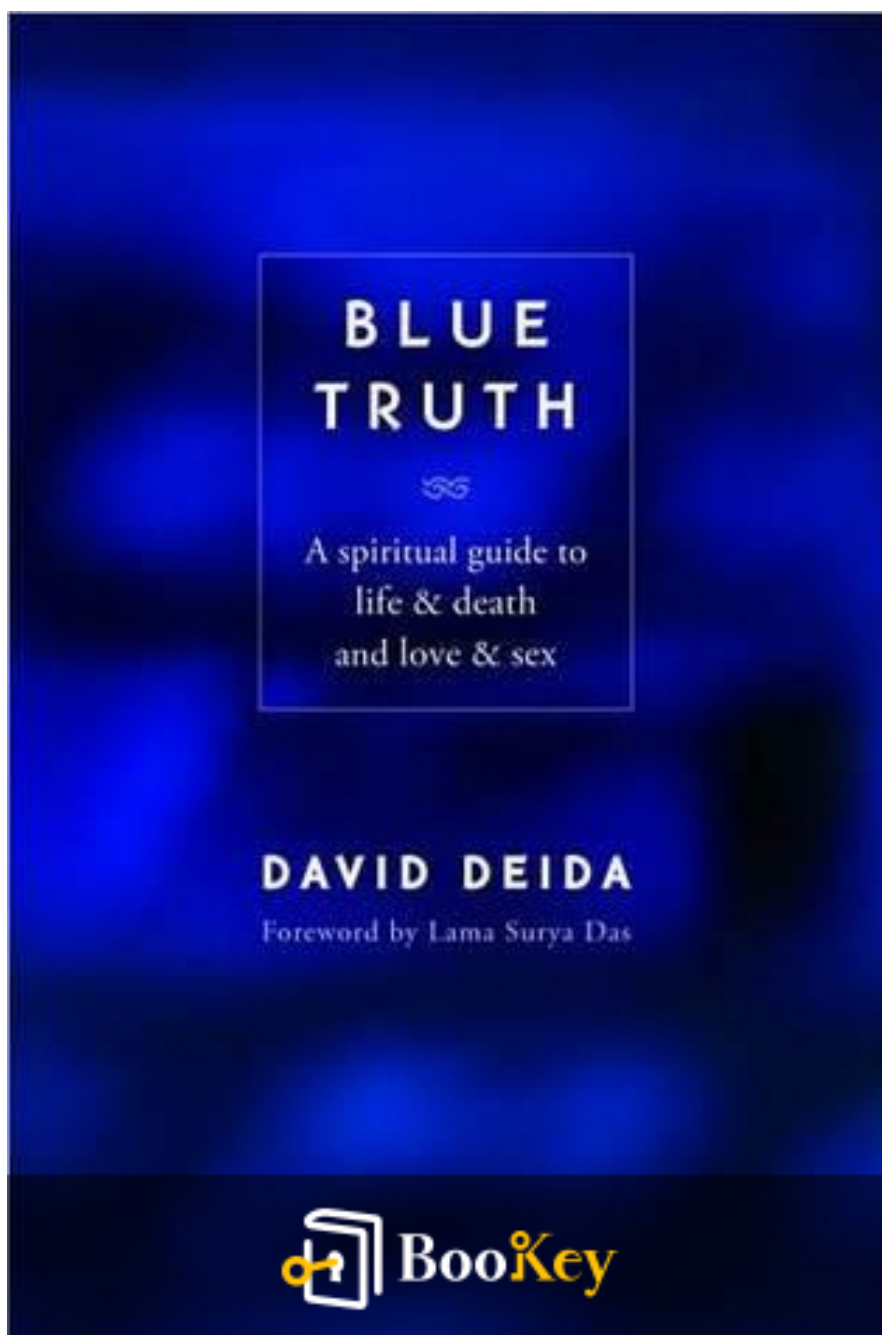


Blue Truth PDF (Limited Copy)

David Deida



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Blue Truth Summary

"Unveiling Deep Love Through Presence and Authenticity."

Written by Books1

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About the book

In a world teeming with complexities and distractions, *_Blue Truth_* invites you on a profound journey toward unearthing the authentic self lying beneath the surface. Penned by the esteemed consciousness explorer, David Deida, this masterpiece merges esoteric wisdom with practical guidance, presenting a compelling tapestry of insights that weave seamlessly into the fabric of modern existence. Each page unravels layers of sacred teachings that beckon readers to deeply unravel the truth of their being – raw, expansive, and liberated. Through powerful prose, Deida challenges conventional perceptions, urging you to embrace the dynamic dance of heart and mind, while discovering the deep poetry of life's interconnected experiences. Prepare to delve into this beacon of wisdom designed to spark intuition, awaken authenticity, and sculpt a life defined by passion and surrender.

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About the author

David Deida, a renowned figure in the realm of spiritual and intimate relationships, is celebrated for his insightful approach to combining spirituality, sex, and personal growth. With a profound understanding of the intricate dance between the masculine and feminine energies, he offers invaluable guidance for both individuals and couples on their journey towards deeper connections and transformative experiences. Deida's work, which spans across numerous books and workshops, is characterized by his poetic yet practical exploration of human intimacy and consciousness. His teachings have resonated with readers and audiences worldwide, empowering them to cultivate authentic relationships and to discover the profound beauty within intimacy and self-awareness.

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chapter 1 Summary: LOVE FULLY AND DIE

The chapters presented engage with profound philosophical reflections, centering on themes of life, death, and the practice of openness as an expression of love. Here's a concise summary woven with additional context for clarity:

1. **LOVE FULLY AND DIE:** This chapter invites readers to live with the awareness of life's impermanence. By acknowledging mortality, one can appreciate the present moment and the people they love. It urges to live with depth and openness, offering love and kindness effortlessly, as each moment is precious and transient.
2. **FEEL BEFORE MEMORY:** Our perceptions of importance change over time, and what we hold dear today may fade tomorrow. The text encourages exploring beyond our earliest memories to an ineffable openness that transcends temporal experiences. It suggests that true identity and essence are prior to memory, rooted in the constant openness we are.
3. **GIVE EVERYTHING NOW:** We stand at the crossroads of fear and openness at every moment. Fear causes us to withhold love and gifts, while openness allows us to live freely. The moment is constantly presented as the pinnacle of life's importance, urging us to act with an open heart and embrace the opportunity to give and love without reservation.



4. **UNFOLD YOUR HEART:** True destiny lies not in fear but in fearless love and genuine expression. It claims that fear molds life into shapes that constrict our innate ability to live and love fully, often causing us to trade true destiny for comfort. The chapter beckons readers to feel deeply and breathe love into the world, opening life as it unfolds naturally.

5. **RESIST NOTHING:** Pain and pleasure will inevitably color life, yet resistance amplifies suffering. By practicing acceptance and openness in every experience, whether pleasant or not, one can attain true bliss. The chapter emphasizes living open-heartedly amidst life's dualities as a pathway to fulfillment.

6. **BREATHE EVERYTHING:** Life is largely uncontrolled, but our openness determines how trapped or free we feel. The chapter encourages embracing life's experiences as they are, feeling them fully, and living open as love. This practice transforms any perceived limitation into an offering of freedom.

7. **WEAR EVERYONE'S SHAPE:** The chapter highlights how we resonate with others through our openness or refusal, affecting those around us. It encourages practicing openness by feeling and embracing all forms, allowing our lives to become a testament of love, transforming both our personal and others' experiences.



8. OFFER YOURSELF AS LOVE: Our physical demeanor mirrors our inner focus. By attending to feelings of love and openness, our outward appearance radiates positivity and grace. This chapter encourages making an offering of the heart and ensuring one's life aligns more with love than fear or stress.

9. UNCLENCH AS IF ASLEEP: Much of human life is governed by fear, which dissipates in deep, dreamless sleep. This chapter suggests maintaining a realm of peace and openness felt in deep sleep amidst waking life. It proposes acting from this space of deep relaxation to experience life more fully and lovingly.

10. RELAX AS YOU ARE: The invitation here is to live with ease and openness in all moments, counteracting fear's grip on everyday life. By practicing amour propre and resting in one's natural state without striving, the ultimate feeling of bliss as love unfolds continually.

These chapters collectively propose that life's most profound fulfillment comes from embracing and practicing openness, continually offering our deepest love and gifts to the world, and allowing existence to unfold naturally from the depths of our heart's love.



Critical Thinking

Key Point: LOVE FULLY AND DIE

Critical Interpretation: In embracing the fleeting nature of life, you uncover the profound beauty embedded in every moment and every relationship. This awareness can revolutionize your perspective, urging you to cherish the here and now with heartfelt openness. As you move through your day, the recognition of life's impermanence becomes a powerful call to infuse each interaction with depth and genuine affection. It invites you to let go of pretense and to live passionately, knowing that love is the most significant gift you can offer, as each moment, with its promise and potential, is as precious and brief as a shooting star.

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chapter 2 Summary: RELAX AS YOU ARE

Chapter Summary

The chapters delve into the process of emotional and spiritual growth, illustrating the journey from self-awareness to openness, emphasizing the transformation of negative emotions into motivations for positive action. Initially, individuals may be stuck in negativity, denying their emotions, and feeling shame. Through self-improvement practices, such as therapy and reframing experiences, they learn to transform anger, envy, and other negative emotions into love, compassion, and abundance. However, the ultimate maturity in emotional and spiritual growth transcends the self-improvement stage to embrace openness, where life is experienced as an unfolding truth rather than a series of accomplishments or positive affirmations.

As individuals mature, they realize the limitations of control over life's events and personal habits. Despite attempts to change, life unfolds mysteriously, driven by forces beyond personal awareness. This recognition steers individuals towards offering their deepest gifts of love and openness irrespective of circumstances, highlighting the importance of feeling and expressing deep love and emotional truth spontaneously.

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The realization of one's infinite depth in potential gifts and love often collides with the limited expression of these qualities in daily life. This gap fosters dissatisfaction and jealousy, not because of unfulfilled desires, but due to the misconception that these desires can provide lasting fulfillment. True fulfillment comes from living as love, embracing the present moment in its entirety, and letting go of the pursuit of perfection. Recognizing that patterns of behavior, shaped by past influences, persist, individuals are encouraged to offer love regardless of imperfections. The goal is to practice openness even within the constraints of body and mind and to express love in all facets of life, from thoughts to gestures, completely without waiting for ideal conditions.

Ultimately, the narrative conveys that everyone, despite their flaws or seemingly disgusting nature, shares the same boundless openness at heart. Practicing to remain open, even when disgusted, reveals the fundamental truth that separation from others creates suffering. The practice of openness, breathing love through every emotion, and not retracting from connection, is the path to true spiritual enlightenment and fulfillment.

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Critical Thinking

Key Point: Transformation of Negative Emotions into Love

Critical Interpretation: In your journey towards spiritual maturity, you may often find yourself entangled in the webs of negativity, shame, and denial. These emotions, while seemingly destructive, hold the potential to become catalysts for a profound transformation. By acknowledging and embracing your anger, envy, and jealousy, you begin to reshape them into love, compassion, and abundance. This practice requires stepping beyond self-improvement and embracing the unfolding truth of existence. Remember, your aim is not to control or resist life's mysteries, but to offer your deepest gifts of love and openness, regardless of your circumstances. Embrace the present not with a chase for perfection, but as an authentic expression of your deepest heart. In doing so, you realize that true fulfillment stems from living as love itself, dissolving the self-imposed barriers of negativity and welcoming the unperceived potential within you. This transformation allows you to contribute positively to the world, elevating your life's journey to a beautiful expression of your innermost truth.



chapter 3 Summary: UNDO ALL EFFORT

The text provided delves into profound philosophical and emotional themes revolving around the exploration of openness, love, identity, and interpersonal relationships, especially within intimate contexts. Here's a condensed and coherent summary of the themes across the chapters:

Undoing Effort and Embracing Openness

The book explores the concept of openness as the true nature of human beings. It suggests that real practice involves undoing the effort and embracing feelings fully, whether they are of anxiety, anger, or love. The practice involves heating up emotional closures to the point of evaporation, allowing one to open fully and recognize their true self as openness. It emphasizes that practice is about aligning with what you truly are, an ever-present openness.

The Dynamics of Love and Hurt

Opening your heart to love inherently involves exposing oneself to hurt. When love flows unimpeded, individuals can connect profoundly with others, experiencing oneness whether in mundane interactions or sexual intimacy. The dynamic of love can be tumultuous, leading to cycles of closure and hurt that can be broken through conscious practice of remaining open, even in the face of pain. This openness fosters a deeper and more authentic connection that goes beyond past grievances and false narratives.

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The Fear of Openness and Self-Reflexiveness

The text discusses the dual phases of spiritual growth where initially one seeks more love and openness, but eventually realizes their habitual closure and self-reflexive nature. This stage reveals the deep-seated fear of total openness, preferring the security of a 'separate self.' The text posits that the refusal to be openness stems from a desire to maintain self-sustenance, emotionally echoed through needs for acknowledgement and love.

Anger, Passion, and Emotional Variances

Emotion, including anger, is portrayed as a wave within the ocean of love. The teaching encourages expressing anger from a place of love and not from past accumulated tensions or closures. The narrative suggests practices where partners can express anger while maintaining deep connection and openness. This practice helps integrate all emotions as differing textures of love, enhancing the depth and authenticity of interactions whether in everyday life or sexual intimacy.

Sexual Passion and Boundaries

The narrative encourages transcending mutual respect and safety to engage in deeper, unrestrained sexual passion. It advocates for embracing both masculine and feminine energies, allowing for a passionate interplay without the confines of safety nets, while still being rooted in trust and emotional connection. This deeper level of intimacy reflects the tension between



boundary and freedom, inviting one to dance beyond mere safety into the space of fierce love.

Enjoying Sexual Polarity and Combat

Sexual relationships are defined by the interplay of masculine and feminine energies. The exploration emphasizes acknowledging and appreciating these differences, allowing them to become doorways to deeper unity. Instead of clashing over differences, the narrative invites a joyous embrace of "flowery combat," turning contrasts into opportunities for deeper connection and unity.

Living the Heart's Truth

While knowing truth might be easy, feeling and living it is a greater challenge. Real transformation requires embodying truth through action, specifically aligning one's life and actions with the truth known and felt. The text presents this journey from knowing to living as essential for personal and relational fulfillment.

Conclusion: Dancing as One

The overarching guidance is moving towards an authentic expression of love and unity, amidst the paradoxes and dualities of life. By embracing both soft and aggressive aspects of love, individuals may ascend to deeper spiritual and emotional realms, experiencing love's immensity in every facet of existence.

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These chapters collectively guide readers to explore openness, embrace vulnerability, and engage deeply in love as a continuous act—balancing the spectrum of human emotions and spiritual truths with intimate practicality.

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chapter 4: UNGUARD YOUR SEX

The chapters explore the intricate dynamics of sexual energies and the underlying desires of masculine and feminine essence. This discussion delves into the notion that layers of fear, hurt, and anger often mask our sexual essence, preventing us from giving and receiving love freely. The text suggests that our deepest sexual gifts remain hidden unless we understand our true desires—be they for freedom or love.

In essence, the chapter articulates that if one's sexual essence leans towards the masculine, desires are predominantly driven by a quest for freedom. Conversely, a more feminine essence yearns deeply for love. The majority of people tend to be more inclined towards either masculine or feminine energies, while a few possess a balanced sexual essence, enjoying both freedom and love equally.

The text illustrates with poignant examples how societal conditioning or family dynamics can lead individuals to build superficial layers that obscure their true sexual desires. People often adapt to societal expectations, forming protective shells that conceal their genuine essence. This protection may start early, where experiences force individuals to either adopt masculine goal-oriented traits or feminine light and love characteristics. Such traits are often in response to familial validation or the lack thereof, for qualities typically aligned with gender expectations.



Furthermore, the chapters address how these behavioral adaptations result in different personal and relational dynamics. For instance, a person who identifies deeply with the feminine might seek love yet protect themselves with masculine traits when love is withheld. Similarly, those with a core masculine essence might shy away from life's responsibilities when feeling repressed, searching instead for freedom to escape obligations.

The narrative unravels the complexities within intimate relationships, where these layers interact, often culminating in frustrations or dissatisfactions if unexamined. When two people meet, especially if encased in protective layers, they might find attraction between superficial appearances but never connect with each other's true essence.

In marriage or long-term relationships, the scenographic layers can lead to cycles of blaming, detachment, or unmet expectations, often resulting in separations or unsatisfying companionship. Upon failing to understand their deep desires, individuals might turn away from relationships or continue seeking fulfillment in varying but often superficial forms.

The chapters urge introspection into one's own deepest desires, advocating for an opening beyond the superficial layers built over time. Recognizing whether the pursuit is for freedom or love can guide individuals to more authentic expressions of their sexual energy, potentially leading to more



fulfilling connections.

Lastly, the text insinuates that being mindful of this balance, harmony within oneself, and acknowledging the true nature of one's desires can lead to living a life free of constraints. Whether through fulfilling relationships or aligned life choices, reaching full authenticity depends upon being transparent and vulnerable, offering and accepting love or freedom as appropriate to one's deepest essence. In turn, this exploration brings an enriched understanding of oneself and one's place within intimate dynamics and the larger world, ultimately questioning the stories individuals construct around love and freedom which may often be self-limiting.

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chapter 5 Summary: TRUST HIM MORE THAN YOURSELF

The chapters delve into the dynamics of sexual and emotional connection through the interplay of masculine and feminine energies. The premise is that for a woman to experience profound sexual and spiritual openness, she must trust her lover's masculine essence more than her own. The narrative sets out to explore how deep, ravishing sexual experiences stem from a balance of masculine presence and feminine radiance. This balance is more nuanced today than in the past, as both men and women are encouraged to embody a mix of masculine and feminine traits for psychological wholeness. However, the text suggests that spiritual maturity is a result of relinquishing personal boundaries for a larger, divine sexual play.

Emphasizing that each person embodies both masculine and feminine qualities, it points out the shift from traditional gender roles towards modern self-sufficiency. Despite this evolution, the narrative argues that in sexual contexts, embracing a deep trust in one's partner, particularly the masculine force in a heterosexual dynamic, can lead to sacred experiences. If the feminine partner trusts the masculine partner's navigation, then true divine ravishment is achievable.

To achieve such a state, both partners must consciously engage in their respective roles, with the feminine partner exuding love-light and the

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masculine partner delivering unwavering presence. This dynamic can deepen sexual fulfillment compared to self-navigation and independence. However, if a woman's masculine direction is more pronounced than her partner's, she might struggle to relinquish control, hindering the potential for divine intimacy.

The text encourages embracing sexual roles wherein the masculine partner is secure in his direction, thus inviting the feminine partner to surrender her boundaries, amplifying sexual exploration. It suggests that women can stimulate their masculine lover's presence by exaggerating their expression of pleasure, prompting a deeper dive. Conversely, men are encouraged to navigate with heart-precision, persistently loving and penetrating beyond surface attraction to fully engage their partner's openness.

Further, the narrative highlights that both partners should offer unconditional love, free from the need for acknowledgment. When conflicts arise, it advises using intimately targeted gestures—sexual from women to men and emotional from men to women—to reconnect. It emphasizes that offering each other's intrinsic sexual gifts supports transcending beyond individual closures toward a broader collective experience.

Ultimately, the text conveys that as sexual experiences age into routine, it presents an opportunity for deeper spiritual awakening. Boredom signifies readiness to accept the inherent emptiness and profound fullness of every

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moment, steering away from superficial pleasure towards experiencing life as a gift exchanged freely among more and less open beings.

The epilogue provides a poignant narrative where friends, led by the enigmatic Mykonos, explore life's mundane yet divine offerings. Through moments of banter and introspection, they are enlightened about opening to life as love, embracing presence and radiance beyond superficial interactions. Mykonos' metaphor of the 'blue truth' emphasizes seeing beyond life's surface flickers to embrace deeper universal love—a theme harmonizing with the relational dynamics discussed throughout the chapters.

Theme	Summary
Masculine and Feminine Energies	Explores sexual and emotional connection through the balance of masculine presence and feminine radiance.
Trust in Masculine Essence	For deep sexual and spiritual openness, the feminine partner should trust the masculine partner's essence more than her own.
Modern Dynamics	Recognizes the shift from traditional gender roles to embodying a mix of masculine and feminine traits for psychological wholeness.
Spiritual Maturity	Comes from relinquishing personal boundaries for larger, divine sexual play.
Sacred Experiences	Embracing a deep trust in one's partner can lead to divine ravishment in sexual contexts.
Conscious Engagement	Partners must engage deeply in their roles: the feminine partner with love-light and the masculine with unwavering presence.

Theme	Summary
Balance and Control	Feminine partners who cannot trust due to more pronounced masculine traits may struggle with intimacy.
Inviting Surrender	Encourages masculine secure direction to invite the feminine partner's vulnerability for deeper exploration.
Role of Pleasure	Women's exaggerated pleasure can stimulate deeper masculine presence.
Unconditional Love	Both partners should offer love free from acknowledgment, using intimate gestures to reconnect in conflict.
Spiritual Awakening	Boredom indicates readiness for deeper spiritual experiences and acceptance of life's inherent fullness and emptiness.
Epilogue	Friends, led by Mykonos, explore life's deep and divine aspects, highlighting universal love and presence.
Blue Truth	Emphasizes seeing beyond superficial exchanges to embrace deeper universal love.

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