

The Way of the Superior Man

A Spiritual Guide to Mastering the
Challenges of
Women
Work
and Sexual Desire

David Deida

IMPORTANT CAUTION - PLEASE READ THIS

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With deepest gratitude,
To the intimate partners and teachers
Who have drenched my life with their love and wisdom

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May this book serve the liberation
of your true gifts, so that countless
multitudes of beings may benefit even
more from your living and loving.

INTRODUCTION

This book is a guide for a specific kind of newly evolving man. This man is unabashedly masculine--he is purposeful, confident, and directed, living his chosen way of life with deep integrity and humor--and he is sensitive, spontaneous, and spiritually alive, with a heart-commitment to discovering and living his deepest truth.

This kind of man is totally turned on by the feminine. He loves to take his woman sexually, to ravish her, but not in some old-style macho fashion. Rather, he wants to ravish her with so much love she is vanished, they both vanish, in the fullness of loving itself. He is dedicated to incarnating love on this earth, through his work and his sexuality, and he does so as a free man, bound neither by outer convention nor inner cowardice.

This newly evolving man is not a scared bully, posturing like some King Kong in charge of the universe. Nor is he a new age wimp, all spineless, smiley, and starry-eyed. He has embraced both his inner masculine and feminine, and he no longer holds onto either of them. He doesn't need to be right all the time, nor does he need to be always safe, cooperative, and sharing, like an androgynous Mr. Nice Guy. He simply lives from his deepest core, fearlessly giving his gifts, feeling through the fleeting moment into the openness of existence, totally committed to magnifying love.

To help illuminate the purpose of **The Way of the Superior Man**, I will draw on a few principles of sexuality and spiritual growth which are developed in my book **Intimate Communion**.

Until fairly recently, modern roles for men and women were fixed and separated. Men were supposed to go out and earn money. Women were supposed to stay home and take care of the kids. Men often manipulated their women through physical and financial dominance and threat. Women often manipulated their men through emotional and sexual strokes and stabs. The typical and extreme caricatures of this previous time are the macho jerk and the submissive housewife. If you are reading this book, you have probably outgrown this first stage of sexual identity. Or at least you can smile about it.

Next came (and is still coming) a stage in which men and women both sought to balance their inner masculine and feminine energies toward "50/50," becoming more like one another. For instance, in the United States in the 1960's, men began to emphasize their inner feminine. They learned to go with the flow. They let go of their rigid, one-dimensional masculine stance and embraced long hair, colorful clothes, nature, music, and a more carefree and sensual lifestyle, all means of embellishing or magnifying radiance, energy, and the abundant force of life--magnifying the feminine.

Meanwhile, many women were doing just the opposite. They were magnifying their inner masculine, which, at the level of human character, appears as direction, or clarity of purpose, and vision. Women gained financial and

political independence. They strengthened their careers, focused more on personal long term goals, went to school in increasing numbers for advanced degrees, and learned to be more assertive in their needs and desires.

Chances are, if you are reading this book, you are more balanced than your parents were. If you are a woman, you are probably more independent and assertive than your mother was. If you are a man, you are probably more emotionally expressive and open-minded than your father was. Or, at least such qualities seem acceptable to you, even if you don't express them yourself. Remember, not that many years ago, a man who got his hair styled or a woman who wore a business suit was often considered suspect.

It was a good thing, as time progressed, for men to embrace their inner feminine and women to embrace their inner masculine. They became less fragmented and more whole in the process. They became less dependent on each other: men could, indeed, change diapers, and women were completely capable of emptying the mouse traps. Macho men became more loose and feeling. Submissive housewives became more independent and directed. In terms of social roles, men and women became more similar. This was an improvement for everyone.

But this 50/50 stage is only a second and intermediate stage of growth for men and women, not an endpoint. Side effects of this trend toward sexual similarity can be seen as a major cause of today's unhappiness in intimacy. The trend toward 50/50 has resulted in

economic and social equality, but also in sexual neutrality. Bank accounts are balancing while passions are fizzling out. Men are less macho while sex and violence continue to increase on tv and in the movies. Women are more in control of their economic destiny while they go in increasing numbers to therapists and doctors to cope with stress related dis-ease. Why is this happening?

In my workshops and consultations I hear independent and successful women complaining that many of today's men have become "wimps," too weak and ambiguous to really trust. Sensitive and affectionate men are complaining that many of today's women have become "ballbusters," too hardened and emotionally guarded to fully embrace. Is this the ultimate expression of human sexual wisdom and evolution, or is there another step to take?

To answer these questions, we need to understand the nature of sexual passion and spiritual openness. Sexual attraction is based on sexual polarity, which is the force of passion that arcs between masculine and feminine poles. All natural forces flow between two poles. The north and south poles of the earth create a force of magnetism. The positive and negative poles of your electrical outlet or car battery create an electrical flow. In the same way, masculine and feminine poles between people create the flow of sexual feeling. This is sexual polarity.

This force of attraction, which flows between the two different poles of masculine and feminine, is the

dynamism that often disappears in modern relationships. If you want real passion, you need a ravisher and a ravishee; otherwise, you just have two buddies who decide to rub genitals in bed.

Each of us, man or woman, possesses both inner masculine and inner feminine qualities. Men can wear earrings, tenderly hug each other, and dance ecstatically in the woods. Women can change the oil in the car, accumulate political and financial power, and box in the ring. Men can take care of their children. Women can fight for their country. We have proven these things. Just about anyone can animate either masculine or feminine energy in any particular moment. (Although they still might have a strong preference to do one or the other, which we will get to in a moment.)

The bottom line of today's newly emerging 50/50, or "second stage," relationship is this: If men and women are clinging to a politically correct sameness even in moments of intimacy, then sexual attraction disappears. I don't mean just the desire for intercourse, but the juice of the entire relationship begins to dry up. The love may still be strong, the friendship may still be strong, but the sexual polarity fades, unless in moments of intimacy one partner is willing to play the masculine pole and one partner is willing to play the feminine. You have to animate the masculine and feminine differences if you want to play in the field of sexual passion.

This is true in homosexual as well as heterosexual relationships. Actually, the gay and lesbian community is acutely aware that sexual polarity is independent of

gender. But you still need two poles for a passionate play of sexuality to persist in a relationship: masculine and feminine, top and bottom, butch and femme--whatever you want to call these reciprocal poles of sexual play.

It is up to you: you can have a loving friendship between two similars, but you need a more masculine and a more feminine partner in the moments when you want strong sexual polarity.

It doesn't matter if both partners are men or both are women. It doesn't matter if, in a heterosexual relationship, the man plays the feminine pole and the woman plays the masculine pole. It doesn't matter if you change every day who plays the masculine pole and who plays the feminine pole. For sexual polarity, you need an energetic polarity, an attractive difference between masculine and feminine. **You don't need this difference for love, but you do need it for ongoing sexual passion.**

For some people who have what I call a more balanced sexual essence, sexual polarity doesn't really matter. They don't really want much passion in intimacy. They don't want a loving tussle full of sexual inspiration and innuendo. They would rather have a civilized friendship full of love and human sharing without the passionate ups and downs. And for these people, this book will be irrelevant, possibly even offensive.

This book is written specifically for people who have a more masculine sexual essence, and their lovers, who will have a more feminine sexual essence--since you

always attract your sexual reciprocal. These people can't help but be attracted into relationships based on difference, for better or for worse.

Your sexual essence is your sexual core. If you have a more masculine sexual essence, you would, of course, enjoy staying home and playing with the kids, but, deep down, you are driven by a sense of mission. You may not know your mission, but unless you discover this deep purpose and live it fully, your life will feel empty at its core, even if your intimate relationship and family life are full of love.

If you have a more feminine sexual essence, your professional life may be incredibly successful, but your core won't be fulfilled unless love is flowing fully in your family or intimate life.

The "mission" or the search for freedom is the priority of the masculine, whereas the search for love is the priority of the feminine. This is why people with masculine essences would rather watch a football game or boxing match on tv than a love story. Sports are all about achieving freedom, such as by breaking free of your opponent's tackle or barrage of punches, and about succeeding at your mission, by carrying the ball into the end zone or remaining standing after 10 rounds. For the masculine, mission, competition, and putting it all on the line (indeed, facing death), are all forms of ecstasy. Witness the masculine popularity of war stories, dangerous heroism, and sports playoffs.

But, for the feminine, the search for love touches the core. Whether on soap operas, in love stories, or talking with friends about relationships, the desire for love is what appears in feminine forms of entertainment.

The feminine wants to be filled with love, and if the bliss of real love is not forthcoming, chocolate and ice cream--or a good romantic drama--will do. The masculine wants to feel the bliss of a life lived at the edge, and if he doesn't have the balls to do it himself, he'll watch it on tv, in sporting events and cop shows.

Even happy and fulfilled men and women find it enjoyable to watch sports and eat ice cream, of course. I am just trying to make a point: even though all people have both masculine and feminine qualities that they could use in any moment--to kick corporate ass or nurture children, for instance--most men and women also have a more masculine or feminine core. And this shows up in their regularly chosen entertainments, as much as in their preferred sexual play.

Think about it. Would you rather that your sexual partner was physically stronger than you, or would you prefer to feel your lover's physical vulnerability? Which would turn you on more, to pin your partner on the bed below you or to be pinned below your partner? To be swept off your feet by a sensitive and strong lover or to feel your lover surrender, swooning in your arms? You may want both at different times, but most often which turns you on more?

Or, does each of these alternatives turn you on just the same? That is, are you just as turned on by a sexual

partner who is physically weaker than you as by one who is stronger, or exactly the same strength?

Most people, about 90% in my experience, seem to have a definite preference. They definitely either prefer that their partner kills the cockroach crawling toward them, or they're fine with doing the crunchy job themselves, perhaps with sporting fervor. Most people clearly favor watching a romantic love story on tv to a bloody boxing match, or vice versa. They might be able to enjoy both at times, but their core becomes more emotionally involved in one or the other. If you have ever seen a group of masculine people watching a Super Bowl game, you know just how emotional the masculine core becomes while beholding a good mission of people living at their edge and giving their gifts--or getting slaughtered for failing.

So, about 90% of people have either a more masculine or a more feminine sexual essence. Passionately, lovingly, and fiercely, they would like to be ravished by, or to ravish, their intimate partner, at least some of the time, in addition to having a loving friendship. This holds true for homosexual and heterosexual people alike.

About 10% of people, men and women, heterosexual and homosexual, have a more balanced essence. Boxing matches and love stories equally make them emotional, or not. It doesn't really matter to them whether their lover is physically stronger or more vulnerable than them. Sexual polarity just isn't that important to them in relationships anyway.

Regardless of gender or sexual orientation, if you want to experience deep spiritual and sexual fulfillment, you must know your natural sexual essence--masculine, feminine, or balanced--and live true to it. You can't deny your true sexual essence by covering it with layers of false energy for years and then expect to know your authentic purpose and be free in the flow of love. This book is a guide to shedding pretense and living true to your core, specifically for people who have a masculine sexual essence and their feminine essenced lovers who have to deal with them.

In a well-intentioned effort to provide equal opportunity and rights for men and women, many people are inadvertently squashing their true sexual essence. They don't have to; it's certainly possible to provide equality while also living true to your masculine or feminine core. But most people don't. So they suffer.

Most people are forgetting that the sameness that works in the office does not work in intimacy for about 90% of couples: those couples composed of partners with masculine and feminine essences rather than balanced essences. If sexual passion is to flow in these polarized intimacies, masculine and feminine differences should be magnified, not diminished, in moments of intimacy. When these polarities are lessened due to family and work obligations, sexual attraction is diminished, along with spiritual depth and physical health.

Stressing your masculine or feminine essence into a falsely balanced persona affects virtually every part of you. Many people with true feminine essences manifest a

whole range of disturbed physiological symptoms as their feminine energy "dries up" due to running excess masculine energy through their body, year after year, in order to fit into the masculine style of work. And many people with masculine essences, seeking to fit in with the feminine style of cooperation and energy flow, disconnect from their sense of life purpose and inhibit their deep truth, afraid of the consequences of being authentic to their own masculine core. Hence, the frequent complaints about too many ballbusters and wimps.

Furthermore, when you deny your true core you deny the possibility of true and real love. Love is openness, through and through. And true spirituality is the practice of love, the practice of openness. A person who denies their own essence and hides their true desires is divided and unable to relax into the full openness of love. Their spirit becomes cramped and kinked. Unable to feel the natural ease and unconstrained power of their own core, they feel threatened and frightened. This fear is the texture of their inability to open fully in love. Such a person is spiritually handicapped, obstructed at heart, even though they may have achieved a safe relationship and a successful career.

So, as a culture, we have advanced in terms of personal freedom, sexual equality, and social rights, but we have remained spiritually thwarted and afraid. For the sake of individual autonomy and social fairness, with only good intentions in mind, we have erroneously begun to deny, smooth out, and neutralize our masculine and feminine differences. In doing so, people often end up denying their deepest core desires, which are rooted in their true

sexual essence. A lot of people today **think** they have a balanced sexual essence, but in most cases they are actually suppressing the natural desires which spring from their real masculine or feminine core.

It is important to admit what is real if you are going to really deal with your life. **The Way of the Superior Man** focuses on many of these issues which we often sidestep or deny. For example, if you truly have a balanced sexual essence, then you are just not that sexually distracted by anyone. But if you are, for instance, a heterosexual man with a true masculine sexual essence, then you will be more or less constantly sexually attracted to feminine women you see all day, at the workplace and on the street. To married women as well as teenage girls. As long as they shine the feminine light, you will feel the pull. How do you turn this potential sexual problem into a spiritual gift?

If you have a masculine sexual essence then you would probably admit, if you were being brutally honest, that your intimate relationship is just not as important to you as the "mission" in your life--but you still want a full and energetic intimate relationship, perhaps quite badly. How do you deal with this often misunderstood dilemma?

To answer questions such as these as clearly as possible, I have chosen to write this book as if speaking to the most common case of a masculine sexual essence: a heterosexual man with a masculine sexual essence. As I've said, there are many other possible arrangements of gender, essence, and sexual preference. You could, for instance, be a heterosexual

woman with a masculine essence married to a man with a feminine essence, or a homosexual man with a masculine essence married to a man with a feminine essence, and the principles in this book would still apply to you. But I trust the reader to make the appropriate adjustment in wording for his or her own unique case if it is different from this most common one.

I suppose the book could have been called, "The Way of the Superior Person With a Masculine Essence," but the whole thing would become unwieldy if I tried to unfold every possible permutation of "he" and "she" and "masculine sexual essence" and "balanced sexual essence" and "feminine sexual essence" in every possible heterosexual, bisexual and homosexual relationship. In the end, I opted for simplicity. You can add the permutations yourself. If you or your partner has a masculine sexual essence--regardless of anatomy, gender, or sexual preference--this book will help you clarify your life and enable you to give your deepest gifts, personally and at work, sexually and spiritually.

The Way of the Superior Man is a book written explicitly for people who have already achieved respect for other genders and sexual preferences, and who consider men and women to be social, economic, and political equals. Now, we are ready to move to the next stage, grounded in this mutual respect and equality, but celebrating the sexual and spiritual passions inherent in the masculine/feminine polarity.

It is time to evolve beyond the macho jerk ideal, all spine and no heart. It is also time to evolve beyond the

sensitive and caring wimp ideal, all heart and no spine. Heart and spine must be united in a single man, and then gone beyond in the fullest expression of love and consciousness possible, which requires a deep relaxation into the infinite openness of this present moment. And this takes a new kind of guts. **This is the Way of the Superior Man.**

Part One

A Man's Way

1 Stop Hoping for a Completion of Anything in Life

Most men make the error of thinking that one day it will be done. They think, "If I can work enough, then one day I could rest." Or, "One day my woman will understand something and then she will stop complaining." Or, "I'm only doing this now so that one day I can do what I really want with my life." The masculine error is to think that eventually things will be different in some fundamental way. They won't. It never ends. As long as life continues, the creative challenge is to tussle, play, and make love with the present moment while giving your unique gift.

It's never going to be over, so stop waiting for the good stuff. As of now, spend a minimum of one hour a day doing whatever you are waiting to do until your finances are more secure, or until the children have grown and left home, or until you have finished your obligations and you feel free to do what you really want to do. Don't wait any longer. Don't believe in the myth of "one day when everything will be different." Do what you love to do, what you are waiting to do, what you've been born to do, now.

Spend at least one hour a day doing whatever you simply love to do--what you deeply feel you need to do, in your heart--in spite of the daily duties that seem to constrain

you. However, be forewarned: you may discover that you don't, or can't, do it; that, in fact, your fantasy of your future life is simply a fantasy.

Most postponements are excuses for a lack of creative discipline. Limited money and family obligations have never stopped a man who really wanted to do something, although they provide excuses for a man who is not really up to the creative challenge in the first place. Find out today whether you are willing to do what it takes to give your gift fully. As a first step, spend at least an hour today giving your fullest gift, whatever that is for today, so that when you go to sleep at night you know you couldn't have lived your day with more courage, creativity, and giving.

In addition to the myth that one day your life will be fundamentally different, you may believe, and hope, that one day your woman will be fundamentally different. Don't wait. Assume she's going to be however she is, forever. If your woman's behavior or mood is truly intolerable to you, you should leave her, and don't look back (since you cannot change her). However, if you find her behavior or mood is merely distasteful or a hassle, realize that she will always seem this way: The feminine always seems chaotic and complicated from the perspective of the masculine.

The next time you notice yourself trying to fix your woman so that she will no longer _____ (fill in the blank), relax and give her love by touching her and telling her that you love her when she is this way (whatever you filled in the blank with). Embrace her, or wrestle with her,

or scream and yell for the heck of it, but make no effort to bring an end to that which pisses you off. Practice love instead of trying to bring an end to the quality that bothers you. You can't escape the tussle with the feminine. Learn to find humor in the unending emotional drama the feminine seems to enjoy so much. The love that you magnify may realign her behavior, but your effort to fix her and your frustration never will.

The world and your woman will always present you with unforeseen challenges. You are either living fully, giving your gift in the midst of those challenges, even today, or you are waiting for an imaginary future which will never come. Men who have lived significant lives are men who never waited: not for money, security, ease, or women. Feel what you want to give most as a gift, to your woman and to the world, and do what you can to give it today. Every moment waited is a moment wasted, and each wasted moment degrades your clarity of purpose.

2 Live With an Open Heart Even If It Hurts

Closing down in the midst of pain is a denial of a man's true nature. A superior man is free in feeling and action, even amidst great pain and hurt. If necessary, a man should lie with a hurting heart rather than a closed one. He should learn to stay in the wound of pain and act with spontaneous skill and love even from that place.

Imagine failing at a major project, lying to your woman and getting caught, or overhearing her joke about your shortcomings in bed. How do you react with your body, breath and eyes? Notice if you react to a person or situation that hurts you by withdrawing, hiding or closing in on yourself. Notice if there are times when you find it difficult to look into someone's eyes, or times you're your chest and solar plexus become tense and contracted. These are signs of an unskillful reaction to hurt. Contracted and closed in on yourself, you are unable to act. You are trapped in your own self-protective tension, no longer a free man.

The superior man practices opening during these times of automatic closure. Open the front of your body so your chest and solar plexus are not tense. Sit or stand up straight and full, opening the front of your body, softening your chest and belly, wide and free. Breathe down through your chest and solar plexus, deep into your belly.

Look directly into the eyes of whomever you are with, feeling your own pain as well as feeling the other person. Only when the front of your body is relaxed and opened, your breathe full and deep, and your gaze unguarded and directly connected with another person's eyes, can your fullest intelligence manifest spontaneously in the situation. To act as a superior man, a samurai of relationship, you must feel the entire situation with your whole body. A closed body is unable to sense subtle cues and signals, and therefore unable to act with mastery in the situation.

3 Live As If Your Father Were Dead

A man must love his father and yet be free of his father's expectations and criticisms in order to be a free man.

Imagine that your father has died, or remember when he did die. Are there any feelings of relief associated with his death? Now that he is dead, is any part of you happy that you need not live up to his expectations or suffer his criticisms?

How would you have lived your life differently if you had never tried to please your father? If you never tried to show your father that you were worthy? If you never felt burdened by your father's critical eye?

For the next three days, do at least one activity a day that you have avoided or suppressed because of the influence of your father. In this way, practice being free of his subtle expectations, which may now reside within your own self-judgment. Practice being free in this way, once each day for three days, even if you still feel fearful, limited, unworthy, or burdened by your father's expectations

4 Know Your Real Edge and Don't Fake It

It is honorable for a man to admit his fears, resistance, and edge of practice. It is simply true that each man has his limit, his capacity for growth, and his destiny. But it is dishonorable for him to lie to himself or others about his real place. He shouldn't pretend he is more enlightened than he is-- nor should he stop short of his actual edge. The more a man is playing his real edge, the more valuable he is as good company for other men, the more he can be trusted to be authentic and fully present. Where a man's edge is located is less important than whether he is actually living his edge in truth, rather than being lazy or deluded.

Pick an area of your life, perhaps your intimate relationship, your career, your relationship with your children, or your spiritual practice. For instance, you are currently doing something to earn a living. Where do your fears stop you from making a larger contribution to mankind, from earning a higher income, or from earning money in a more creative and enjoyable way? If you were absolutely fearless, would you be earning a living in exactly the same way as you are now? Your edge is where you stop short, or where you compromise your fullest gift, and, instead, cater to your fears.

Have you lost touch with the fears that are limiting and shaping your income and style of livelihood? If you have deluded yourself and feel that you are not afraid, then you are lying to yourself. All men are afraid, unless they are perfectly free. If you cannot admit this, you are pretending to yourself, and to others. Your friends will feel your fear, even if you do not. Thus, they will lose trust in you, knowing you are deluding yourself, lying to yourself, and are therefore likely to lie to them, consciously or unconsciously.

Or, perhaps you are very aware of your fears: your fear to take risks, your fear of failing, or your fear of succeeding. Perhaps you are comfortable with your life, and you fear the lifestyle change that might accompany a change in career, even though the new career will be closer to what you really want to do with your life. Some men fear the feeling of fear and therefore don't even approach their edge. They choose a job they know they can do well and easily, and don't even approach the fullest giving of their gift. Their lives are relatively secure and comfortable, but dead. They lack the aliveness, the depth, and the inspirational energy that is the sign of a man living at his edge. If you are this kind of man who is hanging back, working hard perhaps, but not at your real edge, other men will not be able to trust that you can and will help them live at their edge and give their fullest gift.

As an experiment, describe your edge with respect to your career out loud to yourself. Say something like, "I know I could be earning more money, but I am too lazy to put in the extra hours it would take. I know that I could give more of my true gift, but I am afraid that I may not

succeed, and then I will be a penniless failure. I've spent 15 years developing my career, and I'm afraid to let go of it and start fresh, even though I know that I spend most of my life doing things I have no real interest in doing. I could be making money in more creative ways, but I spend too much time watching tv rather than being creative."

Honor your edge. Honor your choices. Be honest with yourself about them. Be honest with your friends about them. A fearful man who knows he is fearful is far more trustable than a fearful man who isn't aware of his fear. And a fearful man who still leans into his fear, living at his edge and putting his gift out from there, is more trustworthy and more inspirational than a fearful man who hangs back in the comfort zone, unwilling to even experience his fear on a day to day level. A free man is free to acknowledge his fears, without hiding them, or hiding from them. Live with your lips pressed against your fears, kissing your fears, neither pulling back nor aggressively violating them.

5 Always Hold To Your Deepest Realization

Eternity must be a man's home, moment by moment. Without it, he is lost, always striving, grasping at puffs of smoke. A man must do anything necessary to glimpse, and then stabilize, this ever-fresh realization, and organize his life around it.

Make your life an ongoing process of being who you are, at your deepest, most easeful levels of being. Everything other than this process is secondary. Your job, your children, your wife, your money, your artistic creations, your pleasures – they are all superficial and empty, if they are not floating in the deep sea of your conscious loving. How many hours today was your attention focused in the realm of changes – on events, people, thoughts, and experiences – and how often was your attention relaxed into its source? Where is your attention right now? Can you feel its source? Even for a moment, can you feel that which makes attention conscious and aware? Can you feel the deepest nature of attention? What happens when you simply, effortlessly, allow attention to subside into its source?

This source is never changing and always present. It is the constant, silent tone behind and pervading the music of life. Feel into this source as deeply as possible, and then re-approach your work, intimacy, family and creative

efforts. When you make money, make money from this source. Find out what happens to the details of your life when you live more consistently from this source.

Use aids to support your relaxation into, and creation from, this source. Read books that remind you of who you are, in truth. Spend time with people who inspire and reflect the source to you. Meditate, contemplate, or pray daily so that you steep yourself in the source.

If you are like most men, you have strong habits that rivet your attention to the events and tasks of the day. Days and nights fly by for years, and life slips through your fingers, your attention absorbed in the seeming world of necessary responsibilities. But all of it is empty if we do not live our responsibilities as expressions of our depth of being, and heart-truth.

Know eternity. Do whatever it takes. And from this depth of being, live the details of your life. But if you postpone the process of submerging yourself in the source for the sake of taking care of business first, your life will be spent in hours and days of business, and then it will be gone. Only if you are well grounded in that which is larger than life will you be able to play life with humor, knowing that each task is a mirage of necessity.

Even if you find yourself in some trivial moment, watching tv or cleaning up a mess in the kitchen, feel the truth of who you are. Feel the boundless cognizance in which each instant seems and vanishes. All moments are the same intensity of clarity, completeness, and humour

when you meet each moment with your deepest realization. Nothing that has ever happened has made any difference to the One who you are.

6 Never Change Your Mind Just to Please a Woman

If a woman suggests something that changes a man's perspective, then he should make a new decision based on his new perspective. But he should never betray his own deepest knowledge and intuition in order to please his woman or "go along" with her. Both she and he will be weakened by such an action. They will grow to resent each other, and the crust of accumulated inauthenticity will burden their love, as well as their capacity for free action.

You should always listen to your woman, and then make your own decision. If you choose to go with your woman's suggestion even when deep in your heart you feel that another decision is more wise, you are, in effect, saying, "I don't trust my own wisdom." You are weakening yourself by telling yourself this. You are weakening your woman's trust in you: why should she trust your wisdom if you don't?

When you deny your deep truth to please your woman, everyone will feel your lack of authenticity. They will sense that your false smile hides an inner division. Your friends, children, and business colleagues may love you, but they won't trust you, since you don't trust your own core intent. And, more importantly, your own sense of

inauthenticity will burden your capacity to act with clarity. Your actions won't jibe with your core.

However, if you listen to your woman, taking everything she says into account and making your own best decision, then you are acting in accordance with your core. You are saying, in effect, "My deepest wisdom is leading me to this decision. If I am wrong, I will learn from it, and my wisdom will have deepened. I'm willing to be wrong, and grow from it. I trust this process of acting from my deepest wisdom."

This attitude of self-trust engenders others' trust in you. You may be wrong, but you are willing to find out, and thus grow from the experience. You are open to listening to others, but in the end, you will take the responsibility for making your own decision. There is nobody else to blame.

However, if you give up your real decision to follow your woman's, then you will blame her for being wrong if she is wrong, and you will feel disempowered if she is right, having denied yourself the opportunity to act from your core and grow from your mistakes. Be open to changing your feeling based on whatever your woman might reveal to you--through her words or her body language--and then make your own decision, based on your deepest intuitive wisdom and knowledge. You may make the right decision or the wrong one, but whatever happens, it is your best shot, and you will strengthen your capacity for future action.

7 Your Purpose Must Come Before Your Relationship

Every man knows that his highest purpose in life cannot be reduced to any particular relationship. If a man prioritizes his relationship over his highest purpose, he weakens himself, disserves the universe, and cheats his woman of an authentic man who can offer her full, undivided presence.

Admit to yourself that if you had to choose one or the other, the perfect intimate relationship or achieving your highest purpose in life, you would choose to succeed at your purpose. Just this self-knowledge often relieves much pressure a man feels to prioritize his relationship when, in fact, it is not his highest priority.

Your mission is your priority. Unless you know your mission and have aligned your life to it, your core will feel empty. Your presence in the world will be weakened, as will your presence with your intimate partner. The next time you notice yourself "giving in" to your woman, postponing your mission and denying your true purpose in order to spend time with her, stop. Tell your woman that you love her, but you cannot deny your heart's purpose. Tell her that you will spend 30 minutes (or some specific time) with her in absolute attention and total presence, but then you must return to carry on your mission.

Your woman will be more fulfilled with 30 minutes a day of undivided attention and ravishing love than she will with a few hours of your weak and divided presence when your heart really isn't into it. Time you spend with your woman should be time you really want to be with her more than anything else. If you'd rather be doing something else, she'll feel it. Both of you will be dissatisfied.

8 Lean Just Beyond Your Edge

In any given moment, a man's growth is optimized if he leans just beyond his edge, his capacity, his fear. He should not be too lazy, happily stagnating in the zone of security and comfort. Nor should he push far beyond his edge, stressing himself unnecessarily, unable to metabolize his experience. He should lean just slightly beyond the edge of fear and discomfort. Constantly. In everything he does.

Once you are honest with yourself about your real edge, it is best to lean just beyond it. Very few men have the guts for this practice. Most men either settle for the easy path or self-aggrandize themselves by taking the extreme hard path. Your insecurity may cause you to doubt yourself, and so you take the easy way, not even approaching your real edge or your real gift. Alternatively, your insecurity may lead you to push, push, push, seeking to become victorious over your own sense of lack.

Both approaches avoid your actual condition in the moment, which is often fear. If you are stressfully avoiding your fear, you cannot relax into the fearless.

Your fear is the sharpest definition of your self. You should know it. You should feel it virtually constantly.

Fear needs to become your friend, so that you are no longer uncomfortable with it. Rather, primary fear shows you that you are at your edge. Staying with the fear, staying at your edge, allows real transformation to occur. Neither lazy nor aggressive, playing your edge allows you to perceive the moment with the least amount of distortion. You are willing to be with what is, rather than trying to escape it by pulling back from it, or trying to escape it by pushing beyond it into some future goal.

Fear of fear may lead you to hang back, living a lesser life than you are capable. Fear of fear may lead you to push ahead, living a false life, off center, tense and missing the moment. But the capacity to feel this moment, including your fear, without trying to escape it, creates a state of alive and humble spontaneity. You are ready for the unknown as it unfolds, since you are not pulled back or pushed forward from the horizon of the moment. You are hanging right over the edge.

By leaning just beyond your fear, you challenge your limits compassionately, without trying to escape the feeling of fear itself. You step beyond the solid ground of security with an open heart. You stand in the space of unknowingness, raw and awake. Here, the gravity of deep being will attend you to the only place where fear is obsolete: the eternal free fall of home. Where you always are.

Own your fear, and lean just beyond it. In every aspect of your life. Starting now.

9 Do It For Love

The way a man penetrates the world should be the same way he penetrates his woman: not merely for personal gain or pleasure, but to magnify love, openness, and depth.

The next time you embrace your woman sexually, feel your ultimate desire. Your deepest desire in life. Feel why you are doing anything at all in life, and, specifically, why you are uniting with your lover. There may be many lesser reasons, but what is your deepest, ultimate reason?

Most men's ultimate reason for doing anything has to do with discovering their deepest truth, enjoying total freedom and love, and giving their fullest gifts.

Yet, many men settle for enjoying a little bit of freedom and love while incompletely giving their gifts. They enjoy the freedom to buy a nice car, to have loving sex fairly often, and to sleep late on Sunday. They generously donate their spare cash to a good cause, lovingly buy their woman a diamond ring, and happily coach a little league team. These are enjoyable freedoms and real gifts that make a significant difference in people's lives. But, for many men, it is still not enough.

The freedom or love they have achieved and the way they have given their gifts often leave a sense of incompleteness. Something is still lacking. There is still a desire to go beyond, to untrap themselves, to enjoy life free of a subtle sense of constraint, loneliness, underlying

tension, and fear. And, for many men, try as they might, the sense remains that their fullest gift remains ungiven. Their life feels somewhat false at its core, as does their sexing.

When a man gives his true gift of sex to his woman, he penetrates and blooms her beyond all limits into love. It is the same with the world. To bloom woman and world for real takes authenticity, persistence, and courage of heart. A man must know the truth at his core and be willing to give his gifts fully. No holding back. He must be willing to dedicate his sex and his life to magnifying love by penetrating woman and world with his true gifts. This willingness is rare.

Many men are willing to poke their woman and bloom her in a mediocre way, sharing a few orgasms and a few emotional moments of bonding before going over tomorrow's schedule. Many men are willing to poke the world and bloom it in a mediocre way, making a few bucks and contributing enough betterment so they don't feel like their life is a total waste.

But very few men are willing to do the deed for real, to use everything they've got to liberate their woman and the world into the deepest possible truth, love, and openness. Few men are willing to give their deepest genius, their true endowment, the poetry of their very being, with every thrust of sex and life. Most men are limpened with doubts and uncertainties. Or they hold back their true drive because of fear. So they diddle their woman and the world just enough to extract the pleasure

and comfort they need to assuage their nagging sense of falsity and incompleteness.

But if you are willing to discover and embrace your truth, lean through your fears, and give everything you've got, you can penetrate the world and your woman from the core of your being and bloom them into love without limit. You can ravish your woman so deeply that her surrender breaks your heart into light. You can press yourself into the world with such enduring love that the world opens and receives your deepest gifts.

There is no essential difference between entering your woman's feminine heart and entering fully into the world. Both forms of intercourse, sexual and worldly, require sensitivity, spontaneity, and a strong connection to deep truth in order to penetrate chaos and closure in a way that love prevails.

Neither woman nor world are predictable. They will often seem to resist your gifts and test your capacity to persist. And, just as surely, they will tenderly respond to the authenticity of your relaxed ministrations, the freedom expressed in your humor, and the invasion of your adamant love. They will open in love and receive you fully--only to resist and test you again, moments or days later. Neither woman nor world can be second-guessed, or fooled. They know when you are just dicking around. They want to receive you for real.

There are two ways to deal with woman and world without compromising your true gifts or dribbling away the force of your deep being. One way is to renounce sexual

intimacy and worldliness, totally dedicating yourself without distraction or compromise to the path you choose to pursue, free of the seemingly constant demands of woman and world.

The other way is to "fuck" both to smithereens, to ravish them with your love unsheathed, to give your true gifts despite the constant tussle of woman and world, to smelt your authentic gifts in this friction of opposition and surrender, to thrust love from the freedom of your deep being even as your body and mind die blissfully through a crucifixion of inevitable pleasure and pain, attraction and repulsion, gain and loss. No gifts left ungiven. No limit to the depth of being. Only openness, freedom, and love as the legacy of your intercourse with woman and world.

If you are going to tryst with women and world at all, better to go all the way and ravish them from the depths of your true core, blooming them open with the wide gifts of your unrelenting heart. Otherwise, if you sheepishly penetrate them to gratify your own needs, your woman and the world will feel your lack of dedication, depth, and truth. Rather than yielding in love to your loving, they will distract you, suck your energy, and draw you into endless complications, so that your life and relationship become an almost constant search for release from constraint.

You can be a renunciate and live alone, apart from woman and world. But if you choose a life of sexual and worldly intercourse, you will feel trapped by woman and world unless you are free in the midst of "true fuck," yielding yourself into the giving, holding nothing back,

dissolving all time in the open of love. Through thick and thin, this is the way of the superior man.

10 *Enjoy Your Friend's Criticism*

A man's capacity to receive another man's direct criticism is a measure of his capacity to receive masculine energy. If he doesn't have a good relationship to masculine energy (e.g., his father), then he will act like a woman and be hurt or defensive rather than make use of other men's criticism.

About once a week, you should sit down with your closest men friends and discuss what you are doing in your life and what you are afraid of doing. The conversation should be short and simple. You should state where you are at. Then, your friends should give you a behavioral experiment, something you can do that will reveal something to you, or grant more freedom in your life.

"I want to have an affair with Denise, but I don't want to hurt my wife. I'm afraid of her finding out," you might say.

"You've been talking about Denise now for six months. You are wasting your life energy on this fantasy. You should either have sex with her by tomorrow night, or drop the whole thing and never talk about it again," your friends might say, challenging your hesitation and mediocrity.

"Ok. I know I'm not going to do it. I see now that I am too afraid of ruining my marriage to have an affair with

Denise. My marriage is more important than my desire for Denise. I'll drop it and refocus on the priorities in my life. Thanks."

Your close men friends should be willing to challenge your mediocrity by suggesting a concrete action you can perform that will pop you out of your rut, one way or the other. And you must be willing to offer them your brutal honesty, in the same way, if you are all to grow. Good friends should not tolerate mediocrity in one another. If you are at your edge, your men friends should respect that, but not let you off the hook. They should honor your fears, and, in love, continue to goad you beyond them, without pushing you.

If you merely want support from your men friends without challenge, it bespeaks an unresolved issue you may have with your father, whether he is alive or dead. The father force is the force of loving challenge and guidance. Without this masculine force in your life, your direction becomes unchecked, and you are liable to meander in the mush of your own ambiguity and indecision. Your close men friends can provide the stark light of love--uncompromised by a fearful Mr. Nice act--by which you can see the direction you really want to go.

Choose men friends who themselves are living at their edge, facing their fears and living just beyond them. Men of this kind can love you without protecting you from the necessary confrontation with reality that your life involves. You should be able to trust that these friends will tell you about your life as they see it, offer you a specific action which will shed light on your own position, and give you

the support necessary to live in the freedom just beyond your edge, which is not always, or even usually, comfortable.