

POLY RESOURCES

www.wendyomatik.com

BOOKS ON OPEN RELATIONSHIPS:

Against Love : A Polemic by [Laura Kipnis](#)

Breaking the Barriers to Desire: New Approaches to Multiple Relationships by K. Lano & C. Parry

The Ethical Slut: A Guide to Infinite Sexual Possibilities by Dossie Easton & Janet Hardy

Gaia and the New Politics of Love: Notes for a Poly Planet by Serena Anderlini-D'Onofrio

The Lesbian Polyamory Reader by Marcia Munson & Judith P. Stelbourn (Eds.)

Lesbian Polyfidelity by Celeste West

Living My Life: An Autobiography by Emma Goldman

Love in Abundance: A Counselor's Advice on Open Relationships by Kathy Labriola

Opening Up: A Guide to Creating and Sustaining Open Relationships by [Tristan Taormino](#)

Polyamory: The New Love without Limits by Dr. Deborah M. Anapol

Redefining Our Relationships: Guidelines for Responsible Open Relationships by Wendy-O Matik

Sex at Dawn: How We Mate, Why We Stray, and What It Means for Modern Relationships by Christopher Ryan & Cacilda Jetha

Skin: Talking about Sex, Class & Literature by Dorothy Allison

Spiritual Polyamory by [Mystic Life](#)

The Threesome Handbook: A Practical Guide to Sleeping with Three by Vicki Vantoch

The Traffic in Women and Other Essays on Feminism by Emma Goldman

The Ultimate Guide to Sexual Fantasy by Violet Blue

POLYAMORY WEBSITES:

www.feministoutlaw.com/ (legal poly resource)

www.lovemore.com (poly resource)

<http://www.meetup.com/Bay-Area-Poly-Collective/> (poly events calendar)

<http://www.meetup.com/PolyConscious-By-The-Bay/> (poly community)

www.polyamory.org (poly resource)

www.polymatchmaker.com/ (poly online dating)

<http://polyplanet.blogspot.com/> (poly blog)

<http://xeromag.com/fvpoly.html> (poly resource)

<http://polyinthemedia.blogspot.com> (poly news blog)

<http://polyweekly.com/> (poly podcast and blog)

www.polychromatic.com/pfp/ (poly-friendly therapist directory)

<http://www.kathylabriola.com/> (bay Area poly-friendly therapist)

www.cuddleparty.com (tools for better communication and intimacy)

FILMS:

Gazon Maudit (1995), aka "French Twist", directed by Josiane Balasko (French)

Le Fate Ignoranti (2001), directed by Ferzan Ozpetek (Turkish)

She's Gotta Have It (1986), directed by Spike Lee (USA)

More poly-themed movies: <http://polyamory.wikia.com/wiki/Culture/Movies>

STD INFORMATION:

California HIV/AIDS Hotline, T: 800-367-2437

Center for Disease Control, T: 800-232-4636

San Francisco Sex Information, T: 415-989-7374 or www.sfsi.org

POLYFESTO

This is an outline for loving relationships, a doctrine for intimate revolutionaries & relationship anarchists, and a reminder to myself to live each day authentically.

- I respect that each connection in my life will find it's own right place, time, and spirit – with an appreciative understanding that each connection evolves in unpredictable ways.
- I realize and value that there are all kinds of love, and not all of them are sexual. I will be open to all expressions of love. I will give and receive love freely and often.
- I do not believe in placing arbitrary limits on myself or others based on an understanding of love as a finite commodity. I firmly believe that the more love I give, the more it grows and that people have an unlimited capacity to love.
- I will strive to be aware of how social conditioning is affecting my responses to love, and work towards breaking bad habits so that love can be redefined, explored, and expressed without hindrance.
- I appreciate that each expression of love is special. I recognize that all love has value and that one kind of love can never be better than another.
- I will keep my heart open to receive love. I will keep my heart open to give love. I will not be afraid to explore and express love frequently in multiple ways. I will be open to vulnerability and intimacy. I will lower my shield to let love in and will slow down and listen when my shield goes up.
- I understand that people have varied needs, that one person cannot fulfill all needs of another, and it is our responsibility to express and get our own needs met. I recognize that this builds community and connection, which is the goal and helps to spread love.
- I will encourage those I love to love more. I will be supportive when someone I love finds love or expresses love. I will look inward if any expression of love causes me to feel threatened or insecure. I will be open to being told I am not being supportive.
- I will examine my own fears and strive to not let them get in the way of expressing and experiencing love. I will listen with an open heart if someone's honesty hurts me. I will strive to always respond with grace and speak authentically.
- I believe in being open to change and fluidity in relationships, even when it hurts. I believe love is the absence of guilt and fear. I believe love is acceptance that love involves choices.
- I recognize that love can become strained, love can be withheld, and love can be painful. I will strive to be honest with myself and others in order to remain compassionate to myself and others.
- I respect that love fosters deep bonds, and that expressions of love should be encouraged without the fear of threatening someone else's comfort. I believe that compassion, safety, trust, and respect are essential to maintaining love.
- I believe that self-love is essential, and without out it, love is impossible.