

iyanla vanzant in the meantime

****Iyanla Vanzant in the Meantime: Embracing Growth and Healing****

iyanla vanzant in the meantime is a phrase that invites reflection on what it means to grow, heal, and transform during periods of waiting or transition. Iyanla Vanzant, a renowned spiritual teacher, author, and motivational speaker, has inspired countless individuals with her wisdom on resilience, self-love, and emotional healing. Exploring her teachings and approach "in the meantime" — that is, while navigating life's uncertainties — offers valuable lessons for anyone seeking deeper understanding and personal growth.

The Power of “In the Meantime” According to Iyanla Vanzant

Life often places us in moments where we are between chapters — waiting for resolution, clarity, or change. Iyanla Vanzant speaks profoundly about how these in-between times are not simply pauses but essential opportunities for transformation. Instead of rushing through or resisting these phases, she encourages embracing them fully.

Her philosophy centers on patience coupled with proactive healing. "In the meantime," she suggests, is when we do the inner work: confronting fears, healing wounds, and setting intentions for the future. This mindset reframes waiting as an active and powerful phase rather than a passive or frustrating one.

Healing as a Continuous Process

One of the core messages Iyanla Vanzant conveys is that healing is never truly complete; it's an ongoing journey. When she discusses “**iyanla vanzant in the meantime**,” she highlights the importance of using these moments to keep peeling back layers of emotional pain and self-doubt. This continuous healing helps build resilience and self-awareness, preparing individuals for whatever comes next.

For example, during times of relationship challenges, job transitions, or personal loss, Iyanla's approach encourages people to explore their emotions deeply instead of avoiding them. This might involve journaling, meditation, therapy, or honest conversations with trusted friends.

Practical Steps Inspired by Iyanla Vanzant in the Meantime

Applying Iyanla's teachings during transitional periods can be both grounding and empowering. Here are some practical tips inspired by her work to help you make the most

of the meantime:

1. Cultivate Self-Love and Compassion

Iyanla often stresses that self-love is the foundation for all healing. In the meantime, take time to nurture yourself with kindness. This might mean setting healthy boundaries, practicing positive affirmations, or simply allowing yourself to rest without guilt.

2. Reflect and Reset Your Intentions

Use the time to realign with your core values and goals. Iyanla encourages people to ask themselves honest questions like: “What do I truly want?” and “What holds me back?” This reflection can clarify your path forward and help you shed limiting beliefs.

3. Embrace Forgiveness

Forgiveness, both of oneself and others, is a recurring theme in Iyanla’s teachings. In the meantime, working through resentment can free you from emotional burdens that stunt growth. This doesn’t mean forgetting or excusing hurtful behavior, but rather releasing its grip on your peace.

4. Engage in Spiritual Practices

Whether through prayer, meditation, or other spiritual rituals, connecting with a higher power or your inner self can provide comfort and guidance. Iyanla Vanzant often highlights spirituality as a vital resource during uncertain times.

Lessons from Iyanla Vanzant’s Personal Journey

Understanding the depth of Iyanla Vanzant’s insights requires a look at her own life story. She has been open about her struggles with abuse, addiction, and heartbreak — experiences that shaped her empathetic and transformative approach. Her message “in the meantime” reflects a life lived through hardship and healing, illustrating that growth often arises from pain.

Her story teaches us that setbacks don’t define us; rather, how we respond to them does. This is a comforting reminder for anyone currently navigating their own in-between moments.

Turning Pain into Purpose

Iyanla's journey reminds us that our most difficult experiences can become the source of our greatest strength. By facing pain head-on and choosing to heal, she transformed her challenges into a platform for helping others. This transformation is a powerful model for embracing the meantime with courage and hope.

The Role of Community and Support Systems

Another crucial aspect of Iyanla Vanzant's philosophy is the importance of connection. Healing "in the meantime" is rarely a solo endeavor. She often emphasizes building or leaning on a community of support — family, friends, mentors, or counselors — to share the burden and gain perspective.

Why Support Matters

During transitional phases, isolation can amplify feelings of fear and uncertainty. Iyanla encourages reaching out, not as a sign of weakness but as an act of strength. Connecting with others can provide validation, encouragement, and new insights that help move healing forward.

Finding the Right Support

Not all support is created equal. Iyanla urges us to surround ourselves with people who uplift and challenge us in healthy ways. This might mean joining support groups, attending workshops, or simply spending more time with those who inspire positivity and growth.

Incorporating Iyanla Vanzant's Wisdom into Daily Life

The beauty of Iyanla Vanzant's teachings is their accessibility and practicality. You don't need to wait for a crisis to benefit from her wisdom; you can integrate her insights into everyday routines.

Daily Affirmations and Mindfulness

Creating a habit of daily affirmations grounded in Iyanla's messages can boost self-esteem and remind you of your worth "in the meantime." Mindfulness practices, such as focusing on the present moment and observing thoughts without judgment, can also cultivate peace

during uncertain times.

Journaling Your Journey

Keeping a journal to track your thoughts, emotions, and progress can be incredibly healing. Iyanla often recommends writing as a way to process feelings and document growth, making intangible shifts more tangible.

Setting Small, Achievable Goals

Focusing on small wins rather than overwhelming future goals helps maintain momentum. Whether it's practicing gratitude daily, setting boundaries, or learning a new skill, these incremental steps honor the meantime as a time of active growth.

Why “Iyanla Vanzant in the Meantime” Resonates Today

In a world that values instant results and quick fixes, Iyanla Vanzant's approach offers a refreshing reminder that transformation often requires patience and dedication. Her concept of the meantime encourages embracing the journey rather than rushing toward the destination.

This resonates deeply with people facing modern challenges — from career shifts to personal upheavals — who need a compassionate framework for navigating uncertainty. Her teachings inspire hope, resilience, and self-compassion, making them timeless and universally applicable.

Exploring “Iyanla Vanzant in the Meantime” opens a doorway to viewing life's pauses as fertile ground for healing and growth. Through self-love, forgiveness, community support, and spiritual connection, we can transform in-between moments into powerful catalysts for change. Whether you are currently in a period of waiting or simply seeking deeper meaning, Iyanla Vanzant's wisdom offers a guiding light toward greater peace and empowerment.

Frequently Asked Questions

Who is Iyanla Vanzant?

Iyanla Vanzant is a renowned inspirational speaker, author, and television personality known for her work in personal development and spiritual growth.

What is 'Iyanla Vanzant: In The Meantime'?

'Iyanla Vanzant: In The Meantime' is a television series where Iyanla offers guidance and support to individuals facing personal challenges, helping them heal and transform their lives.

Where can I watch 'Iyanla Vanzant: In The Meantime'?

The show 'Iyanla Vanzant: In The Meantime' is available on OWN (Oprah Winfrey Network) and may also be accessible through various streaming platforms that carry OWN content.

What themes are explored in 'Iyanla Vanzant: In The Meantime'?

The series explores themes such as healing from trauma, self-discovery, forgiveness, empowerment, and overcoming adversity.

How does Iyanla Vanzant help participants in the show?

Iyanla uses her expertise in emotional and spiritual healing to provide participants with tools, counseling, and practical advice aimed at fostering personal growth and resolution.

Is 'Iyanla Vanzant: In The Meantime' suitable for all audiences?

While the show is inspirational, it deals with mature themes related to trauma and emotional struggles and is best suited for adult audiences seeking personal growth.

Has Iyanla Vanzant written any books related to the themes in 'In The Meantime'?

Yes, Iyanla Vanzant has authored several books, including 'In the Meantime: Finding Yourself and the Love You Want,' which aligns with the themes of healing and self-discovery featured in the show.

What impact has 'Iyanla Vanzant: In The Meantime' had on viewers?

The show has inspired many viewers to confront their personal challenges, seek healing, and make positive changes in their lives through Iyanla's compassionate and practical approach.

Additional Resources

****Iyanla Vanzant in the Meantime: Navigating Growth and Transformation****

ianla vanzant in the meantime has become a phrase of interest among audiences who follow her journey as a life coach, author, and television personality. Known for her candid, transformative approach to personal development, Iyanla Vanzant continues to inspire millions even during periods when she steps away from the public eye or between major projects. Exploring what she focuses on in these interim phases reveals a deeper understanding of her philosophy and ongoing influence in the self-help and empowerment arena.

The Significance of “In the Meantime” in Iyanla Vanzant’s Work

The phrase “in the meantime” suggests a transitional period—times of waiting, reflection, or preparation before the next significant event or phase. For Iyanla Vanzant, who has built her career on facilitating healing and empowerment, these intervals are not passive but rather active moments of growth. Whether she is between television projects, public appearances, or book launches, Iyanla uses these periods to deepen her personal practice and develop new strategies for helping others.

This concept resonates with her audience because it models patience and intentionality—key themes in her teachings. “In the meantime” becomes a metaphor for the continuous work required for transformation, emphasizing that healing is not a singular event but an ongoing process.

How Iyanla Vanzant Utilizes Transitional Periods

During these “meantime” phases, Iyanla often focuses on:

- **Personal Reflection:** She emphasizes the importance of self-awareness and introspection as foundational to any healing journey.
- **Professional Development:** Continuing education, writing, and training to enhance her skills and methodologies.
- **Community Engagement:** Participating in workshops, retreats, and speaking engagements to maintain a close connection with her audience.
- **Creative Projects:** Developing new content, whether books, TV shows, or digital media, that align with her mission.

This approach underlines the idea that “in the meantime” is not idle time but a vital period of preparation and renewal.

Iyanla Vanzant’s Impact During Transitional Phases

Iyanla Vanzant’s influence extends beyond her highly visible projects like *Iyanla: Fix My Life*. The period between these high-profile appearances often involves behind-the-scenes work that strengthens her impact on the self-help community. By examining how she manages these intervals, one gains insight into her enduring relevance.

Maintaining Connection With Her Audience

Even when not front and center on television, Iyanla remains accessible through social media platforms, podcasts, and her website. Her presence in these digital spaces during “in the meantime” periods keeps her connected to followers, providing continuous inspiration and guidance. This strategy reflects a modern understanding of personal branding in the digital age, where engagement is ongoing rather than episodic.

Evolution of Her Philosophical Approach

Iyanla’s philosophy has evolved over the years to address contemporary issues such as racial healing, trauma recovery, and self-love in the context of social justice. The “in the meantime” periods are crucial for integrating new research, responding to cultural shifts, and refining her message to stay relevant and impactful.

Analyzing the Role of “In the Meantime” in Personal Development

The concept of “in the meantime” aligns closely with psychological and therapeutic principles. Often, clients and followers of Iyanla’s work are encouraged to embrace these periods as opportunities rather than obstacles.

Patience as a Tool for Healing

Patience is a recurring theme in Iyanla Vanzant’s teachings. She advocates for embracing the uncertainty and discomfort of interim phases, understanding that meaningful change requires time. This perspective challenges the instant gratification culture, promoting sustained commitment to growth.

Active Waiting Versus Passive Waiting

“Iyanla vanzant in the meantime” also highlights the distinction between active and passive waiting. Active waiting involves intentional actions like journaling, therapy, or learning new skills, whereas passive waiting can lead to stagnation. Iyanla’s model encourages proactive engagement in the “meantime” to foster resilience and empowerment.

Comparative Insights: Iyanla Vanzant and Other Self-Help Figures in Transition

Comparing Iyanla’s approach to “in the meantime” periods with other thought leaders sheds light on her unique methodology.

- **Brené Brown:** Focuses on vulnerability and courage during transitional phases, promoting emotional bravery.
- **Deepak Chopra:** Emphasizes mindfulness and meditation as tools for navigating uncertainty.
- **Tony Robbins:** Advocates for strategic planning and goal setting even during downtime.

Iyanla blends these elements but places a particular emphasis on spiritual healing and confronting deep-seated emotional wounds. Her approach is holistic, integrating mind, body, and spirit to address the complexities of human experience during “in the meantime” moments.

Pros and Cons of Iyanla’s Methodology

- **Pros:** Offers a compassionate, comprehensive framework that encourages continuous self-improvement; integrates spiritual and psychological insights; maintains accessibility for diverse audiences.
- **Cons:** The depth of emotional work required might be overwhelming for some; her style can be confrontational, which may not suit everyone; reliance on spiritual concepts may limit appeal to secular audiences.

The Future of Iyanla Vanzant's Work "In the Meantime"

Looking ahead, the phrase "Iyanla Vanzant in the meantime" captures ongoing anticipation for her next contributions. As mental health awareness grows globally, her blend of spiritual guidance and practical advice positions her well to address emerging challenges.

Digital expansion is likely to play a major role in her future projects, offering more interactive and personalized experiences. Additionally, her commitment to social justice and healing racial trauma signals continued relevance in addressing systemic issues through personal transformation.

In essence, Iyanla Vanzant's work "in the meantime" exemplifies the dynamic interplay between pause and progress, illustrating how meaningful change often occurs in the spaces between milestones. This nuanced understanding helps her audience remain engaged and hopeful, reinforcing the notion that every moment holds potential for growth.

[Iyanla Vanzant In The Meantime](#)

Iyanla Vanzant in the meantime: In the Meantime Iyanla Vanzant, 1999-07-14 "The most powerful spiritual healer, fixer, teacher on the planet." —Oprah Winfrey From the #1 New York Times bestselling author and beloved host of Iyanla: Fix My Life comes a transformational guide to love, healing, and personal growth. Are you stuck in a relationship rut? Longing for love but unsure how to find it—or hold onto it? You may be living in the meantime—that confusing, painful space between heartbreak and healing, desire and fulfillment. In this powerful and compassionate guide, Iyanla Vanzant shows how the chaos of our lives and relationships often stems from unhealed wounds, outdated beliefs, and emotional clutter. Using the metaphor of a house in need of deep cleaning, she helps you uncover and release the fears, patterns, and past hurts that block the light of love from shining in. With spiritual wisdom, practical tools, and straight-talking honesty, *In the Meantime* will help you: Understand why love isn't working—and what to do about it Break free from old emotional habits Rediscover your self-worth and purpose Prepare your heart, mind, and life for the love you deserve Whether you're single, struggling in a relationship, or simply seeking peace, this timeless book will guide you out of confusion and into clarity, where authentic love can finally take root.

Iyanla Vanzant in the meantime: Living Through the Meantime Iyanla Vanzant, 2002-03-17 "The most powerful spiritual healer, fixer, teacher on the planet." —Oprah Winfrey From the host of Iyanla: Fix My Life and #1 New York Times bestselling author of *In the Meantime* comes a powerful companion workbook to help you move from heartbreak and confusion to healing and love. Are you feeling stuck, anxious, or emotionally drained? Are your relationships falling apart—or simply falling short? You may be living in the meantime—that challenging space between where you are now and where you want to be. *Living Through the Meantime* is your guided path forward. Designed as the hands-on companion to Iyanla Vanzant's #1 New York Times bestseller, this interactive workbook offers a structured, step-by-step journey of healing and self-discovery. Through reflective exercises, meditations, and daily practices, Iyanla empowers you to: Understand the emotional patterns holding you back Release anger, fear, and self-doubt Practice radical self-care and personal accountability Create the mental and spiritual clarity needed to welcome love Whether you're

recovering from a breakup, navigating personal change, or simply craving deeper self-awareness, *Living Through the Meantime* gives you the tools to rebuild from the inside out—and reclaim the love you truly deserve.

ianla vanzant in the meantime: *Living Through the Meantime* Iyanla Vanzant, 2001-01-01 From bestselling author to television talk show host, Vanzant is always reaching out. Her latest workbook is for people who are trying to change past patterns of behavior through spiritual housecleaning.

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ianla vanzant in the meantime: *Summary of Iyanla Vanzant's Peace from Broken Pieces* Everest Media,, 2022-08-08T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 The breaking down of a life into pieces is a painful process, and it is even more difficult to endure. When your life begins to unravel, piece by piece, there is nothing you can do to stop it. You see what is happening, and you know what is happening, but you don't know what to do about it. #2 The truth is that I knew for a long time that I needed to share the story of my most recent life experiences. The experiences I had after I had become famous. The truth is that I was being disobedient to my own inner guidance. I was afraid of the responsibility of standing up straight in the power and majesty of what my life was becoming. #3 I am going to tell you a story about how a New York Times best-selling author ended up flat broke, looking for a place to live. I am going to share with you the intimate details of how an internationally recognized spiritual teacher ended up on the edge of the bed in a million-dollar home, contemplating suicide. #4 My story is a demonstration of the generational karmic energy that affects how we see ourselves and how that identity often works against our best interest. It is something that many women experience and struggle to live past.

ianla vanzant in the meantime: *The Real Brass Ring* Dianne Bischoff James, 2013-10-02 What Do I Do Now? The Secrets of a Midlife Reboot The Real Brass Ring takes The Secret on a high-speed road test in a tale of midlife transformation in the real, flesh-and-blood world of contemporary Chicago. It is the story of a "midlife reboot," a raw, unfiltered journey of enlightenment that illustrates a woman's daunting personal reinvention and the rewards of fearlessly pursuing a life's true calling. After a jolting encounter with internationally known psychic and author Sonia Choquette, Dianne Bischoff James is forced to face the truth about her life. Sonia's words cut like a knife: Dianne, you are a talented writer, healer, teacher and performer. But sadly your life is heading down the wrong path. Your brass ring is coming by and you need to grab it

before it's too late. You have modeled yourself after your parents' desires. You are completely stuck in the make-believe role of being a 'good girl.' You live with depression because nothing about your life is your own. ... Fix your ways or soon it will be too late. Dianne had achieved an impressive education, an accomplished entrepreneurial career, a busy family life and social status; yet somehow, she had completely missed "the real brass ring." Although she had had a perfectly "traditional" background, her marriage was a sham, career uninspiring, health failing and self-esteem and spirituality non-existent. At 38, it was as if she had awakened to a nightmare: she had been living a profound lie. Finding herself completely off-track, Dianne openly bares her soul and utilizes the metaphysical principles of *The Secret* to set out to change every aspect of her existence. She insists that she is worthy of an authentic romantic relationship and initiates the break-up of her marriage, with three children in tow; and dives into midlife "cougar" dating, including a close call with a charming but dangerously abusive alcoholic. By experimenting with the Law of Attraction, she also launches the acting career she had always dreamed of as a child and surprises even herself with success in an extremely competitive arena. Gradually, yet boldly, Dianne also faces other critical issues, including physical afflictions, a terrifying financial recession and the death of a loved one - removing each daunting roadblock one by one and manifesting a newly-created self. "I'd approached every change as a free fall, diving through the air and grabbing at brass rings along the way," Dianne writes. "I'd made more mistakes than I could even count, but I also absorbed the painful, yet innately valuable teachings ... Now, I had what I wanted all along, emotional peace, love, a uniquely sculpted family unit, an outlet for my creativity and a new life in hand ... This was the picture Sonia painted for me on my 38th birthday - it just took me over a decade to erect the living model from the shadows." By chronicling her own personal reinvention with grit, humor, incisiveness and compassion in *The Real Brass Ring*, Dianne provides the inspiration and passion others need to reclaim their authentic self.

iyarla vanzant in the meantime: *The Crisis*, 1999-11 *The Crisis*, founded by W.E.B. Du Bois as the official publication of the NAACP, is a journal of civil rights, history, politics, and culture and seeks to educate and challenge its readers about issues that continue to plague African Americans and other communities of color. For nearly 100 years, *The Crisis* has been the magazine of opinion and thought leaders, decision makers, peacemakers and justice seekers. It has chronicled, informed, educated, entertained and, in many instances, set the economic, political and social agenda for our nation and its multi-ethnic citizens.

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iyarla vanzant in the meantime: *Guidelines for Healing Your Eating Habit* Sofia Bothwell, 2017-08-27 The desire to eat when full is immense and in this book Sofia offers real and practical advice that allows us to recognise the link between our unresolved emotions and the dysfunctional eating patterns we have developed to cope - and how to heal those eating habits for good. Drawn from her own experience of recovering from five years of compulsive eating.

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e-book is endorsed by Dr. Deepak Chopra, Dr. Camran Nezhat, Dr. Riane Eisler, Dr. Fred Gallo, and many more.

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ianla vanzant in the meantime: Understanding the Tin Man William July II, 2001-07-17 Why are men so afraid of showing their feelings? What scares men about commitment? Blackboard bestselling author William July II tackles these age-old questions, revealing secrets that every woman wants to know about her man, and every man needs to know about himself. He explains how boys are conditioned to become emotionally closed off, leaving them incapable of sharing their feelings or participating fully in relationships--they are like the Tin Man in The Wizard of Oz. Taking a realistic, down-to-earth approach, July goes on to provide a step-by-step program for men who want to change, and for women who want to help the men in their lives overcome the Tin Man syndrome. Reading his words is as comforting as talking to your best friend, as enlightening as listening to a wise teacher. His book will help you to: Recognize a Tin Man Understand the real reasons why a man fears intimacy See through the tactics men use to avoid commitment and relationships Discover a man's biggest worries about relationships Identify the five situations in which even the most emotionally numb man will share his feelings Help a Tin Man change his life At the end of each chapter you'll find thought-provoking questions and self-improvement exercises for both men and women. Understanding the Tin Man is a much-needed voice of reason on the battlefield of the sexes.

ianla vanzant in the meantime: Your Journey to Peace Rosemary McCarthy, 2016-10-21 Intertwined with Rosemary McCarthy's personal journey of shifting from an angry, frustrated person blaming others for her unhappiness, to someone who now lives content with herself and in harmony with others, Your Journey to Peace brings the esoteric to the practical and maps out how to become your Best Self and feel empowered in all areas of your life. It also explains: Why we are the way we are individually and collectively; and how we got this way. How we find peace within ourselves by making peace in our relationships and all situations. That God does not allow for suffering! We create it by upholding dualistic concepts of me-and-you and us-and-them that we embraced at our beginnings and before form. The precursor to the Big Bang was the need for form to play out those dualistic concepts we chose at our beginnings: all our issues stem from those original concepts based on ideas of separation rather than unity. That understanding time makes the seven-day creation model valid. What are the extraterrestrial origins? How we can reconcile the growing evidence of our past association with the ETs and our scriptures and beliefs. Our need to embrace the Indigenous peoples connection to Gaia. That we chose to be here at this time of the Shift to bring

about our personal and Gaias Ascensions.

iyanla vanzant in the meantime: Billboard , 1999-09-25 In its 114th year, Billboard remains the world's premier weekly music publication and a diverse digital, events, brand, content and data licensing platform. Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music, video, gaming, media, digital and mobile entertainment issues and trends.

iyanla vanzant in the meantime: *The Divine Intelligence Governing Everyday Life* Lonnie Hudspeth, Ph.D., 2013-11 Deep down, you yearn to do something more with your life. You fear your life won't be a success unless you discover and do whatever that 'something' is. You sense the universe gently nudges you towards your destiny, but you only pick up a clue here and there. The Divine Intelligence Governing Everyday Life (the DIGEL) is active in your daily life experiences providing you such clues to teach you your growth lessons and guide you to realize your potential success and life destiny. It reveals your growth lessons to you through your interpersonal relationships and life experiences. Through applying the Five Guiding Principles, you can learn these lessons from the DIGEL, if and when you're willing to do so. These Guiding Principles will help you: recognize the DIGEL when it's trying to teach you, figure out its messages, and use it as a guide to learn your lessons. However, you have to directly experience the DIGEL for yourself to really get to know it. Experiencing it for the first time is like waking up from a dream. As a result, your life changes forever. You become conscious of an aspect of life that is interesting, engaging, stimulating and fun. This book invites you to get to know the DIGEL as your teacher and guide. The 7 Truths and 5 Guiding Principles provided, if followed, will help you position yourself to directly experience the DIGEL. While you're learning from the DIGEL, you'll experience lots of excitement, delight, and happiness. Also, the DIGEL will connect you to a greater source. Your awareness of this connection will give you a sense of meaning, purpose, direction, and unlimited possibilities.

iyanla vanzant in the meantime: *Thriving in the Flow of Single* Terry Lowey, 2014-12-19 Thriving in the Flow of Single takes on the tried and not-so-true assertion in our culture that the life of a woman in a partner relationship has more value than that of a single woman. Refusing to succumb to the programming-driven negative self-talk of a patriarchal upbringing, the author sets out on a journey of self-discovery, liberation, and authentic meaning. Follow her unedited, uncensored journal, as she painstakingly examines and releases limiting beliefs that have not served her, seeking and sourcing a broader, abundant, inclusive, and expansive experience of deep love.

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