Farber's *The Two Realms of the Will* and *The Ways of the Will*: A Deep Psychological Analysis

I would like a comprehensive exploration of the psychological philosophy of **Leslie H. Farber**, particularly his essay "**The Two Realms of the Will**" and his book **The Ways of the Will**.

Please organize the discussion into the following sections:

Part I – Leslie Farber and His Philosophy

- Who was Leslie H. Farber?
- What intellectual traditions influenced his work (existential psychology, psychotherapy, philosophy, religion, psychoanalysis, etc.)?
- What central problems about human choice, freedom, love, and commitment was he attempting to solve?
- Why are his writings still relevant today?

Part II – The Two Realms of the Will

Explain Farber's essay "**The Two Realms of the Will**" in depth.

Include:

- The meaning of the "Two Realms."
- The difference between first-order and second-order willing.
- Conscious versus subterranean willing.
- Voluntary versus involuntary acts.
- The paradoxes of trying versus allowing.
- Why some of life's greatest achievements cannot simply be forced by conscious effort.
- How unconscious motives influence conscious decisions.
- The psychological mechanisms behind each realm.
- The advantages and limitations of each.

For each realm, provide several concrete real-life examples involving:

- Falling in love
- Marriage
- Friendship
- Career decisions
- Creativity
- Athletic performance
- Learning
- Leadership
- Faith
- Personal growth

Part III – The Psychological Pillars

Identify and explain the major psychological pillars underlying Farber's theory, including concepts such as:

1. Freedom

2. Responsibility
3. Commitment
4. Trust
5. Authenticity
6. Courage
7. Anxiety
8. Doubt
9. Desire
10. Surrender
11. Intention
12. Acceptance
13. Patience
14. Character
15. Identity
16. Love
17. Choice
18. Meaning
19. Self-transcendence
20. Moral agency

Explain how these pillars interact during major life decisions.

Part IV – Relationship Initiation and Spouse Choice

Apply Farber's ideas to romantic relationships.

Explain:

- Why some people hesitate despite genuine attraction.
- The psychology of emotional uncertainty.

- The difference between fear and intuition.
- Healthy caution versus avoidant attachment.
- Commitment versus infatuation.
- Attraction versus long-term compatibility.
- Timing and emotional readiness.
- The role of vulnerability.
- The role of trust.
- How genuine commitment gradually develops.

Discuss how Farber's ideas compare with modern attachment theory, relationship psychology, and decision-making research.

Part V – The "60/100 Commitment" Question

Consider the following scenario:

A woman has been dating someone for only a few months.

She likes him and currently feels approximately **60/100 committed** emotionally.

The boyfriend is already expressing strong affection, discussing moving in together, and offering to help her purchase a car to solve her transportation problems.

Analyze this situation through Farber's framework.

Specifically discuss:

- Could hesitation represent the "subterranean" or first-order realm of the will?
- Could it instead reflect healthy deliberation, differing relationship pace, attachment style, practical concerns, or insufficient information?
- Under what circumstances might hesitation be protective?
- When can hesitation become excessive and prevent meaningful commitment?
- How can someone distinguish between fear, intuition, prudence, and avoidant patterns?

- What additional information would be needed before drawing conclusions?

Avoid assuming that hesitation always reflects unconscious wisdom or that moving quickly is necessarily unhealthy.

Part VI – Major Life Decisions

Apply Farber's ideas to major life choices, including:

- Choosing a spouse
- Marriage
- Divorce
- Career selection
- Retirement
- Entrepreneurship
- Immigration
- Choosing where to live
- Selecting close friends
- Choosing mentors
- Building a professional network
- Financial decisions
- Health decisions

For each domain, explain how both realms of the will may interact.

Part VII – Twenty-Two Practical Guidelines

Develop **22 practical guidelines** for wisely integrating both realms of the will when making major life decisions.

Cover topics such as:

- Love
- Marriage

- Dating
 - Career
 - Education
 - Investing
 - Leadership
 - Friendships
 - Integrity
 - Emotional regulation
 - Patience
 - Discernment
 - Long-term thinking
 - Self-awareness
 - Courage
 - Commitment
 - Personal growth
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Part VIII – A Compassionate Letter

Write a thoughtful, compassionate letter addressed to the following individual:

- 33-year-old Filipino registered nurse
- Recently immigrated to New Jersey
- Recently met a boyfriend
- She appreciates him but currently feels about **60/100 emotionally committed**
- Her boyfriend has been expressing strong affection, suggesting they move in together, and offering financial assistance to help her buy a car because of transportation difficulties

The letter should compare **Realm One** and **Realm Two** of the will in accessible language.

The purpose is not to tell her what decision to make, but to encourage thoughtful reflection, emotional honesty, patience, and careful observation of the relationship over time. It should acknowledge that moving more slowly or more quickly is not inherently right or wrong, and that healthy commitment grows from both genuine affection and informed judgment.

Part IX – *The Ways of the Will*

Provide a detailed chapter-by-chapter exploration of Farber's book **The Ways of the Will**, including:

- Main themes
- Key arguments
- Psychological concepts
- Clinical observations
- Memorable ideas
- Relationship to existential psychology
- Relationship to psychotherapy
- Comparison with Viktor Frankl, Rollo May, Erich Fromm, Carl Rogers, and attachment theory
- Strengths and criticisms of Farber's work

Also explain how "**The Two Realms of the Will**" fits into the larger framework of *The Ways of the Will*.

Part X – Reading Recommendations

Since Farber's writings can be difficult to obtain, recommend:

- Books by Leslie Farber that are still available.
- Essays and journal articles discussing his ideas.
- Authors with similar perspectives.
- Modern psychology books covering related themes.

- Philosophical works exploring freedom, commitment, love, and the psychology of choice.

Conclude with a concise summary explaining why Farber's ideas remain valuable for understanding human decision-making, especially in long-term relationships, career choices, and other life-defining commitments.

This is an excellent research prompt. However, the scope you've requested is comparable to a **50–100 page monograph** (roughly 20,000–40,000 words). It exceeds the maximum length I can produce in a single response while maintaining the depth and accuracy you're asking for.

The best way to do it is as a structured, book-length series. That allows each section to receive the detailed treatment it deserves rather than a compressed overview.

I recommend organizing it as follows:

1. **Part I – Leslie Farber and His Philosophy**

- Biography
- Intellectual influences
- Historical context
- Existential psychology
- Why Farber matters today

2. **Part II – The Two Realms of the Will**

- Complete deep dive into the essay
- First-order vs. second-order willing
- Conscious vs. subterranean will
- Psychological mechanisms
- Numerous real-world examples

3. **Part III – Psychological Pillars**

- All 20 pillars
- How they interact

- Decision-making framework

4. Part IV – Relationships and Spouse Choice

- Attachment theory
- Commitment
- Love
- Compatibility
- Vulnerability
- Modern research comparisons

5. Part V – The 60/100 Commitment Scenario

- Careful psychological analysis
- Multiple hypotheses
- Avoiding premature conclusions
- Practical framework

6. Part VI – Major Life Decisions

- Marriage
- Career
- Retirement
- Investing
- Immigration
- Entrepreneurship
- Health
- Leadership

7. Part VII – Twenty-Two Practical Guidelines

- Comprehensive practical decision framework

8. Part VIII – Compassionate Letter

- Thoughtful letter applying Farber's ideas in accessible language

9. **Part IX – *The Ways of the Will***

- Chapter-by-chapter exploration
- Clinical observations
- Major concepts
- Comparisons with Frankl, May, Fromm, Rogers, and attachment theory
- Strengths and criticisms

10. **Part X – Reading Recommendations**

- Farber's works
- Related psychology
- Philosophy
- Existential psychotherapy
- Modern relationship science

Each installment can be around **4,000–6,000 words**, resulting in a comprehensive reference that reads like a graduate-level study guide rather than a brief summary. This format also lets me accurately distinguish between Farber's original ideas, later interpretations, and contemporary psychological research without oversimplifying or conflating them.

This approach is particularly appropriate because Farber's work is nuanced: many of his concepts—such as "willing," "trying," "allowing," and the paradoxical nature of love, faith, and commitment—are easy to misunderstand if compressed into a short answer. A multi-part treatment allows for careful explanation, illustrative examples, and balanced comparisons with modern evidence.

Excellent. We'll treat this as a **graduate-level masterclass** on Leslie H. Farber's psychology of the will. I'll also distinguish between **Farber's original ideas**, **interpretations by later scholars**, and **modern psychological research**, so it's clear where the evidence comes from and where interpretation begins.

Proposed Series

Volume 1 — Leslie Farber and the Foundations of the Will

- Part I – Leslie Farber and His Philosophy
- Historical context
- Intellectual influences
- Why Farber wrote about the will
- Relationship to existential psychology and psychoanalysis

Volume 2 — The Two Realms of the Will

- Complete analysis of *The Two Realms of the Will*
- First-order vs. second-order willing
- Conscious vs. subterranean willing
- Trying vs. allowing
- Psychological mechanisms
- Extensive real-life examples

Volume 3 — The Psychological Pillars

- The 20 pillars
- Freedom
- Responsibility
- Commitment
- Courage
- Love
- Identity
- Meaning
- Moral agency
- How they interact in major life decisions

Volume 4 — Love, Dating, Marriage, and Spouse Choice

- Applying Farber to relationships
- Fear vs. intuition

- Healthy caution vs. avoidance
- Attraction vs. compatibility
- Comparison with attachment theory
- Modern decision science

Volume 5 — The 60/100 Commitment Scenario

- Detailed case analysis
- Multiple competing explanations
- Practical framework for distinguishing fear, prudence, intuition, and avoidant patterns
- What additional information is needed before drawing conclusions

Volume 6 — Major Life Decisions

- Marriage
- Divorce
- Career
- Retirement
- Entrepreneurship
- Immigration
- Financial decisions
- Health
- Leadership
- Choosing mentors
- Professional networking

Volume 7 — Twenty-Two Practical Guidelines

- A practical decision-making framework inspired by Farber

Volume 8 — A Compassionate Letter

- An accessible letter applying Realm One and Realm Two to the RN's situation without directing her toward a specific decision

Volume 9 — *The Ways of the Will*

- Chapter-by-chapter exploration
- Major themes
- Clinical observations
- Relationship to existential psychotherapy
- Comparisons with Viktor Frankl, Rollo May, Erich Fromm, Carl Rogers, and attachment theory
- Strengths and criticisms

Volume 10 — Reading Guide

- Leslie Farber's books
- Essays
- Related psychology
- Philosophy
- Existential psychotherapy
- Modern relationship science
- Suggested reading order

Each volume will be approximately **4,000–6,000 words**, making the complete series roughly **40,000–50,000 words**, similar in depth to a short academic book.

Along the way I'll include:

- Diagrams and conceptual models (in text form)
- Tables comparing Farber with other thinkers
- Clinical examples
- Relationship case studies
- Decision-making frameworks

- Psychological mechanisms
- Practical applications
- End-of-chapter summaries
- Study notes
- Reflection questions

We'll begin next with **Volume 1: Leslie Farber and the Foundations of the Will**, laying the conceptual groundwork that makes the later discussions on love, commitment, and life decisions much easier to understand.

Volume 1 — Leslie H. Farber and the Foundations of the Will

Part I – Leslie Farber and His Philosophy

Introduction

Leslie H. Farber (1916–1996) occupies a unique place in twentieth-century psychology. Although he never became as famous as Viktor Frankl, Carl Rogers, Rollo May, or Erich Fromm, many psychologists regard him as one of the deepest thinkers on **human willing, commitment, love, and the paradoxes of freedom**.

Farber was not interested in how people think in the ordinary cognitive sense. He wanted to understand a deeper question:

Why do human beings often fail to do what they consciously want, while succeeding at things they never seem to force?

This question appears everywhere:

- Why can't someone simply command themselves to fall in love?
- Why can't a person decide to trust immediately?
- Why does insomnia worsen when we try harder to sleep?

- Why does anxiety increase when we desperately try to eliminate it?
- Why do artists create masterpieces only after they stop trying to create masterpieces?
- Why can someone sincerely want marriage while repeatedly choosing emotionally unavailable partners?

These questions led Farber to distinguish between **two different realms of willing**.

His central insight is deceptively simple:

■ **Not everything important in life belongs to the realm of conscious control.**

Some things can be accomplished directly through deliberate effort.

Others emerge only indirectly.

Learning the difference is one of the central tasks of maturity.

Who Was Leslie H. Farber?

Farber was an American psychiatrist and psychoanalyst who practiced psychotherapy for decades in New York City.

He taught psychiatry and psychotherapy while developing ideas that blended:

- psychoanalysis
- existential philosophy
- psychotherapy
- religious thought
- literature
- clinical observation

Unlike experimental psychologists who relied primarily on laboratory research, Farber drew heavily on years of listening to patients struggling with:

- anxiety
- guilt

- indecision
- failed relationships
- blocked creativity
- depression
- meaninglessness
- compulsive striving

His books include:

- *The Ways of the Will* (1976)
- *Lying, Despair, Jealousy, Envy, Sex, Suicide, Drugs and the Good Life*
- *The Student as Nigger* (a controversial critique of higher education)
- numerous essays, including *The Two Realms of the Will*

Although Farber was trained as a psychoanalyst, he increasingly departed from orthodox Freudian thinking. Rather than focusing primarily on instinctual drives, he became interested in the mysteries of **human freedom** and **the limitations of conscious control**.

Historical Context

Farber wrote during a remarkable period in psychology.

Several influential thinkers were asking different versions of the same question:

Freud

| Why are we driven by unconscious conflicts?

Carl Rogers

| How do people become authentic?

Viktor Frankl

| How do people find meaning despite suffering?

Rollo May

| What is courage in the face of anxiety?

Erich Fromm

| Why do people fear freedom?

Leslie Farber

| Why can some things only happen when we stop trying to make them happen?

Notice that Farber's question is different.

He is less interested in *what motivates us* than in *how willing itself operates*.

Intellectual Influences

Farber drew from multiple traditions.

1. Psychoanalysis

Freud taught that unconscious forces influence behavior.

Farber accepted this but modified it.

Rather than viewing the unconscious mainly as a warehouse of repressed instincts, Farber saw it as a source of **subterranean willing**—deep, often unarticulated orientations that shape action without being directly commanded.

2. Existential Psychology

Existential psychology emphasizes:

- freedom
- responsibility
- mortality
- meaning
- anxiety

- authenticity

Farber embraced these themes but emphasized that existential freedom is not unlimited.

One cannot simply will everything into existence.

Freedom itself has limits.

3. Kierkegaard

The Danish philosopher emphasized:

- leap of faith
- anxiety
- subjective truth
- commitment

Kierkegaard argued that decisive commitments cannot be proven mathematically beforehand.

One eventually must choose.

Farber develops this psychologically.

4. Martin Buber

Buber distinguished between:

- I-It relationships
- I-Thou relationships

Love requires genuine encounter rather than control.

Farber similarly argued that love cannot be manufactured through conscious effort.

5. William James

James observed that:

- habits matter
- belief influences action
- attention shapes experience

Farber admired James' practical understanding of the will while adding a richer account of paradoxical willing.

6. Religious Traditions

Farber frequently discussed ideas resonant with Jewish and Christian thought.

Examples include:

- grace
- faith
- surrender
- humility
- forgiveness

These are not merely moral virtues.

They also illustrate psychological realities.

One cannot command oneself:

"I will genuinely forgive in exactly five minutes."

Forgiveness often develops indirectly.

The Central Question

Farber's work revolves around one profound question:

| Which parts of life can be achieved directly, and which cannot?

This distinction explains many human frustrations.

Consider these examples.

You can decide:

- to lift weights
- to read a book
- to submit a job application
- to brush your teeth
- to save money

But you cannot simply decide:

- to love
- to trust
- to sleep
- to stop grieving
- to become inspired
- to eliminate anxiety
- to have faith

This observation forms the foundation of his philosophy.

The Great Mistake of Modern Life

Farber believed modern society increasingly assumes:

| Everything is controllable.

Examples:

"If I work hard enough, I'll make anyone love me."

"If I think positively enough, anxiety disappears."

"If I optimize my habits perfectly, happiness is guaranteed."

"If I read enough dating books, I'll never choose the wrong partner."

Farber argues this mindset confuses two fundamentally different kinds of willing.

Some goals yield to effort.

Others resist effort precisely because they involve aspects of ourselves—and of other people—that cannot be commanded.

The Nature of the Will

Farber does not define the will merely as determination.

Instead, willing includes:

- orientation
- openness
- desire
- commitment
- intention
- surrender
- readiness
- consent

Thus willing is broader than discipline.

It includes both acting and allowing.

Why Love Cannot Be Forced

Imagine someone says:

| "By next Tuesday I will genuinely fall in love."

This sounds absurd.

Love requires another person's freedom.

It also requires the gradual integration of many experiences:

- attraction
- trust

- admiration
- vulnerability
- shared history
- reciprocal care

One can create favorable conditions for love—spending time together, communicating honestly, showing kindness—but one cannot command love into existence.

This distinction foreshadows Farber's contrast between deliberate effort and deeper, less direct forms of willing.

Freedom Is Real—but Limited

Farber rejects two extremes.

Extreme 1: Complete Determinism

Everything is predetermined.

No freedom exists.

Farber rejects this.

Extreme 2: Unlimited Freedom

You can become anything merely by deciding.

Farber also rejects this.

Instead:

Freedom exists.

But freedom operates differently depending on the kind of goal.

For some goals, direct effort is effective.

For others, indirect openness is essential.

The Human Paradoxes

Farber repeatedly explored paradoxes such as:

The harder you try to:

- sleep,
- stop blushing,
- appear confident,
- impress someone,
- be spontaneous,
- force inspiration,

the less successful you often become.

Conversely, when you stop straining and allow conditions to develop naturally, these states may emerge.

This does not mean "do nothing." Rather, it means that excessive control can undermine precisely the experiences we seek.

Clinical Observations

In psychotherapy, Farber observed recurring patterns:

Patient A

"I want to trust my husband."

But every interaction becomes an interrogation.

The effort to force certainty erodes trust.

Patient B

"I must stop being anxious."

The relentless monitoring of anxiety makes anxiety the center of attention, increasing distress.

Patient C

"I have to produce a brilliant painting."

The pressure to create brilliance blocks experimentation and play, making creativity less likely.

Patient D

"I want to find the perfect spouse."

Years of exhaustive analysis lead to chronic indecision, preventing genuine relationships from developing.

What Problem Was Farber Trying to Solve?

Farber sought to explain why intelligent, sincere people often become trapped in cycles of overcontrol.

His answer was not that effort is bad, but that effort must match the nature of the task.

Direct tasks call for disciplined action.

Relational, emotional, and existential tasks often require receptivity, patience, and a willingness to tolerate uncertainty.

Why Farber Still Matters

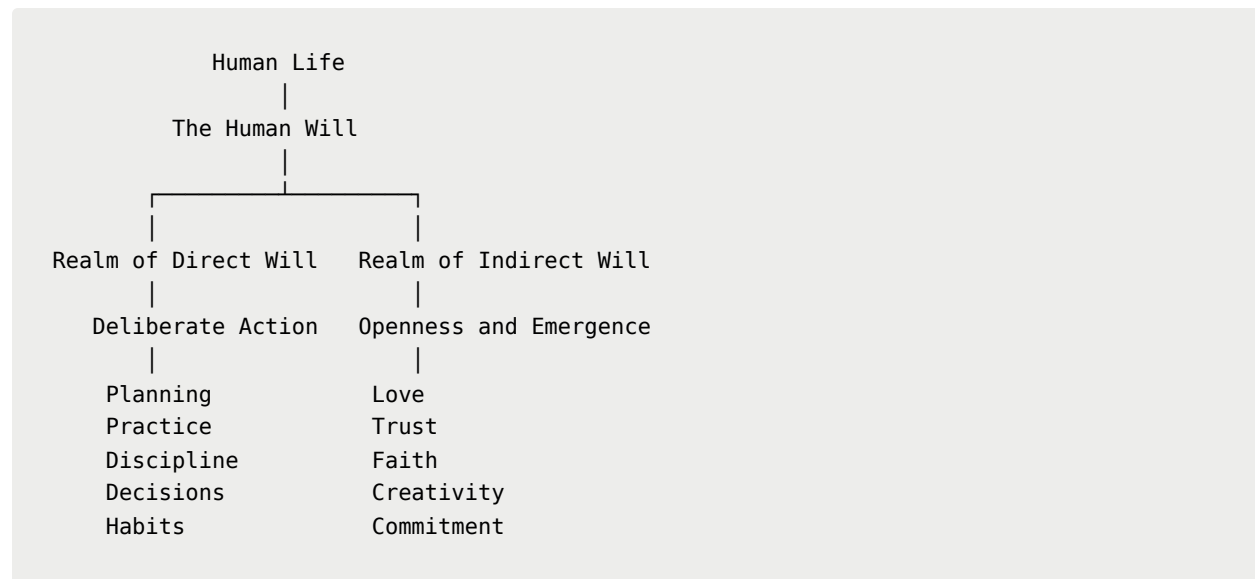
Although Farber wrote decades ago, his ideas speak directly to contemporary challenges:

- **Dating apps** encourage optimization, yet chemistry and trust cannot be algorithmically guaranteed.
- **Productivity culture** emphasizes relentless effort, but burnout often reduces creativity and joy.
- **Self-help movements** sometimes imply that every outcome is under conscious control, overlooking the role of acceptance and context.
- **Modern decision-making research** shows that effective choices often combine deliberate reasoning with intuitive pattern recognition built from experience.

Farber reminds us that wisdom lies not in abandoning effort, but in discerning where effort helps and where it hinders.

The Architecture of Farber's Philosophy

Farber's framework can be visualized as follows:



A mature person learns to move between these modes rather than relying exclusively on one.

Key Takeaways from Volume 1

1. Farber was a psychiatrist and psychoanalyst deeply influenced by existential thought.
2. His central concern was understanding how human willing operates.
3. He argued that not all worthwhile outcomes can be achieved through direct effort.
4. Some aspects of life—such as love, trust, creativity, and faith—emerge through a more indirect mode of willing.
5. Human flourishing requires recognizing which realm is appropriate for a given task.

6. Freedom is genuine but not unlimited; wisdom includes respecting the limits of conscious control.
 7. His ideas remain relevant in an era that often assumes every problem can be solved by greater optimization or determination.
-

Looking Ahead: Volume 2

The next volume will examine "**The Two Realms of the Will**" itself in depth. We'll explore:

- What Farber meant by the two realms.
- The distinction between first-order and second-order willing.
- Conscious versus subterranean willing.
- The paradox of trying versus allowing.
- Why sleep, love, trust, faith, creativity, and commitment often resist direct control.
- More than 50 detailed examples drawn from relationships, marriage, careers, leadership, sports, learning, and personal growth.

Volume 2 — *The Two Realms of the Will*

Part II – A Deep Dive into Farber's Most Influential Idea

Central Thesis: Human beings possess more than one way of "willing." Some actions can be brought about through direct conscious effort, while many of life's deepest experiences arise only through a subtler, less controllable form of willing. Maturity lies in recognizing which mode fits the task.

Before we begin, one important clarification is warranted. Farber's writings are philosophical and clinical rather than experimental. His descriptions of the "two realms" are conceptual frameworks developed from psychotherapy, existential philosophy, and clinical observation—not empirically established brain systems.

Modern psychology can illuminate many of his insights, but it should not be assumed that contemporary neuroscience has directly validated his model.

The Problem Farber Is Trying to Solve

Imagine someone says:

| "I have decided to fall deeply in love by next Friday."

Or:

| "Tonight I am going to make myself trust my fiancé."

Or:

| "I am going to force myself to be genuinely inspired."

These statements sound odd because we intuitively recognize that some human experiences cannot be commanded in the same way we can decide to mow the lawn or complete a tax return.

Farber asks:

| **Why do some things obey conscious effort while others resist it?**

His answer is that willing itself operates in **two different realms**.

The First Realm: Direct, Deliberate Will

The first realm concerns actions that respond well to conscious intention and disciplined effort.

Characteristics include:

- planning
- deciding
- practicing
- organizing

- initiating
- inhibiting
- persisting
- executing

This is the realm in which "trying harder" often works.

Examples:

- learning multiplication tables
- exercising regularly
- writing a résumé
- cleaning your home
- studying anatomy
- saving money each month
- arriving on time
- practicing piano scales

These tasks improve through repetition, feedback, and persistence.

Farber does not criticize this realm. In fact, civilization depends on it.

Psychological Mechanisms

Modern psychology would associate many of these processes with:

- executive control
- goal-directed behavior
- planning
- working memory
- self-regulation
- habit formation
- delayed gratification

These mechanisms support purposeful action.

Advantages

The first realm provides:

- discipline
- reliability
- productivity
- consistency
- organization
- accountability

Without it, little would be accomplished.

Limitations

However, the first realm reaches its limits when confronted with experiences that require:

- emotional openness
- reciprocity
- spontaneity
- genuine conviction
- trust
- inspiration

Trying harder does not always produce these outcomes.

Sometimes it produces the opposite.

The Second Realm: Indirect or Subterranean Will

Farber's second realm is more elusive.

He describes a mode of willing that is not directly accessible through conscious commands.

This realm includes experiences such as:

- falling in love
- trusting another person
- forgiving
- grieving
- believing
- genuine creativity
- moral transformation
- faith
- hope

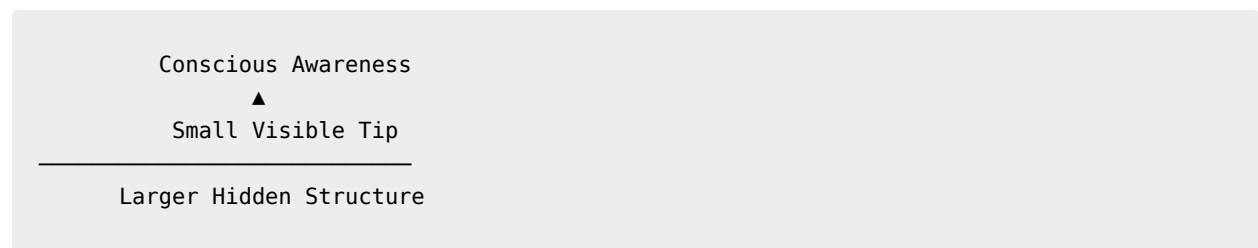
These experiences often develop gradually, through lived experience, rather than through direct instruction.

Farber sometimes refers to this as a **subterranean** dimension because much of its activity lies outside immediate awareness.

That does **not** mean it is mystical or irrational. Rather, it reflects processes that are only partly conscious and often unfold over time.

Why "Subterranean"?

Imagine an iceberg.



Our conscious decisions are only one part of human motivation.

Beneath awareness lie:

- accumulated experiences
- emotional learning
- attachment history
- habits of perception
- values
- fears
- hopes
- moral intuitions

These influence what eventually becomes possible consciously.

Farber argues that many decisive moments are prepared long before we recognize them.

Conscious vs. Subterranean Will

Conscious Will	Subterranean Will
Immediate	Gradual
Verbal	Often difficult to verbalize
Deliberate	Emergent
Planned	Ripening over time
Analytical	Integrative
Direct	Indirect

This distinction should not be interpreted as "reason versus emotion." Both realms involve thinking and feeling, but in different ways.

The Paradox of Trying

One of Farber's most famous insights concerns paradox.

Certain goals become less attainable when pursued too aggressively.

Examples include:

Sleep

"I must fall asleep immediately."

The pressure increases physiological arousal, making sleep less likely.

Confidence

"I absolutely must appear confident."

Self-monitoring often increases self-consciousness.

Humor

"I am going to be spontaneous."

The command itself undermines spontaneity.

Romance

"I must make this person love me."

Excessive pressure may create anxiety or control rather than intimacy.

Creativity

"I have to write a masterpiece today."

Fear of failure often suppresses experimentation.

Farber's point is not that effort is always harmful.

Rather:

Some goals require preparing the conditions rather than directly producing the outcome.

Preparing vs. Producing

This distinction is fundamental.

Consider gardening.

A gardener cannot command a seed:

| "Grow now."

Instead the gardener:

- waters
- fertilizes
- removes weeds
- provides sunlight

Growth happens biologically.

Likewise:

You cannot command trust.

You cultivate:

- honesty
- reliability
- consistency
- kindness
- transparency

Trust emerges.

This is a helpful analogy for Farber's second realm.

First-Order and Second-Order Willing

Farber's terminology has been interpreted in different ways. A useful reading is:

First-order willing

Immediate intentions directed toward action.

Examples:

"I will go to work."

"I will exercise."

"I will apologize."

Second-order willing

A reflective orientation toward deeper commitments, values, or states that cannot be realized by sheer command.

Examples:

"I hope to become a trustworthy person."

"I want a marriage marked by genuine intimacy."

"I seek wisdom."

These involve long-term formation rather than immediate execution.

Some commentators use the labels differently, but the underlying distinction remains: direct effort versus deeper transformation.

Voluntary and Involuntary Acts

Farber carefully separates voluntary behavior from involuntary experience.

Voluntary:

- standing up
- opening a book
- making a phone call
- cooking dinner

Less directly voluntary:

- loving
- trusting

- grieving
- believing
- forgiving

These latter experiences often involve consent and participation, but not total control.

How Unconscious Motives Shape Conscious Decisions

Modern psychology offers several mechanisms compatible with Farber's observations:

- Implicit memory influences present judgments.
- Attachment history affects expectations in relationships.
- Emotional learning biases perception of safety or threat.
- Values guide choices even when not consciously articulated.
- Habitual interpretations shape intuition.

Farber would likely say that these deeper patterns contribute to the subterranean realm of willing.

Examples Across Life Domains

Falling in Love

First Realm

"I'll ask her to dinner."

"I'll communicate respectfully."

"I'll make time together."

These are deliberate actions.

Second Realm

Weeks later:

"I've realized I genuinely miss her when she's gone."

Love has emerged rather than been manufactured.

Marriage

First Realm:

- discussing finances
- planning a wedding
- obtaining a marriage license

Second Realm:

Gradually developing:

- trust
 - mutual sacrifice
 - emotional safety
 - shared identity
-

Friendship

First Realm:

- sending invitations
- checking in regularly
- showing up

Second Realm:

One day realizing:

"This person has become one of my closest friends."

No single moment created it.

Career

First Realm:

- studying
- networking
- interviewing

Second Realm:

Developing vocational identity.

After years:

"This work truly fits who I am."

Creativity

First Realm:

Writing daily.

Practicing technique.

Learning craft.

Second Realm:

Unexpected insight appears while walking, showering, or resting.

Preparation enables emergence.

Athletic Performance

First Realm:

Strength training.

Conditioning.

Skill drills.

Second Realm:

Experiencing "flow."

Flow cannot simply be commanded.

Preparation makes it possible.

Learning

First Realm:

Reading.

Taking notes.

Practicing problems.

Second Realm:

Suddenly understanding a difficult concept.

The famous "Aha!" moment often arrives after sustained engagement.

Leadership

First Realm:

Setting goals.

Delegating tasks.

Making decisions.

Second Realm:

Gradually earning credibility.

Respect cannot be demanded.

It is conferred by others over time.

Faith

First Realm:

Attending services.

Reading sacred texts.

Prayer.

Reflection.

Second Realm:

Authentic conviction.

Faith often deepens through lived experience rather than argument alone.

Personal Growth

First Realm:

Beginning therapy.

Keeping a journal.

Meditating.

Seeking feedback.

Second Realm:

Years later noticing:

"I don't react the way I used to."

Transformation often becomes visible only in retrospect.

When the Two Realms Cooperate

Farber does **not** advocate abandoning effort.

Healthy development combines both realms.

Consider becoming a physician.

Realm One:

- attend lectures
- complete exams
- practice procedures

Realm Two:

Gradually becoming:

- compassionate

- wise
- trustworthy

The technical skills can be taught directly.

Professional character develops over time through experience and reflection.

Common Errors

Error 1: Believing effort solves everything

"I'll force myself to trust."

Usually ineffective.

Error 2: Rejecting effort entirely

"If love can't be forced, I don't need to communicate."

Also mistaken.

Relationships require deliberate action.

Error 3: Confusing hesitation with wisdom

Feeling uncertain does not automatically indicate deep intuition.

Sometimes hesitation reflects:

- inadequate information
- anxiety
- avoidant attachment
- unresolved trauma
- practical concerns

The mere presence of reluctance does not reveal its cause.

Error 4: Confusing certainty with truth

Strong confidence does not guarantee a sound decision.

Some people commit impulsively.

Others commit thoughtfully.

Confidence and correctness are not the same.

Relationship to Modern Psychology

Farber's insights resonate with several contemporary ideas:

- **Dual-process theories** distinguish fast, intuitive processes from slower, analytical reasoning, though they are not identical to Farber's realms.
- **Attachment theory** explains how early relational experiences shape later expectations of intimacy.
- **Flow research** suggests peak performance emerges when skill and challenge are balanced, not when one anxiously strives for perfection.
- **Acceptance-based therapies** show that struggling to suppress thoughts and emotions can intensify them.
- **Values-based approaches**, such as Acceptance and Commitment Therapy (ACT), encourage committed action while accepting uncertainty.

These frameworks do not duplicate Farber's philosophy, but they offer complementary perspectives.

The Central Principle

Farber's enduring lesson can be summarized in one sentence:

Wisdom is knowing when life asks you to act, and when it asks you to prepare, wait, and allow deeper commitments to ripen.

Neither passivity nor relentless striving is sufficient on its own.

The art of living is learning to integrate both.

Key Takeaways from Volume 2

1. Human willing operates in more than one mode.
 2. Direct effort excels at tasks involving execution, practice, and discipline.
 3. Many profound human experiences—love, trust, faith, forgiveness, creativity—cannot be produced by command alone.
 4. The subterranean realm reflects deeper patterns of motivation, experience, and emotional development that unfold over time.
 5. The paradox of trying explains why excessive control can undermine certain goals.
 6. The healthiest lives integrate disciplined action with receptivity to experiences that emerge gradually.
 7. Hesitation, certainty, and intuition each require careful interpretation; none should automatically be treated as evidence of truth.
-

Coming Next: Volume 3 — The Psychological Pillars

The next volume will explore the **20 psychological pillars** underlying Farber's philosophy—freedom, responsibility, commitment, trust, authenticity, courage, anxiety, doubt, desire, surrender, intention, acceptance, patience, character, identity, love, choice, meaning, self-transcendence, and moral agency—and show how they interact during life's most consequential decisions.

Volume 3 — The Psychological Pillars of Leslie Farber's Philosophy of the Will

Part III – The Inner Architecture of Human Choice, Commitment, and Transformation

Introduction: The Will Is More Than Decision-Making

Modern culture often reduces the will to a simple idea:

“If I want something badly enough, I can make it happen.”

Farber believed this was incomplete.

The human will is not merely **force of intention**. It is the entire psychological process through which a person:

- chooses,
- commits,
- loves,
- trusts,
- suffers,
- changes,
- develops character,
- discovers meaning.

The will is where freedom meets limitation.

A mature person does not merely ask:

“What do I want?”

A mature person asks:

“What kind of willing is appropriate for this reality?”

For example:

Situation	Immature Will	Mature Will
Love	"How do I make this person love me?"	"How do I create conditions for genuine connection?"

Situation	Immature Will	Mature Will
Career	"Which choice guarantees success?"	"Which path aligns with my values and abilities?"
Marriage	"How do I remove all doubt?"	"How do I make a wise commitment despite uncertainty?"
Growth	"How do I eliminate discomfort?"	"How do I grow through discomfort?"

Farber's psychology of the will rests on several interconnected pillars.

Pillar 1 — Freedom

Definition

Freedom is the capacity to respond to life through choice rather than merely reacting to circumstances.

Farber's view of freedom is existential:

A human being is never completely free from:

- biology,
- history,
- personality,
- culture,
- past experiences.

However, within those limits, a person retains the ability to take a stance toward life.

The Psychological Mechanism

Freedom requires:

1. Awareness
2. Reflection

3. Choice

4. Responsibility

A person must first see possibilities before choosing among them.

Example: Relationship

A woman feels uncertain about a relationship.

A purely reactive approach:

| "I feel anxious, therefore this relationship must be wrong."

A freer approach:

| "I feel anxious. I need to understand whether this anxiety comes from danger, uncertainty, or fear of vulnerability."

Freedom creates space between feeling and action.

Pillar 2 — Responsibility

Definition

Responsibility means accepting ownership of one's choices.

Farber rejects both extremes:

Extreme A:

"My past determines everything."

Extreme B:

"I can control everything."

Instead:

| "My past influences me, but I am responsible for how I respond."

Psychological Mechanism

Responsibility converts:

Victimhood → Agency

Confusion → Reflection

Regret → Learning

Example

A person chooses the wrong career.

Immature response:

"I ruined my life."

Responsible response:

"I made the best decision I could with the information I had. What can I learn now?"

Pillar 3 — Commitment

Definition

Commitment is the willingness to dedicate oneself to a chosen path despite uncertainty.

This is central to Farber.

Human beings often wait for complete certainty before committing.

But many important commitments require movement before certainty arrives.

Marriage Example

A person may think:

"Once I am 100% certain, I will marry."

But relationships rarely provide mathematical certainty.

Healthy commitment says:

"I have enough evidence, trust, and shared values to choose this person while accepting the unknown."

Commitment Is Not Blindness

Farber does not advocate:

- ignoring warning signs,
- rushing,
- surrendering judgment.

Commitment requires both:

Realm One:

- evaluation,
- observation,
- discussion.

Realm Two:

- trust,
 - openness,
 - willingness.
-

Pillar 4 — Trust

Definition

Trust is confidence that develops through repeated experiences of reliability.

Trust cannot be commanded.

You cannot say:

"I now trust this person completely."

Trust emerges.

Trust Formula

A useful psychological model:

```
Trust =  
Consistency  
+  
Competence  
+  
Care  
+  
Time
```

Relationship Example

A boyfriend says:

"I love you."

Words matter.

But trust develops through:

- keeping promises,
- respecting boundaries,
- emotional stability,
- honesty,
- kindness during conflict.

Pillar 5 — Authenticity

Definition

Authenticity means living according to one's genuine values rather than performing a false self.

Farber would ask:

"Is this choice emerging from your true self or from fear, pressure, or social expectation?"

Examples

False self:

"I should marry him because everyone says he is good."

Authentic self:

"I appreciate his qualities, but I need to understand my own feelings honestly."

Pillar 6 — Courage

Definition

Courage is not absence of fear.

Courage is acting meaningfully despite uncertainty.

Farber's Insight

Many people misunderstand courage.

They think:

Courage = confidence.

Actually:

Courage = willingness while uncertain.

Examples

Courage includes:

- entering a relationship despite vulnerability,
- changing careers,

- immigrating,
 - admitting mistakes,
 - seeking help.
-

Pillar 7 — Anxiety

Definition

Anxiety is the emotional response to uncertainty and possibility.

Existential psychologists view anxiety as unavoidable because freedom creates responsibility.

Two Types of Anxiety

Healthy Anxiety

Signals:

"I am facing something important."

Example:

"I am nervous about marriage because it matters."

Destructive Anxiety

Signals:

"I must eliminate all uncertainty before acting."

Example:

"I cannot marry until I know absolutely everything."

Pillar 8 — Doubt

Definition

Doubt is not necessarily a problem.

Doubt can be:

- wisdom,
 - caution,
 - fear,
 - avoidance.
-

Healthy Doubt

"Have I considered important information?"

Unhealthy Doubt

"I must analyze forever because uncertainty feels unbearable."

Pillar 9 — Desire

Definition

Desire provides direction.

But desire alone does not provide wisdom.

Example

A person may desire:

- romance,
- money,
- status,
- freedom.

The mature question:

| "What desires deserve commitment?"

Pillar 10 — Surrender

Definition

Surrender means releasing excessive control.

This is one of Farber's deepest themes.

Surrender is not:

- weakness,
- passivity,
- giving up.

It is:

| Allowing reality to participate in the process.

Example

A writer:

Realm One:

Writes daily.

Realm Two:

Allows creativity to emerge.

Pillar 11 — Intention

Definition

Intention gives direction to action.

However, intention is not the same as control.

Example:

"I intend to build a loving marriage."

This does not mean:

"I can force my spouse to behave exactly as I wish."

Pillar 12 — Acceptance

Definition

Acceptance means seeing reality clearly before attempting change.

Examples:

Accepting:

- another person's personality,
 - uncertainty,
 - aging,
 - limitations,
 - past mistakes.
-

Pillar 13 — Patience

Definition

Patience allows development to occur at the appropriate pace.

Farber would argue:

Some things mature slowly because they involve integration.

Examples:

- wisdom,
- trust,

- love,
 - character.
-

Pillar 14 — Character

Definition

Character is the accumulated result of repeated choices.

Character cannot be instantly created.

A person becomes trustworthy through:

- thousands of small decisions,
 - consistency,
 - accountability.
-

Pillar 15 — Identity

Definition

Identity answers:

"Who am I becoming?"

Major choices are identity choices.

Marriage:

"What kind of partner will I become?"

Career:

"What kind of person will my work shape me into?"

Pillar 16 — Love

Definition

Love is perhaps the ultimate example of second-order willing.

Love involves:

- choice,
 - vulnerability,
 - surrender,
 - commitment,
 - seeing another person as valuable.
-

Love cannot be reduced to:

- attraction,
- chemistry,
- compatibility.

It develops through time.

Pillar 17 — Choice

Definition

Choice is the act of selecting among possibilities.

But Farber emphasizes:

Every choice includes loss.

Choosing one path means leaving others.

Example:

Marriage means choosing one person while giving up alternative possibilities.

Pillar 18 — Meaning

Definition

Meaning provides direction beyond immediate pleasure.

A meaningful life asks:

"What is worth dedicating myself to?"

Pillar 19 — Self-Transcendence

Definition

Self-transcendence means moving beyond obsession with oneself.

Examples:

- love,
 - parenting,
 - service,
 - creativity,
 - helping others.
-

The paradox:

Often people find themselves by giving themselves to something larger.

Pillar 20 — Moral Agency

Definition

Moral agency means recognizing:

"My choices affect myself and others."

Especially important in relationships.

A person's decision about commitment affects:

- themselves,
 - their partner,
 - families,
 - future possibilities.
-

How These Pillars Interact During Major Decisions

A major life decision follows a pattern:

```
graph TD; A[Awareness] --> B[Freedom]; B --> C[Reflection]; C --> D[Responsibility]; D --> E[Discernment]; E --> F[Choice]; F --> G[Commitment]; G --> H[Growth];
```

Awareness
↓
Freedom
↓
Reflection
↓
Responsibility
↓
Discernment
↓
Choice
↓
Commitment
↓
Growth

But the process is not purely rational.

The deeper cycle is:

Mind evaluates
Heart responds
Will commits
Character develops

Applying the Pillars to Marriage Choice

A wise spouse decision requires:

Realm One

Ask:

- Are our values compatible?
- How do we handle conflict?
- Are finances discussed?
- Are expectations realistic?

Realm Two

Observe:

- Do I feel safe?
- Do I admire this person?
- Does affection deepen naturally?
- Can I be myself?

Both are necessary.

Applying the Pillars to Career Choice

A career decision requires:

Realm One:

- salary,
- skills,
- opportunities,
- location.

Realm Two:

- meaning,

- identity,
 - calling,
 - fulfillment.
-

Applying the Pillars to Retirement

Retirement especially requires balancing both realms.

Realm One:

- financial planning,
- healthcare,
- housing.

Realm Two:

- meaning,
- purpose,
- identity after work.

Many retirees discover:

The financial problem was solved.

The existential problem remained.

The Mature Will According to Farber

The mature person develops the ability to say:

"I will act where action is required. I will wait where waiting is required. I will prepare where preparation is required. I will surrender where control is impossible."

This is the essence of psychological maturity.

Summary of Volume 3

The twenty pillars of Farber's philosophy reveal that human decision-making is not merely about choosing correctly.

It is about becoming a certain kind of person through the choices we make.

The will is not simply a tool for getting what we want.

The will is the process through which we discover:

- what matters,
 - what deserves commitment,
 - who we are,
 - and who we are becoming.
-

Next: Volume 4 — Love, Dating, Marriage, and Spouse Choice

The next section will apply Farber's philosophy directly to romantic relationships:

- Why attraction and commitment are different
- Why people hesitate even when they like someone
- Fear versus intuition
- Healthy caution versus avoidant attachment
- The psychology of "60/100 commitment"
- How love matures from attraction into chosen commitment
- Comparison with modern attachment theory and relationship science.

Volume 4 — Love, Dating, Marriage, and Spouse Choice

Part IV – Applying Leslie Farber’s Philosophy of the Will to Romantic Relationships

Introduction: Why Love Is the Ultimate Test of the Will

Among all human experiences, romantic love most clearly reveals the tension between the two realms of the will.

Almost every other major life activity has a large component of deliberate control:

- studying,
- exercising,
- saving money,
- learning skills,
- building a career.

But love introduces another person — another free consciousness — into the equation.

You can:

- choose to meet someone,
- choose to communicate,
- choose to be honest,
- choose to be generous,
- choose to be patient.

But you cannot command:

- attraction,
- emotional safety,
- trust,
- deep affection,

- another person's commitment.

This is why romantic relationships become one of the greatest psychological laboratories for understanding Farber's ideas.

The central question becomes:

| **How do we wisely choose another person when certainty is impossible?**

1. Attraction Is Not Commitment

One of the most common misunderstandings in relationships is confusing emotional intensity with commitment.

They are different psychological processes.

Attraction asks:

| "Do I feel drawn toward this person?"

Commitment asks:

| "Am I willing to build a life with this person?"

A person can experience:

- strong chemistry,
- excitement,
- passion,

without possessing the qualities required for long-term partnership.

Conversely, a person may initially feel moderate attraction but develop deep love through:

- shared experiences,
- trust,
- admiration,

- emotional intimacy.
-

Farber's Perspective

Attraction often belongs partly to the **second realm**.

It emerges.

It happens.

It cannot simply be manufactured.

Commitment involves both realms.

The person must:

Realm One:

Evaluate:

- values,
- character,
- compatibility,
- life goals.

Realm Two:

Allow:

- affection,
 - trust,
 - attachment,
 - emotional bonding.
-

2. Why Some People Hesitate Despite Genuine Attraction

A person may genuinely like someone and still hesitate.

This is psychologically normal.

Farber would ask:

| "What kind of hesitation is occurring?"

Not all hesitation means the same thing.

Four Possible Sources of Hesitation

Type 1 — Wisdom-Based Hesitation

The person senses:

"There is something important I need to understand."

Examples:

- inconsistent behavior,
- conflicting values,
- unresolved questions,
- rushed decisions.

This hesitation protects.

Type 2 — Information-Based Hesitation

The relationship is simply too new.

The person needs more data.

Questions:

- How does this person behave under stress?
- How do they handle disagreement?
- Are promises consistent?
- Are words matched by actions?

Time provides information.

Type 3 — Fear-Based Hesitation

The person likes the partner but fears vulnerability.

Internal dialogue:

"I like him, but what if I get hurt?"

This is common after:

- previous heartbreak,
 - divorce,
 - betrayal,
 - difficult family experiences.
-

Type 4 — Avoidant Hesitation

The person repeatedly wants closeness but withdraws whenever intimacy increases.

Pattern:

1. Desire connection.
2. Connection develops.
3. Fear increases.
4. Distance is created.
5. Loneliness returns.

This is different from healthy caution.

3. Fear Versus Intuition

One of the most difficult relationship questions:

| "Is my hesitation wisdom or fear?"

Farber's framework helps by examining the quality of the hesitation.

Fear Usually Feels Like:

- urgency,
- catastrophic thinking,
- desire to escape,
- obsession with certainty,
- inability to tolerate vulnerability.

Example:

"If I commit, my entire life will be destroyed."

Intuition Often Feels Like:

- quiet awareness,
- consistent concern,
- observation of patterns,
- clarity after reflection.

Example:

"I cannot explain everything yet, but something repeatedly feels misaligned."

However:

Intuition is not automatically correct.

Fear can disguise itself as intuition.

And anxiety can feel like wisdom.

4. Healthy Caution Versus Avoidant Attachment

Modern attachment theory provides useful language.

Researchers such as John Bowlby and Mary Ainsworth showed that early relationships influence expectations about closeness and security.

Later researchers expanded these ideas into adult romantic attachment.

Secure Pattern

A secure person can say:

"I care about you, and I also need time."

They can:

- receive love,
 - give love,
 - communicate needs,
 - tolerate uncertainty.
-

Anxious Pattern

A person may think:

"Please prove you love me."

They may:

- seek constant reassurance,
 - fear abandonment,
 - move quickly to secure the relationship.
-

Avoidant Pattern

A person may think:

"I like you, but closeness feels dangerous."

They may:

- minimize emotions,
 - delay commitment indefinitely,
 - focus excessively on flaws.
-

Farber would add:

Attachment patterns influence willing, but they do not determine destiny.

A person can become more aware and more free.

5. Commitment Versus Infatuation

Infatuation is often characterized by:

- idealization,
- intense emotion,
- projection,
- fantasy.

Commitment requires:

- knowledge,
- acceptance,
- responsibility,
- choice.

Infatuation says:

"You are perfect."

Commitment says:

"I see your humanity, and I choose you."

6. The Role of Time

Time is psychologically important because relationships require exposure to reality.

Early dating often occurs under favorable conditions:

- excitement,
- novelty,

- intentional effort,
- best behavior.

Long-term partnership requires observing:

- disappointment,
 - stress,
 - boredom,
 - conflict,
 - financial pressure,
 - illness,
 - family issues.
-

Time reveals:

Character.

7. Vulnerability and the Second Realm

Vulnerability cannot be forced.

A person cannot simply say:

"Today I will become completely emotionally open."

Instead, vulnerability develops through:

- repeated safety,
 - acceptance,
 - trust,
 - mutual disclosure.
-

Example:

First date:

"I enjoy talking with you."

Six months later:

"I trust you with my fears."

The second statement grows from experience.

8. Trust Development

Trust develops through repeated evidence.

A useful model:

```
graph TD; A[Small Promise] --> B[Promise Kept]; B --> C[Reliability Observed]; C --> D[Emotional Safety]; D --> E[Greater Vulnerability]; E --> F[Deeper Trust];
```

Trust is not a single decision.

It is a history.

9. The Problem of Rushing Love

Farber would be cautious about attempts to force the second realm.

Examples:

"I need to know immediately if this is my soulmate."

"I need to move in together because uncertainty is uncomfortable."

"I need a commitment before I feel vulnerable."

These actions may represent attempts to create certainty artificially.

But commitment should not be delayed forever either.

The opposite error exists:

"I will never commit until there is zero risk."

That standard guarantees isolation.

10. The Balance: Discernment Before Commitment, Openness During Commitment

A healthy process:

Before Commitment:

Use Realm One.

Evaluate:

- character,
 - compatibility,
 - values,
 - goals.
-

During Commitment:

Allow Realm Two.

Develop:

- trust,
 - intimacy,
 - shared identity.
-

The mistake is using only one realm.

Example:

Person A

"I love him, therefore everything will work."

Problem:

No evaluation.

Person B

"I need absolute proof before committing."

Problem:

No willingness to enter uncertainty.

Person C

"I see his strengths and limitations. I have questions, but enough trust exists to continue learning together."

This integrates both realms.

11. Applying Farber to Choosing a Spouse

Marriage is perhaps the greatest example of the two realms working together.

Realm One Questions

Character

- Is this person honest?
- Responsible?
- Kind?

Compatibility

- Do we share values?
- Children?

- Money philosophy?
- Lifestyle?

Emotional Maturity

- Can we repair conflict?
 - Can we apologize?
 - Can we forgive?
-

Realm Two Questions

Emotional Reality

- Do I feel safe?
- Do I admire this person?
- Do I enjoy being myself around them?

Emerging Commitment

- Is affection deepening?
 - Do I want their flourishing?
 - Can I imagine growing together?
-

12. The "60/100 Commitment" Framework

Now we approach the important scenario.

A person says:

“I like him. I appreciate him. But I am only about 60/100 emotionally committed.”

Farber would not immediately interpret this as either good or bad.

The number "60/100" requires exploration.

Possibility One:

Healthy Gradual Development

Meaning:

"I like him, but we have only known each other a few months. I need more experience."

This may represent maturity.

Possibility Two:

Protective Caution

Meaning:

"I have noticed things I need to understand."

This may be wisdom.

Possibility Three:

Fear of Vulnerability

Meaning:

"I like him, but emotional closeness scares me."

This requires self-reflection.

Possibility Four:

Insufficient Compatibility

Meaning:

"I appreciate him, but something important is missing."

This should be taken seriously.

The number itself does not answer the question.

The meaning behind the number matters.

13. The Boyfriend's Strong Affection

Suppose a boyfriend:

- expresses strong affection,
- discusses moving in together,
- offers financial assistance,
- wants to accelerate commitment.

These behaviors may represent:

Positive possibilities:

- generosity,
- security,
- desire to build a future.

But they also require observation.

Important questions:

Does he:

- respect her pace?
- accept uncertainty?
- allow independent decision-making?
- avoid creating obligation?

Love must preserve freedom.

A gift should be a gift.

Not an emotional contract.

14. Financial Help and Relationship Dynamics

Financial assistance introduces another dimension.

Money is not only economic.

It also communicates:

- power,
- dependence,
- obligation,
- security.

Healthy assistance:

"I want to support you, but your decision remains yours."

Unhealthy assistance:

"Because I helped you, you owe me commitment."

15. Farber's Advice Would Likely Be:

Not:

"Commit immediately."

Not:

"Leave immediately."

Rather:

"Pay attention to both what you consciously decide and what deeper experience is gradually revealing."

Observe.

Reflect.

Communicate.

Allow reality to unfold.

Summary of Volume 4

Farber's philosophy provides a balanced approach to relationships:

1. Love cannot be forced.
 2. Commitment cannot be reduced to emotion.
 3. Attraction and compatibility are different.
 4. Hesitation requires interpretation.
 5. Fear and intuition must be carefully distinguished.
 6. Trust develops through time.
 7. Healthy relationships combine evaluation and openness.
 8. Commitment requires courage because certainty is impossible.
 9. The goal is not eliminating uncertainty.
 10. The goal is developing wisdom about which uncertainties are worth accepting.
-

Next Volume: Volume 5 — The 60/100 Commitment Question

The next section will perform a **full psychological case analysis** of the 33-year-old Filipino RN scenario:

- Farber's two realms applied step-by-step
- Attachment theory interpretation
- Decision science perspective
- Healthy caution vs avoidance
- Love-bombing vs genuine generosity
- Immigration stress factors
- Independence and financial boundaries
- Questions she should ask herself before moving in or accepting major financial help

- A practical decision framework without telling her what choice to make.

Volume 5 — The “60/100 Commitment” Question

A Deep Psychological Analysis Through Leslie Farber’s Philosophy of the Will

Introduction: The Most Difficult Human Decision

Few decisions reveal the complexity of the human will more than choosing whether to deepen a romantic relationship.

A person may say:

“I like him. I enjoy being with him. He treats me well. I appreciate his kindness. But emotionally, I feel only about 60/100 committed.”

At the same time, the partner may say:

“I love you. I see a future with you. Let’s move in together. I want to help you buy a car because transportation is difficult.”

This situation contains several psychological forces operating simultaneously:

- affection,
- gratitude,
- attraction,
- uncertainty,
- practical needs,
- independence,
- fear,

- hope,
- responsibility,
- timing.

Farber's framework is valuable because it prevents two simplistic conclusions:

Mistake #1:

"She hesitates, therefore her subconscious knows something is wrong."

Mistake #2:

"He is generous and loving, therefore she should commit quickly."

Both conclusions ignore the complexity of the will.

Part I — Understanding the 60/100 Number

The number "60/100" is not a scientific measurement.

It is a metaphor.

It communicates:

"There is meaningful positive feeling, but there is not yet complete emotional surrender."

The important question is not:

"Why isn't it 100?"

The important question is:

"What does the remaining 40 points represent?"

That missing 40 points could represent very different realities.

The Missing 40 Points: Four Possible Explanations

Possibility 1 — Normal Relationship Development

The relationship is simply young.

A few months is often insufficient time to understand:

- conflict patterns,
- stress behavior,
- financial compatibility,
- family dynamics,
- emotional regulation,
- long-term goals.

A person may think:

| "I like him, but I need more shared experiences."

This is often healthy.

Possibility 2 — Healthy Prudence

The person may be asking:

- Is he consistent?
- Does his behavior match his words?
- Does he respect my independence?
- Are we moving at a pace comfortable for both of us?

This is not emotional coldness.

It is mature evaluation.

Possibility 3 — Fear of Vulnerability

The person may genuinely like the partner but fear:

- losing independence,
- being hurt,

- repeating past mistakes,
- depending on someone,
- moving too quickly.

Internal dialogue:

| "I want closeness, but closeness feels risky."

This is a psychological conflict between:

desire for connection

and

need for protection.

Possibility 4 — Genuine Misalignment

Sometimes hesitation is meaningful.

Examples:

- different life goals,
- different values,
- concerns about character,
- different views on money,
- different expectations about marriage,
- lack of emotional connection.

The person may appreciate someone while recognizing:

| "A good person is not automatically the right person for me."

Part II — Farber's Two Realms Applied

Now we apply the two realms.

Realm One: Conscious Evaluation

Realm One asks:

"What can I reasonably know?"

This involves deliberate thinking.

Questions:

Character

- Is he honest?
 - Does he take responsibility?
 - Does he treat people respectfully?
 - How does he behave when frustrated?
-

Emotional Maturity

- Can he handle disagreement?
 - Can he apologize?
 - Does he listen?
 - Does he respect boundaries?
-

Compatibility

- Do we share values?
 - Similar views on family?
 - Similar financial philosophy?
 - Similar expectations for marriage?
-

Life Direction

- Are we building toward similar futures?

- Are our timelines compatible?
 - Do our goals support each other?
-

Realm One says:

| "Use your mind. Gather evidence. Pay attention."

Realm Two: The Deeper Will

Realm Two asks:

"What is gradually emerging inside me?"

This includes:

- attachment,
- trust,
- emotional safety,
- admiration,
- affection,
- belonging.

Questions:

- Do I feel peaceful around him?
 - Do I naturally want to share my life with him?
 - Do I respect him?
 - Do I feel emotionally safe?
 - Does affection grow over time?
-

Realm Two says:

| "Do not force feelings. Observe what develops."

The Mistake of Using Only Realm One

Some people approach relationships like business decisions.

They create spreadsheets:

- income,
- education,
- personality,
- compatibility scores.

These are useful.

But love is not a corporate acquisition.

A person cannot spreadsheet their way into intimacy.

The Mistake of Using Only Realm Two

Others say:

"I feel love, therefore everything will work."

This ignores reality.

Strong feelings cannot compensate for:

- dishonesty,
 - irresponsibility,
 - incompatibility,
 - unhealthy patterns.
-

The Mature Position

The mature person says:

| "I will evaluate carefully, and I will allow feelings to develop naturally."

This is Farber's integration.

Part III — Is Hesitation Subterranean Wisdom?

A major Farber question:

| Could hesitation be the deeper self communicating something important?

Yes.

But caution is required.

The Subterranean Realm Is Not Always Correct

The unconscious contains:

- wisdom,
- experience,
- intuition.

But also:

- fears,
- old wounds,
- biases,
- defensive patterns.

Therefore:

A feeling is information.

It is not automatically truth.

Example:

A person feels:

"I cannot trust him."

Possible explanations:

Explanation A:

Past experience has detected subtle inconsistency.

Explanation B:

Previous betrayal makes all intimacy feel dangerous.

The feeling is real.

The interpretation requires investigation.

Part IV — Fear Versus Intuition

A crucial distinction.

Fear

Fear often says:

"Escape immediately."

Characteristics:

- urgency,
- catastrophic thinking,
- obsession,
- avoidance,
- emotional flooding.

Example:

"He loves me, but if I commit, I will lose myself completely."

Intuition

Intuition often says:

"Pay attention."

Characteristics:

- calm,
- persistent,
- pattern-based,
- connected to observation.

Example:

"I cannot explain everything, but I notice repeated inconsistencies."

A Useful Test

Ask:

| "Does my hesitation become clearer when I gather information?"

If yes:

It may be prudence.

Ask:

| "Does my hesitation remain vague but intense even when things are healthy?"

It may involve fear.

Part V — The Boyfriend's Accelerated Commitment

Now consider his behavior:

- strong affection,
- wanting to move in together,
- offering help purchasing a car.

There are multiple interpretations.

Positive Interpretation

He may be:

- generous,
- emotionally available,
- protective,
- serious about commitment.

Some people express love through:

- practical support,
 - problem solving,
 - providing assistance.
-

Potential Concern

The speed may deserve reflection.

Questions:

Does he:

- respect her pace?
 - accept "not yet"?
 - encourage her independence?
 - support her career?
 - allow her to make decisions freely?
-

The key question:

| Is his love creating freedom or creating pressure?

Healthy Support vs Unhealthy Obligation

Healthy Support

Message:

"I care about you. I want to help. You are free to choose."

Unhealthy Pressure

Message:

"I have invested in you, therefore you owe me commitment."

The difference is not the gift.

The difference is the psychological meaning attached to it.

Part VI — Moving In Together

Moving in together is not merely logistical.

It changes:

- emotional dependency,
 - financial dependency,
 - daily routines,
 - conflict exposure,
 - exit difficulty.
-

Important questions:

Practical

- Have finances been discussed?
- How are expenses divided?
- What happens if the relationship ends?

Emotional

- Are we moving in because we are ready?

or:

- Are we moving in because it solves a problem?
-

Psychological

Is the move motivated by:

Growth?

"We want to deepen our partnership."

or:

Avoidance?

"I need security because uncertainty is uncomfortable."

Part VII — Immigration Context

A newly immigrated person faces unique psychological pressures:

- building a new social network,
- adapting culturally,
- establishing financial stability,
- transportation challenges,
- loneliness,
- desire for security.

These factors can influence relationship decisions.

A partner may represent:

- emotional support,

- familiarity,
- practical assistance,
- belonging.

These are valuable.

But an important distinction exists:

A relationship should be chosen because the person is right, not only because the circumstances make the relationship convenient.

Part VIII — Questions for Self-Reflection

A person in this situation might ask:

About Him

1. Do I admire his character?
 2. Do I feel respected?
 3. Can I disagree safely?
 4. Does he encourage my growth?
 5. Is he patient with my timeline?
-

About Myself

1. Am I hesitant because I need time?
 2. Am I afraid because intimacy feels vulnerable?
 3. Am I ignoring concerns?
 4. Am I accepting help because I want him or because I need security?
-

About the Relationship

1. Do we solve problems together?

2. Does trust increase over time?
 3. Am I becoming more myself around him?
-

Part IX — A Farber-Inspired Decision Framework

Step 1: Do Not Force Certainty

You cannot manufacture a feeling of 100%.

Step 2: Do Not Ignore Reality

Feelings alone are insufficient.

Step 3: Observe Over Time

Time reveals:

- consistency,
 - character,
 - compatibility.
-

Step 4: Communicate Honestly

A healthy partner can hear:

"I care about you, but I need time."

Step 5: Maintain Individual Agency

Love should increase freedom, not reduce it.

The Central Farber Lesson

A wise relationship decision is not:

"Follow your feelings."

Nor:

"Ignore your feelings."

It is:

"Bring your conscious judgment and your deeper emotional awareness into conversation."

Summary of Volume 5

The 60/100 commitment scenario cannot be interpreted with one simple rule.

Hesitation may represent:

- wisdom,
- lack of information,
- normal emotional development,
- fear,
- avoidance,
- incompatibility.

Strong affection from a partner may represent:

- generosity,
- commitment,
- emotional maturity,

or may require examination if it creates pressure.

The healthiest approach combines:

Realm One:

careful observation, reasoning, and responsibility.

Realm Two:

allowing trust, love, and commitment to naturally develop.

The goal is not perfect certainty.

The goal is a wise commitment made with open eyes and an open heart.

Next: Volume 6 — Major Life Decisions Through Farber's Philosophy

The next volume will apply the two realms of the will to:

1. Choosing a spouse
2. Marriage
3. Divorce
4. Career selection
5. Retirement
6. Entrepreneurship
7. Immigration
8. Choosing where to live
9. Friendships
10. Mentorship
11. Professional networks
12. Financial decisions
13. Health decisions

Each will be analyzed through:

- Realm One,
- Realm Two,
- psychological risks,
- mature decision-making patterns.

Volume 6 — Major Life Decisions Through Leslie Farber's Philosophy of the Will

Part VI – How the Two Realms of the Will Operate in Life-Defining Choices

Introduction: Life Is a Series of Commitments

Leslie Farber believed that human beings become themselves through the choices they make.

A person is not simply a collection of traits, talents, and circumstances.

A person is shaped by:

- what they choose,
- what they refuse,
- what they commit to,
- what they endure,
- what they love.

Major life decisions are difficult because they combine two realities:

1. **We must make choices.**
2. **We can never have complete certainty.**

This creates the central human dilemma:

┃ We must decide before we know everything.

The immature response is:

┃ "I will wait until uncertainty disappears."

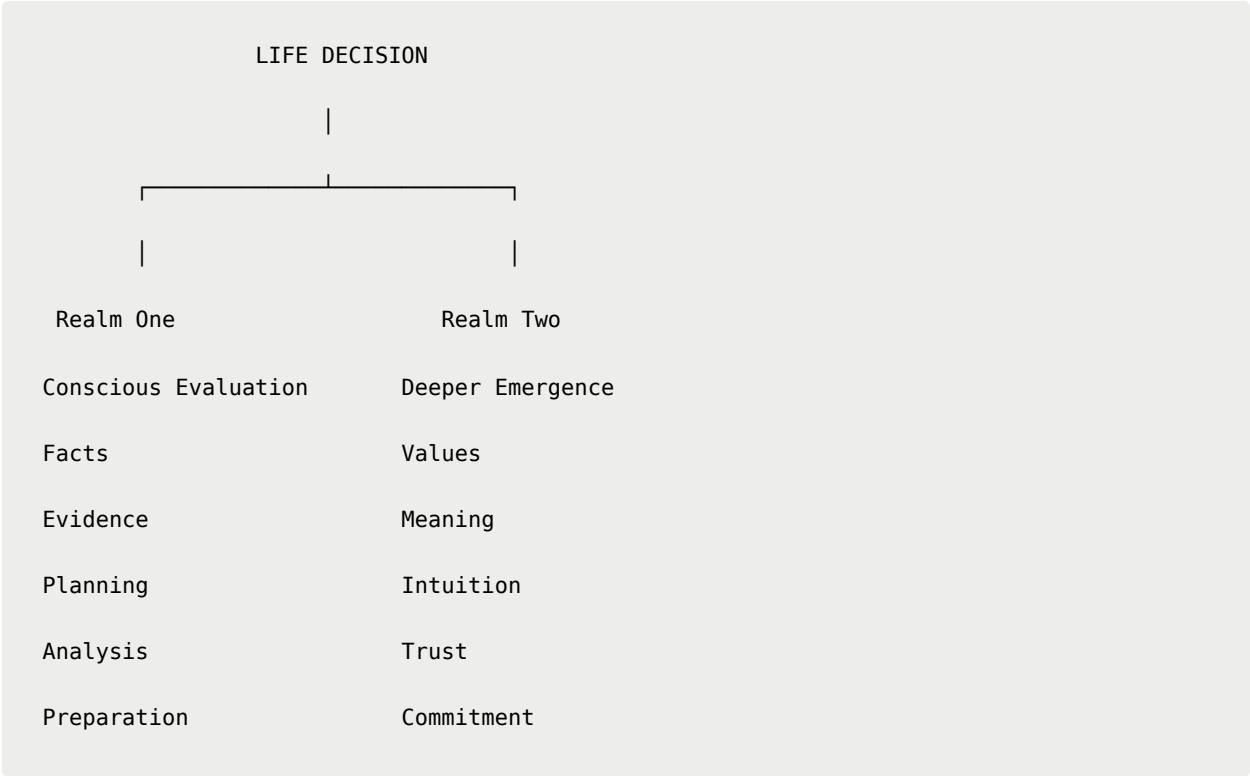
The mature response is:

| "I will gather wisdom, accept uncertainty, and commit responsibly."

This is exactly where Farber's two realms become useful.

The Universal Decision Model

Every major decision contains both realms:



Neither realm is sufficient alone.

1. Choosing a Spouse

Choosing a spouse may be the clearest example of the two realms interacting.

Marriage combines:

- emotion,
- biology,
- values,

- economics,
- family,
- identity,
- future hopes.

Realm One: Conscious Evaluation

The rational questions:

Character

- Is this person honest?
 - Are they dependable?
 - Do they accept responsibility?
 - Do their actions match their words?
-

Emotional Maturity

Can they:

- apologize?
 - compromise?
 - handle frustration?
 - regulate emotions?
 - repair conflict?
-

Compatibility

Questions:

- Do we want similar futures?
- Do we agree about children?

- Are our financial philosophies compatible?
 - Do we respect each other's values?
-

Life Partnership

Marriage is not only:

"I love this person."

It is also:

"Can we function as a team?"

Realm Two: The Emerging Bond

The deeper questions:

- Do I feel safe with this person?
 - Do I admire them?
 - Do I want their happiness?
 - Do I naturally include them in my future?
 - Does affection deepen over time?
-

Love is not simply discovered.

It is also developed.

The Spouse Choice Paradox

A person can have:

Too Much Realm One

They analyze forever.

They search for:

- perfect compatibility,

- perfect certainty,
- zero risk.

Result:

Paralysis.

Too Much Realm Two

They say:

"I feel intense love, so nothing else matters."

Result:

Ignoring reality.

Mature Marriage Choice

The mature person says:

| "I see enough reality to choose, and enough love to commit."

2. Marriage Itself

Farber's ideas become even more important after marriage.

Many people believe:

"The choice is complete once married."

Farber would disagree.

The will continues operating.

Marriage requires continuous willing.

Realm One in Marriage

Daily intentional actions:

- communication,

- financial planning,
- household responsibilities,
- parenting decisions,
- conflict repair.

Love requires behavior.

Realm Two in Marriage

The deeper realm involves:

- forgiveness,
- tenderness,
- patience,
- emotional connection,
- growing together.

These cannot be commanded.

Example:

A husband cannot order himself:

"I will feel deep affection at 8:00 PM."

But he can:

- create closeness,
- listen,
- show kindness,
- remain present.

Affection often follows.

3. Divorce

Divorce is one of the most painful decisions because it involves competing commitments.

Realm One Questions

A person must evaluate:

- Is the relationship harmful?
 - Is repair possible?
 - Have both people attempted change?
 - Are there patterns of abuse, betrayal, or destruction?
-

Realm Two Questions

The deeper questions:

- What kind of person am I becoming?
 - Am I staying from love or fear?
 - Am I leaving from wisdom or avoidance?
-

Staying Can Be Avoidance

Example:

"I cannot leave because starting over is frightening."

Leaving Can Also Be Avoidance

Example:

"The moment difficulty appeared, I escaped."

Farber would ask:

| "What is the deeper truth beneath the decision?"

4. Career Selection

A career is not merely a financial choice.

It becomes part of identity.

Realm One

Practical evaluation:

- salary,
 - job market,
 - skills,
 - education,
 - opportunities,
 - location.
-

Realm Two

Deeper questions:

- Does this work express something meaningful?
- Does it fit who I am becoming?
- Does it use my strengths?

Volume 7 — Twenty-Two Practical Guidelines for Integrating the Two Realms of the Will

A Farber-Inspired Framework for Love, Decisions, Character, and Human Flourishing

Introduction: From Philosophy to Practice

Leslie Farber's ideas are valuable because they move beyond theory.

The question is not merely:

| "What are the two realms of the will?"

The deeper question is:

| "How should I live differently because I understand them?"

The answer is not to choose one realm over the other.

A person who lives only in Realm One becomes:

- controlling,
- rigid,
- anxious,
- overly analytical.

A person who lives only in Realm Two becomes:

- impulsive,
- unrealistic,
- dependent on feelings,
- vulnerable to fantasy.

The mature person develops a rhythm:

Act where action is required. Allow where allowing is required. Think carefully. Feel honestly. Commit courageously.

The following 22 guidelines translate Farber's philosophy into everyday life.

Guideline 1 — Know What Can Be Controlled and What Cannot

The first wisdom of the will is recognizing the boundary of control.

Control:

- your effort,
- your honesty,
- your preparation,
- your choices,
- your behavior.

Cannot fully control:

- another person's feelings,
 - timing,
 - outcomes,
 - uncertainty,
 - life circumstances.
-

Example: Love

You can:

- communicate,
- show kindness,
- become trustworthy.

You cannot:

- force someone to love you.
-

Principle:

| Invest energy where your will is effective.

Guideline 2 — Do Not Confuse Effort With Force

Effort is healthy.

Force becomes destructive.

Healthy:

"I will create conditions for a good relationship."

Unhealthy:

"I will make this person love me."

Healthy:

"I will practice my craft."

Unhealthy:

"I must produce greatness immediately."

Principle:

| Effort prepares the ground; it does not command the harvest.

Guideline 3 — Gather Evidence Before Commitment

The second realm involves trust, but trust should not ignore reality.

Before major commitments:

Observe.

Ask questions.

Pay attention to patterns.

For relationships:

Do not only ask:

"How do I feel?"

Also ask:

"What does this person's behavior consistently show?"

Principle:

| Feelings deserve respect. Evidence deserves attention.

Guideline 4 — Do Not Demand Absolute Certainty Before Acting

A common psychological trap is:

"I cannot decide until I know everything."

But many important decisions involve uncertainty.

Examples:

- marriage,
 - career,
 - entrepreneurship,
 - moving,
 - immigration.
-

Waiting for 100% certainty often becomes avoidance.

Principle:

| Wisdom requires enough certainty to act, not perfect certainty.

Guideline 5 — Allow Important Things to Mature

Some things require time.

Examples:

- love,
- friendship,
- trust,
- wisdom,
- character.

A person cannot microwave maturity.

Relationships especially require:

- shared experiences,
 - conflict,
 - repair,
 - patience.
-

Principle:

| Do not harvest what has not had time to grow.

Guideline 6 — Treat Hesitation as Information, Not as a Verdict

Hesitation is a signal.

It is not automatically wisdom.

It is not automatically fear.

Ask:

"What is this hesitation telling me?"

Possible meanings:

- insufficient information,

- healthy caution,
 - fear,
 - incompatibility,
 - past wounds.
-

Principle:

| Investigate feelings before obeying them.

Guideline 7 — Distinguish Fear From Intuition

Fear often creates urgency.

Intuition often creates awareness.

Fear:

"I must escape immediately."

Intuition:

"I should pay attention to this pattern."

A mature person does not blindly follow either.

They examine.

Principle:

| Feelings are data, not commands.

Guideline 8 — Protect Freedom in Relationships

Love requires freedom.

A healthy relationship says:

"I choose you."

Not:

"I need you because I cannot function without you."

Healthy love creates:

- security,
 - growth,
 - independence.
-

Unhealthy attachment creates:

- control,
 - obligation,
 - fear.
-

Principle:

| The strongest bonds are chosen, not forced.

Guideline 9 — Evaluate Character More Than Charm

Early relationships often reveal attraction.

Long-term relationships reveal character.

Observe:

- honesty,
- humility,
- responsibility,
- kindness,

- emotional regulation.

Someone's words show intention.

Their patterns show character.

Principle:

| Trust behavior more than promises.

Guideline 10 — Separate Gratitude From Obligation

A common relationship mistake:

"I owe this person because they helped me."

Gratitude is healthy.

Debt-based attachment is dangerous.

Example:

A partner helps financially.

Healthy:

"I appreciate your kindness."

Unhealthy:

"I must stay because you helped me."

Principle:

| Receive kindness freely; choose commitment freely.

Guideline 11 — Let Commitment Create Depth

Many people think:

"I will commit after I feel completely secure."

But often:

Security develops after commitment.

Example:

Friendship:

You become close by investing time.

Marriage:

Deep intimacy develops through years of shared life.

Principle:

| Some experiences require participation before they reveal themselves.

Guideline 12 — Maintain Your Own Identity

Love should expand identity, not erase it.

Healthy commitment:

"I become more myself with you."

Unhealthy dependence:

"I disappear without you."

Maintain:

- friendships,
 - interests,
 - values,
 - personal growth.
-

Principle:

| Two whole people create a stronger partnership.

Guideline 13 — Use Logic and Emotion Together

A false choice exists:

"Should I follow my head or my heart?"

The answer:

Both.

Logic asks:

"What makes sense?"

Emotion asks:

"What matters?"

Wisdom asks:

"How do these fit together?"

Principle:

| The best decisions are emotionally informed and intellectually grounded.

Guideline 14 — Practice Patience With Yourself

Human transformation takes time.

People often expect:

- instant confidence,
- instant healing,
- instant wisdom.

But character develops gradually.

Principle:

| Growth is usually invisible before it becomes obvious.

Guideline 15 — Accept That Every Choice Has Loss

Choice creates freedom.

But choice also closes doors.

Choosing marriage means:

not choosing other possible lives.

Choosing a career means:

not pursuing every alternative.

Choosing a location means:

leaving other places behind.

Principle:

| Mature choice requires accepting the grief of alternatives.

Guideline 16 — Build Character Through Small Decisions

Character is not created by one dramatic moment.

It emerges from repeated choices.

Examples:

Trustworthiness:

- keeping small promises.

Discipline:

- completing small tasks.

Kindness:

- everyday actions.

Principle:

| Who you become is built in ordinary moments.

Guideline 17 — Choose Meaning Over Immediate Comfort

The will becomes stronger when connected to meaning.

Short-term comfort asks:

"What feels good now?"

Meaning asks:

"What is worth doing?"

Examples:

Exercise:

Temporary discomfort → long-term health.

Education:

Difficulty → future opportunity.

Marriage:

Patience → deeper intimacy.

Principle:

| A meaningful life often requires temporary discomfort.

Guideline 18 — Do Not Let Anxiety Make Your Decisions

Anxiety wants certainty.

Life rarely provides certainty.

Anxiety says:

"Do something now so this feeling stops."

Wisdom says:

"Understand before acting."

Principle:

| Do not make permanent decisions to escape temporary emotions.

Guideline 19 — Practice Surrender Without Becoming Passive

Surrender means accepting reality.

It does not mean doing nothing.

Example:

Finding love:

Passive:

"Someone will appear."

Active surrender:

"Become a healthy person, meet people, communicate honestly, and allow relationships to develop."

Principle:

| Surrender is cooperation with reality.

Guideline 20 — Choose People Who Support Growth

The people around us influence who we become.

Choose:

- mentors who challenge you,
 - friends who respect you,
 - partners who encourage growth.
-

Avoid relationships built primarily on:

- fear,
 - dependency,
 - control.
-

Principle:

| Your relationships become part of your character.

Guideline 21 — Revisit Decisions Without Endless Regret

Reflection is wisdom.

Rumination is suffering.

Healthy reflection:

"What did I learn?"

Unhealthy rumination:

"What if everything had been different?"

Principle:

| Learn from the past without living inside it.

Guideline 22 — Commit to Becoming, Not Just Obtaining

The deepest Farber principle:

Life is not only about acquiring things.

It is about becoming someone.

A person does not only seek:

- a spouse.

They seek:

to become a loving partner.

Not only:

- a career.

But:

to become a meaningful contributor.

Not only:

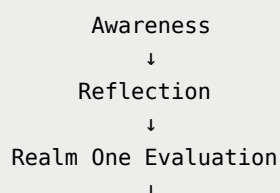
- financial security.

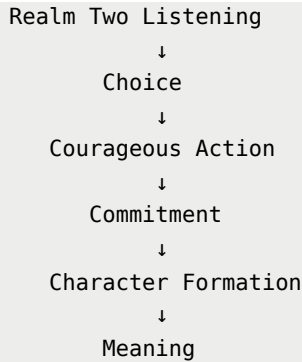
But:

to become a wise steward.

Final Integrated Model

A mature life follows this pattern:





The Essence of Farber's Wisdom

The human will is neither:

- a machine that forces reality,
- nor a passive observer waiting for life to happen.

It is a relationship between:

action and acceptance,

choice and surrender,

reason and feeling,

freedom and responsibility.

The mature person learns:

"I will do what is mine to do.

I will accept what is not mine to control.

I will choose carefully.

I will commit courageously.

I will allow life to transform me."

Next: Volume 8 — A Compassionate Letter Applying Farber's Ideas

The next section will write the requested personal letter to the **33-year-old Filipino registered nurse in New Jersey**, using simple, compassionate language to explain:

- Realm One versus Realm Two,
- the meaning of 60/100 commitment,
- patience versus avoidance,
- accepting help without losing independence,
- thoughtful relationship development,
- choosing freely rather than from fear, gratitude, or pressure.

Volume 8 — A Compassionate Letter Applying Farber's Ideas

A Reflection on Love, Commitment, Patience, and the Two Realms of the Will

Dear Friend,

I want to share a few thoughts with you as you navigate this important season of your life.

You have accomplished something significant. You came to a new country, built a professional life as a registered nurse, adapted to a different culture, and created independence through your own effort and courage. Those achievements reveal qualities that matter deeply in any long-term relationship:

- resilience,
- responsibility,
- discipline,
- courage,
- willingness to grow.

Now you are facing another important human experience: choosing whether and how to deepen a romantic relationship.

You have met someone who appears to care about you. He expresses strong affection, talks about a future together, wants to help you solve practical problems such as transportation, and sees possibilities for a shared life.

At the same time, you are honestly aware of something important:

“I appreciate him. I like him. But emotionally, I feel around 60/100 committed.”

That honesty is valuable.

Many people ignore their uncertainty because they are afraid of disappointing someone. Others run away from a good relationship because uncertainty feels uncomfortable.

Wisdom is found between those two extremes.

Understanding the Two Realms of the Will

The philosopher and psychiatrist Leslie Farber described two different ways the human will operates.

One realm involves what we can consciously decide and control.

The other involves what must gradually develop through experience.

Understanding the difference can help you make decisions with both your mind and your heart.

Realm One: The Realm of Thoughtful Choice

This is the part of yourself that evaluates reality.

It asks:

- Is this person trustworthy?
- Does he treat me with respect?

- Are our values compatible?
- Do we handle disagreement well?
- Does he support my growth?
- Do I feel free to be myself?

This realm is important.

Love is not only a feeling.

A successful marriage requires:

- character,
- responsibility,
- emotional maturity,
- compatibility,
- teamwork.

Your thoughtful side is not being cold or unromantic when it asks these questions.

It is protecting your future.

Realm Two: The Realm of the Heart That Develops Over Time

The second realm concerns things that cannot simply be forced.

You cannot command yourself:

"I will completely trust this person today."

You cannot order your heart:

"I will be 100% committed immediately."

Deep feelings usually grow through:

- shared experiences,
- reliability,
- kindness,

- vulnerability,
- difficult conversations,
- seeing how someone behaves over time.

Trust is built like a bridge.

One piece at a time.

Your 60/100 Feeling Is Not Automatically Good or Bad

The important question is not:

"Why is it only 60?"

The better question is:

"What does the remaining 40 represent?"

That missing 40 could mean many things.

It could mean:

1. You simply need more time

A few months is still early.

You may still be learning:

- how he handles stress,
- how he handles disappointment,
- how he communicates,
- whether his actions consistently match his words.

Time gives information.

2. You are protecting your independence

As a person who immigrated and built a career, independence may be important to you.

Accepting help from someone can feel wonderful but also complicated.

You may wonder:

"Am I accepting love, or am I becoming dependent?"

That is a healthy question.

3. You may fear vulnerability

Opening your heart creates risk.

Love requires allowing another person to matter.

That can feel frightening because:

"If I care deeply, I can also be hurt deeply."

4. Something important may need attention

Sometimes hesitation is a signal.

Not necessarily a conclusion.

A feeling can say:

"Pay attention."

It invites exploration.

Fear, Intuition, and Wisdom

One of the hardest things in relationships is understanding your own hesitation.

Ask yourself:

Does my hesitation feel like fear?

Fear often says:

- "I need to escape."
- "I cannot trust anyone."

- "I must protect myself completely."
- "If I commit, I lose my freedom."

Fear often wants immediate distance.

Does my hesitation feel like wisdom?

Wisdom often says:

- "I want to understand more."
- "I want to observe."
- "I want to move at a healthy pace."
- "I want my decision to be thoughtful."

Wisdom does not panic.

It pays attention.

About His Strong Affection

A person expressing strong affection can be a beautiful thing.

Some people naturally love by:

- providing support,
- solving problems,
- helping practically,
- creating security.

His desire to help you obtain transportation may come from genuine care.

That deserves appreciation.

However, there is an important distinction:

Healthy love says:

"I want to support you because I care about you."

Unhealthy pressure says:

"I helped you, therefore you owe me commitment."

A gift should create gratitude, not obligation.

Your future should be chosen freely.

About Moving In Together

Moving in together is a meaningful step.

It is not only about convenience.

It changes:

- daily routines,
- financial relationships,
- emotional dependency,
- expectations.

Before making that decision, consider:

Do we want to live together because:

"We are ready to deepen our partnership?"

or because:

"This solves a problem quickly?"

Both practical and emotional reasons matter.

But major commitments deserve thoughtful timing.

A Loving Partner Will Respect Your Pace

A healthy relationship does not require one person to run faster than the other.

Imagine two people walking together.

One person may naturally move faster.

The other may need time.

The goal is not for one person to drag the other forward.

The goal is for both people to move together.

A partner who truly cares about you will want:

- your happiness,
 - your confidence,
 - your independence,
 - your freely chosen commitment.
-

Questions Worth Asking Yourself

Not:

"Should I stay or leave?"

That question may be too early.

Instead ask:

About him:

1. Do I admire his character?
 2. Do I feel emotionally safe with him?
 3. Does he respect my boundaries?
 4. Does he support my dreams?
 5. Can we disagree respectfully?
-

About yourself:

1. Am I moving slowly because I need time?
2. Am I afraid because intimacy feels vulnerable?
3. Am I ignoring concerns?

4. Am I accepting help because I love him or because I need security?
-

About the relationship:

1. Am I becoming more myself with him?
 2. Is trust increasing?
 3. Does my affection grow naturally over time?
-

You Do Not Need to Manufacture Love

One of Farber's deepest lessons is:

Some of life's greatest things cannot be forced.

You cannot force:

- love,
- trust,
- emotional certainty.

But you can create the conditions where they can grow.

You can:

- communicate honestly,
 - spend meaningful time together,
 - observe carefully,
 - allow trust to develop.
-

You Also Do Not Need Perfect Certainty

At the same time, waiting for complete certainty may prevent meaningful relationships.

No person receives a guarantee before choosing love.

Every meaningful commitment includes some uncertainty.

Marriage itself is a courageous statement:

"I cannot predict everything that will happen, but I believe this relationship is worth building."

The Balanced Path

A wise approach may be:

Use your mind to evaluate.

Use your heart to listen.

Use time to observe.

Use honesty to communicate.

Use freedom to choose.

Final Thought

You have already demonstrated courage by building a new life in a new country.

Now you are facing a different kind of courage:

The courage to allow someone close while still honoring yourself.

A healthy relationship is not one where you lose yourself in another person.

It is one where two people choose each other while continuing to grow.

You do not need to rush because someone else feels ready.

You do not need to run away simply because uncertainty exists.

Your task is not to eliminate uncertainty.

Your task is to understand it.

Pay attention to both realms:

- the wisdom of your thinking,
- and the quiet development of your heart.

With patience, honesty, and time, the answer often becomes clearer.

With respect and encouragement,

A fellow traveler reflecting on love, choice, and the human will

Next: Volume 9 — Leslie Farber's *The Ways of the Will*

The next volume will explore Farber's major book in depth:

- chapter-by-chapter themes,
- his clinical observations,
- the meaning of willing,
- despair and self-deception,
- freedom and responsibility,
- psychotherapy implications,
- comparison with Viktor Frankl, Rollo May, Erich Fromm, Carl Rogers, and attachment theory,
- strengths and criticisms of Farber's work,
- how *The Two Realms of the Will* fits into the complete philosophy.

Volume 9 — Leslie H. Farber's *The Ways of the Will*

Part IX – A Deep Exploration of Farber's Major Work

Introduction: The Book Behind the Philosophy

Leslie Farber's *The Ways of the Will* (1976) is the fullest expression of his lifelong attempt to understand one of psychology's oldest and hardest questions:

| How does a human being truly choose?

At first glance, the question seems simple.

People appear to choose constantly:

- what to eat,
- where to work,
- whom to marry,
- whether to stay or leave,
- what values to follow.

But Farber noticed something deeper:

Human beings frequently say:

| "I want to change."

Yet they remain unchanged.

They say:

| "I want to love."

Yet they avoid intimacy.

They say:

| "I want freedom."

Yet they create their own prisons.

They say:

| "I want success."

Yet they sabotage themselves.

Why?

Farber's answer:

Because **the will is more complex than conscious intention.**

The will is not merely:

| "I decide, therefore I do."

The will includes:

- hidden motives,
 - fears,
 - values,
 - commitments,
 - self-understanding,
 - surrender,
 - acceptance,
 - relationship with reality.
-

Part I — The Central Theme of *The Ways of the Will*

The central argument of the book can be summarized:

| Human beings suffer when they misunderstand the nature of willing.

We often attempt to use the wrong kind of will for the wrong kind of problem.

The Three Fundamental Errors of Will

Error 1 — Trying to Control What Cannot Be Controlled

Examples:

Trying to force:

- love,
- sleep,

- happiness,
 - creativity,
 - another person's feelings.
-

Error 2 — Refusing to Act Where Action Is Required

Examples:

"I will wait until I feel completely confident."

"I will wait until I have no fear."

"I will wait until I know the perfect answer."

Error 3 — Confusing Desire With Commitment

Wanting something is not the same as willing it.

Example:

"I want to be healthy."

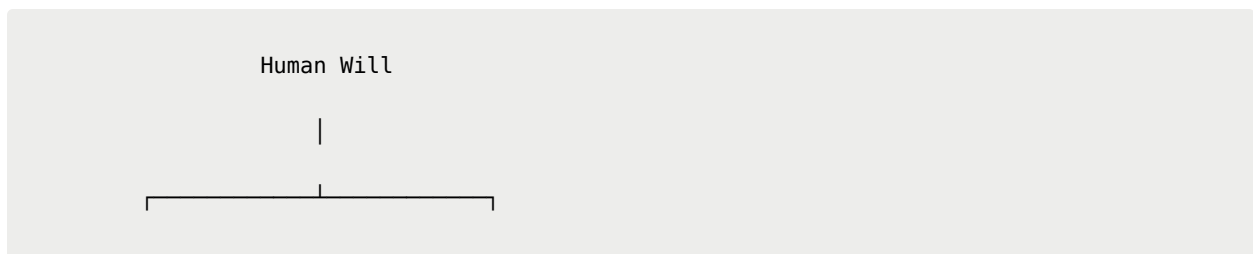
But true willing requires:

- changing habits,
 - accepting discomfort,
 - sustained action.
-

Part II — The Structure of Human Willing

Farber sees willing as having multiple layers.

A simplified model:



Conscious Intention	Deeper Orientation
"What I say I want"	"What I actually move toward"
Plans	Character
Decisions	Values
Goals	Hidden motives
Actions	Emotional patterns

The challenge is bringing these layers into alignment.

Part III — Will and Self-Deception

One of Farber's deepest concerns is self-deception.

Humans often deceive themselves about what they truly want.

Example: The Person Who Wants Love

Conscious statement:

"I want a relationship."

But behavior:

- chooses unavailable partners,
- avoids vulnerability,
- creates distance.

The person may sincerely believe they want love.

Yet another part of the self fears intimacy.

Farber asks:

| Which will is the real will?

The answer is complicated.

The person genuinely wants connection.

The person also genuinely wants protection.

Both are real.

The Divided Will

This resembles ideas from:

- Freud's conflict theory,
- Kierkegaard's despair,
- modern attachment theory,
- cognitive dissonance research.

A person can contain competing intentions.

Example:

"I want marriage."

and:

"I want complete independence."

Both desires exist.

The task is integration.

Part IV — Will and Freedom

Freedom is central to Farber.

However, he rejects simplistic ideas of freedom.

Many people imagine:

Freedom means:

"I can do whatever I want."

Farber suggests something deeper:

Freedom means:

"I can honestly choose what is truly worth choosing."

False Freedom

Examples:

"I am free because I avoid all commitments."

"I am free because nobody can depend on me."

"I am free because I never need anyone."

Farber would argue:

This may actually be imprisonment by fear.

True Freedom

True freedom involves:

- responsibility,
- commitment,
- relationship,
- meaning.

A person becomes free by choosing commitments that express their deepest values.

Part V — The Paradox of Commitment

This is one of Farber's most important insights.

Many people believe:

"Commitment reduces freedom."

Farber argues:

Some commitments create freedom.

Example:

A musician commits to practicing.

The commitment creates:

- skill,
 - mastery,
 - artistic freedom.
-

Example:

A marriage commitment can create:

- security,
 - trust,
 - emotional depth.
-

Example:

A career commitment can create:

- expertise,
 - contribution,
 - identity.
-

The paradox:

| Limitation can create possibility.

Part VI — Will and Love

Farber considered love one of the clearest examples of the complexity of willing.

Love contains:

Choice

"I choose to care for this person."

Freedom

"I cannot own this person."

Surrender

"I allow myself to be affected."

Responsibility

"My actions affect someone else."

The Mistake of Possessive Love

Possessive love says:

"I need you to complete me."

This turns another person into an object.

Mature Love

Mature love says:

"I value you as a person. I choose relationship with you while respecting your freedom."

This connects strongly with:

The Art of Loving

Fromm argued that love is not merely a feeling but an active capacity involving:

- care,
- responsibility,
- respect,
- knowledge.

Farber's view is highly compatible with this.

Part VII — Will and Psychotherapy

Farber's clinical work shaped his philosophy.

He saw psychotherapy not as simply:

"Removing symptoms."

Instead:

Therapy helps a person recover authentic willing.

The Therapist's Role

Not:

"Tell the patient what to do."

But:

Help the patient discover:

- what they truly value,
 - what they avoid,
 - what fears control them,
 - what commitments matter.
-

Example

A patient says:

"I cannot leave my unhappy marriage."

The therapist does not immediately say:

"Leave."

Instead:

Explore:

- What keeps you there?
 - What are you afraid of?
 - What do you value?
 - What responsibility do you have?
-

Part VIII — Farber Compared With Major Thinkers

Farber and Viktor Frankl

Viktor Frankl

Similarities:

Both emphasize:

- meaning,
 - responsibility,
 - freedom within limitation,
 - choice of attitude.
-

Frankl:

"Life asks questions of us."

Farber:

"The will must respond wisely to reality."

Difference:

Frankl focuses more on meaning.

Farber focuses more on the mechanics of willing.

Farber and Rollo May

Rollo May

Similar themes:

- courage,
- anxiety,
- freedom,
- authenticity.

May emphasized:

"Freedom requires courage."

Farber added:

"Freedom also requires understanding how willing actually operates."

Farber and Erich Fromm

Erich Fromm

Similarities:

Both criticize passive approaches to life.

Fromm:

Love is an active practice.

Farber:

Will is an active relationship with reality.

Farber and Carl Rogers

Carl Rogers

Similarities:

Both value:

- authenticity,
- growth,
- becoming oneself.

Rogers emphasizes:

creating conditions for growth.

Farber emphasizes:

understanding the paradoxes of willing.

Farber and Attachment Theory

Modern attachment theory adds:

Relationships are influenced by:

- early bonding experiences,
- attachment patterns,
- emotional regulation.

Farber adds:

A person is not trapped by these patterns.

Through awareness and commitment, a person can develop a different way of relating.

Part IX — Strengths of Farber's Work

Strength 1 — Deep Understanding of Human Complexity

Farber avoids simplistic explanations.

He recognizes:

Humans are not machines.

Strength 2 — Explains Common Human Paradoxes

Examples:

Why forcing happiness fails.

Why pressure destroys creativity.

Why commitment can create freedom.

Strength 3 — Integrates Psychology and Philosophy

He bridges:

- clinical psychology,
 - existential philosophy,
 - moral reflection.
-

Strength 4 — Relevant to Relationships

His ideas explain:

- why love cannot be forced,
 - why commitment requires courage,
 - why uncertainty is unavoidable.
-

Part X — Criticisms of Farber

A balanced analysis requires criticism.

Criticism 1 — Difficult to Operationalize

Many concepts are philosophical rather than measurable.

For example:

How exactly do we measure:

"authentic willing"?

Criticism 2 — Heavy Dependence on Clinical Interpretation

His conclusions come largely from psychotherapy experience.

Clinical wisdom is valuable but different from controlled research.

Criticism 3 — Less Attention to Biology

Modern psychology emphasizes:

- genetics,
- neuroscience,
- temperament,
- evolutionary influences.

Farber focuses more on meaning and choice.

Criticism 4 — Ambiguity

His writing can be difficult because he intentionally explores paradox.

Readers seeking simple formulas may struggle.

Part XI — How *The Two Realms of the Will* Fits Into the Book

The essay is not an isolated idea.

It is the foundation of the larger philosophy.

The two realms explain:

Why humans struggle.

Why commitment is difficult.

Why therapy works.

Why love cannot be forced.

Why freedom requires wisdom.

The relationship:

The Ways of the Will

|

├─ Human Freedom

|

├─ Self-Deception

|

├─ Commitment

|

├─ Love

|

└─ Two Realms of Will

|

├─ Direct Action

└─ Emergent Transformation

Final Summary of Volume 9

Leslie Farber's *The Ways of the Will* presents a profound view of human choice:

1. The will is more than conscious decision-making.
2. People often have conflicting desires.
3. Freedom requires responsibility.
4. Commitment does not destroy freedom; it can create deeper freedom.
5. Love requires both choice and surrender.
6. Psychotherapy helps people recover authentic willing.
7. Human beings must learn when to act and when to allow.
8. A meaningful life requires wise integration of both realms.

Farber's enduring message:

"The goal is not to become someone who controls life perfectly. The goal is to become someone who can participate wisely in life."

Next: Volume 10 — Reading Recommendations and Final Synthesis

The final volume will provide:

- Leslie Farber books and availability,
- related existential psychology,
- modern psychology connections,
- philosophy reading list,
- recommended order of study,
- final summary of why Farber remains important for relationships, career decisions, and human flourishing.

Volume 10 — Reading Recommendations and Final Synthesis

Part X – Continuing the Study of Leslie H. Farber and the Psychology of the Will

Introduction: Where Farber Fits in the Larger Human Conversation

Leslie Farber belongs to a tradition of thinkers who asked one of humanity's oldest questions:

How should a person live when freedom exists, uncertainty is unavoidable, and life requires commitment?

His work sits at the intersection of:

- existential psychology,
- psychotherapy,
- philosophy,
- spirituality,
- moral psychology,
- relationship psychology.

Farber is not a "self-help" writer offering techniques for becoming more productive.

His concern is deeper:

How does a human being become the author of his or her own life without pretending to control everything?

That question remains extremely relevant today.

Modern life offers unprecedented choices:

- careers,
- relationships,
- locations,
- lifestyles,
- identities.

Yet more choices do not necessarily create more wisdom.

Many people suffer from:

- analysis paralysis,
- fear of commitment,
- inability to tolerate uncertainty,
- searching endlessly for the perfect decision.

Farber's contribution is reminding us:

| A meaningful life requires both discernment and courage.

Part I — Leslie Farber's Available Works

1. *The Ways of the Will* (1976)

This is Farber's major philosophical and psychological work.

Main themes:

- freedom,
- responsibility,
- self-deception,
- willing,
- commitment,
- love,

- psychotherapy,
- the paradoxes of human choice.

This is the essential Farber text.

2. Lying, Despair, Jealousy, Envy, Sex, Suicide, Drugs and the Good Life

This collection explores psychological and existential themes.

The title itself reveals Farber's interests:

He was interested not only in healthy functioning but in the difficult realities of human existence.

Topics include:

- dishonesty,
 - suffering,
 - desire,
 - destructive choices,
 - meaning,
 - moral struggle.
-

3. Essays and Lectures

Important essays include:

"The Two Realms of the Will"

The most accessible entry point into Farber's thought.

Core concepts:

- direct willing,
- indirect willing,
- trying,

- allowing,
 - control,
 - surrender.
-

Part II — Recommended Reading Order

For someone studying Farber seriously:

Level 1: Introduction

Start with:

"The Two Realms of the Will"

Purpose:

Understand the central distinction.

Questions:

- What can I control?
 - What must develop?
 - Why does forcing sometimes fail?
-

Level 2: The Complete Framework

Read:

The Ways of the Will

Focus on:

- freedom,
- commitment,
- authenticity,
- responsibility.

Do not rush.

Farber's writing requires reflection.

Level 3: Compare With Related Thinkers

After Farber, read:

- Viktor Frankl
- Rollo May
- Erich Fromm
- Carl Rogers
- Martin Buber
- Søren Kierkegaard

This reveals the larger intellectual conversation.

Part III — Thinkers Similar to Leslie Farber

1. Viktor Frankl — Meaning and Responsibility

Viktor Frankl

Recommended:

Man's Search for Meaning

Connection to Farber:

Frankl:

| Human beings can choose their attitude toward circumstances.

Farber:

Human beings must understand how willing operates within those circumstances.

Shared themes:

- freedom,
 - responsibility,
 - meaning,
 - courage.
-

2. Rollo May — Courage and Anxiety

Rollo May

Recommended:

The Courage to Create

Connection:

May explores why creativity requires courage.

Farber explains why creativity cannot be forced.

Shared insight:

The person must engage life despite uncertainty.

3. Erich Fromm — Love as a Practice

Erich Fromm

Recommended:

The Art of Loving

Fromm argues:

Love is not merely an emotion.

It requires:

- care,
- responsibility,
- respect,
- knowledge.

This aligns strongly with Farber.

4. Carl Rogers — Authentic Growth

Carl Rogers

Recommended:

On Becoming a Person

Rogers emphasizes:

- authenticity,
- acceptance,
- becoming oneself.

Connection:

Rogers:

Create conditions for growth.

Farber:

Understand how growth actually emerges.

5. Søren Kierkegaard — Commitment and the Leap

Søren Kierkegaard

Kierkegaard deeply influenced existential psychology.

Themes:

- anxiety,
 - choice,
 - faith,
 - commitment.
-

Connection:

A person cannot calculate every important decision.

Eventually, one must choose.

Part IV — Modern Psychology Related to Farber

Farber was writing before many modern psychological fields developed.

Today we can connect his ideas with newer research.

1. Attachment Theory

Modern attachment research examines:

How people experience closeness and security.

Related concepts:

- secure attachment,
 - anxious attachment,
 - avoidant attachment.
-

Farber adds:

Attachment patterns influence us, but they do not eliminate freedom.

A person can become aware and choose differently.

2. Acceptance and Commitment Therapy (ACT)

ACT is one of the closest modern therapeutic approaches philosophically.

Core ideas:

- accept internal experiences,
- clarify values,
- take committed action.

This strongly resembles Farber's balance:

Acceptance + Action.

3. Flow Psychology

Mihaly Csikszentmihalyi

Flow research examines optimal performance states.

Examples:

- athletes,
- musicians,
- artists,
- surgeons.

Connection:

Peak performance often appears when:

Preparation is high,

but excessive self-conscious control is reduced.

This resembles Farber's:

"prepare, then allow."

4. Decision Science

Modern research shows humans use multiple decision systems:

- analytical reasoning,
- emotional evaluation,
- intuition.

This supports Farber's insight that conscious reasoning alone does not explain human decisions.

Part V — Philosophical Works Related to Freedom and Choice

1. Kierkegaard

Themes:

- anxiety,
- faith,
- commitment.

Question:

"How does a person choose when certainty is impossible?"

2. Martin Buber

Martin Buber

Recommended:

I and Thou

Connection:

Human relationships are not transactions.

A person must encounter another person as a subject, not an object.

3. Friedrich Nietzsche

Themes:

- self-creation,
- overcoming,
- responsibility.

Although Farber differs significantly from Nietzsche, both examine becoming.

4. Aristotle

Recommended:

Nicomachean Ethics

Connection:

Character is developed through repeated action.

This strongly parallels Farber:

| We become through willing.

Part VI — Strengths of Farber's Philosophy Today

Why does Farber remain valuable?

1. He Challenges the Culture of Optimization

Modern culture says:

"Everything can be engineered."

Farber reminds us:

Some things require:

- patience,
 - relationship,
 - trust,
 - humility.
-

2. He Explains Relationship Anxiety

Many people today struggle with:

- endless dating options,
- fear of choosing incorrectly,
- commitment avoidance.

Farber helps explain:

A meaningful relationship requires accepting uncertainty.

3. He Balances Independence and Connection

Modern culture often emphasizes:

"Protect yourself."

Farber adds:

"Do not protect yourself so completely that you cannot participate in life."

4. He Respects Human Mystery

Not everything important can be reduced to:

- algorithms,
- personality tests,
- compatibility scores.

Human beings remain complex.

Part VII — Final Synthesis: Farber's Philosophy of a Mature Life

The entire philosophy can be summarized as follows:

1. Human beings are free

But freedom is not unlimited control.

2. Human beings must choose

But choices always involve uncertainty.

3. Human beings must act

But action alone cannot produce everything.

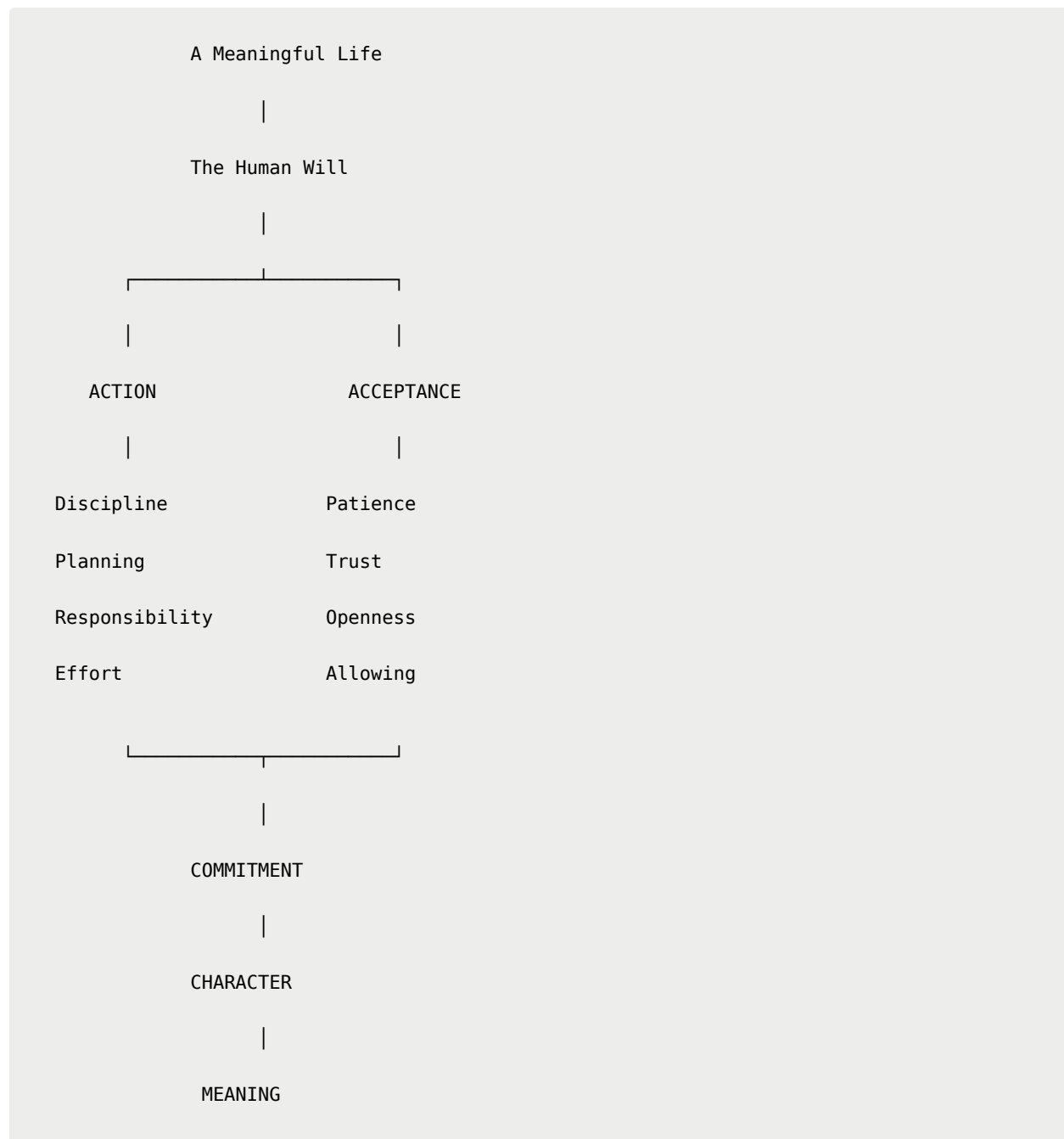
4. Human beings must surrender

But surrender is not passivity.

5. Human beings must commit

But commitment requires wisdom.

The Final Integration Model



The Final Farber Question

At the end of life, the deepest question may not be:

"Did I control everything?"

Because nobody does.

The deeper question is:

| "Did I participate fully in my own life?"

Did I:

- love courageously?
 - choose responsibly?
 - accept uncertainty?
 - develop character?
 - remain open to transformation?
-

Final Summary of the Entire Series

Leslie Farber's philosophy teaches:

1. The will is more complex than conscious intention.
 2. Some goals require effort.
 3. Some goals require openness.
 4. Love cannot be forced.
 5. Trust must develop.
 6. Commitment requires courage.
 7. Freedom requires responsibility.
 8. Anxiety is part of meaningful choice.
 9. Doubt can be wisdom or avoidance.
 10. Character develops through repeated willing.
 11. A mature person integrates thinking and feeling.
 12. The goal is not controlling life perfectly.
 13. The goal is participating wisely in reality.
-

The Most Important Lesson for Relationships

Especially in choosing a spouse:

Do not ask only:

| "Do I feel certain?"

Ask:

| "Have I seen enough reality to choose, and am I willing to let love deepen through commitment?"

Because human beings do not discover the future before choosing.

They create the future through the quality of their choices.

That is the enduring wisdom of Leslie H. Farber's *The Ways of the Will*.