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**The Sexy Lifestyle with Carol and David**  
Friday at 3 PM Pacific  
**January 14th 2022: ALL ABOUT OPEN RELATIONSHIPS**

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Friday at 3 PM Pacific Time on  
VoiceAmerica Variety Channel

Have you considered opening-up your relationship... but are confused, nervous and a little scared about how to do it? Perhaps you've tried polyamory or open relationship and found it to be harder than you thought? Join us with The Open-Relationship Coach, Sumati Sparks, as we discuss how to figure out if you are suited for an open relationship and if so, where to meet other polyamorous and non-monogamous people. And if you are already in an open relationship that is not going as well as you wish, Sumati shares advice on how to go "from suffering to satisfied". Jealousy, communication and how

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#### Featured Guest



#### Sumati Sparks

Sumati Sparks' first name was given to her by the great living saint, Amma (Mata Amritananda Mayi). Sumati means pure essence. She is a relationship coach with a life PhD! She has a regular meditation practice and a deep spiritual orientation to life and relationships. Yet she highly values a life of love, ease and joy. She has an easy laugh, a compassionate heart and a sharp mind. Sumati has been a personal and spiritual growth junkie her entire life. Her training includes having attended over 40 workshops with the Human Awareness Institute, also known as HAI, is a trained Zegg Forum Facilitator and part of the Network for a New Culture, has studied Non-Violent Communication (or NVC) with M

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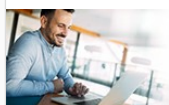
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