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## Instant enlightenment david deida pdf

100% Sounds True Guarantee We stand at our products » Explore the other side of enlightenmentDoes enlightenment's dark side? This, explains David Deida, but instead of shutting down what seems unloving, we can learn to open up as what we would rather avoid. In Instant Enlightenment, this maverick author and teacher offers a rude awakening to a collection of daring exercises and practices designed to provoke, challenge, and immediately discover the ever-present love that lives in all things. Each pithy chapter encourages readers to blast into the awareness of the taboo we hide in the shadows, from our ideas about sex and money to emotions and spirituality. Instant enlightenment will surprise and possibly offend you, but it will lead you quickly and suddenly to the realization of saints in all your experiences. Dive straight into this book. Open any page and read for two minutes and you will see that you have instant enlightenment. -Ken Wilber, author of Brief History Of Everything Content 1 Paperback Book Sizes 5 x 5 inches Product Code BK01123 Content 1 eBook (239 pages) Filetypes EPUB, PDF, PRC Product Code BK01123W I've had this book for a few months now and I look at it almost everyday. Sometimes when I have little time on my hands and sometimes when I just feel pressure of my day's formation in my body. Anywhere I open this book it reminds me of what is real and allows me to open it up, even just a bit. The name sounds crazy, just another American marketing gimmick and yet David Deida shows time and time again that enlightenment is just around the corner for our limitations, and he gives complete instructions on ways to overcome them. Some of it will resonate with you immediately, and some of it may be a bit toeddy or terrific or sexy. Ah, the limits of our love appear everywhere and the possibilities to overcome them are just as abundant. It's fun down to a land recipe for personal growth, and I cannot recommend it very enough. High praise for instant enlightenment: Instant Enlightenment? I assure you that it is not difficult to get, and it is impossible to avoid. Want to know why? Dive straight into this book. Open to any page and read for two minutes and you will see that you have instant enlightenment. I would offer a money back guarantee, but I wouldn't be takers. -Ken Wilber, noted author, teacher and spiritual guide. Yoga Life Style Note: Of course, we offer the following guarantee. Material praise for the work of David Deida David Deida should be the greatest balls of modern spirituality. -Vijay Rana, Watkins Review As a woman, I've never felt so understood and endorsed. -Marci Shimoff, co-author of Chicken Soup for Women's Soul Openness, Love! What a lively new language David Deida finds to be unsayable! -Coleman Barks, author of Essential Rumi Every once in a while, someone comes along whose work is clearly the next step. Their ideas seem to answer some question that hangs out in culture. Their books and seminars become underground rumors, and over time their ideas become part of our cultural homeland. David Deida is such a person. In time not too far from now, his ideas will have spread like a forest fire. -Marianne Williamson, author of Return to Love There are some categories I know about the original, such as David Deida: for his teachings there is no pigeon hole. He is a bridge builder between East and West, between ancient and modern traditions of wisdom. David has a dynamic life-oral tradition of maverick spiritual teachers who, like free jazz musicians, can riff directly into Reality, outside of established forms. Mark my words: in the future that I hope is not too far away, David Deida's original western Dharma will be widely known as one of the most sublime and accessible expressions of the essence of spiritual practices that are freely offered today. -Lama Surya Das, author of Awakening Buddha Within David Deida's teachings about this central human concern, sexuality, emerges from a deeply trusted source. He has conducted his rigorous training and practice in precise, gentle and thorough training. Like Zen, the fruits of David's work are openness, compassion, and love. -Genpo Roshi, author of Eye Never Sleeps David Deida's work, reveals the depth of a loving human condition and understanding its immanent spirituality I have rarely seen, even in gloss. It's hard for me to find words with which to express my appreciation and admiration for this unique gift. -Jenny Wade, Ph.D., author of Change Mind David Deida brings spirituality down from the clouds and back into our bodies where it belongs. His no-nonsense approach to refining our spiritual feelings comes as a welcome intervention in both the New Age and conservative tendencies in modern spirituality. Deida helps us get a REAL world where reality is increasingly rare commodity. -Mariana Caplan, author of Halfway Up the Mountain: Mistake Premature claims that enlightenment I believe that Deida has achieved a new level of poetic genius in his writing, and his understanding of female psychology astounds me. -Miranda Shaw, Ph.D., author of Passionate Enlightenment: Women in Tantric Buddhism David Deida is jewel in the crown for those who are willing to live the truth after trying to escape into Absolute. If you want to know how deeply we can open Up to God, and how drastically it can be reflected in our daily lives, then David is your companion, where others are afraid to tread. -Vartman, author of Unreasonable Happiness also, David Deida's book Path of Superior Man Spiritual Guide to Mastering the Challenges of Women, Work and Sexual Desires Dear Love Woman's Guide to Men, Sex, and Love's Deepest Bliss Blue Truth Spiritual Guide to Life & Death and Love & Sex Intimate Communion Awakening Your Sexual Essence Finding God Throuh Sex Awakening One Of Spirit Two Bodily Wild Nights Conversations with Mykonos about Passionate Love, Extraordinary Sex, and How to Open God-Enlightened Sex Manual Sexual Skills Superior Lover This Guy Thing Owner's Guide to Women's AUDIO Enlightened Sex Finding Freedom & Perfection with Sexual Union Teaching Sessions: The Way Superior Man Groundbreaking Tools and Essential Exercises to Master Women's Problems, Jobs, and Sexual Desire WEBSITE deida.info IMPORTANT ATTENTION Please Read This exercises in this book are designed for reading pleasure and entertainment only. If readers choose to engage in these exercises, they do so at their own risk. While anyone can find the exercises and understanding in this book to be entertaining, they are accessible by understanding that neither the author nor the publisher are involved in submitting specific medical, psychological, emotional, sexual or spiritual advice. Nor is there anything in this book provides for diagnosis, prescription, recommendation, or cure for any kind of medical, psychological, emotional, sexual or mental problem. Each person has unique needs, and this book cannot take these individual differences into account. Each person should only be involved in a treatment, prevention, treatment or general health programme in consultation with a licensed qualified doctor, therapist or other competent specialist. INTRODUCTION If you want true happiness, here it is. Enlightenment is free. It's love. It's openness. And it is now, just like you are. This book will prove it to you, and show you how. Enlightenment is always instant and sudden. And usually forget, like suddenly. So repeat these short exercises, which are often quick, infinitely deep, and sometimes downright sexy. With humor, do them over and over again until you know that you are in love. You're free. And you can't do anything less than give it away. For the rest of your life, relax open up this moment while touching, eating, talking, and right now. In short moments, often repeated, don't broughtasingly feel the openness to the love that you have. This way you live as a gift to everyone. Enlightenment is instant, but its manifestation develops and deepens indefinitely. Choose a chapter, any department, and start now. 1 GOD What does it mean to open up to God or to love God? Imagine someone you like most of your Is enlightenment on the dark side? This, explains David Deida, but instead of shutting down what seems unloving, we can learn to open up as what we would rather avoid. In Instant Enlightenment, this maverick author and teacher offers a rude awakening to a collection of daring exercises and practices designed to provoke, challenge, and immediately discover the ever-present love that lives in all things. What is the filthiest thing you can say that still feels like, I love you? Can you wear the mood and shape of everyone and everything around you without fear or reservation? What to imagine sexing, or dying to keep others most feeling like liberation and unrelated love? These are just a few of the unconventional issues that raised instant enlightenment. Each pithy chapter encourages readers to blast into the awareness of the taboo we hide in the shadows, from our ideas about sex and money to emotions and spirituality. The secret gift of your life's deepest goal is to open up with what you most resist, so that your love mission can bless the world, writes David Deida. Instant enlightenment will surprise and possibly offend you, but it will lead you quickly and suddenly to the realization sacred throughout your experience. Softcover 224 pages. Published in March 2007. Author David Deida offers training around the world on spiritual growth and sacred intimacy. He has taught at the University of California-San Diego School of Medicine, University of California-Santa Cruz, Lexington Institute in Boston, and Ecole Polytechnique in Paris, France. France.

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