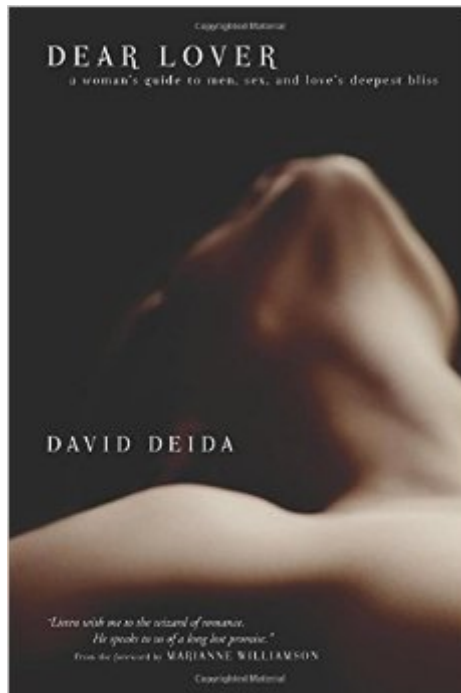


The book was found

Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss



Synopsis

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*, 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-bodies devotional trust Ultimately, what every woman wants it to give and receive love fully. Whether you're partnered or alone, *Dear Lover* reveals that your love is the same love that years 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.

• Contents

1. You Are Love
2. Chocolate Love
3. Yearning Is the Key to Love
4. The Gift of Making Love
5. Spiritual Sexiness
6. Orgasmic Love
7. Love and Fear
8. Your Sexual Essence
9. Your True Heart and Its Shells
10. Offering or Betraying Your Heart
11. The Two-Bodied Play of Love
12. Loving Larger Than Fear
13. Trusting Your Man to Open You
14. You Attract Your Reciprocal
15. Why Men Hold Back
16. Your Force of Attraction
17. Your Man is Your Choice
18. Expressing Pleasure and Hurt
19. Masculine Insensitivity
20. How to Stay Open
21. Opening Beyond an Impasse
22. Ending Relationships and the Him-Shaped Void
23. Three Stages of Loving
24. Love is a Living Art
25. Showing Your Heart's Light in Public
26. Choosing Abuse and Refusing Love
27. Wanting to Be Opened
28. A Summary of Trusting and Opening
29. Goodbye

Excerpt Dear Reader, I offer the following chapters to you as if you were my lover. Although you may be single or married, I offer these words to you as I would do my beloved. We may never meet, but I want to give you the opportunity to feel your heart through mine. For years, I have taught workshops around the world, opening with women and men while they share their deepest heart's desires. It seems we often come to know ourselves most deeply through the heart of someone who loves us, who is willing to open and see us as we truly are, who is willing to

listen and feel our heart's yearning. To give and receive love fully "this is our heart's true desire, yours and mine. The yearning you feel in your heart is the same yearning that everyone feels. By feeling your heart's yearning through mine, I hope you will come to know yourself more deeply through the many hearts that have opened together in trust and allowed these words to emerge. All hearts want to open to God, or the boundless flow of divine love. You may or may not be a religious person, and still your heart yearns to open without bounds, to be seen and to be offered without limits. This is what I mean by "open to God" "to open and feel everything and everyone's heart as a divine expression of love. Praise for Dear Lover In the area of sacred intimacy, David Deida is holding a lightning bolt. He sheds an astonishing light. "Marianne Williamson, Author of A Woman's Worth "As a woman, I've never felt so understood and validated. Finally, a clear and brilliant guide to unraveling the mystery of relationships. "Marci Shimoff, Co-author of the New York Times bestseller Chicken Soup for the Woman's Soul "I feel that Deida has reached a new level of poetic genius in his writing, and his understanding of feminine psychology astounds me. "Miranda Shaw, PhD. Author of Passionate Enlightenment: Women in Tantric Buddhism "We all taste God, taste Goddess, taste pure spirit in those moments of sexual rapture, and wise men and women have always used that rapture to reveal Spirit's innermost secrets. David Deida is such a wise one. "Ken Wilber, Author of Grace and Grit

Book Information

Paperback: 184 pages

Publisher: Sounds True; Published 2005 edition (December 1, 2004)

Language: English

ISBN-10: 1591792606

ISBN-13: 978-1591792604

Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars See all reviews (87 customer reviews)

Best Sellers Rank: #19,454 in Books (See Top 100 in Books) #51 in Books > Health, Fitness & Dieting > Sexual Health > General #90 in Books > Self-Help > Sex #169 in Books > Self-Help > Spiritual

Customer Reviews

A central question in David Deida's work is: What is sexual love between a man and a woman for?

The answer he gives here and elsewhere is that the purpose of sex is to open our bodies and hearts to God, and in fact that sex more than anything else in life is what takes us open to God. "Through entering your heart and body with mine in love's deepest bliss, I open together with you to God." Deida's distinctive writing style is intuitive and filled with redundancy, so you'll read that message often in this book (which is written as a series of letters from Deida to the reader as his female lover). To me it's attention-getting the first few times he says it but soon becomes mind-numbing. By the end of the book it's enough already! Still, this book contains some interesting corollaries for women to contemplate. Among them:*

"The secret to unfolding your heart's deepest bliss is to give and receive love fully, with or without a man. . . . You can learn to open your body as if it were a big heart, vulnerable and full of love's radiant life-force. And it is this disposition of openhearted radiance that will gift the world as well as attract and keep a man capable of actually meeting your heart's deepest desire."*

"Whether you are alone or in relationship, your spiritual and sexual bliss require a daily allotment of whole-body pleasure and deep-heart offering, or else your joy will shrivel like an unwatered plant."*

"Deep heart yearning is not a problem to be solved but a divine pull to open as devotional surrender, as wide as all, now. . . . This capacity to offer your open love is indestructible. No amount of rejection or betrayal can destroy this offering of love.

Deida has written *The Way of the Superior Man* for men. In my view, the current book is Deida's attempt to write a similar book for women. The book directed to men deals with life purpose as well as relationship to women. This book only deals with relationships to men. Being male, I can't say how this book resonates with the typical female. So if you are a woman, I would actually mostly look at the reviews written by other women. Having said this, here is my male perspective of the book: I really liked *The Way of the Superior Man* (five stars) because it is fast paced and introduces several ideas. The current book is more like the typical self-help book; repetitive and quite unclear when it comes to the ideas. Deida often says that the man can open the woman to God. However, he is not talking about the Christian God and, in fact, it is totally unclear to me what he means with this statement. Sometimes this seems to be very physical like when having sex, but most of the time it seems to be with a figurative meaning. There are a number of these ideas being repeated over and over, like the term "opening up the woman". Another term used is "connect with". I understand the vocabulary, but exactly how do you do this? Isn't the self-help books supposed to give practical advice too? I bought the book because I wanted to learn about some of the advice given to women. You'll get some of this in the book.

[Download to continue reading...](#)

Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) Sex Positions: Sex: The Top 100 Sex Positions to try Before you Die (Sex Positions, Sex Guide, Kamasutra, Sex Books) Mujerona masiva y apretado coñfâ o-masive big woman and tight pussy: fotos de sexo,sex bilder,sex pictures,big woman sex,mujer madura sexo,erotica,milf (Spanish Edition) Tantric Sex: The Truth About Tantric Sex: The Ultimate Beginner's Guide to Sacred Sexuality Through Neotantra (Tantric Sex Books, Tantric Sex For Men And Women) Sex: This Book Includes - Tantric Sex: A Beginners Guide For Couples Based On The Art Of Tantra, Sex Positions: 21 Illustrated Sex Positions To F*ck Her Brains Out (Sex Techniques, Kama Sutra) Increase Libido at Any Age Naturally: The Ultimate Guide to An Increased Sex Drive & Improved Sex Life for Men & Women (Increase Sex Drive, Improve Sex Life) Sex Positions You Never Thought Possible: The Creators of the Liberator Wedge Show You the Secrets of Angles and Inclinations for the Deepest, Most Orgasmic Sex Ever Letters To My Ex-girlfriends: A Unique Love Story (Romance, love, sex, cheating, betrayal, ex-lover, poems,grief) The Plant Lover's Guide to Snowdrops (The Plant Lover's Guides) The Plant Lover's Guide to Asters (The Plant Lover's Guides) The Plant Lover's Guide to Primulas (The Plant Lover's Guides) The Plant Lover's Guide to Ferns (The Plant Lover's Guides) Dirty Talk : Secrets For Women and men, Straight, Gay and Bi, Spice Up Your Sex Life and Have Mindblowing Sex: (Sexuality, Intimacy, Sexting, Confidence, Relationship) (Great Sex Book Series 1) BETTER SEX WITH YOGA: Exercises, poses and meditations for men, women and couples to improve sex life. (SEX IMPROVEMENT Book 1) EROTICA: DEEPEST PLEASURES (15 STORY SEX BUNDLE), CHEATING WIVES, BISEXUL, INNOCENT, GANGS, DADDY STORIES The Better Sex Workout for Men: Best Exercises For Better Sex Through Sex-Enhancing Workouts Dear John, I Love Jane: Women Write About Leaving Men for Women Kama Sutra: The Ultimate Sex Guide To Kama Sutra, Love Making and Sex Positions - Secret Techniques For Your Sex Life! Meditation for the Love of It: Enjoying Your Own Deepest Experience

[Dmca](#)