

BLUE TRUTH

*A Spiritual Guide
to Life & Death
and Love & Sex*

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1

LOVE FULLY AND DIE



*Sooner or later,
this present moment
is going to be your last.*

You are alive, for now. Feel your heart beating in your chest. Soften your belly and relax your jaw. Feel your heart beating deep in your body, and feel your heart's rhythm radiating outward, pulsing in your hands and feet and neck. Feeling your heartbeat, relax open as if offering your heartbeat to the world.

While feeling your heartbeat as an offering to all, feel how you live your moments. What did you do today? What are your plans for tomorrow? Who do you love and how deeply?

No matter how much money or love you have made, one day your legs will become cold and numb, your heart will stop, your breath will cease, and all will disappear. In some now-moment as real as this present one, your life will end. Are you ready for your death? Are you ready for the death of your children, your parents, and your friends?

A picnic with your loved ones. Fried chicken and cold beer. A gentle breeze. Laughter. Suddenly your heart stops. A final glimpse. Fade to death.

Are you ready? Have you loved fully and given your deepest gifts?

A life lived well embraces death by feeling open, from heart to all, in every moment. Wide open, you can offer without holding back, you can receive without pushing away. Wide open, heart to all, you *are* openness, unseparate from this entire open moment. Every part of the moment comes and goes as openness.

Your daughter's smile: temporary, precious, already dissolving. Your lover's embrace: sweet, full, already loosening. Every moment is miraculous and disappearing. Every experience, profound and empty, both.

Life lived for the sake of experience is a half-life, tense, insecure, lonely, and unfulfilled. Your experience cannot fulfill you because as soon as it comes it is already gone, a thin wisp, the tail end of hope, receding out of reach.

Ungrasped, this moment of life burgeons free and bright. Surrendering wide, breathing deeply, offering your heart, you are birthed open as this moment. Death is permission to open freely as love.

2

FEEL BEFORE MEMORY



*What is important
today is forgotten tomorrow.*

When it's time to use the toilet, *really* time, all importance is reduced to the event.

In bed at *that* moment, orgasm is all.

Chased by a madman with a gun, there is *nothing* else; waking up from the dream, there is nothing else but *relief*.

A child finds her doll important. A father finds his finances important.

Riddled with cancer, an old man finds love important, as his eyes close one last time.

What do you find important, now, today? What did you find important ten years ago?

Remember back to your earliest childhood memory, the very first time you can remember anything at all. What was important to you then?

Still feeling your very first memory in life, feel *before* that. What happens when you try to feel earlier than your first memory? Do you feel into blackness? Is there a sharp wall of time that stops you? Or can you feel an ineffable

openness that seems to extend before your earliest childhood memory, an openness without clear bounds, an openness that is you even now?

Of every moment that has ever seemed important, all that remains is the openness who you are.

3

GIVE EVERYTHING NOW



*You are either withholding
your love in fear or
giving your deepest gifts.*

Right now, and in every now-moment, you are either closing or opening. You are either stressfully waiting for something—more money, security, affection—or you are living from your deep heart, opening *as* the entire moment, and giving what you most deeply desire to give, without waiting.

If you are waiting for *anything* in order to live and love without holding back, then you suffer. Every moment is the most important moment of your life. No future time is better than now to let down your guard and love.

Everything you do right now ripples outward and affects everyone. Your posture can shine your heart or transmit anxiety. Your breath can radiate love or muddy the room in depression. Your glance can awaken joy. Your words can inspire freedom. Your every act can open hearts and minds.

Opening from heart to all, you live as a gift to all. In every moment, you are either opening or closing. Right now, you are choosing to open and give fully or you are waiting. How does your choice feel?

4

UNFOLD YOUR HEART



*The way that you live
is probably not
your true destiny.*

How would you live if you were fearless, if you lived your life as an expression of your deepest heart?

As an act of unrestrained love, you might become a mother, a politician, or a writer. Perhaps you would invent a vaccine, create a business, or perform music. You might become a farmer, a teacher, or an attorney. Love moves each person in a different way.

The way love moves you is your true destiny. When you don't add fear to love's force, your life unfolds unimpeded. Each day is a flowering of your deepest gifts. At work, with your family, and alone, each moment springs open from the depths of your heart.

How can you allow your true destiny to unfold? In this moment, allow your breath to be full, strong, and tender, as if pressing love from your deep belly into the softness of your lover. Relax your muscles, open your senses, and feel into the world around you, as if feeling into the light of a dream, breathing this light in and out. From your deep heart and soft belly, offer love outward

in all directions as far as you can open to feel. Your true destiny unfolds freely when you live every moment open and shine as an offering of love.

However, if you add fear to your life—as most people do—then your moments take the shape of your cringe. Anxiety about money clips the artistry of your career. Fear of loss stifles honesty with your lover. Your gut tenses because you don't really want to be where you are. Fear is the opposite of love.

Few men or women live their true destiny. Most follow a trajectory bent by fear. Your true destiny is lived by giving everything and loving open without waiting.

If you wait to open fully, then your heart aches as your life curls in the shape of your chosen consolations. Your bedtime snuggles and TV rituals can assuage your pangs of un-lived love for a while, but your heart's pain of closure slowly accumulates to unbearable.

Sometimes a crisis exposes your heart fully open. Your business unexpectedly fails. Your child becomes terminally ill. Stripped of what you most cherish, you are left out in the open and unprotected.

One way or another, you come to face the truth: Everything you acquire is eventually lost. Every body you hold eventually dies. You have been waiting to give your deepest gifts, waiting to love without holding back, while your life—everyone's life—passes. You have bartered your true destiny for false comfort and muted agony.

You can stop waiting. When you are ready, you can intentionally breathe open as the *full* truth: Love is who you are. This moment is as open as you are willing to be. All your guarded moments are life wasted.

You can start opening fully now. If you feel fear, if you are waiting for more security or comfort, if you are holding back your gifts or closing down your love, then feel your act of closure fully. Feel the tension in your muscles, the clenching of your jaw, the hardening around your heart. Feel fear's shape, in your muscles, emotions, and life choices. Feel the brightness of the moment constrained by your apprehension. As you feel yourself doing the shape of fear, breathe more fully, in and out.

As you inhale, expand your belly more fully, filling your deep gut with love's light and energy. Then, as you exhale, offer love outward to all, relaxing your

muscles open, feeling out into the colors of the world as you continue breathing. Feel others more deeply. Feel their hearts' longing and joy as you breathe their aliveness in and out of your heart. As if breathing the light of a dream, breathe the aliveness of the entire moment in and out. Continue opening, feeling all, breathing all, loving open, allowing your actions to unfold as your deepest offering.

When fear returns, which it probably will, feel the shape of your closure. Feel your fear, feel everyone's fear and darkness. Inhale everyone's fear deep into your open heart and exhale love's open light as an offering. Relax and feel everyone so openly that you feel *as* everyone, as their shape, as their fear, as their deep heart's love. As everyone, open and breathe. As the shape of the entire moment, open and breathe. If closure remains, feel, breathe, and open again, without end.

Your true destiny is lived by opening as love and offering your deepest gifts, moment by moment. How you do this—as a mother of three children, as a hermit in a cave, or as a political leader—is for you to discover as each moment unfolds open as unimpeded love.

If you have opted for a life shaped by imagined security, you can feel your true destiny in your heart, waiting to be lived, wanting to open as the offering of your life. As you breathe open and offer your deepest gifts of love, your life can flower afresh. As you slowly open your heart's cringe, your business may show a new style. Your sexual depth may open to your lover more fully. Anything can happen as your heart unfurls and your moments open wide as love.

Your true destiny may seem far less predictable than the imitation you have spent years holding in place. The choice is yours in every moment. You can hold the shape of a consoling lifestyle for decades. It only costs your life.

5

RESIST NOTHING



*Opening as every moment
is the practice of true bliss.*

The human body is very sensitive to pain. Stub your toe, and for a few moments you are consumed in minor agony. Emotionally, too, pain is ever possible. Your lover betrays you, and your heart feels crushed. When you feel the agony of lost love—let alone the immense suffering of the world's starving and dying millions—you can be wracked with sorrow.

Feeling physical and emotional pain is natural and inevitable, but uncomfortable. So you do what you can to avoid it. You can drive a nice car, isolate yourself from diseased and wretched people, and minimize rocking the boat of your intimate relationship. Your effort to avoid pain is as natural as pain itself.

Most of your life can become the effort to avoid pain, to experience pleasure, and to pretend everything is OK, even though something feels amiss. Your life can still feel incomplete, even in the midst of a fine meal with a smiling lover at the peak of health.

Even during the best of times, you may suffer a sense of lack. This dissatisfaction occurs because you are not opening. When you open fully as any moment, you are complete. Your broken arm may still ache. Your heart may still reel in response to the loss of someone you love. But if you practice opening now, then you add less self-created suffering to life's natural fluctuation of pleasure and pain.

Feel your pleasure, or its lack, right now. If you are feeling relatively comfortable, for instance, then notice that you can *feel* your comfort. You are open to feeling your comfort. Your openness is what allows you to feel your comfort.

Now, your comfort has changed a bit. Your posture has shifted slightly. Your tongue or fingers may have moved. What you feel now is slightly different than what you felt a moment ago—but that you can feel at all means you are *open* to feeling.

Fully open, and as openness, feel. Allow your tongue to open and feel. Allow your fingers to open and feel. Feel the entire surface of your skin open to sensation. Feel your mind open to thoughts. Feel your eyes open to light. Whatever you are feeling—however painful or pleasurable—you can feel it because you are *open*.

Regardless of how much pain or pleasure the moment brings you, the truth is that you *are* openness. When you resist any aspect of the moment, when you close to an emotion, a person, or a situation, then you deny the openness you are. You create separateness and suffering—you *do* separateness and suffering—even though you may be sitting in a hot tub with a beautiful lover eating grapes.

Pleasure and pain come and go, and there is only so much you can do about it. To be born is to be guaranteed some amount of enjoyment, discomfort, and certain death. Simply to be alive as a body is to know both health and disease. To enjoy intimacy is to expose your heart to deep sharing as well as to the unloving moments of others. True bliss is to remain open—as you are—in the midst of all experience, both heavenly and hellish.

Regardless of how much comfort you are experiencing, you can surrender open as you are or you can knot yourself closed. If you open as you are now,

a spacious and tender love abides—the openness that *is* feeling—even if your body aches or your lover has spurned you. If you close now, turning in on yourself in an effort to avoid exposure, then you suffer your own separative cramp, even if you are surrounded by love.

Openness is bliss, though not the giddy kind of bliss you feel when someone tickles you. When you feel anything, you are open as feeling. Openness is who you *are*, your most fundamental feeling of being. When you close to the moment, resisting emotions, people, or situations, then you deny your openness, and you suffer. Openness is bliss because it is most deeply who you are.

Your heart always knows the truth of openness. In every moment of your life, your heart tacitly compares the closed suffering that you are *doing* to the bliss of your true openness. “This moment can be deeper.” “Our love can be more full.” “My life can be more fulfilling.” Your heart knows the truth of openness and suffers the tense lie of your closure.

Chronic dissatisfaction is how you sense that you are living this lie. No matter how much pleasure or pain comes your way, dissatisfaction means you are resisting the openness of the moment, the openness who you are, the truth. When you are not open to emotions, people, and situations, then you are denying your most basic nature, the openness who you are.

Practice being openness by opening to feel. Just as you are, even though you may have habits of closure, you can always practice opening to feel. Open to feel whatever you are feeling now. Open to feel your breath moving in and out, feel the posture of your body, feel the space and motion in the room around you, feel the emotional tone of the people nearest to you. Open and feel. Open as feeling. Open to feel everything, and feel as openness itself.

In the midst of orgasm, practice opening, breathing and feeling all that you can feel, your intense pleasure, your lover, the entire room, the lives beginning and ending everywhere, and continue opening to feel everything fully without closure. In the aftermath of a car accident, practice breathing and feeling everything, your cuts and bruises, your fear, the love of those who care for you, and continue to feel open as each moment unfolds, pain and all.

Do your best to create pleasure and comfort in your life. But to live true, live open. Resist nothing. Feel everything. Breathe everyone's pain and pleasure in and out of your heart. If you feel a lack in your life, practice living and breathing and feeling open.

Openness is truly who you are.