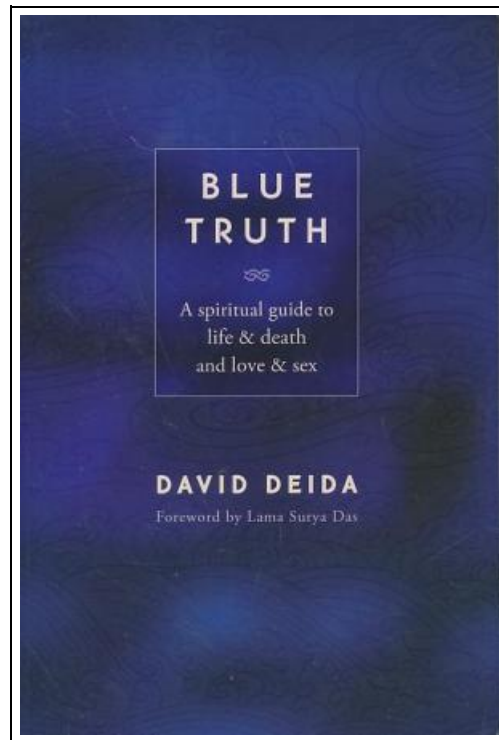


Blue Truth: A Spiritual Guide to Life & Death and Love & Sex



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BLUE TRUTH: A SPIRITUAL GUIDE TO LIFE & DEATH AND LOVE & SEX



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Sounds True, 2004. Paperback. Condition: New. 1591792592 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. Table of Contents Life & Death Love Fully and Die Feel Before Memory Give Everything Now Unfold Your Heart Resist Nothing Breathe Everything Wear Everyone's Shape Offer Yourself as Love Unclench as if Asleep Relax as You Are Honor Your Depth Open While Failing Appreciate Dissatisfaction Don't Wait for Perfection Do Love Through Your Body Be Reminded by Jealousy Express Who You Really Are Live as Love Remain Open When...



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