

# David Deida

## Quotes

*Men, Heart, Giving, Love Is, Love, Spiritual, Energy, Feminine, Moving, Pain,  
Sex, Waiting, Suffering, Purpose, Letting Go, Offering, Consciousness,  
Feelings, Wall, Art*

Knowing the Truth is Fairly Useless. Feeling it is Profound. Living it Makes All the Difference.

~David Deida

Stop waiting. Feel everything. Love achingly. Give impeccably. Let go.

~David Deida

Whereas women are most turned on by a man's depth of presence, men are most turned on by a woman's radiance and energy: how she moves, moans, smiles, and opens in love.

~David Deida

Thank God for such women, who make no apologies for their oceanic depth and riptides of emotion.

~David Deida

You can ravish your woman so deeply that her surrender breaks your heart into light.

~David Deida

Stop hoping for a completion of anything in life... Do what you love to do, what you are waiting to do, what you've been born to do, now.

~David Deida

Masculine anger is always because you are feeling constrained, trapped by life. Feminine anger is always because you are feeling unloved.

~David Deida

Spiritual practice is the capacity to offer your love even when you feel hurt, closed down, tense, angry, misunderstood, or hated.

~David Deida

By learning to open your heart and body while embracing and trusting

all energies, from rough ravishment to sublime gentleness, you can open to be lived by the mystery that lives the entire universe.

~David Deida

Infinite Love is who we really are and who we refuse to be. This refusal is our most essential tension.

~David Deida

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.

~David Deida

The Feminine force of life is often too wise for the Masculine's need to know: The mysterious energy of the evolving cosmos is always superior to our temporary scientific notions about it. . .

~David Deida

Live with your lips pressed against your fears, kissing your fears, neither pulling back nor aggressively violating them.

~David Deida

Your heart knows the truth of openness and suffers the tense lie of your closure.

~David Deida

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.

~David Deida

If knowing the truth is sufficient for you, then practice the art of philosophy. If only living the truth will suffice, then practice the art of love through your mind, your emotions, and your body.

~David Deida

We eventually learn that emotional closure is our own action. We can be responsible for it. In any moment, we can choose to open or to close.

~David Deida

Chronic dissatisfaction is how you sense that you are living a lie.

~David Deida

The feminine in each of us longs for deeper love and tries to find it in intimate relationship, family, or friends.

~David Deida

We're here to learn how to worship consciousness and radiance, evoke it in each other, and tolerate nothing less than our deepest love.

~David Deida

You'll never get what you really want. All you can do is give what you really want!

~David Deida

The positive and negative poles of a battery create an electrical flow. The masculine and feminine poles between people create a flow of sexual energy in motion.

~David Deida

Instant enlightenment is to give all your happiness away to others.

~David Deida

The only way to live free, the only way to live your life as an offering of love, is to feel everything fully and live open.

~David Deida

Your suffering is shaped exactly by your refusal to open.

~David Deida

Masculine and feminine aspects exist in all beings.

~David Deida

We must see that we are afraid of the thing we most desire, and so we live a mediocre life, never bringing to consummation the primary impulse of our heart.

~David Deida

If you are waiting for anything in order to live and love without holding back, then you suffer.

~David Deida

You are not only a man, you are a superior man: a man who does his best to live as love in the world and in his intimacy, a man whose heart remains open and whose truth remains strong.

~David Deida

If your purpose is to liberate yourself and others into love and freedom, then you should do whatever magnifies the love and freedom in your life and in the lives of whom your actions affect.

~David Deida

A man with a weak Masculine is especially prone to despise and fear these qualities and may attempt to suppress the more destructive elements of the Feminine force in his partner.

~David Deida

You should do whatever feels right in your deepest heart. Feel deep as consciousness, open as water, now, and feel how to live with a wide-open heart. Feel how to live as love without bondage.

~David Deida

Every moment waited is a moment wasted.

~David Deida

The masculine in each of us struggles for greater freedom and tries to achieve it through financial, creative, or political challenges.

~David Deida

You are either withholding your love in fear or giving your deepest gifts.

~David Deida

Successfully completing a lesser purpose doesn't feel good very good for very long, because it is simply preparation for advancing toward a greater embodiment of your deeper purpose.

~David Deida

Men who have lived significant lives are men who never waited: not for money, security, ease, or women.

~David Deida

Anyone who separates being and doing is still enjoying separation.

~David Deida

But if we are truly happy inside, then age brings with it a maturity, a depth, and a power that only magnifies our radiance.

~David Deida

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

~David Deida

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

~David Deida

Your every act can open hearts and minds.

~David Deida

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