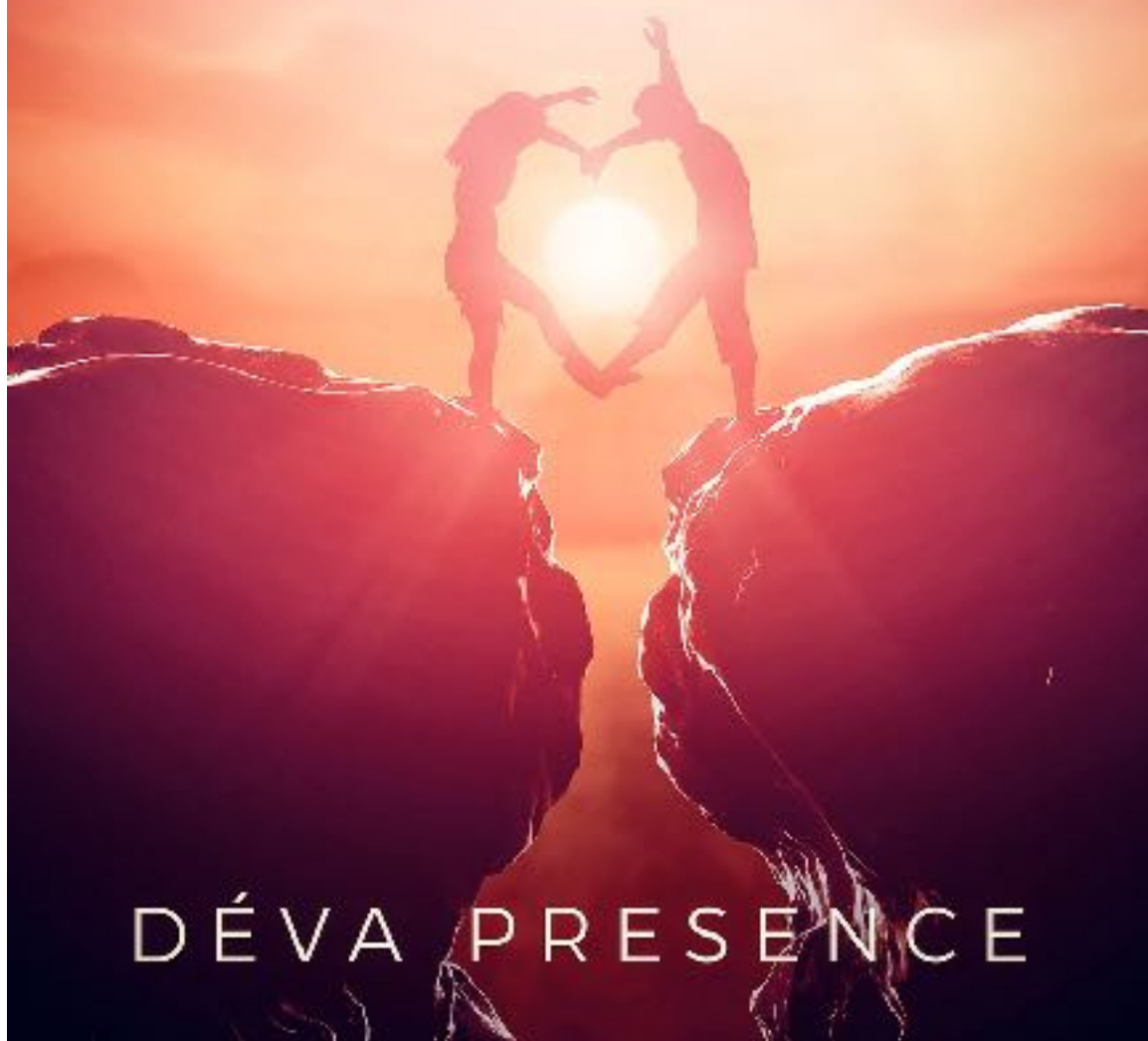


Lover

OF LIFE, INTIMACY,
AND YOU!



DÉVA PRESENCE

Introduction

What if I told you there is nothing wrong with you? What if I told you that the inadequate and unacceptable ideas you have about yourself or your life situations, you have no choice in changing them?

If so, what is to be done?

Only one thing: **letting go.**

I'm going to tell you something radical. I invite you rather than *trying* to change the mind that hurts you with complaints, judgments, and projections, to *love* the mind and all of its thoughts and reasoning. **Just thank and love the mind for the thoughts and judgments.**

You have no choice in the matter. Some say they can stop their thinking minds. Only a few succeed and only for short periods of time. So give in and love the mind for its power over your ability to control it. Just simply love it. Stop feeding it. Love the mind because it is a wonderful tool for change. However, don't be misled, the ingrained network of neurons firing old thinking patterns is very challenging to change.

Unless...

You **stop resisting. Let go. Surrender.** Simply love your mind for the power it has. The mind is a tool. A powerful one that is sometimes on autopilot. You know why?

Because the mind is loving you.

I know, it sounds radical that these 'destructive' thoughts are 'loving me'. How can this be, you ask?

I came to learn this in a very dark hour when I thought my world was ending and my mind was going to break! Suddenly, I was *looking at* my thoughts rather than *being* them or *feeding* them. I then realized that my mind was frantically sweeping through every possible thought for one reason only: **to bring awareness to my body of its unmet physical and emotional needs.** With full loving awareness I could finally 'feel' and address them in order to heal. This awareness can feel like "triggers". They don't always feel good so many people will feel them for a moment and instantly push them back down to the unfeeling place of the subconscious mind. However, when we learn to open to the triggers, to follow their guidance, that is when we truly open, surrender and embrace the healing process.

In my dark hour, I realized I was not allowing myself to feel. I thought it was just too much, too painful, too pleasurable, too wrong, too intense. How could I feel these emotions when I *know* the thoughts are wrong, unacceptable and not justified. Even when I think they are right, I still found that I could not allow myself to simply feel...

I realized it has nothing to do with the thoughts. Instead, it has everything to do with **releasing my blocks and surrendering to the trapped emotions which were at the root of causing the incessant thoughts**. Ultimately, my mind was loving me because it was doing everything in its power to help me find and release stuck emotions.

Unexpressed emotions are toxic residue in the body. In essence, they are pent-up energy not moving due to trauma that was not fully felt in the moments that it occurred. The mind is always looking at ways to help us heal and will forever find ways to clear our bodies of these stuck emotions. It is the magic of our minds. It's just how it is. And over this, we have no choice.

Finally, in this low place, I decided to listen to the mind no more. **To no longer feed the insidious stories**. I decided to **drop the story** and **listen to the body instead**. I chose to offer my body the freedom to feel again. I had to **call in the spirit of a brave lover of life** to have the courage to face the great force of these long overdue emotions. They felt overwhelming because I have been resisting them for so long.

The pain was nearly unbearable and I thought it would never end. Yet, I persevered. Diligently every day offering loving space to my emotions to move through me while I let the mind fly without feeding any stories. I did not get into the stories anymore. I now **invested my energy into loving my body's wisdom and expression**.

It took great effort to no longer give reason to why I am feeling a certain way.

Why is the sadness here?

Why is the anger here?

Why?

Instead, **I just made sure I felt the emotions as freely and powerfully as possible, leaning in, fully surrendering**.

If a story was there, I let it be. **No resistance and no feeding or believing in the story. Just allowing it to be heard and, most importantly, allowing the emotions behind it to move, too**.

I am sharing this experience so you can feel the faith, the knowing, that no matter how painful it was in the moment, I knew it was ultimately healing me. I am sharing this with you to allow you to witness the power of fully leaning into our emotions from a place of complete surrender to the feelings that are here to heal us. Suppressing the feelings will not heal you. Making them wrong or stopping them will not heal you. Allowing and living through it without feeding the mind; healing waits on the other side.

I did this and I am alive and well, living on a beautiful land still showing up for what arises inside of me while cultivating my vision with clarity and power. This book is

dedicated to those who have “tried everything,” everything but actually just being human, fully and completely leaning into the human experience.

This book is designed to reprogram the mind and patterns in the body that resist feeling responses. It is also focused on how to communicate with others for compassionate connections and clarity. Especially because one of our mind's favorite stories is to blame others for our emotional states. In my observation, this disempowers our personal ability to fully feel and release what's going on inside.

No one is ever fully responsible for how we feel!

This book will help you feel immense courage to take charge of your life. You may find your self-love growing because you accept and express all parts of you, including your emotions.

All of them, no exceptions!

This book is all about accepting the richness of happiness and the depths of our love as much as it is about embracing our fears, anger and letting go into grief.

We will do this by connecting to the **four aspects of the Lover**:

The Willing Lover

The Vulnerable Lover

The Magnetic Lover

The Wisdom Lover

And through this, it will change your life for good.

This is how I began to unleash my deepest abilities for love. This is how I tapped into my heart and my emotional fluidity. This is how I earned the courage to **break the cycle of the "fear to feel"**. And this was my powerful **Rite of Passage**. This is what has inspired all my writings up to date. This is the gift I offer you: To safely guide you through this process and to strengthen the lover in you.

No more excuses. Banish the doubts. Embrace your fears. If you are looking for a breakthrough, this is it!

Are you living the life you love? Are you in a non-compromised enriching relationship? Can you genuinely say you are living at an optimal level?

I asked myself these same questions from an early age then I made a lifelong **commitment...**

I will be passionate about my services in helping the world, doing what I love and loving what I do!

I will honor the wisdom of my body and take care of it as best I can, honoring my health and living with vitality!

I will liberate my love from fears, shame, and guilt, becoming masterful in lovemaking, integrity, authentic communication, and compassionate connection!

This is choosing to be the Lover of life, in intimacy and in YOU!