



Instant Enlightenment

David Deida

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Does enlightenment have a dark side? It does, explains David Deida, "but instead of closing to what seems unloving, we can learn to open as what we would rather avoid." In *Instant Enlightenment*, this maverick author and teacher offers a "rude awakening" through a collection of daring exercises and practices intended to provoke, challenge, and immediately reveal the ever-present "love that lives all things." Each pithy chapter encourages readers to blast the light of consciousness on the taboos we hide in shadow, from our ideas about sex and money to emotions and spirituality. *Instant Enlightenment* will surprise and possibly offend you—but it will lead you "fast and suddenly" to the realization of the sacred entirety of your experience.

Dive straight into this book. Open to any page and read for two minutes, and you ll see that you are instant enlightenment. —Ken Wilber, author of *A Brief History of Everything*

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