

The Struggle between Spirituality and Sexuality in Sons and Lovers by D. H. Lawrence

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Abstract: *Sons and Lovers* is one of the most powerful psychological novels of the Twentieth century-intensely autobiographical. When it first appeared in 1913, it was immediately recognized that Lawrence knowingly or unknowingly, was influenced by the term 'Oedipus Complex' coined by the Austrian Psychiatrist Sigmund Freud (1856-1939). Lawrence depicts his own psychic traumas through the character of the protagonist, Paul Morel who suffers due to his mother's domination over his soul and his inability to find a way out of his struggle between the all-consuming spiritual nature of possessive love and sexual attraction that makes *Sons and Lovers* one of Lawrence's memorable work of written art. It speaks of a strange triangular love tension between Paul-Miriam-Clara relationships that turns out to be hopeless and futile.

Keywords: Oedipus complex, Psychological, Attachment, Intimacy, Possessiveness, Sexual

1. The Onset of Oedipus Complex

Sons and Lovers is said to have gained immense popularity due to the unbreakable bond between Paul Morel and Gertrude Morel that slowly converts from beautiful a mother-son relationship into the demonic form of possessiveness and domination crippling Paul's relationship with other women in his life when he turns into a youth. His mother, Gertrude provokes psychic complications in Paul that culminates into an abnormality of behaviour in him that leads to an unhealthy emotional and sexual growth. This abnormality of personality is the result of his over attachment with his mother since childhood. Consciously or unconsciously, it is Gertrude who leads Paul towards the disastrous impact of Oedipus Complex i.e. Mother Fixation. After failing in her relationship with her husband, Gertrude finds herself all alone and dejected in life. She becomes emotionally insecure and tries to find support in her sons. First, her eldest son, William and then after his death, Paul becomes her only hope for survival. For her there is no other world than Paul and she succeeds in influencing his whole being without any difficulty.

Both, mother and son get so much used to one another that they become almost inseparable. They two share almost every moment of their life, they suffer pain and feel joy together. "And in the end she shared almost everything with him without knowing" (S & L: 99). Gertrude unconsciously substitutes Paul for her husband as he reduces to an outsider in her life. It is Paul who plays the role of a 'man' in the house and "directed his mother, what she must see and what not. And she was quite content" (S & L: 139). Paul was loved by his mother to such an extent that, "The two knined together in perfect intimacy. Mrs. Morel's life now rooted itself in Paul" (S & L: 158).

2. Negative Impact of Mother's Bondage on Paul

This intimacy started ruining Paul's emotional and professional life because it soon took the shape and form of possessiveness and domination obstructing the natural growth and development of his individual personality. When Paul grew up and felt the urge to establish a life outside the

dominion of his mother, he was unable to establish a healthy emotional and sexual relationship with the other women in his life-Miriam and Clara. He always felt his mother pulling his strings and holding him to her shadow where he felt choked and yearned for freedom of being.

3. Miriam's Abstract Spirituality

Despite of his psychological struggle, he feels inclined towards Miriam at Willey Farm. She is young and romantic who prefers to stay aloof even when she is with her family. Paul finds her sensitive and profoundly religious. She was shy and always ready to sacrifice things and yet feel happy. She always wanted to absorb the spirit of things. She was too similar to Gertrude in her ways of dominating over the soul of Paul. He hated this tendency of possessiveness and domination that was sickening. Though Paul and Miriam loved one another, they could not come closer and enjoy natural physical relationship. "She was cut off from ordinary life by her religious intensity which made the world for her either a nursery garden or a paradise, where sin and knowledge were not, or else an ugly, cruel thing" (S & L: 170).

Paul realised that he could not belong to her and started developing anger for her soul absorbing nature. Even Gertrude hated her because of her holding on things. "She is one of those who will want to suck a man's soul out till he has none of his own left" (S & L: 183). Gertrude echoed her own characteristic in these words that she said about Miriam.

The intimacy between Paul and Miriam became so abstract in nature that there was no chance of any normal and natural relationship between them. Paul hated her for this. He soon realised that they were not lovers but just friends whom he always went for support and encouragement for his painting. He considered her a nun and thought that he does not talk to Miriam through the senses, rather through the spirit. So they could not love one another in common sense. Paul thought that one person would never be able to monopolise him, be everything to him, never. He found Miriam perfectly amiable but rather too hard. He never found himself free and independent in her company. He started getting more and

Spirituality Of Struggle

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Working with Spiritual Struggles in Psychotherapy Kenneth I. Pargament, Julie J. Exline, 2021-10-04 Does my life have any deeper meaning Does God really care about me How can I find and follow my moral compass What do I do when my faith is shaken to the core Spiritual trials doubts or conflicts are often intertwined with mental health concerns yet many psychotherapists feel ill equipped to discuss questions of faith From pioneers in the psychology of religion and spirituality this book combines state of the art research clinical insights and vivid case illustrations It guides clinicians to understand spiritual struggles as critical crossroads in life that can lead to brokenness and decline or to greater wholeness and growth Clinicians learn sensitive culturally responsive ways to assess different types of spiritual struggles and help clients use them as springboards to change *Handbook of the Psychology of Religion and Spirituality, Second Edition* Raymond F.

Paloutzian, Crystal L. Park, 2014-12-19 Paloutzian experimental and social psychology Westmont College and Park psychology U of Connecticut provide a 33 chapter handbook on the psychology of religion and spirituality for social and clinical psychologists pastoral counselors and students and researchers in psychology and religious studies Psychologists and a few religious studies specialists from the US and some countries in Europe address the foundations including definitions core issues measurement assessment research methods psychodynamic psychology and religion and evolutionary psychology as a foundation for the psychology of religion religious and spiritual development across the lifespan and the neural and cognitive bases of religion and connections to emotion personality culture and social behavior They discuss religious practices and rituals conversion experiences prayer spiritual struggles fundamentalism forgiveness values and morality and implications for individual and collective well being in terms of health mental health coping psychotherapy workplace spirituality research terrorism and other areas New topics in this edition include cross cultural issues spiritual goals emotional values and mindfulness Most chapters have been redesigned or rewritten with 25 new and eight revised chapters The main themes of the book are more integrated and the introductory and concluding chapters argue that the application of religious meaning systems and the multilevel interdisciplinary paradigm can allow reconceptualization of the field and expand research

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International Handbook of Education for Spirituality, Care and Wellbeing Marian de Souza,LESLIE J. FRANCIS,James O'Higgins-Norman,Daniel G.

Scott,2009-10-13 Acknowledging and understanding spiritual formation is vital in contemporary education This book explores the dynamic relationship between education and wellbeing It examines the theory underpinning the practice of education in different societies where spirituality and care are believed to be at the heart of all educational experiences The book recognizes that regardless of the context or type of educational experience education is a caring activity in which the development of the whole person body mind and spirit is a central aim for teachers and educators in both formal and informal learning The chapters in this handbook present and discuss topics that focus on spirituality as an integral part of human experience and consequently essential to educational programs which aim to address personal and communal identity foster resilience empathy and compassion and promote meaning and connectedness

Measures of Spirituality/Religiosity—Description of Concepts and Validation of Instruments Arndt Büssing,2019-04-23 Why do we need more questionnaires to measure aspects of spirituality religiosity when we already have so many well tried instruments in use One answer is that research in this field is growing and that new research questions continuously do arise Several of these new questions cannot be easily answered with the instruments designed for previous questions The field is expanding and consequently the research topics Meanwhile several multidimensional instruments were developed which cover existential prosocial religious and non religious forms of spirituality hope peace and trust and several more The disadvantage of these instruments is the fact that some are conceptually broad and often rather unspecific but they might be suited quite well for culturally and spiritually diverse populations when the intention is to compare such diverse groups This is the reason why more research on new instruments is needed as can be found in this Special Issue and to stimulate a critical debate about their pros and cons

Spirituality, Religion, and Cognitive-Behavioral Therapy David H. Rosmarin,2018-03-19 Spirituality and religion are powerful forces in many people s lives yet they are usually relegated to the periphery of cognitive behavioral therapy CBT research and practice This highly practical nonsectarian book describes how to identify and work with psychologically relevant facets of spirituality in the context of evidence based treatment David H Rosmarin draws on cutting edge theory and research to provide clear guidelines for conceptualizing positive and negative aspects of spirituality pertaining to common clinical concerns Concrete examples throughout the book illustrate collaborative ways to harness spiritual beliefs and practices to help bring about cognitive behavioral and affective change Four reproducible handouts can be downloaded and printed in a convenient 8 1 2 x 11 size

Counseling and the Resolution of Religious and Spiritual Struggles Mentanna Campbell,2024-12-31 This book delves into the critical question of how counseling can help individuals navigate and resolve these struggles It prioritizes the true experts in this domain the strugglers themselves and provides an

in depth examination of their experiences Using the rich methodological approach of hermeneutic phenomenology the author collaborates with participants to explore their lived experiences of the therapeutic relationship and the therapist s way of being By incorporating a common factors lens the book offers insights into how therapists can engage with clients in a way that fosters an alliance capable of addressing religious and spiritual r s struggles and promoting growth The book provides readers with a deep understanding of the r s struggle resolution process identifies how these findings advance the field and encourages practitioners to adopt the common factors meta model to work competently in this area It also examines how counseling can help individuals resolve r s struggles identifying how and when faith related questions emerge due to the failure of religious coping strategies It introduces to the religious coping literature the pathway toward decline delineates the process of how participants experience disconnection from God self and others and puts forward three movements of the resolving process Offering a new attempt to dissect this complex issue through the lens of common factors research it will appeal to researchers counselor educators and post graduate students with interests in religion and spirituality This book is a significant contribution to the discourse on spiritual struggle and the role of counseling in addressing it **Spirituality,**

Religion, and Aging Holly Nelson-Becker, 2017-02-01 This highly integrative book was written for students professionals in aging religious leaders and older adults themselves Readers will gain the knowledge and skills they need to assess engage and address the spiritual and religious needs of older persons Taking a fresh approach that breaks new ground in the field the author discusses eight major world religions and covers values and ethics theories interventions health and caregiving depression and anxiety dementia and the end of life Meditations and exercises throughout the book allow readers to expand and explore their personal understanding of spirituality Referencing the latest research the book includes assessments and skill based tools designed to help practitioners enhance the mental health of older people Research in the Social

Scientific Study of Religion, Volume 24 , 2013-05-30 Research in the Social Scientific Study of Religion continues to offer a place for the publication of theoretical and empirical papers related to the broad area of how the social sciences understand religion Two papers in the general section add important contributions to the fields of faith development and spirituality The use of special sections has enabled particular topics to be dealt with in detail and shows how information that is gathered incrementally can help make great advances in a field Spirituality alongside religion features as the key independent variable in many of the nine papers of the special section in this volume Social scientific approaches have sought to show links between the experiences of health well being or disease and individual differences in religiosity and or spirituality *The Science of Religion, Spirituality, and Existentialism* Kenneth E. Vail III, Clay Routledge, 2020-04-04 The Science of Religion Spirituality and Existentialism presents in depth analysis of the core issues in existential psychology their connections to religion and spirituality e g religious concepts beliefs identities and practices and their diverse outcomes e g psychological social cultural and health Leading scholars from around the world cover research exploring how fundamental existential

issues are both cause and consequence of religion and spirituality informed by research data spanning multiple levels of analysis such as evolution cognition and neuroscience emotion and motivation personality and individual differences social and cultural forces physical and mental health among many others The Science of Religion Spirituality and Existentialism explores known contours and emerging frontiers addressing the big question of why religious belief remains such a central feature of the human experience Discusses both abstract concepts of mortality and concrete near death experiences Covers the struggles and triumphs associated with freedom self regulation and authenticity Examines the roles of social exclusion experiential isolation attachment and the construction of social identity Considers the problems of uncertainty the effort to discern truth and reality and the challenge to find meaning in life Discusses how the mind developed to handle existential topics how the brain and mind implement the relevant processes and the many variations and individual differences that alter those processes Delves into the psychological functions of religion and science the influence on pro and antisocial behavior politics and public policy and looks at the role of spiritual concerns in understanding the human body and maintaining physical health

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