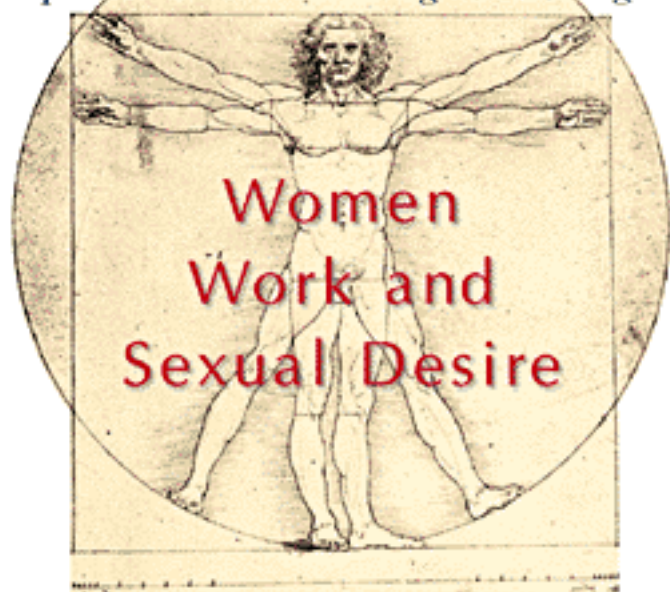


the **WAY** *of the*
SUPERIOR
MAN

A Spiritual Guide to Mastering the Challenges of



DAVID DEIDA

A NOTE TO THE READER

This special taste of *The Way of the Superior Man* by David Deida includes twelve of the fifty-one chapters in the original hardcover book. We hope that this sampling will provide you with a good introduction to the underground sensation that has been revolutionizing the way that men and women grow sexually and spiritually.

If you would like to order a copy of the original hardcover version of *The Way of the Superior Man*, [click here](#).

At the end of this eBook we have included a catalog of books and tapes by David Deida. To go directly to the catalog, [click here](#).

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a taste of
THE WAY OF
THE SUPERIOR MAN

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

DAVID DEIDA



P L E X U S

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815-A Brazos
Suite 445
Austin, Texas 78701

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

I N T R O D U C T I O N

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 disease. 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 com-

posed 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

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.

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.

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 woman 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.

Part Two

Dealing With Women

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.”

As a man, you can learn a lot about yourself by clearly analyzing your problems. One of the best ways for you to grow is to use your discrimination, feeling what is causing unnecessary pain in your life, and then changing whatever you need to change. You may notice, for instance, that you are unhappy with your job. You think about it. You realize it is because your boss is taking advantage of you, and you haven't said anything to him. So, you determine that the best way to deal with the problem is to walk up to the boss and say something. You get up the guts, you walk up to the boss, you get it off your chest, and it's over. Problem fixed. Finished. You learned how important it is to talk to your boss, and you've cleared up all the old stuff that has been burdening you.

You probably apply the same system to your intimacy. You realize that you're not happy about something your wife is doing. Maybe you talk about it with your friends or think about it yourself. You realize that your wife isn't caring for you like she used to. So, you determine that

you'll be happier if your wife cooks more and massages you more. You then think maybe your wife wants you to do something more for her. So you tell her what you want from her, and then you ask her, "What do you want from me?" You tell her to think about it and let you know.

This seems fair to a man, but it is not. It is a no-win situation for your woman. Why? Because what she really wants is a man who can figure it out for himself. She wants a man who loves her, and escorts her with his loving, without having to ask her what she wants all the time.

One of the deepest feminine desires in intimacy is precisely not to have to always figure it out for her man and guide him. She wants to be able to trust him in his direction. There are some times when she does want to figure it out for you, but far more often she feels your gift when you offer her a direction in your intimacy without her having to ask you for it or tell you what she wants.

Suppose it's your woman's birthday. If it were your birthday, you'd love it if your woman would do anything you wanted. So you think she'd like that, too. You say to her, "Happy Birthday! For your birthday, we can do anything you want. We can go anywhere and do anything. And I'll do anything for you. What do you want to do?"

This is exactly the opposite of most women's idea of an ideal birthday present. Most women would get far more excited if you were to say, "You've got 30 minutes to pack your bags. Don't ask me where we're going, but we'll be gone for the weekend. Everything is taken care of. Just pack your bags, and leave the rest to me. I'm going to give you the best birthday you've ever had."

One of the deepest feminine desires in intimacy (though not in business or simple friendship) is to be able to relax and surrender, knowing that her man is taking care of everything. Then, she can simply enjoy without having to plan it all herself and tell her man what to do. She can be pure energy, pure motion, pure love, without having to analyze all the options and decide which ones are best. She can enjoy her man taking

responsibility for the direction, so she can be what the feminine is: pure energy.

Like the ocean, the native state of the feminine is to flow with great power and no single direction. The masculine builds canals, dams, and boats to unite with the power of the feminine ocean and go from point A to point B. But the feminine moves in many directions at once. The masculine chooses a single goal and moves in that direction. Like a ship cutting through a vast ocean, the masculine decides on a course and navigates the direction: the feminine energy itself is undirected but immense, like the wind and deep currents of the ocean, ever changing, beautiful, destructive, and the source of life.

This same principle applies to problems in intimacy. Any time you try to force your woman to be more like a ship than an ocean, you are negating her feminine energy. Any time you talk to her and expect her to analyze her mood and situation to the point of being able to fix it, you are talking “masculine” with her. She can do it, she might even be better at it than you, but it won’t make her a happy woman.

A happy woman is a woman relaxed in her body and heart: powerful, unpredictable, deep, potentially wild and destructive, or calm and serene, but always full of life, surrendered to and moved by the great force of her oceanic heart. When you ask her to analyze her heart’s emotions, it’s like building walls around a part of the ocean and turning it into a swimming pool. It’s safer and more predictable, but far less alive and enlivening. Most men have made their women into swimming pools by continually treating them like men, talking with them about their feelings as if they can be analyzed to the point of “fixing” them.

Don’t waste your time doing this, but especially don’t expect your woman to do it to herself. It would be like forcing you, a man, to read romance novels or watch love stories at the movies. Sure, you could do it. But it probably doesn’t touch your core the way it touches hers. And, if she made you do it, over and over and over, you would begin to resent

her. If she felt that the basic problem in your life is that you just don't watch enough soap opera on TV, you would think she was crazy.

Soap operas, romance novels, and love stories touch many women deeply because the feminine's priority is the flow of love in relationship. But the masculine priority is purpose and direction. By analyzing your purpose and re-aligning your direction, you can solve many of your emotional problems. But love is the feminine priority, not purpose and direction.

Women do not become free by analyzing themselves. They become free by surrendering into love. Not your love. Their love. They become free by surrendering to the immense flow of love that is native to their core and allowing their lives to be moved by this force in their heart. It may involve moments of analysis, but primarily it involves deep trust.

The best way you can serve your woman is by helping her to surrender, to trust the force of love, so that she can open her heart, be the love that she is, and give this love which naturally overflows from her happiness. THIS DOES NOT INVOLVE ANALYZING THE BLOCKS TO HER LOVING. Analyzing blocks is a man's way. Men love to analyze blocks, on the football field, the chess board, in the stock market, and even in their intimate life. But it's important that you, as a man, don't project your way of doing things onto your woman.

Let her be the ocean. Encourage her to be as free as the ocean, as deep as the ocean, as wild as the ocean, and as powerful as the ocean. Be so full in your loving, so strong and stable in your presence, that she can just let go and surrender the limits she has put on her feelings. Let the emotions of her heart flow unguarded. Let her love be expressed with no limits. Let her go mad with love.

Love has its own intelligence. Honor love's intelligence by realizing that analysis is not usually necessary to serve your woman's openness. Love your woman with your whole body, perhaps pressing her against the wall with your belly and chest, pressing your love into her, breathing with her so that she relaxes her tension and surrenders to the love in her

heart, and let her relaxation and surrender liberate the wisdom inherent in her loving. You have much to gain from the depths of her feminine gifts.

Part Three

Working with Polarity and Energy

Your Attraction to the Feminine Is Inevitable

Masculine men are attracted to forms of feminine energy: radiant women, beer, music, nature, etc. If a man tries to hide his attraction, it reveals some degree of shame with respect to his own sexual core.

If you are like most men, you probably hide the amount of sexual attraction you feel toward women every day. At work, on the street, and in the grocery store, you see women that turn you on. Sometimes you might want to have sex with them. But many times the feeling is more of a wave of refreshment washing through you. Seeing an especially radiant woman can fill your whole day with delight. A woman's exquisite scent can transport you to an enchanted paradise. A woman's smile can melt the moment into sheer beatitude.

There are two ways to deal with your daily "ahhh" of attraction to the feminine: wisely and foolishly. To respond wisely, you must understand why you are attracted to whom. Your sexual essence is always attracted to its energetic reciprocal. Masculine men are attracted to feminine women. Feminine men are attracted to masculine women. Balanced men are attracted to balanced women.

About 80% of all men have a more masculine sexual essence. These men, of which you are probably one, are attracted to all things feminine. Not just feminine women, but anything with feminine energy, any-

thing which is radiant, alive, enlivening, relaxing, and moving. Feminine energy gets you out of your head and into your body. Music, beer, nature, women, they are all forms of feminine energy.

It is not just a visually gorgeous woman who attracts you. If a woman is free and radiant in her feminine energy, you are probably attracted; sometimes more attracted, sometimes less attracted, but always attracted, at least enough to steal a glance at her form. This attraction is not only natural, but healthy. It is a sign of polarity, the same kind of natural flow of polarization by which electricity flows between the positive and negative poles of a battery. It's nothing to be ashamed of. It's why there are men and women. The nature of nature is polarity, from the magnetism that flows between the north and south poles of the earth, to the attraction that flows between your masculine core and the feminine radiance of a woman.

If you feel uncomfortable with your attraction to women, you are probably uncomfortable with your own masculine essence. If you feel it is demeaning for a woman to be the "object" of your polar attraction, then you have probably disowned your masculine core. You have energetically emasculated yourself by condemning and suppressing your native desires. You are negating your sexual essence, rather than being at home with it.

Any negative attitude you have about your attraction to women is a sign of fear; somewhere along the line you learned that such attraction was "bad" or "evil." Your attraction to women, all kinds of women, is natural, normal, and beautiful. In fact, it is an aspect of the same desire that will ultimately lead you toward spiritual freedom.

Your desire for a woman is an aspect of your desire for pleasurable oneness. Your confession of desire is a confession of your desire to embrace life. To embrace life, to relax into oneness so that all opposites, including masculine and feminine, find their unity in love, is to be spiritually free. Eventually you will recognize that all desire is an aspect of your native impulse to give love. From beginning to end, your attrac-

tion to women can be seen as the essential gesture of your heart, your desire for love and unity.

If you are a man with a masculine sexual essence, you will always feel sexual polarity with anyone who animates feminine energy. You may feel this attraction many times a day, with many women. Enjoy it. Women are a blessing! The feminine, even in the non-human forms of a lush tropical island, a cold beer, or your favorite tune, could make the difference between dreariness and ahhh-ing in ecstasy. Our acceptance of sexual attraction, even with music and places, is at the root of our capacity to experience bodily pleasure.

Sexual attraction, however, 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. Intimacy is a choice between people who want to commit to loving and serving one another. Whereas the zing of attraction is a choiceless natural flow of energy between your masculine core and feminine energy, wherever it is found. When a woman is relaxed in her feminine radiance, she is like beautiful music or a warm ocean breeze. You don't need to have sex with her to savor inexpressible joy.

If you are like most men, a radiant woman can inspire you for hours or days. Remember, the desire she arouses in you is a blessing in itself. Acting on that desire and pursuing her is another matter entirely, dependent on whether such an action would truly serve both of you or not. But the mere inspiration felt while beholding a radiant woman is one of nature's gifts to you: the gift of feminine blessing.

The next time you come upon a woman who sends a thrill through your body, relax into the thrill. Let her waves of feminine energy move through your body like a deep massage. Breathe fully, without resisting the joy her sighting affords you. Breathe the joy all through your body, down to your toes. Don't stare at her, don't even interact with her. But when you see her, and you experience your attraction, fully allow the energy of attraction to move freely through your body. Learn to mag-

nify and sustain your desire, so your whole body and breath open and deepen by its force. As you behold her, receive her vision as a blessing.

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 cooler. Dark skinned, brunette, red-headed, Korean, and Polynesian women are hotter. Even though a man might choose to remain in a committed intimacy 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 may affect him, a man could make more skillful life choices without confusion.

You probably have certain “tastes” in women. You might prefer blondes. Or Asian women. Or perhaps you have a special preference for red-heads. Your tastes come from many sources: your early childhood experience, cultural influence, and perhaps even your genetics. But one aspect of “taste” has to do with how a woman affects you with her energetics.

Some women are cooling. Being in their company feels like a cool drink of ice tea on a hot sunny day. You might have referred to a woman, for instance, who is an “icy blonde” or who has “cool blue eyes.”

Other women are hot. They are fiery, tempestuous, and quick of temper. You might have spoken of a “fiery red-head” or a “hot-blooded Latina.”

Of course, not all redheads or Latinas are hot, nor are all blondes cool. Nevertheless, there is something true enough to be said about a woman’s “temperature.” Most men have a good intuitive sense of the difference between a woman who is cool and soothing and a woman who is hot and exciting, regardless of how they describe it. And this difference has a lot to do with why men have different tastes for women, and why your taste could change over time.

More than simple psychological preference determines your taste. Energy plays a major role. Sometimes you can be with a beautiful woman who just doesn’t do it for you. You can see she is beautiful, you can understand why your friends find her attractive, but she just doesn’t suit your taste. Different women offer different kinds of feminine energy. And one of the simplest forms of this difference is the difference between hot and cool feminine energy.

To help understand this, you could look at your relationship with food. Some men thrive on hot Mexican peppers or spicy Szechwan food, while other men are healed by soothing and cooling food, like salads, sweets, or milk. And any man’s needs for different kinds of food may change over time. The same is true of his needs for feminine energy.

If you are a particularly easygoing man, perhaps a man who has difficulty getting motivated, then a hot woman is probably better for you. Her fiery nature can heat up your system and get you moving. On the other hand, if you tend to be quick tempered and hot yourself, you might find that a more cooling woman heals you and brings a balance to your body and psyche.

Depending on your health, your lifestyle, your work demands, and your emotional state, you may need different types of energy at different times. The important thing is to know there is a difference, so that

you can be conscious of the choice you are making and how it might affect you.

You may begin to doubt your current intimate relationship if you don't understand how your needs for feminine energy change. When your life seems dreary and boring, a more spicy and hot woman will probably appeal to you. She will provide you with the fire you are missing. However, when your life is extremely challenging and you feel burnt out, a hot woman might be too much. You may be more attracted to the soothing gaze and touch of a cool woman.

Imagine you are married to a hot woman. For years you have enjoyed her passion, been amused by her anger, and been delighted by how quickly she responds sexually. Then, your career takes a turn. You begin working with people all day, under a tight deadline. You are dealing with people's emotions and resistance 50 hours a week. You notice that you are sweating most of the day. You are under the gun. Your life has become quite hot, as if you are spending the day in a pressure cooker.

You go home to your hot wife. She is rubbing herself all over you, eager to get it on. You feel like relaxing. You tell her you need a few minutes to take it easy, so she changes into her workout clothes and goes to the spa to flex and pump her supple body. Meanwhile, her best friend comes to visit. You open the door and invite her in the house. She moves so much more slowly than your wife. Her presence seems soothing and relaxing to you, even though she's not the kind of woman you are usually attracted to.

The quality of this woman's voice seems so refreshing. She sees you are tired and, because she's known you for years, she asks if she can rub your shoulders. She puts her hands on your shoulders, and, before she even begins to gently massage you, you feel waves of cool, rejuvenating energy pour into your body. You sigh with relief. After a brief massage she says good-bye. She'll come back and visit your wife another day.

Your wife comes back home, full of energy, and she begins bouncing around the house taking care of things. She yells at you for not telling her friend to stay and wait. Then, seeing your fatigue, she apologizes and begins kissing you passionately. Her hands quickly go to your crotch, but you're still thinking about her friend, remembering how refreshing her energy was, wondering what the heck you're going to do about it.

What you should do about it is this: understand what is happening. You used to really enjoy your wife's spicy temperament, but now that you are boiling all day at work, you need to be balanced by a cooler energy. This doesn't necessarily mean you need to end your marriage. It doesn't necessarily mean you need to have sex with her cool friend. What it means is that you need to find a way to balance your life.

You can change your diet to a more cooling diet. You can keep your body cooler, wearing caps on sunny days, and wearing lighter more breathable clothing. You can take soothing walks around lakes or along rivers, and let the water absorb the heat of your day. Or, you can receive cooling energy directly from a woman, even non-sexually.

You could get a professional massage, for instance, from a woman with cooling energy. Sometimes all you need to do is spend a little time in the same room with a cool woman. In any case, it's important to realize that your needs for different kinds of energy will change throughout your life. It's something you will need to learn how to deal with. It's important that, in the meantime, you don't mistake a changing energy need for a reason to end your marriage. It's also important to know that you can receive energy from different women in entirely non-sexual ways, if you so choose.

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 that he isn't 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, and then find that she is more than able to creatively provide him with the flavor of feminine energy that most heals and rejuvenates him.

Don't confuse your energy needs with a commitment in love, though. Energy needs are relatively easy to balance. You can probably get the energy you need from a masseuse or a change in diet. If you react drastically, and decide to leave your wife for a woman whose energy enlivens you more, you may be surprised when, in a few months, your energy needs change again, and you realize you have made a very superficial choice.

You must decide for yourself how to deal with your need for the particular feminine energy that fills your body with life, heals your rough edges, and soothes your warrior spirit. But energetic rejuvenation won't make any fundamental difference unless, at your core, your heart is growing more free, open, and loving. A cool glass of fruit juice, a vacation in Hawaii, or a redhead may temporarily balance your physiology, but only persistent commitment to the practice of love can take you through your fears, through your sense of separateness, and bring you to the absolute ease of being that is your deepest truth. Remember your priority, and decide what you need to do.

Part Four

What Women Really Want

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.

Some women want to be in charge most of the time. This desire to guide direction—handling the remote control for the TV or choosing the city in which to live—is a masculine desire, in men and women. If your woman has a more masculine sexual essence, she will prefer to be in charge of the direction of your lives most of the time.

But if your woman has a feminine sexual essence, there will be times that she would like to pleurably relax and let go of being in charge. She would like to relax in her feminine and let you make the decisions. If you are not able to take charge, if you don't know the direction you want to go, your woman will feel you floundering. She will have to take charge again, since you are unable. She won't be able to relax.

The more relaxed she is in her feminine, the more radiant your woman will be. You have probably noticed that your woman's radiance can change instantly. One moment she might seem dull and weary. Then,

perhaps after you praise her or surprise her with a gift of love, suddenly she is glowing. She looks 15 years younger. The lines in her face have disappeared in seconds.

If you want your woman to be able to relax into her feminine and shine her natural radiance, then you must relieve her of the necessity to be in charge. This doesn't mean you need to boss her around. It means you need to know where you are heading and how you are going to get there, in every way, including financially and spiritually.

If you have the slightest uncertainty or ambiguity about your financial future, your woman will feel it. You don't have to say anything about it. She'll feel your doubt or ambiguity in your body, eyes, and the tone of your voice. It's not that you have to make a lot of money; you just have to be responsible for your finances and take your future into account. You might choose to be a monk; what's important is that you are clear, accountable, and directed from your deepest core of wisdom. Then, your woman can relax. She knows where you stand and what your plans are. She can feel your integrity. She can trust your direction, because she knows it comes from your deepest core. She is not swimming in the air of your uncertainty but standing on solid ground, the ground that you've provided by your clarity.

Even more important is your spiritual direction. Where is your relationship going? What are your lives about? What does it all add up to? How will the two of you continue to grow without getting stuck in the ruts of mediocrity?

If your woman feels that you have lost your spiritual direction, she will seek direction herself and attempt to impose it on you, since you don't seem to have any yourself. If she feels that you are totally absorbed in your work, for instance, and when you're not obsessing about your career you are absorbed in TV, then she will wonder, "Is this it? Is this what our relationship amounts to? Is this the highest vision that my man sees?" If she feels you lacking in your financial clarity or your spiritual clarity, she will not be able to relax with you. She will automatically

begin directing her own life, and probably yours too. She will develop her own masculine direction, since you are lacking. And, by doing so, her radiance will diminish.

The more ambiguous you seem, financially and spiritually, the more she will need to pour her energy and attention into her own masculine direction and goals. For some women, this is great; they need to develop their own masculine energy. Other women, however, have already developed their masculine. They would like the opportunity to relax their own masculine and receive yours as a gift. How can you tell if your woman's self-direction is healthy for her? If she becomes more and more full and happy as she pursues her direction, then it is good for her. If she becomes more and more stressful, taut, and emotionally angular, then she is animating excess masculine direction. She is pushing herself in ways that may signal your irresponsibility.

How can you be more responsible? Not necessarily by doing more work. You become more responsible by knowing your deepest purpose, and then arranging your finances and spiritual life from that knowingness. For your woman to relax in her radiance and 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 your woman earns more or less money than you—or even if she earns all the money in the relationship. What matters is if she can feel your loving clarity, wisdom, and certainty of direction. As long as she can feel that you are taking the finances into account and arranging your lives together so that the deepest love and fullest gifts can manifest, she will be able to trust your masculine direction and relax in her feminine heart of radiance.

Part Five

Your Dark Side

You Are Always Searching for Freedom

The essential masculine ecstasy 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.

Your basic motivation is to be released from constraint and experience the freedom on the other side. What are some of the most common forms of masculine ecstasy? Orgasm is one. The typical masculine orgasm, as you probably know, involves a build-up of tension, or constraint, until the dam finally breaks, 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. In football, for instance, the team with the ball is constrained by the other team that is lined up in front and ready to block them. The challenge is to break through the line and carry the ball to freedom. People with masculine essences become insanely emotional during this ritual of challenge and release from constraint into freedom.

And if the freedom is achieved, men will shout and cheer, as if their deepest heart desire has occurred—and it has. This breakthrough into freedom, however it occurs, is the main motive of the masculine. All masculine goals—at work, on the meditation cushion, or on the football field—are directed toward more freedom.

The typical masculine desire for freedom involves the feeling of death, which is the ultimate masculine fear and freedom, in one way or another. Orgasm is actually called *petite mort* or “little death” in French. You say that you hope your favorite football team “kills” the other team, and you celebrate your financial “killings” with great glee.

You are probably also familiar with darker aspects of the masculine desire for freedom. War, which is motivated by the desire for freedom, is a quintessential masculine pursuit. Most sports are ritualized war, but actual war itself resonates with the core of most men. Even movies about war—men being at their edge, giving it all they’ve got, up against death itself, motivated by a higher cause—evoke intense emotion in men. The capacity to face death for the sake of freedom, whether actually in war or ritually on the football field or chess board, is the ultimate masculine act, evoking men’s deepest emotions.

The same capacity to face death is necessary for spiritual freedom. To live free in spirit, you must be willing to face your fears and let go of anything that limits your love. The attachment to comfort and security is what limits most men in their capacity to make a spiritual touchdown. The other team is your own need for private security. You are fighting a war with your own self-sense. To be free is to die to your need to be a separate self. What, then, could be constrained? Ego death, absolute surrender to the point of oneness, is the ultimate freedom. Few men ever release themselves enough to relax in this depth of freedom because they are afraid of absolutely no stress. No stress means no thoughts, no sense of protected self, no mission to accomplish. The end of the masculine game.

Yet, this stress-free, unprotected end of the game is exactly what you are always seeking, through orgasm, financial killings, or winning a war. You are willing to experience lesser forms of masculine “death” and ecstasy, but you are unwilling to face the death of your separate self-sense, and finally be the freedom you have only allowed yourself to taste in moments.

Men will always enjoy facing forms of “death” and coming out the other side into freedom, whether in the form of boxing matches, cop movies, martial arts, orgasm, philosophy (the stress releasing “ah” of insight), or ego death. 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 only temporary means.

The feminine, on the other hand, is not seeking freedom, but love. A woman’s bliss is not in emptiness, but in fullness. Her means is not release, but surrender. This is why a woman is upset when a man begins snoring after orgasm. He has finally achieved, in post-ejaculative emptiness, the blissful freedom from stress he has been seeking all day, one way or another. She, however, is hoping to experience love and fullness through sex, and a snoring man just doesn’t do it for her.

The feminine seeks fullness and abhors emptiness. She will fill her empty shelves with nicknacks, seashells, and pebbles collected from special places. When she does not feel full of love, she seeks to fill herself with ice cream, chocolate, or conversation, rather than empty her stress through tv or ejaculation, as men often do. Her dark side enjoys the emotional aggression in soap operas and romance novels, rather than the physical aggression of boxing matches and porno movies. She longs to fill her sense of spiritual emptiness by surrendering her heart and being filled with love. Her basic means toward spiritual unity is surrender into the devotional fullness of unbounded love, rather than

breaking through the fear of ego-death into the unconstrained infinity of absolute freedom.

In the end, the feminine search for love and the masculine search for freedom reach the same destination: the unbounded and infinite ground of being who you are, which is both absolute love and freedom. But until you finally relax into the place you always are, your woman will continue to surrender—to you, chocolate, and shopping—in the hope of being filled with love, and you will continue to release yourself—through television, orgasm, and financial success—in the hope of being emptied of stress into unconstrained freedom.

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. These areas of testing are usually first on the dark side. Only after trust is established there, only when the dark feminine lover knows she will be met by the dark masculine lover, will testing proceed toward the light.

As you probably know, your 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 will seem 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. Any of her energies that you are unable to transform into love through the force, clarity, and humor of your consciousness will return for you to face, again and again.

Perhaps she gets tense and agitated often. You have tried talking about this with her countless times. Nothing seems to make a difference. So you just stop trying. You learn to tolerate her tension.

Without consciously choosing to get tense, she will continue to test you. Until your consciousness is able to blossom her beyond her tension, you will be tested. A lesser man might decide, “Well, she’s going to have to deal with it herself.” But she would not be in relationship with you if she wanted to deal with it herself. She wants your consciousness—clear, strong, and free—as much as you want her radiance. If you are not penetrating her moods, she can’t feel your free consciousness. Instead, she feels you throw up your hands, impotent in the face of her energy.

The secret is to match her energy with consciousness demonstrated through your body. If she is screaming and breaking dishes, your body must meet her energy. Your fearlessness and strength of love must manifest through your body. If you are cringing, if your voice is restrained, and you are telling her that you love her, she won’t believe you. If you walk up to her, hold her in your arms, and laugh affectionately in the humor of the moment, she will feel your freedom, if it is for real. She will feel it because it is communicated through your body.

Your body, tone of voice, and the look in your eyes mean a lot more to her than anything you could 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.

The same is true of her bliss; you must meet it bodily. If she is in the ecstatic throes of devotional surrender to divine love, then your consciousness must be just as free. Your body must meet hers full of relaxation, power, and trust. Your capacity to surrender through your fears and release your sense of separate self in divine communion must be as strong as her surrender into love. And you must show it through your body, not just your words.

If your surrender into communion is not as strong as hers, she will return to the place of your limiting fear, your weak link, and test you there. If you collapse or react with unlove when she questions your financial ability, she will continue to do so. If you feel weakened when she questions your sexual ability, she will continue to do so, implicitly or explicitly.

She will never trust your “lighter” masculine capacities until you have proven your “darker” masculine capacities. Your woman has an intuitive knowledge concerning your consciousness. She knows that if you are not free to meet her dark destructress energy and ravish her in love, you won’t be free to meet the dark destructress of the world—who will challenge your spiritual freedom—with strength and love.

You need not concern yourself with pleasing her. That’s not the point. She is offering you a gift. She is presenting you with an energy in the form of her mood and emotion, offering you an opportunity to learn to “master” this energy with your fearless loving. Whatever energy she offers you, you can be sure the world will offer it to you as well. If you have ever tried to increase your income, or magnify your spiritual clarity, you know that the world will test you. Only through your persistence, fearlessness, and loving service does the world yield to your efforts.

And the same is true of your woman. You are not trying to please her. You are learning to pervade the world, including her, with consciousness and love. That is what you are here to do.

The world will test you with dark, wild, and resistive energies financially and spiritually, for example, in the same way your woman is testing you emotionally. If you hide your deepest gifts from her in fear, you will also hide your deepest gifts from the world in fear. If you give up at a certain point with her, you will likewise only go so far in the giving of your gift to the world.

Your woman knows your weaknesses better than anybody. She knows where you will falter and give up. She knows the degree of mediocrity you will settle for. And, she knows your true capacity as a full

man, a man of free consciousness and love. Her gift, if she is a good woman, is to test you with her darkest moods, over and over and over, until your consciousness is unperturbed by feminine challenge, and you are able to pervade her with your love, just as you are here to pervade the world. In response to your fearless consciousness, she will drench your world in love and light.

Part Six

Feminine Attractiveness

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 a but a ripple and reminder. His whole relation to appearance is epitomized in his relation to women, either as obsession, distraction, or revelation.

In your worship of women, never forget that they die. In your enjoyment of pleasure and delight, never forget that your sensations and feelings are fleeting, and never absolutely enough. Women can attract you, heal you, and inspire your gifts, but they will never satisfy you absolutely. Never. And you know this.

This is why women are so frustrating to you. Their promise attracts you, in one way or another, perhaps many times a day. And yet, throughout your life, you have learned and will continue to learn that they

cannot make good on the promise. The fulfillment that seems like a woman is actually unavailable in her form.

The play of your body wanting her body is the most obvious hoax of fulfillment. If you have ever gotten the woman you've wanted, you know that it's never as good as you hoped for, at least not for very long. And yet you continue to be attracted, over and over and over, to the same woman or to different women. It's all the same thing. You are deceived by the mirage of your own desire. You are deluded by your own excitement. Women are not to blame. They are to be cherished.

And felt through. To feel a woman, and be merely yanked by your desire for her form, is stupid. Bulls and houseflies are yanked by feminine forms and desire. It is an endless, stupid round of mirage, desire, and need. And yet, so much of your life goes to looking at, thinking about, and desiring women, it's not something that can simply be shucked. But it is something that can be felt through.

Like a slingshot, the momentum of your desire can be used to deliver you to the source that women only promise.

Women are the epitome of appearance, all appearance, everything around you, potential and actual. And like women, all appearance seems to promise you something you want. You want success from your job. You want love from your woman. You want pleasure from your body. You want obedience from your dog. When you don't get what you want—when you lose money, your woman hates you, your body is in pain, and your dog bites you—you are unhappy.

When you do get what you want, you are less unhappy.

You are least unhappy when you are relieved of the need to get anything at all from appearance. Just driving in your car, wanting nothing, watching the trees go by, can be an epiphany of perfection. Deep sleep, orgasm, a day of fishing, looking into an infant's eyes, these occasions can relax you from your search long enough to realize that you already have what you seek, that what appearances promise is a revelation of your own deep and inherently blissful nature.

You are that which you seek, but you have left your own deepness and are looking elsewhere. The stress of not finding it creates its own need to be released. And so the cycle continues. You are chasing your own tail, and much of the time that tail looks suspiciously like a woman.

But you need not stop chasing. Instead, chase. Allow yourself to feel how badly you want her. Feel how deep is the itch you want scratched. Feel the need that drives you, for most of your adult life, to yearn for a woman, in flesh or in fantasy. And discover what it is you really want. You've had tit. You've had pussy. You've had nurturing. You've had wild passion. And none of it lasted. It wasn't even that good as long as it did last. Your need is far deeper than any woman can provide. So what is it?

Your ultimate desire is for the union of consciousness with its own luminosity, wherein all appearance is recognized as your deep, blissful nature, and there is only One. Your desire for union with a woman is a stepped-down version of this ultimate spiritual need.

You can use your desire as a doorway to spiritual oneness. Magnify your desiring to the brink of madness. Sustain it with full breath, relaxed body, and open heart. Embrace your woman, if you have one, and give her what you want from her. Give it all to her. Give it away to her. Give her so much of what you want from her that you can't tell who is who, the chaser has become the tail, and all motion stops in the intensity of self-release. There is only One.

The very light of your consciousness shines as the world, and it is looking back at you, appearing as woman. She often appears as what you most fear and desire. She is the goddess, ready to fuck you, murder you, and enlighten you. Her appearance and your desire can be an endless drama of need, or they can merge, becoming a doorway to your divine source.

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 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 other, and he is released of need in the revelation of oneness.

Desire can be a 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 in love.

Women can seem to bring you to your true nature. Or they can seem to take you away from it. Each moment of appearance and of woman may be a distraction, an obsession, or a revelation. Notice the distractions—tits, ass, wealth, and fame—and practice the revelation of oneness by feeling through the distractions. Notice the obsessions—tits, ass, wealth, and fame—and practice the revelation of oneness by feeling through the obsessions. Practice it with your woman, for real. Bow down to her, and then bow down through her, into the deep which only seems to have been an other.

Part Seven

Body Practices

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, though the use of breath, feeling, and intention.

What is premature ejaculation? Some men ejaculate before entering their woman's vagina. Others ejaculate after ten minutes of sexual intercourse. What matters is not when you ejaculate, but how deeply you are able to commune in love, with no boundaries, through the form of sexual embrace. If your ejaculation signs the end to your session of loving before both you and your woman have fully opened yourselves, then your ejaculation is premature.

If you are like most men, your first sexual experiences as a teenager involved masturbation. Masturbating over and over ends up conditioning your body and nervous system to an habitual sequence: genital stimulation, mental fantasy, building up tension, and ejaculating. Teenage masturbation is essentially an exercise in fantasy, done alone, without much love or even human intimacy. By the time most men are having

sex with women, they repeat the same sequence they learned while masturbating. Sex has become a road toward ejaculation, a road paved with internal imagery, self-enclosure, and the desire to release tension.

To realize the full potential of sex, you must learn how to recondition your body and nervous system. You must learn how to unhabitualize the mechanics of your ejaculation, and convert your orgasm into a massive profusion of energy which deepens, not ends, the lovemaking session.

The first step is undoing the habits you learned while masturbating as a teenager. Instead of tensing your muscles as you become sexually stimulated, learn to relax them. When you notice your face squinching up, relax it. When you notice your breath getting fast and shallow, slow it down and deepen it. When you notice your belly tight and your chest hard, open your belly and soften the area around your heart.

The next step is to redirect your attention. Learn to feel your partner more than your own sensations during sex. Rather than curling attention into yourself and feeling the pleasures moving in your own body, feel outward, into, and through your partner. Feel your partner more than you feel yourself. Feel her movement, her moans, and her internal energy.

Eventually, with practice, you will be able to feel through your partner, as if your partner's body were a doorway into a vast open space of energy, light, and awareness. This unobstructed feeling is the basis for true lovemaking. Extend your love out beyond yourself and, in time, through and beyond your woman. This takes practice, since there is a strong tendency to focus on your own physical sensations, especially during times of intense sexual stimulation. Counteract this tendency by practicing to feel beyond yourself and through your partner as if there were no obstructions to your loving at all.

Besides relaxing and loving into and through your partner, you must become very sensitive to the force of your breath. Breath moves life energy through your body as well as your partner's. If your breathing becomes too shallow, the life force cannot be conducted through your

body. Instead, this force builds up, usually in your head or in your genitals. If it builds in your head, you will begin to spend more and more time fantasizing about sex and women. If it builds up in your genitals, you will feel the need to ejaculate, either through sex or masturbation.

Therefore, if you have not breathed fully during the day, by the time you approach your sexual partner you will be filled with fantasies and ejaculative urge. So, a large part of avoiding premature ejaculation is to breathe fully, deeply, and with great force, throughout the day. Your inhaled breath should feel like it is drawing energy down the front of your body, filling your belly and genital region. Your exhaled breath should feel like it is moving energy from your pelvic floor, up your spine, into your head.

By breathing fully in this circle, down your front and up your spine, your internal energy can flow freely. Your head and genitals don't get clogged or tense with energy. And your urge to ejaculate is diminished.

Sex intensifies the life force in your body. As you become more and more stimulated, your breath quickens and your body begins to writhe with energy, which tends to become focused in the genital region. Unless you are careful to move this energy with your breath, it will build up in your genitals and cause a pressure that wants to be released through ejaculation.

There is a specific exercise you can perform throughout sex and also during the approach to orgasm. By doing this exercise you will convert the direction of the orgasm, so instead of ejaculating out your penis, you will "ejaculate" up your spine, experiencing intense bodily bliss and emotional openness, far beyond the quick pleasure and depleted peace following an ejaculative orgasm.

To practice this exercise, you must learn to consciously contract the muscles of the floor of your pelvis. This area includes your genitals, anus, and perineum, which is the space between your anus and genitals. This exercise of contracting your pelvic floor feels a lot like you are trying to stop yourself from going to the bathroom.

In addition to contracting the floor of your pelvis, practice pulling it upward into your body and toward your spine. This upward pull will actually lift your scrotum slightly up toward your body.

As a single movement, practice contracting and pulling upward the entire floor of your pelvis, including the anus, perineum, and genitals. You can practice this in sets of 15 or 20 contractions, holding them as long as you can. Do several sets like this, three or four times a day.

Eventually, you will be able to contract and pull up your pelvic floor easily, holding it for as long as you want. This means you have developed the necessary muscular control. Now you can practice the more subtle work of moving the energy up your spine.

At first, it may seem like you are just imagining internal energy moving in your body. But, with practice, you will more easily see or feel this energy moving. After all, it is the same energy that, during intense sexual stimulation, you have no trouble feeling build up in your genital region, which is then released through ejaculation. You can feel it building up like water behind a dam, wanting to burst out. Well, the same energy can burst upward. And when it does, you will experience an orgasm far more pleasurable than the brief burst of a typical genital ejaculation, and also far more healing and enlivening.

While you are having sex, but before you are close to ejaculating, practice contracting your pelvic floor as just discussed. While you contract it and pull upward, breathe the energy up your spine. You will have to experiment to determine whether to inhale or to exhale the energy up your spine, although most people find that exhaling up the spine works best. If you combine the upward contraction of your pelvic floor with breathing up your spine, you should lose just a little bit of your erection as well as the need to ejaculate. As you continue making love, repeat this exercise as often as you need to in order to maintain relaxation and openness.

Even while practicing this technique, you may notice that you occasionally come very close to having an orgasm. At this point, stop

moving, apply the upward contraction of your pelvic floor, and breathe the orgasm energy up your spine. In addition to the upward contraction of your pelvic floor while breathing up the spine, some men find it helpful to clench their fists and teeth while looking upward with their eyes, especially when the urge toward ejaculation is particularly strong. With practice, however, all the muscular action becomes very subtle and gentle, until the entire exercise is done primarily through your breath, feeling, and intention.

When the energy shoots up your spine, relax and enjoy the colors, feelings, and blisses that will fill your head and rain down through your body. Once you are proficient at this exercise, you can evoke the same sensations in your partner by feeling into your partner from your heart as the orgasm shoots up your spine. The upward movement of your energy will magnetize the same movement in hers.

These practices will not be successful unless you are able to surrender as love in the midst of sexual embrace. Love is the governor of energy. More and more, you must practice being love in the form of sexual coupling. Regardless of how tough your day has been, regardless of the burdens you face in your life, sexing should be a time of practicing love. Like meditation or prayer, sex should be a special time of practicing opening your heart and giving love fully, into and through your partner, and in communion with that which you hold most sacred.

If your heart is closed, your energy will be obstructed, and you will never be able to convert your spurt to a lightening bolt of love. If you don't practice love, your sexual energy will be governed by old habits of body and emotion, which are all about the tiny commotion of ejaculation. So, if you want to expand sexual bliss as fully as possible, remember that your emotional disposition is far more important than the technical exercises themselves.

Because each individual is different, you must experiment and discover which techniques, done as exercises of love, work best for you. With practice, you will easily be able to experience deep non-ejaculatory

orgasms that shoot up your body as light, leaving your heart wide-open, your energy enlivened, and your body reverberating in bliss. You will be able to make love for as long as you want, and sex will rejuvenate, rather than deplete, your life force.

In summary, this is what to remember as you experiment and discover which techniques work best for you:

1. Rather than fantasizing or entertaining inward sexual imagery of any kind, remain totally present, aware of your own body, breath, and mind, and especially attentive to your partner. Break the masturbatory habit of inward fantasy by consciously practicing sex as a relational play of love with your partner.
2. Keep your body and breath relaxed and full. Especially keep the front of your body relaxed, so that your belly is vast and your heart is soft and wide. This will help prevent too much tension from accumulating in any one area.
3. Learn to feel into, and then through, your partner, so that your attention is directed beyond your own sensations and even beyond your partner's sensations. Practice feeling outward, without limit, as if you were feeling to infinity. In other words, whatever you are feeling, feel it fully, and then feel through and beyond it, so that sex becomes a constant feeling through and beyond every sensation, rather than focusing on any particular sensation.
4. Throughout the day and during the sexual session, practice breathing so that your inhalation moves energy down the front of your body and the exhalation moves energy up your spine. Excessive, chronic thinking or addiction to ejaculation is often a sign that your energy is blocked and you are not yet breathing fully in this circle throughout the day.

5. During sex, occasionally practice the upward contraction of the floor of your pelvis while breathing sexual energy up your spine, so it fills your whole body. Especially as you begin to approach orgasm, you can combine the upward contraction of your pelvic floor with breathing up the spine in order to shoot your orgasm up into your brain, and even out through the top of your head, rather than down and out your genitals. This upward orgasm will then feel like it is gently seeping down through every cell of your body, saturating you with thick open light.

These techniques will be less than effective unless you practice love during sex. The natural intelligence of love itself acts to circulate energy in the most healthy way possible. These techniques are mostly exercises to counteract years of poor sexual habits, usually initiated during teenage masturbation. After eliminating the mechanical habit of ejaculation and unobstructing your energy, the force of your heart will very naturally guide your orgasm so it explodes upward, throughout the body and brain, before raining down in a profusion of bliss, which not only rejuvenates you, but dissolves your edges like shadows in the sun.

Part Eight

Men's and Women's Yoga of Intimacy

Take into Account the Primary Asymmetry

Intimate relationship is never the priority in a masculine man's life and always the 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.

Although you and your woman are equal beings, you are very different creatures. If she has a feminine sexual essence, her core will be fulfilled when love is flowing. For example, she can experience difficulties in her career, but if full love is flowing in her life—with her children, friends, and with you—then her core will be fulfilled.

Not so for you. If you have a masculine sexual essence, then your woman and children can be loving you all day and night, but if your career or mission is obstructed, you will not feel at ease. You won't even want to share much intimate time with your woman until you have your career or mission back on track.

Your woman's core is fulfilled by love. Your core is released from stress by aligning your life with your mission. To you, intimacy is some-

thing to be enjoyed in addition to your purpose. To your woman, intimacy is at the core of her life, and the tone of your intimacy colors everything else she does.

When your intimacy is going great, your woman's life is filled with the color of love. She feels good at work, at home, in bed. When the intimacy is not going so great, when your woman feels unloved, rejected, hurt, or abandoned by you, then her day will be colored by hurt. At work, at home, and in the bed, the pain of unlove will color her disposition.

But, for you, things are different. When your intimacy is going bad, you can't wait to leave the house and go to work; there, you can be in your element, aligned with your purpose, and happy. For you, the intimacy is just one aspect of your life. When you are absorbed in your mission, you often forget entirely about your intimacy. For your woman, the intimacy is at the core of her life and colors everything else she does. This is the primary asymmetry in intimacy.

It goes much farther than this, though. For most men, their woman is replaceable. Harsh, but true. If you are like most men, you know, deep down, that if you were to lose your present woman, you would deeply grieve, but you could eventually find another. Many times, in fact, you have probably fantasized about finding another woman even before you lose the one you have. Because a man's priority is his mission, he will always gravitate to a woman whom he feels would most support his mission. If he feels another woman would enliven him and give him more energy for his work, he might desire her as an intimate partner.

However, you are lodged in the heart of your woman. She feels you all day. She senses where you are at. Feeling-threads from her heart are connected to your heart, day and night. You are not replaceable in her perception. She does not frequently consider other options, as you probably do. Whereas you live in a world of relational possibility, she lives in a world of relational actuality. Your relationship with her is not only at the core of her life, but is also the main determinant of her mood.

If your woman has rejected her own feminine core, then she will struggle against her inherent heart-connection with you. She will try to identify with her masculine side, attempting to de-prioritize you and your relationship. She will think that she must “live her own life” and put more energy into her own career, for instance. While it is obviously healthy for every man and woman to learn to become whole and independent, it is self-destructive for your woman to try to lessen the import of your relationship in her life. If she has a feminine sexual essence, the desire for the flow of love is at her core, no matter how dedicated she is to her career or other activities.

Without a deep and loving intimacy—with you or with the divine—she hurts. It will never work for her to try to quell the pain by absorbing herself in her career, her art, or her friends. If she has a feminine essence, she must honor herself by owning her deep desire for the flow of love in her heart, just as a person with a masculine essence must honor his or her direction in order to be truly happy. Our culture has become so anti-feminine that many women are trying to deny their feminine core desires and adopt the masculine way of dedication to mission. By denying their feminine essence, such women are predisposing themselves to emptiness of heart, depression, and bodily symptoms of disease.

Likewise, you must not deny your woman’s feminine essence by feeling or saying to her, “Your whole life seems to revolve around our relationship! That’s not healthy. You should have your own life, your own direction, your own career and friends. Stop complaining about our intimate problems and get a life!”

While it is common sense that she should live a fulfilling and engaging life outside of your relationship, it is sexual wisdom to understand that her feminine essence will always hold the flow of love at its center. That’s just the way it is. This flow of love could be in direct relationship with the divine, although it is usually in relationship with a man.

The desire for intimate loving is as central to your woman’s life as the mission toward freedom—financial, psychological, and spiritual—is

to yours. Think of how many hours a day you dedicate to your mission and compare that with how many hours a day you spend serving your woman's deep desire for the magnification of love. If you want her to honor and support you in your quest for freedom, you must honor and support her in her love of loving. Her devotion to love has a lot to teach you.

Some men feel guilty for not being as “into” the relationship as their woman is. You must understand that this is natural. If you have a masculine essence and your woman has a feminine essence, you will never be as concerned, distraught, or elated about your intimacy as your woman is. Don't fake it. Don't try to act concerned for the sake of your woman. She can feel where you are really at. Instead, be authentic to your core desires, and dedicate your life, with utter impeccability, to your highest goals.

If one of your highest goals is psychological or spiritual freedom, then you will highly value your intimacy. Nobody will press your buttons or reflect your asshole to you better than your woman. She will point out your weaknesses better than a boot camp drill sergeant. She will reflect your ambiguity or clarity better than any workshop teacher. She will do you better than a whore and give you more loving than you can handle. And all the while she will shower your life with radiant blessing, healing, and enlivenment—if she learns to own her true feminine desires and you learn to own your true masculine desires.

When you both honor the primary asymmetry in intimacy, you can each concentrate on your true desires rather than compromising for the sake of an imaginary truce between genders. When your life is truly aligned with your highest purpose, you will become more present, more loving, and more humorous. Your woman will then be the first recipient of your magnified presence, love, and humor. If your intimacy is not constantly growing in this way, your life is not aligned with your highest purpose.

Likewise, if your woman devotes herself to her true heart desires, you will feel it. Her energy, radiance, wisdom, and power to create heaven on earth will feed you constantly—even when it is not directed toward you. You will be inspired by her magic, enchanted by her sexuality, awed by her knowingness, and enlivened by the life that flows so lovingly through her body. However, if she has chosen to deny her heart desire and adopt more masculine goals of purpose and mission as her core needs, both of you will suffer. Her radiance will diminish, her guardedness will increase, and neither of your hearts will feel relaxed in the intimacy.

Your woman could be a corporate executive and you could be a househusband. That's fine, as long as you are living your highest purpose and her life is devoted to love. Honor this primary asymmetry, in yourself and in your woman. Only when you are willing to support each other's core desires will the intimacy give each of you what you want, and then perhaps bring you beyond even that, into the utter joy of being, of which your relationship is only a hope.

ABOUT THE AUTHOR



DAVID DEIDA is the author of over 50 articles and books including **Naked Buddhism: 39 Ways to Free Your Heart and Awaken to Now**; **Wild Nights: Conversations with Mykonos About Passionate Love, Extraordinary Sex, and How to Open to God**; **Finding God Through Sex: A Spiritual Guide to Ecstatic Loving and Deep Passion for Men and Women**; **The Way of the Superior Man: A Spiritual Guide to Mastering The Challenges of Women, Work, and Sexual Desire**; **Intimate Communion: Awakening your sexual essence**; **It's a Guy Thing: An Owner's Manual for Women**; and **The Way of the Superior Lover: A Spiritual Guide to Sexual Skills**. He has taught and conducted research at the University of California Medical School, San Diego; University of California, Santa Cruz; San Jose State University; Lexington Institute, Boston; and *Ecole Polytechnique* in Paris, France. His groundbreaking books and workshops are revolutionizing the way that men and women grow spiritually and sexually.





FOR REAL



DAVID DEIDA

Books • Audiotapes • Workshops

Resources for Spiritual Growth



PLEXUS

ABOUT THE WORK OF DAVID DEIDA

David Deida's teaching and writing on an integral, fully sexual spirituality for our time have been widely praised as a unique, authentic, and profoundly deep contribution to the personal and spiritual growth of modern men and women.

“Every once in awhile, someone comes along whose work is clearly a next step. Their ideas seem to answer some collective question hanging out in the culture. Their books and seminars become an underground buzz, and within a period of time their ideas become part of our cultural vernacular. David Deida is such a person. In a time not too far off from now, his ideas will have spread like wildfire. That’s how hungry this society is for what he has to offer.”

–Marianne Williamson

Author: A Return to Love

In a time of great change, when many people are turning away from conventional cultural models of spirituality and intimacy, David's work is an invitation to let go of all obstructions to living the fullest expression of love that we truly are in our deep hearts. He offers a demonstration of how to experience the ecstasy of a life lived from the authentic spiritual freedom that lies waiting in the core of our being.

“David Deida is a Jewel in the crown of those that are willing to live the Truth beyond trying to escape into the Absolute. If you want to know how deeply we can open to God, and how drastically this can be mirrored in our daily lives, then David is your companion where others fear to tread.”

–Vartman

Author: Unreasonable Happiness

ABOUT THE WORK OF DAVID DEIDA



“We all taste God, taste Goddess, taste pure Spirit in those moments of sexual rapture, and wise men and women have always used that rapture to reveal Spirit’s innermost secrets. David Deida is such a wise one.”

–Ken Wilber

Author: *Grace and Grit*

“David Deida makes brilliant use of our society’s focus on sexuality as a medium to inspire us, “to be smithereened in bliss, opened beyond all limits, loved absolutely, to give of ourselves completely to infinity.” David plays joyfully, powerfully, and masterfully... at a level of spiritual clarity that is awesome.”

–Dr. Gabriel Cousens M.D.

Author: *Spiritual Nutrition and the Rainbow Diet*

“The openness, the love! What lively new language David Deida finds for the unsayable!”

–Coleman Barks

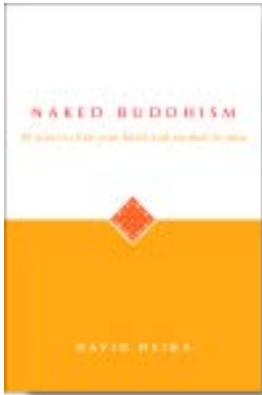
Author: *The Essential Rumi*

In this catalog, you will find all of David Deida’s books and audiotapes (as of this printing), as well as information about the workshops, trainings, and intensives that he offers around the world.

For the most up to date information about new books and tapes, as well as David’s teaching schedule, original articles, new book and tape excerpts, secure online ordering, and much more, please visit us on the web at www.deida.com, or feel free to call us at PLEXUS, toll-free, anytime:

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Naked Buddhism

39 Ways to Free Your Heart and Awaken to Now

BRAND NEW!

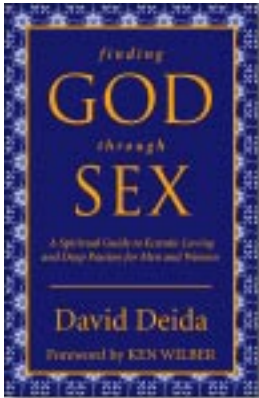
“*Naked Buddhism* tells the bare truth about naked awareness and opening wisdom’s heart in our own breast. David Deida’s original American Dharma practices will help awaken us and inspire and instruct on how to live an authentic spiritual life. Let’s do it!”

–Lama Surya Das

Author: *Awakening The Buddha Within*

Softcover, 208 p. \$16.95

[Naked Buddhism is a revised and updated edition of “Blue Truth”]



Finding God Through Sex

A Spiritual Guide to Ecstatic Loving and Deep Passion for Men and Women

NEW: Foreword by KEN WILBER

“*Finding God Through Sex* is the deepest, most alive, insightful book I have ever read on the wonders and subtleties of sexuality as a spiritual path. It inspires us to the knowing of total openness to who we are as the lover, and beloved... until we disappear into love.”

–Dr. Gabriel Cousens, M.D.

Author: *Spiritual Nutrition & the Rainbow Diet*

Softcover, 307 p. \$16.95



Dear Lover

A Woman’s Guide to Enjoying Love’s Deepest Bliss

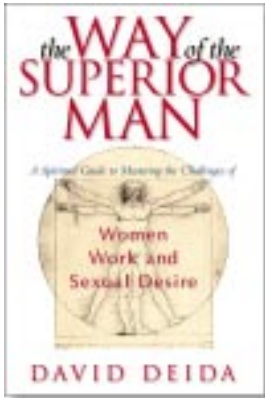
Foreword by MARIANNE WILLIAMSON

Dear Lover is David Deida’s long-awaited guide written especially for women on sacred intimacy and spiritual growth through love, sexuality, and intimate relationship.

“Listen with me to the wizard of romance. He speaks to us of a long lost promise. He speaks of truth. He speaks of Love.”

–From the foreword by **Marianne Williamson**

Softcover, 222 p. \$15.95



Hardcover 256 p. \$23.95

The Way of the Superior Man

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

“*The Way of the Superior Man* is quite wonderful. Finally, a guide for the noncastrated male. To transcend the body-mind means to transcend and include its sexuality, not transcend and evaporate it. Few are the books that discuss strong sexuality within strong spirituality, instead of tepid sexuality diluted by a mediocre spiritual stance. This book steps straightforwardly into the challenge.”

—Ken Wilber

Author: *A Brief History of Everything*



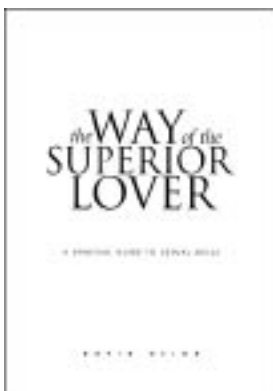
Softcover, 213 p. \$14.95

Wild Nights

Conversations with Mykonos about Passionate Love, Extraordinary Sex, and How to Open to God

NEW: Foreword by DR. GABRIEL COUSENS

Wild Nights tells the true story of David Deida’s own initiation and apprenticeship with Mykonos, a tantric master who leads David through a series of remarkable experiences that reveal the Divine through sex, love, and death.

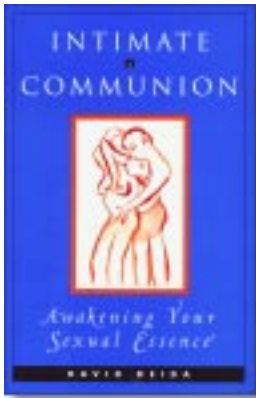


Spiral Bound, \$19.95

The Way of the Superior Lover

A Spiritual Guide to Sexual Skills

Many readers have found this practical guide to be a useful companion to *Finding God Through Sex*. This book covers spiritual sexuality in detail, including: Breath and the circulation of sexual energy; Bypassing ejaculation; Multiple whole-body orgasms for women AND MEN; The three main types of women’s orgasms; Sexual variations beyond the taboo; Retraining your nervous system to conduct maximum sexual pleasure; Conscious circulation of sexual energy between partners; Using heightened sexual energy as a sacramental prayer of love; much more.



Softcover, 270 p. \$11.95

Intimate Communion Awakening Your Sexual Essence

David Deida's first book, *Intimate Communion* lays down many of the basic principles of his teaching on the integration of spirituality and sexuality. It is filled with practical understandings that will immediately help you to turn your intimacy and all your relationships into sacred, ecstatic celebrations of your deepest heart.



Softcover, 260 p. \$11.95

It's a Guy Thing An Owner's Manual for Women

David Deida brings his customary deep insight and unconventional perspectives to over 150 of women's most asked questions about men and intimacy.

Hailed as an invaluable contribution toward increased understanding between the sexes, *It's a Guy Thing* is David's most accessible book to date.



Card Deck, Booklet \$29.95

Men's Challenge Deck Practicing The Way of the Superior Man by Rob Biagini

Based on David Deida's bestseller, *The Way of the Superior Man*, *The Men's Challenge Deck* is a tool for men's personal and spiritual growth in men's groups. Each of the 80 cards offers a challenge for a man to carry out—either alone or with others—that will help him clarify his deepest life purpose and give his fullest gifts in each moment.

"I highly recommend this insightful tool."
—John Lee, Author *The Flying Boy*



Through his workshops and appearances, David Deida is constantly generating fresh offerings of what has been called the most cutting edge, transformative, non-sectarian material on spiritual growth and sacred intimacy that is currently available.

These audio recordings of

David Deida are great heart-reminders of who we truly are at depth and why we are alive as love. Pop one into your car's cassette deck on the way to work, and we guarantee you a deeper, fuller day.

Introduction to Sacred Intimacy

Two Cassettes, \$19.95

Recorded live in California in September of 2000 this tape set gives the listener a complete introduction to David Deida's work in spirituality, sexuality, and intimacy. Including an exploration of the three stages of human spiritual and sexual evolution; living from your core sexual essence; our masculine and feminine "shells"; working with jealousy and anger; finding masculine purpose; attracting the intimate partner we most deeply desire; boundaries and attachment; and much more.

The Nuts & Bolts of Spiritual Intimacy

Three 90-min. Cassettes \$29.95

David Deida—recorded live in Telluride, CO in August 1999—speaking on the differences between masculine and feminine spirituality and the moment-to-moment practice of using intimacy as a means of spiritual growth. This series of talks and Q&A provides a very thorough understanding of how to create and nourish a spiritual intimacy. Sexual, emotional, and spiritual practices for both men and women are covered in detail.

At Your Edge: Spiritual and Sexual Wisdom for Men

Two Cassettes, \$19.95

Freedom, power, fear, money, sex, enlightenment, death, wisdom, excellence, challenge, transcendence, purpose—living at your edge is the masculine form of spiritual practice. No man is truly happy unless he is living a life of facing his fears and transcending them in his quest to give the gift he was born to give. In these tapes, David Deida lays down in crystal clear terms what it takes to live a masculine life of integrity, authenticity, and depth.



Living The Third Stage Series

Six Cassettes \$64.95

The uniqueness of David Deida's teaching is his focus on growing beyond dependence (first stage), **and** beyond independence (second stage), to the moment-by-moment magnification of love and consciousness that is living in and from the third stage. The tapes in the **Living The Third Stage** series explore the realm of human existence from the third stage point of view.

Volume 1: The Three Stages of Life

This recording introduces the three stages of life (and intimacy) that we all grow through. **First Stage** = focus on self and self needs; **Second Stage** = focus on sharing, fairness, and equality; **Third Stage** = focus on living as the unbounded love and openness that sources everyone and everything.

Volume 2: The Play of Masculine and Feminine

This recording discusses the specifically masculine and feminine aspects of spiritual growth and the play of masculine and feminine energies that is needed to create a sacred intimacy that can be used to deepen and magnify the spiritual evolution of both partners.

Volume 3: Communication, Yearning, and Purpose

This recording explores the differences between communication modes for the masculine and feminine, as well as the differences in communication and perception between the first, second, and third stages of human development. Along the way are discussion of the deep yearning of the feminine heart to share love, and the deep yearning of the masculine heart to live a true purpose.

Volume 4: Primary Emotion and Deep Purpose

This recording focuses on the feminine practice of feeling and freely expressing the "Primary Emotion", as well as more on the importance for the masculine of finding and aligning ones life with his deepest mission.

Volume 5: Realms of Love and Substance

This recording discusses the use of drugs and alcohol, sexuality, business, friendship, masculine and feminine spiritual practice, and other topics from the third stage perspective.

Volume 6: Trusting Larger Than Yourself

This recording describes one of the core understandings of the third stage: that other people can feel where you are at and where you need to grow better than you can. Learning to trust the hearts of others is an essential foundation of third stage practice.



BINGO: The Practice of Boundless Love

One Cassette, 90 min. \$12.95

David Deida recorded live during a workshop in Los Angeles in February of 2000. This tape explores the practice of opening beyond our self-made boundaries into a “BINGO” moment where we recognize each other and all as one heart of love and boundless freedom. This tape explores common obstructions to BINGO and ways of practicing openness in the midst of those obstructions.

Spirituality Beyond Self Improvement

One Cassette, 100 min. \$12.95

Self improvement is a good thing, but all the self-mastery and personal growth in the world don't add up to real spiritual openness. And neither does true spiritual openness depend on being a well-adjusted, “successful” person. In this intimate Q&A session recorded live in Austin, TX in February of 2000, David Deida explores the limits of self improvement, therapy, and personal growth and clarifies the process of real heart opening spiritual practice.

The Yoga of Deep Passion

One Cassette, 90 min. \$12.95

In this tape, David Deida explores a variety of topics, from the neurotic “shells” of sexual energy that cover our core sexual essence, to working with anger, the roots of romantic attraction, and the nature of all appearance as the moment-by-moment sexual union of consciousness (the masculine principle) and radiance (the feminine principle). Along the way, he clarifies how living the fullest sexual life that we can requires a spiritual commitment to our own deep passion.

Q&A at Breitenbush, 1999

One Cassette, 90 min. \$12.95

Topics covered in this lively, humorous Q&A include: Why dark sexual energy is important; Maintaining sexual passion for couples who work together; Dealing with sexual energy in the workplace; Who women should be open with and when; How men can find their deep purpose and live from it; and much more...

Opening As Love and Nothingness

One Cassette, 60 min. \$12.95

The infinite openness of no separation, or oneness, is the spiritual truth of every moment. On our way to unobstructed realization of that truth, we tend to seek it in two very different ways. Some of us (those who are more feminine in their core) open toward infinite oneness as love. Some of us (those who are more masculine in their core) open toward that same oneness as “nothingness”. In this tape, David Deida explores these two different paths of opening, how they interact with each other, and the gesture of practicing opening more and more in each present moment.



Love, Fear, Trust, and Depth

One Cassette, 60 min. \$12.95

Fear often restricts intimate partners from growing in love and trust. Moving beyond fear into open love invites trust, just as trust invites open love. In this presentation, David Deida reveals how men can invite their women to open in love, and how women can invite their men to become more trustable. He also discusses how to choose an intimate partner for those who are not currently in a relationship.

Opening Spiritually and Sexually

One Cassette, 110 min. \$12.95

Opening spiritually and opening sexually are the same thing. And the personal “kinks” that close us down sexually also close us down to deep spiritual experience. In this wide ranging introduction to spiritual and sexual practice, David Deida explores the fundamental gesture of opening to real bliss and spiritual depth in every moment, under all circumstances.

The Love That Washes Through Patterns

One Cassette, 100 min. \$12.95

“If you are in a good relationship, the worst, hellish stuff that you’re ever going to face is going to come up.” With these sobering words, David Deida goes on to describe and lead workshop participants through practices of love that transform those patterns of behavior which limit our intimacies, popping us through the patterns to the ecstasy of love-bliss that lies waiting on the other side.

The Shiva & Shakti Scales: Our Search for Love & Freedom

One Cassette, 80 min. \$12.95

Shiva and Shakti are Hindu terms for the masculine and feminine aspects of the divine. In this deeply insightful talk, David Deida explores the full spectrums of the universal masculine and feminine energies from dark to light, showing why it is essential that each of us embrace the full spectrum in order to liberate our fullest love, energy, and presence for our spiritual growth.

Kinks, Consciousness, & the Plumber

One Cassette, 70 min. \$12.95

Talks on the embodiment of spiritual practice in love and intimacy. A rare peek inside what has been called one of the most transformative workshop experiences available.

Intimacy to Ecstasy

One Cassette, 70 min. \$12.95

This interview with David Deida, conducted by noted radio host Alan Hutner, is an excellent introduction to the basics of David’s teaching on the integration of spirituality and sexuality.



His Freedom, Her Love

One Cassette, 70 min. \$12.95

David Deida recorded live during a workshop in Byron Bay, Australia in July of 2000. In each of us is a masculine principle or force that is always searching for more freedom. And in each of us is a feminine principle or force that is always searching for more love. These two different expressions of our sexual core are each fundamental aspects of an understanding of spiritual growth as sexual beings. In this tape, David Deida explores spiritual practice as the search for freedom and love.

Rested Deeper Than Habit

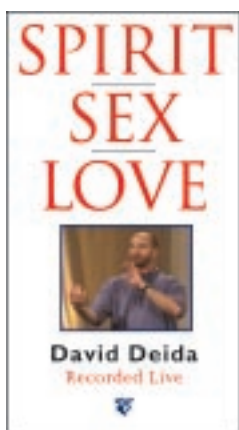
One Cassette, 90 min. \$12.95

Habits. Perhaps the biggest single obstruction to our growth as spiritual beings are the unconscious habits and patterns of thought, behavior, experience, and relationship that we develop and settle into in our lives. Recognizing the deep source of who we are “behind” or “beneath” or “before” our habits and patterns is a primary foundation of spiritual practice.

Living Dialogs with David Deida and Duncan Campbell

Two 60-min. Cassettes \$19.95

Noted interviewer Duncan Campbell and David Deida explore the philosophical and cultural context of Deida’s work on the three developmental stages of individual and social evolution and how the universal masculine and feminine energies play out in the human realm through those stages. Includes a fascinating discussion about what it takes to make real use of a spiritual teacher and the limits of ethical and moral responsibility in the guru-disciple relationship.



VHS, 85 min. \$29.95

NEW VIDEO: Spirit Sex Love

David Deida Recorded Live

What are the real spiritual and sexual differences between men and women? How can we learn to use our intimate relationships as vehicles for spiritual growth? How can we deepen our sexual loving so that it becomes a divine sacrament of ecstasy?

This rare live video footage of David Deida working with participants in seminars on sexual spirituality is lively, humorous, provocative, deeply insightful, and filled with practical understandings and wisdom that will inspire men and women to live from the deep source of their hearts and give their fullest gifts in intimacy and beyond. The video

includes live footage of David Deida’s workshops, interviews with David, and interviews with couples from workshops.

WORKSHOPS AND INTENSIVES

David Deida's workshops and intensives bring deep clarity and understanding to the two distinct paths of spiritual growth for men and women by illuminating the place where they meet most blissfully—in wise and ecstatic sexuality.

“In the area of sacred intimacy, David Deida is holding a lightning bolt. He sheds an astonishing light.”

–Marianne Williamson

Author: A Return to Love

Through detailed lectures, question and answer sessions, guided exercises, personal instruction, and a unique series of transformative practices, participants learn how to magnify love, how to celebrate love through the whole body and range of emotions, and how to live as the unbounded openness we all are, truly and deeply. Living from this blissful openness transforms your sexual, professional, and family relationships—your entire life.

“This is not another new age quick fix. This work has been an explosion of freedom for me into what it really means to be a man.”

–Arjuna Nick Ardaugh

Author: Relaxing into Clear Seeing

“As a woman, I've never felt so understood and validated.”

–Marci Shimoff

Co-Author: Chicken Soup for the Woman's Soul

True spiritual growth involves an utter liberation of our gifts of love. To grow spiritually, we must be willing to discover our innermost desire, and then bloom the flower of our heart's passion through the soil of our life, including wounds, fears, and doubts. This practice—opening as love in the midst of the realities of life—is the essence of David Deida's work, with a special emphasis on transforming sexuality into a workable revelation of your heart's deepest desire.

For a current schedule of David Deida's workshops around the world, please see the teaching schedule on the David Deida website at:

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