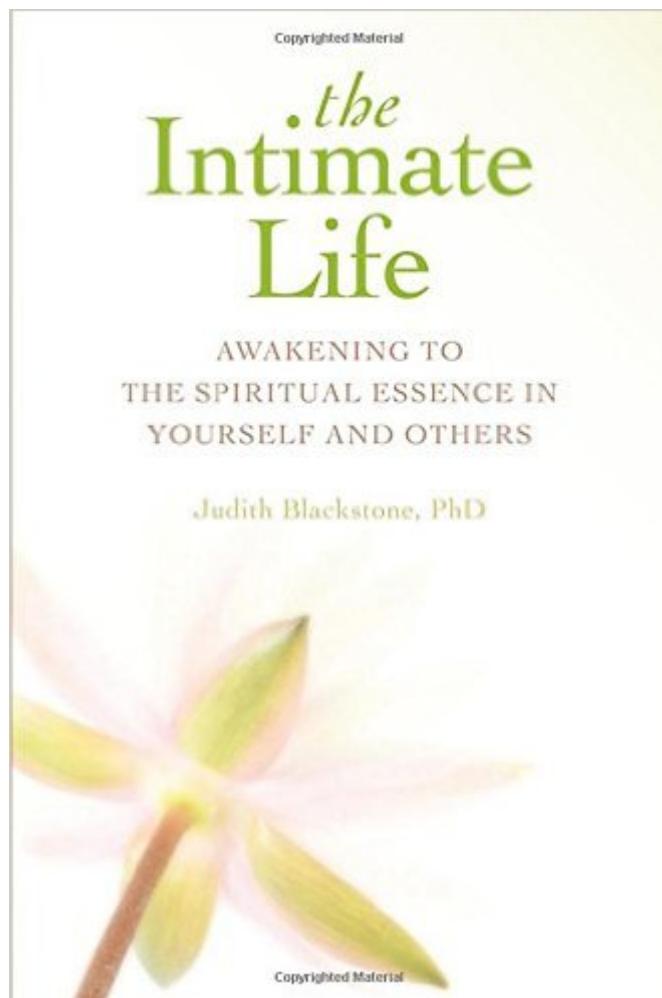


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# The Intimate Life: Awakening To The Spiritual Essence In Yourself And Others



## Synopsis

This is a book about making contactâ •with yourself, your partner, and everything around youâ •at the deepest level possible. The basis for this connection is what Dr. Judith Blackstone calls fundamental consciousnessâ •what we all are in our essence. In *The Intimate Life*, this innovative teacher and psychotherapist shares 17 relational practices from her unique approach to embodied spiritual awakening known as the Realization Process. Offered to help us relate â œcore to coreâ •with compassion, understanding, and joy, *The Intimate Life* explores:â œOur spirituality flowers as we bring love alive in our lives. In *The Intimate Life*, Judith Blackstone guides us in how to release resistance to authentic contact and how to realize our inherent oneness with all beings. Her teachings are lucid, powerful, and wiseâ •this book is a gem!â •Tara Brach, PhD, author of *Radical Acceptance*â œWith grace and profound insight, Judith Blackstone presents wise guidance on how we can more genuinely connect with and recognize the luminous depth of each otherâ •and the world.â •â •Marci Shimoff, New York Times bestselling author, *Love for No Reason* and *Happy for No Reason* Attuning to Unified Consciousnessâ •how to let go of our conditioned perceptions and behaviors to foster spiritual maturation Overcoming boundary problemsâ •how to embrace the paradox of oneness and separateness Awareness, emotion, and physical contactâ •the three main pathways of interpersonal connection The spiritual essence of sexualityâ •spiritual exercises that apply unified consciousness to sexuality to enhance pleasure, liberate the bodyâ ™s subtle energy, and moreTo genuinely love other people is one of the central ideals in every spiritual tradition. Itâ ™s also one of our greatest challenges. Here is a transformational guide to becoming â œlovers of lifeâ • and experiencing the full potential of our intimate relationships.

## Book Information

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## Customer Reviews

Although I've only been reviewing books for the Vine program for about eight months, I'm continually being surprised and delighted by the blessings I've personally received from the works I've selected to read. Judith Blackstone's extremely worthwhile spiritual guidebook is indeed such a gem. She speaks from a tradition with which I've had little interaction, yet I was continually amazed by the resonances with my own meditative practice of centering prayer. In addition, the psychological underpinnings of her presentation are absolutely in tune with many of my personal observations and scientific perspectives. The exercises given at the end of each chapter are straightforward, easily undertaken, and completely without any sort of ritualistic baggage. On occasion, I've wished that I could quote one author whose works I deeply appreciate to another in some form of ongoing dialogue. I certainly wish I could share some of the insights I've gained from Pierre Teilhard de Chardin (several of whose books I've recently reviewed for ) with Dr. Blackstone. His concept of "complexity-consciousness" is absolutely on target with everything she is saying throughout her entire discussion about the importance of understanding and tuning into the "relational field". Similarly, I would very much like to quote Dr. Blackstone to Dr. Lisa Randall, author of "Knocking on Heaven's Door". When I reviewed this latter book for , my major criticism was that Dr. Randall's scientific perspective was simply unprepared to deal with "consciousness" as a reality which, while seemingly not testable by current experimental methods, none-the-less obviously exists.

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