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David Deida offers trainings around the world on spiritual growth and sacred intimacy. He is the author of *Finding God Through Sex: A Spiritual Guide to Ecstatic Loving and Deep Passion for Men and Women* and many other books and audio courses. In the introduction to this one, Lama Surya Das calls him "a bridge-builder between East and West, between ancient and modern wisdom traditions regarding this least understood of all spiritual teachings: the mystery of intimacy as a yoga of transformation, transcendence, and self-realization." In this engrossing work, Deida salutes the spiritual practice of openness. What does he mean by this term? "A life well lived embraces death by feeling open, from heart to all, in every moment. Wide open, you can offer without holding back, you can receive without pushing away. Wide open, heart to all, you are openness, unseparate from this entire open moment." Living in the present moment is a major motif in Buddhist practice. Waiting around or anticipating the next best thing takes you away from what is happening in and around you right now. Reading this paperback, you will find yourself asking the following questions: Am I closed off or holding anything back in the presence of people, events, and different situations? All suffering, according to Deida, emanates from our refusal to be open. He sees love as the gift we give to others. It even goes beyond that: "How would love wash a dish? While standing at the kitchen sink, breathing love in and out of your heart, feeling outward to the moment's open edge, how does your body rub the soapy energy across the surface of each plate? How do you give your open-heart truth to co-workers, even when you disagree with them? Should you smile, tell jokes, act efficient, touch them, or walk away and give them space? Day by day, practice unfolding love as you body's skillful offering, from your deep heart outward to the moment's open horizon." Deida also sheds light on what openness can mean in intimate relationships, "the art and play of sexual gifting," and the emotions of anger, jealousy, fear, and lust. Try a Spiritual Practice on Openness 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. In June 2006, *Blue Truth* was named by *Spirituality & Health* magazine as one of the Best Spiritual Books of 2005, in the Personal Growth category. ISBN-13: 9781591792598 Publisher: Sounds True, Incorporated Publication date: 11/01/2004 Pages: 184 Sales rank: 586,892 Product dimensions: 6.00(w) x 9.00(h) x 0.60(d) *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, PH.D., 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* From the Publisher American author This article has multiple issues. 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Contentious material about living persons that is unsourced or poorly sourced must be removed immediately, especially if potentially libelous or harmful.Find sources: "David Deida" – news · newspapers · books · scholar · JSTOR (August 2011) (Learn how and when to remove this template message) (Learn how and when to remove this template message) David DeidaBornMarch 18, 1958 (1958-03-18)Cleveland, OhioOther namesDavid GreenbergOccupationAuthor, independent researcher, teacherKnown forSpiritual practice, non-dual sexuality, sociocultural evolution David Deida (born March 18, 1958) is an American author who writes about the sexual and spiritual growth of men and women.[1] His ten books have been published in 25 languages. He conducts spiritual growth and intimacy workshops and is one of the many founding associates at the Integral Institute. He has conducted research and taught classes at the University of California at Santa Cruz, Lexington Institute in Boston, San Jose State University and Ecole Polytechnique in Paris. He is the author of numerous essays, articles, and books on human spirituality including *The Way of the Superior Man*, *Finding God Through Sex*, and *Blue Truth* and the autobiographical novel *Wild Nights*.[1] Early life and education This section of a biography of a living person does not include any references or sources. Please help by adding reliable sources. Contentious material about living people that is unsourced or poorly sourced must be removed immediately.Find sources: "David Deida" – news · newspapers · books · scholar · JSTOR (June 2022) (Learn how and when to remove this template message) Deida was born David Greenberg in Cleveland, Ohio and later when? changed his surname to Deida. After receiving the 1974 National Writing Award, Deida was admitted to the Florida Scholars Program at the University of Florida. While there, Deida founded the Plexus Interdisciplinary Center, researching medicine and consciousness in affiliation with the teaching hospital Shands at the University of Florida. In 1982, he graduated from the University of Florida with a bachelor's degree in Theoretical Psychobiology. That same year, Deida was granted a fellowship at the Laboratory for Theoretical Neuroscience at the University of California, San Diego Medical School. As a graduate student at the University of California at Santa Cruz, he conducted research in the ontogeny of self/non-self boundaries and the evolution of the nervous system and its relationship to space-time dimensionality and was awarded a master's degree in biology from the University of California in 1989. Career Deida was an instructor in Artificial Intelligence at California State University, San Jose and was elected as a Fellow of the Lexington Institute Boston. From 1976 to 1989, Deida engaged in research with the neuroscientist Francisco Varela and he conducted research with Varela at the Pasteur Institute and Ecole Polytechnique. From 1983 to 2000, he collaborated with yoga teacher Sofia Diaz to develop yoga techniques for intimate relationships.[2] In the mid-1990s, Deida began publishing non-academic books on spiritual practice, sociocultural evolution, and non-dual sexuality. From 1986 to 1988, Deida studied with the American spiritual teacher Adi Da Samraj[3] and 1988 Deida was awarded the Chateaubriand Fellowship by the French government, for his Ph.D. thesis. Deida began writing non-academic books for publication and departed the university before completing his doctoral thesis. Deida published several papers from 1985 to 1991 including, "The Form of Duality: Objectification as Implicate Time (1985)", "Some Fundamental Aspects of the Indicational Calculus and the Eigenbehavior of Extended Forms (1985)", "The Indicational Calculus and Trialectics (1985)", "An Approach to a Mathematics of Phenomena: Canonical Aspects of Reentrant Form Eigenbehavior in the Extended Calculus of Indications (1988)", and "Multiplicity and Indeterminacy in the Dynamics of Formal Indicational Automata (1991)." Deida published the book *Intimate Communion* in 1995 and It's a Guy Thing in 1997 outlining his ideas on psycho-sexual development and universal masculine and feminine identities. In 1997 he published *The Way of the Superior Man* and in 2001 a series of personal essays called *Waiting to Love: Rude Essays on Life After Spirituality*. His book *Finding God Through Sex* was released in 2002 and outlined practices for dissolving fear and self-boundaries during intercourse. Deida's semi-autobiographical novel *Wild Nights: Conversations with Mykonos* about *Passionate Love*, *Extraordinary Sex*, and *How to Open to God* was published in 2005 and tells the story of developing friends, sexual intimacy, and God awareness through the guidance of a spiritual teacher. Deida published his book *The Enlightened Sex Manual: Sexual Skills for the Superior Lover* in 2004 and he discusses the topics of love and expanded awareness in his 2007 book *Instant Enlightenment. Reception* Deida's ecumenical approach has caused some to question his discrimination for audiences.[4] but Deida characterizes his recent work as "spiritual theater" rather than "religious teaching".[5] This orientation has led one critic to suspect Deida's spiritual depth and integrity, specifically questioning whether his approach has conflated post-modern nihilism with mystical nondualism.[4] Other criticism questions Deida's political stance, alleging an element of misogyny in one of his books.[6] Media Books *Intimate Communion* (1995) ISBN 978-1-55874-374-8 *It's a Guy Thing: An Owner's Manual for Women* (1997) ISBN 978-1-55874-464-6 *The Way Of The Superior Man: A Spiritual Guide to Mastering the Challenges of Woman, Work, and Sexual Desire* (1997, Plexus, ISBN 1-889762-10-5; 2004, Sounds True, ISBN 978-1-59179-257-4) *Waiting to Love: Rude Essays on Life after Spirituality* (2001) ISBN 1-889762-20-2 *Finding God Through Sex: Awakening The One Of Spirit Through The Two Of Flesh* (2002, 2005) ISBN 978-1-59179-273-4 *Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss* (2002, 2005) ISBN 978-1-59179-260-4 *Blue Truth: A Spiritual Guide to Life & Death and Love & Sex* (2002, 2005) ISBN 978-1-59179-259-8 (formally published as; *Naked Buddhism: 39 ways to free your heart and awaken to now*) *The Enlightened Sex Manual: Sexual Skills for the Superior Lover* (2004) ISBN 978-1-59179-585-8 *Wild Nights* (2005) ISBN 978-1-59179-233-8 *Instant Enlightenment: Fast, Deep and Sexy* (2007) ISBN 978-1-59179-560-5 Audio CDs and MP3s *The Way of the Superior Man: The Teaching Sessions* (Audio CD), Sounds True, ISBN 978-1-59179-343-4 *Enlightened Sex: Finding Freedom & Fullness Through Sexual Union* (Audio CD) ISBN 978-1-59179-083-9 David Deida: *The Complete Recordings, Volumes 1-3* (Audio CD) (1998–2002), Volume 4 (2009) *Rhythms of Revelation: Jazz, Jesus and James Bond*, MP3 (2009) *Enlightenment, Marriage and the Dark Side*, MP3 (2009) *Finding Love and Sex Among Vikings, Boys Toys and Superior Women*, MP3 (2009) *Bondage, Boundaries and the Rolling Stones: Spiritual Happiness vs. Sexual Healing*, MP3 (2009) *Emotional Chaos and Authentic Love: How to Help Your Man Navigate Your Heart*, MP3 (2009) *The Third Stage: Making Love Beyond Sharing Needs*, MP3 (2009) *Buddhism, Blowjob and Chocolate: Spiritual Access to Passion's Portals*, MP3 (2009) *Aligning with Love: Sex, Wealth and Worship*, MP3 (2009) *Craving Nothingness, Wanting Fullness, Celebrating Nowness*, MP3 (2009) DVDs *Function, Flow, & Glow* (DVD) ASIN B000CEX3JE *Spirit, Sex, Love: David Deida in Australia* (DVD) (out of print) Published manuscripts 1985 Greenberg, D.R., and White, C.A. 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"Multiplicity and Indeterminacy in the Dynamics of Formal Indicational Automata" *Cybernetics and Systems 22:237-263* See also Richard Rohr: *Wild Man's Journey: Reflections on Male Spirituality* (ISBN 0-86716-279-1) Samsel Ann Weor: *The Perfect Matrimony* (ISBN 978-0974275505) Dion Fortune: *The Esoteric Philosophy of Love & Marriage* (ISBN 978-1578631582) References ^ a b David Deida official web site bio Archived 2011-07-21 at the Wayback Machine Retrieved July 2011 ^ Deida, David and Diaz, Sofia; *The Tantra of Relationship* (Audio program)1990. ^ Deida, D. "Before There Is Perception, What is There? Biological Cosmology and the Limits of Knowledge" *Laughing Man Journal*, 1986, 12:34-49 ^ a b "SEX - the Good, the Strange, and the Sacred" Archived from the original on 2011-08-24. Retrieved 2011-07-21. EnlightenNext, March-May 2009, pp. 52-62. ^ David Deida: *The Complete Recordings, Volumes 1-4* (Audio CD). ^ Gelfer, Joseph; Numen, Old Men: *Contemporary Masculine Spiritualities and the Problem of Patriarchy*, 2009, p. 121. External links The Official Website of David Deida David Deida Bio Q&A on the topic of "Finding God Through Sex" An interview with David Deida by Vijay Rana of *The Watkins Review* in London Retrieved from "

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