

THE WAY OF THE SUPERIOR MAN

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 electric flow. In the same way, masculine and feminine poles between people create the flow of sexual feelings. This is sexual polarity.

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

You don't need the difference (between masculine and feminine) for love, but you do need it for ongoing sexual passion

You may not know your mission (doing feminine role when deep down have a masculine essence), but unless you discover this deep purpose and live it fully, your life will empty at its core

The mission or the search for freedom is the priority of the masculine, whereas the search for love is the priority of the feminine

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

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

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

PART ONE:

A MAN'S WAY

Lesson 1:

Stop hoping for a completion of anything in life

Most men make the error of thinking that one day it will be done. They think, "if i can work enough, then one day I could rest." Or, "one day my woman will understand something and then she will stop complaining." Or, "i'm only doing this now so that one day I can do what I really want with my life." The masculine error is to think that eventually things will be different in some fundamental way. They won't. As long as life continues, the creative challenge is to tussle, play, and make love with the present moment while giving your unique gift.

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 is simply a fantasy

Most postponements are excuses for a lack of creative discipline

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

Lesson 2:

Live with an open heart even if it hurts

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

Notice if there are times when you find it difficult to look into someone's eyes, or times your chest and solar plexus become tense and contracted. These are signs of unskillful reaction to hurt. Contracted and closed in on yourself, you are unable to act. You are trapped in your own self-protective tension, no longer a free man

Only when the front of your body is relaxed and opened your breath full and deep, and your gaze unguarded and directly connected with another person's eyes, can your fullest intelligence manifest spontaneously in the situation

Lesson 3:

Live as if your father were dead

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

How would you have lived your life differently if you had never tried to please your father?

For the next three days, do at least one activity a day that you have avoided or suppressed because of the influence of your father

Lesson 4:

Know your real edge and don't fake it

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

A fearful man who knows he is fearful is far more trustable than a fearful man who isn't aware of his fears

A free man is free to acknowledge his fears, without hiding them, or hiding from them

Lesson 5:

Always hold to your deepest realization

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

Make your life an ongoing process of being who you are, at your deepest, most essential levels of being. Everything other than this process is secondary. Your job, your children, your wife, your money, your artistic creations, your pleasures – they are all superficial and empty, if they are not floating in the deep sea of your conscious loving

Lesson 6:

Never change your mind to please a woman

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

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

Your friends, children, and business colleagues may love you, but they won't trust you, since you don't trust your own core intent. And, more importantly, your own sense of inauthenticity will burden your capacity to act with clarity. Your actions won't jibe with your core

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

Lesson 7:

Your purpose must come before your relationship

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

Tell your woman that you love her, but you cannot deny your heart's purpose. Tell her that you will spend 30 minutes (or any specific time) with her in absolute attention and total presence, but then you must return to carry on your mission.

Your woman will be more satisfied with 30 minutes a day of undivided attention and ravishing love than she will with a few hours of your weak and divided presence when your heart really isn't into it

Lesson 8:

Lean just beyond your edge

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

Your fear is the sharpest definition of your self. You should know it. You should feel it virtually constantly. Fear needs to become your friend, so that you are no longer uncomfortable with it. Rather, primary fear shows that you that you are at your edge

You are willing to be with what is, rather than trying to escape it by pulling back from it, or trying to escape it by pushing beyond it into some future goal

Lesson 9:

Do it for love

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

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

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 of 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

Neither woman nor world are predictable. They will often seem to resist your gifts and test your capacity to persist. And, just surely, they will tenderly respond to the authenticity of your relaxed ministrations, the freedom expressed in your humour, 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 or world can be second-guessed, or fooled. They know when you are just dicking around. They want to receive you for real

Lesson 10:

Enjoy your friends criticism

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

Your close friends should be willing to challenge your mediocrity by suggesting a concrete action you can perform that will pop you out of your rut, one way or another. And you must be willing to offer them brutal honesty, in the same way, if you are all to grow.

Good friends don't tolerate mediocrity in one another. If you are at your edge, your men friends should respect that, but not let you off the hook. They should honor your fears, and, in love, continue to goad you beyond them, without pushing you

Choose men friends who themselves are living at their edge, facing their fears and living just beyond them. Men of this kind can love you without protecting you from the necessary confrontation with reality that your life involves

Lesson 11:

If you don't know your purpose, discover it, NOW

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

The core of your life is your purpose. Everything in your life, from your diet to your career, must be aligned with your purpose if you are to act with coherence and integrity in the world. If you know your purpose, your deepest desire, then the secret of success is to discipline your life so that you support your deepest purpose and minimize distractions and detours

The superior man is not seeking for fulfillment through work and woman, because he is already full. For him, work and intimacy are open opportunities to give his gifts, and be vanished in the bliss of the giving

Lesson 12:

Be willing to change everything in your life

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

As you open yourself to living at your edge, your deepest purpose will slowly begin to make itself known. In the meantime, you will experience layer after layer of purposes, each on getting closer and closer to the fullness of your deepest purpose. It is as if your deepest purpose is at the center of your being, and it is surrounded by layers of concentric circles, each circle being a lesser purpose. Your life consists of penetrating each circle, from the outside toward the center

It's easy to feel disappointed by life; success is never as fulfilling as you think it is going to be.

Successfully completing a lesser purpose doesn't feel very good for very long, because it is simply a preparation for advancing toward a greater embodiment of your deeper purpose. Each purpose, each mission, is meant to be fully lived to the point where it becomes empty, boring, and useless. Then it should be discarded. This is a sign of growth, but you may mistake it for a sign of failure

SIGNS OF FULFILLING OR COMPLETING A LAYER OF PURPOSE:

1. You suddenly have no interest whatsoever in a project or mission that, just previously, motivated you highly
2. You feel surprisingly free of any regrets whatsoever, for starting the project or for ending it
3. Even though you may not have the slightest idea of what you are going to do next, you feel clear, unconfused, and, especially, unburdened
4. You feel an increase in energy at the prospect of ceasing your involvement with the project
5. The project seems almost silly, like collecting shoelaces or wallpapering your house with gas station receipts. Sure you could do it, but why would you want to?

Lesson 13:

Don't use your family as an excuse

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

This self-resignation will communicate itself to your woman and your children. They will feel your weakness. Your woman will begin to take charge more than she really wants, since you are clearly not capable of taking charge yourself, and someone has to do it. Your children will challenge your capacity to discipline them, since they can feel your own lack of authentic self-discipline. Try as you might, once you have negated your own deep purpose, your household will become a place where everybody tests your capacity to stand your ground, and you will lose

The priority of the feminine is the flow of love in relationship. The priority of the masculine is the mission which leads to freedom. Ultimately, true freedom and true love are the same. However, the journey of the masculine and feminine to this unity of love and freedom is very different

Children learn most from their parents by osmosis. If their father is subtly weakened and compromised, this will flavor their experience of his love. Your children will unconsciously replicate or react to the emotional taste they absorb from you. Your essential emotional tone – at ease in your deepest or fearful in the ambiguity of your intent – becomes part of your children's home

It is not the amount of time but the quality of the interaction that most influences a child's growth. Children are exquisitely sensitive to emotional tone. If you are not full in your core, aligned with your deepest purpose and living a life of authentic commitment, your children will feel it

With birth control so readily available, children are your choice. If you choose to be a householder and raise children, you are responsible for serving them with as much authentic love as possible, which you can only give if your life is aligned with your deepest purpose

Lesson 14: Don't get lost in tasks and duties

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

The test of your fullness in every moment is your capacity to die in free and loving surrender, knowing you've done everything you could do while alive to give your gift and know the truth of being. Have you loved fully? Or, do you have unexpressed feelings that would taint your last moment of regret? Do you consistently relax into the awe immense mystery? Or, are you so absorbed in your work and projects that you no longer feel the miracle existence, each moment emerging from and dissolving into the great unknowable?

When you do your tasks in the right way, they liberate your life energy so that you can attend to what really matters – the investigation, realization, and embodiment of true freedom. Do you even know what this means? Have you devoted yourself to finding out the deepest truth of your own experience? If, in this very moment, your tasks are not supporting your life in this way, you must drop them or change them so that they do. Otherwise, you are wasting your life

Lesson 15:

Stop hoping for your woman to get easier

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

Every moment of your life is either a test or a celebration

She wants to feel your strength. She wants to feel that your happiness is not dependent on her response, nor on you making a million dollars. She wants to feel you are a superior man

So she will test you. She might not fully be conscious of why she is doing it, but she will poke your weak spots, especially in moments of your superficial success, in order to feel your strength. If you collapse, you've flunked the test. You have let your woman deflate you. You have demonstrated your dependence on her for external validation. Even if you just made a million dollars, you are a weak man. Your woman cannot trust you fully.

PART TWO

DEALING WITH WOMEN

Lesson 16:

Woman are not liars

"Keeping your word" is a masculine trait, in men or women. A person with a feminine essence may not keep her word, yet it is not exactly "lying". In the feminine reality, words and facts take a second place to emotions and the shifting moods of relationships. When she says, "I hate you," or "I'll never move to Texas," or "I don't want to go to the movies," it is often more a reflection of a transient feeling-wave than a well-considered stance with respect to events and experience. On the other hand, the masculine means what it says. A man's word is his honor. The feminine says what it feels. A woman's word is her true expression in the moment

Feminine speech is far more like poetry than a clearcut agenda for action

The basic rule is this: Don't believe the literal content of what your woman says unless love is flowing deeply and fully in the moment when she says it

Lesson 17:

Praise her

The masculine grows by challenge, but the feminine grows by praise. A man must be unabashed and expressed in his appreciation for his woman. Praise her freely

Praise always magnifies the quality of your woman that you praise

Lesson 18:

Tolerating her leads to resenting her

A man gets resentful and frustrated with his woman when he is too afraid, weak, or unskilled to penetrate her moods and tests into love. He wishes she were easier to deal with. But it is not entirely her fault that she is bitchy and complaining. It is also a reflection of her lack of being penetrated by love. When a man resigns, and simply tolerates his woman's self-destructive moods, it is a sign of his weakness. His attitude has become one of wanting to escape women and the world, rather than wanting to serve women and the world into love. A man shouldn't tolerate bitchy and complaining moodiness in his woman, but he should serve her and love her with every ounce of his skill and perseverance. Then, if she cannot or will not open in love, he might decide to end his relationship with her, harboring no anger or resentment, because he knows he has done everything he could.

The whole point of an intimacy is to serve each other in growth and love, hopefully in better ways than we can serve ourselves. Otherwise, why engage in intimacy if your growth and love are served more by living alone? Intimacy is about growing more than you could by yourself, through the art of mutual gifting

Lesson 19:

Don't analyze your woman

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

90% of a woman's emotional problems stem from feeling unloved. So don't stand back and analyze her, like a doctor diagnosing a patient, or like a therapist questioning a client. Give her your love – the same love that is motivating your questions – immediately and unmistakably

Lesson 20:

Don't suggest that a woman fix her own emotional problem

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

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

One of the deepest feminine desires (though not in business or simple friendships) 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 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

Lesson 21:

Stay with her intensity – to a point

When a woman gets emotionally intense, a mediocre man wants to calm her down and discuss it, or leave and come back later when she is “sane.” a superior man penetrates her mood with imperturbable love and unwavering consciousness. If she still refuses to live more fully in love, after a time, he lets her go

One of the deepest feminine pleasures is when a man stands full, present, and unreactive in the midst of his woman's emotional storms. When he stays present with her, and loves her through the layers of wildness and closure, then she feels his trustability, and she can relax

You can, however, train yourself to master the world – financially, creatively, spiritually – by learning how to be free and loving in the chaos of your woman's emotions. And you do so by standing your ground and loving so strongly that only love prevails. You can't quit when you seem to fail, but rather, you must learn from your failures and return to love

The game of life is to find each situation workable, to transform each occasion through the magnification of love, to give your fullest gift in every moment, and have no attachments to the outcome, knowing it's all going to rise and fall again

You have mastered women and the world when no desire either to avoid or attain sways your loving or limits your freedom

Lesson 22:

Don't force the feminine to make decisions

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

However, the point in intimacy is not simply to make the best decision, but to make the best decision while maintaining the force of masculine/feminine polarity that attracted you together to begin with. If that polarity begins to diminish, conflicts will begin to increase. When that polarity disappears, attraction disappears, and the life of the intimacy disappears with it

You need to play the masculine pole if you want your woman to play feminine. Offering your perspective on decisions is one way to give your masculine gift

If you refuse to offer your masculine gift by saying things like "I don't really care. It's up to you," then she will have to learn to depend on her own masculine capacity.

She'll be masculine, you'll be neutral, and there will be nobody in the feminine pole. This is fine for short periods of time, but if it becomes chronic, then the two of you will begin to feel like friends rather than lovers. The attractive juiciness of polarity will be replaced by two buddies discussing options

Always tell her what you would do and why, even if you think she should make her own decision

PART THREE

WORKING WITH POLARITY AND ENERGY

Lesson 23:

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

There are two ways to deal with your daily 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.

Men are attracted to all feminine energy which is alive, radiant, relaxing, and moving like music, beer, nature

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 feminine radiance of women

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 of 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

Lesson 24:

Choose a woman who is your complementary your opposite

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

The secret is not to try to change your woman's irritating feminine ways, but to help cultivate the depth and rejuvenative power of her feminine blessings

The feminine is an infinite source of love, inspiration, and power, both physically and spiritually. Feminine women are connected with the elements of nature in ways that more masculine people usually aren't. Feminine women may seem wild, untrustable, or even irresponsible from a man's perspective, but such women are simply free of the masculine need to live in a world governed by reason and control

Lesson 25:

Know what is important in your woman

The feminine is the force of life. The more masculine a man is, the more his woman's feminine energy (as opposed to other qualities) will be important to him

You are the only one who can decide what is important to you in your relationship. You are the only one who can clarify for yourself what the purpose of your intimacy is. If you decide, however, that the purpose of the intimacy is the passionate transmission of love,

the rejuvenative healing of sexual energy, and the cultivation of heart through your mutual commitment to spiritual awakening, then be careful. Don't force your woman to be your on-call accountant. Don't expect her to always help you with your financial problems, like a career consultant. Don't emphasize the daily chores while disregarding the bodily transmission of love for days and days. Don't squash the fullness of her feminine energy into merely functional roles. Your woman has the capacity to awaken your heart and fill your body with life. You, however, must give her the opportunity – as well as the fullness of your masculine transmission of love

When these two aspects of your loving – spiritual awakening and sexual transmission – become diminished by your daily duties, you will both begin to seek elsewhere for daily refreshment and fulfillment. You will seek feminine energy in the form of a six-pack or a mistress. Your woman will seek masculine direction in the form of social cause or masculine style career.

Lesson 26:

You will often want more than one woman

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

Your desire for other women is not a reflection of any lack in your intimacy, it is a reflection of your nature as a masculine sexual being

Self-discipline is not self-suppression. Suppression is when you resist and fight against your desires, keeping them as buried and unexpressed as possible. Self-discipline is when your highest desires rule your lesser desires, not through resistance, but through loving action grounded in understanding and compassion

Lesson 27:

Young women offer you a special energy

In general, youth in a woman bespeaks radiant, unobstructed, and refreshing feminine energy. A young woman tends to be less compromised by masculine layers of functional protection built up over the years of need. Traditionally, young women were understood to offer a man a particularly rejuvenative quality of energy. Older women may maintain, or even increase, the freshness and radiance of their energy, but it is rare

A major part of mastering sexuality is learning to sustain greater and greater degrees of pleasure and desire in the body, without needing to rid yourself of the force because you can't handle it

Lesson 28:

Each woman has a “temperature” that can heal or irritate you

Some women are hotter, some are cooler. In general, blond, 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

Your tastes come from many sources: your early childhood experience, cultural influence, and perhaps even your genetics

If you are 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 style, 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 might be conscious of the choice you are making and how it might affect you

Don't confuse your energy needs with a commitment in love. 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 act 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

PART FOUR

WHAT WOMEN REALLY WANT

Lesson 29:

Choose a woman who chooses you

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

Once she feels your neediness, once she feels that you need her more than she needs you, she will never trust your masculine core

Lesson 30:

What she wants is not what she says

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

“Why don’t you just tell me what you really want, instead of saying one thing and meaning another, expecting me to figure it out?” This is the view of a man who does not understand that women are an incarnation of the divine feminine. And the divine feminine settles for nothing less than the divine masculine

The divine masculine is consciousness. A superior man practices maintaining full consciousness in all situations. If ejaculation results in a decrease of your fullness, a diminution of your presence, a collapse of your consciousness, then you should not do it. Especially when your woman says she wants you to

Your woman is a form of the goddess, taunting you, testing you, seducing you, ready to chop your head off with her wrath if you are weak and ambiguous in your truth, and ready to surrender to the force of your loving if you are steady and brilliant in your loving consciousness

If she is disappointed by your deepest truth, you shouldn’t be with her

Lesson 31:

Her complaint is content-free

Women are always wanting a divine masculine presence in a man, regardless of their specific complaint or mood. A man should hear his woman's complaints like warning bells, and then do his best to align his life with his truth and purpose. However, if he believes in the literal content of her complaint, he will immediately go off course, for the content reflects her present mood more than a careful observation of his tendencies over time. Her complaint should be valued as a reminder to "get it together," and perhaps as an indication as to how. But more often than not, the specifics of her complaint do not describe the real, underlying action or tendency that needs to be changed

When you say you will clean the garage, and then weeks pass and you haven't, her complaint isn't really about the garage. Sure she'd like a clean garage, but this is a superficial issue. The deeper issue is that you didn't do what you said you would. You gave her your word, and you didn't follow through. She can't trust what you say. And this hurts her, deeply.

She can feel your lack of integrity

If she stops taking care of herself, if she becomes dull and drab, always tired and worn out, then she is unable to give you the feminine energy you desire in intimacy

If she can't trust you with living your life from the deepest wisdom and fullest capacity, she can't trust you with her life

She's not only being masculine for herself, now she's being masculine for you

Lesson 32:

She doesn't really want to be number one

A woman sometimes seems to want to be the most important thing in her man's life. However, if she is the most important thing, then she feels her man has made her the number one priority and is not fully dedicated or directed to divine growth and service. She will feel her man's dependence on her for his happiness, and this will make her feel smothered by his neediness and clinging. A woman really wants her man to be totally dedicated to his highest purpose – and also to love her fully. Although she will never admit it, she wants to feel that her man would be willing to sacrifice their relationship for the sake of his highest purpose

If a woman has become the point of your life, you are lost. You have a gift to give, a purpose to fulfill, a deep heart-impulse that moves you

You may take on your woman's purposes because they are stronger than yours

Though she may not always like your choices, she will love them, and she will love you for having the courage to live your truth

Lesson 33:

Your excellent track record is meaningless to her

A man's track record means nothing to the feminine. A man could be perfect for 10 years, but if he's an asshole for thirty seconds his woman acts like he's always been one. The feminine responds to the moment of energy, forgetting her man's history of past behaviour. A man's past behaviour is irrelevant to his woman's feeling in the moment. But men base much on another man's history of behaviour, so they think their own track record should count for something. But to a woman, it doesn't.

Lesson 34:

She wants to relax in the demonstration of your direction

A woman must be able to trust you to take charge as 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

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

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 stressed, taut, and emotionally angular, then she is animating excess masculine direction. She is pursuing herself in ways that may signal your irresponsibility

PART FIVE

YOUR DARK SIDE

Lesson 35:

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

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

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

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

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 t.v, orgasm, and financial success – in the hope of being emptied of stress into unconstrained freedom

Lesson 36:

Own your darkest desires

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

The dark feminine desire, to be forced to surrender, is as strong as the dark masculine desire to penetrate through a woman’s resistance. The difference between rape and ravishment is love

The essential masculine fear is loss of self – which is also the essential masculine desire. So, if you are like most men, you are willing to lose your self in controllable ways like sports, newspapers, and orgasm, but you remain fearful of losing your self, for real, in love-ecstasy with your woman, surrendered in the unknowable infinity beyond mind

Lesson 37:

She wants the “killer” in you

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

Fearlessness, or the capacity to transcend the fear of death for the sake of love, is a quintessential form of the ultimate masculine gift

The dark masculine energy of the warrior, the one who could face death and kill when necessary, is an essential part of you

But the dark masculine energy has been suppressed so thoroughly these days that the ordinary man would prefer to paste a smile on his bored face, rather than penetrate his woman's tension with uncompromising love

She wants to feel your capacity to face her closure, anger, and tension, without trying to minimize her feminine force. She wants to feel your persistence in loving, so that her fury cannot turn you away. She wants to feel your capacity to stand strong in your own desires and ravish her because you love her, unafraid of her dark energy

Lesson 38:

She needs your consciousness to match her energy

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

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

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

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 the world will test you. Only through your persistence, fearlessness, and loving service does the world yield to your efforts

The world will test you with dark, wild, and resistive energy financially and spiritually, 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 weakness 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

Lesson 39:

The feminine is abundant

There is never a shortage of women or feminine energy. If a man feels that there aren't enough women, or that life isn't giving him what he wants, he is simply negating his relationship to feminine. This sense of starvation – "life is not sustaining men" or "there are no good women" – is usually rooted in a man's early childhood relationship with his mother. Life itself is the feminine. There is never a shortage of feminine energy, only a resistance to receiving, trusting, and embracing it

Lesson 40:

Allow older women their magic

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

If you are disconnected from your deep masculine core of purpose and consciousness, then you will also be disconnected from a woman's depth. You will see only skin deep, and you will be attracted to the superficial display of a woman's radiance, which often disappears with the passing of youth

An older woman will also tolerate less of your bullshit than a younger woman. If you find yourself attracted to younger women, be careful that you aren't trying to find an easy relationship with a woman who will let you slide. If your purpose is to become ever more free of your self-burdens and give your true gift to the world, then a spiritually mature woman – who won't let you slather in your comfy habits of security and distraction – may be an excellent ally for your journey

Lesson 41:

Turn your lust into gifts

When a man sees a beautiful woman it is natural for him to feel energy in his body, which he usually interprets as sexual desire. Rather than dispersing this energy in mental fantasy, a man should learn to circulate his heightened energy. He should breathe fully, circulating the energy fully throughout his body. He should treat his heightened energy as a gift which could heal and rejuvenate his body, and, through his service, heal the world. Through these means, his desire is converted into fullness of heart. His lust is converted by denying sexual attraction, but by enjoying it fully, circulating it through his body (without allowing it to stagnate as mental fantasy), and returning it to the world, from his heart

The most creative men admit that women are their muse and inspiration. Women bring them into the world. Women move them to create and serve humanity. In fact, some men would go so far as to say that, if it weren't for women, they wouldn't be interested in the world much at all

Don't let the energy be lodged in your head or genitals, but circulate it throughout your body. Using your breath as an instrument of circulation, bathe every cell in the stimulated energy

Lesson 42:

Never allow your desire to become suppressed or depolarized

When a man denies his desire for the feminine, either by choice or due to familiarity, it is a sign of his depolarization even toward the world. He may seek a mistress in order to re-invigorate him, but this is usually only a temporary and complicated solution, since it is only a matter of time before his mistress also becomes familiar, and thus tiresome. Any woman toward whom a man becomes depolarized will feel his rejection, disgust, and turning away. In response, she will become angry and destructive. Her "husbanded" energy will begin to move chaotically, becoming even self-destructive. A man has no excuse; he must cultivate a polarized relationship to his woman and his world if he is to remain in relationship with them

It is not time that kills delight, but familiarity, neutralization, and lack of purpose

A superior man always assumes complete responsibility, knowing that, ultimately, he has no control at all and everything is out of his hands. He acts with impeccable courage and persistence, expecting nothing but the inherent feeling of completeness he enjoys in the fullest giving of his gift

When your woman is looking withdrawn, dark, or downright ugly, assume she is a goddess and needs your divine invasion of her heart and body. Notice your incipient feeling of disgust of her dark mood, and take utter responsibility for her transformation. Treat her mood with the ferocity of intent. Her mood is your challenge

Rather than deciding to move on because you are too weak to overcome your own neutralized lack of desire, try to take on the challenge of manifesting love in the dreary world and in your dreary woman

Lesson 43:

Use her attractiveness as a slingshot through appearance

A good woman is a source of inspiration and attraction into the world for a man. He must never forget, however, that neither the world nor his woman is the purpose of his existence. His practice is always to feel through women and the world, without suppression or disdain, into their source or very nature. A man's attraction to women must be converted from attraction to women into attraction through women. He must feel his desire without suppression, and then feel through his desire into the source-energy of desire. He must feel through her beauty, into the very delight of which her beauty is but a ripple and reminder. His whole relation to appearance is epitomized in his relation to women, either as obsession, distraction, or revelation.

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

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.

Women can seem to bring you to your true nature. Or they can seem to take you away from it.

PART SEVEN

BODY PRACTICES

Lesson 44:

Ejaculation should be converted or consciously chosen

There are many physical and spiritual reasons why ejaculation should be converted into non-ejaculatory whole body, brain, and heart orgasms. But there are also relational reasons. When a man has no control over his ejaculation, he cannot meet his woman sexually or emotionally. She knows she can deplete him, weaken him, empty him of life force. She has won. When a man ejaculates easily, he creates ongoing distrust in his woman. At a subtle level, she feels he cannot be trusted. She, and the world, can deplete and depolarize him easily. This subtle distrust will pervade the relationship. She will not only doubt him, but actually act to undermine his actions in the world. By undermining him she demonstrates and tests his weakness, but she also hopes that through such tests he can learn to remain full.

You won't be willing to bypass ejaculation until you have experienced the much greater pleasures which lie beyond it

It feels great for a few moments, but the price you pay for the genital sneeze of ejaculation is a much higher level of mediocrity in your daily life. You will find that you just don't have the extra gusto necessary to live your life with utter impeccability. Excess ejaculations pave the road to living a good life, but not a great life

In a subtle way, excess ejaculations will diminish your courage to take risks, professionally and spiritually

You will have enough motivation to live a decent life, but ejaculations drain you of the “cutting through” energy that is necessary to pierce your world. Your gift will remain largely ungiven

One part of your woman is happy she made you cum. She is happy you are relaxed and enjoying yourself. Another part of her is disappointed that you’ve allowed yourself to choose a temporary and pleasurable spasm over the endless ravishment of her and the world

She may enjoy giving you an ejaculation, but a deeper, perhaps unexpressed, part of herself will not trust you. Why should she? Why should she expose her deepest part, her most valuable heart, only to have you convolute in a paroxysm of self-possessed gratification, followed by your withdrawal into post-ejaculative relational non-interest?

Every time she sucks you into an uncontrollable need to ejaculate, she has conquered you. She controls you and masters you. She is in charge, sexually, no matter what manly gestures you make before

Lesson 45:

Breathe down the front

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

People who seem to occupy more space in the room than most people. They seem to command attention, even though they are not doing anything obvious to attract it. The front of their body is so open that their energy flows freely through the room, magnifying their presence

Such people are remarkably relaxed, poised, and attentive. They are not all wrapped up in their own self-concern, hunched over a sunken chest, gritting their teeth, and hardly breathing

Your belly and lower abdomen are special places of power. If your breath does not reach these areas, you can't recharge your batteries. You will feel weak and unsure of yourself

Your tension is only the energy of a gift that has been backed up, unexpressed, in your body

Your breath is a primary expression of your personal energy. Therefore, your breath is one of the primary ways to give your gifts to the world

Lesson 46:

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

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 ejaculations, and convert your orgasm into a massive profusion of energy which deepens, not ends, the lovemaking session

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

The next step is to redirect your attention. Learn to feel your partner more than your own sensation during sex.

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.

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, large part of avoiding premature ejaculation is to breathe fully, deeply, and with great force, throughout the day

Contract your pelvis (gooch) up and towards your spine (like holding in your shit) 15-20 times, 3-4 times a day

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 it fully, into and through your partner, and in communion with that which you hold most sacred

PART EIGHT

MEN'S AND WOMEN'S YOGA OF INTIMACY

Lesson 47:

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 trust totally, 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

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

Where you live in a world of relational possibility, she lives in a world of relational actuality

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

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

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

Lesson 48:

You are responsible for the growth in intimacy

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

It is important to grow beyond dependence on your intimate partner for your own happiness

Your masculine gift is to know where you are, where you want to be, and what you need to do to get there. If you don't know one of these, then you need to discover it by any means necessary.

If you have no higher vision than the day-to-day grind of housework, job, childcare, TV, and vacations, you are failing your birthright. Your woman will feel cheated and ungifted by you, as will the world. And they will both give you less of their gifts in return

Lesson 49:

Insist on practice and growth

Direction in life is a masculine priority, even in intimate relationship. A less spiritually mature man may say to his woman, "My way or the highway!" A man in the process of growing will often soften his direction and seek a compromise with his woman, playing Mr. Nice Guy. But a superior man will not settle for less than the fullest incarnation of love of which he and his woman are capable. With compassion, he slices through all bullshit and demands authenticity and humor. It's as if he were saying to his woman, "The divine way or the highway!" It's the same masculine insistence on direction that a weaker man will demand. But rather than wanting his woman to follow his personal direction, a superior man wants her to move in the direction that most serves her growth in love and happiness. He will settle for nothing less.

If you don't know your own direction in life, you certainly will stand on shaky ground offering your woman direction. So the first step is to align your own life so that, at least in this present moment, you are living at your edge, fully aligned with your sense of purpose

By the law of conservation of masculine and feminine energy, whatever masculine gifts you aren't offering, your woman will naturally try to offer. But since, in truth, your core is masculine, her masculine offerings will most likely turn you off, eventually even repulsing you

You are entirely responsible for cutting through your own laziness, addictions, and unclarity. There is nothing to wait for and nobody to blame

Remember that your success with any method you choose depends entirely on your actual commitment to discovering your deepest truth and aligning your life with it. You could meditate until you're blue in the face, but it won't work, if, when it comes down to it, you'd rather masturbate, read the newspaper, or watch TV than cut through your addictions, discipline your daily life, and give your gift from your deepest, most blissful source. The quality of your intent and the consistency and depth of your application determine your results of your direction in gifting – as well as your capacity to guide your woman's life into greater happiness and bodily surrender into love

Lesson 50:

Restore your purpose in solitude and with other men

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

The two ways to bring you right to your masculine edge of power are austerity and challenge.

Austerity means to eliminate the comforts and cushions in your life that you have learned to snuggle into and lose wakefulness. Take away anything that dulls your edge. No newspaper or magazines. No TV. No candy, cookies, or sweets. No sex. No cuddling. No reading of anything at all while you eat or sit on the toilet. Reduce working time to a necessary minimum. No movies. No conversations that isn't about truth, love, or the divine

You will be alive with the challenge of living your truth, rather than hiding from it

Almost everything you do, you do because you are afraid to die. And yet dying is exactly what you are doing, from the moment you were born

There are obvious consequences for freezing in the face of fear when mountain climbing or playing competitive sports. You must until consequences throughout the rest of your life, unless you want to cling to the safety net of superficial pleasures

Lesson 51:

Practice dissolving

Like dissolving in the intensity of an orgasm, a man's greatest desire is to be utterly released

Fear is your final excuse. Don't fight it. Love through it