



The Enlightened Sex Manual: Sexual Skills for the Superior Lover

By David Deida

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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 "whole-body recognition of love's light" in the wild play of sexuality.

Contents

Part One: Energy

1. Use your breath to arouse and relax your genitals
2. Restrain your nervous system
3. Use your tongue like a circuit breaker
4. Use your eyes to direct energy

Part Two: Orgasm

1. Bypass ejaculations for greater pleasure
2. Retrain the addiction to ejaculation
3. Curb fidgets
4. Good ejaculations liberate energy
5. Optimize ejaculations to maximize life's depth
6. Ejaculate when the body needs to
7. Understand the three types of women's orgasms
8. Enjoy clitoral orgasms
9. Delight in vaginal orgasms

10. Surrender in the bliss of cervical orgasms
11. Choose when to orgasm
12. Allow orgasmic variation

Part Three: Variations

1. Stimulate the sex paths
2. Bite, slap, and pinch to move sexual energy
3. Move energy through the lips, nipples, and genitals
4. Stimulate the anus
5. Do the feet
6. Thrust both deep and shallow
7. Connect the cervix and penis
8. Vibrate quickly to increase and smooth out energy
9. Relax your body and breath
10. Make love for at least forty-five minutes

Part Four: Sexual Energy Exercises

1. Breathe sexual energy in a circle
2. Breathe genital energy up
3. Breathe energy down the front
4. Seal your pelvic floor
5. Lock energy in your soft parts

Praise

“David Deida explains the heart and soul of women to men. As a woman, I’ve never felt so understood and validated. David’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 Woman’s Soul*

“Being 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. You’ll learn how to open your heart and integrate the need to sleep with every attractive woman you see, deal appropriately with a woman’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*

“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.”

Miranda Shaw, PhD, Author of *Passionate Enlightenment: Women in Tantric*

Buddhism

“David Deida’s teachings on this central human concern, sexuality, emanate from a deeply trustworthy source. He has undergone his own rigorous training and practice, which manifests in precise, gentle, and thorough teachings. Many spiritual traditions, including Zen, have excluded or marginalized the sexual experience. David’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. And like Zen, the fruition of David’s work is openness, compassion, and love.”

Genpo Roshi, Author of *The Eye Never Sleeps*

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Editorial Review

Review

"In the area of sacred intimacy, David Deida is holding a lightning bolt. He sheds an astonishing light."
—Marianne Williamson, author of *A Return to Love*

"David Deida's work is on the forefront of 21st-century conscious sexual love. I recommend this book with confidence."

—Charles Muir, author of *Tantra: The Art of Conscious Loving*

"What a treasure! I want to give this book to everyone I know!"

—Jenny Wade, Ph.D., author of *Transcendent Sex*

About the Author

David Deida

Acknowledged as one of the most insightful and provocative teachers of our time, bestselling author **David Deida** continues to revolutionize the way that men and women grow spiritually and sexually. His ten books are published in more than twenty-five languages worldwide and are required reading in university, church, and spiritual center courses. His workshops on a radically practical spirituality have been hailed as among the most original and authentic contributions to the field of self-development currently available. The Watkins Review has included Deida in its annual Spiritual 100 List every year since 2011 to the present, designating the most spiritually influential living people worldwide. He is a founding member of Integral Institute, and has taught and conducted research at the University of California-San Diego School of Medicine, University of California-Santa Cruz, San Jose State University, Lexington Institute in Boston, and Ecole Polytechnique in Paris, France. Some of his recent books include *Blue Truth*, *The Enlightened Sex Manual*, and the 20th Anniversary Edition of the international bestseller, *The Way of the Superior Man*.

Users Review

From reader reviews:

Kerry Diaz:

This *The Enlightened Sex Manual: Sexual Skills for the Superior Lover* are usually reliable for you who want to become a successful person, why. The key reason why of this *The Enlightened Sex Manual: Sexual Skills for the Superior Lover* can be on the list of great books you must have will be giving you more than just simple looking at food but feed an individual with information that probably will shock your prior knowledge. This book is handy, you can bring it just about everywhere and whenever your conditions throughout the e-book and printed people. Beside that this *The Enlightened Sex Manual: Sexual Skills for the Superior Lover* giving you an enormous of experience such as rich vocabulary, giving you demo of critical thinking that could it useful in your day action. So , let's have it and enjoy reading.

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