

CONTENTS

ACKNOWLEDGMENTS	VII
INTRODUCTION	XI
❧ PART I ❧ THE VIRTUES OF MONOGAMY	1
CHAPTER 1 WHY PREFER MONOGAMY?	2
CHAPTER 2 THE SPIRITUAL DEPTH OF MONOGAMY	8
❧ PART II ❧ THE ARCHETYPES OF MARRIAGE AND MONOGAMY	13
CHAPTER 3 THE OLD ARCHETYPE OF MARRIAGE AND MONOGAMY	14
CHAPTER 4 THE NEW ARCHETYPE OF MARRIAGE: PARTNERSHIP	21
CHAPTER 5 THE EVOLVING UNCONDITIONAL PARTNERSHIP	26
CHAPTER 6 MARRIAGE AS A LEGAL CONTRACT	30
CHAPTER 7 MARRIAGE IS NOT A FIX: DON'T GET MARRIED UNTIL YOU ALREADY ARE	32
❧ PART III ❧ THE ANATOMY OF MONOGAMY: WHAT MAKES MONOGAMY DIFFICULT?	35
CHAPTER 8 NATURE VS. NURTURE: A SERIES OF INTERCONNECTING VARIABLES.....	36
CHAPTER 9 CHRONICLE #1: MY PARENTS	44
CHAPTER 10 LAWS OF ATTRACTION AND DESIRE.....	48
CHAPTER 11 CHRONICLE #2: ABANDONMENT AND LOSS	55
CHAPTER 12 OPPOSITES ATTRACT: UNDERSTANDING PRIMARY AND DISOWNED SELVES.....	59
CHAPTER 13 CHRONICLE #3: BEING ATTRACTED TO MY DISOWNED SELVES.....	65
CHAPTER 14 THE PRINCIPLE OF DESIRE.....	77
CHAPTER 15 HIGH AND LOW DESIRE PATTERNS	80
CHAPTER 16 RESOLVING INDUCTION PATTERNS	89

CHAPTER 17 PURSUING A RELATIONSHIP	95
CHAPTER 18 CHRONICLE #4: SEXUALITY AND SEXUAL ATTRACTIONS ..	98
CHAPTER 19 SEXUAL FANTASY AND MASTURBATION.....	106
CHAPTER 20 DREAMS AND MESSAGES	112
CHAPTER 21 SEXUAL AND RELATIONAL ADDICTIONS	115
CHAPTER 22 UNDERSTANDING YOUR AROUSAL PATTERN.....	128
CHAPTER 23 FANTASY BONDING.....	148
CHAPTER 24 THE DISOWNED SELF OF YOUR RELATIONSHIP	153
CHAPTER 25 THE INCEST TABOO.....	156
CHAPTER 26 RESOLVING THE TABOO	163
CHAPTER 27 CHRONICLE #5: MARRIED WOMEN AND RELATIONSHIP TRIANGLES	169
CHAPTER 28 BIRTH SCRIPTS	178
CHAPTER 29 THE INFANT GUILT SYNDROME: CAUSING OUR MOTHERS PAIN	195
CHAPTER 30 PATRIARCHY, MATRIARCHY, AND MONOGAMY	205
CHAPTER 31 PRIVILEGE, POWER, AND ENTITLEMENT	212
CHAPTER 32 NARCISSISM	215
CHAPTER 33 THE MYTH OF THE FREE SPIRIT.....	217

☞ PART IV ☞ FACING THE CHALLENGE..... 227

CHAPTER 34 MAINTAIN AN OPENED SYSTEM	228
CHAPTER 35 THE ROLE OF SPIRITUAL AND SERVICE COMMUNITIES.....	233
CHAPTER 36 TELLING THE TRUTH	236
CHAPTER 37 LIVING FOR TWO OR MORE: COMMITMENT, CONSCIENCE, INTEGRITY, AND LOYALTY	246
CHAPTER 38 DEVOTION VS. LOYALTY: GETTING BEYOND BETRAYAL ..	251
CHAPTER 39 LETTING GO OF AN APOLOGETIC NATURE	254
CHAPTER 40 BEING SENSITIVE ABOUT SEXUAL ABUSE AND SEXUAL OBJECTIFICATION	256
CHAPTER 41 BEING SENSITIVE WITHOUT LOSING YOUR MASCULINITY	262
CHAPTER 42 THE INNER-SEXUAL-SELF	267

☞ PART V ☞ ADDITIONAL RESOURCES..... 269

CHAPTER 43 VOICE DIALOGUE AND EMBRACING DISOWNED SELVES..	270
CHAPTER 44 BREATHWORK AND RESOLVING OUR BIRTH SCRIPT	279
CHAPTER 45 HOW TO USE AFFIRMATIONS.....	283
CHAPTER 46 BREATHWORK AND DISSOLVING BLOCKAGES.....	287
CHAPTER 47 SACRED SEXUALITY	289
CHAPTER 48 EPILOGUE.....	301
SUGGESTED READING LIST	305