



# Love is Life: The Freedom to Be Yourself in Relationships

*Spersa Kreis*

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The Freedom to be Yourself in Relationships

Singles and couples who are interested in creating a deepening trust and intimacy with a partner and like to grow in relationships might get inspirations in this book about how to move on the path of love. It's for those who are interested in the art of love and searching for a life in depth, integrity and truth. In a space free from expectation a reconnection between heart and sexuality can happen. We start to understand how to use the polarity of female and male energies to get in touch with our own inner truth.

Everyone has a very own individual way of coming closer to the ultimate truth and this book tells about the experiences walking on it. It is written from the perspective of the authoress and describes her individual process during the five years she lived as a resident in the Osho Meditation-Resort in India.

The tantric way is to accept every situation in life for transformation: nothing is excluded but everything is included. In the trustful space of meditation a new perspective of love, life and intimacy can grow and bring a quality of gratitude into our love relationships. This will open unknown doors for life to enter, where it is possible to reconnect with the free and playful flow of our natural energy and to explore our heart as a bridge to harmony and our sensuality as a deep devotion.

This reconnects us with our innermost being.

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