

# To Love and Be Loved



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The Most Challenging Spiritual Practice -

Twenty years ago, two spiritual seekers met at a workshop on conscious dying. What happened next is the extraordinary foundation for To Love and Be Loved—a life-changing workshop on what it means to be alive and in love. Together ever since that first day, Stephen and Ondrea Levine poured all of the wisdom they gained from their work with others into the mystery of their own relationship. The result is a beautiful, unexpected unfolding: a teaching that transcends the anguish of existence to show us the way to God—through the darkest nights of our most intimate relationships.

In the depths of our personal pain, the Levines teach, lies the essence of intimacy—with both one another and God. This is why true commitment requires us to "swim across the reservoir of each other's grief." Stephen and Ondrea show how couples can immerse themselves in the "ocean of compassion"—where they will discover how to overcome fear and replace it with mercy: the key to creativity and love.

Why are so few yogis committed to a human partner? The Levines suggest they haven't

recognized the profound value of the difficult yoga of partnership. Our intimate relationships, they teach, actually contain a complete blueprint for spiritual realization. On To Love and Be Loved, they demonstrate how to decipher and use this map.

The Teachings of a Lifetime - To Love and Be Loved brings you the crowning insights from these pioneering teachers—more than seven hours of useful exercises, meditations, and practical suggestions on five information-packed cassettes. Out of the crucible of their own experience, Stephen and Ondrea Levine point a proven way to true transformation—through the spiritual challenge of your own relationship.

作者介绍:

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