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Introduction



Dear Reader,

I offer the following chapters to you as if you were my lover. Although you may be single or married, I offer these words to you as I would to my beloved. We may never meet, but I want to give you the opportunity to feel your heart through mine.

For years, I have taught workshops around the world, opening with women and men while they share their deepest heart's desires. It seems we often come to know ourselves most deeply through the heart of someone who loves us, who is willing to open and see us as we truly are, who is willing to listen and feel our heart's yearning.

To give and receive love fully—this is our heart's true desire, yours and mine. The yearning you feel in your heart is the same yearning that everyone feels. By feeling your heart's yearning through mine, I hope you will come to know yourself more deeply through the many hearts that have opened together in trust and allowed these words to emerge.

All hearts want to open to God, or the boundless flow of divine love. You may or may not be a religious person, and still your heart yearns to open without bounds, to be seen and to be offered without limits. This is what I mean by "open to God"—to open and feel everything and everyone's heart as a divine expression of love.

Sexuality is also a divine expression of love—or at least it could be. As I would offer my heart to my lover, the following chapters are offered to

you so your heart may open to God, whether you are alone or in relationship, whether you are making tea or making love. My hope is that by feeling your heart through these words, you will come to know more deeply how divine love yearns to open through everyone's heart.

And so, recognizing that our hearts flow open with the same love, the following chapters are offered to you as if you were my dear lover.

David Deida

1.

*You Are
Love*



Dear lover, when I look into your eyes, I feel your heart's yearning. Nothing is more beautiful to me than your love. I want to drink your love and dive into your heart and take you open to God. But I need to feel you wanting me to enter you. I want to feel you let down your guard in trust, just a little bit, so I can feel your heart's invitation. Please, open so I may claim your heart.

When you feel deep into your heart, you feel love. Most deeply, you *are* love.

This love shines as light, and so you want to be truly *seen*.

This light flows as energy, and so you want to *offer* yourself completely.

Your heart wants to give and receive love fully. This is your heart's deepest desire.

Love is openness. This same openness yearns at everybody's heart. You are this love. You are alive as love, and your entire body yearns to live open as love. Your heart wants nothing more than to live open as love, to give yourself totally as love—and to be seen as the love that you are. You long to be *claimed*, taken open, surrendered blissfully, so that every moment of your life is ablaze as the light of love's passion, an offering of your heart's devotion, and adoration of love's radiant blessing.

In an effort to create safety and self-reliance in your life and relationships, you may have built walls around your heart and accumulated tension in your body. Although sometimes these walls of protection are useful, they can, over time, act like shells of fear that block your true love. These shells can keep in the love you want to offer fully and keep out the love that your heart yearns to receive deeply.

The secret to unfolding your heart's deepest bliss is to give and receive love fully, with or without a man. Instead of depending on a man, and instead of protecting your heart behind walls of accumulated disappointment, you can learn to open your body as if it were a big heart, vulnerable and full of love's radiant life-force. And it is this disposition of openhearted radiance that will gift the world as well as attract and keep a man capable of actually meeting your heart's deepest desire.

Right now, is your breath textured as love—are you inhaling and exhaling with the same open pleasure you would if your lover's body were pressing against yours in delicate merger—or is your breath tense with

fearful thoughts of self-survival as well as an emotional sense of separation, desperation, or loneliness?

Whether you are alone or in relationship, your spiritual and sexual bliss require a daily allotment of whole-body pleasure and deep heart offering, or else your joy will shrivel like an unwatered plant.

2.

Chocolate Love



I love to watch you move. Your body is so open, I want to embrace you and hold your heart against mine. When I see you eat chocolate or your favorite foods, I am amazed at how your body responds by opening and softening in pleasure as if love were moving through you. You often quiver and make sounds of such delight. I wonder why you would choose to live any other way but this open to love. I know you can't always be eating delicious delicacies, but I wonder how you would live if you were breathing and feeling divine ambrosia moving through your body right now.

You can surrender open and allow the full love-energy of your heart to flow through your body all day. You can learn to open so your heart's love can flow fully through your *entire* body. Then, your true heart's light can shine through your eyes and smile. Love's energy can flow through the way you move. Love's openness can breathe you. Others can see who you truly are. They can feel your deepest gifts. You are love, flowing with love, bright as love.

By learning to open to love's fullest pleasure, your heart can express your deepest gifts through your body all day, and you will naturally attract and keep a lover whose deep heart is capable of meeting yours.

Imagine that you sit down with a bowl of your favorite treat—double chocolate ice cream with pecans. The first spoonful enters your mouth. Chocolate permeates your tongue like a delicious wave of fullness. Your eyes close and you smile. Mmmm! Love's blissful openness spreads through your whole body. You breathe fully, inhaling the chocolate aroma, the soft ice cream melting in your mouth. Even your toes and fingers may begin moving with pleasure as you swallow chocolate fullness.

If you wanted to allow pleasurable energy to move through your body even more, if you wanted to open every part of your body to overflow with love's fullness, then you could put down the bowl and stand up. You could give yourself over to chocolate madness, allowing your body to open and dance in chocolaty pleasure, writhing and swaying, moaning in yummy surrender.

You can allow energy to move through your entire body like electricity, opening you to a deeper flow of pleasure. You may even choose to allow sexual energy to move through you, touching your legs with your hands, writhing your hips in a voluptuous dance. You've gone way beyond the pleasure of chocolate now, feeling the flow of deeper passion and yearning in your body and heart.

Perhaps you lie on the couch and touch yourself between your thighs, wet with desire, full of wildness. Your tongue licks your lips wanting

more, wanting more fullness to take in, more fullness to receive through your mouth, your belly, between your legs. Your legs open and close like butterfly wings as you touch yourself, surrendering open in the flow of energy and desire.

And then you may feel your heart, aching to be seen, wanting to be entered by love. More deeply than pleasure and energy, you want love. And not just your mother's love. Most likely, you want to feel a passionate man of true heart-integrity loving you deeply. You want him to see who you really are and desire you, feeling into your deepest heart. You want his tender force of love-desire to enter you deeply, opening your heart's secret core and unfolding your divine essence of love.

Although you may be reluctant to trust your own love's yearning, your deepest heart waits to be loved so fully that you are opened more than you are willing to open by yourself, blissfully forced open by love's deepest claim, revealed open and held in love's gentle command.

At times, you yearn for *him*. Not necessarily a specific man, but a force of masculine love, seeing who you really are, entering you, gently forcing you open with pleasure, massive love, insisting, persisting, unyielding in desire for you, loving deeper into you and opening you, not stopping. You are filled by his love, taken open by his claim. Breathing more and more deeply, your body undulates, pressed open by his weight, filled by love's enormity.

Your edges melt. Your boundaries dissolve. Your body opens outward, love radiating from your heart as an unkept offering. You cry as your resistance is melted in love's fullness, pleasure forcing your body more open. Your face moist, your thighs wet, your belly heaving, you surrender open, as wide as all. No boundaries. All love, all openness, all fullness.

After opening so fully, you feel permeated by love's ever-present touch for the rest of the day. As you walk through your home or carry on with your work, your hips move as a flower opens. Your belly is full of sky and stars. Your heart is offered ocean-deep. Washing the dishes or phoning

your friends, love spills from your every gesture, blessing all with the abundant radiance of your heart.

Chocolate or a good man can instigate your heart's surrender, but full-bodied pleasure and overflowing love—opening until you are exposed fully to God as love's bliss— is the only way to live true to your deepest desire, with or without a trustable lover or a tasty dessert.

3.

Yearning Is the Key to Love



Your yearning for love is so powerful that I can feel your heart all the time. When you openly love me I can feel your heart, but I can also feel your heart's yearning when you are angry or sad. To me, your heart is always calling, even though sometimes I am unable to open with you because your emotions divert me. I may be afraid or distracted and you may be upset, but still I feel your heart's yearning. And I need to feel your heart. Your yearning draws me back into love's depth. Your yearning is my invitation into your heart.

Feel deep into your heart. Feel your tremendous yearning. Although you may sometimes reduce this deep yearning to shallow neediness—the need to be loved by a man or by yourself—actually this deep yearning *is* the openness of love. This yearning is the hole through which the divine love that lives open as the universe can be felt to emerge. Your boundless depth of love comes to light through this hole of yearning when you trust open as love's ache.

Deep heart yearning is not a problem to be solved, but a divine pull to open as devotional surrender, as wide as all, now. With or without a man, whether or not you feel worthy, you can offer your heart's openness through your yearning, right now, as you are.

This capacity to offer your open love is indestructible. No amount of rejection or betrayal can destroy this offering of love. You may still at times feel hurt, tortured, and mangled in the fearful denial of love that your man, friends, and family may inflict on you, but their denial need not instigate yours. In the face of rejection and unlove, you can continue to open as the full strength of your heart's yearning and devotional surrender, opening in spite of the hurt that your unprotected heart feels, opening in the midst of emotional upheaval, yours and others'.

Devotional love is unstoppable, if you will only offer yourself wide open in the midst of suffering. If you are in a relationship, and your man is being a jerk, you may offer love's yearning as a strong demand: "I love you, and I won't tolerate less than your fullest consciousness." You may yell at him, and your rage may shake the house, but your heart need not close in the midst of love's fury.

When you love somebody fully, your heart's wrath may naturally be evoked in response to their repeated refusal to offer their deepest gifts. Anger may be your deepest expression of love in a moment of being frustrated by your lover's chosen limits and numb denial.

In any case, whether you are angry or hurt—beneath and through *all* emotions—your love yearns. This indestructible love is the same love,