

Carlos Xuma's Natural Attraction Blueprint



Reference & Content

WEEK 4

Welcome back to week 4. Wow what a trip has it been. This program I think has been almost as beneficial to me as it has probably been for you. I've been finding myself kind of reviving a lot of the concepts on a lot of the habits that I have previously just kind of took for granted.

I've started focusing on a lot of what I was doing. Even today I don't always think about approaching, talking to people. Sometimes I let opportunities go by just because it's kinda old hat for me but I got kinda back in the mind mode of talking to people that I don't usually talk to. Getting a little bit more extroverted in behavior anyways. And it's had a great impact.

I'm sure that this had probably a profound impact on your habits and your socialization skills. So again I am very excited for you. We're now at the last week. We're kind of at the finish line. This is your graduating class for this program.

And I want to congratulate you and salute you for having gone this far and done as much as you've done. This is more that the most any guys will ever do with pretty much any self-development in their lives period. Most people don't even read a single book after high school okay. It's the truth. It's the majority of people that don't even read after they've gotten out of school.

And here you are pretty much honing and refining the skill that will set you apart from other guys for the rest of your life. Sincerely, I totally believe that. And that's why I do these programs is that I know that the skill sets that you are working on right now are gonna make the difference. Not only in getting the kind of woman in your life that you want. That developing the certainty, the confidence that you need to live your life the way you want to live it.

And that is why I do what I do. Not just to chase skirt. It's all about a better alpha lifestyle for you. What we're gonna do is we're gonna talk about critical mass and achieving and consistently maintaining your everlasting success.

That's what's it's really all about for me. I don't want this program to stop with this week. I want it to continue on and on for you. It'll live on far beyond my teachings, my work with you because it'll be established as a habit. That's what makes this most important.

So let's dig right in. First thing I'm gonna talk about is one of the elements that isn't necessarily in the scope of what we're doing here today other than to address the natural part of you. In other words, you've been building this natural attraction, a blueprint. Part of that is how you handle seduction and the overall topic of seduction. Those things that are very conducive and very particular and very specific to you about that.

So we're gonna talk about those now. Obviously with the personal approach that you've been developing those

parentheses and everything in between. There probably isn't any room for seduction as a part of that quite yet. That's okay. What you're gonna develop is the underlying attitudes of the man who is a seducer in a lot of ways but not in the bad sense of the word.

In the good sense of the word. The one that women want. So let's start about seduction a bit. First off, attraction has many levels. Let's talk about them a little bit here.

There's many levels of attraction. Again, I think that guys tend to think very one or two dimensional when it comes to attraction. There's only one kind of attraction and that's sexual/physical attraction. There's a lot of kinds of attraction, a lot of different kinds of interest we have with people. The first is curiosity.

Curiosity is what I consider to be kind of that first stepping stone in creating real sexual attraction with a woman. If you can get her just a little bit curious. A little bit uh-huh. And a wondering about you. That's where everything else kinda falls from there.

If she does not have that initial curiosity about you. She doesn't really care or want to know more about you as a man, things aren't gonna go very far. So curiosity is really important. Curiosity is also important for you because it drives your approach with women. It drives your conversation with women.

And that maintaining that curiosity, that boyish curiosity and inquisitiveness is what will get you a very distinct as when it comes to talking with women and creating the attraction. Interest is the next level. It's the next step up from curiosity. It's a genuine high. I'm consciously aware now I'm wanting to get to know this person better.

It doesn't have to be sexual. It can be curiosity and interest as a friendship. It's a lot of different ways to have interest in a person. Then of course there's lust and sexual. That's pure gut level, basic, animal, wanna get in bed with that person. Wanna rut, wanna do the nasty.

There's rapport. That's a different kind of attraction. Rapport is a kind of attraction. When you achieve rapport, you're creating a kind of sense of connection which is the next one.

Rapport leads to connection. Rapport is the sense of I can relate to this person. I can on some level understand their way of viewing life. For so many people, maybe we just don't match up in terms of our interests. A lot of people just don't seem to have anything in common with us in any way.

It's really difficult sometimes to relate to some people. The fact of the matter is that we are much more alike than we are different. But again we're stuck inside our own lens of our own self perception. It comes very difficult to separate ourselves from that and understand that other people are wont in the exact same things as we. And pretty much we're all very much alike.

Connection is that sense that establish something here that's special, that's unique. I've found somebody with a common interest or at least a common level of understanding that you can relate to. And there is a connection, a bridge formed there. And that's probably one of the most important things for a human beings to achieve. We're here and we're apparently alone.

We come into the world in a lot of levels. We leave the world alone and there's really nothing else we can do about that. Connecting with other people is all really have. Gives us the sense of a place in the line and that sounds sounds cliché like a lot of people do about this topic but that's really what it is. To feel like you belong in this world you have to connect with other people in this world.

The saddest people in my opinion are the ones that estrange themselves or disconnect from society and other people in general.

Another form of attraction is fun. Having fun with somebody creates a different kind of attraction doesn't it? It's hard to explain what it is but there is a level of attraction there. Doesn't matter if it's physical/sexual or it can be a sense of fun with another guy.

You just wanna hang out with that guy because things are always fun with him. Or a chick that you hang out with and she's always fun too. She's got that cool playful attitude that you look for in a woman. Which by the way can also turn into a red flag in reverse. If you are with a woman and she does not give you that sense of fun.

You got to consider that it's someone I like to have around me. I don't care how beautiful a woman is. She isn't fun, she isn't staying in my life. Power is an attractor believe it or not because we are gravitated towards aligning ourselves with people who have power. That's why the demonstration of power in healthy ways can be a very effective element in your game with women.

Social attraction is simply that kind of person you wanna hang around a person because they're fun to be with around with as a fun element. There's also social connectivity element. There's somebody where you could actually connect with on some level. They actually have a social power is probably a better way of saying it. Their power is related to being a social person.

They're connected and they know other people. You always know you're going to be bridged to or connect to people through them. People who are often called hubs or connectors in Malcolm Gladwell's terminology. These are people that connect us to a lot of other people in our lives. And then there's also instinctual attraction.

These little triggers that can be set off and you don't even know why but if something can just trigger instinctual part of attraction now. A funny thing is a lot of these have instinctual connections. There's instinctual buttons that are pushed that makes us feel a sense of attraction for a person. Like power. If we sense that a person has power, we are attracted to them instinctually as well as logically and rationally.

So a lot of these work on an instinctual level. So this instinctual is kind of a sub level of all these levels of attraction. So consider that as lots of ways of starting attraction. And this will give you a multi-dimensional palette if you will of colors of ways of ways of attracting women. Let's start with a truth and consequences when it comes to seduction, the truth and consequences game.

A woman who is always avoiding Geoffrey and consequences. That's part of her game with men is she's trying to avoid bad things in life. And she does not want to have the consequences that come along with seduction. A very real thing to understand. And there are consequences with having sex with you.

First off, that you're going to break her heart. You're going to leave her. You're going to use her in some way. This is in her head somewhere. Another is you're going to

be the clingy, needy guy. You're going to stalk her. It's there that she's going to look like a slut. This is going around in her head a lot. This is one of the possible consequences of having sex with you. When I say having sex with you, I mean after sex which she is normally used to having.

This is the seduction element. This is you using your natural masculinity. You're going to find that women are going to respond to you much faster. She's going to click with you quicker. You're going to be able to sleep with women quicker by understanding these particular concepts.

If you manage to avoid bringing up these triggers, they're going to happen no matter what. But if you avoid pushing these buttons in otherwise making her otherwise making her cognizant and aware of them, you're going to go a lot further, a lot faster. Don't worry about them. Don't worry that you have to come up with an objection for them. Make sure that you understand that above all, you just have to avoid making a big deal of it.

If not, too soon would ruin the chances of a relationship later. This is what she's thinking about when sex comes up quickly. This is one of the things she's thinking of anyways. That if she has sex with you too soon, this could ruin the chances of you wanting to have a relationship later because she's making it too easy. It's going to be a one shot.

These objections that she may have in her head are there and they're also kind of a protection against what she does want to have. Women want to have one night stands. Women do want to have occasional meaningless sexual encounters. Most of the women you talk to are not going to admit this. It's a game.

And it goes back to all these objections. So what happens? You believe because she never shows the outward signs of wanting to have casual romance for lack of a better term. Because she never shows that, you don't believe she really wants it but she does. It's in there underneath all the facade, all the instinctual programming, all the societal programming.

It's in there. Another one of the consequences is that you're going to give her STDs or you'll get her pregnant. Again, these are ones you don't need to address handling, objections or anything like that. The STD and the

pregnancy one is easily taken care of with birth control or a condom. You can even bring this up in conversation, in stories when you talk to her.

You can say things like "You know what, this is really just crazy but I got this friend of mine, Jeff and this guy he's seeing a ton of women but you know what every so often, he doesn't use a condom. And I've been thinking to myself, 'Dude, it's the easiest thing in the world. It protects you against everything. It protects her. Why won't you even use that, you know?'"

Now by saying that little story by getting out that little bit of information, which she'll obviously agree with, you're indicating something that will tell her on a subconscious level "I'll have to agree with this guy. He understands how it goes. He's not gonna try and use me and lose me. He knows he's got to use birth control." You're demonstrating something right there by virtue of the story you're telling. That's how you tell a woman things. Is let her figure them out from what you're saying. Don't tell her directly.

Very important to understand that about women. Now after the consequences have been handled with a story. Like the "I'll look like a slut" I have a great story for this one. I use this all the time.

I'll talk about a good friend of mine who actually is a friend of my, I'll just change her name for the sake of example, Sheila. Sheila has this tendency of having a lot of one night stands. And what I'll do is say "You know what, I have this great friend of mine Sheila. And it's really crazy because, isn't it weird where there's a double standard when it comes to sex. She's really into her sexuality.

She loves sleeping with guys. She's not like a slut at all. She's just very physical and you know what, she likes me because I just never judge her and all that sort of thing. I never come down on her. I think it's fantastic that she's able to do that kind of break that whole society programing that you're a slut.

If you're a woman like such do you know what I mean?" Again, what did I explain there? I said in a story version of which I told her "I'm not going to judge you. I don't think we are sluts for having quick sex." That's kind of the exception that she's looking for. That's what's going to

give her the ability to feel free enough to go through there faster when it comes to seduction.

Role reversal and reverse qualification to address. This is a technique you can use to handle a lot of these things. And by role reversal, and reverse qualification, what I'm doing is saying things like "Oh, you're not like one of those girls that just like like totally hooks up with a guy and like trashes them and leaves them are you? Because you know what? I don't want my heart broken." What am I doing? I'm assuming the role reversal which is normally, it's women that had that concern.

So I'm pretending to be the guy that has this concern. And I'm using it as a way to joke and tease her a little bit. And now she feels that she has to adjust herself a little bit. Saying "Oh I'm not that kind of girl." You can play with it again on a role reversal play like this is another way of teasing and building sexual tension energy.

You can't tell her anything. Just what I was saying before, you can't tell her anything. And this goes for relationships too. You can't tell a woman anything directly. The single biggest problem that guys have in relationships is.

A woman needs to trust her emotional detectors. She cannot take something in through her logical filters and just believe it right off the bat. It doesn't work that way even for men on a lot of levels. Women put you in situations to screen you out. To test you if you will to see what you're made of.

And that's how she's going to figure you out. So don't let her figure you out by accident. Let her figure you out on purpose by a certain amount of planning. By a little bit of structure in how you present yourself so she does not misunderstand you. We both know you're a great guy otherwise you wouldn't be taking this program.

How is she going to learn that if you don't learn how to communicate it effectively to her? That's what we're talking about here. We're not talking about manipulation. We're not talking about trickery. We're talking about the effective communication of your natural personality.

Now let's talk about truth and consequences. Let's talk about bringing out the natural. A big part of this program has been figuring out what is original, unique, special, and important about you that you can use to attract women.

When it comes to bringing out the natural. The natural is a repeatable habit.

That's all that simply is. You have to occasionally reverse something natural to make it natural. In other words a lot of things that you think come naturally to a lot of performers, a lot of musicians, doesn't it seem like when you watch a concert and you watch these guys perform, don't they seem so natural what they're doing, what seems so carefree and effortless. I remember seeing one of my favorite heavy metal bands a while back and these guys were onstage and the guitarist was playing. He wasn't looking at the fretboard.

I was analyzing and totally breaking it down on how he's picking, how he was handling the fretboard and everything. And I'm noticing "My God, this guy, his fingers seem to go wherever he wants them to go. It's effortless and then I realized of course it's not effortless. He's spent hours and hours and hours. He's been on tours for days and months and years doing the same thing every single day, hours and hours a day.

How long do I spend at it? Well these days, not as long as I'd like to. Just a few hours a week but nowhere as much as he did. Obviously it's going to look more natural. That's the difference.

So you have occasionally rehearse what you want to be natural in order to become natural. Natural isn't always natural at first. Think about it that way. We want to be who we are right this minute is also a rehearsed version of who you were as a kid. If you think about it, there's a ton of your behaviors that you didn't have as a kid that weren't natural to you then that are natural to you now.

Does that make you more natural now? Less natural then? Think about it, it's really important. Natural as a term really just means, anything that does not intimately fits your personality that you've made a part of your personality and your behaviors and your actions. That's what natural attraction's all about.

So we're enhancing what you already have. We're not adding things that are false, fake or manipulative. And they do sometimes maybe practiced or rehearsed. Anxieties are what block your natural from happening. That's the problem.

The problem is that you don't have enough planned or least understood to work material things in your life that you've used before. So what happens? You feel anxious. When you feel anxious you disconnect from the real parts of you that are easy to project that are naturally attractive. So it's a catch-22.

One, you don't have the other. Natural is not forced. The simplest definition of natural is not forced. Not that it's not you right now. It's just not forced.

And that's why you can be forced a couple of times and then lose the unnatural feeling later on. You can be a little bit forced up front. That's okay, you realize you're going to get past it because you're fine with what you're doing. Because it really is you in a way it's just not something you've done in the past. For some people it's cultural upbringing.

They're not used to touching people. And in other cultures, some in the Middle East, some in Asia where touching is just handled differently. As a result, it feels unnatural to them. But guess what? The unnatural for them does not mean unnatural for the human race because obviously we don't all behave the same way.

Unnatural becomes natural with a little bit of forcing upfront which becomes natural through practice. And sexually intentional. This is a concept I bring to you from martial arts a little bit. It's called a martial arts intent. I took the class a long time ago.

It was a kung fu class. And we talked about the power of a strike and hitting. And what we do is run around. And we're running around punching a pad. There's a couple of people in the middle that are just holding up a focus mitt.

And we punch it as we pass by. And the instructor just stopped us and said "Wait. You have to be hitting that pad on purpose and there's a difference between what you were doing and hitting on purpose." And I think to myself "Really, wasn't I doing that on purpose? I was hitting the pad.", I think to myself "Hah, wait a minute. He's talking about intention. What was my intention for that?" What is your intention with women? Most guys don't really have an intention of sleeping with women.

You think they do. We think we do. We think they do. We all think we all have this intention of sleeping with a

woman but we don't necessarily. We have to have an intention that is very clear.

Very straight. A lot of guys' intention with women do what we call a meandering effect. They go this way, this way, this way... Trying to get to the ultimate goal which is right in front of us. So we're making it more difficult than we need to. Be intentional.

Sexually intentional means, you don't need to be so covert about your sexuality. That you're a man. That you want to have sex with women. Very wrong kind of way of saying it but think about it very clearly. Intent really means a way of shedding a lot of the shame the guys feel about who they are as men.

Feeling shame is going to be the ultimate poison for your masculinity and your ability to suit women. Plain and simple, hands down I can stop right there. Shame will kill your game. I've actually got a ton of stuff I've done on shame and covering that on another program. It's a little difficult for me to cover all of it here but just recognize that shame is that feeling of "Oh my God, what will other people think of me for doing that, or for thinking that?"

It's that accountability that seem that we have to other people. There's a good side of that don't get me wrong. There's a lot of bad to it as well. Sexual arousal and sexual seduction. You're never going to seduce a woman with logic.

So please get that out of your head right now if you're trying to rationalize or approach a woman from that top layer of her brain. "Get in up here" It's not going to happen. You've got to get in down here. Low. Gut level.

Very instinctual, very primitive. You're never going to seduce a woman with logic. So if you're a left brained engineer type like me. A total brain, a total engineer head. It's time to get working on the other side of your brain which is the right side of your brain which is a little bit more creative, artsy, a little logical, rational.

Very flighty and creative. Start working on your creativity which is where a lot of your banter will come from. A lot of your teasing. A lot of your ability to feel like you just come up with stuff on the spot. This is the kind of thinking that you work on in improv class.

You're working on the side of your brain that most guys never really get to use. They're so left brained. I mean literally if their brain can weigh proportionally the same, your head will be stuck over on the left side because they have no development on the right side. The right side is where you're going to really work on your creativity. Your ability to just come up with stuff to be social.

It's the soft skills we've talked about. It's not difficult. It just takes a different way of thinking. Let's go deeper into that. Some communicating of your sexual intent.

We've talked about that a little while ago. Nothing needs to be overtly said to a woman. You never say something like, "You know what? I feel like kissing you right now." No you don't. You just do it.

You don't look at her and say, "You want to kiss me right now?" You just do it. This is the intent. Nothing is overtly said. So you have to sub communicate what your sexual desire is for a woman.

You sub-communicate it through your body language. Your tonality. The way you look at her. The way you just stare at her and go. And get into those eyes that kind of penetrate.

Those are the things you do. Verbalizing. What it does is when you use words too much; this is a big fallback for guys who like to talk and use logical thinking. "I'm going to talk to her from up here. You like my voice? That's my little analytical engineer voice yeah." Verbalizing puts a woman in a position to rationally accept that the interaction you're having right now could lead to sex.

Let me say that one more time because that's a little bit complicated. Verbalizing, in other words using words to communicate sexuality puts a woman in a position to rationally accept that your interaction could lead to sex. And you're putting her in that position. Guess what she's likely to do. She will not accept it because up in the rational mind what is she thinking?

"What are other people thinking? What are their judgements going to be?" Instead of feeling it down here where she's like "Oh God I just want to fuck this guy!" That's what you want. Only say things to a woman that could be interpreted sexually or are ambiguous. Meaning things like double entendres or just sexually suggestive language but never directly say it to her.

You never say anything specific about what you want to do with her. Let her think about it in her mind. That's the great power of romance novels that women love so much. They don't really overtly say what a guy is going to do to her. They're talking about what's happening in that moment and she's kind of like interpreting it for herself.

NOP state transfer. Big words. Big concepts. What this really means is an infectious mood. You've probably heard the term state transfer before.

If you haven't, what it means is where we try to transfer our state into another person. My state right now is I'm happy. I'm calm. I'm confident. I'm here presenting this material to you.

If I was going to transfer my state to you, if you're feeling less than confident. How would I do it? I would do it through the power of an infectious mood which means I have to have more energy about myself than I would normally have. This is how I communicate and I transfer the energy into you. You see this and you go, "Wow he's really jazzed about this. He really believes this. I got to do it."

That's the basis of all my communication I teach. As should be your communication when you interact with a woman. So your mood must always be infectious. If your mood is calm, subdued, held back, you'll never infect her with your attitude. With you power.

With your state. That's a bit part that one there. Again, another one that guys don't understand and they hold back a lot of energy because of why? Shame. The rules of the game.

Let's try go through this very quickly. Don't approach a woman with sexual interest turned on. You never walk up to a woman with an obvious "Wow! So do me you. I would bang you over the hood of my car." No, never. First of all, it's going to work against any kind of qualification you want to do this woman.

But coming up with immediate sexual interest in a woman scares her off. It's too soon. How could you possible know that you want to sleep with this woman? The only way that you can know that you want her in that way is based on things that she would feel is not personal to her. She has to feel that you suddenly see her and then go

"Wow! Now I'd do you. Before I wan't too sure but now, I'd bang the shit out of you."

That's the kind of change that she has to see happen. After qualification of signs of attraction, then you can let that switch flip. So you approach with an attitude of skepticism and a little bit of "Hmmm. I thought you were kind of cute so that I'd say 'Hi'. I mean I wouldn't do you or anything." Then again this is in the back of your head. "I wasn't interested in sleeping with you. I was kind of just curious as to what kind of woman you are."

Then you can let the switch flip. You start to talk and you start to interact. And now you're like, "Hey. Now I'm digging you." And you're going to be the first person to let that happen. Relax.

You cannot be sexually arousing when you're uptight and nervous. So make it out sort of like, let it go. Imagine a woman doing all the evil things that you want to be doing with her. This is like a shortcut for getting in the state yourself. This is one of the biggest rules of the game.

It's the most seductive quality a guy can have. It's a mental massage you can apply practically in any interaction with a woman. When that switch flips and you do decide you're sexually interested in this woman, then you can imagine her doing all kinds of nasty little things. That's right. Down on her knees.

Turned around then over in front of you. Whatever you like, you can imagine that and that will help put you in a sexual frame because realistically, most guys don't talk to women when they're turned on. They don't. They're not turned on the right way. They're turned on in an anxious kinda weird way.

They're not genuinely sexually connected to their desire. Their intent to take this woman and have her sexually. So by imagining her doing these evil things what you're doing is you're actually kinda getting yourself a little aroused. I mean don't go getting a boner or anything like that. That's going to be a little tough but what you want to be doing is getting yourself a little bit "Whoa. You know it's kinda getting a little bit hot in here."

That kind of "Oh, she's going to sense..." And that's going to give you a much different revive as you talk to her because you're going to be more like "Oh God, I can just totally wow!" I can already imagine just seeing it you

know I'm pitting it from behind and there's that little wave that goes from her butt to her back and then I'm like "Arrr" It's like a porn movie. That's the kind of thing that can be going on in your head.

It's a little graphic but it's true. And that's a good thing to have. It's not that you're objectifying a woman. You're imagining her sexually and how you would really make that happen for yourself. Techniques.

What are some techniques you can use. First there's sexual terminology. When you're talking with women, use words like this: thrust, wet, come, throbbing, lick, deep, tight, desire. Words that have obvious sexual connotation. Be sure you're putting it into your conversation.

There's lots of ways of doing it. I talk about playing a guitar. "My fingers, they're moist from kinda having played. They're sweating. And the tips of my fingers are almost throbbing. I have that kind of energy it's like I have this desire to just play again." You see what I did there? I turned playing a guitar into a totally erotic event.

And for women they think it's phallic anyways with guys playing up and down a big long neck. Do it seriously though so she does not see it as some kind of lewd technique. You're not going to sit there and go "Wow, I was just going to thrust my drink into your hands and see if you would lick the rim of it." Don't do anything stupid like that. Work it in very subtly into your conversation.

And the more you do this, the more you're going to find yourself becoming more seductive with women. Do this now even with women that you don't want to have. That you don't have any physical interest in. Practice with the women that matter the least to you so that you can have enough practice so when a woman comes along that does matter to you, you can perform. This is a big performance gap issue.

Don't just be going after the women you just want. Sexual terminology really important. I know that we've got to open here. Use double entendres. Double entendres are words, are phrases that have two meanings.

Like "Come with me. I want to show you something." Double meaning there huh? "You're warm deep inside." Talk about that.

Deep inside somebody. Deep inside is figural as well as literal for a lot of women. "I'll do you in a second." That one I use a lot. And you may wonder how hokey is that?

When I teach martial arts lessons, if somebody is late for a lesson I will look at the woman and go "Hang on a second. I'll do you in just a second." Then again I do it in a serious way so she doesn't think I'm messing with her. But what is it doing to her? It's triggering sexual thoughts in her mind. She gets to play dirty in her own mind.

"Hee hee hee..." She gets to giggle inside. Then again, not in some kind of; I hate to say this but there is a system out there who shall remain unnamed but it's initials are SS and basically this particular technique involves a use of sexual terminology to seduce women. It does not do the job on its own. It will never do the job on its own. You still have to have skills with women.

You can't just say "You know I was just thinking. If you were below me and... what blow me... did I just say blow me? No I said below me." That's one of these things that I just cannot understand but it does come as a sort of magic bullet for guys. "Hey if I just use dirty words, she's going to get turned on and want to screw me." No. It's part of the picture. And we're building up to this picture for several weeks now so you understand what are the differences.

So don't do it in some sort of corny SS sort of way. Kino. Use kino. Touch sexually. This is another turn on technique that gets you seductive with women.

Again, you're going to start to feel unnatural with it but it will work itself into being natural. It's not intentional to start. Not intentional touching sexually is un-calculated meaning it's just incidental like your hand brushing against hers. Or as you're passing by, you just kind of accidentally hit her with the back of your hand. Brushing with the back of the hand is the best way to do this.

Because the back of the hand says unintentional. The front of your hand says intentional. Very big difference. And that's the only difference you need to know in order to make a lot of this contact with women. Fingertips say intentional too.

Handshake. Very simple. Very easy to do. One of the things I love to do with this by the way is when you shake a woman's hand for the first time, turn her hand palm

down like you're going for a kiss then just put your hand on top of it and say "Wow it's so nice to meet you!" And then pull your hands away and let her hand slip out of your hand.

By clasping it, she's going to feel almost like hugged with her hand. It's a really unique sensation for women. They really get turned on with that one. Hand on her shoulder for attention. Put your hand on her shoulder for a second.

That gets her attention and she turns and just take your hand off before you become lewd with it. High fives. Great non-intentional keno there. Bump fist. "Hey, cool to see you.", and then you bump.

Those are great non-intentional ways of coming in contact with her without sexual intent is what I mean. They're intentional in terms that you want to do them but they're not "I want to get with you right away." They're just contact. More intentional contact comes later after this. Things like palm reading.

That's obviously very intentional contact. It's also a lot more focused contact. Quick strokes where you rub your hand along her arm briefly. Things like that. Stand close enough with a woman that your leg comes in contact with hers.

If she doesn't pull it away, fantastic. That's a great way of kind of warming up to her. She is going to feel that. She's going to sense it and she's going to be turned on by it. Just don't do any of these for long.

Find a reason to pull your leg away first because the person who removes contact first tends to be the one with power and control. Pull her closer to you to talk to whisper. You reach in behind her neck and you pull her a little closer gently. Don't yank her head. Just gently.

Or you put your hand on her shoulder and you go lean in like this and go "Hey..." And she'll lean in closer. Touching jewelry and features about her. She's wearing rings. She's wearing bracelets. She's got some kind of jewelry that you can point out and touch.

And you can just twirl the ring around her finger. Play with it a little bit, whatever. Brushing cheeks as you lean in to talk to her. This is more for a loud environment like a bar or club. You lean in and if her face is here, you just

kind of talk to her ear but your cheek is touching her cheek right here.

More. This is going more intentional than what we've been talking about so far. Lead her by the hand. Take her by the hand. Lead her someplace.

Hand above the butt. Meaning on her back just above where her butt cheeks start or on her hips just above her hips. The part that would be outside of the jeans if she was wearing a pair of trendy jeans. Hand on her side. Again same thing.

On the side of her body. On the side of her ribs. The smell of her neck. This is a great one where you're going to smell her neck. Again, this is after you've had the opportunity to get close by other means.

Maybe you reached in to tell her a secret and you're like. And you pull away like "Wow you smell great!" Hands of the sides of her breast. Again we're getting further down the chain here. You've obviously established attraction so this is not first contact.

This is later on down the road. You have your hands on her if she's facing you. Your hands can be on her sides like this. And your thumbs can gently brush the sides of her breast. Very very erotic.

Hand on the back of her neck as you talk. I explained that already reaching in talking but playing by the back of her neck a little bit slightly. That's a very big trigger, erogenous zone. Behind the neck. Underneath the hair though.

Don't let her hair be between your hand and her neck. Get your fingers against her skin. Kissing her neck. This is after smelling her neck obviously. Touching the bare skin of her back.

Very very sexual contact there. Getting your hand just inside her blouse and touching the bare skin of her back with your hand. Now we're getting into the sexual kino. Very sexual is the exposed skin of your stomach against hers. So if in any way you can find a way to, if you have a button down shirt all the way to the bottom.

The last couple of maybe a button or two is undone and you can get your hands on her hips, raise up her shirt slightly and as you lean in to say something to her, your

stomach rubs up against hers. I'm not talking about unfit stomach here okay. You got to have at least a little bit of good tummy action going on but get close enough with it and brush stomach skin to skin. This is the most sexual contact she would have without actually being in bed with you because most women are only used to that kind of contact when they are in bed with a man. Think about that.

And incidentally, have her standing over your thigh. So your leg is between her legs and her privates are above your thigh so what you can do as you lean in and press against her, you're pushing in and coming in contact with her and you give her a little bit of pressure there. Don't grind. Don't dry hump. Let her get the benefit of that contact. And there you go. That was actually quite arousing for me. Or was that good for you? The rule is, your hands are intentional.

When you use your hands, this means intent. If I'm touching with my hands I mean to do it. If I brush with the back of my hands, that's okay. That's better. When I brush on the side of side of my forearm that's even better.

Any other parts of my body typically can be taken either way. But here, this is all intent. So when I touch here, I got to be ready for the repercussion that she is going to interpret that as me meaning to do that touch. And when I say don't use, I mean don't use early on.

Later on you can get more intentional with your hands but the more you can do with other parts of your body especially that thigh trick against her crotch. Very effective. The bottom line is there's no way to learn kino without actually doing it. There really isn't. I could tell you this stuff all day and all night but you just got to get out there and use it.

So I suggest start with a non-intentional then the more intentional and work your way into it. And you will learn. But again, the only way to learn how to do it. Do it. Alright.

We talked through a good portion of the seduction here. Actually the entire part of seduction. I want you to take that to heart. I want you to start using it because again, seduction is natural. It's always natural.

And it doesn't take a whole lot of personalization either. It just takes you getting out of your own way. Let go of

the shame. Start letting yourself become more masculine for women and do some of these things and take those reps and you will find a lot more sexual success in the seduction side of this.

And we're back let's get into traps, traps of the trade. The suckers choice is one of the traps I want to talk you about. Suckers trap or the suckers choice rather is being tricked into anger or silence based on a woman's behavior. Let me say that again, it's being tricked into anger or silence based on a woman's behavior.

It usually happens when you've been protecting your boundaries with the jerk and it is a common test with women, let me explain it. You are talking to a woman and something she says is obviously, well maybe not obviously but it's a test of some kind but what it does, it triggers an emotion in you. You feel hurt, you feel slighted, maybe you feel challenged. Whatever the feeling maybe, what it does is it makes you go hey wait a minute. It makes you pull back from the interaction and it makes you shut down or close off or stop being who you were before that interaction.

It's basically a trick she does to see if you can handle it and what you will do is push him, poke him, pry him and push your buttons like this all the time. It's much more typical of women that are younger, much younger women tend to do this all the time. But trust me older women will do it too, the easiest way to little longer to put up on this sophisticated front "oh how do you do, nice meet you and then they start hitting those buttons. It's something she can't control, she has to do it. The suckers choice is when you, you though, you have the opportunity to choose your choice and you always do.

And she knows this and she waits to give that choice to you so that she can see what you doing it. Are you going to get angry with her? Are you going to get mad at her? Are you going get pissy? Are you going pull away? Are you going to get cold? Are you going to get distant? Because that is what she's looking for. When you do that right upfront, she can immediately say uh X you're off the list dude, not a chance. She's looking for you reaction as a test that she will give you at some point and it could come in variety of ways.

As she usually do some kind of teasing, it might be doing something deliberate to kind of test you interest like have a guy and then she starts to get really physical with her

friend, her male friend. Well she's obviously not with but she get physical well let me see what you will do. Do you get jealous and start to shut down? How do you guys know each other, you're drinking, looking around, your nervous, all of a sudden you're uncomfortable. That's what she's looking for.

That's the opportunity she's waiting for to see your true colors. How do you handle it when it gets difficult. So don't make the suckers choice. Be careful of test when they happen and remember be consistent with your behavior. Even when you don't feel like it. Even when emotions are telling you.

Dude she's a bitch man, treat her like a bitch for what she just did. She just disrespected you. That's part of the game upfront when a woman does not have any investment in you. She will purposely disrespect you to see how you handle it. That's how she decides if she's going to give you any respect later on. Now I was, I am not talking about disrespect where she totally mistreats you or abuses you.

Now that's absolutely intolerable and it's totally inexcusable. But at some point there will be some more little incident of this slight disrespect. And she's going to see how you handle it. Do you get mad? Do you bring nazi who says you should not do that to me.

Or you going to have that part of you come out that says dude that was so uncool, come on you're not going to disrespect me like that we barely even know each other and I haven't even had you kids yet. So let's get back you know. You're showing an ability to handle it graciously. That's what she's looking for. Where is this going?

That's another trap that woman will lay for you. She's going to want to know where is it going. At some point she will even wonder this in the first conversation. I had women ask this right upfront, I'm like we just met do you realize we've talking for about 20 minutes now and you're trying to figure where this is going already?

Oh my God you're like one of those chicks they write their self help books about. I got to call up my therapist, hold on you know I will make a joke like that just like that. That's how you handle those situations. But I'm getting ahead of myself. This, where's this going is a big trap for the unwary men because most guys are not ready for it when she ask that.

What do they want to say then suddenly all the conflicts come up in their head. I want to have her as a girlfriend, I'd like to sleep with her but at the same time I do not want to have a relationship with her yet, or do I? Maybe I do. I'll tell her when I want to have a relationship so I can get to sleep with her and I'll make a decision later on.

Dude no, that's not necessary. A woman can't help but rush things. A woman will ultimately want to get as far ahead as she possibly can because she want to tell right away if she could she would love to read a wrap sheet on you with a complete fortune telling and a tarot card reading and a tea leaves that were red and bones that were thrown and your horoscope and every little possible thing that would tell her your destiny with her. So she could feel good about it. That's what she would love to have.

But since she can't, what she will do is try to trick you by pushing and rushing it. Don't let a woman trick you into destroying this relationship too early. The pretense is that you're both free. The assumption is, that anything else is killing the golden goose. What do I mean by this?

The pretense is that you're both free people, you're both free people, able to date other people, that's the pretense that you must be working under. The assumption is that to do anything else would be killing the golden goose. So when a woman ask, it kind of push in this direction. What I tend to do is, "wait a minute" just like I said before I'll say something like "wait a minute, you're asking me where's this going already? Are you in that much of a rush, didn't you read your last issue of Cosmopolitan? They tell you not do that.

That scares guys like me off all the time. You're lucky, I'm a pretty savvy guy." What did I do, I used humor, I used a nice compassionate way to handle that and she's going to get the impression "Oh jeez I'm sorry, oh whew I did that girl thing" bring it up to her in a kind of joking way and she'll back off from that need to know. Compliance and struggle for control is another big trap. You must test for her compliance; you must see whether or not she will comply with the things that you want.

So after you've met a woman and you know her for a little bit. See what you can get her to do. Honestly, see what she can do. I would ask a woman "Hey can you do me a

favor? I was about to go over and ask this guy something, can you go get me over a glass of wine?"

A simple request like that to see how she handles it. It's a qualification for me and it gets her a chance to invest in me. Never ever overlook the opportunity to get a woman to invest some time and energy and effort in you. Really, really important. Because of course, she's going to test for boundaries and control.

She's going to test it. A woman is like the insane person sitting in the passenger seat in your car. You're trying to drive, and what she is going to reach over and go grab the steering wheel and trying tearing you off the road, trying to your car in reverse and destroy the transmission. This is a woman's job, she can't help herself. I know it sounds sexist, I know how it sounds.

But show me one guy who has not had one of these conversations or incidents in his life of the woman. I'll show you guys who basically has never dated a woman. Because that happens, women do this stuff. Sometimes the more she detects that you're an alpha the more that she tries to push your button. Because it's something she's not used to.

I have one girlfriend, oh God I love her to death but she would just test me nonstop. And the funny part was when I was strong in my resolve and I stayed the quarters. At the end of it she would thank me, and it will be like "Oh God thank you far that. Thank you because I did know how much longer this going to have to go on" But then again what would she do, next thing out of her mouth she'd be testing me again.

That's our life; we got to deal with it. Texting and phone game. Give us some specific things you can do to handle this area of conversation and communication with women because you want to be able to build attraction, you want to do it naturally. You don't want to have do it with things and techniques that feels weird. But there are some things you can do very effective, in texting, email and phone.

Texting is like microteasing that is what texting is for. You need to use it. I do not care how old you are. I hated texting when it first came out. And now I use it, it's effective and I got over my little hang up with it.

It's a fact. Women love texting. Why do women love texting? Its' because it's like a mini thoughts, little conversations they can have mean nothing. Women need that; they need to feel that communication.

Texting is perfect for that. "Why would not she just pick up to phone and talk to her?"

She does not want that. She wants the occasional; it's like passing notes in class.

You have to think of it that way. Here's a good text trick to get her phone number. This is awesome and you're going to love this. You're going to text her phone with the word carrot but she can't look at it. This is the great part of the trick by the way and you can always use it on dates.

Text the word carrot to her phone. She is going to have to give her phone number to do this remember. "Give me your phone number. I want to do a trick with you but don't look at the display." She gives you her number and you text carrot to it.

Now, she can't look at the display yet. What you have her do is you have her write down the following. Give her a pen and a little piece of paper or napkin or something and say "I'm going to give you a number and I want you to write this down as I say them okay? The first one, five million, five hundred and fifty five thousand five hundred and fifty five." She will say "What?"

"Just listen, five million, five hundred fifty five thousand, five hundred fifty five. Just write down 7 five's. She will be like "Okay" so she writes down 7 fives. Write down five hundred fifty five thousand five hundred fifty five. 6 fives and so on. Five thousand five hundred fifty five, five hundred fifty five, fifty-five and five.

EX:
5555555
555555
55555
5555
555
55
5

So she got these fives. And then you take the napkin, you hold it in front of her and say "Okay, name a vegetable, quick!" She will be like carrot. It works, it works all the

time. And I think the reason is this is a subliminal programming.

When you write those numbers down, what is it's form and shape of? A carrot. So it's going to be like a little suggestion game. It's a lot of fun. You can do that. And guess what? When you're done, you've got her phone number dude. It couldn't be easier. God it's just so easy. Always playful.

Texting is always playful. Always, always, always, always playful. Don't use it to set dates or make some plans. It's too easy for her to dismiss, it's too casual. She does not take it serious, as a serious medium of communication. So if you're going to use it to set dates or to get together with her, call her up. Then you need to move up, to the next personal mode of communication. Some examples of some good text you're going to love these. These are pretty fun.

"I just ate a yeti"

Who wouldn't be able to respond to that? "What?" I do that after really good meals that I've had.

This one I do in three parts. The first text is "oh"... "my"... "God"

Women love that too. And she want to know "What, what?"

"Just saw your twin" That's a good one.

"You got to be kidding me" She's like "What?"

These are things that demand response because it's going to make her curious. They immediately say "I got some drama for you" "It's over" I like that one.

"Burp." She'll be like "What? That's gross!" Not nice. Too much. All of these are so ambiguous and they can mean anything. But again they're playful.

There you go. Some good examples of little text. You want more good text I got them in my How to Talk to Women Program or have a Complete Text Module Program.

Emailing.

Email is a written substitute of a phone but it's not real time. Meaning it takes time to pass the messages back and forth. You cannot make sudden course corrections. That's what you got to think about with that.

Again more sensitive guys, more nice guys tend to put too much in their emails. Too much energy and the woman can pick up on that. You're too much. The rule is, the more time you have to think about communication the more you get up into your head. The more time you have to think about communication, the more in your head you tend to get. And as a result she can sense this and the less natural it will feel to her.

That's the rule of communications to learn. That's why real time is so much of a great gauge of a persons response. Now I'm not going to give you examples of emails here but you get the picture. Phone. When you talk to her on the phone. The phone is in between that could get her in person meeting.

That's the only purpose of the phone. Don't assume that she remembers you. Just give her the clue she needs to be able to figure out who you are when you talk to her on the phone. This is as if when you talk to her on the voicemail typically. "Hey it's Carlos from the bar the other night."

Or you can point out something about yourself, "Hey it's Carlos. I was just thinking about you. We have that conversation about the whole guitar hero thing." Use replay humor to remind her and get to stay it again. When you do talk to her use humor the first conversation to get back to it. I just advise the guy, he said he was black and he's afraid of approaching white women in certain situations. Because it seemed like "I'm not black dude." They might think I'm robbing them. Dude you totally have to work that. You have to come up and go "Wait ladies, if you're going to hit this gas station. Let me get a head start in running away."

Because you know they're going to blame the brother. That's a great humor sway to approach women. Women are going to totally have their guard let down by that one. At the same time, next time if he was to contact a woman back. He'd contact her back with replay humor saying "What did you with the money you got from the gas station you robbed?"

That would be replay humor. Leave a message when you talk to her voicemail. Don't be one of the guys who hangs up on voice mail. But make it absolutely brief. "It was so great to meet you" No, don't use that.

"Couldn't stop thinking about you" No, don't use that. Here's a trick in your voicemail you say "Hey, it's Carlos. You know was just thinking about you after we got in to that conversation about guitar hero. And I was thinking that..." Click.

I hang up. You cut yourself off in mid-sentence and she's going to have to call you back and find out what was that about. I know that one is a little bit almost black cat. But hey, ever so often you got to have fun. Trust me.

You got to bring out that part of you that likes to fuck people ever so often. Pay attention to the vibe and the energy on the phone. You need to be able to sense when the woman is about to say "I got to get going." You got to be able to get that point. I can sense it now.

Almost distinctly, I can tell when energy is going to fly a little. And that's when you have to ask her out, before you lose the energy and attraction on the phone. You to do it on a high point. Treat her like you've know her for years. It's the easiest way. Treat a woman immediately like you've know her for years. Joke with her the way you joke with people you've known for a long time.

Because chances are, most people in your life that you've known for a few years, you joke with them on the same level. You feel you can go with certain kind of topic in conversation right away with them. Or just treat them the certain way you like. "Hey what's up?" Just having a little bit of a more casual tone with them. Right of to put her at ease. What's the frequency?

When you're calling a woman back first time. About 48 hours or so after the first meeting. Can be a little sooner but around that time. If she doesn't answer, you don't get her. Call again another 48 hours later.

Right away don't keep calling the same night. We know the whole swingers thing by now, don't we? Once the next week, after that. We call her for the first 48 hours then another 48 hours. Once the next week, once more maybe the week after that.

And then you are done my friend, that's it. The reason I say you're done. I know there's something going out there saying, "Keep calling, month after month after month because you never know." Sure it's possible, she will answer sometime later on in the future. But think about this way, your attitude and your self-confidence is much more important.

Much more important. You cut it off. You decide where that stopping point is. That's up to you. More important to you than getting one woman to respond on the phone. There's no woman that is that important to talk to. Trust me, they are all replaceable. I have replaced quite a few. There you go, there's phone game. Let's talk about inner game tidbits.

I'm going to give in to a few things to leave you with since we are in our last week the other tidbits about inner games that you should have. I've put a bit of a little game in every single week. Just so you realize that inner game by itself if you focus on it can be terribly, dreadfully dull and it can really stall your progress. But at the same time if you mix it in with things that you're doing actively; you'll have much more success. Immediately refrain a woman's negative behavior into red flags that will eliminate her.

This is a way of getting the grips with women's behavior that leaves you feeling like you either need to something to get back into her good graces or turns or somehow or totally puts our your masculine edge. That's what it does. Immediately refrain negative behaviors. She's bitchy to you. You think yourself "That's not cool."

Dude this chick is probably something of a bitch. I can't imagine what she's like when you get into a relationship with her. "This is not impressing me." That's how you refrains stuff. Always refrain negative behavior into red flags.

These are things that you would say "Ooh not good" That's one of the things that put down that I would say "I do not want in a woman." And you just showed it. Three stages of inner game denial. This is where a lot of guys get very, very caught up in this whole mental game of - "I would never use techniques, I would never use lines, scripts or routines.

The first thing they say themselves is "You know what, it just would not work for me" ... "It would not work for me" And they say "Okay, maybe that technique would work

but it's not for me or it would not work for the woman that I like" So they look at the routine or they look at some line or look at some tactic and they've decided, "Okay, maybe it does work with women but it wouldn't work with women that I want." And the last thing they realize is, "Maybe it works with women in general but it's manipulative and I'm better than that" This is how we justify not improving in our lives.

These three levels of inner games denial. Watch out for them because they will haunt you, you'll think "That will not work" or "I can't do that, that's not me" Really? "Maybe it would work for me or maybe I could wear that but it would not really attract the women that I want. It wouldn't be very authentic"

Really? "It would attract probably most women but you know what if I did that it would not be, it would be so.. I don't know it wouldn't be my personality so it would be manipulative right? To do that. I'm better than that. I can put that aside" No, it's an excuse to not change. It's what you're coming up with here.

And you're going to watch out for this, it's a very evil little gremlin in the game. Eliminate your jealousy of other guys. One thing I want to leave you with in this final week, it's that you need to eliminate the jealousy that you have of other men. This is the common mistake the guys make, they will be talking about guys in her life. A guy will be talking to another gal and she brings up another guy in her life and then he'll start to get defensive of jealous or weird about it.

She'll bring up some guy, or she'll bring up something that he interprets as being competition. Remember that trap I talked about before, the one where you're trick into silence. This is the way it happens, in a lot of ways. She'll talk about a guy that she knows or you didn't know that she had a boyfriend and she just brings up in conversation and suddenly you get a little bit weird because it's not what you expected, you can't roll with it. Somehow it defied your expectations and now you're hurt.

You're defensive, you're jealous or you're weird. Control that, because jealousy indicates low status. This is the most important part of emotional self-control for you, is to control jealousy. Because jealousy indicates low status man. The most dominant men out there do not perceive other men as a threat.

Let me say that again, the most dominant men out there do not perceive other men as being a threat to them. On the surface they don't, it doesn't rattle them at all on the surface. What happens underneath in their mind, this is the inner game of the alpha men, underneath he's aware of it he going to go "Huh, another guy okay." He's got a little bit of a cautioned thing under his head but he is not threatened by him. He's watching, he is putting him on guard. He is putting on notice on his brain "The guy is something I have to watch out for."

And he's watching, he's always watching. There you go, a little bit of game stuff to leave you with and it all comes down to emotional control. If you can control your emotions with women, you'll have ninety plus percent of these guys licked. It's tricky isn't it? Because guys are not brought up to be able to do this. I'm going to leave you with some opening for the road to finish this section. You're playfully direct on another variation I feel like I need to give you a little more material work with here. And again sculpt it into you. Make it whatever it needs to be for you to use it effectively in your life. Change it a little bit. Try it out.

But here's the thing, use the original words as much as possible until you discover "Oh, you know what's not working for me on that is this..." not just base on discomfort with saying it. Because a lot of times guys soften of the things that I've give them and it soften them too much. They turn something into this a little bad body edge into a whole lot of nice guy. Don't do that. Playfully direct.

Here are some openers. You're going to love these, very easy to do. "You're cute." Drop dead simple, very easy to do. Also really good when your confidence is up. Because you will have cycles by the way.

Some of these openers will have to wait to use because you need your state back up. Sometimes you can't use them. "You look friendly what's your name?" ... "How do you expect me not to hit on you when you look like this?"

That one is a great one, I like that one and you don't really say what this is.

That's the key to that one. "How do you expect me not to hit on you when you look like this?" It comes across as a compliment but I have not overly said with, this is. "I do

not think I have not met you yet. My name is Carlos.”
Simple.

Specially on social environments. “ I’m not sure what to say but I have to introduce myself. My name is Carlos.” That one is a very genuine, low level, low key one. It goes along the lines of “Hey you know what, I was about to leave, I saw you and I got to say something” ... “Hey my name is Carlos, you know what my brain just seized up that I have to come up here and say hi”... “Sorry there’s no drinking or dancing allowed in here tonight.”

That’s good for bars to get playful way to start up a conversation and they will be like “What?! No way we got to dance!” It’s a crazy thing all women do. “Excuse me do you know what time the bible study group begins?” That one is good because you have to do it with a really serious tone like “Excuse me do you know when the bible study group begins?” It is best for environment where obviously you shouldn’t be there.

If a person will say that in real life it will be like “What!” ... “I’m not into tall girls, short girls, blond girls.” Find something about her that is something nondescript like that then say “But you know what, you’re very sexy. I just have to say hello” Use that, that’s a very good way because if you’re disqualifying her upfront and saying “There’s something different about you, I’m not really all that in to tall girls but you know what I had to come over and talk to you” Whatever it is.

“ I’m not really into girls with fingers but some reason I had to come over and talk to you” The preemptive strike opener. This is a really good one, this the deadly one. Especially for guys who feel like they have some perceived shortcoming. Like maybe you’re balding. Maybe you’re shorter guy.

Maybe you’re thin. Maybe you’re fat. Whatever it may be. Preempt strike opener that retake you most limiting feature and use it for you opening question. Example if you’re bald or balding “Do you think Jean Luc Picard was sexy because he was bald and confident?” It’s very simple, that’s how you put it down and that’s how you deliver it.

Just like that and it’s immediately great because it lets down woman’s guard because they know that you’re not taking this too seriously yourself. And there you go; those are some most effective openers. I really recommend the

preempt strike opener. That thing is one of the most effective things you can do to open up a group.

I’ve counseled guys that are shorter than average. And I said the first thing that you need to do is go in approach for that walk up and say, “ You know what I do not talk to people like you because you scare me” Something to take off the edge a little bit. Let them know that you’re not going to let it be something to get in the way. It shows a certain amount of keen social awareness when you are able to joke about it.

Alright, let's finish where we left off and finish off the content for this week. We're on focus right now. And we're talking about the focus of your lifestyle. Remember all these elements pull together into a comprehensive hole. We're talking about lifestyle.

What I mean is that the things that we are doing are persistent, which means that they persist. They stay on. They don't fall away. They're not behaviors that we're not going to lose overnight. Consistency means that we're going to get the kind of results that you want.

This is the killer of most guys' game is their inability to stay consistent. To do it over and over again. The reason why most women see through the game that guys put out there as far as their game with women is because guys are not consistent. They're not pervasive with their attitude. Their attitude does not communicate with their approach, and it seems like it's not them.

They're not consistent with it. They change gears. They change their approach. They start to get weird and kinky about it. You can't be a nice guy and then qualify hard later on.

This is the essence of what I'm talking about here. In other words, some guy would start it out with an approach and they'll be a very nice guy about it. They'll get a little bit of attraction into it and then they'll remember "Oh my god, I gotta use Carlos' advice. I have to make sure I'm qualifying her." And he'll stop dead in his tracks and go "Oh, you know what. I'm not sure if I can date a blonde woman." It does not come across as genuine.

It feels weird and artificial because their attitude wasn't qualifying enough to that point. Their attitude is saying "I'll take you no matter what." And they get to this point and they try to put off "You know what. I'm going to pretend like I would actually turn you down." Women see through this and it immediately becomes a disqualifier for them. You want consistency not only in the results that you get but the way you present yourself and then consistency in your entire game.

It's easy to repeat. Anything in your lifestyle should be easy to repeat. If you want to make it a habit, it has to be easy to repeat because your life automatically resist you. It rejects you. Makes you want to stop doing things.

Automatically, that's the default of all systems in the human mind and body. Wanting to make you stop doing what is right for you. It's like a plug-in. If you're an engineer type like me you know of this one but I mean think about it like a plug-in. A plug-in for software.

A plug-in for any number of computer programs have this plug-in element to them which allows you to enhance the features. Enhance what it can do for you based on the plug in set. But it's only for that software usually.

Overall, you want these things that enhance and improve your lifestyle to be like plug-ins that you can just snap on, bolt on and go.

Because it frees you up to go further from here. The less you have to pay attention to them, the more you can keep going on and keep developing. What we've done in this program in the last four weeks has been to develop. You've taken a step. A very big step.

Now that you're at the top of this step, you can now see what is the next step of your development. It's lit. It's now visible to you whereas it wasn't before. It may not have been possible before. So that you're building to go to the next step is what each step gives to you.

I can't see the top of this staircase on mind yet either. You can't see what your staircase is necessarily leading. You have a good idea in your mind. It's a goal but you don't know where precisely or exactly where it's going to go. And as a result, you have to just go to the next step that you can see here because what happens step after step after step is going to change depending on what you're doing right now.

It's like one of those choose your own adventure books. And it really depends on which page you choose right now. That's how the whole thing is going to unfold for you. Let's focus on a little bit of tips on the focus of lifestyle. Let's talk about sharpening the saw a because this is where you need to go from here and you'd be able to take what you got and sharpen it.

Make it accurate. Hone the blade if you will so that you can continue getting success. For the simple reason that you're going to actually get more adventurous and risky in material you're going to use from here on out. A lot of guys don't realize this but what you may have considered as being impossible or difficult to use before is now much

more available to you. After you've had some experience doing it, you're going to look at things and go "You know what, I probably wouldn't have used that before but now I've got an understanding of how I can adapt that. Being more like me. And I felt less uncomfortable using another person's words or trying them out and using them in some way."

You're going to find that you're going to get much more adventurous and much more risky because you have got a stable level. A foundation of performance. Feel free to try more openers. You're going to feel free to try the ones that work for you. You've got to smooth out the wrinkles.

Find the places that need fine tuning in your game and you'll be able to fix those very quickly and easily. Consistency is the goal you're going after. We just talked about that. You want a consistent performance. Because a persistent performance will get you consistent results.

Consistent results will give you consistent confidence. And the cycle begins again. The confidence give you the ability to perform once more. This is the universal three steps of building confidence and getting good at anything. Consistent performance through the use of studying and practicing and you get the consistent results by tweaking and sharpening that saw and the confidence comes after that which gives you the energy, the power, the ability, the belief system to go again and again and again and improve it.

Now, what do you need to work on? Overall what you need to work on are these facets of the approach and communication of your natural. Approach and opening. Strength and confidence. What are the strength and confidence elements. When you come in and you make your approach, work on building in an amount of energy to come into the conversation with.

Again, I've noticed this even after boot camps I've conducted in the past and other training where we've been in the field is that in their initial approach, they can get into it but it's a hesitance. When you come in with a full blown "Hey, I'm here. I'm talking to you." without any hesitance is going to communicate something a little bit different there and you're going to get more and more results in the positive. What stories are you telling yourself? Once you monitor your approaching and opening to hear what stories are still going on in your head.

By this I mean controlling that inner voice and nuking the inner saboteur. You've got to control the voice, what it's telling you. What story is going on in your head. Are you still hearing the same voice trying to shut you down? If so, manage it.

Shut it down. Act before it has a chance to disable or debilitate you. Monitor those stories. In body language, here is what I want you to work on. Consistency and body language.

Not only with approaching women but in any social situation you might be in. You work on the fluidity. Your gestures. The way you present with your hands. The tone you use.

The ability to stop using "Umm, uhh, err." The ability to control that. Then for even better development, I have to recommend martial arts. There's just nothing like it in the world to build that sense of physical confidence as well as mental confidence. It works in all aspects of your life.

It gives you mental clarity. It gives you a sense of mental confidence. It pushes you beyond certain boundaries and limitations you imagine for yourself. It really does give you a difference in your body language. I can honestly tell you that I was a total goofball.

I was an awkward physical walker before I got into the whole martial arts thing and then now I can actually move somewhat gracefully. Not completely gracefully. Not like a dance or anything but I can definitely move with more confidence and persuasion. Quickness of thought. Very important for banter.

For interacting with women. Having clever conversation that goes back and forth and being quick on your feet. Thinking quick on your feet. There's things that you can do. Take a standup class.

I've said it a million times, I'd say it a million more. Standup really will help you because the best way to exercise this part of your ability to talk and think quickly, to find humor in things, to work with whatever is given to you to not shut down in situations that might be stressful. Very good. Same with toastmasters. A little more serious side of it but it works too.

They could help you with all aspects of your presentation verbally. Brain exercises. They even have iPhone apps that work on your brain but all of these work really well to help you develop your ability to think. Exercise your brain. Your brain needs exercise too.

Most people don't even read a book after high school. How sad is that? Use sudoku. I like doing those puzzles. I'm a big fan of ken ken.

That's my personal preference because it has calculation built into it. It's not just logic. It's actually calculating. Crosswords. Great way to exercise you brain.

Puzzles of any kind. Get a puzzle book from Barnes and Nobles. Mental exercise of any kind like I said. Get your iPhone. You can get brain exercising applications there to keep your mind moving, fluid, sharp.

Conversation skills. You should be working on the big numero uno storytelling. Storytelling is your absolute must to be working on. Because we didn't go into a whole ton of it here. We went to a little bit of it.

I'm also assuming a very small, compact frame of interaction. The more you're able to expand that, the more you're going to see you have the ability to turn this thing we've created. This personal approach blueprint of yours. The natural attraction blueprint and turn it into something you can take into any situation. You've got an opener, you've got the middle fluff stuff which could include storytelling.

And you've got a way to close off the conversation. The same works in any situation that you want it to. Storytelling is an indirect communication tool for any information that you want to sneak past a woman's BS detector radar. Can be able to program her not in a bad way. Not in a hypnotist way.

But you're able to give her the information she needs through the indirect method that she needs to hear it. That's what storytelling does. Giving examples of topics that you need to build stories for. Again, authenticity is the key here. There have to be stories that you would actually talk about.

Story about the chick who stalked you or maybe a friend that got really creepy. That's a great story because it shows that women desire you and if you're talking about

a stalker, chances are, you're not a stalker. The chick who got to have carefree sex. This is why I use it all the time because I know a girl who is very carefree about her sexuality. When I talk about that, a woman gets the understanding that I don't judge women for enjoying their sexual pleasure.

The rules woman is another favorite of mine because again, I did date a woman who is too structured. She had too many rules. Too many "Ugh.." Too difficult. And that's not the kind of woman I want in my life. When I talk about that story, it sets her up to understand what is expected of her.

Too many rules. Too many ways that it's got to be done. And she's out. Qualification being communicated through a simple story. Another topics you need to cover are freedom.

Stories about you're maintaining freedom. Ambition. You're ambitious. However it shows up in your life.

The fact that women want you. Stories that show women desiring you. Romantic desires. Demonstrate that you have the same romantic desires as her. I like to talk about the hook point in dating.

Like saying "You know there's this cool place when you're dating somebody where you realize wow. We kind of got past those few awkward dates and now we're at the point where we could be keeping something consistently. You feel almost comfortable a little bit but it's still fun. I talk about that story and it gets a woman into staying a little bit. Trustability.

Women need to know that you're trustable. She's got to know that you're loyal. That you'll stick with her. That you won't cheat on her but at the same time, she'll also has to know that you're going to keep secrets. Really important for that woman to let out her inner slut that tends to get all dirty and nasty and grungy with you in the bedroom.

She's got to know that you can keep that as a secret so she's not going to be socially compromised. That's what it sort of comes down to. Dominance and alpha behaviors. Really important for topics and getting rid of your nice guy. I actually have a story where I talk to women about how I got rid of my nice guy and got myself a little bad boy edge.

Not in those exact words mind you but it's a way of demonstrating to her that I realize that being a wuss. Being a nice guy to women was not the right way to go and that story works really well on a lot of levels. That's conversation skills. Storytelling a really important part. Lifestyle elements.

Create your own personal adventures. You need to keep working on your life in every aspect. Create your own personal adventures that you can bring into your own conversations that give you depth. I was coaching a guy the other day who was about to do his first sky dive. Really cool.

That's going to change his life in a lot of ways. He's not going to be the same man after that because he went on a little personal adventure. Faced his fears and jumped off of a perfectly good airplane. Social circle. Work on your social circle.

Find more hubs and connectors. You don't have to be mister life of the party but you do need to get connected. Get connected with people in the world that can then connect you with more people to enhance your prospects for dating, but also for going out having a good time whatever you want. Money. You should understand the elements of money that are important.

It's not necessary to win women. You don't need money to attract women but it does make things easier. Why? Makes it easier for you to do things you want and do the things you want with women. It demonstrates your ability to be ambitious and a provider because that's what money shows a woman.

That you have the ability to go out and do it and take control and get the things you want in life. Not just being able to provide for her. That's the big part of it. I'm sad to say that yes, it's true that a poor broke lonely destitute homeless guy is just not going to attract the same kind of woman that a guy that's got a job's going to. Should he be able to?

Think about that. Elements. What are the elements of my communicate? There's three important parts about money you must know about. Earning. How to get the money in the first place?

How do you make more money? How do you get a higher salary? Second is budgeting expenses. Managing the money that's going out of the bucket. Controlling that.

Very important. And the third and final one is investing. Making your money grow for itself. These three comprise all the money skills you'll ever need. Learn about them.

Learn how they work. Put them to work for you. That's the difference between the guy that won the race that he also ran. Goals. We're going to have a part of this week's material which are working on the goals.

Very important part of the process is to figure out where you want to be to give yourself that compass, that needle that points in the right direction. Without it, you float just choosing any old path. As the saying goes "If you don't stand for something, you'll fall for anything." Well if you don't have someplace to go in your life, you're a ship without a rudder. You're out there floating, hoping you're going to make it to the big tropical paradise.

What's likely going to happen is you're to end up shipwrecked on the rocks. So goals are a vital part of your lifestyle. Adapting what you see and hear into your personal routines is not effective ability on how to do this. You've got your ability to build it into and create your style. You can take movies, TV stories and news.

All those elements can become part of your style. You're going to find yourself actually creating openers based on what you hear on the news and just creating on the fly. You could have done this before but you probably felt it was a little bit fake but now you're at this point of your development, you can now take this and go further. And you're going to be a true social chameleon when you're done. That's the true mark of a social chameleon is the ability to take and modify anything at any time to suit you and your needs.

You adapt it and you make it natural on the fly. Get a wingman and an accountability partner. Again, another part of this program is understanding that accountability has gotten you this far. You're accountable to me. You're accountable to yourself to produce the information that you needed to to get his program complete.

And that's really the essence of it. Without a person to hold you accountable, it's very likely that we'll just fall back on our old habits without anybody pushing us. We

have no painful, possible consequence. When you're a kid, you had a consequence. You're accountable to your parents.

But now you're on your own. Who are you accountable to now? Just yourself. And sometimes we make the worst task masters of our own development. So the key word is accountability.

You got to find somebody that you can work with. Resources that I want you to keep in mind before we finish this up. Where to go. First of all, online dating. Sign up for two.

Plenty of fish. Match dot com. Sign up for two. That's what you're going to need. Don't quit after three months and cry because it wasn't working.

Do it. Work it and make it work. I can give you lots of resources to make this work. I'm going to have more on online dating coming up pretty shortly as well. It works if you work it.

Don't quit. Singles events. Go to singles events in your area. Whether they're dating or whatever they may be. Dances, it doesn't matter.

Just expose yourself to them. Day game. You always want to have the ability to meet people wherever you happen to be because that would be the ultimate flexibility in meeting women and creating those connections. Plus the ultimate practice. Social circle.

Work through your social circle to get parties going. To get invited to things. Be the cool guy that brings something to that. Bring some energy to it. Don't just be a social leech and your social circle will expand without you even attending to it at all.

Nightlife. Go to clubs. Go to bars. Work that a little bit. You may not find your girlfriend through it but it is a lot of fun to prove yourself that you can develop your skills quickly in that kind of environment.

Work in professional circles. Don't ignore the fact that you can work through a lot of the people that you network professionally with. At heart, we're all sexual creatures. We may have that facade at work but don't you think for a second that there aren't women that would love to date you. I've had guys in this program

saying that "You know what? I actually talked to some woman the other day. And she was like 'I don't even know that you were interested in me'"

That's all it took was that first step. Nightingale-Conant. I recommend them. They're probably the be all, end all for me. They got me to where I am today in terms of the program they got.

Everything from speed reading to self confidence to money and finance. They got everything. And you're going to find a lot of my material has actually been used a lot of that as the basis for it. Because it's all about the lifestyle. How they recommend Earl Nightingale, Bran Tracy among others.

Dennis Waitly. Those guys will show you awesome concepts about how you can make your life whatever you want it to be. Nightingale, Conan, you can get to them online as well. So to summarize really quickly. We've gone through the three stages of learning in this program.

You went through the first stage in the first week which is getting prepared and getting awareness of your situation and getting that set. The second stage is getting traction. In week two, we got the traction going. We got you into action. Into gear and moving.

We also did week three. And now we're going to ride the moment. We're going to take the energy that you put in thus far and keep it going because if you don't, it's going to just grind to a halt and stop on its own. You just got to keep going. Now that you put the energy in, keep this boulder moving.

Keep this thing moving forward. Don't quit. And what have you completed? First of all you got your inner game planned. How to handle the voice in your head that tells you you can't do it.

You can handle the inner saboteur. You can shut him down. We've got that planned in place plus some anthems. We've got an understanding of your personal natural. What that is and how it works for you in bringing out your personal qualities to be attractive to women.

You got a back pocket approach that you can use anywhere for the basic dialog. The parentheses with material that you're free to expand and make it as big as you want. And the understanding that you do need to

rehearse this so put it in action. And account all that you've planned. One of the things that I'm going to recommend is that you seriously consider my alpha lifestyle coaching.

It's a program that I offer if you go into the membership site where you got this video and click on "upgrade membership." You'll get more information on it. You'll get a monthly newsletter. You'll get audio that nobody else gets. You'll get articles that nobody else gets.

You get videos that nobody else gets. Information that will make you accountable. And you can even buy your subscription so you're not committed forever. Or even six months. I highly recommend it because it's another form of accountability.

It keeps you on the path to greater learning. Get yourself a partner. Tell them right now the accountability element will ultimately decide whether or not you're really successful with this unless you're a guy like me that's super driven. You may need a little help from time to time to get over the rough spots. I sure wish I have had that along the way.

That's how I created this coaching program. It's to be the coach that I wish I had. Trust me, if you don't have to go it alone, don't. Where do I want you to go from here? My programs if you're interested in going into programs that further develop this.

Power social skills will help you develop a lot of social networking stuff. Alpha communication persuasion is also much more advanced detail on how to hold conversations with women and how to do all the subtle nuances that are in storytelling. Everything like that. Same with approaching women too. You can build into the advanced area of approaching women.

Getting faster results. Making things happen now that you're more comfortable with the material. These will be much more approachable for you. Your development. Build up your ability to expand the parentheses like what we've been talking about.

I want you to create stories that are authentic to you. I want you to work on banter and riffing with people. So you can get that clever back and forth going, thinking fast on your feet. The verbal ability using your right brain a little bit.

Watch standup comedy. If standup comedy did it, then doesn't it stand that humor helps you feel more creative. I can't explain it. When I'm trying to write, I just watch a little standup. It actually helps the content that I'm writing.

It enhances your creative ability and expands your humor off at the same time. I cannot emphasize that enough. Just watch standup. And of course, bringing out your bad boy style. Being able to take on that masculine edge that really communicates sexual tension.

Sexual attraction is what makes your conversations go somewhere with women. Instead of just floundering or fizzling out. That bad boy edge which I also teach about will help you with that. That's where you should go under the helmet. So there you go.

Lets finish this thing up, lets start a little bit about some tips that you can use right away. And we are going to finish up with some understanding assignments for this week in the last work to get you off to. Hopefully what I concern to be your new life not just about lifestyle but a whole new life of possibility. Because you can take what you've applied in here. And basically you can turn anything you want for you own success.

One of the biggest reasons that guys particularly fail with women is they quit based on emotions. This is called emotional estimation. Where we look forward in the future, we make a decision based on what our emotions are saying rather than what the reality is.

Remember, women run their lives based on emotion. This is not meant to be disparaging or misogynist or anything like that.

Women run their lives based on emotion. We cannot afford to do that. We are man, we are different, we don't function that way. That is how we get success in the world. That's why again, I explained this before most of the thing that you see is big accomplishments, physical accomplishments.

In the real world, we're done with the hands of men who have this energy to put into something. They didn't do it only based on emotion but they did a lot of it based on their ability to control and channel the emotions. So again

don't quit based on your emotions. The real secret to lasting success is emotional control. That's it. I've talked about that over and over again.

That is really the secret to your success don't let the impulses and moods throw you off on what did you want to accomplish. Absolutely do not let that happen. Self-discipline is the way of life. It's a men's requirement. It's what you have to have.

One thing that almost nobody knows about the meaning of approaching women is, is all about the truth of the moment. The truth of the moment just means while I'm in that moment the woman in that moment, I can say anything as long as I'm being true to that moment. Always fun talking to her and I try to stay very abstract and there's something I'm trying to hide. Something I'm trying to hold back. And if I'm not transparent with my intentions and my desires, I am not being truthful in the moment.

I'm being fake. You're being fake, you're being manipulative. You got stay true to where you are with the woman. Just come and test it out and see if it's true.

I guarantee with this, the most important thing to realize is say anything you want to a woman and get anything away with it. If you simply take a risk and know how to do with it and take of the edge a little it with some humor. You can say anything. Now a secret weapon that I use for approaching.

Attraction is created by giving her a hard time. That's it. Teasing. Tease, tease, tease, tease, tease, tease, tease. That's my secret weapon. I told everybody that this is good to be doing.

Try that, do it. Go to far with it, go to little with it. Try it out and use it because it does work. Tease everybody specially the people that you don't have to tease. It's as simple as like when you're handing somebody a pen and say "Hand me that pen." And I hold out and reach for it. And they're like, "Come on." I hand it to them one more time.

Remember when kids who used to do that to you. It piss you off, frustrated you. But in the end, there's a weird little trick of attraction there. It didn't matter who was doing it. You felt that killing of power play. That's what

teasing is about, that's what the dynamic of teasing right there.

It is to take away, it's the playfulness, it's the "I've got a little bit of power and I can control it" That's your secret weapon to. Here's why you should never be afraid to tease. We grew up hating to be teased. Remember the pull away that I was talking about.

Why? Why do the girls hate to be teased?

They had the coolness we wish to had. They had the ability to do that. We were like turn to be serious. Seriously they're giving us a hard time and we resented for it in a way. But we also admire them and in the heart of the hurts we want to be them.

Whether you wanted to admit it or not, it's true. We wish we could have been the person who's doing it. Because teasing is power. Power is attraction. Let me say that again, teasing is power, power is attraction. When you tease you have the power and when you have the power you create that attraction. That's why teasing is so important, that's why you should never fear to use it. Five proven ways to attract women.

First is get passionate, enthusiastic. I want you to laugh. I want you to get emotional. I want you turn off the mute button and turn on your personality. And let your personality off the bag.

Let it out. Let yourself out. Be passionate, enthusiastic. Talk in emotional terms. Write poetry it's the best way to learn how to do this. Read romance novels seriously. Third is focus on giving good feelings away. Giving them away. It's your currency. You never end up poor, you never go bankrupt from giving away good feelings. Stop chasing women, stop chasing them.

I don't mean that you should expect them to change you. But you should stop chasing them because that's what's killing probably 90% of your edge and your attitude and your sexual tension. You're doing too much chasing. And then run the numbers, bottom line. Run the numbers over and over and over.

Because if you're running the numbers everything else takes care of itself. Run the numbers everything else will take care of itself. The biggest mistake that guys make with online dating, they get this a lot. They say "I am not

getting any results." and then they quit. What? Why? They're too easily discouraged.

It's because they have not developed a system like we have done this program. Systems were emotions, will try to sabotage you to become a slave to your system. The secret to success is creating a system you can repeat over and over and over. And there's no emotion invested in it other than that emotion of positivity. Five things you can do today.

Number 1, hit the wall. Purposely go to the emotional point of no return. There's always a place in your life "You know what I can't go on like this anymore." And you make changes and you do something about it. That's what I'm asking you to go right now, that emotional point of no return.

Push yourself to get there. Because there's only one other way out, pushing back. Talk to one new person a day. Start with today. That's it Practice your opener, hook, tease and close.

That's all you got to do. Practice those things, your opener, your hook, your tease and your close. And then Number 4, I should have said 4 things. I said five, will you forgive me? I've over-delivered that anything else.

You fifth, your fourth thing is signing up for online dating. Because this is a wealth of women waiting up there to be approached and you can basically create a repeatable process of meeting them. Which is a good profile, a good email and a couple of good pictures. That's it.

Something every man needs to know is that women are not as incredible as you have been led to believe. They're cool, they're nice, they're hot, they're sexy but they're not everything. Please don't fall onto that trap. They are flawed. Think about that like this, very flawed.

The more women you date, the more flaws you will eventually recognize. They never live up to your expectations. Women never live up to what you build them up to in your head. It's unfortunate but they don't. And that's okay because they're human beings, just like you and me.

No matter how beautiful a woman is, you will get bored, and you will get cheated and you will get sick of them. It's going to happen. It happens to me, it happens to every guy. If you can put yourself at the end of the spectrum

how it is that you become grateful for owning what you do have in life and having the people you do have. You then reverse engineer a perspective, a new perspective going in. She doesn't seem quite as hot as you know down the road.

She would not seem quite as hot. Don't set yourself up for disappointment. Plain and simple. The simple shortcut for confidence with women is this, do something you're talented at before you go out and interact with women. And where does it overflow into your interaction "I play guitar, I work out before I go out."

Exercise first also really helps, by exercising you get yourself physically engaged with your mind, body, connection going again. You will lose a lot of that weird edge. Here's a rule about dating that you should break. The overdose matted. This actually works for women.

When you find a woman you want so badly you can actually do this super romance thing. And this is only nothing else works by the way. This is where I want you to use this. First of all ensure that this is the woman you really do want. Because a lot of guys trick themselves into believing it.

They really don't know. "Oh she's hot, I want her." But is she really a good person? Is she nurturing? If you will have kids with her will be able to say that you can trust her with them?

First to ensure that she is really what you want. Second is romances woman like crazy. Women love to be made feel special, even if she doesn't show initial attraction to you, you've romance her. You can do the flowers, you can do the occasional no's the love no's. The romantic gestures. You're relentless. Then occasionally confuse her by disappearing, by going dark, by going out the map. That's the essential part of it that most guys miss out. The key to this, it has to be done in a non-stalker kind of way. Always has to have the attitude of you're doing this based on "I want you and I must have you"...I could walk away anytime but I am going to pursue you."

This kept the element of "I'm going to push you" ... "I'm going to have you even if you don't want me but I will have you." It's that confidence that you will get her. It often does the trick in turning her, so there is a place for this and behavior, and romance and attraction. Again, only if nothing else has worked. That's the overdose matted.

The biggest waste of time for you is repeat the same things again and again without learning. I cannot emphasize that one enough either, during the same things over and over without making corrections to your answers, without changing the habits. The more you do that, the more you keep on a losing path in life.

If I can only do 2 things in meeting women it would simply be online dating and social network. Those are the 2 things I would focus on.

Online dating and social networking. Go crazy with your social networking. Go to everything they invite you to. Invite them out. Find events. Look in your local newspaper.

Find things to get people out. Be the organizer. But use those 2, work those 2. Those will be my only 2. Here's the daily schedule you can refer to, for your seduction and self-growth.

Lifestyle. Again, lifestyle, lifestyle, lifestyle. Do it first for you than to meet women. Establish a pattern of high exposure. Again pattern of high exposure.

Giving out there all the time. Your pattern is your constantly expose to women, so therefore will not seem weird or not seem off the wall to you. Talk to them, it only seems weird, it only seems difficult when it becomes a rare event.

Morning, you should meditate, take vitamins, exercise, drink water and do some grooming. These are the things that I do everyday. This is my pattern. This is what I do. If you want an example, I can't think of anything better. Again meditation to clear your mind, clear your thoughts. Vitamins for health, I just do vitamins as a general rule. Breathing, deep breathing relaxes. Exercise and stretching, for your body. Water to keep your body hydrated.

Most people don't drink enough water. Keep this big old thing of water with me all the time and I drink from it all the time. Diet, control what you're eating. Control what's in and out of your body. Grooming, take care of the things, fingernails, hair, mustache if you have one, goatee, patch, sideburns. Keep yourself looking good.

Afternoon what do i do? Well, siesta. There is a point in your day where you have to take a break. Recollect your thoughts. Reenergize. Recharge.

Really important in some way. Do it through exercise. Water, diet again. Plan ahead. Plan your weekends.

In the middle of the week, you should be knowing what you're thinking of doing for the weekend and what kind of local activities are going on that you can participate in. This is what I do in the afternoon. At night, exercise again. Possibility, water and diet. You've got to find a place to fit this in.

I don't mean to do it all three points in the day but figure out where it fits in and use it. Read before you go to bed. Read before you go to sleep. You're going to finish off the day with a positive influx of information in your head and then of course journal. Find a place to organize your thoughts and your interpretation of your life in an organized way which is a journal.

And that's it man. Morning, afternoon and night laid out for you right there. When it comes to dating and seduction, here's what you should be doing on that side of the equation. It is part of lifestyle remember? So it should be blended in.

In the morning, groom, reveal your blueprint. Practice it if you have to. Set yourself up for morning coffee encounters or wherever you can meet people right of the bat at the start of the day to get you started off on the right foot. The longer you wait, the harder it gets.

In the afternoon. Do lunch meetings. I do lunch meetings all the time with women from online dating. Perfect place to go. Perfect time to do it. And of course practicing day gaming.

When I don't have meetings, I get out of the office or I would get out of the office. I go to the bookstore. I go out and I make sure I was around other women. Nighttime. Parties, social events.

This is your social time. Get out there and use it. Also a time for online dating. Set aside half an hour to an hour of focused effort on your online dating. And you will get results if you work it like a system needs to be worked.

That's it. That's my simple lifestyle pattern for you. A very simple daily schedule that you can use for your own growth. Now the one thing that I always asked about seduction is this. How do you go from A to Z.

How do you get from your first meeting all the way to the bedroom? That's a big question. But it relies on one thing. And that's constantly moving forward. Constantly escalating.

Remember, seduction also accelerates. So you have to be willing to start out slow. Build up the intensity. But it must be moving up. There must be actions you're taking that are constantly moving this woman towards that seduction goal.

What are these actions? Obviously, escalation. Physical escalation. Those are the hands right but with body contact. With words.

How you're interacting with her. Teasing. Constant back and forth. Then asking for what you want and going after what you want. Doesn't matter if you get rejected.

A man that is always in fear of his own rejection is very unattractive to women. Remember again, seduction accelerates and what I mean by that is that it starts out slow to build interest. And it also shows that you're cautious. When the interest is there then a willingness just starts to take over. Then the final steps from moving from real attraction where you got a woman interested in you or at least willing to admit "Hey, you know what? He's actually kind of interesting. I got to check this guy out."

You can go from there to physical intimacy in just minutes. So it takes off. It's like a rocket picking up speed. It's very quick at those final steps. It should not take hours and hours and hours to go from kissing to the bedroom if you do it and handle it correctly.

Again a little bit of scope on this program but I want to leave you with that understanding because guys want to know how to go from A to Z. The way to do it is not stopping. The way you get a car around the racetrack is you don't stop. You keep going. You know when to accelerate.

You know when to get into the turn and decelerate. You know when to pick up speed coming out of the turn. You

learn that pattern and you do it over and over. Most seduction failure is a combination of no knowledge in the bedroom meaning no sexual knowledge and pure rejection issues. That's where it all comes from.

It's all fear based. It's all not knowing what to do in the right place and it's all easily conquered. By getting the information you need to make better decisions really. So the nice guy is the guy that you want to watch out for. We have a confusion of what is a nice guy versus a compassionate guy.

They are two different things. The nice guy is, again, a big scope here. I have two programs about this. How to get rid of the nice guy and how to become the bad boy. The nice guy is the guy that is so nice, he's trying to manipulate situations.

He's putting on the facade of being nice, trying to get people to like him. He's trying to be approval seeking but he's not in the understanding that a real nice guy should just be compassionate and still go after what he wants. He should still have that desire and drive to go forward and learning a bit about that bad boy edge. So a few tips to finish off there. The assignments for this week. There's comprehensive. There's a lot of them for you to do but they're good ones to finish off the program. They don't take much time. Your daily schedule. You're going to work through your own personalized continuous success road map.

You're getting a continuity plan. How to keep this thing going and not stop. You're going to have an escalation plan. How to keep things moving forward with a woman and escalate with a woman. So we're going to talk about that A to Z and work it out.

You're going to get an accountability partner. By accountability partner, I want you to think about wingman, life coach. Financial advisors are another form of accountability partners. Mentors of some kind.

Personal trainers, even therapists if it's necessary. Then we're also going to work on your goals for weeks. For the week, the month, the year. Five years. Twenty five years.

The last word. Let's finish this thing up. You've come a long way. You really have. You've really learned a lot.

You've discovered a lot about yourself. You've come up with a plan for attack for using your new skills and getting out there and getting real world results with it which I'm confident by now you're at least implementing in some way. You've got to use what you've learned because we all have this guy that wants a miracle cloud. The miracle cloud is this. It was a joking business example but the inputs to this equation were: time, materials and people.

And the output was the most unbelievable, fantastic results imaginable. But between those two was a cloud and it said "A miracle happens!" That cloud that says a miracle happens should not be there in your life because if you're waiting on that miracle, it will not happen. You've got to destroy that cloud. Create what should be in place of that cloud which is the system.

The system gets you results. This system will get you the results if you work it. It's not complicated. Using what you have learned in this program thus far, you now have everything you needed to know to shut down that inner voice. Create positive, confident, expectant inner game.

Use things about you that create a positive impression on women and in an attractive way, get attraction and escalation of some kind. Get information that allows you to reconnect with that woman and redo this over and over and over again. It's a system that can be repeated and repeated and repeated. That's also important man. That's it.

I wish it were more complicated so that I can earn billions of dollars with a high priced cool program that I charge millions of dollars for a high priced class to get into. That's not what I want this to be about. I want it to be about the real thing. The reason I do this is because guys out there are getting ripped off everyday. Not with money but in soul.

Your soul's getting ripped off because the media's telling you that you got to be rich. It's telling you, you need to be beautiful. They're also telling you you got to be a pickup artist. They're telling you you got to have all these things in a row that are just not necessary. All you got to do is learn how to be effectively masculine for a woman.

Show her the kind of bad boy that you've got inside you cause every guy does. We've all been a bad boy and we know how to use that. Get that bad boy out there and show her real attraction. Be masculine. Learn how to be

the man that women want these days because most men do not understand what it is to be a man.

They don't. Now you do and obviously you have what it takes to change your life for the better. Anything worth doing in life will not necessarily be easy. Maybe simple but in a way not be easy for you. And that's okay.

That's why most people won't end up succeeding there. If it were easy for people to play great lead guitar, would I want to do it? I don't know. I don't think so because there won't be a challenge to it. But look at it this way. If it's worth doing, it's worth doing for me and that's why I spent doing years and years and years doing it.

It didn't matter how easy it was. I just knew I had to do it. And I knew and I understood in a part of me that it wasn't the easiness. It was the overcoming that. The difficulty.

Overcoming it and going to the goal that I wanted to was all that mattered. And that's all that matters for you. Anything worth doing in life will not be easy. You wouldn't want to do anything that was easy for everybody to do because everybody else would be doing it. And I guarantee you, those things will not be getting the results that you're going to get.

Doesn't happen that way. The rules of life work out. If you're going to get success in something. You're going to have to work for it. Not hard necessarily but you do have to put some effort into it.

And now you got the roadmap to do that. I've had a fantastic time handling your questions. Working on the homework with you all this time. It's just been a great experience overall.

It's the first time I've really done this kind of a program. And I hope to be doing many more of these in the near future too. This has been a great learning experience for me. I hope you enjoyed it. If you have any more questions, make sure you handled those in the last week.

I'll be finishing very shortly and ask questions you needed to. Get the last bit of understanding but you know what? Take it now. Take it and use it and work it.

I can't say that enough to you. You're probably sick of hearing me say that. "Carlos, shut the fuck up man. Give

me another line. I want another opener.” You know what to do.

Get out there and do it.

You got it in you. You got this far. You obviously have what it takes. This is me signing off. Carlo Xuma.

CX out.



IMPORTANT NOTE:

I am ready, willing and able to help you with EVERY PART of this week's homework assignment!

If you need any assistance at all with this week's assignment, login to the coaching center at: <http://www.carlosxuma.com/blackbeltcoaching/> and let me offer suggestions, give feedback, etc., for each of these assignments. If you need help, I'm here!

(Or if you have any questions about the lesson at all!)

Remember, you are entitled to ask ONE QUESTION PER DAY (Monday-Friday) related to the current topic for me to personally answer... so use this coaching access!

Stay Alpha!

A handwritten signature in cursive script that reads "Carlos Xuma". The signature is written in a dark ink and has a fluid, personal feel.

Carlos Xuma

Alpha Lifestyle Coach

IMPORTANT: The information contained in or made available through this Product cannot and is not intended to replace or substitute for the services of trained professionals in any field, including, but not limited to, psychological, financial, medical, or legal matters. In particular, you should regularly consult a doctor in all matters relating to physical or mental health, particularly concerning any symptoms that may require diagnosis or medical attention.

DD Publications/Morpheus Productions, LLC, and our licensors or suppliers make no representations or warranties concerning any treatment, action, or application of medication or preparation by any person following the information offered or provided herein. Neither Carlos Xuma nor our associates, or any of their affiliates, will be liable for any direct, indirect, consequential, special, exemplary or other damages that may result, including but not limited to economic loss, injury, illness or death. These materials are provided for entertainment purposes only.