



An Open Heart

The Key to Self-Love

Claudia Faria Carvalho

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- **An Open Heart: The Key to Self-Love** is an illuminating account of Claudia Faria Carvalho's spiritual journey, a reflection on life, art, and the ability to find and cultivate love

Claudia Faria Carvalho has devoted her life to healing, mindfulness, and a vision of the world brought together by spiritual harmony. She knows that every life is a journey, and living consists of exploring the infinite multitude of pathways, weaving routes between oneself and others, forging connections between one's innermost soul and the great diversity of nature, and learning that the past and the future exist most fully in the present moment. **An Open Heart: The Key to Self-Love** is an ethereal treatise, illustrated with the author's beautiful nature photography, each unique section drawing on her extensive travels, philosophical investigations, and meditative practices. The book entwines soaring metaphysical reflection and advice for how to treat every day as a treasured gift.

Claudia Faria Carvalho, originally from Brazil, has spent the last 40 years living in New York. In her journey of self-reconnection, she has delved deeply into various techniques, including Restructuring of Personal Consciousness, Past-Life Regression, meditation, metaphysical studies. Her exploration also led her through six years of intensive study in Jungian psychology, and she has immersed herself for seven years in Isha yoga and philosophy. Carvalho further deepened her understanding with a two-and-a half-year program in Ayurveda at Maharishi International Institute of Vedic Science in Boston, Massachusetts. Additionally, she holds a Bachelor of Arts degree in Education.

