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Conscious Relationships: The Art of Bringing Awareness to Intimacy & Sexuality

Raffaello Manacorda

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Are you dissatisfied with your intimate relationships? Time to change that.

Are you wondering why you attract certain people in your intimate life and not others?

Has the sexual tension in your relationship decreased, and you don't know why?

Are you struggling with jealousy?

Do you find yourself clinging to your partners, and fearing they may abandon you?

Do you have a hard time trusting your partners?

If you answered yes to any of these questions you are ready for **conscious relationships**.

What are conscious relationships?

Intimate relationships are one of the most important aspects of our life, yet we rarely dedicate time and energy to preparing for them. This paradox brings unnecessary pain to our existence.

There is a vast difference between simply having intimate relationships, and going into them *consciously*. As soon as we add consciousness to the equation, our intimate life is transformed.

What are some of the key areas of intimate relationships?

Let me name a few of them for you: sexuality, emotions, communication, jealousy, trust. We all face issues in these areas, and we would all benefit from bringing consciousness to them.

It’s time to bring awareness to our loving and upgrade our relationship skills. And this is exactly what this book will help do.

What you’ll find in this book:

In Conscious Relationships, you will embark on a journey that will allow you to understand intimate relationships in a new and deeper way. Here are some of the topics covered:

- **Sexual Essence & Sexual Polarity.** Understand the true meaning of Feminine and Masculine, beyond any superficial gender stereotypes. Find out why you attract specific people and not others, and why sexual tension rises and falls in the course of a relationship.
- **Emotions and communication.** Discover the fundamental principle behind all mature relationships, and find out how you can practice honesty in intimacy without renouncing to empathy and privacy.
- **Jealousy.** Learn simple and effective techniques for dealing with jealousy and transforming it into a tool for personal growth.
- **Attachment and clinginess.** Dive deep into your primal needs and experience the possibility of love without fear.
- **Boundaries & Agreements.** Master the art of using positive agreements that enrich your relationship instead of suffocating it.
- **Openness in relationships.** Does it make sense to have more than one partner? What are the benefits and challenges, and should you give it a try? Demystify the opposition between “open” and “closed” relationship and discover the infinite range of possibilities at your disposal.

You will also find out how to successfully navigate break-ups, change your use of language around relationships and sexuality, practice trust and forgiveness, and much more.

That sounds pretty good… but what are the practical benefits?

Stepping into conscious relationships will transform your intimacy—forever. Here some of the incredible benefits of this practice:

- **Achieve deeper understanding** of your needs, fears and desires.
- **Use relationships as a spiritual path** of growth and evolution.
- **Master your sexual attraction** and turn it on and off at your command.
- **Experience joy in intimacy**—we are here to thrive, not to suffer.
- **Overcome jealousy** and stop being conditioned by it. You deserve better.
- **Learn how to trust** and be trusted by your partners, moving beyond fear and suspicion.

- **Heal emotional wounds** through your own personal power and the full, freely given support of your loved ones.

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