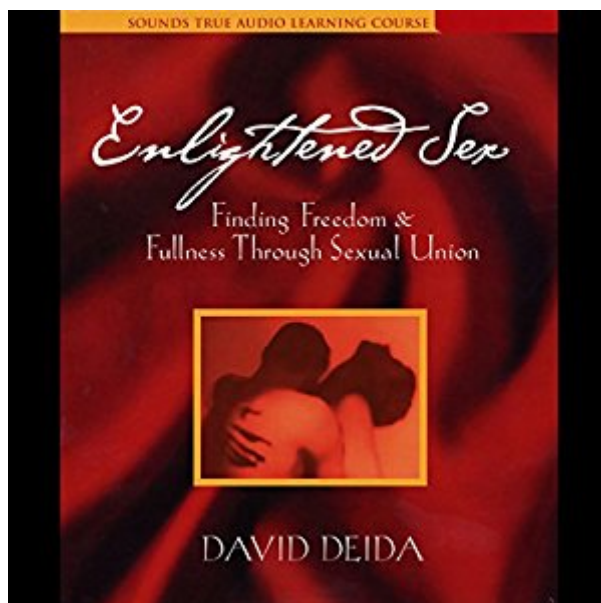


The book was found

# Enlightened Sex



## Synopsis

Deep sex, says David Deida, can lead us to a profound love, bliss, a passionate and divine surrender in every cell, the state of enlightenment. With *Enlightened Sex*, listeners will learn how to open to love and see the light, literally, through the skillful dance of masculine-feminine rapture. In this groundbreaking 12-session course, listeners will explore:

- How to choose and sustain the right partner for deepening the spiritual practice of sex
- How to arouse unbearable pleasure to heal past wounds and melt open beyond self
- Mastering the erotics of subtle sexual anatomy, breath, and touch
- Easing beyond fear into ecstatic surrender
- Making love with the gross, subtle, and causal bodies, and much more.

## Book Information

Audible Audio Edition

Listening Length: 7 hours 28 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: May 30, 2007

Language: English

ASIN: B000R7I20Q

Best Sellers Rank: #24 in Books > Audible Audiobooks > Health, Mind & Body > Sexuality  
#194 in Books > Health, Fitness & Dieting > Sexual Health > General #403 in Books > Self-Help > Sex

## Customer Reviews

David Deida is an expert in the field of relationships and the Masculine/Feminine energies. If you desire true connection and passion in your relationships then this is the book for you!

David Deida, brings all of his insight from a deeply powerful meditation practice, including intention, breathing and focus in this wonderfully inspiring approach to the intimate embrace of the divine; through sexual intimacy. Why would anyone ever want to enter into empty unconscious sexual union when following the approaches in *Enlightened Sex*, anyone in a conscious relationship, may achieve a truly enlightened and inspired union. This is a must read for anyone wanting to deepen their sexual partnerships and create a divine union.

I think this CD set would be put to better use for couples who are looking for a deeper spiritual union with each other. This is not for the players or the one-night-stand folks, or for anyone whose primary goal is to feed the carnal side of their being. Enlightened Sex goes deeper than just the physical act. It works from the inside out, helping you to open some of those faculties of your spirit, and letting go of inhibitions. Although these are tools that can be applied for sex, they're also helpful to live peacefully in all other areas of your life.

AAA great

sexual polarity. masculine/ feminine energy. On point! I like it i like it al lot I would read it again and again

I Love LOVE these CDs.

The topic and the material is excellent. I found the CD programs to be defective and was unable to use on my computer. A replacement was sent and it performed the same way. I suggest not buying this product if you plan to use on IPOD or MP3. It is a defective product. I also spoke with the manufacturer who was unable or perhaps unwilling to correct the product defect.

Listened to about half of this before going down to Everett WA for a conference. Not really sure if I buy into Deida's shtick, though he's definitely a charismatic speaker. I guess if you live the Deida way you might feel more fulfilled, but then again I get a bigger kick out of old Frank Sinatra records.

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