



Love, Power, and Wisdom

Gary Reiss

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In *Love, Power and Wisdom*, psychotherapist, Process Work teacher, and conflict facilitator Gary Reiss shows us how to have more love for ourselves, our relationships, the Earth, and our world. Integrating Process-oriented Psychology, Aikido, and other psychological and spiritual traditions, Reiss shows that the ancient polarities of love and power need to be unified into a new kind of Love, and that the integration of love and power is full of deep wisdom. Love that is full of wisdom begins with self-love and Reiss shows how to then move from self-love to relationship love, loving humanity, and loving the Divine. We can learn to connect to infinite love and the energy and healing this brings. *Love, Power and Wisdom* is full of stories that help illustrate this wisdom based path of love, and exercises that help us learn how to love fully with our minds, bodies and spirits.

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