

Gunwitch - Dynamic Sex Life

TP Exclusive

Another quality release - edited by constructX

"If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you." Saint Thomas.

INTRODUCTION

It's been a lot of time, even more effort and a real journey to discover all the things you are about to learn.

Lets cut to the chase here; you want to get laid more right? Of course, or else you wouldn't be here reading this.

I keep this guide short and to the point.

I do not believe you want a lot to read, but rather want quality information to get you results. I deliver this here, rather than 350 pages of fluff to sell books off a shelf.

It is better to have 5 techniques you can fight with, than 500 that fight you.

SO lets get started and wrap this up in to a system that works well and is easy to remember.

Forget about that "reality" dating show you always watch, yeah that one with all the cameras that'll be seen by a half million people. Forget about what "she told him" on that TV show, you know, the one about women living in some fantasy world written about sex. Forget about that talk show dating guru's words of "wisdom".

Further even, forget about the way that girl blew you off in high school. Forget what your ex wife told you was wrong with you. Forget what your last girlfriends "big reason for leaving you" was. Forget what your best friend claims gets him all the ladies.

Even more, forget what you think might have gotten you the ladies before.

Forget what they have told you they liked about you.

I know you are saying, "whoa whoa whoa here, quit telling me to forget shit buddy".

There's a reason I tell you this though. Like I said at the start of the course, It's taken a long time and a lot of effort to discover what you are about to learn. You wont be learning from a man and a woman showing off for a reality TV camera.

You won't be learning from a fictional TV show. Won't be taking to heart some lie some isolated single woman told you at some point. Won't be listening to your friends bragging about some cool thing he knows about women. Wont be even more so, listening to some politically correct little feminist crusader of a man or a woman going along with what's "ok to say".

You will be learning from me. You will be learning from a guy who walked out his front door a long time ago. Walked out his front door not in a normal way to do daily errands and tasks. That day I walked out my front door I decided to take control of my sex life, to take control of my mating and dating and outright how I deal with women.

I was frustrated. Had been almost 2 years since I had sex at that time, and before that only with a few women. Even the sex I had in the past didn't make any sense to me how it was achieved. It "just happened" and I "took what I could get".

Well maybe I'm a bit of a control freak. But that wasn't good enough for me. 2 years had told me, one thing. That one thing was that the fate of my sex life could be unpredictable, unfulfilled and un-enjoyable if I didn't figure out WHY I had in fact has sex before. See I knew I had been laid before. Knew I didn't have looks or money or status. So it had to be something else that got me results. I set out to determine what that was.

Well fast forward to now and here I sit with a "lighting bolt" of knowledge or 100 in this area to hit you with. Organizing everything I've learned in this last decade is going to be a hell of a lot easier than weeding out EVERYTHING I tried over that time. Notice I capped, EVERYTHING, because literally, it might sound farfetched, but I tried EVERYTHING. I tried every type of dynamic you can imagine in the thousands of interactions I had with women, not for you, so I could write this course, but so I could get the sex life I wanted.

I didn't want to just go out and throw paint around and see if any stuck on the walls. I wanted to discover THE way to get laid most consistent, as well as be able to re-create it at will with whatever women I wanted.

You would imagine this "holy grail" I found would be some crazy super secret counter intuitive advice. Well maybe it is, but I am so used to it, and guys take it on so well and have such success with it that it really doesn't seem all that "different" to me anymore. You will have to be the judge of that.

I digress, my point is that whatever you know about women, seduction, mating, dating, interaction with women, obviously isn't

working. Whatever you've learned up until this point, from all those things I told you to forget about, was wrong by simple logic defined or you would have some results with women thinking or acting the way you have been told on television and by women in real life.

I don't want you to give over your free will here. I simply ask that you trust a man who's formulated this not for YOU, but for him, to get the sex life he wanted over many years.

I do not mention this in my marketing, as it just sounds too peachy and like a blatant lie. But if you are reading this, I don't want anything from you anymore, so trust that I really do only have your best intentions in mind in telling you to forget anything you "know" that isn't working, and take on what I tell you here. It works for me, and has worked for many many other men, from Germany to Miami, Toronto to Sydney, black, white and Asian, even one guy who was orange (long story lets just say a guy shouldn't drink alcohol when he has been put on antituberc by his probation officer). I did not wake up one day and just start being a "ladies man" mind you. When I started out, my sex life was a shambles as I mentioned above. Meeting women was hard. Getting any sex from them even harder. I tried EVERYTHING, every way to be, everything to say, every gimmick, trick and tactic there is. Read psychology courses, even went to university on the subject. Interacted with, tried to have sex with, approached and worked in to the presence of thousands of women. I was a man obsessed, understanding women, or at least understanding how to interact with them to get what I want became a hobby for me.

I "wasted" my life away learning this stuff in a way. If a scientist who's "returned data" sometimes meant sex with a beautiful woman is "wasted" I suppose you can call it that. Overall though I spent a good 3rd of my life, so now you don't have to analyze it.

So when I say, "forget" something, not to brag to excessive levels, it is because barring the extremely rich, famous or incredibly handsome men on the planet, I am the best with women there is. For YOU, the average, maybe even ugly guy, not a lot of money, maybe living in your parent's basement riding a bus to work, I AM the guy to listen to. My success isn't based on luck, living situation, geography, money, fame or genetic perfection. My success is based on what you are about to learn, the male to female dynamic.

What you are about to learn is not for amusement of a TV audience. Not so I can get on some daytime TV talk show and say, "you go girl" to a big fat lesbian. Not so you will think I'm cool when we hang out together and not to "let you down easy" in a breakup. It's all raw truth.

I have trained/coached countless men right here online, over the telephone and in real life to get their sex life in order just how they want it. The less resistance they gave my ideas, the faster they learned.

You can get no better advice than right here. Hell, even if you could, what you are doing right now isn't working, so give what I say a go instead.

SO, 5 nitpicky things you must do with this material for it to work: Number ONE: IF you come to a word you do not understand look it up. No words will be used out of their meaning here; as well words common only to this material will be explained in detail. A problem area of getting the most out of a material like this for a lot of people is skimming. By skimming I mean looking over an entire sentence or paragraph because you didn't know what a word meant.

Number TWO: Do not simply read this entire course and be done with it figuring you can just recall any part of it for future use at any time you desire. MUCH of this material is common to who you are and how you interact with women. The actual experience of doing the things I tell you will be what makes the material "Solid" or real. Simply knowing this stuff can be a big help really, but maximum benefit of course will be to use this material for reference in your journey. DO THE MISSIONS at the end of the texts. This is imperative and I beg you to do them out of wanting the best for you. I have nothing to gain by overemphasis of this except pride as a teacher and your feedback of these things having worked for you and bringing you happiness.

Number THREE: Probably most important. What you are doing doesn't work. By simply buying this course, barring strange incidental cases, you are stating that, your love life, your sex life; your entire dealings with the opposite sex aren't really going how you want them. Mine, and my students are. The advice I give you should not be mentally debated decided on or analyzed for its validity. Not asking you to stop any critical thinking here, but simply put: Your dealing with women, sex life, getting laid, even love life can ONLY improve right?

SO take it in, understand it; use it as a reference point and start getting better results.

Number FOUR: Do not read one paragraph or sentence you don't like or that you disagree with in some way and stop reading

because of it. Basically don't be quitters. Things all tie up nicely the further you read so keep going, don't just say, "I already know all this" and give up. KEEP GOING, keep reading start to finish if time permits.

Ok FIVE: On a pad or tablet or post it notes, go get them and come back and start reading again. YES YOU, write down, right now, YES YOU, write down "Things that strike ME". As you read through this course write the things down that really hit you between the eyes. The things where you have a real moment of "WOW that's ME" or "DAMN I should be doing that!" Do not use a document or computer file for this. Take notes. Do this especially if English is not your primary reading language so you can go back later and translate and ponder the materials that struck you or you didn't fully understand.

Ok let's get you started learning what I've discovered.

FOUNDATIONS

Freedom from negative and uninformed social conditioning.

Identifying the problem.

Ok, men have a penis women have a vagina. We are supposed to interlock these 2 and have some fun.

Isn't happening for most men as often as they would like. Isn't happening for women as often as they would like. Truth and basic first fact of the matter if you've talked to most red blooded sexually functional single or even married people since 1940.

Remember the "forget" stuff above? How could you forget?

Ah ok ok bad pun but it's the first part of the problem right there.

All those things I told you to forget. All those things are filled with societal bullshit about how people are supposed to "make it happen" sexually. The misconceptions are geared by political agendas, feminism, rising gay culture, conditioning poured in to women since they are girls that sex is "dirty" or "slutty", people who don't have a healthy sex drive, entertainment writers of all the thinking I just mentioned, relationship gurus of all the types I just mentioned, friends and family members INFLUENCED BY THOSE I just mentioned even when having the best of intentions in giving you advice.

What does that all amount to? Men's heads filled with at BEST confusion, at worst any number of problem inner beliefs about themselves or even women.

Quick example: Guy I knew once. Not sure exactly where he got the idea. Maybe some girlfriend told him this because they weren't sexually compatible. Maybe his mother instilled it in him because she was frigid sexually. No matter where it came from he totally believed women had absolutely no sex drive. Their only drive was to be romanced. Even the romance he thought didn't in any way sexually "amp" them.

They basically in his mind had no use for him sexually. The only reason they would "GIVE" him sex was as a reward for appreciation and attention directed at them.

Only one example there of these problematic things we are conditioned to believe. One is no worse than the next, but this one made him basically unable to have sex outside a long involved relationship.

Surely no one with any regular interaction with more than a couple women would be able to think this. Women have no sex drive!? They aren't actually stimulated by sex with a man? Insanity.

Thing is, he probably hadn't had interaction with more than a couple women. I know for a fact he had been married to the same woman for over 7 years. We met because she cheated on him with a friend of his and threw him out of his house. He was staying with a friend of mine. By the way, this friend she cheated with of his was no romantic rose buying, foot rubs and candles guy. He was just a sexual guy she met at a party of mutual acquaintances when my student/her husband wasn't in town and they started fucking.

Happy ending, I turned this guy around and took him under my wing, making him in to a guy with some dignity and understanding of women as more than some frigid race who's only joy is enslaving men with sexual rewards, but as sexual creatures themselves.

So you see, and probably know from your own experience, problems come up because of these faulty conceptions of women.

Lets take it to another example of bad conditioning. SAME GUY. No the entire course isn't about how I helped this guy but he was a wreck so its an easy train of thought to stick to as I write.

He had started to take on an entirely new negative conditioning. He would visit his children and see this "friend" of his, and ex interacting and had also known the guy for quite some time. He believed because this other man who had "stolen" his wife, was not romantically inclined, was instead sexually inclined, and didn't put up with the nagging and bitching that he himself had from his wife that.....

Voila, "Jerks get the girls. Nice guys like him get a lump of coal in the stocking".

"Women only want jerks". His second line of negative conditioning had turned in to. He didn't make that up. YOU have heard it a ton of times. He just took it on as a model of reality, a frame of thinking to make things make since.

Was this other guy a jerk though? No. I had met him through acquaintances of mutual nature. The guy was an asshole to my student, his friend for having hooked up with his wife and all. In general though the guy was not a jerk. Many perceived him as a jerk. He didn't apologize for being a sexual dude. He wasn't all kiss ass to women. When his girlfriends would get mad at him for something he didn't cry about it and hang on their leg begging for forgiveness. If a woman threw a tantrum at him he would make a joke about it at her and get her laughing.

Basically he was a jerk in the eyes of those who didn't understand what being a man not a boy was, what having high self-esteem was, what it was to not go through life scared by some perception of needing women.

He didn't beat up women. He didn't say rude things to women. He didn't take their problems as some trivial thing just because they were women. He could hold a decent conversation and show empathy. He could connect with women.

He wasn't some frat boy telling his high school girlfriend "hey shut the fuck up bitch I'm talking right now".

HE wasn't a jerk? HE was just a guy who was confident? Yep.

The examples of negative conditioning and thoughts above are THE PROBLEM in most guys' sex lives. The problems are numerous, hard to identify and impossible to have an example of each. More on those problems in a moment.

This course will be taught in three sections, foundations, advanced and mastery. In that order of course.

You will be starting with "foundations". Now don't take that to mean advanced is where you start to learn. Foundations is going to be where I put you at the level of that guy you know who gets laid by 5-10 women a year. Maybe more, maybe less, point is he has a decent, though not ideal sex life. The "natural ladies man", the wife stealer above (barring personal ethics), will be you once you get Foundations taken care of to the max.

Killing the negative social conditionings.

I just got you realizing how these things you might be conditioned with are negatively impacting your sex life.

Right here I'm going to go in to a short quick list of common possible similar ones that might be impairing you.

Going to straighten out your "internals" here. You see Many many "dating for morons" type of books list off 500 pages of "do this" "don't do that's", many of them in conflict of course because the authors compiled the entire material from some magazine articles written by the very same "conditioners" you don't want to be listening to in the first place.

What REALLY works is having your internal conditioning set right. Every action you take, every mental state you enter and show, every way you interact and every dynamic you introduce between you and a woman is going to be determined by your inner beliefs and being. Faking it just wont fly. The mask you put on will crumble at some point startling the woman you are interacting with in to the opposite state of mind about you that's desired.

I have to get YOU actually thinking the right way about women, first and foremost. Why learn a bunch of bizarre tricks and tactics, when you can instead learn to actually be YOU and get the girl? Rhetorical question.

Link up any conditionings you may have that might be giving you similar problems as you go over the list.

SO now I'll list off and explain some of these conditioned things that may be hurting you.

Conditioning 1: "Women don't like sex, they only want money, romance, status, to look good, etc etc etc..".

This conditioning as mentioned above, is just a tragedy of a thought process.

THE FIRST thing you must realize is that women LOVE SEX. Biologically we do differ, but compulsion and physical drive for sex is just as important to women as it is to us. They LOVE sex.

The FIRST understanding and best realization is this one. It isn't only YOUR conditioning you are dealing with, but HERS as well. See women don't usually, though they do a lot more since 2000 or so, come right out with their desire for sex at a verbal level. They have the conditioning that "sex is for tramps and sluts" "sex should only be with a guy your know really well". The balance between her attraction to you (don't worry I teach you this) and her conditioning against sex is, "THE GAME" or the male to female dynamic.

Probably top number one fear in dealing with men for a woman is being thought of as "easy" or "a slut".

Women enjoy sex more than men in truth. The studies and statistics say otherwise because women are outright conditioned to lie and say this, even when anonymously asked. It seems even in a "herd mentality" or evolutionary manner women have been trained to lie like this for the greater good of them all. What I mean is it seems they almost do this automatic, they don't think to themselves "I want to deceive this person" they really seem to THINK they don't like sex, YET FEEL that sex is their entire drive in life.

When we as men are made to feel inadequate we try to qualify ourselves and make up for it as "PAYMENT" for her "gift of sex to us". We then say nice things to her and give her gifts and support her with our hard work. This is no conspiracy theory, it is just fact if you look beyond the television and what women SAY, but start to watch women's actions. 99.99% of good-looking women ALWAYS have REGULAR sex, yet still say they don't like it and that guys aren't important to them. Stop and think for a moment why they would be doing this if what they say is true.

Women have rarely invented anything, lead a revolution, have many hobbies or talk much about anything that isn't pop culture based.

Women focus on makeup, hair, exercise and clothing to attract men better, relationships, dramatic television romance.

Look at male inventors, leaders, rulers, and innovators vs. the number of females in such endeavors. Go to a martial arts class, look at sports, look at business, and look at politics. The numbers are staggering of men in higher proportion in ANY field that isn't sexually oriented or "more attraction" based.

Aside from workplaces of neutral nature obviously, but in actual applied willpower to any area, chicks are all about sex. It is not MEN who "think with their genitals" as it's claimed, its women.

I can already hear women reading this proving me right by saying I am a misogynist or don't know what I am talking about because I insulted them.

PROVING right there that they see themselves as "women", their identity is "a woman". Women with some passions in their life don't see themselves as a "woman" just as men never see themselves as a "man" they are a "fighter" a "comedian" a "teacher".

A woman can be a "mother" or a "writer" or a hell even a "soldier". Women with an identity outside their gender aren't offended when someone talks about "women", just as men aren't offended by talk of "men" because we usually have an identity outside our gender.

So KNOW that women are VERY scared of being thought of as a sexual fiend who not only wants us men same as we want them, but NEEDS our sex badly.

To reveal this to men too often or too much is like breaking an unspoken untaught code amongst women.

Think back to high school, a big workplace or college. There was probably a fairly attractive maybe even stunning woman or girl there. Intelligent, fun to talk to, maybe even a real decent genuine human being. She would have easily been "one of the in crowd". She fucked a couple guys though. Maybe just didn't know the guys well. Maybe one guy she fucked was the boyfriend of the "top dog chick". Whatever the reason, she is "out". Basically thought of as lower than she is, less than she is as a person. Branded "lower" because of allowing her love of sex to go against social rules and conditionings.

Surely women fear this. Outright fear from what I've encountered, not just a passing "that would suck", but REAL fear of it.

That's just what can happen to her for acting on it without not only HER discretion, but the discretion of any who may be watching. Many women even repress their sexuality for fear of men not wanting them and branding them the same "slut" or "whore" that other women will. Just as many men repress their sexuality for fear of looking needy or desperate, or otherwise offending the "anti sexual conditioners".

YIKES! Right? Don't worry I will show you how to get around that.

But realize here, physically healthy normal women do like sex at a biological level just as much and sometimes more even than we do. They are just conditioned against it at spontaneous or promiscuous levels. Conditioned against making the first move sexually and are also conditioned to say they don't enjoy it.

Conditioning 2: "Women only like jerks" "nice guys finish last" "girls only go for assholes" As talked about above also this is bullshit.

This can be perceived by "nice guy culture" as an excuse for a poor love life and justified because they are such catchy sayings.

This is perceived only. An extension of conditioning 1 is all it really is. Many guys who are conditioned that women don't like sex tend to then also not be sexual in nature to appease them.

Ends up in a giant fuckin loop.

"Well I wasn't pushy with her, I wasn't desperate or needy for sex" "she still didn't have sex with me or even pay attention to me" "women must not like sex".

This one can take years to get out of, abandon this shit right here right now.

This is ALL verbally based. Nothing you can be, or project or show sexually is "jerk", nothing you can be or show or project is "needy", "desperate" or "pushy".

Barring : Ramming your pelvis in to hers upon first meeting (jerk) Slapping her ass as she walks by (sexist jerk) Hugging all over her on first sign of interest (needy) Salivating and rubbing all over her (desperate) Grabbing her arm and trying to make her get sexual with you (pushy).

Laughing or smiling cause she is emotionally disturbed (insensitive dickhead) Obvious shit of course.

Other than blatant things like the above you would have to SAY Jerkish or needy things to convey them: "quit talking about your sickly little brother I am sick of hearing it" as an example of jerk, or desperate things sexually "I know we just met but I haven't had a woman in so long, please sleep with me tonight" as an example of needy.

In other words feel what you are. Feel your desire; don't quell it for worry you'll be thought of one way or another. Your actions and words are how you will be thought of (more on this later, lot more). Women can't read your mind and tell what you are thinking, and even if they could, quelled sexuality would not be a turn on. This leads us to our next example.

Conditioning 3: "Chicks dig gay guys" Or women say, "all the good men are gay".

Yeah they SAY they like them. Remember above? Well they also by "the code" have to say they like a man who doesn't care about sex. They even hang out with them. Hug them, give them kisses, dance with them, and leave the club with them. Probably sounds better than what you are getting right? But guess what!

They don't FUCK EM cause they are GAY. Barring bisexuals who deal with the same sexual issues we do with women, women LIKE gay guys they don't FUCK them for obvious reasons.

This leads us to the next one Conditioning 4: "We want what runs from us" "We want what we can't have" "Women like a guy who doesn't pay any attention to them" Mentally warped people with self-esteem issues may think like this. "I wouldn't be a part of any club that would have me" type of thinking is all this is. The rest of the 99% of human beings like a good thing to come along.

This conditioning turns in to a perception sometimes. EVEN worse. You just talk to a woman you sexually desire but don't show any desire, she in turn responds well. You maybe even try to act disinterested. "Alright she is liking me" you think.

You then later on make an advance, and get "we should just be friends" or "I have to get up early". Also known as letting you down easy.

She wasn't attracted to your non-sexual act. She was just being polite to someone who she was introduced to or talked to her. People do that sometimes, just sometimes, with interesting people or nice people. End game comes, closing time, time for the mamba wamba. Suddenly you have broken this precedent in attempting sex/kiss/intimacy.

Drag it on with getting her phone number, meeting her, taking her out on a date later, drag it on long as you like, but if she doesn't see you as a sexual being, an attractive sexual partner, closing time comes, then it's all been just a big waste of time.

You've done that. Seen that. Heard of actions like this and they worked? Well it could have worked quicker with the same couple because they were so physically hot for each other, it could have worked out a number of ways. Only in cases of extreme attraction does this work. We aren't in the business of getting lucky here folks; we are going to drive home the right way.

Never hide your sexual desires to be "liked". Never pretend "oh I'm not interested in you" to get past her conditioning against sex. This will not only backfire it will waste your time.

Conditioning 5 "Women say the first thing they want is a sense of humor" "Chicks dig my sense of humor" "Damn John gets laid a lot, must be cause he keeps the chicks laughing" A commonly observed scenario: a woman laughs at guy's jokes, and then ends up having sex with him later on. Predictably, every guy there who sees it says, "She must like a guy with a sense of humor", and proceed to go out and ENTERTAIN, rather than attract women, in hopes that she will like them SOOO much she will jump his bones right there. This is not going to happen unless she is VERY attracted to him in another way. We want to work with what looks we have and move them in the right directions for sex better than other guys, not create a non sexual rapport with jokes and funny stories.

See there are a thousand ways to get rapport with women and then have sex with them if they are attracted to your looks, money or status already in the first place. IF ALL you have is that rapport that you have you built, its only that she "likes you" or rapport it does not mean you have attracted her enough for sex to go down.

When a woman is asked, "what do you like in a guy?" she doesn't usually say "LOOKS and GOOD SEX" or else be branded a slut, as above was mentioned she wouldn't say that. SO, she grumbles the stock answer "a guy with a sense of humor". Which is true at least, she does LIKE a sense of humor.

She LIKES those funny men; she doesn't HAVE SEX WITH those funny men unless they happen to be attractive as well as funny.

By the way, when a woman says "confidence" that's as close to saying "a guy who knows I want to have sex and creates the opportunity for it aggressively" as women usually get. More on confidence later.

A sense of humor isn't a bad thing, but its not sexually motivating or progressive.

Stand up comedians are often natural entertainers because they have learned that their poor looks can be accepted that way. In the same way the guys with conditioning type four do. Check stand or bar stool comedians are the same entity with less talent. At the end of the night they go home and fuck the sleeve of their favorite jacket rather than a woman. Again some people say, "nice guy's finish last", because they see the funny entertainer go home alone. These conditionings are all linked in a real bad way.

Conditioning 6: "A guys got to be unique for women to like him" Again it doesn't hurt to be unique, but there's that LIKE word again. Women do not say to themselves "WOW this 450lb fat guy with greasy hair and pimples just landed on a space ship and can levitate, I want to fuck him". A LOT of guys spend all their time trying to be so different they forget to just be a natural masculine sexual man.

Ask any woman and if she answers honestly she has in fact had sex with guys she found not only boring but probably didn't even really "like". They had no redeeming value other than the fact they were attractive to her, made themselves available to her or happened to be available and didn't wait for her to make the moves or also known as they tried to fuck her.

Conditioning 7: "I should be getting laid" "I'm a loser cause I can't get hot chicks" "People must think I'm lame cause I haven't been laid in so long" "I think she's hot but she doesn't make anyone envy me" BULLSHIT!

Your sex drive is YOUR sex drive. YOUR satisfaction is what counts. If you don't have actual desire for sex, you shouldn't be trying to get laid for other people to look upon you better. DROP THE EGO.

I'm not telling you to go fuck fat chicks here or bag ladies or something nasty.

But if you would really like to be having sex with her, GREAT, DO IT. What the friends of 99.5% of the people reading this material right now, don't know could fill a library, plus some. Concerns like "man you've been doing 10 times as much heroin since you met her" are worth listening to. Concerns like "dude your girls nasty" should not be. It's entirely your prerogative. Anyhow people will deny your success to feel better about themselves and say your chick isn't hot and that their chicks are, so don't bother listening to it.

Thinking you should be a ladies man, or that you should be getting at least one chick a month in bed, thinking you should have a girlfriend, thinking anything about your sex life and who it makes you as a person is worthless. YOUR desires are all you should care about.

This may sound simple and a waste of time to say. But MANY guys I've met are fueled by this ego of a "what do people think of me" kind. What I mean is they heard I was some sort of Casanova and tried to meet me, asked me out to a bar etc. Most of these were guys who just wanted a girlfriend, maybe wanted to be able to get laid once in a while, but they came out guns blazing, "I want to lay a new chick every week" they would say, when only maybe 1 in 200 guys have that kind of a genuine sexual drive. Even then, once he does it for a couple months it gets old, the excitement wears off and more time needs to be taken in between.

These giant figures are all just his ego talking, not his true desire. Really analyze yourself, what do you really want? That's all that matters.

Conditioning 8: "A guys got to have a lot of money to spend on women" "Women need a lot of wooing to get them in bed" Again utter bullshit. I don't buy women fancy dinners. I don't buy women flowers. I don't buy women little drinks with umbrellas in them. I don't offer to buy women cars, I wouldn't even if I could afford to. I know they love sex and that's what they really want, I don't need to qualify their sex being shared with me with gifts or luxury.

The guy from my example above for instance. LOVED to send girls drinks with his number in a napkin wrapped around it. You know how many called him ever?

NONE.

The same guy, when we finally did get him approaching women. would start out with how wonderful and beautiful she was. I don't

use this guy in so many examples because he is the worst I ever met, but because he was so common to the rest of the men I've trained.

Kissing ass or buying shit for women gets you "in" but not "IN" if you get my meaning. If you don't, I of course mean that people love that shit, you could buy a straight as an arrow man a drink in a bar, he would LIKE you, but wouldn't fuck you if you tried afterwards. You could tell same guy "you have a really great presence bro" he would again like that, you then tried to fuck him later in the night you would probably get a punch in the nose.

It goes for women as well. If the attraction isn't there, and you do nothing to amplify any base small level of attraction, you have just wasted your money or compliments.

The bad thing is, it can even be counter productive. Meaning she may see you as only doing the thing you did because you aren't adequate sexually, or as a man. Tell her she's a stunning marvel of a woman or offer to buy her dinner in the restaurant you are eating in as your first line? You'll probably get taken up on it; but she will wonder why you did something like this. Rather than presenting YOU to her, you have shown her that "indeed this drink with the umbrella in it is of higher value than me".

Also just think if "Olga the terrible" asked you the same thing? You would say, "Hmmm, am I going to sleep with her EVER, nope, better not take the free dinner"? BULLSHIT! Even if so, don't count on every woman you encounters ethics being strong enough for her to not say "I just got to take advantage of this guy wanting me".

Conditioning 9: "All the women I want don't want me" "Really good looking women are stuck up" "The best lookers out there all have a man already" LOOKS OBSESSION is what this is called. Guys are almost ALWAYS like this and it fucks them up big time.

Looks and attraction at a biological first sight level are in the eye of the beholder.

9 Times out of ten if you truly look at a woman and she is REALLY your exact type, "your 10", she will see YOU ALSO as FAR more attractive than say your "6" would see you back.

If you don't believe me go test it out for yourself, approach 10 women total. 5 should be very average to plain looking 5 should be your EXACT type. The results will shock you.

Barring men who could easily mistake their 10 for a transsexual with fake boobs a ton of makeup and long blonde wigs because society has deemed that "the 10", something is in the biology that makes people match up with someone who really turns them on.

This makes us want to have more sex, which makes more babies and makes the race survive, pretty common sense I suppose. I suppose it makes sense if you don't go by societies "the 10", as your 10 out of ego, or think that the women you find most attractive must be the same ones ALL other men find most attractive so they will be in too much demand for you to get.

Watch TV with any other guy that doesn't look much like you or come from the same gene pool and rate women 1-10. Some of your absolute 10s will be his 7s and vice versa.

Tastes vary, and a great way to get the women you TOTALLY want is to of course go for the women you totally want, its only way really. Funny thing is they tend to reciprocate better than "easier average" women do, as there are no "average women" really, it's all in the sexual genetic makeup/eye of the beholder.

I've known both types of guys that fuck this up. Those who are scared to approach the women they REALLY want because they assume ALL men want them so much they can't compete, and also even worse the ego guys who feel if she isn't acceptable to all other men she is "easy" or "average".

Drop the ego, or putting on a pedestal of women you find to be of beauty, and go for what you really desire most in women's looks instead.

Those are just 9 of the most common conditionings there are. A "tour of fucked up", if you prefer. If you didn't see yours on the list, more are coming in later lessons so don't worry.

This entire course from foundations to advanced is just conditioning that is faulty and correcting it. MANY men have great sex lives without advanced concepts of some sort. They are the "naturals" with the ladies, Natural itself indicates that something is unnatural about the rest of us, or that we "don't get it" etc, which can be offensive a bit. "I AM NO IDIOT, the problem MUST be more complex than this", comes to mind.

The thing is, it's rather simple, but also rather complex in that it's been your whole life's experiences shaping this line of thinking. Don't feel bad about it.

Don't feel good about it either though. Just accept the mindsets and materials in this course. Take yourself out in the world with them and see there are far better ways to think, and provide you more pleasure than the reverse.

YOUR MISSION: Sit in peace and quiet for a while and write out your past interactions with women. Analyze what you can

remember and see where the above conditionings may have affected you in some way. Write out maybe what you would have done different without those conditionings holding you back and a scenario of her responding more positive. I am serious do this.

LOOKS and EFFORT.

False conditioning: "women only care about looks" Truth: Best looking man in the world sits in his house the next 10 years and meets no women they will not come to his door and offer him sex.

False conditioning: "throw enough shit around some of its going to stick" "its all a volume game, more women you approach the more chance you have to get lucky" Truth: Guy weighs 450lbs is covered in acne and stinks like farts, he wont be "getting lucky" with anything but bag ladies or crazy women.

You're probably thinking. Well then what the fucks do I do? The answer is BOTH. Don't get scared here. You don't have to be an ass model, bodybuilder, GQ model or even have an average face, I am no looker. Most of the men I've trained weren't either. You don't have to approach hundreds upon hundreds of women either to "get lucky".

In this lesson we are going to take care of the way you look (no I'm not going to make you work out 8 days a week or have plastic surgery) and take care of any problems in meeting women you may have.

LOOKS

Lets get this out of the way right off and show you what you can and cannot do and what really does and doesn't matter.

I apologize if this lesson begins to get obvious or "dating for retards" bookish in nature, but must be included as some guys just don't know this stuff. At least take a look at the list and make sure you have got it all in check and if any of the tips might help you.

First lets get on to the way you look.

Average cuts it, below average knowing everything in this course will cut it.

Start getting in to 50 or more pounds overweight depending on height, 50 lbs underweight depending on height, horrid grooming you wont change, body odors you refuse to cover up, and/or deformity of the face in some way I am not going to lie to you. You are going to have to work a lot harder to get a base minimum sex life than an average guy is going to have to work to get a great one.

If you are not willing to, or unable to change these extreme repellants of women your sex life is difficult at best, non-existent at worst.

Lets move down the list, head to toes.

Height Key to remember here. Height is a social and never biological attractant. Proof?

Well how is height gauged? It is gauged against other heights of course. If ALL men shrunk 5 inches tomorrow there would be no decline in sexual activity amongst the human species (if we weren't aware of it of course and scrambling in a WHAT THE FUCK HAPPENED everyone shrunk!? fashion).

BUT if ALL men gained 30 lbs of body fat, sexual activity would decrease.

Therefore it is a social not biological drive as it is judged against other people, NOT an instant biological fact.

So it isn't instantly unattractive to be short. I am 5'7", the guy from the story above is 5'4", I've slept with countless women, and old 5'4" has now been with women most guys marry if given the chance. It isn't a major issue in any way, let go of any hang-ups in this department.

Tips, wear boots where possible style wise for added height. Try not to make a habit of meeting women with your friends who are much taller than you present.

Try not to meet women when much taller men who are strangers are present as well. Some women have a "rule" about a guy having to be taller than them. From experience usually these women are the 5' 7 – 5'10 or so types, but if you are attractive otherwise and do what I say in this course, they will show you rules are meant to be broken.

Hair This area is too out of control to even bother with. Bald guys, longhaired guys, guys with fucking mullets, fashionable newer styles, receding hairlines, balding guys, guys with Mohawks, afros, you name it they all get laid plenty and by hot women.

The only conclusion I can really make is chicks just don't give a shit about our hair or have very specific types of hair they like individually. I've had about 10 hairstyles and gotten laid with them all. I have trained tons of guys with different styles and they all did fine.

Maybe go to a stylist to get a good haircut for your face. If you are over 35 or so you might want to think stylist. Nothing against your choice here but this is where older men who don't know what looks

good on their face make most major flub ups. You can also experiment with different styles, maybe if you are balding shave it bald or cut off the comb over. Basically pick a guy from a movie or TV show with a haircut you can do, who's considered an attractive guy, and do that style.

There is basically nothing major here to worry about unless you are running around with some kind of matted mess of a little boys hair cut or its all down your neck with fuzz and shaggy and shit. If you don't have your hair cut by a barber or stylist at LEAST do that. I know it costs 10 bucks or so but trust me you don't want your sister in law cutting it.

Face Grooming is a key; you can get a Remington personal grooming kit for like 20 bucks. Beard adjustments, grooming tool (for eyebrow, nose and ear hair out of control). Shave with a razor to get closer where you do shave clean. If you have extremely dry or cracked lips use lip balm before bed to keep them softer.

Acne, dry skin, rashes and such can be cleared by a dermatologist and are more a health problem that you should be worried about, than your appearance.

Actual facial structure can be improved with different beard styles, sideburn styles; lack of side burns etc that you see on guys with similar facial structures to your own. Experiment and think, "thin face, square jaw" the closer you get to that look the more "ideal looking" you'll be compared to the guys on TV and in movies and such so it can't hurt things as these men are selected based on their looks.

Fatter guys can usually look much better with a full beard to cover their double chin, One guy I knew looked about 16 so I had him grow a mustache and small goatee to look a bit older. Another guy I know keeps a thick goatee because his chin isn't very pronounced. Takes just a bit of vanity really to get a good "look".

Try to look better you'll find ways of doing so.

As a Matter of fact I can be emailed a picture for suggestions as part of your course.

Posture Keep your back and neck aligned and stand up straight of course, practice this as much as possible, and if you lift NO other weights at least once a week get in and work your shoulders, stomach and lower and upper back. May sound like blasphemy if you are a lazy bastard but your overall health won't suffer from doing so and neither will your love life.

Guys who are all slouched over just generally don't look human; human beings walk erect and stand tall. Weird alien life forms cramped in cubicles all day that look like they'll throw their back out during sex slouch over and walk with their head looking at the floor.

Teeth/mouth Teeth for most are like head hair. Unless mangled and marled or extremely crooked, I have never seen a problem. Whitening them with these new overnight things can only be a bonus. Of course brushing and flossing, YES flossing you need to get that gunk out of your back teeth or it causes your mouth to stink, is important.

A super quick trick, takes 30 seconds more to do and will improve your final "kiss game" by 10 fold: Brush the tongue and roof of mouth as well. Always wash your toothbrush with soap and water after using it as this can prevent bacteria that cause odors. A stinky mouth can be like a "what the fucks going on!?" curse on your sex life that you just cant pinpoint as the reason people recoil from you.

Pubic hair Want to get a blowjob almost every time you get laid? Trim the hair on your balls and pubic area, this makes the entire male genital area cleaner seeming and they don't get hair in their teeth, they know this, just as we do about a trimmed or shaved vagina, so they go down on you more often. Your penis will also look a good inch longer without all that extra hair. Look closely at guys in porn films, they aren't really hung much more than average, its just the are shaved down so they look way longer.

Body hair, fingernails, toenails obviously should be kept in control, deodorant should be worn and bathing should be practiced. I'm not trying to be insulting here but some guys I have met really refuse to understand that they stink and women don't like that. I matter fact list body odor with being highly overweight or underweight or deformed because so many guys refuse to bath or wear deodorant when I recommend it while helping them, as if they would have to undertake a painful long project to achieve it. It seems almost unchangeable for some so I put it up there with being deformed or obese.

Your body Are you underweight? Overweight? I have been both at the same time in the past crazy as it sounds. I am by no means a weight trainer of pro level but have a short booklet on diet, muscle building and fat loss that anyone who purchases this course can request for free. Following the tips and methods in the booklet will get you to at least average weight and maybe better.

Other than that a good tan is a GREAT thing to have. It's hard to maintain and all, I know but its well worth it. If you aren't pale, or black, and aren't tan, you are probably "blemished" instead. A consistent smooth color can take a guys body from a "7 to an 8" (1-10 scale) so give one a go if you aren't pale or black or brown. Style Simple advice here I will dish out. Dress for the occasion. When I say "dress" I mean dress well and different for the occasion. We will get in to venues (places to meet women) later on but this is a good gauge of what to wear is the venue.

You are in the mood for a hard-bodied fitness girl and hitting the gym, basic workout gear of course. You go to country western bars a lot? You surely wont be wearing just a t-shirt and jeans with cowboy boots. A black overcoat hat jeans and boots would be a good investment. Something to "stand out" yet "fit in". You are going to a company Christmas party and want to score some ladies there?

Your best suit, maybe even a more casual open front no tie suit in silk (sounds expensive I know but you can find bargains). Just going to go out to a local club and try to get your candle waxed? Maybe wear white slacks and white silk shirt buttoned a few buttons down, the white will make you stand out.

No real set parameters here on what to wear. I go out middle of the day to maybe meet women at the park, I'll wear maybe blue jean shorts and t-shirt with hiking boots. I go to a club I dress a bit more "rocker style".

Nothing is set in stone for standing out, blending in etc. BUT: Basic MUSTS.

Don't wear tight if you are a bit overweight; don't wear baggy if you are underweight.

Clothes should be in good condition, not old, torn, wrinkled or dirty. All should be best quality you can afford.

Don't get weird! I can be emailed a picture in strictest confidence to evaluate your overall head to toe look anytime. If you aren't sure if you look ok or not send it to me.

Last note on looks based stuff.

None of the above looks based items are really essential end of the world stuff unless body and or/mouth odor, significantly under or overweight, deformed facially, 70 years old, sprouting one eye brow that's 3 inches in length etc.

These are all just tips and things to look for to maximize your profits from your efforts of time and energy. Get them all in order and you'll be about a 3rd of the way to being a natural with the ladies. Don't do any of them and you will have to work a little harder and be a little sharper with the other material for the same results.

YOUR MISSION: Take a good evaluation of yourself or send me an email to evaluate you. Do simply what you can time wise, and what you can money wise.

Groom well.

EFFORT

Do all the looks stuff, take care of it down to a T and make no effort, meet no women? Obviously a huge waste of time to have bothered with your looks at all in that case.

I cannot tell you how many men I've met though who have no contact with women at work, know no women socially, and meet no women. These men will then tell you shit like "I'm a loser I haven't gotten laid in a year" and shit like that.

Insanity!

You have to meet women to have any chance of fucking them. This escapes a person sometimes, which boggles my mind.

A factor you should know from above that's a big incentive in meeting more women is that the more women you meet, the more will find you attractive. The more you approach the more that you will be "their type", also known as a biological or ideal match looks wise. YES YOU as you sit are many women's match/ideal.

Remember that female social conditioning however; they are conditioned "don't be sluts". Walking up to a guy she sees just cause she wants to fuck him goes against this. So it'll be RARE. You should know already, women just don't make the first move at any basic or obvious level so you are going to have to do it. Just know that this lack of action on their part isn't because they aren't attracted to you, it's just their conditioning against making the first move.

So you'll be approaching women you don't know. Walking up to them, hovering near them and saying hi. You'll be talking to women first, and interacting with women in general.

Right here right now we have to deal with your fear of approaching women, talking to women, interacting with women. You don't have any? GREAT, skip past the next section.

Fear of approaching Some guys may just realize these 3 things and be able to approach/interact with women with no fear.

Number one: You are not intruding on her. She doesn't think of you as impolite for talking to her, she is flattered at some level. Unless she is very unaware of the way the world works, she realizes you are making the first move because you are the man she is the woman, this is the way shit works.

Around 5 of 10 women you approach are going to be receptive to it, no shit, about 5 of 10. You fuck things up and you might bore them, turn them off, repulse them, not attract them to you, not excite them etc, but that's what the rest of this course is for. It's going to be maybe 1 in 10 that's going to have some strange reaction. Maybe the other 4 will be a bit standoffish because they aren't attracted much.

This is not on you, its on them, they either don't get the way things are mating wise, they happen to not find you their type, are super busy and cant talk or even be polite, or are a bad specific woman or situation to meet them in, or your approach was wrong for that particular instance. Places to approach, the women in them and the dynamics the specifics combined breeds will all be covered later.

Number two: When a bad reaction is had, or you are full on rejected even, it is nothing on YOU as a person, or even on your ability to attract women. I myself sometimes will encounter a woman in a new marriage, or a brand new long-term relationship for instance, that it just doesn't work out with because she is stuck on the guy 100%. I will sometimes find women who seem just bored to tears with the most exciting things I have to talk about, other times women who just seem to hate me on sight. Knowing the material in this course though, this is rare.

So you see its just one chick, she doesn't magically control what all other women think. If so the countless rejections I've faced in getting good at this stuff would mean all women hate me.

Number three: Even if it's the worst rejection ever, she berates you, calls you names and laughs at you. Total chump movie nightmare thing. Still bad as it is.

You walk back in your house end of the day able to see, hear, taste, smell, and feel. Your limbs all move and function, you can still have sex again, laugh again, eat again, get drunk again. NOTHING has changed REALLY. Drop the fuckin ego.

If you always play to not lose you can't ever win. In any sport, in any game this is always true, Universal truth of all gains. High self-esteem is a great thing to have. Deluded expectations of 100% success and a fragile easily bruised ego however are not going to cut it in connecting with another human being. People are varied and all different, good days, bad days, different personalities.

Just know this. Her cat might have just gotten run over, or her dad might have just died in a gang execution robbery. She may be lesbian; she may just not like your brand of face, it's ALL HER though.

Knowing what to do. Having some groundwork for what to say how to be, how to act helps a lot of course, we will show you that later.

Those three realizations simple as they are should be all you need.

If not there are 3 simple tricks you can use to get over any fear of approaching women.

Trick one: Easiest of all get drunk out at a bar or nightclub, make it your absolute goal to talk to 25 women you do not know. The alcohol should loosen you up well.

Trick two: Dedicate yourself to doing the 25 approaches with a like-minded individual with a bet riding on it. Some amount of money you don't want to pay out. Whoever approaches the least women in one night pays the other.

Trick three: Do not masturbate at all until you have approached 25 women in all.

Another words you get NO sexual release from any outlet aside from a woman until you have approached 25 women. If you have fear of approaching women when you are not drunk or in a social setting you may need to do this last one also for approaching women while sober and in non bar and club environments.

Even better once you have gotten used to not masturbating regular you can stimulate yourself but not release first thing in the morning or at night before bed also. This is called the "Stalin's" trick and it works great, for one it gives you massive sexual drive and desire to help get you meeting more women, and for 2 better control of your climax during sex after time.

The reason this is called the Stalin's trick is because the dictator Joseph Stalin was said to rarely sexually release yet would stimulate himself to get a mental and willpower edge, and quell fear. Don't quote me on that, I don't have a time machine to go back and check and wasn't there to see if he did or not, but I read it someplace once.

Meeting women.

Specific places and types of women to approach will be covered later. Suffice to say: EVERYWHERE. They are everywhere. Try at first to target women who are not with anyone at all, with friends

or especially another guy. Even at the moment if they are alone and separated from others it is better than with them at the time. Women in more revealing outfits are more likely to have given some sexual thought to their manner of dress than ones who are not, so also a better bet. Women who you are most attracted to are usually most attracted to you as well. This may seem counter intuitive and I won't get in to evolutionary psychology here, but really the women you find absolutely "MUST HAVE" tend to wind up seeing you as more attractive than other women also. A woman who is showing skin and alone and SUPER attractive to you is best in ANY place or circumstances. You will be approaching though, one way or another. Now we will move on to having your state of mind and body right to project the best image to her when you approach. YOUR MISSION: Stop masturbation until you have approached 25 women in revealing outfits who are your type, your 8-10s at least on scale of 1-10. At least half of these women are to be approached while sober. Secondary mission if first fails. Use the bet trick from above and approach as many as possible to win the bet. THEN do the 25 women in revealing outfits. Your opening line will be something basic at this point. Walk up introduce yourself with first and last name, ask for hers back and say "I gotta run right now, but I'd love to get your phone number and call you sometime". As a last ditch effort 10 salesgirls or waitresses can be approached as a warm up, as they will be nice and friendly to you. Then 15 sober approaches are to be done. All else fails you can be drunk for this mission for the first 10 of these. Then 15 must be done sober. Now I will point out the difference between fear of approaching a woman you do not know, and relaxation with women.

RELAXATION.1

This will be a rather short lesson. It is one of 2 for relaxation. This is basic relaxation; one will follow for advanced level as well. The entire method must be readily remembered so right now create a document or use a pad and pen, take down the letter R, beside it write down "relaxation of mind pace and body through familiarity with female interactions and realizing others care more what I think of them than they even think of me" Point one, your body and mind. This material will help you out with a lot of that, the confidence of knowing what to do and say will quell most "tensed up" feelings or racing brain for what to say and do. Fear of interaction as well should be taken care of from the above sections and some actual interactions. Relaxation of body and mind pace is dire.

When one interacts with another and their mind and body aren't relaxed the social ramifications or "what the other person reads" in you are terrible. The WORST guy you will find in a nightclub talking to people or at a party trying to chat someone up will be the person who from lack of experience and familiarity with socialization is tense, makes little eye contact, mumbles things, makes BAD "inside jokes" only he gets, looks around to see who is watching him.

THE thing you must realize to overcome this in the beginning of your meeting new women is that no one is thinking about you. Yep, they are not thinking about you, not at all. Not saying you are a loser no one thinks about what I mean is this: Think about yourself for proof. End of the party comes, you go home lay down in bed and start to think a bit before you drift off.

Are you generally thinking about what other people thought of you and your actions and what you said? I am willing to bet you are.

They are also! They are too busy thinking about what YOU think of THEM to think anything about YOU, SO they can only "feel you". Another words what you convey to them through your relaxation of mind and body pace is how they will FEEL you, their thoughts will be reserved for what others "think of them" which also in truth is a waste of time. Makes you almost laugh if you really understand social psychology. A bunch of people thinking about what others think of them, when in truth no ones thinking anything but what they think of them.

Actually thinking that you need to relax your mind and body can actually cause the opposite reaction inside your mind, so field work/ effort/ interactions are a major key in this are to get you past this. After a bit of meeting, talking to and especially after having gotten results with women this will be easy to do if you simply pay attention to it and realize the above statement that others always are trying to impress you/ "others care more what I think of them than they even think of me".

Really think about that and realize its true, also think about it and watch others some time, see how little they think of anything but what others think of them.

THEN watch a natural ladies man or ESPECIALLY if you get the chance a celebrity. There is a totally different vibe about Celebes than other people. They claim celebrities are insecure people always wanting to be loved when really the truth is closer to the fact they don't give a shit what anyone thinks about them unless its in their films or music etc.

YOUR MISSION: Approach 25 more women while the entire time hardly thinking anything but "all she is thinking about is what I think of her" anytime your internal monologue turns on. Use the basic verbal stuff in the next section to strike up conversation she will stick with long enough for you to cement the thinking in your mind and make you relax better.

BASIC VERBAL UNDERSTANDINGS

First and foremost know this. The first thing out of your mouth to her will not make or break anything unless it is a general repellant of some kind. Keep this in mind along with the first R "relaxation of mind and body pace, realizing others care more what I think about them than they even think about me" so as to not get jumbled up and stammer things out. "Just testing the waters" should be your thinking.

SO, keeping it situational and basic is a great place to start.

Hi, hello, what's up, hey, howdy etc depending on who you are/how you talk and your general persona and target and venue are fine.

Then comment on something in the environment.

"Busy in here tonight isn't it" – at a department store, mall, convenience store you name it.

"Fun party"- at a party that's really going, or said sarcastic if everyone's in a bad mood.

"Nice out today" –at the park or on a bench waiting for a bus "I love this song" – at a club or party or bar "Notice how everyone's watching each other to make sure they are dancing like everyone else"- At a club both of you watching the dance floor. " "You seen this yet?"- at the dvd rack of a blockbuster as you hold up a video.

As you progress you'll find there are 1000 of these in every situation as long as you are relaxed at the basic level. You will also get more "wit" or quick thinking the more you interact with women in this way.

From there will be a question unless of course she has asked you one already or started a conversation.

Maybe the question will be "You from around this area?"-Anyplace "What kind of movies do you watch a lot of?"- DVD rack "Oh yeah what did you think about it" – she says "yeah I seen it" to above question.

"You remember the first time you danced?"- At the club after the first dance question while watching the dance floor "You ever notice how strange it is nobody talks at these things/places, they just hang out with their own little clicks"-anyplace where such is true but a funeral.

What exactly to say in the first meetings and interactions without reading her mind cannot be known for positive. Basic mildly amusing or engaging conversation will work fine for now. You can even memorize the lines above and spit them out at her. Basic simple getting of her opinions on things is fine. Getting good at this will work all the way through to the mastery level.

In general practice practice practice is the order of the day. I have tried telling guys exactly what to say, giving them basically a script to read from and memorize. Guess what though, a conversation is the length of an entire book. No one can ever memorize enough for a two-sided conversation, much less enough to sit and talk endlessly at some stranger in the proper context.

THE DYNAMICS BETWEEN YOU AND HER ARE WHAT COUNTS ANYHOW.

What you say isn't as important as how you say it. I will show you how to say it to gain rapport (feeling like you know each other) and give you some simple easy subjects and themes of conversations to introduce that'll keep you talking for hours We will get to how to do it in a moment.

First I must disqualify that last statement a bit, what you say can mean EVERYTHING if its one of these types of things: What not to say or talk about or say: FUCKED: Gore, guts grime, gruesome, rape, incest, molestation, murder, beatings, buggers, farts, shit, piss, cum, diseases, warts, scabs. You get the drift.

Isn't a guarantee to hurt you, but it cannot help you so be mindful to not be gross, scary or repulsive.

SEX: do not talk about sex, this will drive her conditioning against it through the roof if done improperly. There are a couple subtle ways to work talking sex but it will be a lot of time before you understand how to do it at the exact right time and in the exact

right context. You are better off talking about some of the stuff above in "fucked" than about sex if done wrong. She may bring it up occasionally even, If so, if not done in a very "coming on to you" way, change the subject in a polite manner.

JOKER: As mentioned under conditionings don't try to hard to be funny. You will be funny once you get a rapport built. Show me someone who never says anything funny once relaxed and talking good. Doesn't exist. Just let the jokes come natural.

TOTAL GUY: Sports, boxing class, auto mechanics, computer programming, video games, hunting. Things like this can be connected on but rarely, it gets mentioned by her, GREAT talk about it, but don't go on and on about your job or hobbies or other boring shit to women. Save that material for the guys friends.

BOYFRIEND, SOME GUY SHE WANTS: Change the subject and FAST. Of course SHE will bring this one up. Again not in a rude way, acknowledge with a nod or "oh yeah" and change the subject. If she blatantly baits you with "what do you think of my boyfriend always doing this or that" say "I dunno hmmm" give a small laugh and change the subject. The last thing you want her thinking about is her boyfriend if she has one.

NEGATIVES: shit like her job she hates, her problems, fucked up family. Again shit that might be connected on, but a bit grim and heavy, not something you want her to associate talking to you with. "Ahh lets forget about all that ugly stuff and go get some ice cream!" with a tongue in cheek goofy smile. If she isn't mature enough to not bring that kind of heavy stuff in to a conversation with someone she just met outside the context of a heavy relationship, then basically she will respond to being treated like a little girl and asked if she wants ice cream.

Politics, abortion, human rights violations, hatred of immigrants, your racism against this or that people, all topics again to lay off of or stay off of.

I know you are going "WHAT THE FUCK DO I TALK ABOUT THEN!?????" Don't worry I get to it first comes your next note

BASIC ASSUMPTION OF RAPPORT.1

"R relaxation of mind pace and body through familiarity with female interactions" "A assumption of rapport" Take that down as a note.

Now we will get to a powerful influence method you can slip right in to your conversations and will never be detected.

Rapport assumption is what it's called. Some people naturally do it, very few know about it, and very few do it well. Is it hard? No, just so hard to explain well, very few understand it when its explained to them.

Rapport assumption is simply this. You assume that you already know the person, you play act as if you already know them, you give off the sub communication, or sub text of how you are acting that says to her mind: "We are not strangers, we have a rapport, and you can trust me cause we are already together or know each other". This works based on things that would take an entire neurology course to explain. Basically however you become similar to/congruent with being someone she already knows, to her at internal levels.

Ideal example: You do not want to assume rapport to quickly as this may confuse her, so a few light questions of perhaps: if she is from the area, what her area was like, then introduction of yourself and getting her name, basic things asked and opinions received as mentioned above.

You then will see the first indicator of her Intent towards you, an indication that she intends to get rapport with you eventually. Spotting this is easy; it will be her asking you a question back, or maybe laughing at something that isn't very funny that you said, basically her showing you she in fact does intend to get rapport with you.

THIS is when you begin to assume rapport. Based on congruence "assuming rapport" is how you talk to your friends, family, lovers and co-workers Think about it for a second. The way you talk to the people you know is FAR different than how you talk to someone you don't know. Even easier to think about is the people you aren't totally 100% socially comfortable with and how you don't have rapport with them and how it strains the communications.

Think of that moment you and your best friend started to just hit it off for the first time, you were no longer just talking back and forth a bit, but BAM all of a sudden started to be friends. You will induce this moment in women faster than letting it happen naturally with you.

The key, the "trick" if you want to call it that is to use the power of similarity to achieve a rapport faster. This helps in quelling fears of you being someone who may hurt her socially, physically or mentally. You want her at internal levels and dynamic to see you as someone she knows already. She KNOWS she doesn't know you at an intellectual level, but will FEEL more comfortable rather than fearful if you see and make the differences go away.

What are the key differences of how you talk to a stranger and how you talk to a known person?

Absolute dead center first is you have PRACTICED all your life talking to people that you know. SO you must practice practice practice talking to women you do not know in order to achieve this same effect at internal levels.

The basic level use of assuming rapport is this. What do you usually do at a verbal level with strangers you are not in rapport with?

You ask tons of questions about her and volunteer tons of information about you. When instead with people you know already you discuss the environment, the things around you or activity you are engaged in. You talk about happenings or people you both know.

You can do the same with her in the form of celebrities, music, movies and TV you both watch. Do not volunteer what you watch or listen to or have seen, ask her what she watches listens to or has seen for a better conversation to erupt out of these things that will lead to rapport being assumed.

It's really as simple as that to assume there is a rapport and induce it. Verbal methods of attraction and influence are VERY hit or miss.

As again we just cant read minds so wild assumption will be all that are being made of "the right thing to say".

Asking her "hey you watch any of these reality TV shows?" By the way this isn't 2014 as I write this or come up with that common line so don't think I'm from another planet, and god hopefully reality TV shows are gone by then. I digress.

"What bands do you like to listen to?" "Hey did you see " x summer action blockbuster" yet?" "Oh you don't like action flicks huh" "what kind of movies do you like?"

Eventually if you are in a place full of couch potatoes like North America you hit on one you both watch and know well. MAJOR one; very common one is the "Simpson's" cartoon. I don't know anyone and have never met anyone that doesn't watch it.

Sometimes I will blatantly ask, "Hey you ever watch Simpson's" looking for something in the environment to link to it as the reason for brining it up. I have even walked right up to a woman, as I did at a party the night before I wrote this and said "why do you think Marge never left Homer, on the Simpson's". She laughed a tiny bit then went in to a playful NOVEL length response about it.

Rapport assumed, she gets to talk about something to me; I get to talk back, worked out perfect.

This takes the rapport assumption to the next level. Its as if when you finally find the "connect" topic, the "common ground": You both: Frequent "Moe's tavern", or both went to "Sunny dale high" or ate at the "Peach pit" or know "Axle Rose" or "Ben Affleck" or both witnessed the fight between stuttering John and Aj Benza while working on the Howard Stern set.

Its like it warps a persons reality and makes you "just like me" in their eyes when you get a connection like this going. In RARE cases you can't find something common ground with questions like: "What do you watch on TV?" Her: "bangme city radio" You: "oh I haven't seen that what's it about" Her: oh its cool its about blah blah blah blah blah.

Waited out and listened to "blah blah" Or Her: "oh you haven't seen it....." You: "what else you watch?" The above is like a cook book recipe to find deep rapport and trust. Nothing works 100% I wont lie to you. But this is about 75%. You approach 4 women like I say above, 3 of them will get talking to you about this stuff. Or maybe 9 of 12, you get my drift.

YOUR MISSION: Approach 25 women with 2 things in mind: 1: "She is my best male friend I haven't seen in 3 weeks and we just seen each other at the store". You FEEL this and have this state. If you aren't doing the missions up until now you may not be able to imagine this as you cant imagine relaxing enough to play act something like this, and things are getting a bit too advanced for you so you need to go back.

2: After initial first questions and introducing of yourselves start to probe for TV movies or music you both watch and talk about them paying attention to not revert back to asking questions or volunteering information about yourself she did not ask for.

Now on to your final lesson of foundations

PERSISTANCE.1

Write down at this point : "R relaxation of mind pace and body through familiarity with female interactions, realize they care more about what you think of them than they even think of you" "A assumption of rapport" "Persistence: Never eject from the conversation, get her to sit and talk with you someplace nearby." I know I know you might be saying "I don't want to be that guy who overstays his welcome" " I don't want to be the jerk who cant take a hint" "I don't want to be rude".

Wrong, wrong and wrong.

Not to shit in your cat bird seed here, but you cannot read minds, trust me if you could read minds you would not be reading this you'd be writing this far better than me.

You cannot be SURE she is tired of you, cannot be SURE she wants to stop talking to you, UNTIL she says so or walks off refusing to talk any further to you.

So you see if you walk away from her, rather than being rejected you are just making assumptions that she doesn't dig you, when in fact she might. Without a clear signal, not even signal but SHOWING that she doesn't want to talk to you any further you do not leave.

Hang in there until you get the first indicator from her it is ok to begin assuming rapport, begin to assume rapport and then ask if she wants to have some drinks at the nearby café, or a coffee at the little espresso area right nearby.

Maybe say "I would really like to sit down and talk more, how about that bench over there?" Usually a good bet in department stores or parks or the beach etc to have someplace near you could go and talk without breaking the bank if she asks for a soda or something. KEY is don't just go "ok nice to meet you" and walk off EVER. Once you have done the first 75 approaches in missions 1-3 this shit is over and done, no more running off with just a phone number or a "nice to meet ya".

Talk to her until she gives the ok for assuming of rapport to start. Start to assume the rapport and get sitting someplace away from listening ears with her to talk more. You have to get sitting down as she isn't going to stand in the magazine aisle of a book store all day talking to you, or for instance she will get distracted at a party in some circle you are standing in smoking cigarettes.

A dead space in the conversation where you just can't think of anything to say?

WAIT IT OUT. This is a part of natural rapport assumption. You don't get all scared if you and a good friend are talking and there is a lull in conversation do you? Then why would you with her? After all you like each other enough to sit there cause you are like best friends!

She seems to be getting distracted and/or bored? You Say, "HEY do you ever watch the Simpson's on TV?" Or some equivalent TV show everyone watches that you do also.

She seems to be checking her watch a LOT? You keep talking.

Get a FULL out "NO" or "FUCK OFF" etc OR a positive rapport going, or you do NOT know for sure what could have happened.

"R relaxation of mind pace and body through familiarity with female interactions, realize they care more about what you think of them than they even think of you" "A assumption of rapport" "Persistence: Never eject from the conversation, get her to sit and talk with you someplace nearby." Nice and easy to remember, this is your basic level "RAP" Just in case you missed it the letters line up to spell RAP in all three lessons.

END GAME.

With just the above basic lessons you are ahead of 95% of guys, there is MUCH MUCH more to come in the advanced and mastery materials, but at this point we need to talk basic closing. You will sometimes get a woman so interested she will want to fuck you with the above RAP alone so we need to talk about "end game" here.

Calibration of her sexual desire.

Creating/amplifying actual sexual desire is a later technique. Simply by virtue of being an average looking guy in rapport of a non-anti sexual nature with her, or doing RAP well, you sometimes at this stage of the game begin to be seen as a sexual prospect.

You need to learn to relax, pass her conditioning against sex by being neutral at a verbal level, assume rapport and persist without running away, before learning the trickier concept of creating/amplifying sexual interest though of course. Right now you use the RAP material above to advance.

You do however need to know this: Basic level calibration of her sexual desire is SIMPLE. She begins to look longingly in to your eyes, touch you on the leg, run her fingers through you hair, play with her straw and lean in and shrug her shoulders smiling.

Typical movie shit we've all seen and they've seen so they act it out. In this case a full isolation should be done NOW. Get her alone and away from people to your house or hers or her room or yours or to the back room of a party or a bathroom, SOMETHING away and out of sight out of mind. Close her when she is hot and a simple proposition will get her alone with you/away from the anti sexual conditioned world.

The proposition isn't sexual in nature. Simply "lets go in there", "come with me to xxxxxxxxxxxxxx" "lets go back to xxxxxxxxxxxxxx and look at those xxxxxxxxxxxx you were telling me about". By the way xxxxxxxx means fill in the blank for the particular situation.

Once alone, you use the following basic script. It has never failed me EVER.

Almost nothing is 100% certain, be glad this one is. If you have seen some form of sexual interest from her and do this you will get laid: Once isolated, the words "why don't you come sit with me"? Or "why don't you come lay down here?" are CHAMPION. Of course in a broom closet at her clothing store in a VERY highly sexually charged condition on both parts you just press up against the wall and start kissing but "come sit with me" or "come lay down with me" depending on where you are at, at the moment are a great tool for at home or party house situations.

After you get her laying with you or sitting on your lap etc, you start to touch her even more at this point, stroking her hair saying it smells nice, you then get a good eye contact going and go in for a kiss, give her a soft light kiss with no tongue at first, NEVER slobber at all, no wet lips and such, keep a mind to withdraw your kisses and then go back in for another quickly and also to allow her to kiss you back first to see what style of kissing she likes.

Keep this going until things progress to French kissing on her part, you will know when this has happened as you will feel her tongue in your mouth, give a good 30 minutes of foreplay to get her REALLY turned on so that she doesn't give last minute objections. Clothes don't come off for 15-20 minutes; panties don't come off for 25-30 minutes. Move from her mouth to her neck to her stomach then to her vagina with soft kisses in a slow downward progression.

If at any point she objects or says something like "I don't know you well enough" "we just met" "maybe I shouldn't be doing this," you simply say, "just this is really nice though" "lets keep doing it" then go back to making out. If she says anything about it leading to something else say "we can control ourselves" not "I" "we".

Yes "no means no", but it doesn't mean you have to jump out of bed and call your lawyer, you are probably just moving too fast for her conditioning vs her sexual charge, and if you take it a notch back she will get too hot for her conditioning to matter at all and progress in time.

Do it all in this order and by RARE chance it might not work, but that's totally anomalous and wont affect your sex life but on maybe one of a hundred encounters.

The above scenario is a "same day lay" scenario.

At a foundations level, without the advanced persistence level to aid you, you may just get a phone number and call her but its ill advised to not strike while the iron is hot.

Also without calibration of her sexual desire, existent or not, a phone number is fine again. Calling her later on and setting up another meeting. It all seems like a waste of time till I'm training a guy, and realize not everyone can fly, some need to learn to run and jump off a cliff first, so I'll mention it as an option.

Few quick phone tips.

When asking for her numbers just don't burst in to it. Wait until the conversation is on a high note. Things are going good, 2 of you having a good time, then end it by telling her you need to get going but would love to call her sometime. Get her number; call her later that night if it's daytime, or maybe the next day if it's nighttime.

Again forget all these dumb ass rules like "don't want to look needy, need to wait 4.235 days", just call and schedule a meeting. Be very direct, say who you are, where you met and that you would like to get together again. If she was properly attracted she wont flake out on you.

Maybe talk a bit first and get a rapport going then schedule a meeting.

It's preferable if the meeting is "lets get together and have some drinks" "lets get together and watch a video". If not and you feel you just have to take her out someplace, pay for her hamburger or drink or something simple, don't knock yourself out here. If she isn't attracted to you she is still going to have a 45-dollar meal at your expense if she doesn't have any dating ethics, so go cheap and intimate/away from others as possible.

If you get her answering machine call back later on, don't talk to the fuckin thing for 5 minutes.

If she is weird enough to screen out every single call to make sure its someone she already knows calling her, and then eventually pick up the phone angry because your name was on her caller id too much, too many times in a row or some sort of bullshit, she is either VERY weird and hysterical with fear and/or is not a good time management style sexual encounter by any means.

OR she is not attracted enough, to again be an effective use of time on. If you were her ideal dream man she wouldn't pull that shit so its not your ACTIONS of "calling her too much" that may upset her, its her dishonesty and overly polite behavior in giving a man she isn't attracted enough to give 5 minutes on the phone her number in the first place.

If a woman gives you a fake phone number your best course of action is to shake your fist in the air and yell then crawl inside your

bed for 6 weeks and never leave. If you catch my drift, phone number routes kind of suck and shit happens when you separate people with technology, so don't take it personal and realize the numbers game is just that a numbers game.

With just the above you are better off than almost any guy out there. Memorize the key points of it, Get the RAP system down in your head, remember to calibrate her sexual desire and try to get her alone and use the never fail foreplay system.

Go do this stuff on a good hundred women then move on to the advanced level.

Don't just continue reading; go do the above stuff until you have it down well enough to get some results with women.

Point one you are probably sick of reading by this point and will start to skim the advanced stuff, which blows the foundations out of the water, so you'll miss out on some of it.

Point two is that you SIMPLY MUST have the above stuff down and mastered before much of the advanced and mastery material will help you in any way.

Think of it like a "super hero how to" manual. The above is learning invulnerability to harm, if you skip to the advanced (super strength) without actually being invulnerable to harm, you'll be like the hulk or superman unable to take a single bullet. Your super strength will rip your arms right out of their puny sockets and when you leap 500 yards with your super strength you'll land and break your vulnerable legs. You didn't buy a battle van or suit of super armor here with this course; you purchased a training manual that if you stick with will make you have a dynamic sex life.

For the metaphor impaired, learn to not fuck things up before you learn how to make them great, learn to make them great before you learn to totally control them as in mastery. Take the above section and work it, until you never fuck things up again, then you are ready to learn to really do more than what you are already capable of.

ADVANCED

Becoming the natural male.

You now know the misconceptions thrust upon you by society. You know the truth of the nature of women as sexual beings. You now know men and women are not from Mars and Venus we are just told to act as if we were.

You know the basics of grooming and looking decent. You understand looks count for something, as women aren't ALL that different from us, so you always at least look your best. You know you also can't just sit around and wait for your sex life to "happen", you have to go talk to women.

You can relax and think clearly during interactions with a woman. You know the fundamental dynamic of rapport that needs to come about. You know the basics of how to have a conversation with a woman by using the right themes and questions. You have laid a foundation of persistence. You stick around and find out where things may go.

If you have applied the foundation material with real life women you have gotten laid, maybe even didn't come back until now after many weeks. Wishful thinking I know, most of you who just started reading this an hour ago are still reading right here.

So what's left? I mean you can meet women, be attractive to them, build a rapport with them, have a good conversation, hell even fuck one here and there when the cards play out right? What more do you have to learn?

Plenty.

Up until now you have been "getting lucky" with the foundations material. To those who aren't told so, the foundations material alone may seem "magical" or advanced. If applied properly it will get you laid without looks and status and money.

The thing is the reason you are getting laid by doing the foundations material is you just AREN'T FUCKING THINGS UP. See, of course many men get laid with NO method, no material, no nothing when they are the things in the foundations material naturally. When they are the natural seductionists the things in the foundations section just happen for them.

Guys who do the things in the foundations section are the guys you always hear, "man that guys a ladies man", you go ask him "how do you get all these women man?" and he says "its because I always make sure my shoes are expensive" or "I always wear my lucky earring" or some other shit like that.

Guys like this slip through the cracks of the negative conditionings some times.

Guys get some odd upbringing where they meet a lot of strangers and new people all the time. Maybe they aren't conditioned to be super- polite so they persist where other men don't.

Any number of things may influence this natural, non-thought out, cant be explained success they have with women. Some Guys are

just "lucky" and end up having the foundations right from the word go.

The tendency is for them to be thought of as having some special ability or "smooth game" etc. Not true at all. Yeah the guy isn't some bodybuilder assmodel with a Ferrari and he still gets laid a lot, but he isn't using some sort of divined method, he just isn't fucking it up.

EVERY man that again isn't deformed, obese, acne covered, 10 or 75 year old etc is attractive to SOME women.

So if he meets them and doesn't fuck things up, he ends up having sex with them at some point. Natural course of mating this is. Most guys however do fuck things up. You will not be most guys after foundations are taken care of, you will have the dynamic sex life at its base level.

In the advanced section we are going to teach you things beyond this natural selection however.

We will not be teaching you unnatural methods of course, as there really are none.

We will rather teach you how to amplify the natural and get rid of even more of the negative.

Lesson 1: The next level of relaxation.

OK you've got your first R written down, relaxation of body and mind pace through experience and realizing she cares more what you think of her than she even thinks of you. Hopefully you have been getting this one down through interaction with women. This is all informational work here, not a motivational speech to make you do something. You don't want something enough to try to get it; you wont get it, guaranteed.

RELAXATION.2

Write this down "R: relaxation of outcome orientation, she will not sprint away".

What I mean by outcome orientation is that you really worry, wonder, or think about the outcome of things with the woman.

You will instead be persistent but not pushy. Outcome orientation causes one to be pushy. Remember your "A note", Your state is contagious. What you feel they tend to end up feeling.

When you interact with a woman and are extremely worried about the outcome you turn it in to a WAR. The dynamic becomes "I will complete this game and win" "I will navigate this maze" "I will overcome you" in nature.

Competitive/outcome based encounters are not relaxed. Remember women are not some mental maze to navigate, they are not against you fucking them, though I know it may seem like it sometimes.

Also a second ugly dynamic gets to be communicated to her when you are outcome oriented. That you are low quality starts to be communicated.

Desperation becomes the dynamic, even if you aren't desperate your lack of being able to relax as far as "well I am mastering this picking up women stuff not THIS girl" in nature starts to make her standoffish.

Simply RELAX. Realize this one thing "she is not going to sprint away from you!" Watch a GREAT car salesman. Compared to one who ruins the dynamic.

Pushy ones usually have a shitty product, some used fucked up car, this sale is going to make or break them because they don't sell much, cause their product sucks.

When rather than showing you how great the car is, a salesman instead insists you buy it, or acts as if he doesn't really think its that great at all, he instead just keeps talking and trying to impress you, so much so you may want to run off in horror what do you start to think of his product? You start to wonder why he is so desperate to sell? Maybe he doesn't sell a lot cause his cars suck?

When dealing with YOU as the product and HER as the buyer if you come off this way as "needy" "pushy" "must get this done" or outcome oriented you of course are indicating to her that you don't make many friends or girlfriends, because you have a low quality product as a man.

She may start to assume you have a small penis. She may assume you are a terrible lover. She may assume you are putting on a show in every way EXCEPT in being so pushy because you are a really annoying, stupid, or lame person no one likes or wants. She starts to THINK ABOUT YOU, which you do not want!

You want her to feel the dynamic and her natural attraction. Whatever it is she starts to THINK, it will not be positive UNLESS she really already wants you probably based on your looks alone.

Then of course you will be put in a "good place". Same with the car buyer and the pushy salesman, unless the car has already sold itself all the pushy shit and "what do I need to say to make you...." thinking only serves to breed a state of "hmm if its so good why does it need to be sold so hard".

Think of your interactions with women as something you are mastering, think, "I am seeing if she goes for what I have to offer here".

Mastery oriented athletes are THE best there are in their fields. They do not want to win THIS game; they want to be a master of the game as a whole.

Michael Jordan for example did not think every moment "I MUST MAKE THIS SHOT" when playing basketball, he rather wanted to make ALL the shots he could get good enough to make.

At some point being so obsessed with controlling the outcome will cause you to fuck it up on purpose because you KNOW you can do that in negative ways and it feels comfortable.

Being all crazy and yelling out lines from Saturday night live in some characters voice, or walking right up to her and asking her if she wants to fuck, or thrusting your pelvis in to hers and saying "ewwww baby" and such will start to become second nature to let you feel like you are in control.

Use what I show you in this course to take control of things instead and get a positive result by seeing the ENTIRE scope of your results, not each specific encounters "controllability" or lack of.

Think in terms of having a dynamic sex life. Not in terms of "laying this girl tonight" and you will start to see each woman you interact with as an experience on the path to mastery, not a results oriented game. You will begin to see them as other human beings, not a task or maze or chess game you have to win to get what you want.

YOUR MISSION: Think really hard about the above. Read it again and again until you totally understand it. If you already have RAP.1 down where you don't have to think about it, now try to make it a point to think of each girl as something new, think about her as someone with a lot to offer more than sex if you just give her a chance, rather than a task or outcome.

THE MASCULINE MAN

We stripped you of all the negative conditionings and behaviors in the foundations section.

Now we must move past just not being fucked up in the head, but actually "good in the head". Attractive in mindset, not just neutral and natural, will be our goal in this lesson.

When stripped of your negative conditionings you are left with well, just a bit of character most times. Hence the need for the themes of conversation based on TV, music, movies, celebrities etc until you fill in the blanks with your own interesting stories lacking any negatives of conversation.

Negative conditionings are what we tend to be raised on and fed as our persona all our lives, so of course letting go of them kind of left you "neutral" in nature, good of course because neutral doesn't fuck things up like negative conditioning does.

But what is attractive to women? Aside from of course biological drive to have a penis inside them and the pleasurable friction such causes?

What is basic FIRST fact we are dealing with of WHO women fuck and whom they don't?

Women are attracted to men. Masculinity, all that is a man, is what they are attracted to. Surely women by nature are attracted to what puts in, what moves forward, what dominates. As by nature women take in and are penetrated. Psych 101 there.

This that I am telling you isn't very "women dominate men are losers" politically correct, but women's of course first basic nature is to "take in" to submit, to be lead.

Notice if you will for a second as well that these "STRENGTH" and dominancethinking women tend to be A. homosexual "butch" types or B. ugly females who are not catered to or pampered, they are not feminine, they are heavily lacking in femininity actually, so viola, the try to embody masculinity as their first character trait as a retaliation and to make it through the world easier.

Notice how the best-looking stereotypically/most feminine women lack dominance, masculinity and "toughness" of any kind. They have never needed it in any way as they have always been catered to and pampered.

When faced with any resemblance of masculinity/dominance/toughness, lacking the negative conversational frames of foundations section, such as talking about what I am right now heh, what do they do? They FOLLOW and bend their will and giggle and go girly. A good thing as this is part of her femininity you connect with when you get her feeling this way rather than neutral.

OF course this leads us to our next question.

What makes a man a man and woman a woman? To get the most attractive, most feminine of women surely we want to be what she is lacking to bring out what she is. A MAN. Masculine.

What makes a man a man besides a penis? That is the question that must be answered here to get a working strategy for your

personality, your character your way of acting. Simple analysis of your ideals and what you are lacking and what you desire will help a lot, but a working strategy is needed for getting closer to this ideal.

Testosterone, Inner beliefs of a non-feminine nature, a view of the world based on being a male and how being that is perceived, maturity rather than adolescence. Certainly all these things make a man a man. A man isn't by nature "lame clueless loser who thinks he is less than a woman and therefore should be good passive little bitch".

Getting your shit together as a MALE: What is your life? What is it? What do you do? Who have you become?

You go sit on a pad all day and type keys, or you sit on a telephone all day.

You eat a lunch of fried potatoes and seaweed flavored like beef wrapped in enriched whole flour.

What scares you daily as cavemen were?

You jerk off to other people having sex on a screen.

You go to the doctor if you find a mole you didn't see before and worry for a week.

You want women you are told to want, not what you lust for and most desire.

You worry what other people think of you in petty matters.

You wonder if you punched someone in the face if they'd just stand there and laugh at you?

This does not make for testosterone production or masculine behavior. These are not male behaviors.

This is not the lifestyle of a natural man. Cavemen got laid with little or no thought and they in no way engaged in the above behaviors.

Now I'm not going to tell you to quit your job, run off to the mountains and hunt your food with a spear. Though a month of that could do you wonders I guarantee.

Instead LIFT WEIGHTS. Labor and use of your body, release of endorphins and effects on testosterone, insulin, masculinity and too much to go in to here is DIRE.

You could take testosterone injections and end up with tits but working the WHOLE body will increase it naturally. People are not meant to be sedentary.

The last 50 years advances in labor saving machines and economic growth have taken a major toll on most men as natural masculine males. You do not have to build a ton of muscle or workout 5 days a week. Just LIFT SOMETHING other than bags of groceries and do it regularly this will increase testosterone.

Lifting weights will not make you a masculine macho man right off the bat by any means. This will at least start on your way to getting the chemicals in your body on the right track for a more masculine behavior base however.

Eat right. Well this isn't possible for most. But drink plenty of water and give an effort to lay off the white stuff though. Breads, pastas, rice, sugar and enriched flour are not natural for our system. I have been doing this WELL before any recent diet fads and it does work to keep fat off, eat enjoyable food and also to make you more vigorous.

This isn't some crackpot idea, the science backs it up that not eating these things will increase testosterone and natural balances in the body. So really they more restore them to NORMAL. Normal being when men were men, not overfed veal. Both eating right and lifting weights unless you have a weight problem already will keep you lean and attractive looking socially as well as biologically to women.

Take a risk man. Not even a REAL risk is needed, just get that ticker going now and again.

Get in a martial art where you will compete with other men or even have a game of hardcore rugby (more dangerous but just as good), or hell if you want go fight club and start fighting your buddies in the back yard.

Go sky diving, bungee jumping, go on a roller coaster, and go camping alone in the woods.

These kinds of things as well increase testosterone, fear creates it at biological and psychological levels, again too much to go in to at a chemical and psychological level.

Even better is that they have an immediate effect on your sense of self-being a man not a boy, an adventurer or warrior not a "technical support" or "student" guy.

Quit masturbating all the time PLEASE. Masturbating to porn was by far not natural or normal, common everyday male behavior up until 20 years ago or less.

It still is not natural. Lack of orgasm tells your body it isn't mating, this causes increased testosterone levels to make you more aggressive in finding a mate. An orgasm with a woman on the other hand INCREASES testosterone levels from the excitement.

Masturbating will also negatively impact your level of persistence heavily as a side "bonus". Of course when you masturbate you are not as horny and don't want the sex as much. Not really wanting sex, as much, will make you say "ahh hell with it then" and not even try to get a connection at a conversation level.

If you do the things above, exercise; eat well, abstain from masturbation and do things that are challenging to you what good does it do? You are forming your "sun" by doing these things. More on this "sun" talk later.

Forming your sun isn't enough to make you hyper attractive to women of course; you will also need your "body". Not your physical body, far from it really. In this metaphor your body is what you think, what your core beliefs are. We wiped clean all those bullshit ways of thinking as a foundation; lets replace them with some powerful ones now to get you on your way to an advanced level of attraction with women.

The way you think is of major impact on what you are able to project outwards in a congruent manner.

Here are some examples of the way a guy can think that make him more masculine, hence more attractive to women. Becoming "natural male" or "natural man" is the next step to being more attractive to women after becoming "neutral man" that followed "conditioned male" 1: Natural mans picture of himself is not as a boy: Soft living and pampering, from womb to coffin we are given. We are saved when we need saving and listened to when we cry. Natural man doesn't have this perception. When he thinks "me" he doesn't think he is young or a child or a boy. He sees himself as a man. You are an adult a grown up.

Act accordingly. Don't be crying about shit, if somebody didn't fucking drop dead don't be crying. Don't be hanging on women like they are your mothers. There are 500 of these children like behaviors, to many to list. Being aware of it in the first place is all it takes. Its called not being a PUSSY ass little boy. You get your "sun" these things don't happen as much anyways. Still be aware of thinking like a MAN and an adult, not something weak or helpless.

2: Other men are not superior to you. Natural man would have none of this. Get your sun in place and it'll come. To offend another man is to possibly have to fight. All it means to offend another man. SO WHAT. You don't giggle or even crack a smile when someone makes a joke at your expense, they don't like that? TOO bad, you are MALE; you can and will compete for respect.

People used to like it when you made jokes about yourself? TOO bad, they'll get focused eye contact from you now, not jokes and you giggling at the floor. You aren't looking for trouble, but you aren't going to avoid it either less its REAL dangerous.

Even then, that gangbanger with the gun in his waistband who's house you ended up at for some reason might just shoot you for being a "little wimpy punk ass" in his eyes when you talk about "I'm such a tight ass square white boy".

You MUST KNOW that you wont giggle or be passive enough to get out of some biker bar where they have decided to strip you naked and drag you around the parking lot behind their motorcycles. Extreme sounding I know, but some guys are WAY too passive when they shouldn't even be considering if someone would take kindness for weakness or not.

So be a MAN and don't "look for trouble" but also don't try so damn hard to avoid it, when you do it makes you come off like an insignificant ant, especially while it's happening. Natural man is no victim.

Thought 3: You don't take any shit from anyone with a smile. Usually you wont take any shit at all, but if you are backed in to a corner hands tied and your balls in a vice, you don't grin and bear it, you just bear it.

You do this because you have an imaginary audience. This life you are living is the movie, you are the main character. This life is no comedy; you take life seriously when serious situations arise. You are the leading man in every story.

You only take the scripts that suit you. You MUST live up to this audience, your entire self is watching! Yeah the situation may pass with you no worse for it in body or health, you know this at an intellectual level.

YOU however are watching though, and every time you swallow the "fuck you's" life hands you without some amount of dignity and masculinity it takes a toll in how you see yourself and project yourself to others. Living in a passive or comedic or "I'm just the loser of the piece way"? Pffffffft. That's when you aren't so serious and are just making a cameo appearance as a big time leading man in some stupid comedy. Passing through.

4. Willpower is what natural man uses for almost every aspect of his life. Ask any woman this. Of any character trait what would be THE one that is most desirable? If it isn't recommended they won't say it, but they feel it at a very core level, the ability to manifest ones willpower when its needed is a very attractive thing. Women

give up, women submit, women cry and beg when they are scared, women stop trying. Not ALL women ALWAYS in EVERYTHING, I'm not politically correct or feminist friendly but I know women do sometimes muster SOME willpower. In general though, meeting feminine women with strong willpower? Nope, doesn't go hand in hand.

The naturally attractive male has this, and if mentioned any woman would put it first as what she "needs to complete" or "what's attractive".

Natural man can bust his fucking ass and really bring the willpower to provide for his family in hard times.

Natural man doesn't let his woman get felt up, maybe carried away and raped by a bigger stronger man, he gets the willpower up that says "I'll TAKE IT instead cause I can hack it" and comes to her defense.

Natural man can wrestle that dog attacking his kids, HER kids, overcoming his fears by sheer willpower, and not roll up in a ball and go "ouch" while it bites off the kid's testicles and his woman's throat out.

Bit grim I know heh, but though something like this doesn't happen often in reality at a psychological level it does when you get punked around.

Demonstrations of weakness affect the women you are involved with at a primal level. When you say "I quit that job cause it made my feet sore" she doesn't think "me and my young starving to death", but a certain something is lost in the way she thinks of you. When she hears you say "job sucked but I did what I had to do until I could get in to something better" she doesn't hear "good provider" but a certain level of "damn I wouldn't have done that, this guys got something I don't to bring to our "malefemale table"" is felt.

5. Natural man is dominant. Maybe second only to willpower. Natural man just doesn't look down first. Like when 2 sets of eyes meet, especially yours and hers.

Getting her in bed isn't as simple as a trick like that, though the eye contact and who breaks it first is something to be mindful of.

Natural man isn't afraid to fight, isn't afraid to compete, isn't afraid to tell someone else to shut the fuck up, or quiet down in a movie theatre who wont quit talking.

There's a reason "bad boy" or yard bird types are attractive to women, they have a strong dominance, combined with stupidity of course that says "I don't care if I'll go to prison I'm going to run this fucker off the road for flipping me the bird". You only need the dominance part. Women don't pay attention to the stupidity element in a positive way anyhow, unless it's some roadpig biker skag or someone who goes for that sort of idiocy.

Most veteran police officers possess this dominance, some, though fewer and fewer these "Pussified" days, military men have it. Most any boxer you meet will have this. A HUGE recommendation I can make is get in boxing classes.

Dominance is what women lack most of ANY one trait aside from a penis. Again this course isn't catering to feminist brain washings. Go research for a month and name 10 great female leaders of rebellions through dominance of troops and other powers, or hell even 10 female civil rights leaders. I will name 5 to 1 with NO research males who did the same thing or more.

None of the 50 I named would have been lacking in sex life, even FAR before they did their deeds.

Women have many many fine virtues. Ability to relate to others, reverse engineered thinking capacity, compassion, empathy. Roles have gotten reversed and tweaked out of balance though. No fate in my opinion, but genetically we are built for different tasks in this life.

Not knowing the roles has not only hurt men, but also women in that men aren't men for them anymore. The most dominant and usually lesbian feminists didn't just empower women to higher purposes than "cook and clean and make babies", they also slipped in the agenda of taking all the men away at a mental level.

Natural man dominates with no concern of being seen as "a brute from the wrong time period". Natural mans only concern when it comes to domination of others is his freedom (is it legal) and the greater good of all involved (if he is of ethics). Natural mans concern is not if "will the brain washed by feminists people think I'm trying to be a macho manly man".

A macho manly man is something to aspire to be. Not something to fear being looked at as socially in a negative light. So natural man doesn't cry for the children of poverty stricken Ethiopia, so natural man doesn't read poetry or listen to folk music? He doesn't give a shit, and knows because so many women want to fuck him, those women only SAY they give a shit about such things in a man.

Women can find a sensitive new age sweater wearing candy and flowers hugs and kisses for babies guy in every suburban apartment and office building.

The natural man however, with a brain (not in a penitentiary), who can still be lighthearted in a normal conversation without being a tight ass or getting fiery or intense? Rare animal. THAT'S how you want to be unique for women, and in no other way.

FINALLY we come to this sun and body business.

The finale. Your "shadow".

A metaphor: You see the sun casts the power and energy, the testosterone and sense of power thrusts a light out hitting your body, your body (the beliefs and ideals you hold and that are intellectualized) will be the position you take to allow the sun to cast a shadow.

You see you can have a BRIGHT burning sun, just right, all perfect. But if you are standing sideways you won't cast the full shadow.

Basically you can have all the chemistry right from your lifestyle, but if you are still thinking about things in a negative conditioning way, or even a neutral way you'll cast a half ass at best, or unattractive shadow, or dim persona at worst.

Not you are what you eat, but even further, you are what you think.

Now you have your lifestyle down, and your ways of thinking down. How do you project this to the woman? Of course just being your self-alone will project some of it. The BEST way however is the next section.

YOUR MISSION: pretty evident from the above, get your mind thinking more masculine and your body more in tune with that of a masculine and dominant male. Request my diet and exercise manual and follow it, enroll in a masculine activity and participate regular. This may seem to have little to do with women, but in fact what you project to them because of what you are and how you think is everything.

ASSUME SEXUAL RAPPORT.1

Write this down.

"R: relaxation of outcome orientation, she will not sprint away".

"A Assume sexual state through sect" Sexual state is THE most important thing you will learn from the advanced section.

Sexual state is THE mind state you will be using to deal with women you want to sleep with. It is most likely the mind state you've had every time you ever sexed a woman in the past, at least as soon as the point came when you KNEW it was going to happen. You can call it "horny" or "turned on" or "lust" etc.

There will be a certain "walks like a duck acts like a duck, must be a duck" dynamic working for you in the sexual state. If you act like her lover, act like you are in a sexual encounter and assume the behaviors and actions of a great lover, she eventually will start to think you are a waterfowl. Just kidding, of course she starts to go into the same states of mind from other sexual encounters she has had in the past where a man has shown the same behaviors, if she is at all attracted. Remember the "state is contagious" rule?

Of course this is the same as "assume rapport" only more powerful. Furthermore, when a woman PERCEIVES this state in a man, but the state isn't directly told to them verbally by the man, they tend to think it's THEY who are the ones imagining it – that it is comes from within her. That's why you do not verbalize your sexual intent in any way, as when you don't, she will more likely to think, "Why am I thinking sexually about this guy....hmmm I must want him or else I wouldn't see him as such a horny guy." Of course if she perceives this too soon, before rapport has been assumed it may spook her or even offend her as she COULD attribute it to you. You want a gradual increase of this sexual state, not one that bursts in without warning to avoid her perception of it being you who is creating the dynamic.

The "sexual state" is readily stepped into by imagining how you interacted with your last lover when in the bedroom before sex, or during pillow talk, and had a lustful desire for the woman. These are the things that it should encompass.

These specifics are not to be used individually, but as an overall state that you go into when dealing with a woman.

Read Bruce Lees Tao of Jeet Kune Do for an understanding of not focusing on specific technique but rather on overall strategy that encompasses several techniques. This course here has been compared to this type of "fluid" theory, contrasting other seduction methods that are closer to classical Karate, which focuses on memorized techniques that take longer to master, and are harder to remember under stress offering no synergy.

For the sexual state to be genuine you need everything I've talked about before this in place as well as one other thing.

You must not only realize women LOVE sex, but in fact are EASY to pleasure sexually. Yep that's right, though there are 500 books and seminars out there on how to pleasure a woman sexually, no special techniques are really needed.

Common sense lovemaking, instinctual sexual activity all by itself will pleasure the woman IF she is attracted to you.

The ability to have an orgasm is almost entirely mental and not physical. The ability to have one is not based on biological stimulation or a "certain way it's done". Biological stimulation is simply the context for it to happen in.

Women who complain of inability to orgasm and then blame men for not "knowing what they are doing" need only imagine this scenario: her favorite or most desired actor making love to her in standard missionary position for say 3- 10 minutes with a good make out session beforehand and an average or even smaller side penis. THEN imagine a sumo wrestler doing the exact same motions the best lover she ever had did with her. Which would give her an orgasm? She answers honest she will reveal it takes no special "moves" to get her off, but simply attraction to the man is what does it mostly.

So realize this, and know that you have EVERY right to be a sexually confident male. Know that showing her your sexual state will attract her and be matched by her enough that your sexual prowess or "moves" or time you can last in bed or penis size will not even be a question, as women simply orgasm with base minimal needed stimulation if turned on enough.

Knowing this should make assuming sexual state easy. Think, "I can pleasure her" and imagine how much you want her as you begin to assume sexual state and it should flow smoothly.

Another big key is approaching only women you desire the MOST, and who are the HOTTEST to YOU, as this allows for sexual state to manifest naturally.

Where with a woman of lesser desire to you would cause sexual state to have to be forced rather than naturally let out.

What follows is the "how do I assume sexual state" broken down in to the smaller most important pieces.

1 Sensual eye contact: Proper eye contact with a woman is an important piece of your sexual state. The "bedroom eyes" are something you will need to convey during the encounter, since you want her to develop them as well, as she gets more and more comfortable with you and begins to mirror your actions and "vibe". "Bedroom eyes" are also much more attractive than any other eyes with an emotion behind them anyway.

2 Closeness, or for the nit picks "physical proximity" to her is also very important.

Since you aren't going to be seductive or sensual standing 2 feet away from her, you need to be within 6-12 inches of her - VERY CLOSE. You slowly move into this as you sense her loosening up a bit. Of course good breath is a crucial at this point. Allow your legs to get in her personal space, allow your whole body to get in to it as she gets more comfortable in mental state.

3 Touch her. Since touch is the first step in getting her comfortable with you as a sexual creature, you work this in slowly. A good progression of where to be touching her is: Hand (to emphasize a point) Upper arm (to get her attention) Lower back (to direct her through a door or crowd you have cut through) Upper back (to "make amends" for cracking a harmless joke about her) Back of neck or face (to whisper something in her ear or talk in to it in a noisy place) You should NOT look at your hands as you touch her, as this alerts her to a "question" - "is it ok to touch there?" in dynamic. Also, her eyes will follow your eyes to the touching and it will be "socially unnatural", thus questioned by her mentally.

Touching also shows that "confidence", and may alert her to your being good with women, a fine lover, and confident lover. It communicates, "I am not afraid to touch women, because women like to be touched by me", to her inner workings.

Touch early on also is a HUGE time saver, if she is so uncomfortable with you touching her that she verbally or physically stops it, NOTHING you say or do, short of saving her life is going to ever get her into a sexual state for you.

4 Tone of voice should be that of a sexual tone. You can't run up yelling like Adolph Hitler at a Nazi youth rally speech, or mumbling and stammering like Woody Allen.

NOT SEXY. Not "talks like a duck".

Imagine you are talking to a former or current girlfriend in a bed and about to have sex. You soften your voice, you deepen your voice, and you speak slower and with an inflection of optimism and kindness. Not your regular speaking voice but YOUR sensual sexual voice.

They were right when they said "just be yourself" they just never told you what "self" to be.

Simply sliding into the sexual state will usually encompass the above behaviors inside of itself. Having your "sun" and "body" well developed as well will tend to make these behaviors more projected without thinking of them. Overall these 4 items above are the medium sized chunks of sexual state, the large being "be horny", and the small likely being to many to ever be fully understood. The small chunks may encompass micro facial expressions, body positioning, pupil dilatations or even the production of pheromones

that do not ALL need to be in place. Simply put women are not robots or computers that need some EXACT program/system to respond to, as long as some of these things are in place the responses will be seen.

Its like how knowing there are vitamins A, C, D in a fruit, and taking those things out and using them in a pill, doing so doesn't give you all of the undiscovered things that are inside a fruit that may be beneficial. We just KNOW A, C, D are essential for good health. It's the same here, we know that sections 1, 2, 3, 4 above are the medium chunks of what's essential, and we know that eating the fruit is essential (natural sexual state). Lets just live naturally rather than trying to condense it all into a pill or formula and ENJOY eating the fruit (being horny) that gives us all we need.

In order to remember the 4 core behaviors though, remember S.E.C.T as a system inside your second A note. Speak in a voice you would use in the bedroom, Eye contact of a sexual nature, Closer and closer to her as she gets more receptive, Touch her in a progressive socially normal manner.

More important is amplification of the state inside yourself and showing it to her in stages, as she gets more and more comfortable. I myself am no perfect master of this and have been doing it for a LONG time. Simply work at it, start with S.E.C.T as a good place to let it out though.

Finally if you have MAJOR trouble in understanding the sexual state and what it is simply read the section in foundations about not masturbating again and the "Stalin" trick and try it.

If you can not relax enough to let the sexual state flow from you, yet can get it at home while alone, then you need to be capable of relaxation of the mind and body pace as in foundations, so and redo those missions.

YOUR MISSION: Take each letter of S.E.C.T out in the field, 25 approaches per letter. YES 25 a piece, this should not scare you at this point. Get each letter down to where it is conveyed through a natural masculine sexual state and desire to sexually consume her with all 4 yet is still in keeping with R.2 and allows for assumption of neutral rapport. Strike the fine balance of conveying each letter of S.E.C.T without going to far and setting off her conditioning against sex.

Once all 4 letters are easy to do being doing them all at once on autopilot. It's like "wax on wax off" from that karate kid movie in that you baby step through all 4 and eventually they begin to come natural and eventually aren't needed at all.

Instead you simply enter "fight mode" or in this case "sexual state" naturally. Kind of like at the end of karate kid 3 where Danielson (whatever his gay ass name was) starts to flow naturally and stops using any techniques. Not a very reality based fighting movie but you get my point.

At this point you now approach 25 more women with this natural sexual state balance.

PERSISTENCE.2

Again write this down.

"R: relaxation of outcome orientation, she will not sprint away".

"A Assume sexual state through sect" "P persistence to isolation together" Here we are back to the old ass first problem of mating. Women want the sex but don't want the responsibility of being a "slut" or "whore etc.

Once you have relaxed in body and mind pace, have relaxed in outcome, persisted past any awkward spots or silences and assumed a certain amount of rapport and assumed a certain amount of sexual state you will see her reciprocation of sexual state back.

IMPOSSIBLE to be told what this looks like, but almost impossible as well not to see her get horny back, if you are looking for it even at a passive level.

She is turned on and you see it, she knows that you know what she wants, and you know that she knows that you know, simple as that.

At this point her social conditioning that says, "don't be a slut" still exists however. So you must be able to pass it if it is too strongly conditioned in to her.

THE best way at this point is persistence to isolation with her. Persistence to getting alone with her out of sight or public view someplace comfortable to get sex is key.

You of course do not inflate her anti sex conditioning even further by asking her for sex outright.

You ask her to get alone as in the foundations section instead with a simple proposition to go someplace alone and do something. She KNOWS why you are asking her to get alone once her sexual state is reciprocated, and knows that you know she knows and so on.

There are two points here that make this dire; of course you must not be in sight of people to begin having sex within any rational thinking.

Also even more important, once alone with you, AGAIN a sort of assumption or congruence sets in. She FEELS more cut off from society and instead focuses on her desire to submit to your masculinity and sexual state assumed. Just you and her and both turned on, natural as it gets come sex time.

Sometimes to get her there though takes some effort, even when she is sexually turned on. In the difficulty levels section of mastery in the venue/target/type section the lower value the number down the scale the easier she will be to get alone once you have gotten her attracted and turned on. Society or "rules" aren't "judging" her as much inside her mind at these lower levels.

So what to do if she says "I better not" or "maybe I shouldn't though" to your proposal to get her alone once you see the sexual state back?

Ask again later, yep all it takes, not a LOT later, just keep the sexual assumption going, go back to the old conversation and then ask again when she seems even more sexually amplified.

This works MUCH like the make out progression from foundations section. You don't say "this is nice though" as you do there, but by changing the topic back to something similar to what you were talking before and then continuing to convey the sexual state to her, you are saying "ok you aren't hot enough yet to get alone with me, we will wait and try again later".

Once sexual state is seen in her if you eject from the situation with a phone # or such you are just putting off something that could have happened NOW, you're giving her time to get BACK in touch with her "don't be a slut" way of thinking and ruining everything.

Do not even go out assuming sexual state with a woman you meet unless you actually have intentions of fucking her the same day or night. If you don't have time, which you should if you are bothering to go out like this, go for a phone # and when you meet again, THEN assume the sexual state.

This is why most natural players and such can only seem to work from parties and social circles, they do not understand this basic principle of persistence with the turned on chick to get over her last minute objections to isolation with them.

Simple as that, these naturals attempt to meet women outside of parties or social circles and they go as average Joe as anyone else come the time she gets turned on, they think, much as she probably is "well it just isn't NORMAL to ask her to get alone with me unless it's a bar or nightclub or something like that!".

So they get a phone # and it ends there when she goes home and thinks "god I would have fucked that guy, I must be a total horny tramp I AM NOT going to meet him again". He calls she says she busy, he calls back she doesn't answer the phone.

If he had not bothered to be sexual and gotten her "amped up" at all and just assumed a good rapport then got her # she might have taken his call crazy as that seems.

If he had persisted to isolation right then and there however, different story. See they are in person, so it's more uncomfortable for her to be impolite or say outright "no". On the phone she has no trouble saying outright no to something she wanted then decided was wrong to want later.

You probably got this course off the Internet so you will understand this dynamic I am about to explain, ever go in a chat room? Notice how rude and fucked up people can be anonymously compared to real life? Well in person, women again by nature submissive, again conditioned not to take responsibility for their actions sexually are almost incapable of saying NO to something they want for very long in person in real life.

Matter of fact they will not get rude and shitty with someone wanting them to do something they don't even really want to do 9 times out of 10. Much less tell some guy "I better not" 10 times in a row that she is turned on by enough to be showing it. MAYBE if he outright said "hey lets go fuck baby", but all he is doing if he is doing it properly is asking her to get alone with him so her conditioning isn't turned up 5 notches to allow her to get rude or impolite breaking rapport.

Same examples as in the foundations guide can be used for the proposal. On the spot "pertains to the situation or conversation" isolation proposals are even better.

"I have just got to play for you, come up to my place" –maybe in reference to her saying she thought it was cool you play the guitar or something.

Maybe "It kills me you haven't ever had a margarita lets get some mix and some tequila and go listen to some tunes up at my place" She says, "Oh I better not"? One, maybe two times of "ahhh come on it'll be fun" "I want to get to know you better anyways" slipped in the conversation later on will be all that's needed and she is alone with you.

Surely there are some factors that can make this not 100%, I mean if she was watching a documentary on serial killers the night before and thinks about it or something she probably wont go

home with you, or maybe if your calibration of her being in sexual state is off and she is in fact just in rapport, but not yet attracted enough to you etc.

Nothings 100% though, just move on if she gets a bit disturbed, or a lot disturbed if you aren't afraid to "upset people" or "be impolite" like me. Can always get a phone number and try again later if she legitimately does seem strapped for time for some reason.

Relaxation of outcome and persistence to isolation may seem in direct contrast, unless persistence to isolation is done with this in mind: "nothing is certain, just doing my job as a man to the fullest in order to find out if we can get alone and fuck, as she can't make it happen" when you apply persistence to isolation.

Outright from the jump, this final persistence level all by itself separated from everything else in this course (aside from actually meeting new women of course) done well is your most powerful tool for making the most of your time spent procuring sex with women. Even without reciprocation of her sexual desire shown back, a good enough amount of women would have it there naturally enough even if not shown, to go along with a persistent effort and create a success.

You have got to pay to play at some level in anything. In meeting and sexing new exciting women on a regular basic, you have got to be willing to make a chick get "mad" or "uncomfortable" sometimes to find out 100% its not a go as we cannot read minds, only vibes.

Also to get the women who do want to sleep with you in bed sometimes you have to push it to the kinds of levels YOU may THINK will cause her to get uncomfortable or mean and rude with you, yet she sees as a relief as because of your taking accountability she just cannot be held accountable for her sexual behavior and will not be deemed, thought of or feel like the big S WORD, a "slut".

You take accountability for the affair.

On the phone, on a date, meeting her right then and there on the street, when you finally see her seem to get turned on, take accountability and work a situation where sex can happen between you persistently, be the man in the situation and she will treat you like one in the bedroom, or maybe eventually yell at you to fuck off and leave her alone.

Going to pee on yourself like a little boy cause a woman rejects you angrily though? Then you will also not push it far enough with those who were right on the edge that needed just a bit more of a push, and you will never know which are which. Don't take 3 or 4 years to get fed up and figure this final "P" out, save yourself a lot of time and wonder.

YOUR MISSION: Approach women and use the RAP.1 and RAP.2 material on them, with special emphasis on the end when you isolate, until you find one that seemed impossible, yet cracked to your persistence to isolation and got alone with you and fucked. This alone will put it in your toolbox for good having it happen just once.

That Raps (bad pun I know but I couldn't resist) it up for your advanced level.

Now you've got RRAAPP. You can use this in the field to troubleshoot things right on the spot if you get rejected a few times in a row and suspect you may be leaving something out.

You should get the foundations level RAP in place first, on autopilot in a way.

Then it comes natural, then move on to this stuff. I suppose if you have a brain like a computer, and didn't do the foundations stuff and kept reading like I told you not to, you could do all 6 at once and get them in place quicker than it took me to figure them all out. I recommend working them as in the missions I laid out one at a time though until they get ingrained in you.

Test yourself without the notes right now for the meaning of RRAAPP each initial. The RAP method alone, without anything else has gotten guys laid, both points of each letter of RAP done right and you are fucking set.

Of course the rest of the material in this course aside from RAP is important to have down. The foundations and advanced sections, the way you perceive things, the way you think about yourself and about women, the themes of conversation and other little tricks and pointers help a lot, but your basic formula is RRAAPP.

Those without the first RAP from foundations in place are dead in the water with women unless they look like Pitt and drive a Porsche.

Those without the RAP from advanced are not advanced at all. They just feel like it cause they have the RAP from foundations down naturally and get laid with it some.

With advanced material in your hands you can be a pick up artist, a player, get a lot of short term relationships, or get a great compatible long term relationship even by being able to have the power of selection.

Great thing is, yeah it isn't ALL-natural, you weren't born knowing this stuff, but its ALL natural in that none of its even remotely noticeable by the woman involved. The things in foundations or advanced aren't in any way scripted or unique enough to be recognized by her as being done. It's all simply natural effective mating, meeting, dating and copulating.

Once you have a firm hold on the above have a look at the "mastery" section to really wrap things up with specific techniques and methods of dealing with women in specific place and situations that are tried and true.

MASTERY

Discovering the Star and the finer points of meeting women.

I will start the mastery section out with a brief explanation of what will be included inside of it and why it is included here, not worked in to other sections.

First and foremost I will emphasize again that nothing in the mastery section is NEEDED to get the sex life you want. Almost everything included here will be like the cherry on top, to save you time, make things easier or simply allow you to understand things better. The foundations and advanced level RAP stuff, calibration of her sexual state and make out progression are your ticket to ride.

However not 100% necessary this is first class stuff here in mastery.

Some of the things here after having used them will seem essential they make things so easy. I did not avoid working them in to foundations or advanced to hurt you in any way, but simply because some, such as "be nice", the "hover", "the stalk" take explanation to an experienced man to see how to do it correctly, and will actually hinder one of less seasoning.

Others such as the "unicorns", "loser dancer" and "chance mind reader" methods are very complicated, take a lot of practice to get down naturally and are more "manipulative" socially or psychologically if one is not already of the ethics of a guy who is good with women.

Still others such as "Star" MUST be done after foundations and advanced are being lived not just understood or it will come across faked and unnatural.

Long term relationships, or even short term less serious relationships shouldn't even be thought of by less advanced guys, without the first understanding of psychology or especially by men having a mental frame of desperation for a lover or it will fail miserably.

Finally the specific tips for specific places to meet women and types of women met there are just something a new guy should get a feel for first before reading them or else they may seem too interesting for him to not try out, hindering his performance and experience gathered using the foundations and advanced materials.

So if you haven't even read the foundations and advanced materials at least do so and get a firm handle on them and understand how they work fully before advancing here. Preferably work through them and get them on autopilot, THEN try out some of this stuff.

Also some of the things in this section aren't "mastery" or "next level" but just fun and useful tactics you don't really need to be focused on until you've got a good overall handle on your interactions with women.

Finally these do not at any point need to all be worked in to your overall "game" or strategy with women but maybe used one at a time in conjunction with rap method or situational when remembered as useful.

YOUR MISSION: For each of the final mastery level items try them out only at your own desire and need for something to spice things up or in specific situations. Work them in to your natural tool kit that makes you a dynamic sex life already.

THE STAR I am not conditioned with negative like the stuff in foundations. I am a masculine man like in advanced.

I however also am: I am a rocker, I am a martial artist, I am a party hard kind of guy, I am a writer, I am a teacher. I am a sexual man, and a guy people like a lot of the time.

See once you kill that negative social shit you are half way there, once you get the masculine stuff inside you are doing great, but why not take it further?

VERY hard to put in to a technique, but having some MORE character to yourself, not just a hobby, but a way you see yourself, a character of sorts will allow you to really truly be unique without trying at all.

Not a MUST, but is something to think about a bit, not too much though.

The BEST thing is to have your thoughts, what you think of yourself that's something "cool" in general socially. Then BE INTENSE, live each moment out and don't try to act it out what you are. It will

flow from you second only to your masculinity. When I say INTENSE, I mean totally all of the character you are, not hyper and running around in circles or yelling. I mean letting it ALL out what you are.

The same sun, body and shadow metaphor applies from advanced here. Except being so much so that you are like a star.

When I walk in a room and am in this "star" I am totally "ON" the thoughts of anything really just flow out and leave and I am full on intense with other people.

The principle of "cool" not just attractive is what you convey when you are like this. You are alone from society and its conditionings; you are just YOU without the baggage of living in this world that keeps most men from being a "natural".

Brooding yet can smile if someone says something he likes, coquettish vampire persona works.

Super hip techno Asian club Raver guy works, rapper with his lifestyle works.

My 80s rocker style attitude works really well. Was hard as shit to let out though before I got the sun body and shadow down. See with this you don't have a shadow, you burn so bright you don't project anything to any one person, you are just "fuckin cool". You didn't do foundations and mastery you are probably lost on this but ill continue for those who did.

Thing is its got to be a cool social archetype of sorts. "Niches" you a bit, pigeon holes you a bit to women. Thing is you want to take on what you think is cool, that will also get you the most chicks that you find desirable.

Live the lifestyle a bit, think it at the core even more, then BE INTENSE, don't think about it at the moment and act it out, full blown just be YOU, not you from when you didn't understand all of this, YOU NOW.

As if you are the main character in life's play again, only this isn't just some action hero or cowboy masculine archetype, but masculine, AND cooler than most other guys.

This takes a few years to develop and tends to come natural and is hard to do on purpose, but you'll get there a bit faster with some effort and attention paid to it.

This is the culmination of having RAP down 100% so you don't even have to think about it at all.

Both Rs allow you to totally relax and be yourself 100% as you aren't worried about or thinking about what everyone's thinking of you at all times.

Both As in place, on automatic without having to think about them at all allows you to totally get on well with everyone as if they already have rapport with you, while also allowing you to just naturally vibe sexually with the women.

Both Ps in place allow any little social setbacks, maybe a bad joke no one laughed at, or spilling a drink etc, to have you persist passed it easily and brush it off. An example as I write this of this, A pro wrestler (masters of this Star character and intense outward projection of self) on TV tonight during a big rant he was delivering said "So next week I challenge the winner of tonight's title match Shawn Michaels" he then stutters a bit and looks SHOCKED he announced the result of the nights match, but being in character so well he simply said "OR Chris Benoit" and went right back in to character not missing a beat.

That's all in place, and who you really are can just come out nicely, and be "UNIQUE!". Remember that was one of the negative conditionings "a guys got be unique" which IS a 100000000% percent a negative thing if done without the foundations at least and preferably the advanced materials in place.

Ever known some white middle class suburban kid who tried to act like some sort of hip-hop rapper guy? Probably known or have seen plenty if you live in North America. Notice its 1 in 10 of those types that are well liked by most people and gets women anyways? Ever known or see people in the "gothic scene" same deal about 1 in 10. It's a GIMMICK to the 9 that don't get on well with everyone and get chicks, that's why the other 9 aren't well liked, it's an act they put on, a big shield they put on because they lack the masculinity and reason in social skills as in this course.

It isn't their real true intensity of character when they are at their most intense, rather it is trying to fly before they can walk.

The other guys who ARE well liked, and DO attract women have their ways of being and feeling and conveying and acting totally internalized in thoughts. They KNOW are who they are, with others. They do not think about each thing about their niche or pigeonhole or character they are going to convey. It just IS them and its kind of cool unless you really hate their style of course, but that's all just reasonable logical venue selection. Of course you don't really let the redneck shit-kicker out of you in a hip hop club or vice versa.

LONG journey we've taken here to get to "just be you", but that sort of advice is given far too often by people who don't even understand what it means because they are hypnotized to say it

when asked always. The Star is the self you should REALLY be. The Star is the self without the negative conditionings. The Star is the self without voices inflicting doubt upon it, the self that is just intense and in the moment, the self influenced by NOTHING but itself, the self all by itself, the way alone from all outside things and all your passed conditionings, but just NOW and here and "YOU" at this stage, as intense and self loving as can be.

Remember that quote at the start of the book? It is 100% truth and no better way to live and be can be had. Regardless of a good sex life this is life enjoyment stuff here.

T.E.A.M.S social control method When walking in to a bar or party or club pay attention to not walk in fast and hit the bar, or walk in fast and hit the bathroom right away. Doing so makes you appear to be running to hide from everyone. Instead hover at the entrance for a few seconds and look around catching a few peoples eye contact. Those seeing this will see you as a more calm and collected guy in control of the situation.

When dealing with other men you don't know at parties and bars etc or in general when being introduced, do not nervously laugh about things they say and especially do not laugh at any joke made at your expense by them. This is a feminine or submissive behavior and will make you less in control and heeded less as a "top flight guy" in the social pecking order.

Do not make jokes to people you do not know in general as this also signals some need to entertain them for approval.

First eye contact between you and another male should ALWAYS be broken by him first in a social situation to indicate dominance at a primal level and keep the guy from doing the above jokes at your expense behaviors. This also makes you feel less like giggling at his jokes, as you feel more dominant than him.

Finally speaking to the entire room when you get the interest of the room, or asking a man you have already gotten to break eye contact first to do something he mentioned he can do, to entertain everyone is a great way of being "the guy" at the party or bar. You basically leech off his talents because you made him use them. NO one respects the jester; they respect the king for HAVING a jester. Telling a story of something you did or a place you went while speaking to the entire room or a portion of it as you look each person in the eyes and speak is a great socially desirable trait.

Get everyone's attention on you fully and say: "Lets tell some jokes people" "let's start with you john" is another cool thing to do to make yourself appear "in tune with the party and people".

Basic rules Take a look around Eye contact Approach others humor dryly Make no jokes until you have respect.

Speak to the entire room when you gain interest.

Or T.E.A.M.S This stuff is very subtle but does influence the way people in a social group will see you.

Work each one of these regularly and when they finally all come together its much as the wax on wax off deal. The Star from above just kind of flows out of you naturally without breaking social dominance in order to be your 100% true self.

The vibe.

Ok this is basic stuff here to some I am sure. When a woman gives you eye contact from across the room to signal she wants you to approach her or talk to her. If you have read any dating for idiots style books they explain that women do this. If you have ever watched enough women you have noticed women do this also to you. I include it so late as guys don't need to be focusing on it until they get the RAP stuff in place or they will clutter their mind up too much.

The vibe is a great method for clubs and bars but almost useless outside those places. The reason women do "the vibe" with eye contact at clubs and bars is they have had a few drinks, are feeling horny but of course can't approach you based on their conditioning. YOUR skill level may change with women; they always stay the same in general.

Sometimes looking for this vibe is a GREAT way to just sit back, have a good time, shoot some pool, have some drinks, party with your friends etc, show out some Star character, and not have to do ANYTHING. Again this goes here in mastery, as I don't want guys using "I'm looking for the vibe" as an excuse not to approach women.

Once advanced though you can save a TON of wasted effort in clubs and bars by watching for the vibe before you approach.

At parties the vibe tends to take the form of her doing "the hover" on YOU.

The hover.

A HIGHLY important piece for meeting total strangers outside party or social circle settings that once you do it a few times you will feel it is essential. Again it is not, as if you've been doing the foundations and advanced material you will know.

The hover is inducing "the vibe" from another person by calling attention to yourself with some action.

As I said above women at parties will tend to give you the vibe by doing the hover.

The hover is simply that, you hover near the person until you catch them out the corner of your eye looking at you, THEN you reciprocate eye contact and say hello, this much in the same way you assume a rapport or assume a sexual state FEELS to them as if they have given YOU the vibe first.

This works WONDERFULL on women standing in the aisle of a department or grocery store, or at the bar waiting to get a drink, or in a line waiting.

You simply look around them for something you can walk up to and look at near her, go do so, but pay her no attention until you spot the vibe/artificial vibe you have induced out the corner of your eye, you then reciprocate. This at core levels feels more relaxed in outcome, more like assumed rapport and more "safe" to her than if you burst in speaking to her.

Imagine you see an old friend you haven't in a long time and end up hanging out again regular. How is this structured?

You notice someone looking at you corner of eye, both notice it and turn and see each other.

Say hey, hi, hello, etc.

Exchange a few questions "you still around the area" "how is such and such" "Oh man have you been watching the new hit TV show" Boom you assume rapport.

Look back at the above structure and you can see how mind warping that can be with even a stranger to do with a few word tweaks. They will feel as if they've known you for years at internal levels.

If this doesn't make her more comfortable on your approaches, you can come over and fart in my dinner.

The stalk Sometimes you will see a woman walking in the opposite direction as yourself at a mall or on the street. If you've tried talking to this elusive prey you know it's an incredible task to accomplish.

Even if your relaxation of outcome is TOTALLY controlled, she STILL is walking away, if she doesn't CHOOSE to stop, you come across as the guy handing out fliers or pizza menus or an annoying salesman. This blows assumption of rapport and destroys relaxation of outcome, this even hurts the initial relaxation of mind and body pace.

What to do? The stalk what is that?

Turn around when she has passed and can't see you and follow her. Sounds a bit creepy I know and it may even creep her out if she notices, a good 80% of the time they don't though, which is better odds than you'll get in her stopping to talk to you if you approach her direct.

You follow her until she stops, then do the hover from above, that simple. As you approach the location she has stopped at look for something you can go up to near her and look at, watch for the artificial vibe the hover has induced then look at her back and start off like normal.

Overall in the vibe, the hover and the stalk understanding that through getting near her you can induce an artificial invitation to talk to her in her mind you can adapt this to hundreds of situations. Hell I once got a chick in bed from a bar after having walked in, yelled "WOOOO all right!" as I walked up to the bar from the door to get a drink. Girl sitting there looked at me and I pretended like she wasn't looking at me cause of my boisterous display but because she was vibing me. Looked over at her and said "hey what's up" with a coy smile and "happened" to get my drink right next to where she was sitting at the bar so we could talk.

Unicorn method What the hell is a unicorn?

What did you just think about when I said that, what did you probably visualize when I said it before? A FUCKIN UNICORN! Duh. This can be applied in MANY ways to women and socially in general. See if you talk about something yet don't sit and go "you know "you know" over and over they will think about it.

What would you like a woman to think about maybe? About how cool you are, how good a lover you are? Maybe how desirable to other women you are?

Then talk about it in an off hand way!

"Yeah one time my 7th ex girlfriends dad tried to beat me up, it was crazy he came after me because he thought his wife was coming on to me, she never would have done that though, I got no reason to lie here right now, she just wasn't" See this doesn't tell her "I've had 7 lovers I would call exes, and men are jealous of me and imagine an older chick wanting me", it gets her imagining it instead. It doesn't tell her "once an ex girlfriends mother came on to me", it gets her imagining it as you disclaim it. STILL the thoughts enter her mind and she for at least a brief moment gets thinking of you in a really great light.

What things would you rather she not think about? How easy something you did was that she thinks is really admirable? How you got a small dick?

Then don't talk about it in a way she will think about it that way.

She says "wow it was really great how you handled that bouncer out there and got us in here" Don't say "ah it's easy anyone can do it, all I did was slip him 10 bucks the other night" This volunteers to her you in fact didn't just walk right passed a line give the bouncer a high five and have him let you two in.

A scenario: Some FINE ass girl that's your best friends ex girlfriend comes up to you and hugs you and then says "oh my god how are you I haven't seen you in ages" then gives you a kiss on the cheek before you get done talking.

Your date sees this and when you get back says, "Wow you are pretty popular with the ladies". What do you say?

Something like "yeah she's a real cool girl" then change the subject. Not "oh yeah she's my friends ex girlfriend". Don't get her thinking of your friend fucking the hottest girl in the place; let her imagination run wild that you are the stud you are.

Key is realizing that women, and people in general imagine things for brief moments because of events and conversations as the core technique. Not SPECIFIC lines or situations but the principle.

When talking about situations you are in, or yourself, volunteering as little information structured without this line of thinking behind it and as much as possible using it is unicorn method, and can enhance things well.

In a negotiation you don't say "of course I can deliver, anyone can, what I'm going to do is easy enough for cripes sakes" You say, "I've done things like this before, I can blow through things like this" Analyze the 2 statements and see which puts you in a better light.

Accidental mind reader Ok sometimes the above unicorn method MUST be joined with a second. When a chick outright tells you something she wants in a guy, without saying it to you in a game playing way. What I mean by this is if she says "I always fall for really tough guys", you of course don't fall in to the game and volunteer why you are such a tough guy, this is NOT relaxed in outcome! Instead you wait a few minutes or later on in the conversation to slip some unicorn method in.

Her "I never liked football much" as she looks at the screen in a bars TV.

You: "yeah football's never been my thing, I always liked one on one sports where you can really summon all your willpower against the other guy, see who is the tougher customer, when you rely on a team you never know which one might not take up his slack".

Sounds obvious right here right now I'm sure. But she will not detect this. If she REALLY does have some thing for tough guys, this will indicate to her imagination of you gritting your teeth and competing, you make the cut, without you having to blatantly tell her you do and ruin the relaxation of outcome. Rather it will relax any standard she FEELS, not thinks are needed in a man for her.

Main principle is to do nothing here. If you catch it OBVIOUS that she wants a certain quality, then act on it with unicorn method. Do not sit and attempt to read her mind though in order to do this. Remember its what she FEELS with you, not thinks of you, as she is more concerned with what you think of her even if she isn't attracted, that's 99% of the battle.

Don't let 1% of the battle make your odds of scoring 1 in 100 by too much focus on unicorn or accidental mind reader methods. That's why things like this are in mastery folks. Some can become high and interesting hurdles you don't want to trip on rather than helpful to your overall strategy.

Second hand unicorns The BEST and least confusing way to use unicorn method is with a partner in clubbing/parties/bar hopping. He doesn't even need to understand unicorn method really.

Simply you "throw him up" and he 'throws you up' to the women.

See if HE says, "I've got a 9 inch wang" it will be judged and taken as bragging.

If YOU say "well your ex did say you had a nine inch dick" about him and he just laughs it off and doesn't make a big deal of it, viola they imagine it as true for a bit, putting him in a better light or "throwing him up".

If he says about you "oh SHIT my friend made out with her! No joke I seen it" when she brings up some celebrity chick. Then you come to meet back up with him and he says to them "this is the guy" then quickly to you "remember when you made out with xxxxx xxxxxx", you then laugh it off as nothing big and say "oh yeah". See in one this extreme they may judge it as false with a lot of thought, but in a chaotic party or bar environment it will probably just simply be imagined for a few seconds putting you in a better light. The ability to lie like a motherfucker to stay congruent with the story is solid gold here, for the story to be TRUE so as to not get caught in lies is even better.

Loser dancer Ok a GREAT way here in smaller dance clubs to get a hot chick easy as 1,2,3.

When you walk in any given dance club take a look around, there is ALWAYS one chick that stands out in a club with fewer than 100 people in it.

She is probably some tall ass blonde with big tits and some super revealing outfit. Any variation will do, long as ALL eyes are on her.

Key is watching to see that people are watching her, Its BEST if she refuses to dance with any guys and keeps blowing them off.

You walk right up to her, forgetting all you learned in foundations and advanced as best you can and say, "would you help me settle a bet please?" She will of course ask what the bet is etc, to hear the lame pick up line she figures on. You then go loser as all hell on her and say " My friends over there bet me you wouldn't dance with me no matter what".

I'm talking EVERY time I've done this it worked to get her to dance with me right then and there and in aggressive fashion usually as it will give her a power trip as well as the feeling she is putting on a show for some audience. She may ask what the bet was; just tell her it was for a round of drinks or such.

As you dance with her watch the room a bit for the vibe from women. SO much attention is called to you at this point because you are the guy dancing with the "super woman" that any women who happen to be attracted to you will be flushed out of the woodwork and be giving you major vibe.

Watch for those vibes, excuse yourself after the dance with her and go talk to THOSE chicks, the ones that gave you vibe. This doesn't get you "super chick" but instead gets you YOUR 10, not "THE 10" socially in the place.

This can be hit or miss if you cannot go totally submissive in nature to the super chick. I've always pulled it off but have seen friends fail with it once in a while who just cant seem to connect to their old REAL loser days, and act out a bit of jitters and make poor eye contact with her as they explain "the bet".

Getting super chick Ok this is SUPER advanced and I myself have failed with it before, you have got to really be on your RAP shit here. Same as loser dancer method, only key is once done dancing you follow her to her table and run standard RAP stuff on her, tell her you were just busting her chops to see if she would fall for it as the prelude to standard RAP.

I even once told a super chick this yarn though: "I was just fucking with you about the bet, thing is my friends over there seen you wouldn't dance with anyone and thought you just liked rejecting men and said you were a bitch, I wanted to prove them wrong" She will get offended at them a bit, tell her "hey want to have a ton of fun and get back at them?" she will say yeah or ask what you have in mind.

Tell her "I am going to go over there and sit back down and tell them exactly what just happened except one other thing, that she got annoyed with you guys cause of what you said, really she is looking to hook up tonight, cause her boyfriend dumped her" "these guys are dorks and they'll buy you drinks all night if you come over and act flirty with them with them thinking that".

She agrees to show up there. You tell the guys what's going on and that you'll pay them back for the drinks they buy her, she shows up, they fall in line and bang you've got her sitting at your table getting drunk while you run your RAP on her.

I haven't tried to repeat that one so I am not sure it wasn't a fluke, but I had her in bed by 3 am with this little games assistance, and of course my beefcake looks and talents.

Of course complicated set ups like this aren't for your entire sex life's richness and content, but can be a fun diversion that gets results also if done properly.

Being nice.

There should be obvious reason for this one here being in mastery. Guys tend to think nice means, non-sexual, non-aggressive, non-masculine, and nondominant.

Guys tend to think being nice means buying her all kinds of things, or sucking up to her.

Truth is very simply its just being a nice decent human being. Don't throw around compliments when they aren't deserved, but simply be positive about her abilities, take an interest in things she cares about and give her cat a pat on the head. You shouldn't fake this of course, but people not just chicks have always liked me, of course chicks didn't always want me, but in general I don't have the "dickhead" streak some people seem to have.

You don't want to have it either. Some guys I have trained, especially online, haven't gotten any love from the ladies in this life, and haven't gotten much respect from other guys. These guys can be THE toughest codes to crack. As you don't see it until the absolute end, that they really almost enjoy being negative when there is no challenge to them and snapping at people for no reason.

Don't take kindness for weakness in others, and don't expect they will from you.

Don't confuse kind with weak and they won't back, unless you tend to hang around with pimps, prostitutes, bikers, strippers and gang members. If you are just a genuine positive person that strikes a good balance of being positive yet strong in the face of attempts at domination not only women but people in general will like you a lot. Examples of being nice to people when it's due are of course too long to list.

Just take people as you find them and don't assume anything negative about them until they show there is actually for real.

The pull The pull is a technique for getting rid of annoying drunks at parties or bars or nightclubs that interfere with you and a woman you are talking to and start interrupting you and shit.

Determine she isn't with the guy before you do this to avoid starting fights, and if she is with the guy in a sexual way of course just move on. Some might call that passive, I call it not sitting and verbally sparring with some guy all night who she's going to go home with anyways. Find another chick that didn't bring her husband out to a hook up joint with her.

When the drunk or annoying guy comes up you get eye contact with him and don't break it at all until he does first. Also don't laugh at or even smile at any joke he says and of course anything derogatory he says should not be looked at with any receptivity.

Then move between him and her quickly to face her and kind of roll your eyes upward at hers as if to say "ok we are above him, whys he bothering the upper crowd here" before you say to her "hey lets go over and check out what's going on over there" as you put your hand on the small of her back and walk off with her. Works almost every time to get her and you out of there together, builds a bit of a rapport and stops trouble with guys pretty calmly without any problems.

Cool guy method.

This ones for shutting a guy up, maybe pissing him off and even better making him storm off in a funny way, who is really taking control of the hearts and minds of all present with his own brand of games.

Need a partner to do this with and have it set up. Soon as you see the guys really working the room you or your partner whoever catches it first bends over doggy-style on all fours in front of him and the other guy simulates sex. This calls all attention off the guy and gets everyone laughing. I mean the guys sitting there talking and being serious or maybe even trying to be funny or cool, and you and your wingman are acting like you are fucking, you do this as he is talking and its just comedy gold.

RARELY they will call you on it and say it was rude or something, just say, "Ah man just a joke no worries". Still breaks his hold on the crowd by then.

Intruder method You happen upon a partner or he happens upon you talking to a chick, another guy is also there talking to her.

Guy A is walking up unknown to her as a friend of guy B one of the men talking to her barges passed the guy C the "non friend" even touching him a bit as he does so and interrupts in the middle of him talking.

This pisses off the guy C and gets him to engage guy A. Then guy A circles around guy C talking to and apologizing to him to get his back turned to the chick. Guy B continues to engage the chick, guy A engages guy C in a weak apologetic frame to get his attention with a power trip to his ego. Guy B takes the chick away in the same way as "the pull" above as guy Cs back is turned to the whole dynamic.

Ok read that one again and visualize guy A B and C as different people and it'll make sense, when they synergy of this one works out its GOLDEN, like a work of art between wingmen.

Tic Tac Toe approach.

This is VERY situational and works best with sand around, or a frosty window on a bus or a train as a way to approach a women.

Walk up and ask her if she wants to play tic tac toe and draw the board in the sand or in the frost of the window, you can even just walk up sit down near her and draw the board saying nothing then look at her until she makes a move.

You can also even do this totally silent. Just walk right up, draw the tic tac toe board look at her and back at it. If she isn't in some horrible foul mood or something she will play the game with you and it'll get a nice little rapport on its way.

Paper rock scissors approach This one can be done right after the tic tac toe, or even all by itself. Walk up and say "paper rock scissors?". If she says yeah, hit your closed fist on your other hands palm 3 times as you say "paper rock scissors" out loud then throw rock.

She will probably and most likely throw scissors, talking 1 in 20 times they don't.

If she throws paper say that rock tears through paper and you win to get a rise out of her.

Still cutesy and gets them feeling playful even if they don't throw rock. If she doesn't throw rock explain to her that most people as they hear the words paper rock scissors they end up throwing scissors cause they hear it last so you nearly always win.

If she does throw rock though explain it the same way.

The above 2 things are by no means mastery level of course, but are just something not worth focus on in the start that can in fact get you good rapport with women in the sand at the lake or on bus windows pretty commonly so I figured id throw them in there as I've used them on several women I've fucked before.

I want to fuck Darla method You have some chick you know who you haven't already slept with and she's the "be all end all" that you must have. Problem is she remembers the OLD you, before you were natural. If you just start up with the new you all of a sudden you are fucked, as she will notice the change in attitude.

Ok step one is this: introduce her to a super hot chick you are sleeping with to get her thinking of you as "fuck-able" material. If you cant do that then you are looking to her out of desperation because she is the only prospect you know of for sex and need to get the basic stuff down first.

Begin to use the unicorn method on her at all times getting her to think in better directions about you.

FINALLY, begin to become her biggest source of help. Be her "muse" at an emotional level. Not talking about driving her to the bank here, I am talking inflate her ego constantly, tell her how great she is at all times any chance you get.

Now here is where you get at least a 50% shot at bedding her. After a week or so of this, maybe a month depending on how quick the frequency of her calls to you and contacting of you double or triple looking for that ego boost, you stop all contact with her.

See she has started to value your opinion from the showing up with a hot chick, and also started to value you because her mind has been pushed in those directions. Your ego boost to her isn't just ass kissing, it's a guy she really cares about what he thinks of her blowing her go up.

Let her contact you rarely and when you do be totally aloof and give her none of the ego trip she is seeking. About half of women will at this point get threatened and question you in an angry manner. She may say: "You have changed you used to be so nice but now blah blah blah". If she is this type she will not bend to this and will demand the ego boosting again before any prolonged contact happens again. Cut her off totally.

The other half will begin to become infatuated with you as their ego rides on your constant blowing up of it, so in your absence she will feel "lesser" and in your presence "deprived of something by him". At this point simply getting alone with her and using your foundations and advanced RAP stuff until she reciprocates a sexual state will get you in bed with her.

The go with society tactic Sometimes a woman is just a cold fish no matter what, YET will have rapport with you like she is your best friend ever. These women know the code 100%, they know getting alone with you will probably lead to something. So they avoid it like the plague.

She is pulling things like " I ain't easy" "I don't just go home with guys I just met" "I am not going to fuck you" out of her hat and being blatant.

See, as in unicorn method what she is indicating to you is obvious here, you use the dynamic sex life stuff, so you aren't talking sexual to her, you are showing it to her. For her to outright be disqualifying you verbally for something you never took to a verbal place gets you in a position to pull off this: Tell her: "whoa slow down I don't move that fast myself either, but I thought we would go back to my place and talk and stuff, maybe listen to some tunes" OR "You've got a dirty mind on you there, I wasn't thinking that at all, lets just go back to my place and hang out" Whatever your proposal was, reiterate on that being your TRUE intention, and make her feel as if SHE took it there to the sexual place, even though it's obvious what's going on between you non verbally.

This now puts you in a frame of power. Women are not used to this, they are used to being the one conveying the signals of sexual nature, you verbalizing something to her then shutting you down.

A couple of exchanges: You: lets go back and listen to some records and talk at my place or something.

Her: Or something? What, you just want to fuck me?

You: No of course not I wouldn't even think of moving that fast. What gave you that idea? (With a small laugh and maybe look away and around like you are a bit ashamed of her or getting bored with her.) Her: I didn't mean to say that it's just most guys etc You: Ok then lets just go then, we are both adults I am sure we can manage to keep our hands off each other (as you roll your eyes and slap her on the shoulder lightly) One objection you will hear

sometimes during this is the good old "I know what will happen if we get alone together though" which is a massive indicator of her saying she wants to fuck you. Always reply back with something like "we are both adults I am sure we wont end up in our underwear making out on a pile of our own clothes or anything". This sort of thing combines unicorn method, a challenge to her maturity level she may be inclined to prove and a joke about her to make her feel like the loser guy who went to far with sex talk and you the hot chick. She will be your slave, trust me hahaha.

Basically when they stonewall you for sex verbally before its even gotten there whip out this "WHAAAAAAAAA???" attitude and bust her balls a bit about it and you are in. Then suggest getting alone together again from this place of power.

Specific places and women Each place you meet women and specific types of women will have their own little things that can make it easier or harder to deal with them.

By now you for sure should have started noticing this truth if you have been out meeting and using the stuff in this course on women. That's "sometimes it just doesn't click" and others times its like "that was just too easy!".

Here in order of difficulty and with brief explanations of why I ranked them there I will attempt to give you some order to the chaos.

SURELY if you have been reading non stop since page one this is not for you, as it may make you shy away from getting overall good experience with ANY and ALL women you see that you desire. For those at the final level though I will break the dynamics down, many of you will already know this if you've been doing any actual field time.

More specific though you will go in to the place, the type of woman and the dynamic already in place to keep in mind by number. After a while of course this wont be needed, but for right now that's your mission for this section.

Venue wise and target wise I will break it down here for where and who/target you should select at a basic level easiest to hardest. This of course is barring any specifics to the woman's mental state. These are GENERAL difficulty levels for better reference, not hard fast rules.

In all difficulty levels T.E.A.M.S method should be applied if other men are present and interacting with you.

Difficulty 1: mutually introduced at very small gathering/"set up". Her conditionings against sex are NIL, as this is how it is "SUPPOSED to happen" of course. So any even small attraction can be acted on without you needing to be hyper attractive to her. Standard to even light RAP and good conversation will work here.

Difficulty 2: Social gathering of casual nature, mutual acquaintance/ she knows someone you know already.

Again nil anti sexual conditionings. RAP with a bit more emphasis on the 2nd P is in order.

Difficulty 3: Social gathering of casual nature, total stranger with no common ties to anyone of any strength.

Again almost NIL sexual problems. FULL on RAP however is in order.

Difficulty 4: Social gathering of work/school/hobby nature, total stranger.

Again full on RAP, and now possibly "the hover" before approach at an open bar, her locker or at the concessions.

Difficulty 5: social gathering of work/school/hobbyist nature, mutual acquaintances.

Harder here than it is in number 4 because friends of social nature will put in a better word for you than co-workers or classmates etc, even if they do not value you highly. RAP and Star character come in well here. Focus on isolation from others a big key, even if not to a place alone with you totally, just away from others to talk.

Difficulty 6: Bus, train, subway, public transportation, gym, repetitively see each other with no contact. Stranger.

Tic tac toe on the bus window, RAP method of course with maybe a 2 stage process. Use the foundations level RAP on the first meet, then once that is all in place for the 2nd meeting advanced level RAP to seal the deal.

Difficulty 7: Mall, department store, grocery store, convenience store, clothing store, anyplace you shop for things. Stranger.

GREAT attention to the hover, the stalk and of course RAP method full on.

Attention to getting her to sit someplace with you and talk is key also.

Difficulty 8: park, beach, lake, concert, bartender, waitress, cashier situation.

Stranger Standard RAP method is the best I can recommend here. Anyone who says they know everything is full of shit, and I got to prove I'm empty here. I have rarely approached women in the environments of difficulty 8, and when I have I did the standard RAP method and found them harder than normal but not extremely

hard so I ranked them here. Any feedback is much appreciated by email on these environments.

With bartender and waitresses usually the best is to simply have as much banter as time allows depending on how busy the place is, do the RAP with special attention to eye contact as usually women who are bartenders or waitresses get fleeting eye contact at best as people are shuffling for money and credit cards and looking at menus and signs and shit. Problem is this, if they are really socially normally good looking they get asked out daily as they are forced to talk to guys and be friendly. This does help to assume some rapport and make 2- sided conversation easier.

Give them good eye contact and simply say, "Hi I'm insert your name" "Would you like to grab a bite to eat together when you get off work" and see where that leads interest wise, if you are reading this far in to the course you should understand how to think on your feet on this one, but it'll be tough anyways as the answers will be everything from "I cant I got to pick my kid up" to "eat in here you mean?" to "WHAT!? I cant HEAR YOU" in a night club" Difficulty 9: bar or tavern. Stranger 50/50 shot she may be there EXACTLY to get laid, by the simple truth she is there alone and this is a good indicator. Standard RAP, the hover and depending on her energy level, energy level of the place and if the energy level of your Star character is right will determine success.

Beyond here or level 9, groups of women and number of them are based on difficulty because of their friends lack of distractions to keep her friends busy, ability of her friends to drag her away, friends probability of starting to feel lonely if you engage her only friend and leave her sitting there too long, and my own experience myself and with training other men.

Also beyond here RAP is assumed to always be in place.

Difficulty 10: bar or tavern. Group of 3 or more women As mentioned above, these friends MAY be a problem, got to get in there be friendly, then get her out of there fast. A better bet is to wait for her to leave the group then do the stalk then the hover.

Difficulty 11: dance or nightclub. Stranger Little harder as bar or tavern feels more social, dance or nightclub feels more "meet market" or pick up joint. So her conditioning will be a bit harsher.

Hover is a must, waiting for the vibe from her is an even better means of ensuring your own time is not wasted. Touching her and laying on the sexual state a BIT faster than normal to ensure she isn't wasting your time is also a good bet.

Difficulty 12: dance or nightclub. Group of 3 or more women.

Star character or vibe first is a MUST. If one of the 2 isn't there you just will not hold her interest or be attractive enough to her to keep attention without rampant immediate attraction.

Difficulty 13: bar or tavern. 2 women Unlucky number 13 here. Going head to head with TWO sets of conditioning here not just one and also a friend that will drag her away if she even THINKS her friend isn't attracted to you. Go ahead and go for it, but we are talking with everything in place without the vibe first you are talking about a 1 in 5 chance of getting laid here at best.

Difficulty 14: dance or nightclub. 2 women Working with a partner is a great bet here as well as 13. Vibe to both of you from both of them then throwing each other up with second hand unicorn stuff and good Star character on both you and your partner will ensure great fun and fucking.

By yourself though, 14 or 13 are both long shot combos.

Difficulty 15: Difficulty levels 6-7 as the place, with anything but a lone woman as the women to approach.

Difficulties 6-8 are pretty easy, but they SKYROCKET in challenge when the woman isn't alone. You become the center of all attention, as there are no distractions, she knows her friends are judging you and how she interacts with you. If you see a woman you MUST have in a group outside of clubs or bars or parties etc walk right up and say "I have to say you are really attractive and would like to get your number and call you sometime" then give her your first and last name and get hers and get out of there and call her later.

Not surefire but hell at least you'll have a 1 in 10 shot or so.

Difficulty 16: Strip, topless, nude bars.

UGHHHHH. These places have a code, a code worse than any other, a code that tends to state either: "ewww she went home with a customer, she is the slut of the place" OR "You aren't going to get laid but you are going to get fucked" meaning they will do anything and everything to get your money from you without actually pleasuring you.

This is not EVERY one of them of course, and some will have sex with a guy for some drugs or if he demonstrates to her that he is a total "image" of the place.

Another words if he is the top guy in the bike gang that runs the place or something.

The general feel of these places once you get to know them and the kind of people that work in them, run them and usually frequent

them is this line of thinking "if someone is nice to you its deception, they want something from you, if someone is an asshole or seems scary they are being genuine". People always love to say "stereotypes aren't true" about everything these days, but trust me, any given stripper you meet its going to be a 99% shot she has a string of ex boyfriends who treated her like shit from day one and maybe even beat her up a lot.

You can take this "kind is weak" mindset they have and the knowledge it's there and play with it to try to benefit your sex life and take some of these women home.

2 things to keep in mind though, These same women, or even better women look wise and SURELY better mental issue wise can be had at the local bar or tavern or even better the local park or mall, EASIER without the conditionings and mindsets strippers possess.

Finally you may want to play the field a lot, have sex with lots of women and not settle down just yet I realize. However with any given women you get in bed it is nice to have the OPTION of something long term without having to worry about the woman's problems because of her employment, with stalkers, attitudes against anything resembling nice behavior and about 25% of the time drug problems.

I highly discourage fucking around with strip clubs in any way, as you can see from the length of the above rant.

Difficulty 17: Women with men with them.

Now we are starting to get in to ridiculous territory. If you purchased this course with the thought in mind of taking ALL the women ALL the time, then you are in love with some chick you haven't even met already. You do not have to be able to have every woman you lay your eyes on. This is called dynamic sex life, not "feed my ego and take women from other guys" Forget about this sort of thing. PLENTY of women everywhere you look are not with guys, or if they are at a bar or club you can simply wait and approach them when the guys aren't around.

Obviously starting trouble isn't a great way to get laid, so approaching women with men that are OBVIOUSLY with them sexually already is just a self-sabotage even if the woman has left the guys side for a while.

Go in any given mall or department store and pick out 10 women you would like to have sex with. Maybe 2 or 3 will be with a guy.

Go in any given bar or nightclub maybe 5 out of 10. Go for the opportunities not the challenges so you have a better SEX LIFE, forget that ego about having to be able to have any woman anytime anyplace and instead focus on the looks of the women you want to fuck, and the persona of the ones you may want more with.

What I mean is use the best places not the toughest, so you can get a good sex life going and move on with it, more to life than getting laid, you don't need to be the master of all domains to be sexually satisfied.

I myself use difficulty 1-7 most and 8-14 RARELY and do way more than fine.

Relationships

At this point I am going to go SUPER advanced and talk a bit about long term relationships and managing them. I call this super advanced as one can only manage too succeed in them once in their life barring becoming a widow. So it isn't an easy thing in modern society.

First I will give you the positives, or what to do that I've had limited success with to keep yearlong relationships going and such.

Right off the bat "the "be nice method" is a key, but also not being a wimp.

Women would rather have no guy than make the choice between wimpy and nice, or masculine and a jerk. This is probably the reason for the low relationship survivability these days. Most guys are one of the two so they ruin it. Be nice, but also masculine and she will be happier than most women out there.

Taking an interest in what she does and supporting it of course also a good thing. Pay attention to any hobbies she may have, any identity she holds close to her. If she is one of the type of women that only identifies herself as a woman and nothing else, pay tons of attention to her sexually, but don't expect it to last long really, she will either smother you or bore with you quickly.

Even if a woman has another identity however you must pay attention to keeping the sexual union hot and new, as she will always be a woman of course, and women have a massive drive for great sex. If she becomes the love of your life, or the mother of your child, or your source of strength in a bad time still remember she is a woman, and again women have the drive for great sex. Start to ONLY treat her as "mommy to baby" or "advisor" or "goddess of my heart" and forget she needs a good banging shit goes sour fast.

About all I know heh, its funny that way when you get good with getting sex from women regular, you just don't seem to take much time in saving a lost relationship.

As the infamous guy from a lot of my examples said to his ex wife finally one night before he gave up on her and moved on to just looking for new options only: "why is it when I tell you I love you I get a sensation in my penis", meaning after 7 years he never even really loved her, he was just too desperate for sex to see what the real liquid filling his ocean for her was.

One thing I DO KNOW though is dealing with the problems of relationships or "how to ruin it". I will list some of those here.

Relationships are really based on attraction. If one partner knows they can do better they will usually treat the other party poorly or not reciprocate the attention.

If you are a "7" and want a long lasting relationship that you feel some love in, find another "7" with a compatible personality. Of course, you'll know you can do better (with these skills), but you'll also know they can't.

Less jealousy, insecurity, and overall hidden desire to get someone better comes in a "same weight class relationship".

You get with a 3 and you are a 5, and you won't feel much of anything for them in the way of passion and desire, so you'll make them kind of miserable and insecure. They'll get jealous all the time and it'll ruin all the fun.

You get with a 10 and (you'll know you can get another one with these skills in this course but still the dynamic ends up the same) your attraction will cause you a rampant level of lust and desire that just isn't reciprocated. That will just make you feel like shit all the time. This is a Kind of the "only people I fall in love with don't love me back" syndrome, so common these days.

In ANY relationship a good method to avoid pain, mess, and eventual heartbreak is to ALWAYS look at how you are being treated and how the relationship makes you feel. NOT at what you feel for them.

To do this will gauge the base level of passion and attraction she has to you. At the FIRST discomfort or pain caused by the woman in your life, LEAVE once.

Make her crawl back and apologize. Following this method will set boundaries that will last.

You leave and won't take her calls, and she has to crawl back to you crying the first time she yells at you, holds out sex or hurts you in some way, and there probably wont be a second serving of that dish. It's hard to do, but it's important to your well-being.

Jaded? Flighty? No. I'd say smart, as it doesn't drag out something that's going to end anyway, leaving you hurt worse than if it had ended sooner.

"It is far better to resist at the beginning than at the end" – somebody clever.

If a relationship goes bad, or hurts at all, and is dragging out as "friendship" or such, CUT IT CLEAN and you'll get over it sooner. If you don't it may drag on for a long time, with you getting degraded and rejected.

These kinds of relationships drain you in all other areas of life, try to avoid them at all costs, but if you find yourself in one, RUN! Instead "Work it out" with someone new, the next one, with a clean slate who hasn't pushed so far into your boundaries yet.

"When women love us, they forgive us everything, even our crimes; when they do not love us, they give us credit for nothing, not even our virtues" – Balzac.

Remember that quote when trying to get a woman to "fall back in love" with you and save yourself some problems.

When you are in the grasp of love and obsession over a girl always ask yourself ONE question, "If I could have sex and a relationship (if I wanted one) with the next 10 beautiful women I see, would I forget that I ever knew the one I am with right now?" If yes, you would, you don't love her. You are sex-addicted and probably putting up with way too much shit to quell your cravings for sex with her.

Also ask yourself when in an long term relationship or when being "just friends", "if I could come and have sex with this woman as frequent as I want, but would lose ALL other activities and conversations with her, would I trade that?" If you would only want her for sex, don't put up with her shit if she's giving you any.

Don't waste time with someone you really don't enjoy, when you could be out finding something more enjoyable and compatible, ALONG with sex in that time spent.

Women sooth issues you have about yourself in relationships. A break up from a long-term relationship can be murder on your brain, self-esteem and wellbeing.

The main reason for this is that you have mental issues you've learned to deal with naturally. A woman comes along who not only makes your dealing with those issues easier, but also quells them altogether.

She makes you feel desirable to women, makes you feel like a good lover, makes you feel like someone worthy of love.

She leaves, BOOM, you aren't only missing her ability to quell these issues, but NOW have to learn to deal with them and get used to them all over again.

Realize this.

Use a pain filled break up as an opportunity to recognize and GET RID of this self esteem problem. Don't be a co- dependant, always defining who is important to you by what gaps of yours they can fill (mind out of the gutter people), instead be a complete person all by yourself. Seek the permanent company of people you WANT around you, not NEED around you. Eventually you don't hurt anymore this way. Instead you will find yourself in BETTER relationships with other "whole people" like yourself.

Grief as a rebound relationship can be a horrible problem. OFTEN when you don't want a relationship to end and it does anyway you will hold onto the pain as a means of not accepting it as REALLY over. You fantasize about the other person crawling back begging to be with you, because they've seen the error of their ways.

Not a good idea, this only prolongs things, focus on YOU and what she did to "complete you" that needs to be complete on its own by your own rethinking of self esteem, goals and ability to succeed. Remember YOU are physically the same now as before you were ever hurting over this woman, only now you aren't used to being you anymore, you are used to being you AND her together.

The electricity in your brain lie's to you, true love is new love, not someone sticking around forever in order to fill each other's needs.

Romance writers of old are responsible for all the pain you've ever felt over lost love, remember monogamy and commitment, even the word "love" are a 100th as old as humans, while sex and short pair bonds are timeless. No one ever killed himself or herself over losing a sex partner until someone decided co-dependant relationships were some mystical bond that must hurt when severed then told and wrote about it.

Just my thoughts on how to think and be to stay happy when it comes to love and relationships, tested, used, and approved by me, myself and I.

Love shouldn't make you feel pain, doubt and jealousy EVER.

Once I'm complete emotionally, ill find an emotionally complete woman to attempt a permanent bond with.

Until then as temporary as possible hot sexual unions, and a little pain in completing myself through future failed relationships are the goal. Finally the finding of a compatible, emotionally complete woman who I simply get along with well and am attracted to will be the end of that piece of the puzzle.

WHEN IT HAPPENS though is when that will happen. My thoughts on love, if its really some beautiful mystical thing, then its fate or destiny, I am not going to TRY to MAKE it happen. Would kind of be counter logic.

FEAR OUT

Fear is what kills you slowly.

Fear of rejection doesn't prevent you from being rejected; it makes you reject yourself by never trying.

Fear of being less than another man doesn't make you less of a man, fear makes you not step up to the plate and compete with that man, making you less of one all in one swoop.

Fear of dying alone, being lonely, not having sexual validation regularly etc makes you die a bit each day, when being with someone you don't enjoy makes you miserable.

Fear makes you enjoy life less and less; the more you allow it in.

Keep your willpower as your main truth as a man, to keep you happy, not just to be more masculine for women or better in business or better in achievements of any kind.

Keep your willpower close to your identity, so that you know as you sit, no matter what's going on in your life or what challenge you may face in the future with enough persistence and will you will overcome it or even accept it.

Never strive for what others think you "should" be, say, do, think like, love or hate. Never do anything that isn't for your own enjoyment or, when its just right, the greater good of all, and when you find something that is both all at once, stick to it and never let fear of how others judge you get in the way of it.

Your willpower will prevail. Your willpower is your greatest gift.