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INTRODUCTION

If you want true happiness, here it is.

Enlightenment is free. It is love. It is openness.

And it is now, just as you are. This book will prove it to you, and show you how.

Enlightenment is *always* instant and sudden.

And usually forgotten, just as suddenly.

So repeat these brief exercises,
which are often fast, endlessly deep,
and sometimes downright sexy.

With humor, do them again and
again, until you know that you are
love. You are free. And you can't do
anything less than give it away.

For the rest of your life, relax open
this instant—while touching, eating,
talking, and right now.

In short moments repeated often,
unceasingly feel the openness of love
that you are. In this way, you live as a
gift to everyone.

Enlightenment is instant, but its
expression evolves and deepens
endlessly.

Pick a chapter, any chapter, and
begin now.





GOD

What does it mean to open to God,
or to love God?

Imagine somebody you love the most in your life, perhaps your child, your mother, your lover, or your best friend. Feel what it is to love that person.

Now, pick an object near you, like this book, or the floor beneath you, or a nearby pillow. Love whatever object you choose with the same intensity with which you love your most-loved person.

You may feel strange loving a book, floor, or pillow so fully, but you can do it. Practice loving until you feel your chosen object with the same love you offer your most-loved person.

When you can love an object as fully as your most-loved person, then practice loving the space around you. Love the space extending in front of you, behind you, left and right of you, above and below you. Love outwardly in all directions, with the same feeling with which you open to your most-loved person.

Then practice loving everything within you—even your darkest secret places of shame and perversity—with the same love you offer to your most-loved person. This may take some time, or you may be able to do it right away.

If you love one person, you can love God. God is everything and what is beyond everything—all of which you can love. Love everything and everyone whom you know and don't know, and you are loving God. Open to everything inside and outside of you, even the unknowable mystery beyond everything. Open to feel and love all, the visible and the unknown. This is opening to God, or loving God.

Every instant you love so fully is enlightenment. But because you are habitually used to contracting your feelings, in the next instant you may suddenly find yourself absorbed in picking your nose or scratching your chin as you work for world peace by writing your congressman.

Your loving may be truncated for days as you become lost in duties, chores, and emotions—raising a family, succeeding at a career, talking, sexing, or eating. You may not be opening to God for the sake of your temporary experience. Your ever-changing life never quite fulfills you for good, and you know it.

Instant enlightenment is to love, right now, as if you were loving your most-loved person. No matter what you are feeling or experiencing, inwardly or outwardly, you can love without holding anything back. This is what it means to love God.

So start by feeling the person you love the most, and open to include every aspect of each moment in the openness of your love.

Offering yourself open in this way is instant enlightenment.

Forgetting to love is the usual life of subtle torment.





SHOP

Feel all the garments in your favorite clothing store. Imbibe the many colors. Let your fingertips graze the textures of dobby, satin, and fur. Try on whatever you like. Bask in wearing first one glorious outfit, then another.

Continue to do this, while feeling all the people in the world who are at war, diseased, or in lonely despair—while you enjoy your shopping trip. Start close to home, with your family and friends, knowing their private suffering or secret pain.

Then, expand to feel everyone on earth who may be starving, sick, or dying. From your heart, radiate to them the happiness of trying on such beautiful clothing. Offer them the feeling of the fabrics and the color of the clothing as gifts. Imagine beaming your wonderful experience of shopping to all those who are suffering.

To be free as love, give your joy away.

Give all your wonderful experiences away to others, as gifts, keeping nothing, not even a memory, for yourself. Guilt and tension result from hoarding your happy moments. Instant enlightenment is to give all your happiness away to others.





ORAL

Everything feels enlarged in your mouth. A small sore or a tiny grain of sand can seem huge. Your lips and tongue are exquisitely sensitive to giving and receiving pleasure, tasting both the delicious and the bitter.

A jellyfish has no tongue. Perhaps its whole body is as sensitive as your tongue is. Pretend that your whole body is tongue-sensitive. Imagine licking your socks, tasting the inside of your pants, French-kissing the book you are holding.