



Dancing with Fire: A Mindful Way to Loving Relationships

John Amodeo PhD

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Winner of the 2014 Silver Independent Publisher Book Award in the relationship category and winner of the Spirituality and Practice Award as one of the best spiritual books of 2013!

The search for inner peace is often met with what seems like a conflicting path- the irresistible pull of love and connection with others to which we are drawn.

Reconciling these opposites, John Amodeo shows how spirituality and vibrant relationships are identical. He says that Buddha's concept of the root of suffering is misunderstood. It is not desire that causes suffering; desire is the fire that springs from the basic life force. Drawing upon the science of attachment theory, Amodeo illuminates how the root of our suffering is disconnection from ourselves and others, which is fueled by clinging to what doesn't serve us

In a conversational tone, Amodeo presents relationship as sacred experience. He teaches how to welcome desire mindfully rather than suppress it and how to overcome fear of failure in relating. He also discusses meditation as self-intimacy and holding ourselves with loving-kindness. Lastly, he explores the role of community in spiritual awakening and the issue of whom to trust--our guru or ourselves?

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