

Intimate Communion Awakening Ual Essence David

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"Living the Life That You Are weaves together psychology, ancient wisdom, and honest personal reflections into a coherent and inspiring whole. If loneliness is the great disease of the modern age, then Nic's heartfelt plea for self-love is much-needed medicine." –Jeff Foster, author of *Falling in Love with Where You Are* When you feel isolated and alone, the world can seem like an enormously unfamiliar, confusing, and scary place. You may get caught up in your own thoughts and feelings, and even avoid connecting with others out of fear of being criticized, misunderstood, or uncomfortable—which only leads to more isolation and loneliness. This cycle can be hard to break, but you are not doomed to endure this painful condition of feeling lost and alone. This book can help you find authentic peace, confidence, and connection with all that is, right here and now. *Living the Life That You Are* examines the modern-day dilemma of loneliness, revealing that its root cause is the belief that we're all separate individuals bound by personal limitations. We feel disconnected and incomplete, assuming that life's fullness exists somewhere out there, and that we must be, do, or have more for lasting fulfillment. But the truth is, despite our limited appearance, we are actually boundless. There is no divide between our internal and external worlds. This is the ancient philosophy of non-duality—we are the wholeness we are seeking. The life that you are is all that is right now: every texture, flavor, fragrance, sight, and sound in their abundance. Using radical mindfulness—a combination of mindfulness and non-dual self-inquiry—this book will guide you toward awakening to the transformative truth and love that is your foundational being. By learning to observe, acknowledge, and question your experience without censorship or prejudice, your sense of being lost and alone will give way to an enriching and comforting state of communion with all. Includes music downloads for a radically mindful soundtrack

Imagine forging a relationship that is a vehicle for your Spiritual Liberation; an enlightened relationship that allows you to walk the path of Spiritual Enlightenment with a partner. *The Esoteric Path of Marriage* sets out a blueprint for relationship in the coming age, comprised of practical guidance, universal truths, insights, stories and spiritual practices to help lead marriage to its highest purpose: a relationship that heals mental, emotional, sexual and spiritual wounds and guides the partnership to the ultimate freedom, union with the true Self. Whether this is your first exploration of the inner-Self or you have long been on an inward journey; this book will transform you and your relationship with your partner. Single? It will open up your ability to have more conscious, new paradigm, Enlightened relationships in the future.

What is your true purpose in life? What do women really want? What makes a good lover? If you're a man reading this, you've undoubtedly asked yourself these questions but you may not have had much luck answering them. Until now. In *The Way of the Superior Man* David Deida explores the most important issues in men's lives from career and family to women and intimacy to love and spirituality to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body practices, and more to help you realize a life of fulfillment, immediately and without compromise.

A smart, sexy guide to embracing the repressed, tabooed, and often unwanted aspects of ourselves so we can discover our inner power and finally live the life we deserve. "We always get exactly what we want; but often, though we may not be aware of it, what we most want is dark - very dark." Each of us has a dual nature: we are light (conscious) and dark (unconscious). The dark side of our personality - the "other," the shadow side - is made up of what we think is our primitive, primal, negative impulses - our "existential kink." Our existential kink also drives the dark or negative repeating patterns in our life: always choosing the abusive partner or boss, settling for less, thinking that we're undeserving, not worthy. But it also is the source of our greatest power. In *Existential Kink*, Carolyn Elliot, PhD, offers a truth-telling guide for bringing our shadow into the light. Inviting us to make conscious the unconscious, Elliot asks us to own the subconscious pleasure we get from the stuck, painful patterns of our existence. *Existential Kink* provides practical advice and meditations so we truly see our shadow side's "guilty pleasures," love and accept them, and integrate them into our whole being. By doing so, Elliot shows, we bring to life the raw, hot, glorious power we all have to get what we really want in our lives.

A new edition of the bestseller • The first book to reveal in the West the Taoist techniques that enable women to cultivate and enhance their sexual energy • Reveals Taoist secrets for shortening menstruation, reducing cramps, and compressing more chi into the ovaries for greater sexual power • Teaches the practice of total body orgasm For thousands of years the sexual principles and techniques presented here were taught by Taoist masters in secret only to a small number of people (sworn to silence), in the royal courts and esoteric circles of China. This is the first book to make this ancient knowledge available to the West. The foundation of healing love is the cultivation, transformation, and circulation of sexual energy, known as jing. Jing energy is creative, generative energy that is vital for the development of chi (vital life-force energy) and shen (spiritual energy), which enables higher practices of spiritual development. Jing is produced in the sexual organs, and it is energy women lose continually through menstruation and child bearing. Mantak Chia teaches powerful techniques developed by Taoist masters for the conservation of jing and how it is used to revitalize women's physical, mental, and spiritual well-being. Among the many benefits conferred by these practices are a reduction in the discomfort caused by menstruation and the ability to attain full-body orgasm.

A writer and her artist partner uncover the secrets of cultural conditioning, sacred sexuality, and personal transformation. A revolutionary spiritual memoir 20 years in the making, Venus and Her Lover will show you how ancient spiritual principles and the secret history of sexuality reveal the path to fulfilling relationships.

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