

*The Way of the Superior Man*  
*A Spiritual Guide to Mastering the Challenges of*  
*Women, Work and Sexual Desire*  
**By David Deida**

Anytime someone recommends a book to me, I read it. I've done that for close to thirty years now. Every so often one of those books will make a big difference in my life. This is one of those books. *The Way of the Superior Man* is like a slap upside the head. It is a wake up call. It is about reclaiming the masculine while embracing the feminine. We find ourselves in a world today where men are men and women are women. We grow numb in our relationships, running for our lives and losing the blessings of our polarities. This book is a reminder of the duality. Of the ying and yang. Of the black and white. Of opposing forces. Of what makes the world go 'round.

What follows are some of the quotes, wisdom, insights, reminders and strategies I gained from this reading:

1. "Most postponements are an excuse for a lack of discipline."
2. Spend at least an hour each day giving your fullest gift so that you'll live a life without regret.
3. Assume your woman is how she is today forever. Don't fight it. Embrace it. Don't try to understand it and don't try to escape it. Find the humor in it.
4. "Man who have lived significant lives are men who never waited: not for money, security, ease, or women."
5. "Live with an open heart, even if it hurts."
6. "Live as if your father was dead." – I know that for myself and so many others, at a deep emotional level our challenge is to do better than our fathers. I did that the day I graduated from college. But it did not make me a "better man." We cannot live our life constrained by the judgment of our fathers or others—whether dead or alive.
7. If you're absolutely fearless, would you be earning a living in exactly the same way as you are now?
8. Meditate, contemplate or pray daily so you are present and steeped in the Source.
9. "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 the hours and days of business and then it will be gone."
10. Never change your mind just to please a woman." "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.
11. "Your mission is your priority."
12. "Time you spend with your woman should be time you really want to be with her more than anything else."

13. Give it all. No holding back. Use everything you've got.
14. Invite and enjoy your friends' criticism.
15. "The father force is the force of loving, challenge and guidance."
16. "If you don't know your purpose, discover it, now." I would say my purpose in life is to: teach, love, learn, play, dance, laugh, explore, give grace, feel good.
17. Be willing to change everything in your life to live a full one. I have gone down this road myself and couldn't agree more. Not just change for change's sake. Change for betterment's sake. And don't expect the transition to be easy. Point is, the outcome is worth it all.
18. "Don't use your family as an excuse...you'll only disservice them in the process."
19. "For their sake, your sake and your woman's sake, discover your deepest purpose, commit yourself completely to its process, and find a way to embrace your family as you do so."
20. "It is not the amount of time but the quality of the interaction that most influences a child's growth."
21. When you are with your family, be with them totally.
22. "Don't get lost in tasks and duties." – I need to keep working on this one!
23. Watch becoming a "robot of duty."
24. "Your success doesn't mean shit to her unless you are free and loving."
25. Your woman will test you. This will never end. This is the secret. You will never get out of it. Finding a different woman won't get you out of it. Neither will therapy, money or sexual mastery.
26. "In the feminine reality, words in fact take a second place to emotions and the shifting moods of the relationship."
27. "The truth of the feminine is whatever she is really feeling *in this present moment*."
28. The masculine grows by challenge but the feminine grows by praise.
29. "Praise works. Information doesn't. Praise motivates. Challenge doesn't. Try it." Deida suggests praising five to ten things each day. Looks like I have to kick it up a notch.
30. Somehow all of this reminds me of another truism: Don't assume that they know you care. I remind myself to tell my wife that she is beautiful, that she is a good person, that I know that she is loving and caring. Often times we can only give people our negative attention, whether at work or at home.
31. "Tolerating her leads to resenting her." This is a real challenge. I know that in my own marriage I tend to either tolerate unacceptable conduct or bitch about it. I don't do what Deida suggests and that is to open her moods with skillful loving. As Deida says, both of us will grow more by my giving than by my tolerating.
32. A superior man sees her moods not as a curse but as a challenge and an amusement. This is an area I definitely have to work on. Especially the amusement part. I'm sure I'm not alone in that.
33. "Open her heart again and again and again."
34. "Don't analyze your woman." Or, as my good buddy Dave Morgan said, "Never try to understand them. It's what makes the world go 'round." Or as I say in my own workshops, "If it doesn't make sense, don't try to make sense out of it!"
35. Deida advises that the easiest approach is to assume she is not feeling loved.
36. And, oh by the way, "Don't suggest a woman fix her own emotional problem."

37. "Love is the feminine priority, not purpose and direction." I have to honor this in my wife. It is so easy to fall in the trap of wanting others to be like you.
38. "Don't force the feminine to make decisions." – Boy, do I fight this one! Deida suggests that we don't say, "Do whatever you want" or "They are both nice." Say something decisive like, "I like the red shoes, but what's most important to me is that you're happy." I tried that with my wife the other night in a situation where I was truly indifferent to the choice and I laughed at her improved reaction to it.
39. "As a practice, always help your woman make decisions by giving her your perspective and telling her your choices, while letting her know you love her regardless of the decisions she makes."
40. "You can't have a woman who is always logically consistent, reasonable, and who also fills your heart and flesh with energy, instantly and throughout the day..."
41. "The thing your woman is complaining about is rarely the thing she is complaining about." Again, if it doesn't make sense, don't try to make sense out of it!
42. "She doesn't really want to be number one." As I often say to my wife, "I'll be the King and you can be the Queen."
43. "A man's highest purpose is his priority, not his intimacy. Your woman knows this, deep inside, she really wants it to be this way." I have to watch this. I often times want my wife to be as driven and as purposeful as I am. That is not her gift. Her loving and nurturing is her gift. That is what I must honor and constantly remember. No jamming round pegs into square holes.
44. "The feminine responds to the moment of energy, forgetting her man's history of past behavior." Track records don't matter much, being in the present does.
45. "You are always searching for freedom."
46. "The dark masculine energy of the warrior, one who could face death and kill when necessary is an essential part of you." Women want this in their men. This is discussed in the book *King, Warrior, Magician, Lover* by Robert Moore and Douglas Gillette. Most women don't want some "new age" metrosexual guy. They want a man.
47. "Your woman knows your weakness better than anyone." And how to push your buttons better than anyone.
48. "Life itself is the feminine...whenever you are feeling isolated and weary, feel the present moment as if it were a woman." What a great image. I tried it the other morning at the beach. First time I gave the beach a gender.
49. "A woman's true radiance reveals a degree to which she is open, trusting, connected, and loving." Isn't it the radiance we want?
50. "Allow older women their magic."
51. "Learn to discipline your habits of building up and releasing mental and sexual tension." Napoleon Hill talked about this whole concept in *Think and Grow Rich*. About the nature of transforming sexual energy.
52. "Can you invade her body and her heart with so much love and humor that she laughs, relaxes and brightens in spite of herself?" What a challenging line!
53. "It only takes a moment of praise and deep appreciation to re-evolve a woman's radiance." So try it.
54. "Give her what you want from her." Or as the Buddha would say, "What comes to you comes from you."

55. “Ejaculation should be converted or consciously chosen.” – Deida makes the point that without discipline, the release of our sexual energy is depleting rather than invigorating. There’s a reason why boxers don’t get to have sex before bouts. Boxers, track athletes, and others requiring bursts of energy will typically store up their sexual energy and use it to create a kinetic explosion. In the same way, we’re encouraged to hold on to that sexual energy throughout our day in our lives and only give it up intentionally and in a manner which is empowering. Of course, this sounds like extra work. But then again, so is going to the gym or eating right, constant learning and everything else that tends to improve our life. Deida actually goes through a physical technique to help men learn how to redirect their sexual release. This includes being very well aware of your breath and being in control of your pelvic muscles. I’ll leave it to you to read the details.
56. “Feel your partner more than you feel yourself.” It’s always been my experience that the best sex comes when I lose myself in my partner.
57. “Because the man’s priority is his mission, he will always gravitate to a woman whom he feels will most support his mission.” – Fortunately this how I feel about my wife. I didn’t always feel this way about the women in my life and it made a big difference.
58. “The desire for intimate loving is essential to your woman’s life as the mission towards freedom—financial, psychological, and spiritual—is to yours.”
59. “It is natural not be as “into” the relationship as your woman.”
60. “Your woman could be a corporate executive and you could be a house husband. That’s fine, as long as you’re living your highest purpose and her life is devoted to love.”
61. “Your masculine gift is to know where you are, where you want to be, and what you need to do to get there.”
62. “A superior man will not settle for the less than the fullest incarnation of love of which he and his woman are capable of.” No room for ordinary relations here.
63. “You are entirely responsible for cutting through your own laziness, addictions and unclarity. There’s nothing to wait for and nobody to blame.” – Amen. As I learned a long time ago in Money and You, “play above the line” and take responsibility.
64. “Take away anything that dulls your edge. No newspapers or magazines. No TV. No candies, 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 conversation that isn’t about truth, love, or the divine.” – Perhaps this hit me as much as anything in this book. We can get so caught up in our day-to-day duties, roles and responsibilities that we can literally disappear. Because I am aware of this, I’ve read a few books on simplicity so that I can keep my life simpler. Deida just reminded me that I can do better still. While he doesn’t suggest that we do this on a never-ending basis we should at least experiment with it for a while until we’re clear about who the heck we really are. Has part of you disappeared too? What can you strip away to find yourself again?
65. Spend time at least once a week with a group of men. As he states, “Cut through the bullshit and talk with each other straight.” I realize that despite the fact I do so many workshops for so many men, I don’t have a mastermind group of my own where I can cut through the bullshit and talk straight. I will work on creating such a group.

Like I said, this is an awesome book. At the end of it I wrote the following notes to myself:

- Live a no-bullshit life.
- Strip it all away.
- Be a man.
- Give the gift.
- Be present.
- Be One.
- Restore the sexual energy.
- Breathe.

And this mantra...

Everyday of my life is a gift. A miracle. I won't settle for less than having it all. To experience everything possible life can offer. To live a life with meaning. To smile and laugh often. Until the day I leave this amazing journey.

You can learn more about Deida by going to his website ([www.deida.com](http://www.deida.com)). To purchase the book please [click here](#).

Let me conclude by saying Ben—thanks for turning me on to this book!