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The way of the superior man by david deida pdf

© 1996-2015, Amazon.com, Inc. o afiliados "I keep giving this book away; I think I've owned 30 different copies already. I tend to pass it out to anybody, man or woman, who has made a commitment to—or even has a passing interest in—the art of loving. David Deida gets it, like no one I've ever read, and he writes about it forcefully, honestly, and downright poetically."—Michael Tucker, actor and author "The Way of the Superior Man is quite wonderful. Finally, a guide for the noncastrated male. This book will offend and infuriate some, inspire and test others, but challenge virtually everybody. I found it wise, insightful, occasionally brilliant, and always resourceful. 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. Love it or loathe it, it is a shout from the heart of one perspective of the eternal masculine." —Ken Wilber, author of Sex, Ecology, Spirituality; No Boundary; and Grace and Grit "At last! A book that explains the heart and soul of a woman to men. As a woman, I've never felt so understood and validated. This book is a key to helping men and women take their relationships one step further. Finally, a clear and brilliant guide to unraveling the mystery of relationships." —Marcy Shimoff, co-author of the New York Times #1 bestseller Chicken Soup for the Woman's Soul "The Way of the Superior Man lays out a challenge before all men to fulfill their true purpose and to be authentically masculine. It will guide you on your journey to a successful and spiritually complete way of life. I invite you to live in the moment, to love openly, and to step up to the plate with this book in your hand." —Tony Robbins, author of Awaken the Giant Within and Unlimited Power "David's work speaks to the core of our work as men. He offers a bold view of men, and challenges us to stand up and lay claim to the beauty and power of the masculine. He does not advocate superiority as in 'superiority to women.' He speaks of superiority as the Greeks might. The challenge is strictly internal. The invitation is to rise above our mediocrity, to let go of making excuses for our own laziness, to stop apologizing for who we are, and to stop blaming others or our childhood for how we've become. He asks that we step into the fullness of our being—intense, focused, powerful, clear. And directly connected to our hearts." —Dennis Mead-Shikaly, Executive Director, The ManKind Project / New Warrior Network The Ultimate Spiritual Guide for MenWhat is your true purpose in life? What do women really want? What makes a good lover? If you're a man reading this, you've undoubtedly asked yourself these questions—but you may not have had much luck answering them. Until now. In The Way of the Superior Man, David Deida explores the most important issues in men's lives—from career and family to women and intimacy to love and spirituality—to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body practices, and more to help you realize a life of fulfillment, immediately and without compromise. "It is time to evolve beyond the macho jerk ideal, all spine and no heart," writes David Deida. "It is also time to evolve beyond the sensitive and caring wimp ideal, all heart and no spine." The Way of the Superior Man presents the ultimate challenge—and reward—for today's man: to discover the "unity of heart and spine" through the full expression of consciousness and love in the infinite openness of the present moment. Material Important Caution Please read this Although anyone may find the practices, disciplines, and understandings in this book to be useful, it is made available with the understanding that neither the author nor the publisher are engaged in presenting specific medical, psychological, emotional, sexual, or spiritual advice. Nor is anything in this book intended to be a diagnosis, prescription, recommendation, or cure for any specific kind of medical, psychological, emotional, sexual, or spiritual problem. Each person has unique needs and this book cannot take these individual differences into account. Each person should engage in a program of treatment, prevention, cure, or general health only in consultation with a licensed, qualified physician, therapist, or other competent professional. Any person suffering from venereal disease or any local illness of his or her sexual organs or prostate gland should consult a medical doctor and a qualified instructor of sexual yoga before practicing the sexual methods described in this book. With deepest gratitude, To the intimate partners and teachers Who have drenched my life with their love and wisdom Praise for the work of David Deida David Deida must have the biggest balls in contemporary spirituality. —Vijay Rana, The Watkins Review As a woman, I've never felt so understood and validated. —Marcy Shimoff, Co-Author of Chicken Soup for the Woman's Soul The openness, the love! What lively new language David Deida finds for the unsayable! —Coleman Barks, Author of The Essential Rumi Every once in a while, 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. —Marianne Williamson, Author of A Return to Love There are few categories I know of for an original like David Deida; for his teachings there is no pigeonhole. He is a bridge-builder between East and West, between ancient and modern wisdom traditions. David is in the dynamic living oral tradition of maverick spiritual teachers who, like free-jazz musicians, can riff directly on Reality, outside of established forms. Mark my words: in a future that I hope is not too far off, David Deida's original western Dharma will be widely known as one of the most sublime and accessible expressions of the essence of spiritual practice that is freely offered today. —Lama Surya Das, Author of Awakening the Buddha Within David Deida's teachings on this central human concern, sexuality, emanate from a deeply trustworthy source. He has undergone his own rigorous training and practice, which manifests in precise, gentle, and thorough teachings. Like Zen, the fruition of David's work is openness, compassion, and love. —Genpo Roshi, Author of The Eye Never Sleeps David Deida's work reveals a depth of loving the human condition and understanding its immanent spirituality I've seldom seen, even in a glimmer. It's hard for me to find words with which to express my appreciation and admiration for this unique gift. —Jenny Wade, PhD, Author of Changes of Mind David Deida brings spirituality down from the clouds and back into our bodies where it belongs. His non-nonsense approach to refining our spiritual sensibilities comes as a welcome intervention to both New Age and conservative trends in contemporary spirituality. Deida helps us to get REAL in a world where reality is an increasingly rare commodity. —Mariana Caplan, Author of Halfway Up the Mountain: The Error of Premature Claims to Enlightenment I feel that Deida has reached a new level of poetic genius in his writing, and his understanding of feminine psychology astounds me. —Miranda Shaw, PhD, Author of Passionate Enlightenment: Women in Tantric Buddhism "The Way of the Superior Man is a bold and challenging and very perceptive book. The cutting-edge masculinity of these pages is sexually strong and spiritually clear.... Deida challenges and instructs men to live on their edge, to go forth uncompromisingly in search of their own deepest truths and greatest purpose. He pulls no punches and brooks no weakness." —NAPRA Review "With uncommon honesty and unparalleled insight into the deepest desires of the masculine heart, Deida explores the most challenging and important issues in men's lives. Covering everything from work and career, to dealing with sex, women, and love, to finding purpose in an increasingly superficial and mechanical world, The Way of the Superior Man reveals how a man can live a life of fulfillment without compromise by relaxing into the truth of his very being, discovering his deepest vision, and giving his gifts without holding anything back. What emerges is a wholly revolutionary look at what it means to be a man in today's world as well as an astonishingly practical guidebook to living a masculine life of integrity, authenticity, and freedom." — The Midwest Book Review, Reviewer's Choice Also by David Deida BOOKS Dear Lover A Woman's Guide to Men, Sex, and Love's Deepest Bliss Blue Truth A Spiritual Guide to Life & Death and Love & Sex: Intimate Communion Awakening Your Sexual Essence Finding God Through Sex Awakening the One of Spirit Through the Two of Flesh Wild Nights Conversations with Mykonos about Passionate Love, Extraordinary Sex, and How to Open to God The Enlightened Sex Manual Sexual Skills for the Superior Lover It's a Guy Thing An Owner's Manual for Women Instant Enlightenment Fast, Deep, and Sexy AUDIO Enlightened Sex Finding Freedom & Fullness through Sexual Union The Teaching Sessions: The Way of the Superior Man Revolutionary Tools and Essential Exercises for Mastering the Challenges of Women, Work, and Sexual Desire WEB SITE www.deida.info May this book serve the liberation of your true gifts, so that countless multitudes of beings may benefit even more from your living and loving. Preface My publisher asked me to write a preface to this new edition of The Way of the Superior Man. Originally, I wrote this book as a practical guide for men and their intimate lovers. I wanted to share with readers the lessons I had learned in life—specifically, how a man can grow spiritually while passionately tussling with the challenges of women, work, and sexual desire. Now, years later, after sharing this work with thousands of men and women, straight and gay, single and coupled, I can confirm that the lessons presented in these chapters really produce results. And in today's world of rapid sexual and spiritual evolution—and thus confusion—these lessons may be more relevant than ever. One of the more important lessons is this: as evolving human beings, we can learn that mastery is an important phase to accomplish and pass through in this school of life where we are learning to love more artfully. Through the way described in this book, I have learned to love a woman into light, earn as much money as I want doing what I love to do, and master the arts of sexual loving. You can, too. And then you will open to your next lessons, made possible by your real growth, just as you have achieved and outgrown all of your interests up until now. What you loved as a child is less interesting to you now as an adult. And what occupies your attention now will cease to sooner or later. This growth is both natural and good. We are designed to outgrow everything—including our desire to experience and improve the realms of money, sex, and intimacy. The Way of the Superior Man shows you how a man and his lover can learn the lessons necessary to grow to the next step—where the mind opens as feeling and the body is only light. There is a way to grow through these lessons, too, I'm told, but first things first. Live completely. Know your deepest purpose. Give the gift you were born to give. Enjoy sex as a cosmic portal into love's wonders. Serve your friends so they may grow. And, through the inevitable cycles of breathtaking success and gut wrenching despair, when you have mastered and outgrown the challenges of women, work, and sexual desire, be willing to forget you were ever born. Eventually—and I'm telling you in advance, just like I was told—the way of the superior man renders obsolete everything that can be known or experienced. For now, start with what concerns you. I did. What my teachers and life required that I grow to understand—the path that worked for me as a man in a world of infinite possibilities—is offered in the chapters of this book. You will lay down your own path as you grow beyond your need to experience or know anything at all. So, here's my summation for a new preface: Stop waiting. Feel everything. Love achingly. Give impeccably. Let go. Repeat with whatever remains, as long as you are moved to do so. This way dissolves wide open. Introduction This book is a guide for a specific kind of newly evolving man. This man is unabashedly masculine—he is purposeful, confident, and directed, living his chosen way of life with deep integrity and humor—and he is sensitive, spontaneous, and spiritually alive, with a heart-commitment to discovering and living his deepest truth. This kind of man is totally turned on by the feminine. He loves to take his woman sexually, to ravish her, but not in some old-style macho fashion. Rather, he wants to ravish her with so much love she is vanishes, 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.1 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 1960s, men began to emphasize their inner feminine. They learned to go with the flow. They let go of their rigid, one-dimensional masculine stance and embraced long hair, colorful clothes, nature, music, and a more carefree and sensual lifestyle, all means of embellishing or magnifying radiance, energy, and the abundant force of life—magnifying the feminine. Meanwhile, many women were doing just the opposite. They were magnifying their inner masculine, which, at the level of human character, appears as direction, or clarity of purpose, and vision. Women gained financial and political independence. They strengthened their careers, focused more on personal long term goals, went to school in increasing numbers for advanced degrees, and learned to be more assertive in their needs and desires. Chances are, if you are reading this book, you are more balanced than your parents were. If you are a woman, you are probably more independent and assertive than your mother was. If you are a man, you are probably more emotionally expressive and open-minded than your father was. Or, at least such qualities seem acceptable to you, even if you don't express them yourself. Remember, not that many years ago, a man who got his hair styled or a woman who wore a business suit was often considered suspect. It was a good thing, as time progressed, for men to embrace their inner feminine and women to embrace their inner masculine. They became less fragmented and more whole in the process. They became less dependent on each other: men could, indeed, change diapers, and women were completely capable of emptying the mouse traps. Macho men became more loose and feeling. Submissive housewives became more independent and directed. In terms of social roles, men and women became more similar. This was an improvement for everyone. But this 50/50 stage is only a second and intermediate stage of growth for men and women, not an endpoint. Side effects of this trend toward sexual similarity can be seen as a major cause of today's unhappiness in intimacy. The trend toward 50/50 has resulted in economic and social equality, but also in sexual neutrality. Bank accounts are balancing while passions are fizzling out. Men are less macho while sex and violence continue to increase on TV and in the movies. Women are more in control of their economic destiny while they go in increasing numbers to therapists and doctors to cope with stress related dis-ease. Why is this happening? In my workshops and consultations I hear independent and successful women complaining that many of today's men have become wimps, too weak and ambiguous to really trust. Sensitive and affectionate men are complaining that many of today's women have become ballbusters, too hardened and emotionally guarded to fully embrace. Is this the ultimate expression of human sexual wisdom and evolution, or is there another step to take? To answer these questions, we need to understand the nature of sexual passion and spiritual openness. Sexual attraction is based on sexual polarity, which is the force of passion that arcs between masculine and feminine poles. All natural forces flow between two poles. The North and South Poles of the Earth create a force of magnetism. The positive and negative poles of your electrical outlet or car battery create an electrical flow. In the same way, masculine and feminine poles between people create the flow of sexual feeling. This 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 ravishée; 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 ecstasically to 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, but the sexual polarity fades, unless in moments of

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