



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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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*

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Frederick Avelar:

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