

*HOW TO BE A
SUPERIOR MAN*

*A SPIRITUAL GUIDE TO MASTERING
THE CHALLENGES OF WOMEN
WORK AND SEXUAL DESIRE*



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This is my summary of **David Deida's** book,
THE WAY OF THE SUPERIOR MAN,
which can be zipped in these words:

*Live completely.
Know your deepest purpose.
Give the gift you were born to give.
Enjoy sex as a cosmic portal into love's wonders.
Serve your friends so they may grow.
And, through the inevitable cycles of breathtaking success
and gut wrenching despair, when you have mastered and outgrown
the challenges of women, work, and sexual desire, be willing
to forget you were ever born.
Stop waiting.
Feel everything.
Love achingly.
Give impeccably.
Let go.*

The art works are by **Steven Kenny**.



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.

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 live 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.



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. 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?

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.

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.



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.

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.

8. Lean Just Beyond Your Edge

At 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.



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.

10. Enjoy Your Friends' 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 with 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.

11. If You Don't Know Your Purpose, Discover It, Now

Without a conscious life-purpose a man is totally lost, drifting, adapting to events rather than creating events. Without knowing his life-purpose a man lives a weakened, impotent existence, perhaps eventually becoming even sexually impotent, or prone to mechanical and disinterested sex.

Everything in your life, from your diet to your career, must be aligned with your purpose if you are to act with coherence and integrity in the world. Disconnected from your purpose and your core, your work will be just a job, and you will feel empty and weak inside. This empty feeling will undermine not only your "erection" in the world, but your erection with your woman, too.



12. Be Willing to Change Everything in Your Life

A man must be prepared to give 100% to his purpose, fulfill his karma or dissolve it, and then let go of that specific form of living. He must be capable of not knowing what to do with his life, entering a period of unknowingness and waiting for a vision or a new form of purpose to emerge. These cycles of strong specific action followed by periods of not knowing what the hell is going on are natural for a man who is shedding layers of karma in his relaxation into the truth.

13. Don't Use Your Family as an Excuse

If a man never discovers his deepest purpose, or if he permanently compromises it and uses his family as an excuse for doing so, then his core becomes weakened and he loses depth and presence. His woman loses trust and sexual polarity with him, even though he may be putting much energy into parenting their children and doing the housework. A man should, of course, be a full participant in caring for children and the household. But if he gives up his deepest purpose to do so, ultimately everyone will suffer.

14. Don't Get Lost in Tasks and Duties

Whatever the specifics of a man's purpose, he must always refresh the transcendental element of his life through regular meditation and retreat. A man should never get lost in the details of his life and forget that, ultimately and in truth, life amounts to nothing other than what is the deepest truth of his present moment. Tasks don't get a man anywhere more conscious or free than he is capable of being in this present moment.

Tasks are important, but no amount of duties adds up to love, freedom, or full consciousness. When you do your tasks right away, they liberate your life energy so that you can attend to what really matters - the investigation, realization, and embodiment of true freedom. If, in this very moment, your tasks are not supporting your deepest truth, you must drop them or change them so that they do. Otherwise, you are wasting your life.



15. Stop Hoping for Your Woman to Get Easier

A woman often seems to test her man's capacity to remain unperturbed in his truth and purpose. She unconsciously tests him to feel his freedom and depth of love, to know that he is trustable. Her tests may come in the form of complaining, challenging him, or even undermining his purpose in a subtle or not so subtle way. A man should never think his woman's testing is going to end and his life will get easier. Rather, he should appreciate that she does these things to feel his strength, integrity, and openness. Her desire is for his deepest truth and love.

As he grows, so will her testing. Why is she behaving this way? Because she simply wants to deflate your success? No. She is challenging you because your success doesn't mean jack shit to her, unless you are free and loving. And if you are free and loving, nothing she says can collapse you. She wants to feel that you are uncollapsible, so she pokes you in your weak spot. If you remain full and strong, humorous and happy, your truth unperturbed by her testing, then you pass the test.

PART TWO DEALING WITH WOMEN

16. Women Are Not Liars

“Keeping your word” is a masculine trait, in men or women. A person with a feminine essence may not keep her word, yet it is not exactly “lying.” In the feminine reality, words and facts take a second place to emotions and the shifting moods of relationship. When she says, “I hate you,” or “I’ll never move to Cape Town,” or “I don’t want to go to the movies,” it is often more a reflection of a transient feeling-wave than a well considered stance with respect to events and experience. On the other hand, the masculine means what it says.

A man’s word is his honor. The feminine says what it feels. A woman’s word is her true expression in the moment. Don’t believe the literal content of what your woman says unless love is flowing deeply and fully in the moment when she says it. Never base your plans on what a woman says she wants to do, unless she is in the full flow of love when she says it. And then, expect her to change her mind at any moment when her feelings change. Try to differentiate between your woman’s shifting moods and her sensitive wisdom.



17. Praise Her

The masculine grows by challenge, but the feminine grows by praise. A man must be unabashed and expressive in his appreciation for his woman. Praise her freely. Telling her, “I love the shape of your body,” will be a much greater incentive for her to exercise than telling her, “I hope you don’t gain more weight.” Praise is literal food for feminine qualities. If you want your woman to grow in her radiance, health, happiness, love, beauty, power, and depth, praise these qualities. Praise them daily, a number of times. It is a very difficult practice for most men to learn, but you must learn to praise the very qualities you feel are not praiseworthy in order for them to become so.

In other words, praise the tiny quality that you want to grow. If you know that your woman will be healthier if she exercised more, don’t tell her that. It will feel like an insult to her, a rejection of her the way she is. Instead, tell her how sexy she is when she sweats in her leotards. Tell her how much it turns you on when she moves her body. Whatever parts of her body you like, tell her, frequently. Praise works. Information doesn’t. Praise motivates. Challenge doesn’t. Praise specific things you love about your woman 5 to 10 times a day. Find out what happens.

18. Tolerating Her Leads to Resenting Her

A man gets resentful and frustrated with his woman when he is too afraid, weak, or unskilled to penetrate her moods and tests into love. He wishes she were easier to deal with. But it is not entirely her fault that she is bitchy and complaining. It is also a reflection of her lack of being penetrated with love. When a man resigns, and simply tolerates his woman's self-destructive moods, it is a sign of his weakness. His attitude becomes one of wanting to escape women and the world, rather than wanting to serve women and the world into love.

If you are like most men, you probably end up feeling burdened by your woman's moods. You feel your woman is a pain in the ass. You wish your woman would leave you alone and take care of herself. Eventually you feel worn down, frustrated. You end up simply tolerating your woman's moods, while resentment builds up inside you. You wonder, what's her problem? Why can't she just be happy? The sooner you learn to embrace and dance with these moods of closure, the sooner both of you will grow beyond psychodrama and see the humor of the play.

A man shouldn't tolerate bitchy and complaining moodiness in his woman, but he should serve her and love her with every ounce of his skill and perseverance. Be passionate, fearless, loving, and humorous with her through the cycles of her openness and closure. Then, if she cannot or will not open in love, he might decide to end his relationship with her, harboring no anger or resentment, because he knows he has done everything he could.



19. Don't Analyze Your Woman

The feminine's moods and opinions are like weather patterns. They are constantly changing, severe and gentle, and they have no single source. No analysis will work. There is no linear chain of cause and effect that can lead to the kernel of the "problem." There is no problem, only a storm, a breeze, a sudden change in weather. And the bases of these storms are the high and low pressure systems of love. When a woman feels love flowing deeply, her mood can instantly evaporate into joy, regardless of the supposed reason for the mood.

20. Don't Suggest That a Woman Fix Her Own Emotional Problem

Asking a woman to analyze or try to fix her own emotions is a negation of her feminine core, which is pure energy in motion, like the ocean. She can learn to surrender her mood to God, she can learn to open her heart in the midst of closure, she can learn to relax her edges and trust love, but she will never “fix” anything by analyzing her “problem.”



21. Stay With Her Intensity - To a Point

When a woman gets emotionally intense, a mediocre man tries to calm her down and discuss it, or leave and come back later when she is “sane.” A superior man penetrates her mood with imperturbable love and unwavering presence. Learn how to be free and loving in the chaos of your woman’s emotions. Like wrestling with a steer or surfing ocean waves, mastery involves blending with your woman’s powerful energy and feeling the rise and fall of the moment, without lapsing in presence for a moment. If she still refuses to live more fully in love, after a time, you might let her go.

22. Don't Force the Feminine to Make Decisions

A man abandons responsibility by expecting that his woman will always make her own decisions and then be accountable for the results. This expectation is a withholding of his masculine gift. It puts a woman in the position of magnifying her own masculine side. It is good for some women to learn to animate their masculine capacity to make a decision and stick with it. But if a man abnegates his responsibility to provide his woman with the gift of masculine clarity and decisiveness, then she will become chronically sharp, angular, and disrespectful of his love. She will cease surrendering in love with him, cease trusting his masculine capacity, and, instead, become her own man.

PART THREE

WORKING WITH POLARITY AND ENERGY

23. Your Attraction to the Feminine Is Inevitable

Masculine men are attracted to forms of feminine energy: radiant women, beer, music, nature, anything which is alive, enlivening, relaxing, and moving. His desire for a woman is an aspect of his desire for pleasurable oneness. He may feel this attraction many times a day, with many women.

If a man tries to deny or hide his attraction, it reveals some degree of shame with respect to his own sexual core. There are two ways of dealing with your natural attraction to the feminine: wisely and foolishly. Sexual attraction is very different from having sex. There is a big difference between choosing to be intimate with a woman and simply being attracted to her energy and radiance.



24. Choose a Woman Who Is Your Complementary Opposite

If a man is very masculine by nature, he will be attracted to a very feminine woman, who will complement his energy. The more neutral or balanced he is, the more balanced he will prefer his woman. And, if a man is more feminine by nature, his energy will be complemented by the strong direction and purposiveness of a more masculine woman.

By understanding their own needs, men can learn to accept the “whole package” of a woman. For instance, a more masculine man can expect that any woman who really turns him on and enlivens him will also be relatively wild, undisciplined, “bonkers,” chaotic, prone to changing her mind and “lying.” Still, from an energetic perspective, this kind of woman will be much more healing and inspiring to him than a more balanced or neutral woman who is steady, reasonable, “trustworthy,” and able to say what she means in a way he can understand.

25. Know What Is Important in Your Woman

The feminine is the force of life. The more masculine a man is, the more his woman's feminine energy (as opposed to other qualities) will be important to him. The more you seek a woman who gives you everything, the less you get of anything. Business skills are for the most part masculine skills (in both men and women). Friendship, in itself, is a neutral, nonsexual matter, and sexual passion requires a clear polarity between your masculine core and your woman's feminine energy. When you don't prioritize the purpose of your relationship, these different energies often cancel each other out, and you will be left with a sexually neutralized alliance.

Because you expect your intimate relationship to serve so many purposes, it begins to veer toward the utilitarian. By constantly talking about finances, work, household, and children, you turn your woman into a neutral companion. You become so familiar with each other that the mystery of sexual enchantment becomes standardized into the ritual mechanics of kiss, stroke, lick, pump, spurt, and snore. You begin to long for the depth of desire you once felt with your woman. Domesticity replaces mystery, and talk replaces tumble.



26. You Will Often Want More Than One Woman

Any man with a masculine sexual essence will desire sexual variety. Even if he loves his intimate partner and is completely committed to her, he will naturally want sexual occasions with other women besides his chosen intimate partner. How a man deals with his desire for other women is up to him. He should know, however, that there is no way to avoid such desires. He should also know that acting on such desires, though temporarily enlivening and exhilarating, often ends up complicating his life far more than the occasion itself is worth.

How many women you have sex with is your business. Before you consider more than one, however, it is best to prove your capacity with one. If you can't handle one - if deep communion, rejuvenating passion, and spiritual happiness are not the main features of your present intimacy - then you have not passed the test, and it is best to discipline your desire for other partners, since nobody is likely to be served.

27. Young Women Offer You a Special Energy

In general, youth in a woman bespeaks radiant, unobstructed, and refreshing feminine energy. A young woman tends to be less compromised by masculine layers of functional protection built up over years of need. Traditionally, young women were understood to offer a man a particularly rejuvenative quality of energy.

Older women may maintain, or even increase, the freshness and radiance of their energy, but it is rare. When you find yourself really enlivened by a young woman, breathe in her fragrance. Breathe in her energy. Allow love to radiate from your heart toward her. But maintain a respectful formality so that she is free and empowered to give her gift, without being complicated by your personal agenda.



28. Each Woman Has a “Temperature” That Can Heal or Irritate You

Some women are hotter, some are cooler. In general, blonde, light-skinned, Japanese, and Chinese women are said to be cooler. Dark skinned, brunette, red-headed, Korean, and Polynesian women are hotter. Even though a man might choose to remain in a committed relationship with one woman, his needs for different temperatures of feminine energy may change over time. A hot woman who aroused his passion several years ago may irritate him now. A cooler woman who soothed his heart several years ago may seem tiresome to him now.

By understanding how different temperatures of feminine energy affect him, a man could make more skillful life choices without confusion. In the end, you must make your own choice. When one man’s energy needs change and he finds himself getting the energy he needs from the woman in the office next door - the kind of energy he is not getting from his wife - then he might end up having an affair, or getting divorced. Another man might communicate his changing energy needs to his wife, then find that she is more than able to creatively provide him with the flavor of feminine energy that most heals and rejuvenates him.

PART FOUR

WHAT WOMEN REALLY WANT

29. Choose a Woman Who Chooses You

If a man wants a woman who doesn't want him, he cannot win. His neediness will undermine any possible relationship, and his woman will never be able to trust him. A man must determine whether a woman really wants him but is playing hard to get, or whether she really doesn't want him. If she doesn't want him, he should immediately cease pursuing her and deal with his pain by himself.

If your friends honestly tell you that this woman doesn't want to be with you, it's over. You cannot enjoy a good relationship with her, even if she changes her mind. Once she feels your neediness, she will never trust your masculine core. It is better to move on and work with your hurt than it is to continue demonstrating that your feminine desire is stronger than hers.



30. What She Wants Is Not What She Says

Sometimes a woman will make a request of her man in plain English, not to get him to do something, but to see if he is so weak that he will do it. In other words, she is testing his capacity to do what is right, not what she is asking for. In such cases, if the man does what his woman asks, she will be disappointed and angry. The man will have no idea why she is so angry or what could possibly please her. He must remember that her trust is engendered not by him fulfilling her requests, but by him magnifying love, consciousness, and success in their lives, in spite of her requests.

Your woman probably unconsciously tests you all the time. Her ultimate desire is to feel your full consciousness, your trustworthy integrity, your unshakable love, and your confidence in your mission. Yet she will rarely ask you directly for these things. She would rather try to distract you from your truth, and then feel that she cannot - that you hold fast to your truth while you continue to love her. She wants to feel in her bones that your divine masculine presence is stronger than your distractibility.

31. Her Complaint Is Content-Free

Women are always wanting divine masculine presence in a man, regardless of their specific complaint or mood. A man should hear his woman's complaints like warning bells, and then do his best to align his life with his truth and purpose. However, if he believes in the literal content of her complaint, he will immediately go off course, for the content reflects her present mood more than a careful observation of his tendencies over time.

Her complaint should be valued as a reminder to "get it together," and perhaps as an indication as to how. But more often than not, the specifics of her complaint do not describe the real, underlying action or tendency that needs to be changed. When she complains about financial issues, she is usually feeling a lack in your masculine capacity to direct your life with clarity, purpose, integrity, and wisdom. The money itself is secondary. If you were poor but totally conscious, happy, full of integrity, fearless, humorous, loving and giving your fullest gift to the world and to your woman, she wouldn't complain about lack of money.

She may complain that you haven't cleaned out the garage yet. It may seem like a small thing to you, but to her it shows you don't follow through with your word, with your purpose. She feels that your masculine core is weak. The bags under a woman's eyes and the lines in her face may reveal more about how clearly you are living your highest purpose.



32. She Doesn't Really Want to Be Number One

A woman sometimes seems to want to be the most important thing in her man's life. However, if she is the most important thing, then she feels her man has made her the number one priority and is not fully dedicated or directed to divine growth and service. She will feel her man's dependence on her for his happiness, and this will make her feel smothered by his neediness and clinging. A woman really wants her man to be totally dedicated to his highest purpose - and also to love her fully. Although she would never admit it, she wants to feel that her man would be willing to sacrifice their relationship for the sake of his highest purpose. If a woman has become the point of your life, you are lost. You may take on your woman's purposes because they are stronger than yours. Be careful not to substitute default responsibilities for true purpose. It is easy to fill your day with chores and obligations, coming up for air only long enough to watch some TV or have quick sex. Your woman will feel your trivialization of your life. She will feel you settling for less, and will resent you for it.

33. Your Excellent Track Record Is Meaningless to Her

A man's track record means nothing to the feminine. A man could be perfect for ten years, but if he's an asshole for 30 seconds his woman acts like he's always been one. The feminine responds to the moment of energy, forgetting her man's history of past behavior. A man's past behavior is irrelevant to his woman's feeling in the moment.

Men base much on another man's history of behavior, so they think their own track record should count for something. But to a woman, it doesn't. Instead of getting angry because she's so upset that you made one little mistake in a long series of successes, instantly shift the energy between you. Shock her with your love. Make her smile with your humor. Lick her neck, or lift her off the ground. Surprise her in some loving way, and the emotional slate will be wiped clean.



34. She Wants to Relax in the Demonstration of Your Direction

A woman must be able to trust you to take charge if she relaxes her own masculine edge. This is true financially, sexually, emotionally, and spiritually. The man doesn't have to actually do all the work, but he must be able to steer the course if his woman is going to relax into her feminine without fear. There are times that she would like to pleurably relax and let go of being in charge. If you are not able to take charge, if you don't know the direction you want to go, she will feel you floundering. She won't be able to relax.

How do you become more responsible? Not necessarily by doing more work. For a woman to relax in her feminine happiness, she needs to feel that she can get on your train and that it's going exactly where she wants to go. It doesn't matter if she earns more money than you do. What matters is that she can feel your loving clarity, wisdom, and certainty of direction.

PART FIVE YOUR DARK SIDE

35. You Are Always Searching for Freedom

The essential masculine energy is in the moment of release from constraint. This could occur when facing death and living through it, succeeding in (and thus being released from) your purpose, and in competition (which is ritual threat of death). The masculine is always seeking release from constraint into freedom. The feminine often doesn't understand these masculine ways and needs, because the feminine is not seeking freedom, but fullness.

Her means is not release, but surrender. That is why she is upset when a man begins snoring after an orgasm. He has finally achieved freedom from the stress of the day. She, however, is hoping to experience love and fullness through sex. The typical masculine orgasm involves a build-up of tension, or constraint, until the dam finally bursts, and your tension and energy are released. The post-orgasmic state is one of death-like peace, an emptiness akin to a blissful oblivion. The masculine is always seeking this release in one way or another.

Most sports provide this masculine thrill of release from constraint into freedom. You must own the primacy of your desire to be free. Then, you can enjoy the lesser forms of masculine ecstasy, but dedicate yourself to its highest form: transcendence of the fear of death by facing the limiting stress of your own self-sense, and relaxing through it, into the absolute freedom you have always intuited at your core, but sought through temporary means.



36. Own Your Darkest Desires

If a man disowns his dark masculine desire for freedom, then he kinks the hose of his masculine force. His energy will not flow freely, and his attention will be bound by unfulfilled yearnings. Most importantly, if his hose is kinked in this way, he weakens his masculine capacity to stand fearless in the death of his conscious life. He will not be able to face the unknown, the groundless ground of being, and still function from his heart in love.

When you are unable to express your dark passions with love, then they go underground in your psyche. Your dark desires become disconnected from your heart. Instead of being moved to embrace your woman with masculine force and aggressive passion - throwing her down on the bed, ripping her clothes off, and pinning her down beneath your body as you both yield to ecstatic loving - you begin to fantasize about controlling or dominating women in unloving ways.

37. She Wants the “Killer” in You

Among many other qualities, a woman wants the “killer” in her man. She is turned off if her man is afraid and wants her to kill the cockroach or the mouse while he stands on a chair and watches. She is turned off if her man wants her to get out of bed in order to check out the strange sounds in the house to find out if a burglar made the noise.

Fearlessness, or the capacity to transcend the fear of death for the sake of love is a quintessential form of the ultimate masculine gift. She wants to feel your capacity to face her closure, anger, and tension, without trying to minimize her feminine force. She wants to feel your persistence in loving, so that her fury cannot turn you away. She wants to feel your capacity to stand strong in your own desires and ravish her because you love her, unafraid of her dark energy.



38. She Needs Your Consciousness to Match Her Energy

A man must be able to meet his woman with consciousness equivalent to her energy. The feminine destructress must be met by the masculine destroyer. The goddess of devotion must be met by the god of all-pervading love. Dark or light, a man can't be stuck in, or avoid, any areas of his masculine capacity or his woman will test him there.

A woman is capable of being a witch, a sex slave, an Amazon, a goddess of light, a nurturing mother, a demoness, a luscious lover, a wise teacher, a wild animal, and everything in between. As a general rule, she will keep returning to the energy that you cannot match. For instance, if you are particularly turned off by her anger, she seems to return, again and again, to the energy of anger. If you are unable to embrace her anger in the ferocity of your loving, transforming her anger into passion, she will continue to test your capacity to do so.

Perhaps she gets tense and agitated often. You have tried talking to her about this countless times. Nothing seems to make a difference. Don't stop trying and don't tolerate her tension. Until your consciousness is able to blossom her beyond her tension, she will keep testing. The secret is to match her energy with consciousness demonstrated through your body. If you walk up to her, hold her in your arms, and laugh affectionately in the humor of the moment, she will feel your fearlessness and your freedom.

Your body, tone of voice, and the look in your eyes mean a lot more than anything you can say. Don't tell her what to do, but do it with her, with your body. If she is tense and closed down, lift her arms up above her head and kiss her heart. Don't just tell her to open up. Actually open her up, physically, with the openness of your body.

PART SIX FEMININE ATTRACTIVENESS

39. The Feminine Is Abundant

There is never a shortage of women or feminine energy. If a man feels that there aren't enough women, or that life isn't giving him what he wants, he is simply negating his relationship to the feminine. This sense of starvation - "life is not sustaining me" or "there are no good women" - is usually rooted in a man's early childhood relationship with his mother.

Life itself is the feminine. There is never a shortage of feminine energy, only a resistance to receiving, trusting, and embracing it. You must actually refuse feminine energy in order to feel tired, dry, and hungry for a woman. You are living in an ocean of feminine energy right now. It is filling your body with life, beating your heart, and breathing your breath.

There are women all around you who, with the proper initiation, would feed every cell of your body with juicy, enlivening, rejuvenative feminine energy. You need not show the women you meet throughout the day that you are doing or wanting anything special at all. Continue to treat them in whatever way is appropriate for the situation. But, relax and enjoy the bountifulness of feminine energy that surrounds you.



40. Allow Older Women Their Magic

Men should support older women in their wisdom, power and intuitive and healing capacities. Men should not degrade older women by demanding or desiring them to be like younger women. There should be no such comparison. Each age of woman has its own value, and the transition from superficial shine to deep radiance is inevitable.

41. Turn Your Lusts into Gifts

When a man sees a beautiful woman it is natural for him to feel energy in his body, which he usually interprets as sexual desire. Rather than dispersing this energy in mental fantasy, a man should learn to circulate his heightened energy. He should breathe fully, circulating the energy fully throughout his body.

He should treat his heightened energy as a gift which could heal and rejuvenate his body, and, through his service, heal the world. Through these means, his desire is converted into fullness of heart. His lust is converted into service. His desire is not converted by denying sexual attraction, but by enjoying it fully, circulating it through his body (without allowing it to stagnate as mental fantasy), and returning it to the world, from his heart.



42. Never Allow Your Desire to Become Suppressed or Depolarized

When a man denies his desire for the feminine, either by choice or due to familiarity, it is a sign of his depolarization even toward the world. He may seek a mistress in order to reinvigorate him, but this is usually only a temporary and complicated solution, since it is only a matter of time before his mistress also becomes familiar, and thus tiresome.

Any woman toward whom a man becomes depolarized will feel his rejection, disgust, and turning away. In response, she will become angry and destructive. Her “unhusbanded” energy will begin to move chaotically, becoming even self-destructive. A man has no excuse; he must cultivate a polarized relationship to his woman and his world if he is to remain in relationship with them.

Rather than deciding to move on because you are too weak to overcome your own neutralized lack of desire, try to take on the challenge of manifesting love in the dreary world and in your dreary woman. Use your body and mind to smithereen your woman’s darkness into love. Even if she has yellow eyes and fangs, she still loves to dance. Its up to your freedom and strength of transmission whether she drains your energy, bites your wimply head off, or surrenders to your fearless passion.

43. Use Her Attractiveness as a Slingshot Through Appearance

A good woman is a source of inspiration and attraction into the world for a man. He must never forget, however, that neither the world nor his woman is the purpose of his existence. His practice is always to feel through women and the world, without suppression or disdain, into their source or very nature.

A man's attraction to women must be converted from attraction to women into attraction through women. He must feel his desire without suppression, and then feel through his desire into the source-energy of desire. He must feel through her beauty, into the very delight of which her beauty is but a ripple and reminder. His whole relation to appearance is epitomized in his relation to women, either as obsession, distraction, or revelation.

In a moment of attraction, let your desire feel to her, but don't stop there. Feel through her. Do this constantly. Feel through her body when you are having sex with her. Feel through her anger when she is raging at you. Feel through her darkness when she seems ugly. Feel through her beauty when she attracts you.

Desire can be doorway to deep oneness. Sexual union is a fractal, or stepped-down, reflection of the ever-present wedding of consciousness and its inherent luminosity. The superior man embraces his woman as his own form. The revelation of deep oneness is love.

Feel through her beauty - tits, ass, wealth, and fame - when she most attracts you. By feeling through all of her forms, the superior man is not distracted or obsessed. Rather, his attention feels through the mirage of her, and he is released of the need in the revelation of oneness.



PART SEVEN BODY PRACTICES

44. Ejaculation Should Be Converted or Consciously Chosen

There are many physical and spiritual reasons why ejaculation should be converted into non-ejaculatory whole body, brain, and heart orgasms. But there are also relational reasons. When a man has no control over his ejaculation, he cannot meet his woman sexually or emotionally. She knows she can deplete him, weaken him, empty him of life force. She has won.

When a man ejaculates easily, he creates ongoing distrust in his woman. At a subtle level, she feels he cannot be trusted. She, and the world, can deplete and depolarize him easily. This subtle distrust will pervade the relationship. She will not only doubt him, but actually act to undermine his actions in the world. By undermining him she demonstrates and tests his weakness, but she also hopes that through such tests he can learn to remain full.



45. Ejaculate Up the Spine

For most men, ejaculation involves spewing their energy and semen out through their genitals. Afterward, they feel they have released stress. The superior man's orgasm more often explodes up his spine and into his brain, from there raining down through his body like an ambrosial bliss of rejuvenation. The technique for converting depletive orgasms into rejuvenative orgasms involves contracting the pelvic floor near the genitals and drawing energy upward along the spine, through the use of breath, feeling, and intention.

46. Breathe Down the Front

All men tend to have blocks in the front of their body, along an imaginary line that runs from the top of the head, through the tongue, throat, heart, solar plexus, navel, and genitals, down to the perineum. The principal bodily key to mastering the world and women is maintaining a full and open front of the body at all times. The best method is through full and relaxed breathing, drawing energy down the front, and freeing attention from neurotic self-concern.

When you get nervous, your stomach tightens. When you are saddened, a lump forms in your throat. When you are threatened, your solar plexus feels queasy. When you think hard, your forehead wrinkles. When you consider the unsure future, you tense your jaw. For much of the day, you are tightening, tensing, and contracting the front of your body, from the top of your head, through your chest, and all the way down past your gut.

The front of your body, especially your belly, is the place where your energy meets the energy of the world. When the front of your body is open and relaxed, your power flows freely, and your presence fills the room. Right now, notice your breath. Are you inhaling so deeply you feel your genitals bulging slightly? Is your belly rising and falling with inhale and exhale, like a mighty bellows?

Your belly and lower abdomen are special places of power. If your breath does not reach these areas, you can't recharge your batteries. You will feel weak and unsure of yourself. Your effect on the world will be less than your full potential.



PART EIGHT MEN'S AND WOMEN'S YOGA OF INTIMACY

47. Take into Account the Primary Asymmetry

Intimate relationships is never the priority in a masculine man's life and always a priority in a feminine woman's life. If a man has a masculine sexual essence, then his priority is his mission, his direction toward greater release, freedom, and consciousness. If a woman has a feminine sexual essence, then her priority is the flow of love in her life, including her relationship with a man whom she can totally trust, in body, emotion, mind, and spirit. Man and woman must support each other in their priorities if the relationship is going to serve them both.



48. You Are Responsible for the Growth in Intimacy

There are masculine and feminine gifts in intimacy, and each gift comes with its own responsibility. The direction of growth of a relationship is primarily the man's responsibility. The energy of an intimacy - pleasure, sexual flow, and vitality - is primarily the woman's responsibility. A simplified way to say this is that the man is responsible for the woman's depth of love, or openness of mood, and the woman is responsible for the man's "erection" or energy in the body.

A woman can get lost in her moods. She can get on a roll of hyper-nervousness. Or, she can feel dejected and mope around the house surrounded by a black cloud. It is extremely difficult for most women to get out of their moods once they are in it. Your loving intervention is one of your great masculine gifts.

The point is not to be her therapist, but to be her wake-up call, her heart-opener, her reminder of the primacy of love. If it takes you more than five minutes to open her into love, you are probably talking too much and acting too little. Or, perhaps, you have forgotten your true purpose.

Are you playing the game of "sensitive man," giving her "space" to be miserable rather than offering her your consistent and fearless gifting? And if she doesn't want your gift, your deepest wisdom and your unsuppressed loving, then why would you want to be with her? Your main gift is to guide her, moment by moment, out of her moods and into the openness of loving.

49. Insist on Practice and Growth

Direction in life is a masculine priority, even in intimate relationships. A less spiritually mature man may say to his woman, "My way or the highway!" A man in the process of growing will often soften his direction and seek a compromise with his woman, playing Mr. Nice Guy.

But a superior man will not settle for less than the fullest incarnation of love of which he and his woman are capable. With compassion, he slices through all bullshit and demands authenticity and humor. Its as if he were saying to his woman, "The divine way or the highway!"

Its the same masculine insistence on direction that a weaker man will demand. But rather than wanting his woman to follow his personal direction, a superior man wants her to move in the direction that most serves her growth in love and happiness. He will settle for nothing less.

If you don't cut through and take direction, your woman will. The less masculine direction you are living in truth, the more masculine direction your woman will take on. If you are lolling around in bozoland, or working hard but actually not living your true gift, then your woman will take up the masculine blade herself, trying to cut through your lolling. But her masculine offerings will most likely turn you off.

You could meditate till you're blue in the face, but it won't work, if, when it comes down to it, you'd rather masturbate, read the newspaper, or watch TV than cut through your own addictions, discipline your daily life, and give your gift from your deepest, most blissful source.

The quality of your intent and the consistency and depth of your application determine the results of your direction in gifting - as well as your capacity to guide your woman's life into greater happiness and bodily surrender into love.



50. Restore Your Purpose in Solitude and with Other Men

A man rediscovers and fine tunes his purpose in solitude, in challenging situations, and in the company of other men who won't settle for his bullshit. But women strengthen their feminine radiance best in the company of other women in mutual celebration and play. A man must arrange for both forms of restoration; his own solitude and men's gatherings, and his woman's time with other women.

The two ways to bring you right to your masculine edge of power are austerity and challenge. Austerity means to eliminate the comforts and cushions of your life that you have learned to snuggle into and lose wakefulness. No TV. No candy, cookies or sweets. No sex. No cuddling. The more superficial forms of challenge include activities like mountain climbing, competitive sports, and boot camp. Deeper forms of challenge involve giving your gift in ways that have been blocked by your fear. Have you always been afraid of public speaking? Have you wanted to write a novel?



51. Practice Dissolving

Like dissolving in the intensity of an orgasm, a man's greatest desire is to be utterly released. Moment by moment, practice loving through your woman and the world, allowing the force of your surrender to transform every moment into an orgasm of divine dissolution. Embrace every moment of experience as a lover, and trust whatever direction love moves you in. Die in the giving of your gift, so you don't even notice you have stopped holding onto yourself. Fear is your final excuse. Don't fight it. Love through it.