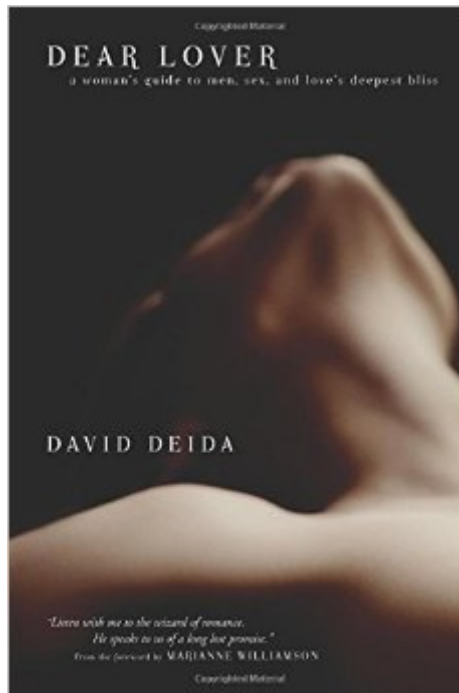


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Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss



Synopsis

Every woman knows the fairy tale: find the right man, give him what he wants and needs, and he'll love you forever. But when the myth you've been asked to believe fails to deliver—when you sense you've been settling for far less than you know in your heart is possible—how do you attract and keep a man capable of meeting what you most passionately yearn for? In *Dear Lover*, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking to family and career to emotions, trust, and commitment. Written as a collection of letters from a man to his dear lover, here is this internationally acclaimed writer's invitation to practice love as a living art, as you discover: Why your man is always your choice—and how to pick the man of deep integrity who will satisfy the needs of your body, heart, and spirit • Sexual essence • and the three stages of loving: How to understand your fluctuating capacity to experience divine connection with another Knowing when to end a relationship and how to deal with the him-shaped void • your absent man leaves behind Daily exercises to help you and your partner move from separation to openness in two-bodies devotional trust Ultimately, what every woman wants it to give and receive love fully. Whether you're partnered or alone, *Dear Lover* reveals that your love is the same love that yearns to open at everybody's heart. You will attract and inspire a man as willing and able to open as you are. Constant yearning is the call to open and give yourself to all as love's offering. • Contents • 1. You Are Love 2. Chocolate Love 3. Yearning Is the Key to Love 4. The Gift of Making Love 5. Spiritual Sexiness 6. Orgasmic Love 7. Love and Fear 8. Your Sexual Essence 9. Your True Heart and Its Shells 10. Offering or Betraying Your Heart 11. The Two-Bodied Play of Love 12. Loving Larger Than Fear 13. Trusting Your Man to Open You 14. You Attract Your Reciprocal 15. Why Men Hold Back 16. Your Force of Attraction 17. Your Man is Your Choice 18. Expressing Pleasure and Hurt 19. Masculine Insensitivity 20. How to Stay Open 21. Opening Beyond an Impasse 22. Ending Relationships and the Him-Shaped Void 23. Three Stages of Loving 24. Love is a Living Art 25. Showing Your Heart's Light in Public 26. Choosing Abuse and Refusing Love 27. Wanting to Be Opened 28. A Summary of Trusting and Opening 29. Goodbye

Excerpt Dear Reader, I offer the following chapters to you as if you were my lover. Although you may be single or married, I offer these words to you as I would do my beloved. We may never meet, but I want to give you the opportunity to feel your heart through mine. For years, I have taught workshops around the world, opening with women and men while they share their deepest heart's desires. It seems we often come to know ourselves most deeply through the heart of someone who loves us, who is willing to open and see us as we truly are, who is willing to

listen and feel our heart's yearning. To give and receive love fully "this is our heart's true desire, yours and mine. The yearning you feel in your heart is the same yearning that everyone feels. By feeling your heart's yearning through mine, I hope you will come to know yourself more deeply through the many hearts that have opened together in trust and allowed these words to emerge. All hearts want to open to God, or the boundless flow of divine love. You may or may not be a religious person, and still your heart yearns to open without bounds, to be seen and to be offered without limits. This is what I mean by "open to God" "to open and feel everything and everyone's heart as a divine expression of love. Praise for Dear Lover In the area of sacred intimacy, David Deida is holding a lightning bolt. He sheds an astonishing light. "Marianne Williamson, Author of A Woman's Worth "As a woman, I've never felt so understood and validated. Finally, a clear and brilliant guide to unraveling the mystery of relationships. "Marci Shimoff, Co-author of the New York Times bestseller Chicken Soup for the Woman's Soul "I feel that Deida has reached a new level of poetic genius in his writing, and his understanding of feminine psychology astounds me. "Miranda Shaw, PhD. Author of Passionate Enlightenment: Women in Tantric Buddhism "We all taste God, taste Goddess, taste pure spirit in those moments of sexual rapture, and wise men and women have always used that rapture to reveal Spirit's innermost secrets. David Deida is such a wise one. "Ken Wilber, Author of Grace and Grit

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Customer Reviews

A central question in David Deida's work is: What is sexual love between a man and a woman for?

The answer he gives here and elsewhere is that the purpose of sex is to open our bodies and hearts to God, and in fact that sex more than anything else in life is what takes us open to God. "Through entering your heart and body with mine in love's deepest bliss, I open together with you to God." Deida's distinctive writing style is intuitive and filled with redundancy, so you'll read that message often in this book (which is written as a series of letters from Deida to the reader as his female lover). To me it's attention-getting the first few times he says it but soon becomes mind-numbing. By the end of the book it's enough already! Still, this book contains some interesting corollaries for women to contemplate. Among them:*

"The secret to unfolding your heart's deepest bliss is to give and receive love fully, with or without a man. . . . You can learn to open your body as if it were a big heart, vulnerable and full of love's radiant life-force. And it is this disposition of openhearted radiance that will gift the world as well as attract and keep a man capable of actually meeting your heart's deepest desire."*

"Whether you are alone or in relationship, your spiritual and sexual bliss require a daily allotment of whole-body pleasure and deep-heart offering, or else your joy will shrivel like an unwatered plant."*

"Deep heart yearning is not a problem to be solved but a divine pull to open as devotional surrender, as wide as all, now. . . . This capacity to offer your open love is indestructible. No amount of rejection or betrayal can destroy this offering of love.

Deida has written *The Way of the Superior Man* for men. In my view, the current book is Deida's attempt to write a similar book for women. The book directed to men deals with life purpose as well as relationship to women. This book only deals with relationships to men. Being male, I can't say how this book resonates with the typical female. So if you are a woman, I would actually mostly look at the reviews written by other women. Having said this, here is my male perspective of the book: I really liked *The Way of the Superior Man* (five stars) because it is fast paced and introduces several ideas. The current book is more like the typical self-help book; repetitive and quite unclear when it comes to the ideas. Deida often says that the man can open the woman to God. However, he is not talking about the Christian God and, in fact, it is totally unclear to me what he means with this statement. Sometimes this seems to be very physical like when having sex, but most of the time it seems to be with a figurative meaning. There are a number of these ideas being repeated over and over, like the term "opening up the woman". Another term used is "connect with". I understand the vocabulary, but exactly how do you do this? Isn't the self-help books supposed to give practical advice too? I bought the book because I wanted to learn about some of the advice given to women. You'll get some of this in the book.

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