

How To Have **Sex** with a Woman within 2-4 Hours of Meeting Her ...

Every Time!

SECRETS OF SEXUAL TENSION

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Secrets of Sexual Tension
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A Quick Note on these Concepts

This book describes how to create sexual tension with a woman.

If you're interested in really integrating these behaviors into your personality, truly making them part of you and putting your game on autopilot, consider checking out my bootcamp, DiClassified Drills.

In the Bootcamp, we will walk you through everything you'll ever need to do in a pick-up and give you over 100 points of personalized feedback.

For more information check out:
http://www.vindicarlo.com/drills

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Have you ever thought about what makes an interaction with a woman spark?

What is that x-factor that makes the vibe you have with a woman charged with sexual electricity? It's called sexual tension, and it can be created deliberately once you understand it.

I've read articles talking about what really drives a good pickup. Some say proper technique. Others say having a strong intent.

I think it's both.

However, technique in this case isn't about something you say, or some kind of specific move you make. It's about proper timing and self-control.

In terms of intent, having a strong intention is necessary...but what's your intent?

Are trying to make a new friend?

A phone-buddy?

Are you going to figure out the universe with this woman?

Probably not. You're intent is physical.

Pickup is a physical game. It's about **sex**.

Have you ever been so aroused by a woman that no matter what she said or did, you wanted her?

You just had to have her, and nothing was going to deter you.

This desire is the foundation for sexual tension, and is the x-factor of pickup.

Sexual tension is why a technique may work for one guy, but not for another. Sexual tension is game. The rest is details (credibility and logistics).

I don't advise you fall head-over-heels in lust when you are interested in a woman. But that core desire is fundamental if you want to add that spark that makes all the difference. We'll go over how to properly apply your desire later.

Keep in mind, in order for sexual desire, the first half of sexual tension must exist.

Attraction must be present on her part and yours. You know what you're attracted to. But for her – dominance and intrigue are the keys for making her attracted to you.

They are the first two levels of the Attraction Hierarchy, preceding sexual tension, credibility and leadership.

Sexual tension is much-discussed, but little-understood.



High sexual tension is necessary for speeding up escalation. It is how I can consistently bed women in 2-4 hours, and usually less than half an hour.

It is the energy, or charge of the interaction, and its application is subtle, but extremely powerful.

So what is sexual tension?

There are many different definitions of sexual tension floating around out there.

Maybe you've heard of cocky bantering and flirting, or explicit sexual interest paired with false barriers. Some schools of thought advise using the word "sexy" to convey a sexual intent.

And of course there's the old NLP route - complex language patterns intended to implant sexual thoughts in a woman's mind. Some of these techniques are better than others, and may help, depending on your skill level.

I prefer a very pure definition of sexual tension because it is **grounded in real sexual desire**, and a very natural way of magnifying the tension felt by the woman.

Think about it – should it be complicated and hard to learn how to be successful with women? You are a human male evolved over millions of years. It doesn't make sense that you all of a sudden should need some special language pattern. Arousing and having sex with women is simple.

Sexual tension is the ***presence of a controlled arousal state, in the absence of overt sexual intent.***

That's it. Sound easy? Good. The only challenge is to really harness control of your sexual state. Most guys get horny as a reaction, not as a choice. This is where control comes in. Instead of walking around desperate for sex, I decide when to get aroused by a woman.

It's all about focus. When the time is right, I create sexual tension by magnifying my sexual desire for a woman, but not making any overt sexual advances towards her. I focus on her, and direct my energy towards her, but I don't *talk* about it. I maintain a sense of ambiguity, which keeps her focused on me. This is part of what we call, intrigue.

She perceives my sub-communicated state of arousal, and she is free to entertain thoughts without embarrassment (since we aren't talking about sex). This leads her mind in a sexual direction. My state is transferred to her, and she gets aroused. It is then only a matter of handling logistics through leadership and compliance techniques.

Let's take a closer look at the arousal state and how it works.



Controlled Sexual Arousal State

For her to be aroused, you must be aroused.

There are two reasons why a sexually aroused state is important.

First, women love sex. A sexual man is valuable to a woman because he can give her pleasure. Women are attracted to men who love women. If you're not sexual, you are useless to her, unless you can give her some fashion advice.

The second reason is more subtle. There is a phenomenon I call "state-transfer." Have you ever been in a bad mood, and a friend came by in a really great, excited mood?

Your mood probably changed, and you found yourself smiling and cheering up in spite of yourself. His mood was more powerful than yours.

How do you feel around someone when they are nervous? You probably felt nervous yourself!

Think of a time you were with a woman, say a girlfriend, and she was obviously very horny and sexually aroused. You probably got excited because she was excited. State communication is the most basic level of communication, especially if it's something strong and exciting like sexual arousal.



Can you see where this is going?

Some of you left-brainers out there may be thinking that state transfer is a load of malarkey.

I assure you it's not.

Try it. Adopt a playful attitude, and see how people around you react. Adopt a depressed, angry state, and see what happens.

State transfer may occur on a metaphysical, psychic energy level. But more so, a state is transferred with non-verbal sub communication.

When you are turned on, your voice subtly (or not so subtly) reflects your state, as do your facial expressions, eye contact, manner of touching, body language, and a million other little things to numerous to try to micromanage.

If you are attractive (dominance and intrigue), she adopts your state. If you are weak and needy, she will reject your state and adopt the opposite feeling within herself.

A lot of times I'll see guys forcing or faking a sexual state. They'll do it too soon, and it won't be real.

He'll look a girl up and down, lick his lips, and use his "player voice" to try to create a sexual vibe.

This doesn't work, mainly because it's not stemming from *real* arousal, and because he's probably doing it too soon – before she's earned this kind of interest.

How to have a controlled arousal state

It's not as simple as just being horny... Although that's certainly part of it.

State control is vital - if you are nervous or uncomfortable, you won't be able to get sexually aroused.

(State control is not only vital in seduction, but in life. It allows you to stay calm, generally happy, and more productive. In spiritual terms, it is sometimes called "staying centered" or having "peace of mind.")

The best way to stay calm and comfortable in social situations is experience. Socialize more, go out (sober), and get experience talking to women.



Meditation, good diet, avoidance of harmful indulgences like drug use, television, internet (porn), and regular exercise all help. For me, simply reminding myself to relax while I'm talking to women has been extremely helpful.

In most cases, just being relaxed will be enough to make a woman interested in you. Being relaxed around women says so many good things about you, and yet, it's rare that men are comfortable and relaxed when they talk to attractive women.

For the "horny" part, raising your testosterone level will have an incredible effect. Natural ways to increase testosterone include heavy weight training (squats, dead lifts, bench press, etc.) zinc supplementation, eating lots of animal protein, and if possible, regular sex.

You already know how to get aroused. During your interactions with women, simply focus on what she'd look like naked, or imagine having sex with her, or whatever fun little thoughts you want to entertain.

I have a friend that told me he'd always imagine what a woman would look like giving him oral sex, or what sounds she'd make during sex. When he told me this, I just figured he was a pervert.

Looking back, I *always* saw this guy having highly charged conversations with women – he would just seem to ooze sexuality. Women loved it and melted as they looked up at him with attraction.

Often, I'd see women blush, even though he wasn't saying anything sexual. In fact, this guy could turn any boring topic into heavy flirting. And it was simply a matter of focus – vividly picturing what he wanted to do with the woman, and seeing her as a sexual, naked being rather than an opponent to conquer or impress.



Creating Tension

Society programs us to hide our sexual desires until it's safe. Men worry about scaring women off by being too sexual or forward. This is actually a valid concern.

If you've ever said something sexual to a woman before it was appropriate, you know what I'm talking about. They generally will put their guard up against you.

So how do we make this desire work for us?

By turning it into tension.

The tension component is really an extension of the second level of the Attraction Hierarchy - Intrigue.

Intrigue can be described in two ways. It can be seen as a lack of over-validating a woman, or getting her attention fixated on you by being ambiguous and holding back information.

These are flip sides of the same coin. Applied to sexual tension, we enter a sexual state, but don't verbalize our desire.

If we did, she may like it, or not like it. Either way, now she knows where she stands - she is validated.

This isn't bad, but it's not optimal. She has you figured out, and knows you want her, which gives her the option of forgetting about you and focusing elsewhere. You are "solved."

Another key point about verbalizing sexual interest is that it puts her in a position where she has to agree to it.

She must consciously admit that the interaction is leading to sex.

Again, that's not bad, but it's not optimal, and sometimes can create a mental block in her mind for being alone with you.



Imagine sitting in a room with a closed treasure chest in front of you. Then you open it and find gold coins.

Ask yourself, when is the chest more interesting?

True, the gold coins are great, but once you find them, there's no longer a mystery. You can even forget about the gold coins for a while to go watch TV or call a friend, because those coins aren't going anywhere.

But before you know what's in there, that chest preoccupies your mind and keeps your attention.

The same applies with attraction between people.

» ***Optimization:***
We can amp up this tension by increasing ambiguity, i.e. intrigue, with the following verbal techniques:

» ***Charged Vocabulary:***
As you describe something or tell a story, throw in sexual/sensual terms like "thrust, hard, deep, wet, throbbing, tongue, pleasure, lick, touch, arouse, desire, etc."

For example:

"I went for a run yesterday, and it felt so good to move my body. I took my shirt off and could feel the breeze over my skin. It started to rain, and at first I thought I'd go back home, but then I had a really wild thought."

"I kept going and going, and it was so wet. By the time I got home, my heart was pounding, and my head was throbbing, and I was so hungry. So I looked in the fridge, but all I had was this meat, that I was saving for later ... I found some birthday cake, and just grabbed a big handful, like a caveman, and licked my fingers clean. The frosting was really smooth and sweet. "

You get the idea.

» ***Double entendres:***

These are an extension of charged vocabulary. Saying phrases that, when taken out of context, are obviously sexual. But you put them in a non-sexual context.

Some examples are:

"You come from a good place, I can feel how warm you are deep inside, I love how you open to me, you're a fast girl, let's do it, come with me, we'll come together, I'm going to make you come, I'm going to give it to you, I know what you need, etc."

» ***Sensually descriptive storytelling:***

Tell stories or describe experiences in very sensual terms, like

" the water felt so cool on my skin, it felt really good to get all hot and sweaty playing volleyball, and then get all wet in the water, I love the smooth thick texture of vanilla milkshakes, when I work out I love to get all sweaty and really give it everything I've got."

This is similar to "charged vocabulary" with less emphasis on sexual terms; the focus is more about making her aware of sensations in her own body by listening to you.

» ***Kino:***

The best way to arouse a woman is by touching her. Get really good at touching women. Practice as much as possible.

If you can touch a woman with the right balance of strength and sensuality, her body will light up in your hands. It doesn't get any more sexual than that.

When you apply the two kinds of kino properly, you can create sexual tension just with your touch. Most of your kino is incidental (non-sexual), peppered with overt, sensual touches that really get her excited.



» ***Incidental kino:***

As per the "*DiCarlo Escalation Ladder,*" spend more time on incidental kino, touching her for reasons other than just to touch her.

» ***Overt kino:***

When you are touching her for the sake of touching, create ambiguity and get her all riled up by coming close to, but not actually touching, her sexual parts.

Run your hand down her side, just missing her breasts. Rest your hand just above her butt. Stick your pinky finger just under the waist band of her pants.

Lean in and smell her neck, but don't kiss her. Playfully push her against a wall, and close in, then back off without an explanation.

Her attention is focused on you, as she gets aroused, thinking "did he mean to say that? did he mean to touch me? What's going on? Is sex coming?" She gets really emotionally excited because of the ambiguity.



Considerations

As I teach in the Attraction Hierarchy, women vary on how much comfort they require before the vibe gets sexual.

We make women feel comfortable with **Credibility** - letting her know:

a) I am safe
b) I understand and share her worldview
c) I can improve her worldview and changer her reality through my guidance.

Some women want sexual tension right away, or they get bored. These women are usually very social and comfortable with their bodies - waitresses, dancers - but not always. Sometimes the shy ones are the freaks!

But most women need some level of comfort first. Talk to her like she's a friend, stay calm, positive/accepting, and interested in her life. After some basic rapport is established, turn on your arousal state. If she clams up or gets uncomfortable, snap out of it and switch back to Credibility fast.

Also, don't use any weird, sleazy tonality when you are aroused. Just keep a normal, masculine tonality, speak slowly, resonantly, and relaxed.

A 'Natural' Application

Many 'naturals' create this kind of sexual tension. These are the guys who seem to emanate masculine energy - a warm, powerful presence. This could be due to high testosterone levels, or sexual confidence.

They are never overtly sexual because they are not desperate - they are already getting laid. Also, they know that women love sex, and are bigger perverts than men!

Knowing this, they enjoy sexual innuendo and getting women all worked up.

They smirk, knowing that underneath her cool act, her mind is spinning with all kinds



of dirty scenarios. They know she's attracted, and have fun building anticipation.

Cultivate an appreciation and skill for building anticipation - it is the hallmark of all the great seducers of history. Instead of rushing to the bedroom, or copping as many feels as you can, build tension. I assure you, this works much faster than trying to force an outcome.

After getting comfortable with some of the above techniques, and harnessing control of your sexual state, chunk it down and adopt a basic mindset like the following:

I have fun making women think about me in a sexual way.

I'm going to see how sexual I can be with her without being obvious.

I wonder what her favorite position is.

And remember, building intrigue and anticipation is not a task that you need to do with techniques. It is fun, women love it, and when you get the hang of it, you will too.

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