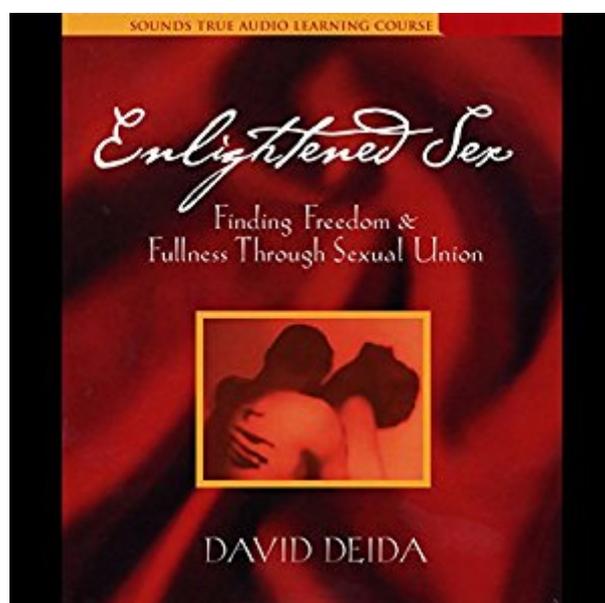


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Enlightened Sex



Synopsis

Deep sex, says David Deida, can lead us to a profound love, bliss, a passionate and divine surrender in every cell, the state of enlightenment. With *Enlightened Sex*, listeners will learn how to open to love and see the light, literally, through the skillful dance of masculine-feminine rapture. In this groundbreaking 12-session course, listeners will explore: How to choose and sustain the right partner for deepening the spiritual practice of sex How to arouse unbearable pleasure to heal past wounds and melt open beyond self Mastering the erotics of subtle sexual anatomy, breath, and touch Easing beyond fear into ecstatic surrender Making love with the gross, subtle, and causal bodies, and much more.

Book Information

Audible Audio Edition

Listening Length: 7 hours and 28 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: May 30, 2007

Language: English

ASIN: B000R7I20Q

Best Sellers Rank: #10 in [Books > Audible Audiobooks > Health, Mind & Body > Sexuality](#) #81 in [Books > Health, Fitness & Dieting > Sexual Health > General](#) #170 in [Books > Self-Help > Sex](#)

Customer Reviews

I have been to a weekend seminar with David Deida. His work is about a whole lot more than just genital coupling. It's about what makes us men and women, and how we come together on many different and profound levels. His take on gender roles, what comprises both the masculine and the feminine essence in each of us regardless of whatever gender you happen to be, is revolutionary and simply liberating. His work is controversial for this reason, not because he discusses s-e-x. I mean, there's no lack of frank sex talk out there. But what Deida believes about gender roles may come as a surprise. For Deida, discussion of technique is always set in the larger context of what coming together means for the enlightenment of souls. Likewise, his discussion of stage 1, stage 2, and stage 3 relationships creates a whole new framework for viewing the value and purpose of relationships, wherein we serve love itself, even more than we serve a lover. His challenging,

provocative work elevated my consciousness. I will never forget that seminar. With these CD's, the listener can experience a large part of what Deida presented that weekend and the core of his teaching. His work is challenging, but it is not difficult to assimilate. He gives step by step, very easy to follow instructions for exercises to make lovemaking the literal embodiment of his principles. The exercises can be done with a partner or by yourself. Even if you have no interest in performing the exercises, Deida's vision of sexuality is breathtaking to contemplate. He gave me an entirely different approach to even the most casual day-to-day interactions with strangers, as well as an alternative sense of my own body, how I carry myself, how I sit, how I breath.

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