



Opening Love: Intentional Relationships & the Evolution of Consciousness

Dr. Anya

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Love, sex, and relationship wisdom from the polyamory movement are offered in this practical guide to spiritual enlightenment. Contrary to popular belief, monogamy and celibacy are not the only two options for exploring a spiritual path. In *Opening Love*, Dr. Anya translates the lessons learned by the pioneers of the polyamory (many loves) movement for readers who actively pursue personal growth through spiritual practice. Drawing on both personal experience and philosophical reflection, this nonfiction guide explains how to cultivate intentional, creative, non-conventional relationships that center on principles of honesty and consent. Instead of committing solely to a single person, spiritual seekers can instead commit to pursuing openness and courage in all their interactions. As polyamorists understand: love, sex, and relationships are not scarce commodities, rather they are an abundant resource for healing and evolving one's consciousness. With eloquence and precision, Dr. Anya describes how to cultivate compersion (the opposite of jealousy), find an intentional community based on common core values, and build advanced emotional and communication skills. Meditation and reflection practices are offered throughout, to create an interactive, truly transformative learning experience.

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