

# Part One

## *A Man's Way*



# 1

## Stop Hoping for a Completion of Anything in Life

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

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

when everything will be different." Do what you love to do, what you are waiting to do, what you've been born to do, now.

Spend at least one hour a day doing whatever you simply love to do—what you deeply feel you need to do, in your heart—in spite of the daily duties that seem to constrain you. However, be forewarned: you may discover that you don't, or can't, do it; that, in fact, your fantasy of your future life is simply a fantasy.

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

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

The next time you notice yourself trying to fix your woman so that she will no longer \_\_\_\_\_ (fill in the blank),

relax and give her love by touching her and telling her that you love her when she is this way (whatever you filled in the blank with). Embrace her, or wrestle with her, or scream and yell for the heck of it, but make no effort to bring an end to that which pisses you off. Practice love instead of trying to bring an end to the quality that bothers you. You can't escape the tussle with the feminine. Learn to find humor in the unending emotional drama the feminine seems to enjoy so much. The love that you magnify may realign her behavior, but your effort to fix her and your frustration never will.

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

## 2

# Live With an Open Heart Even If It Hurts

*Closing down in the midst of pain is a denial of a man's true nature. A superior man is free in feeling and action, even amidst great pain and hurt. If necessary, a man should 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.*

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

The superior man practices opening during these times of automatic closure. Open the front of your body so your chest and solar plexus are not tense. Sit or stand up straight and full, opening the front of your body, softening your chest and belly, wide and free. Breathe down through your chest and solar plexus, deep into your belly. Look directly into the eyes of whomever you are with, feeling your own pain as well as feeling the other person. Only when the front of your body is relaxed and opened, your 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. To act as a superior man, a samurai of relationship, you must feel the entire situation with your whole body. A closed body is unable to sense subtle cues and signals, and therefore unable to act with mastery in the situation.

# 3

## Live As If Your Father Were Dead

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

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

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

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



# 4

## Know Your Real Edge and Don't Fake it

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

Pick an area of your life, perhaps your intimate relationship, your career, your relationship with your children, or your spiritual practice. For instance, you are currently doing something to earn a living. Where do your fears stop you from making a larger contribution to mankind, from earning a higher income, or from earning money in a more creative and enjoyable way? If you were absolutely fearless, would you be earning a living in exactly

the same way as you are now? Your edge is where you stop short, or where you compromise your fullest gift, and, instead, cater to your fears.

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

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

As an experiment, describe your edge with respect to your career out loud to yourself. Say something like, "I know I could be earning more money, but I am too lazy to put in the extra hours it would take. I know that I could give more of my true gift, but I am afraid that I may not succeed, and then I will be a penniless failure. I've spent 15 years developing my career, and I'm afraid to let go of it and start fresh, even though I know that I spend most of my life doing things I have no real interest in doing. I could be making money in more creative ways, but I spend too much time watching TV rather than being creative."

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

# 5

## Always Hold To Your Deepest Realization

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

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

attention? What happens when you simply, effortlessly, allow attention to subside into its source?

This source is never changing and always present. It is the constant, silent tone behind and pervading the music of life. Feel into this source as deeply as possible, and then re-approach your work, intimacy, family, and creative efforts. When you make love, make love from this source. When you make money, make money from this source. Find out what happens to the details of your life when you live more consistently from this source.

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

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

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

Even if you find yourself in some trivial moment, watching TV or cleaning up a mess in the kitchen, feel the truth of who you are. Feel the boundless cognizance in which each instant seems and vanishes. All moments are the same intensity of clarity, completeness, and humor when you meet each moment with your deepest realization. Nothing that has ever happened has made any difference to the One who you are.

# 6

## Never Change Your Mind Just to Please a Woman

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

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

When you deny your deep truth to please your woman, everyone will feel your lack of authenticity. They will sense that

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

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

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

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



your best shot, and you will strengthen your capacity for future action.

# 7

## Your Purpose Must Come Before Your Relationship

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

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

Your mission is your priority. Unless you know your mission and have aligned your life to it, your core will feel empty. Your presence in the world will be weakened, as will your presence with your intimate partner. The next time you notice yourself "giving in" to your woman, postponing your mission and denying your true purpose in order to spend time with her, stop. Tell your woman that you love her, but you cannot deny your heart's

purpose. Tell her that you will spend 30 minutes (or some specific time) with her in absolute attention and total presence, but then you must return to carry on your mission.

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

## Lean Just Beyond Your Edge

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

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

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

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

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

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

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

# 9

## Do It for Love

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

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

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

Yet, many men settle for enjoying a little bit of freedom and love while incompletely giving their gifts. They enjoy the freedom to buy a nice car, to have loving sex fairly often, and to sleep late on Sunday. They generously donate their spare cash to a good cause, lovingly buy their woman a diamond ring, and happily coach a little league team. These are enjoyable freedoms and real

gifts that make a significant difference in people's lives. But, for many men, it is still not enough.

The freedom or love they have achieved and the way they have given their gifts often leave a sense of incompleteness. Something is still lacking. There is still a desire to go beyond, to untrap themselves, to enjoy life free of a subtle sense of constraint, loneliness, underlying tension, and fear. And, for many men, try as they might, the sense remains that their fullest gift remains ungiven. Their life feels somewhat false at its core, as does their sexing.

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

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

But very few men are willing to do the deed for real, to use everything they've got to liberate their woman and the world into the deepest possible truth, love, and openness. Few men are

willing to give their deepest genius, their true endowment, the poetry of their very being, with every thrust of sex and life. Most men are limpened with doubts and uncertainties. Or they hold back their true drive because of fear. So they diddle their woman and the world just enough to extract the pleasure and comfort they need to assuage their nagging sense of falsity and incompleteness.

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

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

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



fooled. They know when you are just clicking 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 un-given. 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.