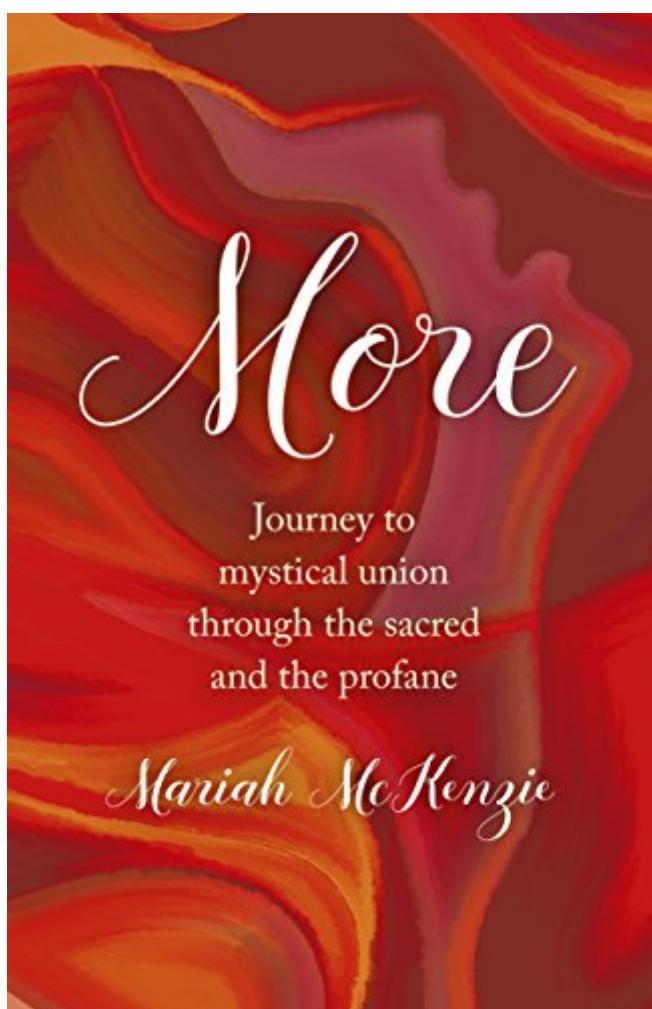


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More: Journey To Mystical Union Through The Sacred And The Profane



Synopsis

Have you ever wanted More? Not more stuff . . . or success . . . or fame . . . but more intimacy, more connection, more mystery, more awe. When Mariah McKenzie finds her husband and best friend in bed together, she is launched on a forbidding and transcendent journey. Reeling from a life turned upside down, Mariah and her husband, Jake, resolve to search together for a deeper connection--for more. They decide to participate in Margot Anand's Year-Long Love and Ecstasy (aka "Tantra") Training. As they delve into sacred sexuality together, they learn sex is a doorway not only to physical and emotional intimacy, but also to the divine mystery of life. Mariah glimpses a different reality, which includes wildly mystical moments replete with astounding visions and prophetic dreams. The awakening, however, also releases repressed memories of childhood trauma. As Jake helps her navigate these experiences, they open more fully to one another and rekindle their trust. Mariah begins to see life from a deeper perspective. Mariah's inner journey becomes a kind of striptease, at first exposing fear, anxiety and victim identity, but ultimately revealing a woman, who revels in saying, "yes" to Life with its sacred as well as profane moments. More is a love story, a healing story, a spiritual adventure.

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Customer Reviews

A mystical, spiritual journey - made by an American couple, as told by the wife, mom, friend, householder. A worthy read, page-turner! Maybe someday to be made into a movie. Loved it!

It started with an affair...and led to a spiritual reawakening. This is a fascinating tale of one couple's journey to a deeper spiritual experience through intimacy. This is a great book for "believers" and skeptics alike. For those familiar with the subject matter, the heartfelt, personal nature of the narrative gives it a fresh, autobiographical immediacy. Skeptics will be interested to learn how widespread the concept is. Far from being a modern invention of "the New Age," the idea of connecting to the Sacred through the "profane" experience of human sexuality is extremely common. The author guides readers through many of these traditions in detail, all in a relatable, first-person tale that is beautifully, unapologetically personal. I highly recommend it!

In 'More' the author tells a compelling story of her search for healing and connection. After discovering her husband in bed with her best friend, she is determined to repair her marriage and find a deeper understanding of both her husband and herself. Together they embark on a journey of self-discovery through meditation and sensual exploration. Discovering hidden secrets from her childhood, Mariah comes to understand her own history, overcome a painful past and find joy in the present. This frank and revealing memoir documents a woman's search for 'More' love and 'More' meaning, to discover what it takes to get 'More' joy out of life. I found this to be a thoroughly entertaining and thought-provoking memoir helpful for anyone seeking intimacy with one's partner, and personal fulfillment. Highly recommended.

This inspirational story demonstrates the transformational power of healing within a marriage, where each one finds his/her own path, and at the same time, forge a path together. This healing transpired over many years, and through a variety of methods, including meditation, tantric sexuality training, journaling, and shamanic work. The commitment to individual spiritual growth, as well as mystical union, becomes the foundation for enlightenment and the experience of unconditional love. An unforgettable healing journey!

Mariah McKenzie has written an aptly titled book. "More" describes both the

motivation of the author's spiritual journey and the reader's desire to know how Ms McKenzie resolved the possible paradox of her individuating quest and her life as a wife and as mother of two young daughters. There are hints in the book that the resolution was successfully achieved. But, I wonder how it was achieved. This is not a book for a faint-of-heart reader written by a decidedly non-faint-of-heart author. who seems to be a strong, brave woman willing to push herself past conventional social and sexual boundaries. Her expressed needs give a coherence to the narrative but for which some of those experiences would be shocking. Ms. McKenzie's writing is clear and easy to read. I hope she will write more books and I would appreciate her next book being about the wisdom she has gained as a result of the experiences she so well describes in "More".

What a beautifully written and told adventure of coming into ones power and a deeper understanding of life's unfolding. The spiritual path Mariah takes us on is filled with transparency, passion, courage and authenticity. It is bold and daring facing the many challenges that are filled with opportunities of enormous potential...this is how growth happens....the only way to get this intimacy we all seek, want and need is via this honest forthright looking within and without. So it seems the sacred becomes profane and the profane becomes sacred.....it is all one thing?....This is a deep revealing read worthy of our attention and time.

Mariah McKenzie did not sit on a therapist's sofa and talk about her problems. She faced them head on through unconventional means and now has written "More" to share her brave path to solving the mystery of her demons and finding her own life's purpose. Using heartfelt honesty and abandon this fascinating fast-paced memoir is for anyone who wants to be mesmerized and also inspired to learn more about spiritual options in order to find self-love, intimacy, inner peace.

This is an unusually bold and candid account of one woman's passionate and constant 25-year quest for more authenticity, more sexual and spiritual intimacy. She seeks a deeper connection to her life partner and to her own soul. With unabashed truth-telling, Mariah shares how finding her husband in bed with her best friend was "beyond the deep sense of betrayal and distrust" "the catalyst that accelerated her search, together with him, for more. This is much more than a juicy memoir" "though it is that. It is also a rich source of inspiration and guidance for those who are convinced there must be more to life and are wondering how to go about finding it. This determined pair explores many significant avenues, and Mariah shares the resources they

used and the results they got. As a psychotherapist, I found it a fascinating longterm case study of how one woman uncovered and worked through issues of childhood sexual abuse and trauma, and came to a place of deep connection with herself, her beloved, and with the Universe. This is a memoir of hope and promise for those who have been sexually abused and for those who are looking for more in their lives, as well as a real gem for those who just like a good, juicy read.

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