



BONDO

The Relational Superpower





BONDO

The Relational
Superpower

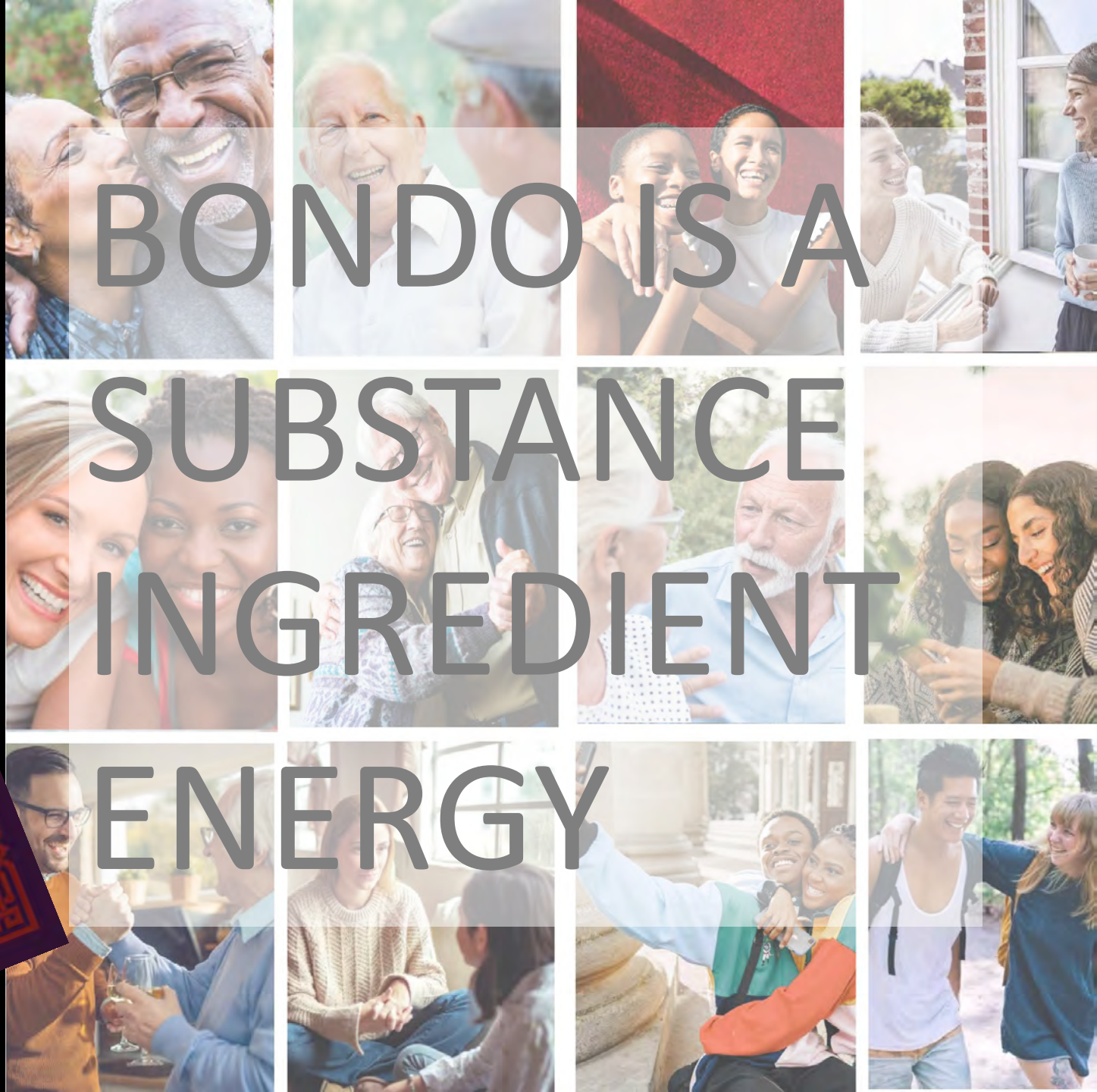




BONDO™

The
mysterious
ingredient
for human
intimacy

BONDO IS A
SUBSTANCE
INGREDIENT
ENERGY



What is BONDO?

BONDO describes the capacity to form heart-to-heart connections in the moment and grow them over time.

It's a conscious act that releases a third force -- similar to the theatrical term, "breaking the fourth wall"



What is BONDO?

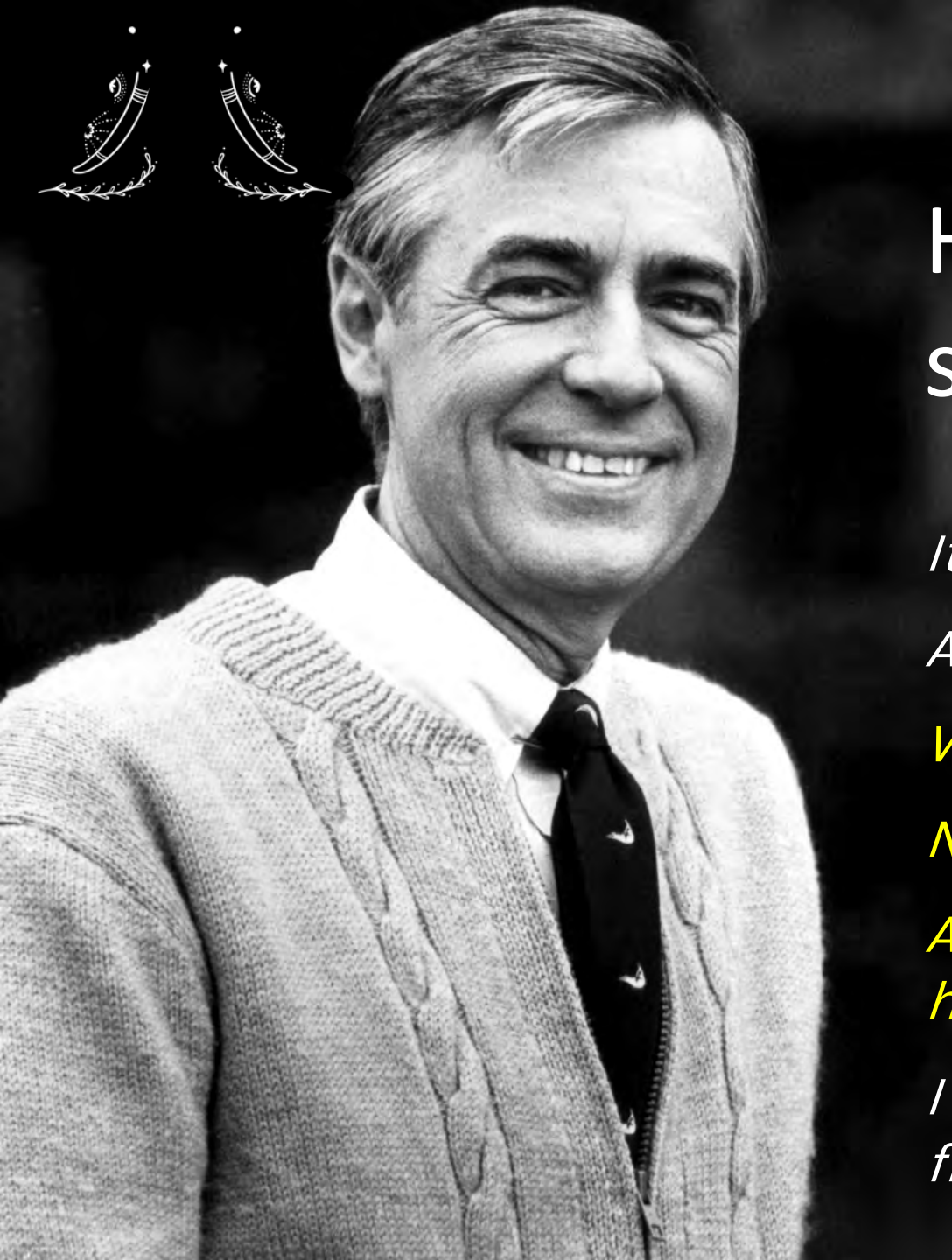
BONDO describes the capacity to form heart-to-heart connections in the moment and grow them over time.

It's a conscious act that release a third force -- similar to the theatrical term, "breaking the fourth wall"



BONDO is the Fusion
of opposites released
as the energy of love.

It is the Law of Three
expressed in human
relationships.



How is this different than sentiment?

It's a beautiful day in this neighborhood

A beautiful day for a neighbor

Would you be mine? Could you be mine?

Neighbors are people who are close to us

And friends are people who are close to our hearts

I like to think of you as my neighbor and my friend



How is this different than sincerity?

*"We have to learn to observe in ourselves the impulse of sincerity, and to see also that **sincerity is never something that can be achieved through effort.** We cannot be sincere through trying to be sincere."*

~ Pierre Elliott



NEWS

Yale Study: Parents Demonstrating Warmth Reduce Conflict With Teens

by Melissa Milsten | July 16, 2020



A new study by the [Yale Child Study Center](#) shows that [parents can reduce the effects of inevitable conflict with their teens](#) by demonstrating emotional warmth. Parental displays of emotional love can make a difference in that parent-teen relationship with their teens, even in the course of a single day.

Social skills

The vital art of talking to strangers

Three books explain why it matters—and can easily be lost

Culture • Jul 9th 2021 • 5 min read



LIVING BETTER

Why a stranger's hello can do more than just brighten your day

August 23, 2023 • 12:12 PM ET
Heard on [All Things Considered](#)
By Rihitu Chatterjee

IDEAS

WHAT THE LONGEST STUDY ON HUMAN HAPPINESS FOUND IS THE KEY TO A GOOD LIFE

The Harvard Study of Adult Development has established a strong correlation between deep relationships and well-being. The question is, how does a person nurture those deep relationships?

By Robert Waldinger and Marc Schulz

Opinion | Here's how to actually make friends post-college

By Renee Yasson
Post Grad writer
August 24, 2023 at 12:00 p.m. EDT



Bondo is a superpower



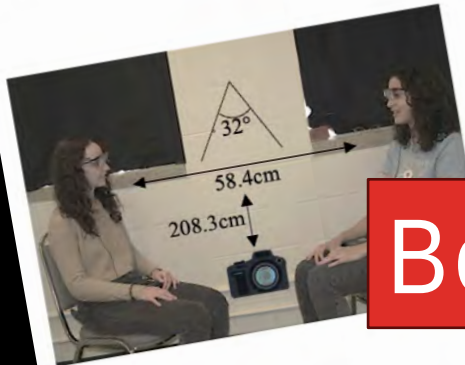
Making Eye Contact With Someone Has a Surprisingly Powerful Hidden Effect

HUMANS 24 November 2023 By REBECCA DYER

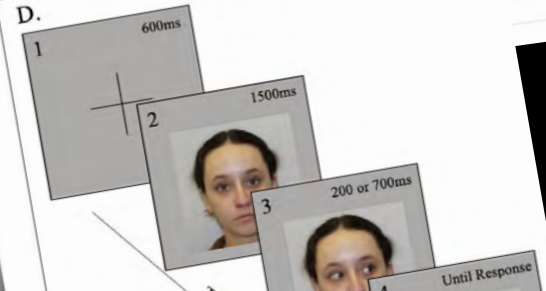


C.

(Q)



D.



"We found that, surprisingly, direct eye-to-eye contact was quite rare during interactions, but that it is significant for social dynamics.

The time we engage in eye-to-eye contact, even if for a few seconds, appears to be an important predictive factor for subsequent social behavior."

- Participants engaged in mutual eye-to-eye contact only 3.5 percent of the time."
- They gazed at each other's faces simultaneously for just 12 percent of the interaction duration,"
- Direct eye contact is associated with activity in the brain regions associated with the detection of communicative intent and language.
- Participants engaged in mutual eye-to-eye contact only 3.5 percent of the time."

Bondo is a superpower



Vivek H. Murthy, MD
19TH SURGEON GENERAL
OF THE UNITED STATES

Together



The Healing Power of
Human Connection in a
Sometimes Lonely World

**Our relationships
are essential to
our health and
well-being.**

Learn more at:
surgeongeneral.gov

Our Epidemic of Loneliness and Isolation

2023

The U.S. Surgeon General's Advisory on the
Healing Effects of Social Connection and Community

Bondo is a superpower





AI GIRLFRIEND

Why Are Men Creating AI Girlfriends Only To Abuse Them and Brag About It on Reddit?

I'm not even surprised this is happening

 Katie Jgln · Follow
Published in The Noosphere · 6 min read · Jan 21, 2022

 3.2K  61



superpower

THE PROF G POD with Scott Galloway

Conversation with Jessica Tarlov — The State of the U.S.
Presidential Election



Mar 14 2024 · 62 mins · 817 likes · 3 comments



BD



Why is Bruce going down
the Biondo path?





“Never let a good crisis go to waste”



“Energy is neutral.” ~ Reshad Feild



“Never let a good crisis go to waste”



“an enormous defiant
creative energy”





“Excuse me, I’m so sorry to interrupt you, but could you do me a huge favor?”

“Honey, hold for a second...” she said before turning to me. “How can I help?”

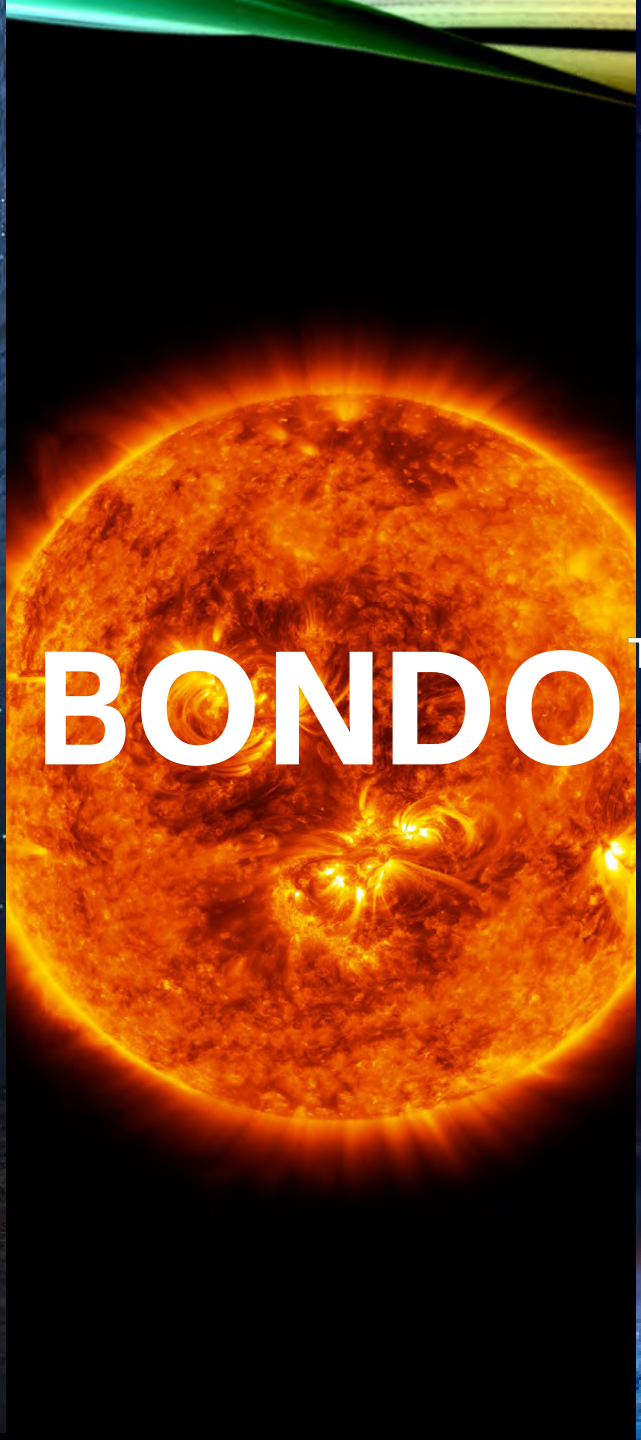
“This may sound weird,” I explained, “But forty years ago, my wife drove me to this spot on our first date — our first kiss. It was at night, just like this.”



Everything I know
about Bondo...



EVERYTHING I KNOW ABOUT BONDO...



BONDO™

- *Noun:* The capacity to form and maintain intimate relationships.



BONDO™

- *Noun:* The capacity to form and maintain intimate relationships.
- A creative dynamic energy
- A shared intense experience.
- A movement of feeling, connection, and openness.
- The Third Force in action



BONDO™

- *Noun:* The capacity to form and maintain intimate relationships.
- Bondo is a **PRESENT MOMENT** phenomenon or energy.
- *BONDO: The Secret to Everyday Intimacy after Profound Loss*



RIZZ

DO YOU HAVE 'RIZZ'?

**OXFORD PICKS ITS WORD OF
THE YEAR FROM GEN Z SLANG.**

- *Noun*: “The ability to attract a romantic or sexual partner,” according to Oxford Languages, an arm of Oxford University Press, which picks the Word of the Year.

got rizz?

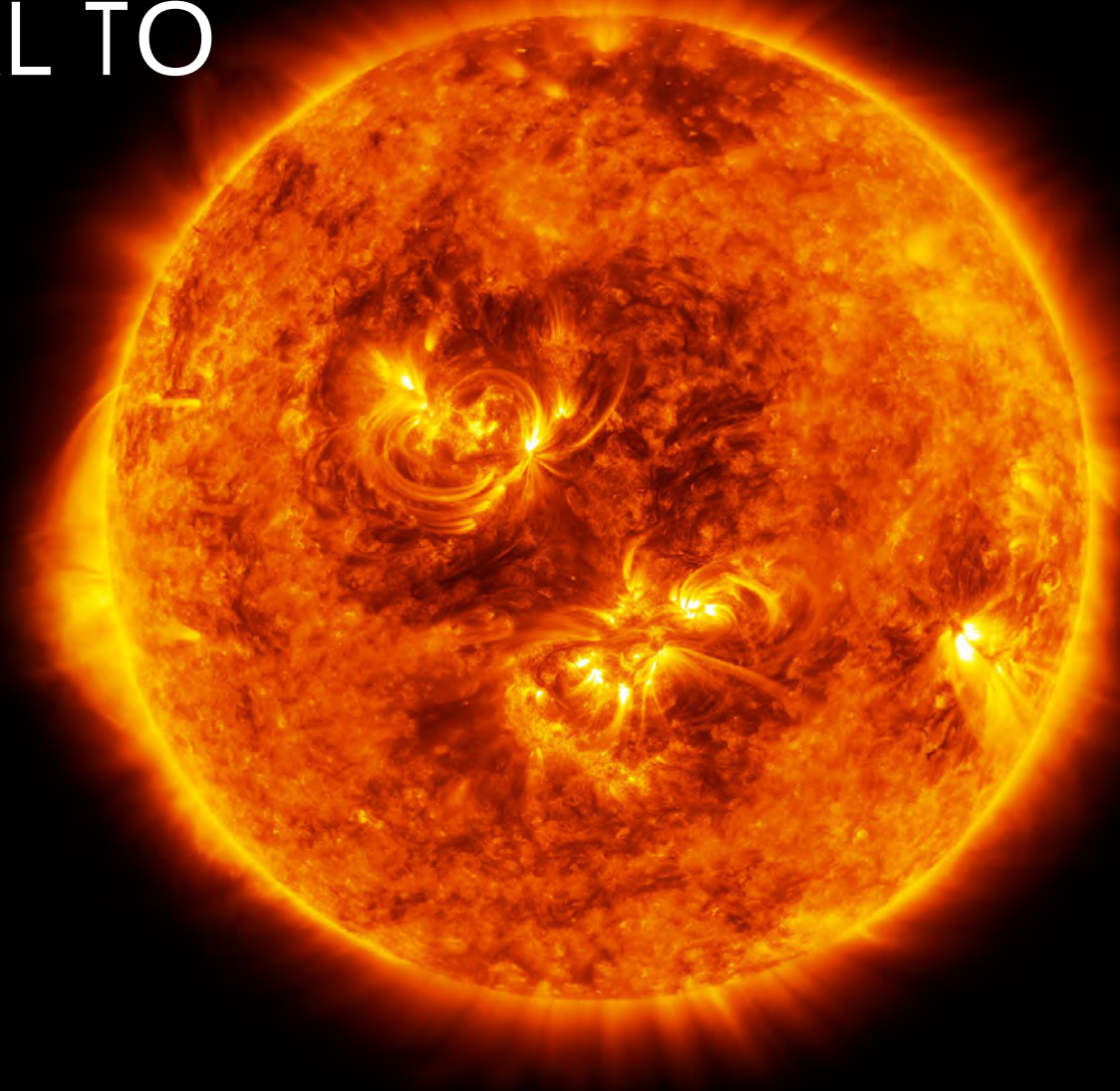


BONDO DEFICIT AS AN ADULT

- Enmeshed families
- **Emotional absence:**
- Loss of a parent:
- Parental illness:
- Parental mental illness:
- Parental substance use:
- Physical or sexual abuse:
- Verbal abuse:
- Maternal attachment disorder



IS BONDO ANTITHETICAL TO NARCISSISTS?



**Stop
Bad Breath**

COLGATE
DENTAL CREAM with GARDOL

Fight Tooth Decay

**INVISIBLE
SHIELD**



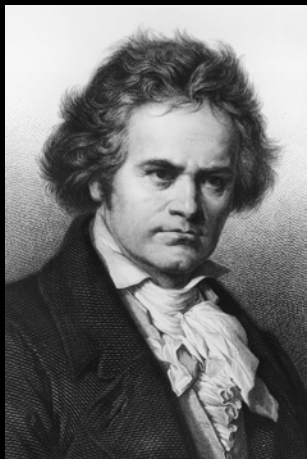
GARDOL



IS MARRIAGE A NECESSITY?



Susan B. Anthony



Ludwig van Beethoven



The Wright Brothers



Queen Elizabeth I



Jane Austen



Condoleezza Rice



Florence Nightingale

DOES A RELATIONSHIP WITH GOD COUNT AS BONDO?

"Don't surrender your loneliness
So quickly.
Let it cut more deep.

Let it ferment and season you
As few human
Or even divine ingredients can.

Something missing in my heart tonight
Has made my eyes so soft,
My voice
So tender,

My need of God
Absolutely
Clear."

~ *Hafiz*



BONDO AND THE OCTAVE

Seven Stages of Marriage

- **Stage I: Romantic Love** — Love Under the Influence (Do)
- **Stage II: Autopilot Love** — Life becomes rote (Re)
- **Stage III: Disillusionment** — Self-Protection (Mi)
- **The Power Struggle** --- (Mi-Fa Impasse) The seeds of the Power Struggle can emerge at any time — even while planning the wedding.
- **Stage IV: Awareness** — Self-reflection, Imago awareness (Fa)
- **Stage V: Commitment** — Inner work, solidity (Sol)
- **Stage VI: Constancy** — A deeper connection steers the ship (La)
- **Stage VII: Conscious Love** — Transpersonal, Beyond personal needs (Si)

- **Stage VII: Conscious Love** — Transpersonal, Beyond personal needs (Si)



Alan Arkin – “The Kominsky Method”

LAW OF THREE

The law of three forces is present
in all **relations**, sexual or otherwise:

ACTIVE, PASSIVE, *RECONCILING*

Bondo is the *Third Force*

•



LAW OF THREE

The law of three forces is present in all **relations**, sexual or otherwise: **ACTIVE, PASSIVE, RECONCILING**

- **Atomic Structure**

- Protons, Electrons, and Neutrons

- **Electricity**

- Positive, Negative, and Ground.

- **Weather**

- High pressure, Low pressure, and Precipitation

- **Mediation**

- Affirming, Denying, and Mediator

- **Law**

- Plaintiff, Defendant, and Jury

- **Marriage**

- Husband, Wife, and Child

- **Christianity**

- Father, Son, and Holy Spirit

- **Taoism**

- Yin, Yang, and the Tao

- **Physics**

- Space, Time, and the Continuum

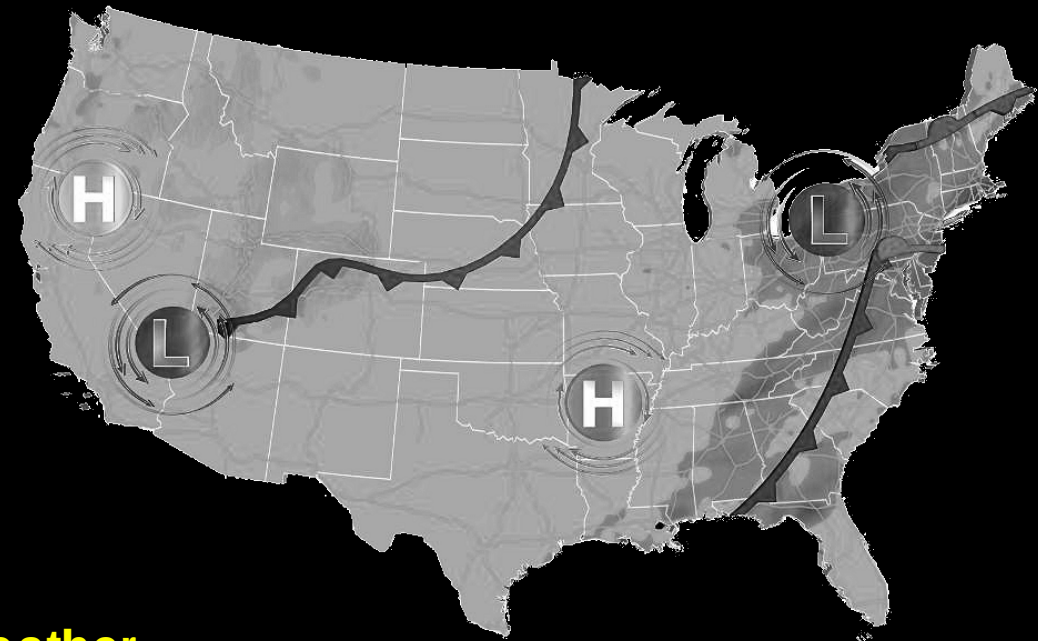
- **Sitcoms**

- Set-up, Complications, and the Resolution



LAW OF THREE

The law of three forces is present in all relations, sexual or otherwise: **ACTIVE, PASSIVE, RECONCILING**



Weather

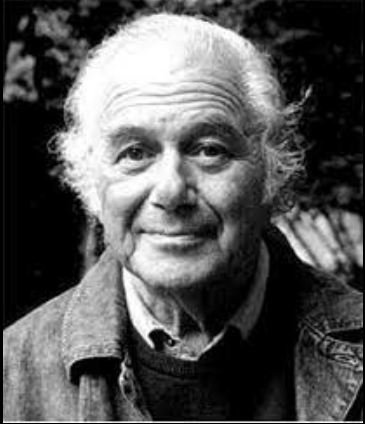
- High pressure, Low pressure, and Precipitation

EROS

The closest Bondo equivalent comes from Platos's concept of Eros -- the **Ladder of Love** where beauty, wisdom, and creativity guide human transformation.



EROS



“Plato has called this Eros. The deepest meaning of it for Plato was **the impulse of love** — to participate in it, to serve it.

Eros—this love of wisdom, this love of truth, this wish to know and to understand and to serve what is great.

For Plato, **this is the essential defining quality that makes us fully human**, much more essential to our humanness than all the other intellectual or biological elements which we tend to identify ourselves with.

When that energy, that striving, is covered over or suppressed, it is a far greater danger to our lives, our own personal self, and the life of our society and community than any other kind of repression.” ~Jacob Needleman



BONDO

In the same way that the fusion of nuclear forces powers the universe, BONDO transforms human boundaries to release love, creativity, and meaning.

- Nuclear fusion is when two smaller atoms fuse together to create a larger, heavier atom.
- Every star in the universe, as well as the Sun, is powered by nuclear fusion to energize all of life.
- It is because of this process that stars like the Sun create such an astonishing amount of heat and energy.

BONDO

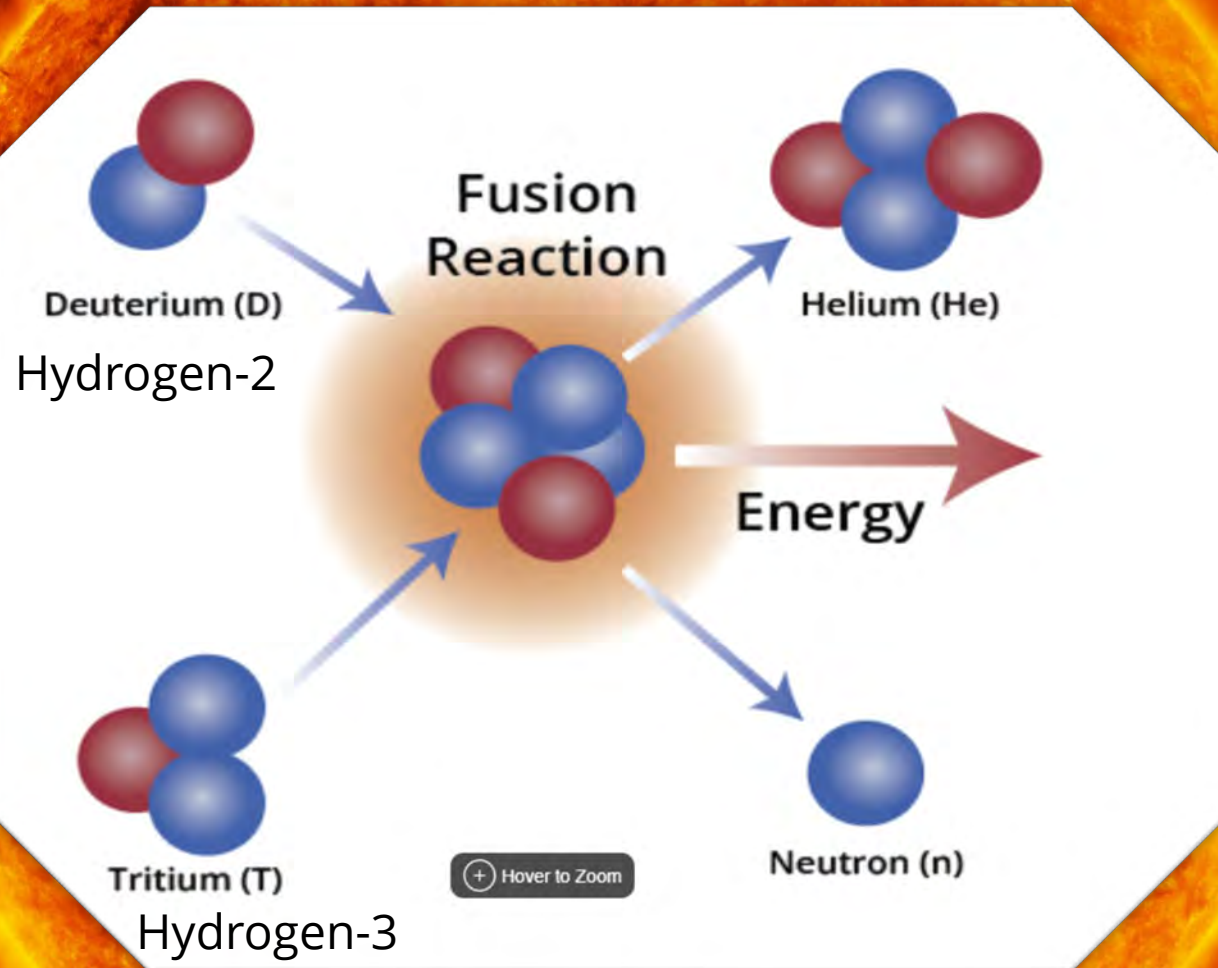


As above

BONDO



Deuterium



Tritium

As above, so below



I'M GOOD.

BONDO

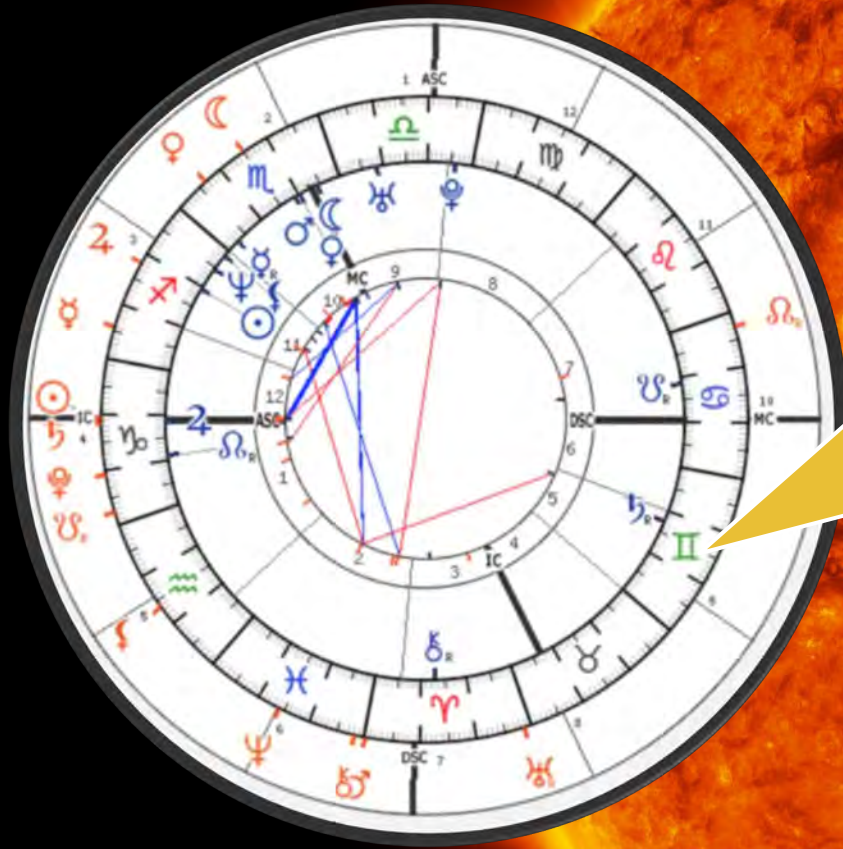
Outlander

“The relationship between Claire and Jamie is the constant beating heart of the story...”

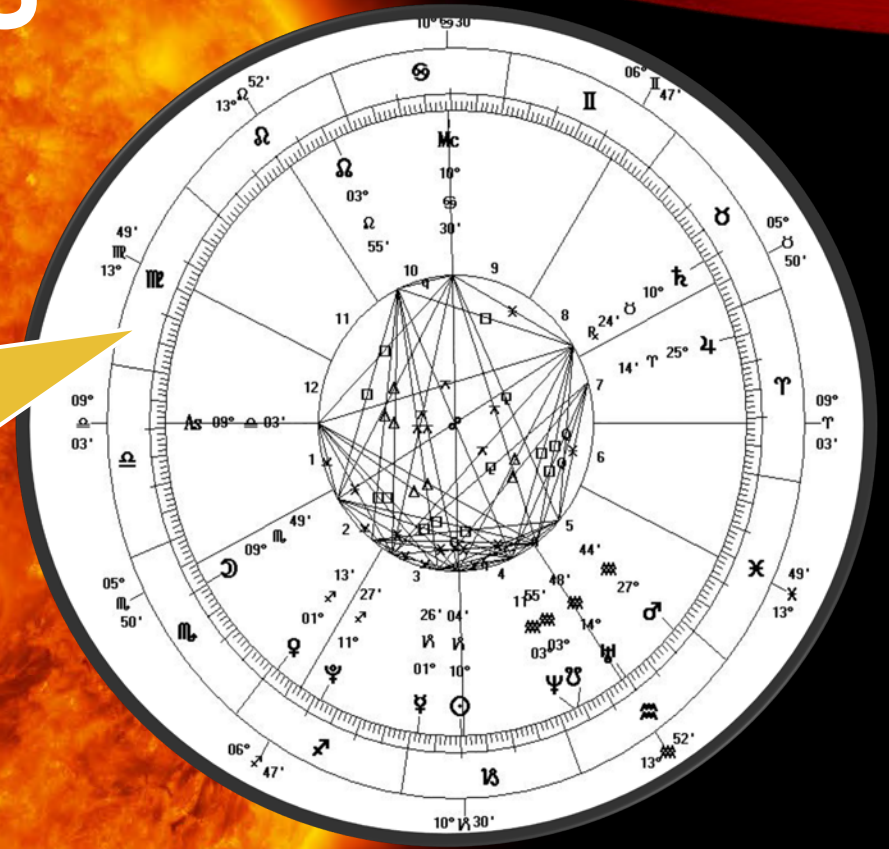
The potential between two human beings creates a creative, conscious energy.



OTHERNESS



Deuterium
Claire



Tritium
Jamie



Choose your Otherness



Jennifer Aniston



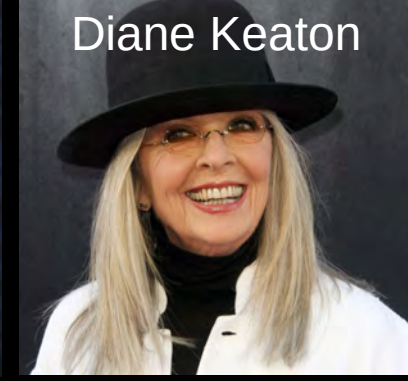
Emilia Clarke



Lady Gaga



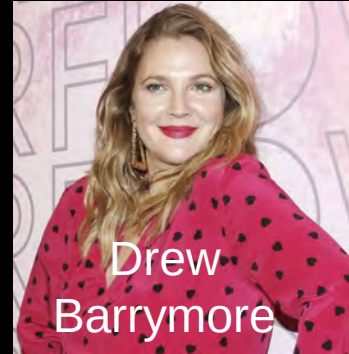
Emma Watson



Diane Keaton



Rihanna



Drew Barrymore



Susan Sarandon



Elisabeth Moss



Charlize Theron



Kim Cattrall



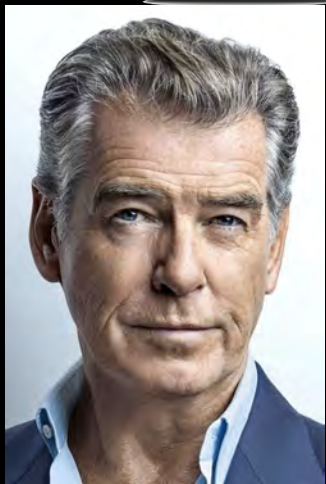
Jane Fonda



Nicki Minaj



Cher



Pierce Bronson

People SEXIEST MAN ALIVE



Harry Styles



Keanu Reeves



Ryan Gosling



Morning Show Host: Mark Consuelos



Trevor Noah

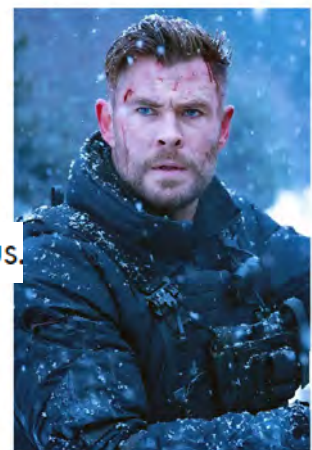


Jeremy Allen White



George Stephanopoulos

Best Blockbuster Star: Chris Hemsw



Sexiest TV Star: James Marsden



Pedro Pascal



Hasan Minhaj



Joe Burrow

OTHERNESS

oth·er·ness

/ˈəTHərnis/ 

□
noun

noun: **otherness**

the quality or fact of being different.

MatURITY implies otherness ... The art of living is the art of living with.

Julius Gordon - QUOTESTATS.COM



Humans are tuned for relationship. The eyes, the skin, the tongue, ears, and nostrils-all are gates where our body receives the nourishment of otherness.

— David Abram —

AZ QUOTES

“And this is what I learned, that the world’s otherness is antidote to confusion - that standing within this otherness - the beauty and the mystery of the world, out in the fields or deep inside books - can re-dignify the worst-stung heart.”

— Mary Oliver, *Blue Pastures*



I think humans are driven by othering people, by defining themselves by who they are not and who is different from them. Human beings are in love with othering.

— Hozier —

AZ QUOTES



Tritium

OTHERNESS



oth·er·ness

/ˈəTHərnɪs/ 

 noun

noun: **otherness**

the quality or fact of being different.

There are other people of other worlds and you should get to know those other people because what will teach you something different or spark a different thought in you is otherness!”

— Mehmet Murat ildan



And sometimes it's the very otherness of a stranger... which can jerk us out of our habitual selfishness, and give us intonations of that sacred otherness, which is God.

Karen Armstrong

“When words remain unspoken and emotions are left unexpressed, just a glint in the eyes from otherness can inflame the mind and rouse a shower of empathy.”

— Erik Pevernagie



When each thing is unique in itself, there can be no comparison made.... There is only this strange recognition of present otherness.
D. H. Lawrence

“For a beautiful peaceful world, one must abandon all notions of otherness and instead embrace togetherness.”

— Suzy Kassem

And just as music is the space between notes, just as the stars are beautiful because of the space between them, ... [it is] this middle distance: where despair struck pure otherness and created something sublime.

Donna Tartt

the world's otherness is antidote to confusion - that standing within this otherness - the beauty and the mystery of the world, out in the fields or deep inside books - can re-dignify the worst-stung heart.

Mary Oliver

Deuterium

Tritium

OTHERNESS



oth·er·ness

/ˈəTHərnɪs/ 

noun

noun: **otherness**

the quality or fact of being different.

“You know how it is when two souls meet in a burst of ecstatic volubility, with hearts tickling to hear and to tell, to know everything, to reveal everything, the shared reverence for the other’s otherness, a feeling of solitude radiantly snapped by full contact — all that?”

– Martin Amis, London Fields

You need a strong sense of 'otherness' to be able to create in your life.
Amos Lee

Eroticism is first and foremost a thirst for otherness. And the supernatural is the supreme otherness. This is perhaps the most noble aim of poetry, to attach ourselves to the world around us, to turn desire into love, to embrace, finally what always evades us, what is beyond, but what is always there – the unspoken, the spirit, the soul.
Octavio Paz

Deuterium

Tritium

OTHERNESS

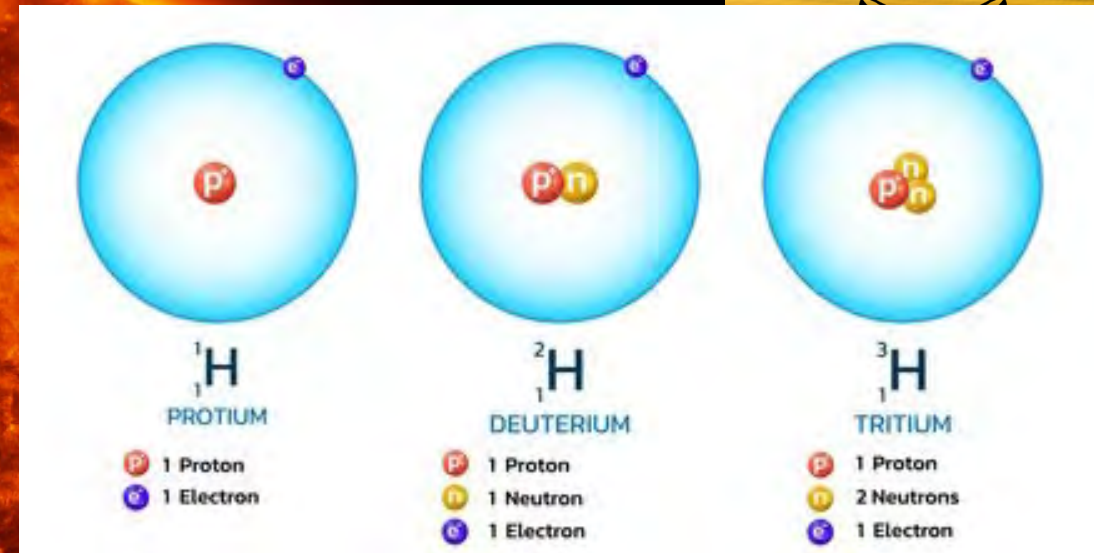
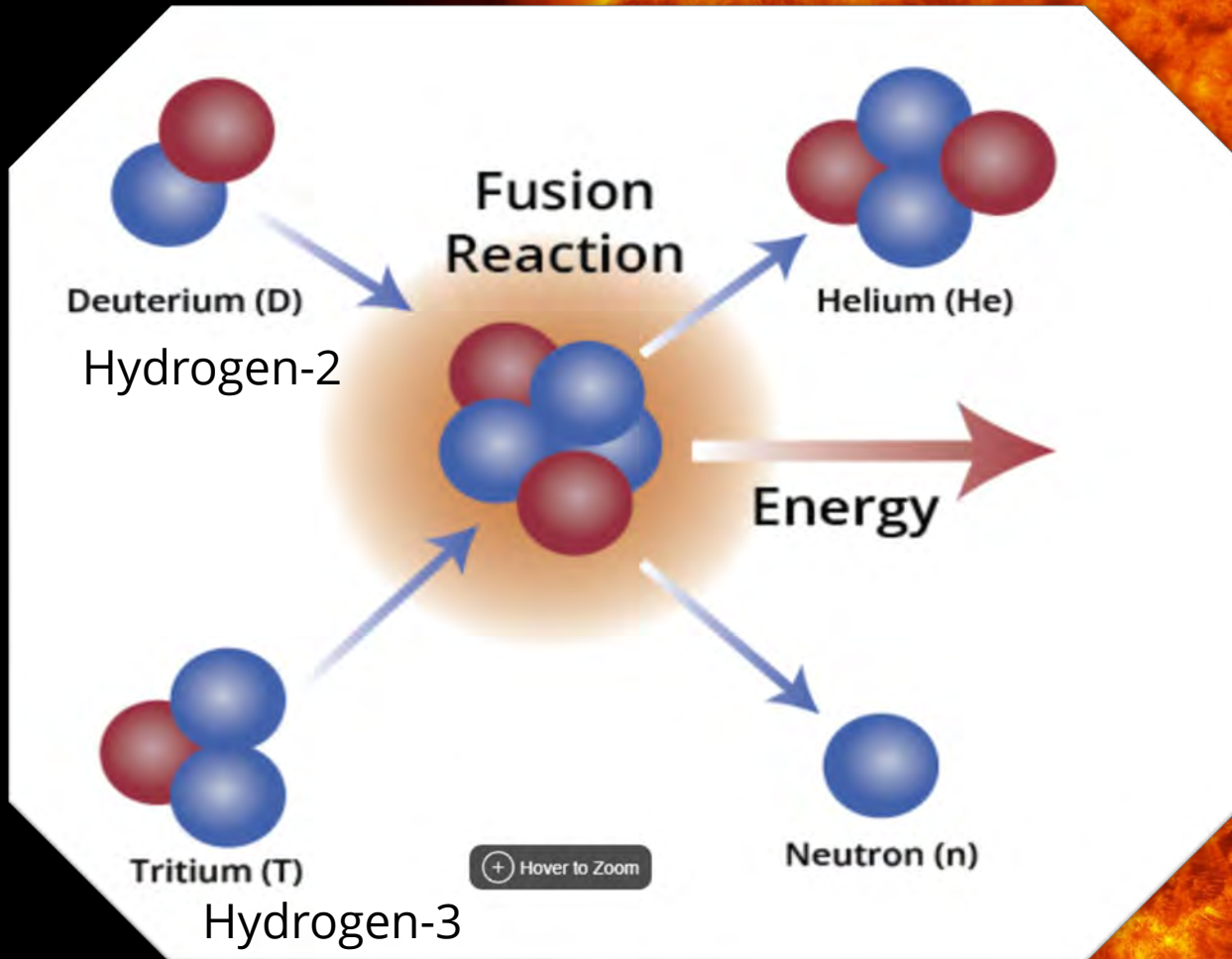


Deuterium



Tritium

BONDO



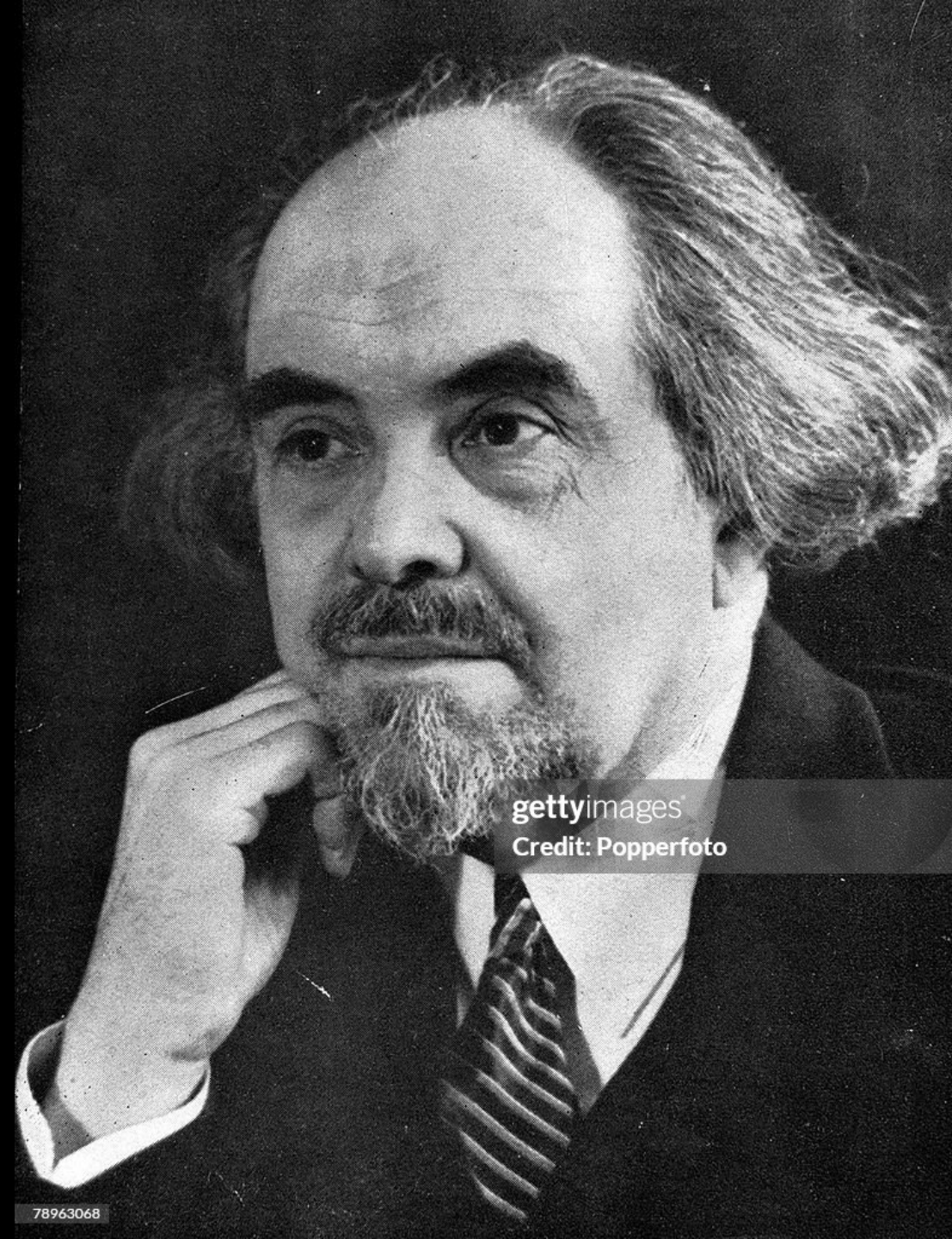
Deuterium

Tritium

BONDO = CREATIVITY

“Creativity is the supreme mystery of life, the mystery of the appearance of something new, hitherto unknown, derived from nothing, proceeding from nothing, born of nothing other...”

Nikolai Berdyaev



BONDO = SEX = CREATIVITY

“The energy behind sexual activity is the creative energy. This is beyond life and even beyond consciousness.

It is in the nature of the creative energy, and therefore of sex, to be spontaneous and unpredictable.

Bennett, John Godolphin. Sex and Spiritual Development (p. 9). Bennett Books. Kindle Edition.

JG Bennett

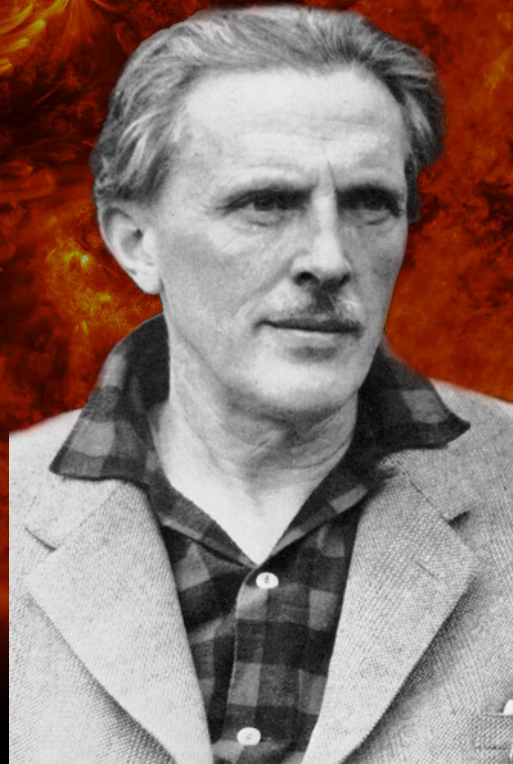


“We should never confuse sex with love, they are quite different things.

“The energy of love, the unitive energy, stands above that of sex, the creative energy. Love is beyond.

“Most people confuse certain powerful sentiments and feelings in themselves with the presence of love.

This is simply when sex energy enters the feelings and usually has very little to do with the truly unitive power of love. The result is sentimentality or egoistic desire.”



LEANING HEART-FIRST



Bennett is speaking of SEX on the level of **everything in life, nature, and the universe** -- everything engaging with its opposite to CREATE the world and all of its offspring.

Two people come together and create a baby, but they also create a world of connections and influence that didn't exist before they met.

Love is unitive whereas Bondo is akin to a chemical reaction -- or in the sun, fusion. Instead of intimacy, the better word is engagement – or Plato's Eros.

Engagement and Eros are not a one-off with a ring – instead, **continuous renewal through attraction, conflict, resolution, and renewal.**

Bondo represents our heart and feeling nature in action -- not contemplation. **Bondo is leaning heart first in all settings.**

You can't live without Bondo because this is how life operates.



RSA



Shorts

Brene Brown: The difference between Empathy and Sympathy.

5



Weavers

Aukai, AWARE

James Baldwin: Love has never been a popular movement.



Love has never been
a popular movement.

5



Weavers

Aukai, AWARE



LET'S MAKE SOME
BONDO

BONDO

