



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

David Deida

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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.

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Love & Sex

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Praise

"*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, PhD, 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*

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

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Kelsey says

To the masculine lover – “Without a deep sense of purpose to direct your daily life, you will be directed by externals-financial need, your children’s needs, your lover’s needs-and you will begin to blame them for your lack of fulfillment. You will feel trapped in obligations, and your resentments will show. You will hold back in your relationships with your lover and family, not really wanting to be there, unsure what else to do, mired in ambiguity, guilt, and anger. Your actions will lack integrity and follow-through. Your feminine lover won’t be able to trust you in everyday life or open to you sexually.” Pg 121

Luiz Brüggemann says

A verdade azul. Tudo isso ao redor de nós é amor e a entrega para tudo isso é o que faz sentir o nosso coração pulsar. O livro traz percepções de como abrir o seu coração, de como se entregar para esse presente momento, de como ser amor, de como viver amor e de como sentir amor. David Deida pode parecer poético, mas tudo o que ele faz é uma expressão dele mesmo. É como um artista marcial de Kung Fu que tem que dominar a energia feminina do ambiente ao seu redor para canalizá-la em golpes ou continuar manipulando-a feito a movimentação do Tai Chi. O livro também traz percepções importantes sobre a diferença entre as essências sexuais.

Perguntas que vão lhe surgir nesse livro:

"Qual o meu desejo mais profundo?"

"O que o meu coração mais quer sentir nessa vida?"

"Como me oferecer por completo(a) ao mundo e a pessoa que eu amo?"

"Como sentir esse momento por inteiro?"

Eneli says

„Paljudel inimestel on vähem kui sinul. Nemad kadestavad sind. Kui õndsad nad praegu sinu asemel oleksid?“

„Harva kohtab täiskasvanut, kelle loomulik kiirgus toa ikka veel oma energia ja armastusega särama paneb.“

Avonlea says

This book is pretty deep/new age/out there but I'm into that so I liked it. It's definitely geared toward people who are in a significant relationship, due to the nature of using that relationship to deepen spirituality and growth. It often reads like poetry which means sometimes it becomes a little obscure. Good to keep on the shelf for future reference... :)

Mary says

Love David Deida...

Ryan Murdock says

Every once in a while a book comes along that shakes up your perspective, and provides deep insights into your past and present. This is one of those books. It showed up out of nowhere, at a time when I'd been struggling with a sense of stagnancy with my craft, and with the path I've chosen through life. It shone a fresh light on past experiences that I had been unsuccessfully trying to figure out. And it points the way to new depth in my work and life. It's the sort of book you read with a big knot in your stomach, and sometimes a choked feeling of nausea in your throat, because the stuff it's pointing to is so viscerally true. The author draws on some of the most practical aspects of Buddhist philosophy, but this is not a "new age" book. There's no fluff or overblown theories about afterlives or pantheons of gods. Just practical deep truths capable of kicking holes in your most closely held illusions — if you're honest enough to reflect on them.

Loren Johnson says

The best of Deida's writing in my experience to date, but a bit repetitive throughout. Not always in a bad way, more like a mantra or meditation on the topic of openness. I enjoyed it and some of it has stuck with me like whatever you experience, negative or positive, can be experienced with without judgement from your observer self by "opening larger than it"...

Laini says

Blue Truth

I received plenty of food for thought from this book. The relatively short chapters are perfect for consuming one at a time, providing the reader with opportunities to digest before beginning the next.

Pamela Wells says

What an incredible and ground breaking book! David is masterful in his writing and a visionary in matters of the heart. How can Seekers begin to understand their love relationships as an expression of divine love? David Deida will put you on the express lane to a very refreshing perspective of how love is God intertwined in your beloved. If you are a man, also read Deida's book, "The Way of the Superior Man" and find out what women really want! If you are a woman, read "Dear Lover". All of Deida's books are in my permanent book collection.

Mark Melendez says

Recommend everyone read this book

Karla Becker says

A spiritual book about opening the heart to the feminine and masculine in sexuality and in communication, it provides a dharma for living a life of intention and depth. Would highly recommend for those reaching for the heights of love. - Karla Becker

Jessica says

As far as "self help" books go, this one is pretty good. An old lover recommended this book to me and since I respect his professional & personal opinion I decided that I should read it. I felt that it had a lot of great Advice for both women and men. Some highlights from the book are:

" Whatever you pay attention to, right now, you begin to look like. Whatever you have spent time attending to in the past, You already look like," that's pretty profound. I have always believed that what energies you project is what you get back and this chapter made me realize that the looks & body language we project does that as well. this book is full of tidbits like that. I think everyone should read it because if you go in with an open mind, you may learn something about yourself.

Paul says

Loved this book, especially the first half of it.

Sean Burchell says

great read with honest truths about life made easily accessible to those spiritual and those not so.

Ann says

A spiritual philosophy on openness of the heart which pay homage to "naked awareness", the main practice in the Dzogchen tradition of Tibetan Buddhism. Great insight on masculine versus feminine heart. The feminine is light, which feel as love and shines as all life. The masculine is consciousness, which is embodies as deep and pervading presence. If your sexual essence is more masculine, then your heart mostly yearns by a desire to be free. If your essence is more feminine, then your heart mostly yearns for love. Personally, think

this book is great guide to spiritual awakening in mind, body, and heart.
