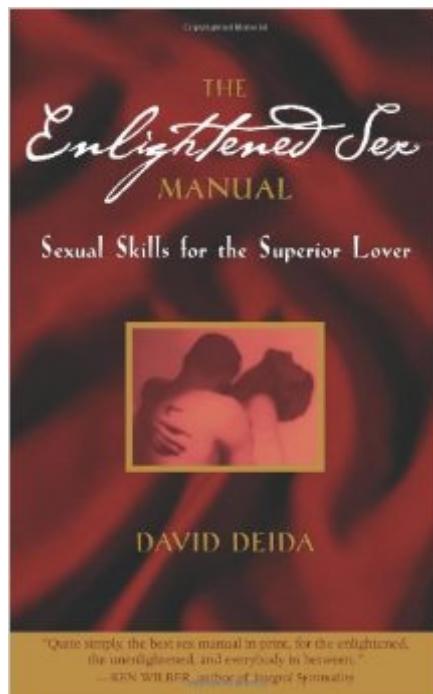


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The Enlightened Sex Manual: Sexual Skills For The Superior Lover



Synopsis

The secret to enlightenment and great sex is revealed to be one and the same in this groundbreaking manual for adventurous lovers. David Deida was trained for decades in the art of spiritual and sexual awakening. Now he presents the ultimate collection of skills for opening to the physical, emotional, and spiritual rewards of intimate embrace. In paperback for the first time, *The Enlightened Sex Manual* teaches you how to transform simple "skin friction" into the depths and embodiment of ecstasy, how to develop sexual abilities as gifts of heart rapture and bodily surrender, how to achieve the principal types of orgasm-and all their varieties-and much more. • For men and women, singles and couples of every sexual orientation, *The Enlightened Sex Manual* provides a complete program for sustaining a œwhole-body recognition of loveâ™s lightâ• in the wild play of sexuality. • **Contents** • **Part One:** Energy Use your breath to arouse and relax your genitals Restrain your nervous system Use your tongue like a circuit breaker Use your eyes to direct energy **Part Two:** Orgasm Bypass ejaculations for greater pleasure Retrain the addiction to ejaculation Curb fidgets Good ejaculations liberate energy Optimize ejaculations to maximize lifeâ™s depth Ejaculate when the body needs to Understand the three types of womenâ™s orgasms Enjoy clitoral orgasms Delight in vaginal orgasms Surrender in the bliss of cervical orgasms Choose when to orgasm Allow orgasmic variation **Part Three:** Variations Stimulate the sex paths Bite, slap, and pinch to move sexual energy Move energy through the lips, nipples, and genitals Stimulate the anus Do the feet Thrust both deep and shallow Connect the cervix and penis Vibrate quickly to increase and smooth out energy Relax your body and breath Make love for at least forty-five minutes **Part Four:** Sexual Energy Exercises Breathe sexual energy in a circle Breathe genital energy up Breathe energy down the front Seal your pelvic floor Lock energy in your soft parts • • Praise • œDavid Deida explains the heart and soul of women to men. As a woman, Iâ™ve never felt so understood and validated. Davidâ™s work is a key to helping men and women alike take their relationships one step further. Finally, a clear and brilliant guide to unraveling the mystery of relationships. • Marci Shimoff, Co-author of *Chicken Soup for a Womanâ™s Soul* • œBeing able to reach and live integrated sex, relationship, and transcendence is no easy task. It requires immense courage, wisdom, and above all, fearless loving. In Deida, all this gets included in one radical teaching. Youâ™ll learn how to open your heart and integrate the need to sleep with every attractive woman you see, deal appropriately with a womanâ™s emotional chaos, give your gift to the word and lover, and finally transcend the whole lot by including it all. • Vijay Rana, *The Watkins Review* • œDeida 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.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, Author of *Passionate Enlightenment: Women in Tantric Buddhism* Â â œDavid Deidaâ ™s teachings on this central human concern, sexuality, emanate from a deeply trustworthy source.Â He has undergone his own rigorous training and practice, which manifests in precise, gentle, and thorough teachings.Â Many spiritual traditions, including Zen, have excluded or marginalized the sexual experience.Â Davidâ ™s work fills this gap, and gives us a mature approach for bringing the energetic, emotional, and physical experience of sex into our life and practice.Â And like Zen, the fruition of Davidâ ™s work is openness, compassion, and love.â • Genpo Roshi, Author of *The Eye Never Sleeps*

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Customer Reviews

If you are becoming familiar with David Deida, then this book is one good place to start, especially if you are doing so as a couple. This book describes Deida's view of masculine/feminine polarity, sexual energy, sexual desire, and more. And Deida being Deida, it is about sex and spirituality and growth. The book gives the sense that we are being offered an ancient way or yoga or art. We get the sense that Deida has learned this tantric-esque wisdom from various teachers, and now he is transmitting his knowledge to us. Maybe that sounds strange, but I've come to trust his advice and insights. An audio CD-ROM is included, in which Deida describes a number of experiential exercises. A remarkable aspect about Deida is that some of what he says about women is counterintuitive to men, and some of what he says about men is counterintuitive to women. And you are likely to disagree with some of what he tells you about yourself and your sex. But when you test

these things out with the opposite sex, you find out that he's spot on. He's on to things that most of us don't understand, I believe. Before buying this specific product, take a look at Deida's website/portal. Get a sense of ALL his products and pick the one that makes the most sense. He offers a fair amount of audio material, and if you aren't an avid reader, these may be more helpful. He has recently released a DVD titled "Function, Flow and Glow: The Art of Sexual Yoga," in which he shares his views of therapy, art and spirituality. He claims that he's mostly about teaching the "art" of great sex and loving, though he delves into the other areas with considerable insight and wisdom. The DVD is entertaining and informative (and funny), but I think it is mostly targeted toward the Ken Wilber / integrative spirituality crowd.

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