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Opening Love: Intentional Relationships & the Evolution of Consciousness

Dr. Anya

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Opening Love: Intentional Relationships & the Evolution of Consciousness Dr. Anya
Love, sex, and relationship wisdom from the polyamory (many loves) movement are offered in this practical guide to spiritual enlightenment.

Drawing on both personal experience and philosophical reflection, Dr. Anya describes how to cultivate intentional relationships: creative, non-conventional bonds that center on principles of honesty, compassion, forgiveness, and the celebration of desire. Through suggested meditations and activities for daily practice, we learn to evolve our consciousness by nurturing open, unconditional love in all our relations.

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