



## science of passion

*By Antonella Zara*

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### science of passion By Antonella Zara

Everything started with a great love. In fact, I believe that everything usually starts, somehow, through love. In my case, the greatest changes in my life came through the men that I have loved. Thanks to Life, I loved a lot, I loved profoundly and intensely, and all that I have learned, I learned by loving. Only by going through all the pains and all the pleasures of love, without the reservations of not loving out of fear of what would happen, or what other people would think, there I found within me the energy necessary to believe in dreams. The first big dream that I fulfilled three years ago was to walk the eight hundred kilometer trip of the Santiago's journey, an illuminating trek that I recommend to anyone that wishes to grow spiritually. This trip helped me understand new things about Life and about myself, and also helped me better appreciate its beauty. After this marvelous experience, I went through a very difficult time. The journey had given me the strength to endure that difficult time in my life. After all those beautiful and harsh experiences, my faith in life had increased by leaps and bounds. I then understood that either pleasure or pain are gifts given by Life to those who seek to find themselves. At that time in my life, full of gratitude and love for existence, I tried to find again a man with whom I had shared a beautiful love story. This was at the same time a heartbreaking and marvelous reunion. Sad, because time and distance made that love change, and we could not revive the sublime passion that had united us before. Marvelous because that passion that had been so special, even if it would not manifest itself between us as man and woman once again, but only for the fact that I saw him again, unleashed in me a process that was magical and irreversible. Ever since that encounter I became aware of the existence of another person inside of me. I realized then that She had always been present, but more that ever I had perceived Her clearly. At first, this new sensation was strange to me, even though it filled me with a sort of happiness unknown until then. I wondered if this phenomenon happened only to me, if I was finally going crazy, if I had to seek medical help. But it was so good that it just couldn't be a sickness! I resolved then to deepen my knowledge on the subject, and I came across vast literature that dealt with this kind of spirituality that had flourished in me. I began to understand that I had come into contact with what is called the "Higher Self", the divine part, the soul, the particle of God that exists in everyone! I noticed that I had received an immense gift from Life as a reward for going after my dreams. For many people this might be incomprehensible or even absurd, which is perfectly natural, because it is not possible to understand something which is

unknown. But I have also come to understand that for a growing number of people, the spiritual search is not only an intellectual past time, it is a vital necessity, something that is put into practice and lived day by day. With “The Science of Passion”, I hope to contribute to the search of some of these people, since my greatest dream is to be a channel of Light for my fellow man.

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## **Editorial Review**

### About the Author

At the age of 27 I experienced a strong existential crisis that made me question the very essence of my being. After walking 800 km and completing a sacred pilgrimage in the heart of Spain, in 1999, my life changed drastically. I had an ulcer on my cornea which almost made me lose my eyesight, I separated from a relationship of 10 years, I had a mystical experience and wrote "The Science of Passion". This book helped me to understand and overcome many of the hardships and difficulties that accompanied this emotional death and finally it helped my rebirth into a new life in which magic was not just a romantic idea, but the subtle organic fabric life is made of. I never lost the connection to my inner Goddess, which was awakened in those days of my tempestuous quest and then flourished as the greatest blessing of my life through the writing of this book. My wishes and desires were answered and met in ways unimaginable to me before. Paulo Coelho, a renowned writer and a modern prophet, my mentor and a beloved friend, used parts of this book in his novel "Eleven Minutes" which was read worldwide and has been opening many doors for "The Science of Passion" to slowly find its ways into many hearts all over the world. I met the "enchanted prince" I called for in the book and dreamt about for such a long time. He made me discover shades of emotions that I did not even imagine I had in myself, from extreme tenderness to bursting anger, from the heights of lust and mysticism to the valleys of despair and sadness. Thanks to his exquisite guidance, I saw it all and still feel there is so much more to see. He is an artist and a poet, an actor and a singer, my dearest master and a wise madman. Life has become so much more colorful and delightful under his touch. We have been traveling the world together for ten years, we got married three times, and I found out that it is really possible to have a passionate and exciting relationship. Being in love does not have to fade and stop over the years, it is a fire that can be kept alive and has the power to create entire universes, a spiritual mission that may grow infinitely, an unfolding adventure full of uncountable surprises and lessons, if not taken for granted and well taken care of.

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**Robert Leggett:**

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