



# Blue Truth: A Spiritual Guide to Life & Death and Love & Sex

*David Deida*

Download now

[Click here](#) if your download doesn't start automatically

# Blue Truth: A Spiritual Guide to Life & Death and Love & Sex

*David Deida*

## **Blue Truth: A Spiritual Guide to Life & Death and Love & Sex** David Deida

You are deeper than your life shows, and you know it. You are more loving than your relationships allow, more brilliant than your career suggests. In your secret depth of being, you are infinite, creative, boundless and utterly unable to press your full glory into the world. Or so it seems.

In *Blue Truth*, David Deida presents a treasury of skills and insights for uncovering and offering your true heart of purpose, passion, and unquenchable love. In Part One, Deida shows you how to open as the entirety of the moment, feeling as deep inside and as far outside as you can, for as long as now opens. In Part Two, he reveals how to walk this path in the wilderness of intimate relationship, illuminating the art and play of sexual gifting, including how to expertly navigate the tangle of anger, jealousy, fear, lust, and much, much more.

“Knowing the truth is fairly useless; feeling it is profound; living it makes all the difference,” teaches David Deida. With *Blue Truth*, you have an unprecedented guide for living your own deep truth, and awakening “as the bare openness you are, in the free offering of love to all.”

*Blue Truth* was named by *Spirituality & Health Magazine* (June 2006 issue) as one of the Best Spiritual Books of 2005, in the Personal Growth category.

## **Table of Contents**

### Life & Death

1. Love Fully and Die
2. Feel Before Memory
3. Give Everything Now
4. Unfold Your Heart
5. Resist Nothing
6. Breathe Everything
7. Wear Everyone's Shape
8. Offer Yourself as Love
9. Unclench as if Asleep
10. Relax as You Are
11. Honor Your Depth
12. Open While Failing
13. Appreciate Dissatisfaction
14. Don't Wait for Perfection
15. Do Love Through Your Body
16. Be Reminded by Jealousy
17. Express Who You Really Are
18. Live as Love
19. Remain Open When Disgusted
20. Undo All Effort

### Love & Sex

1. Allow Love's Hurt
2. Recognize Your Refusal
3. Let Love Live as Anger
4. Permit Your Heart's Wild Passion
5. Live Your Heart's Truth
6. Ravish Beyond Safety
7. Enjoy Flowery Combat
8. Unguard Your Sex
9. Don't Settle for Fulfillment
10. Be Free as Love Now
11. Shine as Love's Light
12. Play Sexuality as Art
13. Open Deeper Than Need
14. Trust Him More Than Yourself
15. Exaggerate Sex to Liberate Love
16. Hold Nothing Back
17. Offer Sex for the Sake of All
18. Awaken Sexually as Bliss and Emptiness
19. Be Alive as Gifting

## Praise

“*Blue Truth* is a brilliant book, absolutely gorgeous. Ancient wisdom on sacred sexuality, freed of historical and cultural trappings, glows from these pages in exhilarating, luminous prose. Deida brilliantly lays bare the hidden psychology of feminine and masculine and offers clear instructions for tapping into our deepest core and achieving true harmony through sexual intimacy. I feel that Deida has reached a new level of poetic genius in his writing, and his understanding of feminine psychology astounds me. I am just knocked out by this book.”

—Miranda Shaw, PhD, author of *Passionate Enlightenment: Women in Tantric Buddhism*

“David Deida is in the dynamic living oral tradition of maverick spiritual teachers who, like free-jazz musicians, can riff directly on Reality, outside of established forms. Mark my words: in a future that I hope is not too far off, David Deida's original Western Dharma will be widely known as one of the most sublime and accessible expressions of the essence of spiritual practice that is freely offered today.”

—Lama Surya Das, bestselling author of *Awakening the Buddha Within*

“The openness, the love! What lively new language David Deida finds for the unsayable.”

—Coleman Barks, author of *The Essential Rumi*

 [Download Blue Truth: A Spiritual Guide to Life & Death and ...pdf](#)

 [Read Online Blue Truth: A Spiritual Guide to Life & Death an ...pdf](#)

## **Download and Read Free Online Blue Truth: A Spiritual Guide to Life & Death and Love & Sex David Deida**

---

### **From reader reviews:**

#### **Edna Garza:**

Inside other case, little people like to read book Blue Truth: A Spiritual Guide to Life & Death and Love & Sex. You can choose the best book if you love reading a book. So long as we know about how is important some sort of book Blue Truth: A Spiritual Guide to Life & Death and Love & Sex. You can add understanding and of course you can around the world by a book. Absolutely right, mainly because from book you can realize everything! From your country until finally foreign or abroad you will end up known. About simple thing until wonderful thing you may know that. In this era, we are able to open a book or maybe searching by internet system. It is called e-book. You may use it when you feel bored to go to the library. Let's read.

#### **Harold Graham:**

This Blue Truth: A Spiritual Guide to Life & Death and Love & Sex book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is definitely information inside this book incredible fresh, you will get info which is getting deeper an individual read a lot of information you will get. This particular Blue Truth: A Spiritual Guide to Life & Death and Love & Sex without we recognize teach the one who examining it become critical in considering and analyzing. Don't become worry Blue Truth: A Spiritual Guide to Life & Death and Love & Sex can bring when you are and not make your tote space or bookshelves' turn out to be full because you can have it inside your lovely laptop even phone. This Blue Truth: A Spiritual Guide to Life & Death and Love & Sex having very good arrangement in word and also layout, so you will not sense uninterested in reading.

#### **Milton Jones:**

This Blue Truth: A Spiritual Guide to Life & Death and Love & Sex are usually reliable for you who want to be considered a successful person, why. The explanation of this Blue Truth: A Spiritual Guide to Life & Death and Love & Sex can be on the list of great books you must have will be giving you more than just simple looking at food but feed anyone with information that might be will shock your previous knowledge. This book will be handy, you can bring it almost everywhere and whenever your conditions at e-book and printed people. Beside that this Blue Truth: A Spiritual Guide to Life & Death and Love & Sex giving you an enormous of experience for example rich vocabulary, giving you demo of critical thinking that we all know it useful in your day action. So , let's have it and revel in reading.

#### **Joseph Benoit:**

Spent a free time and energy to be fun activity to complete! A lot of people spent their down time with their family, or their very own friends. Usually they accomplishing activity like watching television, going to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could be reading a book is usually option to fill your

free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to test look for book, may be the e-book untitled Blue Truth: A Spiritual Guide to Life & Death and Love & Sex can be great book to read. May be it may be best activity to you.

**Download and Read Online Blue Truth: A Spiritual Guide to Life & Death and Love & Sex David Deida #WJXT13P64GY**

## **Read Blue Truth: A Spiritual Guide to Life & Death and Love & Sex by David Deida for online ebook**

Blue Truth: A Spiritual Guide to Life & Death and Love & Sex by David Deida Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Blue Truth: A Spiritual Guide to Life & Death and Love & Sex by David Deida books to read online.

### **Online Blue Truth: A Spiritual Guide to Life & Death and Love & Sex by David Deida ebook PDF download**

**Blue Truth: A Spiritual Guide to Life & Death and Love & Sex by David Deida Doc**

**Blue Truth: A Spiritual Guide to Life & Death and Love & Sex by David Deida Mobipocket**

**Blue Truth: A Spiritual Guide to Life & Death and Love & Sex by David Deida EPub**