

# Lover

OF LIFE, INTIMACY,  
AND YOU!



DÉVA PRESENCE

## How to Navigate through this Course

This course is designed in stages to bring you through a **Rite of Passage**. It's important to read it and do the subsequent tasks from start to finish. They are progressive in nature and mark different phases in the process. Consider this a **course** for becoming a Lover of life, intimacy and in yourself.

For the sake of authentic and clear communication, this course reflects *untrue opinions* of mine primarily! There are also *true objective* and *true subjective* personal reflections to come as well as suggestions on how to make *untrue choices* authentically. Much more on this in the section Authentic Vulnerable Communication - "A.V.C."

### Who is this course not for?

This course is not for those who have any severe form of PTSD, Bipolarism or other psychological or emotionally diagnosed conditions. This process is only to be considered for those who wish to go beyond difficult mental patterns and are now in a healthy mental and emotional state. If you are unsure of your current level of mental and emotional well-being, please seek advice from a professional in their respected fields before continuing with this.

This course is not for people who are self-righteous. This course is not for those who believe deeply in the intelligence of the mind over the body. If you are not willing to be wrong, you will not be willing to surrender fully into all the feelings that arise. This course can be a disaster for those who think they are trying to reveal themselves yet continue to suppress feelings. Doing this can create great suffering. If you're stuck in the mind and continue to feed the story this can be an awful experience.

If you choose this path, giving yourself over to it fully, you will absolutely be taking risks and will undoubtedly meet deep levels of yourself through true vulnerability. This path is certainly not for everyone.

The tasks in this book are not simply a "nice read". The tasks are deliberate and purposeful. If you choose the path of the Lover, the tasks will allow the concepts to be immediately experienced. It is in **your experience**, that you will discover the power of this process. I honor you for your courage in seeing it through.

Let's get started with a simple task!



**[TASK] Write down** all of the things you currently avoid (include things from your past) in order not to feel something too deeply. Include when you avoided feelings related to pleasure, as well as, feelings related to pain.

We avoid conflict for fear of aggression, intimacy for fear of loss, making mistakes and/or doing things against the norm. We also avoid pleasurable feelings for fear of being judged as bad, selfish, or inappropriate. Allow yourself to feel the energy behind all the blocks and resistance on your list. Feel them fully. Let yourself feel *without feeding into* them. Just let it move you. Don't be afraid. You will be ok.

**\*Do this, and all subsequent tasks, in nature or in a place you've created where you feel safe enough to fully reveal and express yourself.\***

The first step is just to be willing to feel. Willing to reveal. The body does the healing work. It will take courage to REALLY move fully into the depths of these previously unexpressed feelings...

I congratulate you for going on this journey with me.

To your heart,

Déva Presence