

## Intimate Communion David Deida

The Porn Myth is a non-religious response to the commonly held belief that pornography is a harmless or even beneficial pastime. Author Matt Fradd draws on the experience of porn performers and users, and the expertise of neurologists, sociologists, and psychologists to demonstrate that pornography is destructive to individuals, relationships, and society. He provides insightful arguments, supported by the latest scientific research, to discredit the fanciful claims used to defend and promote pornography. This book explains the neurological reasons porn is addictive, helps individuals learn how to be free of porn, and offers real help to the parents and the spouses of porn users. Because recent research on pornography's harmful effects on the brain validates the experiences of countless porn users, there is a growing wave of passionate individuals trying to change the pro-porn cultural norm—by inspiring others to pursue real love and to avoid its hollow counterfeit. Matt Fradd and this book are part of that movement, which is aiding the many men and women who are seeking a love untainted by warped perceptions of intimacy and rejecting the influence of porn in their lives.

A provocative, candid study of the romantic relationships between white women and black men offers a psychological explanation for the phenomenon, as well as analyzing the influence of the entertainment industry, exposing stereotypes, and assessing the global implications of black and white relationships.

Based on questions from women who have attended author David Deida's highly acclaimed relationships seminars, this must-have book puts male behavior under the microscope. Included are chapters on sex, work, relationships and communication.

Interspersed throughout are sidebars that shed light on the many faces of men and help women grasp what makes them act the way they do.

Shows couples how to increase their physical and spiritual energy during sex and channel it into their professional lives, using a series of exercises based on ancient rituals. By the author of *The Art of Sexual Ecstasy*.

Are You Ready to Open to Love's Deepest Bliss? Every woman knows the fairy tale: find the right man, give him what he wants and needs, and he'll love you forever. But when the myth you've been asked to believe fails to deliver - when you sense you've been settling for far less than you know in your heart is possible - how do you attract and keep a man capable of meeting what you most passionately yearn for? In *Dear Lover: A Woman's Guide to Men, Sex, and Love's Deepest Bliss*, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking to family and career to emotions, trust, and commitment. Written as a collection of letters from a man to his "dear lover," here is this internationally acclaimed writer's invitation to practice love as a living art, as you discover: Why your man is always your choice - and how to pick the man of deep integrity who will satisfy the needs of your body, heart, and spirit "Sexual essence" and the three stages of loving: how to understand your fluctuating capacity to experience divine connection with another Knowing when to end a relationship and how to deal with the "him-shaped void" your absent man leaves behind Daily exercises to help you and your partner move from separation to openness in two-bodied devotional trust Ultimately, what every woman wants is to give and receive love fully. Whether you're partnered or alone, *Dear Lover* reveals that "your love is the same love that yearns to open at everybody's heart. You will attract and inspire a man as willing and able to open as you are. Constant yearning is the call to open and give yourself to all as love's offering No matter how much people pray or meditate, it is not always easy to integrate sexual pleasure and spiritual surrender. This bestselling author helps single men and women and couples of every orientation live up to the challenge of loving in unbearable rapture.

"20% of Men Get 80% of Women." ~ (Source: Medium | Data Science) If you want to be a man that 80% of women desire, this book is your key. Based on over 120 scientific studies, this book is the ultimate guide to creating and maintaining attraction with women. Attraction doesn't grow in a warm, safe environment, it grows in a swamp of discomfort and anxiety. This is just one of many truths you're about to discover. In *Atomic Attraction* Christopher Canwell takes us on a journey through the dark waters of attraction. What turns women on? What makes them choose one man over another? And how can you become truly desirable and attractive? This book answers these questions by combining the latest scientific research with real-life case studies to show you, the reader, how to ignite the fires of attraction and captivate those around you. **INSIDE YOU'LL DISCOVER** – How to get more sex, love, and affection – How to increase your sexual market value – How to use body language to attract women – How to create instant attraction with women – How to keep your girlfriend/wife interested in you – How to maintain attraction in long-term relationships – How to become the most attractive version of yourself – How to build attraction online by text and social media Everything you need to know about creating, building, and maintaining attraction with women can be found within these pages.

\*This book includes 40 real-life case studies.

What is your true purpose in life? What do women really want? What makes a good lover? If you're a man reading this, you've undoubtedly asked yourself these questions but you may not have had much luck answering them. Until now. In *The Way of the Superior Man* David Deida explores the most important issues in men's lives—from career and family to women and intimacy to love and spirituality—to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body practices, and more to help you realize a life of fulfillment, immediately and without compromise.

Have you ever contemplated the cause of the universe beyond simply attributing it to God or The Big Bang? If so, in that causal contemplation, have you ever entertained the idea that the universe is but a dream? Which is to say, have you ever considered that the cause of the universe is that you dreamt it up? At first glance, the idea that you dreamt up the universe perhaps seems implausible. However, what if you really took that idea seriously and followed it to its logical conclusion? What would you discover? Well, this book answers that question. Using the unique form of a graphic novel, artist and writer Alexander Marchand takes you on an artistic, humorous, irreverent, and extremely informative romp through the advanced, nondualistic metaphysics of the contemporary spiritual document known as *A Course in Miracles*. In the end, you'll not only have a coherent picture of the true nature of the universe and existence, but you'll also have essential, practical knowledge of what you'll need to do to if you are ready to wake up."

A holistic guide to female sexuality integrates the latest in Western medical research with the wisdom of the East to explain how any woman can enhance her pleasure in lovemaking and reach her full sexual potential. Reprint. 20,000 first printing.

Renowned psychologist Dr. Dean Delis shows how to change the patterns that threaten romantic relationships. Formerly published as *The Passion Paradox*.

Heal yourself and your community with this proven 12-week program that uses the arts to awaken your innate healing abilities. From musicians in hospitals to quilts on the National Mall—art is already healing people all over the world. It is helping veterans recover, improving

the quality of life for cancer patients, and bringing communities together to improve their neighborhoods. Now it's your turn. Through art projects, including visual arts, dance, writing, and music, along with spiritual practices and guided imagery, Healing with the Arts gives you the tools to address what you need to heal in your life—physical, mental, emotional, and spiritual. An acclaimed twelve-week program lauded by hospitals and caretakers from around the world, Healing with the Arts gives you the ability to heal your family and your friends, as well as communities where you've always wanted to make a difference. Internationally known leaders in the arts in medicine movement, Michael Samuels, MD, and Mary Rockwood Lane, RN, PhD, show you how to use creativity and self-expression to pave the artist's path to healing. In *Dear Lover: A Woman's Guide to Men, Sex, and Love's Deepest Bliss*, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking to family and career to emotions, trust, and commitment. Written as a collection of letters from a man to his "dear lover," here is this internationally acclaimed writer's invitation to practice love as a living art, as you discover. The passion paradox is the catch-22 of romantic relationships: the more deeply one partner falls in love, the more distant the other becomes. Now renowned psychologist Delis shows how to change these patterns and offers powerful, proven techniques to help couples rekindle romance and discover a new equilibrium of love and desire for a lifetime of happiness.

Bestselling author Harriet Lerner focuses on the challenge and the importance of being able to express one's "authentic voice" in intimate relationships. The key problem in relationships, particularly over time, is that people begin to lose their voice. Despite decades of assertiveness training and lots of good advice about communicating with clarity, timing, and tact, women and men find that their greatest complaints in marriage and other intimate relationships are that they are not being heard, that they cannot affect the other person, that fights go nowhere, that conflict brings only pain. Although an intimate, long-term relationship offers the greatest possibilities for knowing the other person and being known, these relationships are also fertile ground for silence and frustration when it comes to articulating a true self. And yet giving voice to this self is at the center of having both a relationship and a self. Much as she did in *THE MOTHER DANCE*, Lerner will approach this rich subject with tales from her personal life and clinical work, inspiring and teaching readers to speak their own truths to the most important people in their lives.

Meet Mykonos: scurrilous madman - and voice of truth. *Wild Nights* presents David Deida's remarkable account of his days with the unconventional teacher who revealed to him the deeper wisdom of the erotic path to the divine. From our very first encounter to the "burden of bliss" that is his parting gift, Mykonos challenges our understanding of what makes a spiritual life. Brutally candid, he offers his teaching to anyone ready to listen, with an uncanny ability to see into the hearts and minds of his students better than they can their own. Charged with provocative scenes of unbridled passion and play, *Wild Nights* explodes with spiritual insights into our choice to "open as love, or close and suffer" yogic sexual techniques including circular breathing and expanding feeling beyond the self and into the heart of a lover and why, for some, full sexual expression is a requirement of spiritual maturation. For its honest depiction of the spiritual teacher and student relationship - and the questions it demands we ask about our own sexuality - *Wild Nights* proclaims David Deida a guiding light in the often cloudy realm of sex and spirit.

"As pragmatic as it is compassionate, this intimate, humorous, and ultimately relaxing invitation to re-wild yourself, stripping away all that is not your true nature, will leave you inspired and curious to discover the wild woman within" (Lissa Rankin, MD, New York Times bestselling author of *Mind Over Medicine*). For the high-achieving modern woman today, having a successful career, a fulfilling romantic relationship, and a satisfying personal life can feel like opposing goals. It has even become difficult to take the time to enjoy the simple pleasures in lives. We are stuck in "go-mode," damaging our romantic relationships, pleasure, and creativity. But what if there were a way to experience the simplest pleasures of our lives on a deeper level, freeing the body and psyche from these destructive patterns? Beyond our current stereotypes about femininity lies the ancient wisdom of the Wild Woman archetype, a model of building a feminine "body intelligence." By embodying this archetype and using tantra--not just in the bedroom, but also to build intimate connections to our senses and physical movements--we can break harmful psychological patterns. In *The Wild Woman's Way*, Michaela Boehm shares practical rituals and exercises drawn from years of experience as a celebrity relationship and life counselor and an expert in tantric yoga. She reveals the power of different types of touch, while also training you in forms of meditation and stretching that increase activity and sensual pleasure.

A practical guide to deepen and expand your orgasmic experience by yourself. Based on ancient Tantric teachings, modern sexology and tons of experience, *Orgasm Unleashed* is filled with inspiring ideas and powerful practices that will transform your sex life. It might even change your life.

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. 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*

The radical challenge of Zen Buddhism is to drop all assumptions and prejudices and experience the truth directly. American Zen teacher Dennis Genpo Merzel brings new life to this ancient wisdom through his commentaries on a classic Chinese Zen scripture, "Verses on Faith-Mind," by the Third Patriarch of Zen, Sosan Zenji. The author strikes to the heart of Zen with clarity and force, expressing in modern terms, to an American audience, the essential wisdom and compassion of Sosan Zenji's famous poem. Full of colorful Zen lore and personal anecdotes from Dennis Genpo Merzel's life, these talks impart the Buddha's teaching directly and intimately, illuminating in simple words the timeless questions and problems of day-to-day life.

Describes the reproductive process from intercourse to birth.

The bestselling authors of *The Multi-Orgasmic Man* show you and your partner how to: Experience intense multiple whole-body orgasms Pleasure each other profoundly Use sexuality for health and healing Deepen your love and spiritual relationship Couples will discover simple step-by-step techniques for a level of sexual pleasure, intimacy, and healing they may not have known was possible. This fully illustrated

guide will inspire couples to make love all night-and make love last a lifetime.

The secret to enlightenment and great sex is revealed to be one and the same in this groundbreaking manual for adventurous lovers. David Deida was trained for decades in the art of spiritual and sexual awakening. Now he presents the ultimate collection of skills for opening to the physical, emotional, and spiritual rewards of intimate embrace. In paperback for the first time, *The Enlightened Sex Manual* teaches you how to transform simple "skin friction" into the depths and embodiment of ecstasy, how to develop sexual abilities as gifts of heart rapture and bodily surrender, how to achieve the principal types of orgasm - and all their varieties - and much more.

If you're like me, you might have tuned out or rejected the idea whenever you hear someone say "you have to love yourself" and you might even say to yourself, what the heck does that mean? Unfortunately, loving yourself can be so foreign of a concept and yet it might also be the very thing that changes your life... for the better in every way. Self-love--our capacity to feed our spirit, fill our 'love cup' and feel inner peace is endless-- we just need to tap into it. But how? How the heck do we create [or experience] inner happiness? That's what this book attempts to address.

Explains how to use the growing practice of Orgasmic Meditation to slow down, connect emotionally, and achieve authentic female sexual satisfaction.

Why would most people endure unwanted or unsatisfying touch, rather than speak up for their own boundaries and desires? It's a question with a myriad of answers - and one that Dr. Betty Martin has explored in her 40+ years as a hands-on practitioner, first as a chiropractor and later as a Somatic Sex Educator, Certified Surrogate Partner and Sacred Intimate. In her client sessions, she noticed a pattern wherein many clients would "allow" or go along with discomfort or unease rather than speak up for what they wanted or didn't want. Betty discovered there was a major component missing for people -- the confidence that we have a choice about what is happening to us. In her framework, "The Wheel of Consent(R)" Betty traces the fundamental roots of consent back to our childhood conditioning. As children, we are taught that to be "good" we must ignore our body's discomfort and be compliant: to finish our food even if we're full, to go to bed - even if we're not tired, to let relatives hug and kiss us even if we don't want to. We learn that our feelings don't matter more than what is happening, and that we don't have a choice but to go along, whether or not we want it. As adults, this conditioning remains with us until we have an opportunity to unlearn it, which is why consent violations are often only called out after the violation has occurred - because we have not been taught or empowered to notice our boundaries, much less value or express our internal signals as the unwanted action is happening. In this book, Betty guides the reader through the Wheel of Consent framework, and shares practices to help us recover the ability to notice what we want and set clear boundaries. While the practices are based on exchanges of touch, they can also be learned without touch. In these practices, we discover that the Art of Giving includes knowing our own limits so we can be more generous within those limits, and not give beyond our capacity - a common problem which creates feelings of resentment or martyrdom. We also discover that the Art of Receiving invites us to notice and ask for what we really want, and not just what we think we are supposed to want. This knowledge, and its embodied practice, is foundational for creating clear agreements and bringing more satisfaction into relationships. While much of consent education focuses on noticing what we don't want, or prevention of violation, Betty has developed a "pleasure-forward" approach to teaching consent. By first accessing and awakening (sometimes re-awakening) our bodies' relationship to pleasure and what we want, we can practice noticing and verbalizing what we don't want. Such an approach provides a more holistic frame in which to unlearn the childhood conditioning that taught us to be silent and compliant, and in which individuals can learn to ask for what they want and state what they don't, in a more empowered way. The implications of this approach to consent education extends beyond touch and intimate relationships. When we forget how to notice what we really want, we lose our inner compass. When we continue to go along with things we don't feel are right, we lose our ability to speak up against injustice. This has a profound effect on society. We allow all manner of inequality, corruption, theft of natural resources and our planet's future health - because "going along with it" feels normal. The Wheel of Consent offers a deeply nuanced way to practice consent as an agreement that brings integrity, responsibility, and empowerment into human interaction, starting with touch and relationships, and further expanding our understanding of consent to social issues of equality and justice.

In today's disconnected, distracted world, it seems like deep love gets harder to maintain every day. We spend more time looking at screens than at each other, cycle through new partners every time the spark starts to fade, and wall away our feelings until we become strangers who share a house and kids. But underneath all this, our souls long for an unbreakable love which deepens over time and lovemaking that gets hotter, not cooler, inside a lifetime commitment. This bond we yearn for is not impossible. It's not even improbable. You can create it in your life right now; intimacy that opens both you and your partner to a divine awakening you could not create on your own, lovemaking that curls your toes, and a partnership where both people champion each other's best interests, where even the difficult moments bring you closer together. This is sacred relationship, and it exists in these pages. This book is an owner's manual for intimacy, a map for loving at the deepest level, and an invitation into sacred practice where divine connection becomes part of everyday life.

A wholly fresh interpretation of the timeless play by a Nobel Prize-winning author.

In his bestselling book, *THE SEAT OF THE SOUL*, Gary Zukav's driving concept was 'multi-sensory perception', an innate sense that allows people to experience the world beyond the five senses, to listen harder to who they are and ultimately to save one's life. Now in *SOUL STORIES*, Gary Zukav brings this concept and many others vividly alive, with marvellous true stories of how they manifest themselves in individual lives. This book is enormously practical in the way the author builds on each specific story to a discussion of its application to the reader's needs, leading to a deeper understanding of authentic power and inner peace. And best of all, it is wonderfully readable and even more accessible than *THE SEAT OF THE SOUL*.

Emily Witt is single and in her thirties. She has slept with most of her male friends. Most of her male friends have slept with most of her female friends. Sexual promiscuity is the norm. But up until a few years ago, she still envisioned her sexual experience achieving a sense of finality, 'like a monorail gliding to a stop at Epcot Center'. Like many people, she imagined herself disembarking, finding herself face-to-face with another human being, 'and there we would remain in our permanent station in life: the future'. But, as we all know, things are more complicated than that. Love is rare and frequently unreciprocated. Sexual acquisitiveness is risky and can be hurtful. And generalizing about what women want or don't want or should want or should do seems to lead nowhere. Don't our temperaments, our hang-ups, and our histories define our lives as much as our gender? In *Future Sex*, Witt captures the experiences of going to bars alone, online dating, and hooking up with strangers. After moving to San Francisco, she decides to say yes to everything and to find her own path. From public health clinics to cafe conversations about 'coregasms', she observes the subcultures she encounters with awry sense of humour, capturing them in all their

strangeness, ridiculousness, and beauty. The result is an open-minded, honest account of the contemporary pursuit of connection and pleasure, and an inspiring new model of female sexuality - open, forgiving, and unafraid.

To truly understand your intimate relationships, you must read this book! David Deida, internationally known for his work in personal growth and intimate relationships, shares the deep understandings and effective techniques that he has refined through his 20 years of consultation, research and spiritual practice. Learn how to keep your relationships growing--beyond the sexually neutralized roles so typical of today--and create a relationship that is spiritually erotic, sexually deep and passionately committed to love.

The book is intended to make people knowledgeable about the role our minds and the habit of thinking in the inability to see situations as they are. The book illustrates this through stories at home, work and in the society which makes it easier for people to relate. The book then goes on to help people understand about how the mind tries to be either in the past or the future. The book also presents solution to these situations and illustrates how we can stay in the present moment. We believe that this book will be able to help many people

Explore the Other Side of Enlightenment Does enlightenment have a dark side? It does, explains David Deida, but instead of closing to what seems unloving, we can learn to open as what we would rather avoid. In Instant Enlightenment, this maverick author and teacher offers a "rude awakening" through a collection of daring exercises and practices intended to provoke, challenge, and immediately reveal the ever-present "love that lives all things." Each pithy chapter encourages readers to blast the light of consciousness on the taboos we hide in shadow, from our ideas about sex and money to emotions and spirituality. Instant Enlightenment will surprise and possibly offend you—but it will lead you "fast and suddenly" to the realization of the sacred entirety of your experience. "Dive straight into this book. Open to any page and read for two minutes, and you'll see that you are instant enlightenment."—Ken Wilber, author of A Brief History of Everything

Open Her teaches a man how to embody 7 Masculine Archetypes to engage his woman in a deeper, more passionate dance of love. Each archetype brings a power and a gift, a secret key to his woman's love and desire. Open Her will inspire a man to love his masculinity and to know the power it holds to open a woman to ever deepening states of pleasure and love.

The best-selling author of Change Your Brain offers a practical guide to enhancing one's love life, presenting up-to-date information, helpful advice and techniques, and twelve important lessons based on the latest research into brain science. Reprint. 30,000 first printing.

"In the area of sacred intimacy, David Deida is holding a lightning bolt. He sheds an astonishing light."----Marianne Williamson, Author of A Return to Love....Acknowledged as one of the most insightful and provocative teachers of our time, bestselling author David Deida continues to revolutionize the way that men and women grow spiritually and sexually. His books have been published in more than twenty languages. His workshops on a radically practical spirituality have been hailed as among the most original and authentic contributions to the field of self-development currently available.

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