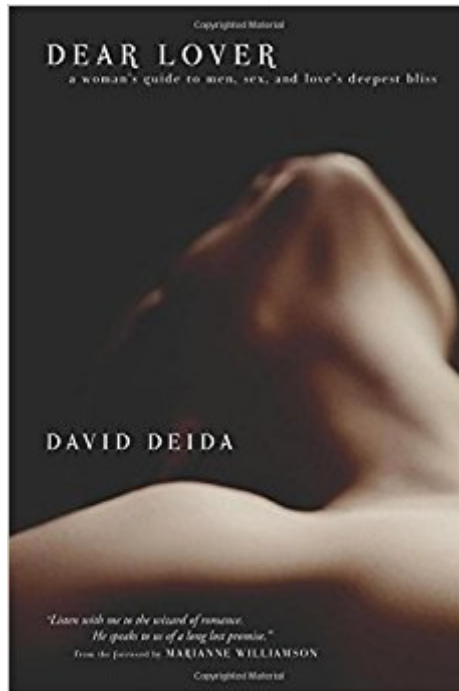




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Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss



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 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. • • 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 heartâ€™s yearning. To give and receive love fullyâ€”this is our heartâ€™s true desire, yours and mine. The yearning you feel in your heart is the same yearning that everyone feels.Â By feeling your heartâ€™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.Â 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.Â This is what I mean by â€œopen to Godâ€”to open and feel everything and everyoneâ€™s heart as a divine expression of love. Â Praise for Dear Lover â€œIn the area of sacred intimacy, David Deida is holding a lightning bolt.Â He sheds an astonishing light.â€”Marianne Williamson, Author of A Womanâ€™s Worth Â “As a woman, Iâ€™ve never felt so understood and validated.Â Finally, a clear and brilliant guide to unraveling the mystery of relationships.â€”Marci Shimoff, Co-author of the New York Times bestseller Chicken Soup for the Womanâ€™s Soul Â “I feel that Deida has reached a new level of poetic genius in his writing, and his understanding of feminine psychology astounds me.â€”Miranda Shaw, PhD.Â Author of Passionate Enlightenment:Â Women in Tantric Buddhism Â “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 Spiritâ€™s innermost secrets.Â David Deida is such a wise one.â€”Ken Wilber, Author of Grace and Grit

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Customer Reviews

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light." â "MARIANNE WILLIAMSOR, author of A Woman's Worth Â "As a woman, I've never felt so understood and validated. Finally, a clear and brilliant guide to unraveling the mystery of relationships." â "MARCI SHIMOFF, co-author of the New York Times bestseller Chicken Soup for the Woman's Soul Â "I feel that Deida has reached a new level of poetic genius in his writing, and his understanding of feminine psychology astounds me." â "MIRANDA SHAW, PH.D., author of Passionate Enlightenment: Women in Tantric Buddhism Â "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." â "KEN WILBER, author of Grace and Grit

David DeidaAcknowledged 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 ten books are published in more than twenty-five languages worldwide and are required reading in university, church, and spiritual center courses. 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. He is a founding member of Integral Institute, and has taught and conducted research at the University of California-San Diego School of Medicine, University of California-Santa Cruz, San Jose State University, Lexington Institute in Boston, and Ecole Polytechnique in Paris, France. Some of his recent books include Blue Truth, The Enlightened Sex Manual, The Way of the Superior Man, and Instant Enlightenment.Â

Beautifully written but in my opinion highly unrealistic.I love David's work and so I was surprised by the lack of instruction accompanying this work. This book seems to be written as a taste of what women could, or even should expect from a 'real man' without bridging the actual gap that exists between the ideal and the real. Knowing the amazing instructional and philosophical work this author is able to produce, I would only recommend this to 'seasoned Deida readers' or in combination with other work (i.e. maybe you don't want to read 'Dear Lover' first. Purchase it together with another of Deida's books and read it after learning his take on relationship)

In all my years of voracious self help book reading, only a VERY few times have I ever felt transported to a new level of consciousness like I did by this book. Sort of like when I read A New Earth, You Can Heal Your Life, and The Four Agreements, I felt like everything in the book was a

direct divine download. I could feel it's truth deep in my belly and heart. A very important work. An amazing read. A MUST read. I am so serious right now.

my girlfriend loves me to read these to her because it's things I would never think to say.

This is probably well meaning . Written from a first hand perspective of a man speaking to you as if you are his " lover" . Very descriptive in it's intimate conversation. A little too much so for my taste. That being said.. I believe it's meant to help achieve the goal to help a woman better understand a man's way of thinking. It has been somewhat enlightening from that perspective.

Taught me a lot about myself as a young woman and how to navigate through these walls I have built to open myself up to a love I deserve. Recommended to all my female family members and friends!

It's good the more you read and understand the message. There's been a few things where I've busted out laughing because I just wasn't expecting "Fingernail in the ass". I also had to get over how often the word god is mentioned in this book. It arrived in good quality though.

Deida has a way with words...to say the least. It is almost like is has mastered the psyche of the woman and writes to seduce our minds. I must admit that reading his words is like indulging in a warm chocolate soufflé of thoughts.

This is a great book with provocative ideas I really want to learn. I'm about a quarter of the way through and the typos are distracting. For the love of all good and green things on this earth hire a proofreader. Please.

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