



Alpha Sexual Power System Volume 1

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Carlos Xuma's

R.E.A.L. GAME



Alpha Sexual Power System

INTRODUCTION - 1

Hey, this is Carlos Xuma. I want to welcome you to the Alpha Sexual Power Class. We are going to be going through a lot of material in this class. This is the one I've been really, really excited about creating from many years now. It's been years in the making primarily because this is kind of like, I should say, the concentrate. If you have orange juice in a can you buy at the store and that's the orange juice concentrate, you add water to it.

Well, unfortunately, a lot of the information you do get out there has a lot of water added to it. This is a concentrated program on sexual success for men. We are going to be covering pretty much every aspect of sexual power and sexual dominance. It's not be confused with domination, but sexual dominance with women.

Let's dig right into it. I'm going to start out by explaining to you a little bit about what this course is. First of all, we are going to be talking quite a bit about the topic of how to get laid. Okay, it's just a part of this curriculum. It's what we are really getting down to here, and not to be course or vulgar about it, but that's really what we



driven by in a lot of a ways, and I'm going to talk about more about that in a minute.

This course is about how to get laid. When I talk about that, I mean getting laid through sexual communication and sexual prowess. Prowess is a word you've probably not heard a lot of. That's one of my favorite words, prowess, meaning a certain technique or skill or ability that you have and a very refined one. We want to have a refined ability to attract women. It's just what we are built for as men.

How to pleasure women? This is also what we are going to talk about here. It's just not to know how to get laid, but it's also how to pleasure women, how to give them what they are looking for and give them the kind of sexual satisfaction that they are looking for. Because once you do that, pretty much your future is written as far as sexual success and being able to keep any woman interested in you that you want.

How to get pleasure? This is something else we are doing here a whole heck of a lot about there. We talk a lot, unfortunately, about the how to pleasure women, and you will see a lot of that out there in information and information programs, but you don't see a lot about how to get or receive pleasure, how to get the most pleasure for yourself, because a lot of guys are shortchanging themselves on what



they could be experiencing with their own sexual power and their sexual experience. It's a really important stuff there.

Roadmap of steps to get to the bedroom, plain and simple, that's why you are here right now. You want to know what are the steps from A to Z to get me from meeting a woman, to talking to her sexually, to interacting with her sexually, to attracting her sexually, to being sexual with her, and that's what we are going to do.

We are going to go through a roadmap, and you could also call this a road map of escalation. It's about timing and it's about triggers. Timing is knowing when and triggers are knowing what to do and what triggers to pull each step along the way, and when one is to look for. Okay, so it's a very simple mapped out sequence of steps we are going to go through that explain this from A to Z. It's very straightforward.

I'm going to tell you right now I'm going to cut to the chase. I'm going to give you just whatever it is you need to know about this topic. We are not going to go off into peripheral things. I call this just in time education. Just in time education means that we are teaching you exactly what you need when you need it. So you will find yourself from time to time coming back to this program to reference specific sections that you need when you need it, and you might find yourself right now skipping certain sections that you need, and that's fine.



There is no floppy it ought to be kind of advice in here. Okay, it ought to be this way. You hear a lot of that from a lot of advisers and gurus, and supposedly smart doctorate people out there. They've got a doctor in front of their names. So of course, they know what they are talking about. I get questions like that a lot from people. What gives you the expertise? What gives you the professional ability to advise men on this stuff?

Well, how about success? Success and being able to get the kind of things from my relationships and from women in general, and not just get, I mean, also the ability to give in a lot of ways. You should know that by now. This whole Alpha lifestyle that I teach really is my life philosophy. It's something I teach. It's something I live. It's something I breathe, and it's based in integrity, and it's something that you get from a lot of the other gurus out there.

When it comes to advice about sex, quite honestly you are going to get a lot of BS from a lot of the other advisers out there. Especially the ones that write the books that are on the bookshelves, you are going to get a lot of doctored nonsense. There is an MD on their name, and you think they know what they are talking about, a lot of them do, a lot of them give great information and I'm not going to disparage, but the unfortunate thing is that they give you a lot of "it ought to be this way" kind of advice, or they tell you what ought to be, but they don't tell you what really is.



There are parts of our human nature you have to understand really do exist, and just because your logical mind doesn't want to admit it does not mean that it doesn't. It's very important. So again, we are going to cut through the chase. We are going to give you just what you need to know. That's what this course is.

Now, what is this course not about? This is also very important. This is not a confidence class. We are rolling the cover on the inner game topics. When we talk about inner game, we are really talking about the whole "I want to be confident" part of the game. Only the inner game that's relevant to you. That's what we are going to be focusing on, relevant to your sexual success, in this program.

This is not an approach class. We are not going to be talking about how to approach to women and the specific details of here is a pickup line you can use to open up a conversation with women. That is just not what we are about in this program, but what I will do is I will touch on those areas that I need to give you more clarification on where sexuality enters into the mix. Because from the start to the finish, you have to be sexual with women, and that's what we are going to really discuss here on very graphic detail.

We are going to talk about everything about the sexuality of communication with women, and sometimes that does touch on the



approach, so we will go there. But if you want detailed information on how do I walk up and start a conversation with a woman, I've got other classes for you to do that on my *Approach Women Program* and *How to Talk to Women Program*, specifically built around that, so we are not going to be covering those details here.

This is also not a theory class. This is all stuff that works. We are not talking about stuff that, "Hmm, you should try this. It might work for you." For the most part, everything I teach you is going to work if you use it correctly. That you can take to the bank.

This is not a set of routines. This is not a set of rules, prepackaged instructions and little clever things to say that you package up, memorize and spew out to a woman at any given moment. That's not sexual attraction. That's a script, and you can hope that that script will work, but 90% of the time it will not. Because when she deviates from the script, what are going to do? You are going to have to improvise, my friend.

This is also not a pickup artist class. I did not want to get caught up in pickup artist stuff, and I'm not talking down about pickup artist material anyway because that's very essential to any guys to understanding how to attract women, but we are not talking about how to be a pickup artist here per se. I'm teaching you about sexual communication and sexual success.



This is also not going to be complicated. That's what this is not about. It's not complicated. I'm not going to make complicated architectures and discussions that you have to memorize and then try and use at some future point. This is not arcane. This is not magic. This is not going to be difficult for you to leverage and use right away.

This is also not another oversimplification because you also find the opposite extreme is true. A lot of guys or a lot of advisers out there will give you information that's very simple and that's good, but at the same time, it's too simple. It doesn't give you enough detail to let you act on it.

And again, I'm going back to this again because we are going to talk about the confidence thing. It's not an inner game program, except to where it's applicable to communication. Okay, it's communication with women is very important. The communication aspect is what we are keying off of here.

All right, so from communication to an actual psychosexual success is what I should also add. That's what this course is not. I need to add this in. This is important, not only for legal, but just so you would understand that the information that's contained in this product is not meant to replace or substitute a properly trained professional if you have a real issue, whether it's psychological or it's financial



medical, legal, or whatever it is, you should contact and obviously talk to a professional of that particular area.

Now, you will be saying, “But dude, you just said a second ago that those MDs don’t know what they are talking about.” First of all, I didn’t say that. Second of all, they do know what they are talking to a certain degree, but the important thing is, and unfortunately, a lot of them write books meant to apply to everybody, and you are not everybody. You are a specific person. If you have specific needs, you need to talk to a professional that can help you with some of those specific needs if they fall outside of this program or seeing that they need professional attention. That’s all it’s about. So again, a little disclaimer necessary, of course, and again, this part is in here for legal coverage, of course, too.

Now, that we are done with all the legal stuff, let’s talk about promises, promises. What am I promising here? Well, first of all, I’m going to tell you that I want to minimize the amount of evolutionary psychology that we put in this program. I think lately it’s been very fad to put in a lot of scientific backing for a lot of what we talk about and it is important, but realize that the evolutionary psychology, while being important, is not going to necessarily get you the sexual success. It will just tell you why we are the way we are. Once you can understand that, then it becomes logical and rational in your mind and you can accept it easier, so I’m going to minimize that as much as possible.



We are also going to minimize the “women are emotional” kind of stuff. Okay, the fact is that both women and men are emotional. Women’s minds work slightly differently because we don’t always see what the gears are doing behind the framework. I don’t know if you ever seen a watch where the front face of it is actually transparent so you can see the gears that are moving behind it and how it works. There are a lot of those that are very fashionable to wear. That’s a perfect example of this.

Men are like that watch. We are very transparent. You can see the gears turning. You would know how mechanisms work. Women, on the other hand, have that little faceplate over it with the numbers so you can’t see what’s going on behind the little hands that are turning, and the funny thing about women is the minute hand might be moving towards five and then it might back up to eleven and then go back down to six, and that’s the way they work. If you can’t see those gears, you won’t know why that’s happening. You would just think it’s crazy logic. It’s not very predictable. So again, the “women are emotional” crap doesn’t help you understand how they really work.

We are also going to minimize the theory, and we are going to maximize the application. We are going to minimize the theory and maximize the application. Now, minimize the stuff that I tell you that is theoretical. I want to maximize the stuff that’s you can apply



directly to your situation. I'm sure you are probably thinking, "Whew, that's good to know."

No hinky, made up stuff here. This is really important. All of the stuff that I'm teaching here and all of the stuff that I'm giving you on the framework as well as the experts that I've called in to give you specific pinpointed problem solutions, all of this stuff is based in a solid foundation of, first of all, my 30 years plus of experience with women. Yes, I have that much. I don't want to go into detail about all that, but yes, over 30 years of experience with women. I have experienced good experiences and a lot of bad experiences.

Science, this is backed up in a solid foundation of science, both psychology and a little bit of physiology you can learn, but mostly the psychology. It's very important to know. This is also built on a solid foundation of proven techniques in social skills, proven techniques in social skills. Social skills are probably much more important than any of the pickup skills you will ever learn because those social skills will get you into the situations that let you meet and attract women. So again, no hinky, made up stuff here.

A warning, if you will, we are delving deep into female psychology. This, for a lot of guys, is unknown territory. The other part is that you really need to know is that this material could be used very maliciously. This is no hype. This material really could. I know you



hear this probably from other guys in the program where they are trying to make you believe actually by giving you a magic spell, but the reality is a lot of materials I am teaching in this program could be used to manipulate women, to manipulate social situations, to basically get people to do what you want, and I want you to understand that you have a responsibility with it.

You are not going to be able to maintain your romantic illusions after you've gone through this system. This is another important thing to realize. You will simply not going to be able to keep up a lot of the illusions you are probably have going on in your brain after you've heard some of the things I'm going to teach you. Please be aware this is going to happen. I might shake you up a little bit, and that's a good thing.

Some of the things I'm going to tell you are actually going to really shake your reality. They may violently earthquake at every so often, but that's okay. That's good. What you have to realize is that your reality is based in your current experiences with everything that you've done up until this point. Well, guess what, if you keep doing what you've been doing, you are going to keep getting what you've been getting. That's the old saying that you probably heard. Well, some of the those things that I'm going to be teaching you are meant to shake you up and stir you onto a new track and get you pointed into a new direction, not radically 90 or 180 degrees off, just slightly



off towards success because what's all we needed here are micro-adjustments.

Beware of your own, what I call, the belief tolerance level. When we encounter a shock to our beliefs, we sometimes reject it or deny it. We very often do, in fact, even when we know in our heart that it's truthful, and you will have to watch out for this. How willing are you to accept something that shakes a belief of yours? Because remember, beliefs are beliefs. They are not facts. If they were facts, we would call them facts and they would be simply established. The reality is that you've only want to believe that beliefs are facts, but they are not. They are totally our perception. They are totally our buy-in. They are totally what we give to them. So be willing to relax those boundaries a little bit as we go into this conversation about sexuality.

So there you go. That's the initial part here of the promises that I wanted to give you about the programs so you are reassured going in that we are going to really do the job that you need done. Again, we are talking about sex here. This program is about that three-letter word, SEX, sex, sex, sex. That's okay. It's all about sex because we are driven as human beings and we are partly animals.

If you look at it, we are an animal in certain ways, a very intelligent animal sometimes, although if you watch any of this, you have to



shake your head. We are driven to survive and to procreate. We are driven to survive and to procreate. Remember that, survive and procreate. That's how we keep this thing called human race going. It's absolutely necessary. Without kids, we don't have a next generation. Our experiences die right with us.

So relax your judgments, be willing to breathe a little bit. Don't take it too seriously. Be willing to look at her from a new point of view. I'm not here to change your beliefs, but I'm here to expand them.

Sex is natural. This is a really important part of this. We are going to tackle some deep-seated beliefs. I'm going to hit this in a couple of times because I really want to prepare you here. Let's just put aside religion and dogma and things you may have been taught for a little bit because we are going to hit some of these beliefs squarely in the nose.

Sex is again why we are all here. It's a primary motivation for our existence, and you remember also that everybody has an agenda. I'm not different than anybody else out there. We all have our agendas, whether it's to get sex from a woman or whether it's to please a woman or whether it's to please ourselves, we all have our agendas. Ultimately, we do pay most tribute to ourselves, don't we? We are selfish by nature, and that's okay. I'm no different, but again, my agenda for you in this program is good and it's based on helping you



get rid of your faulty programming. Remember that. It's really what I'm here about, getting rid of that faulty programming.

So why do we need this? Why do we need this program? After all, people get together on their own and they've done it for thousands of years. They've gotten together and they have sex and made babies and they continue to, and chances are you probably will too. Well, one of the elements that's been missing and has been taken out in recent years is this thing I call Alpha masculinity. It's your inherent manhood. It's being a man. It's the part that really attracts women and it's a part that women don't today understand attracts them.

Another part of this is that even though, yes, we do tend to eventually get success or we eventually get success with sex in some form or another, it's by accident, and I don't know about you, but I don't want to live my life by accident. I don't want to settle. I don't want to fall into a relationship. I'm sure you know those guys. It's those in your life that found a woman, they just happen to give up some sex with them and that created their relationship. He was lucky enough to get into bed with her and now he's basically roped into a relationship, they are going to get married and have babies, even though that's not really the woman he would have chosen if he have a chance. I hate to tell you this, but that's probably more of the norm than it is anything else when it comes to sex with women. Most guys fall into a relationships they don't plan, design and go after the one they want.



Remember also that sex is natural and we are not logical, but we are emotional. So when we talk about women being emotional, we have to realize that men are just as emotional as women. We do the same kind of rationalization of backing up our decisions that are irrational with logic that we make up on the spot, “Oh, yeah. You know, that car just totally made sense for me. I know we are going to suppose to get like a model family van thing. But getting a Camaro, it was the best decision because, I mean, look at the rebates I was getting, the leg room in the back is actually okay. We can fit quite a bit in that trunk.” Come on, you know when you do stuff like this, and it doesn’t have to sound that lame.

So sex is natural, and again, if your beliefs are contrary to your desires and goals in life, you will fail. Let me repeat that because this is a very important assumption of this program in anything you do, whether it’s self-development or your life, if your beliefs are contrary to your desires and goals, you will fail because eventually you will work against yourself and self-sabotage. And we don’t want that, we want success, so to do that we have to examine those beliefs and establish why we have them in the first place. Okay, we will come back to that again. Again, this is about sex. This program is about sex, and I want you to realize that going in.

The core system, now, let’s talk a little bit about these major components of the system, and I will map it out for you right now. Okay, Module 1 is the introduction. It’s what you are watching right



now, and in this particular case, I will highly recommend you watch all of the introduction before going into the program. I know the urge is there to jump into the module that appeals to you the most. You can do that, but I really want you to at least follow through on the introduction because I'm setting some groundwork here that's going to be necessary for you to understand the rest of the program.

Module 2 is sexual confidence. This is a lot of a little bit of the inner game, but it's really feeling confident about sex and understanding what it is to be confident going in and being sexual with a woman. A lot of important stuff here because a lot of guys complained about how they don't feel sexually confident with women and confident in their own sexuality.

Module 3 is sexual psychology. How does sex work in the brain? How do you think about it? More importantly, how do women think about sex, and what is their psychology? We are going to break it down completely. You are going to understand how women think about sex, what makes them want to have it, and where it all comes from. It's a very important module.

Sexual roadmap, this is basically the blueprint or roadmap as I described here of going from A to Z in terms of sexual escalation with a woman. You are going to know exactly what steps are there, what the key points are, what the trigger points are, and what the real



important milestones are for you as a man getting to sexual success, whatever that maybe for you. Keep that in mind too. It may not be getting right to the bedroom, but it might be getting to the potential to maybe marry a woman, and if you are one of the guys that wants the wait until after the marriage, so be it, but you have to have that choice. That's your choice.

Module 5 is sexual communication. Module 5 is sexual communication where we are going to talk about specifically how do you communicate sexuality to a woman, in words, action, body language and all that stuff. It's really good stuff there.

Then the biggie, this is a big, big module as we get close to the end of the program. It will be about sexual performance. Everything you need to know about how to please a woman, how to please yourself, how to handle any sexual situation with a woman and know that you are going out with confidence along the way. Okay, so sexual performance is going to cover how you actually do the dirty deeds, so there is going to be some graphic stuff in there. Okay, this is not a program for kids. This is a program for adults, and that's what you I'm presuming are.

And of course, we have the next big section of this program, sexual mastery. This is where we are going to bring in some top experts in the field of sex and sexual psychology to tell you all the things you



need to know to fix. If you have any sexual problems, we can fix those, or if you have specific areas that are roadblocks or obstacles for you, we will overcome them there in the sexual mastery part.

And of course, at the end, we will cover up and wrap up how best to go forward after you are done with this program, and already I'm getting kind of excited here because I know we've got some really, really cool stuff for you.

So there you go, these are the modules again.

1. Sexual Confidence – this is the keystone and foundation of all sexual success. You've got to have that confidence to go forward.
2. Sexual Psychology – this is the mechanics breakdown of how this all works in the brain. This is going to be very mechanical and very easy to understand.
3. Sexual Roadmap is the path and the blueprint to follow. This is your GPS navigation system.
4. Sexual Communication – this is the currency of sexual desire. The transactions that we have are communications, and that's the currency we use to get sexual desire started.
5. Sexual Performance – this is the tool belt and arsenal of the sexual soldier. Okay, so if you are going to go out there on the battlefield, you've got to have the right tools, you've got to have



the right weapons, and that's what sexual performance is all about.

6. In the master class sessions are the expert solutions from men on any sexual situation that you might find as a challenge for you.

That's the core system, and I'm going to finish up this part of the introduction with this one quick section here on how to get the most from this system. Of course, you probably know a lot of the stuff, but please listen through it because this is important. Repeated listening will give you the most benefit. Listen to and watch this program at least three or more times, preferably within the next year. It will give you the maximum retention. The information will jell and crystallize for you, and it makes it basically unlimited.

I actually put in the wrong name there. It should be *Limitless*. This is a movie that I would love for you to see if you get the chance. It's fairly recent. It's a great movie. It kind of explains how information works in the brain a little bit. This guy takes this drug basically that allows him to access any information in his brain instantly, and there is a great scene where he seduces a woman using it, so you really got to see that scene.

But the movie, I mean I watched it and I'm like, "I would take that drug. I would totally take that drug." Because the one thing that a lot



of guys want to be able to do is access these resources. So if you want that kind of feature and benefit from this program, just listen to it a few times, and the more you do, the more the information will stay in your brain and you will find this stuff pops up in your head all on its own, so if you get a chance, watch that movie. It's very good. It's *Limitless*. Repeated listening is important.

Sequential listening is recommended, but not necessary. In other words, I would like for you to take this in order, but you don't need to. You can skip around to the parts that are desired after the introduction. But remember this, complete one section in its entirety before you skip to the next. Don't take a little bit from here and then go a little bit over there. You are going to confuse yourself on a lot of ways. You are going to miss references that I'm going to lay down as we go through it. It's really important there.

Map it to your past experience. When it comes to getting the most out of this, I want you to map what I tell you to past experience. The things that I tell you, the information I give you, map it to what you've already experienced because this is going to deepen your understanding.

Notes, I'm giving you the complete notes of the program in an e-book format, but you are going to want to take your own notes during this presentation because certain things will hit you harder than others.



Writing down things, by the way, as you hear it is going to more than double your ability to retain it. So, even if it's already in the e-book, that's already done for you, you didn't have to put in any effort into it. If you write it down, you are going to more than double your retention of the information if you just simply take the act of writing those little notes.

You are also going to come up with different ways of saying what I say because what I say may not be the way you would explain it to yourself again if you have the chance. I found this all the time in programs I go through. You are going to find new ways of explaining the information back to yourself, and that's like who you are teaching it, which is ultimately the best way to learn, and you are going to come up with things that I didn't even think to mention in this program. You are going to totally come up with realizations that I might not have thought of, and those you needed to take notes on. Don't lose them.

Remember that if you just get one thing on this program that easily, it's going to be worth a few measly hundred dollars you might have paid for it. It's really important. It's a very big distinction. One distinction or an epiphany that you have in this program can literally change your life, and you are going to get many of them in here. I guarantee it, you will, so keep that in mind.



It's a really important fact because a lot of guys, they sort to try and engineer their lives to go a certain ways, but they don't realize that the money that they put in to buying this program or getting any of my programs, it's not direct equivalency. It's like that Visa commercial. The cost of a bouquet of flowers and a box of candy for your sweetheart, but the look in her eyes is priceless. It's things like that. This is true more than anything when it comes to self-development because there is only one thing you should be investing in more than anything else, and that's yourself.

Take one area, and I want you to listen to it and I want you to put it into action immediately. This is the best way to get the most out of this program. Just take one particular thing that I talk about, listen to this program, listen to that part of that program, whether it's sexual psychology or the sexual roadmap or the performance or whatever it is, or maybe one of the experts that I bring in, listen to it, but put it into action as soon as you are done. I'm going to help you do that as much as possible. I'll give you to-do's, but you have to come up when they are specific to your life. Okay, so there you go. That's how you get the most out of this system. Up in the next section, we are going to talk about your sexual premise.



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All right, let's dig into the next section here. We are going to go into your sexual premise, and I'm going to talk a little bit about what a premise is and how it relates to this program. This maybe is a new concept for you, but it's going to be very powerful. Whether you decide to move on to other areas of self-development in your life, this one is critical to understand, your sexual premise.

Your premise is really what is that you believe about something. If I go to a race car track to drive a race car, I need to have some belief that I can:

1. Drive.
2. I can handle a high-performance vehicle.
3. I will be safe.

These are beliefs that you have to have in order to follow through on the thing that you want to do.

We have these beliefs pretty much in every area of our life. You wouldn't get out of the bed in the morning if you didn't have the premise that, "I can stand on my two legs and I can walk to the bathroom and I can take a shower and I can get ready and I can go to work, and blah, blah, blah."



I can go through all those steps because I have beliefs that allow me to do that, and those beliefs are really just put into us by trying when we were younger. I mean, as kids we learn how to walk, so that was one of those fundamental beliefs. You wouldn't doubt for a second unless, of course, you have a disability where you can't walk. You wouldn't have any disbelief that you could. So your premise regarding women and your premise regarding sex is your beliefs that you hold about sex.

Now, this is really important because belief systems drive your actions. Everything you do you do because of what you believe. You may have beliefs that are holding you back right now. We ever often do. As a matter of fact, a great many of us are holding a lot of beliefs that are holding us back in life. The problem with these belief systems that are holding us back, and even with some of the ones that are pushing us forward, is that they were formed without our permission. Most of the beliefs that you hold were created without your permission at all. You didn't have a say in them. You just kind of assumed them along the way.

To that end, I want to talk about a little exercise here, and this exercise is going to kind of cover a little bit of the whole process of establishing your premise because there is a certain model and framework that we are going with here. So as far as exercise, first of all, it's going to take some deep thinking about this. You are going



really have to sit down and list out, take your journal out, list your beliefs about sex. This is a very, very important first step in this program because if you have beliefs that are working against you moving forward with women, guess what, remember what I said before? Those beliefs are going to make sure that you fail.

Okay, they absolutely guarantee that you will fail because you are holding yourself back. So list your beliefs about sex.

For example:

- Do you believe that sex is dirty?
- Do you believe that it is sacred?
- Do you believe that it is natural?
- What are your beliefs about the nature of sex?

Think about this, who taught you that belief? Was it your religion? Was it your parents? Was it your peers? Those are three of the really big influences on how we believe or what we believe rather about sex. So what are your beliefs? Who taught you that belief? And then ask yourself, do you want that belief? Does it work for you or against you? This really is kind of the presumption there. Does it work for you or against you? Because if it works against you, you don't want it, it's going to hold you back. It's going to keep you from achieving the things in life that you really want to get.



Now, again, is this what you want or is it going to hold you back? Is it going to hold you back from what it is you want to accomplish? Now, the antidote here is something that's called cognitive release, and it is a little term that I've actually come up with and it's basically a way to handle these situations, these belief contradictions you have. You have to have a completely formed rational counter argument.

Okay, now, I know it sounds like a lot of big words. Hey, bear with me here. It's actually quite simple and very straightforward. You have to have a completely formed rational counter argument to the belief that you are trying to get rid of. If you have this deeply ingrained religious belief that sex is dirty, and for whatever reason, maybe your religion didn't even teach you that, but that's the belief you came away with. Well, you've got to have a rational counter argument to that.

You've got to be able to sit on it and say, "You know what? Okay, my belief is that sex is dirty and unclean and filthy and nasty, but how could it be, because it's necessary for us to have children and we have to make wonderful things like babies and children and then create a family of our own. How could it be that? Well, I guess it can't totally be that or else that wouldn't be true, right? So okay, so sex is probably not filthy and disgusting. In certain situations maybe, they create that." Okay, there you go. There is a very small rational counter argument to that particular belief that now I can use



back in the head and think, “Oh yeah, duh, okay, it’s not filthy.” I can kind of take the edge of, if you will, the power of that belief in my mind, in my actions because you’ve got to release that. It’s a cognitive release of the belief that you are holding so that you can get to what it is you want to get to.

Add in as much emotions you can into that argument. The argument should go something like, “Damn it, it can’t be true. It can’t be filthy because number one, I know I want it badly and I’m not a bad or filthy person. I think there is just a misunderstanding there in terms of how we view sex and how I am viewing sex. It’s probably a great thing. It’s probably an awesome thing, and there are people actually on the planet who don’t believe that sex is filthy or sex is nasty, so maybe, maybe the people that I’ve been listening to don’t have the full picture. Okay, I’m not saying they are wrong, but maybe they don’t have the full picture. That’s messing me up, man. I’ve got to get over that mindset.”

When you get some emotion behind it and you can add in emotion to your counter argument like disgust, anger, and then some acceptance, you have to eventually get to acceptance, you are going to be able to get past these limiting beliefs.

Now, spend some time on this because it’s really critical. I’ve talked to a lot of guys who had some really shaky and quite honestly self-



sabotaging self-beliefs about sex and they don't realize that that is exactly what's stopping them from getting the sex that they are going after. Their bodies and their minds are going on one direction, but their belief system is like the set of chains holding them back on their life.

This is really true for everybody and not just in sex, maybe going after money and wealth. You may have some very limiting beliefs about that. It might be professional advancement. You might think that seeking power is a bad thing. It's an arrogance of some kind. When, in fact, it's not. It's a natural thing and the people that actually don't go and get power, they are good people, but they are actually by default letting bad people take the power. So you see those different ways you can spin this to make it work for you, and it's vitally important.

So again, when I'm talking about this antidote of cognitive release, I want you to inject a little bit of disgust, a little bit of anger, and eventually get to acceptance like, "Okay, I can accept the fact that maybe my beliefs about sex are a little bit lacking and I need to work on that." Or I can get to acceptance of, "You know what? My belief was pretty stupid. I need to accept the fact that that belief doesn't serve me anymore, so I can move on."



The acceptance is important because if you just live in turmoil, if you live in anger or you just keep these disgust and anger going, you are still going to have turmoil and you are not going to be able to get past it and get to the place you need to be.

So this is a really important section. I'm not going to spend a lot of time on it here. I may have spent more than I needed to, but it's important to understand your premise because your premise is what drives where you are right now with anything.

Your premise for wealth is telling you right now how much you are going to make because if you don't believe you can make more than a certain amount of money or that it's bad to make more than a certain amount of money, your mind will shut you down on attempts to earn that money. It will also not recognize the opportunities to get you into higher paying positions, pushing you forward, giving you more assertiveness, giving you more ambition for what it is you want on your life. It's really important stuff, so your sexual premise is so, so important in the topic of what kind of success you are going to have sexually with women.

Now, I want you to be aware of the New Age trap as we talk about this whole system I'm going to repeat, and you've probably heard this before from me. If you haven't, this is really important. One of the guys in one of our seminars, and not to come down on him because



he's an awesome guy, awesome guy, but he had what I consider something of a shaky belief about how he had to handle women. His belief was that you should leave a woman better than when you found her.

That's good in theory, but it's not under your control. The fact is when you break up with a woman, there is going to be some negative emotions. There is going to be some animosity. So if you are like leaving a relationship, you can't necessarily leave her better than when you found her or it might not be up to you. It might be her problem. She might not be better for any of it. She might not be in the same path of growth that you are. For whatever reason, you can't take that under your control. You've got to recognize what is under your control and what is not.

The New Age trap would have you believe that you can have this glowing, white light of love around you all the time and that you can have this positive influence of leaving a woman better than when you found her. Now, the premise here again that I'm trying to get back to, and we are talking about premises again, is you have to be aware of over-control. The belief that you can really have this kind New Agey impact on a woman, "I can open her up. I can have her feel my love. I can have her own her femininity and all these great stuffs that a lot of guys do teach." But the fact is that unfortunately we can't control that. We can't necessarily influence a woman in that direction.



So beware of that. Beware of the New Age trap that tells you that you need to work towards this great, white light of love and acceptance and overpowering love and unity. All this stuff that they teach is great in theory and it's something you can work towards, but be honest, the best that most of us that hope to accomplish is to have a good relationship with somebody and to keep it going, not to be achieving these grand pinnacles of ecstasy and bliss.

We are just lucky to make it through a couple of years with the person. Most people don't even make it through a few months, so don't shoot for these lofty goals when you really need to get down to the brass tacks, the nuts and bolts of making things work in the short term of when getting attraction started. Attraction is the key. Without attraction, you cannot survive long term with a woman, much less short term. Keep that in mind. So beware of that New Age trap.

Now, this is going to teach you what I call the "yard" of how to get laid, and I put yard in quotes. I'm going to introduce you to something that you probably are familiar with. Have ever heard of a yard of beer? A yard is this glass that they serve beer in. It these long containers with the skinny neck that they serve. I think it's British. It's the thing they do in the UK, but they also have it over here in the States. They basically serve beer in this long glass, and you can see the shape of the glass. It's open a little wider at the top. It's kind of has a thin channel and at the bottom is where the bulk of the beer rest. These things are a bitch to drink out of, by the way. You have



be like super steady hand, because if you even try to tip it up too fast, you are going to be basically taking a beer bath.

The theory here, the premise that I'm going to give to you is what I'm going to teach you is the yard, shaped like this glass, of attraction and sexual capability. Let me explain, this glass is a metaphor. It's an analogy really for sexual communication that you use along the way. The top, with the wide mouth of the glass, that's the start of your interaction with a woman. There is a bunch of different things happening in there. It's wide opening of different things that are happening to get you on the right track of attraction with a woman.

Then the long skinny channel here is the path of attraction and the ultimate goal here at the bottom is sex, getting her into the bedroom and having fun making whoopee, or whatever you want to call it. So this from up here, this is when you meet her and this is all the way to the bedroom, and we are going to be teaching you all of this.

Now, in real life, this glass is much more wider and much more rounder. It's more like a barrel because there is a bunch of other things going on in the outside of this, but I'm focusing only on the path of attraction that gets you to the bedroom. The bottom here is sexual expertise, the top is where you first meet her, and in between are all the things that happen in between there. That's what I'm teaching you with this.



Again, it's also good analogy in the fact that just like when you try and drink from one of these things, if you don't go slow, you are going to take a beer bath. You have to take it slow and steady and patiently with a woman because if you rush it with a woman, you are not going to get to the good stuff in the bottom. You are just going to take a bath in your failure basically. So there is your analogy of what we are going to be teaching you in this program, so to kind of give you an understanding. It's a long wide opening because there is a lot of different things happen at the start, at that approach, at the initial meeting of a woman, and a lot of those things get channeled right down into a very thin clear tunnel all the way to sexual success or sexual performance sexually in the bedroom.

Everything that we are talking about here is basically what I call Alpha masculinity. You may or may not have that program of mine, but it is important to note. Alpha masculinity is the essence of all this. What we are doing is isolating more of the elements of this masculinity that you are going to use that lead directly to sex. It communicates sexual attraction. It communicates polarity and masculinity to a woman. What I'm going to do here is fill in the blanks to accompany what you already know and what you are going to be able to use right now.

Being a man is inherently naturally attractive and irresistible to a woman. It's the way it's supposed to be. Being a man is what w



want. Even those women with femininity issues know this and feel this. You know if they say something else, but they will respond differently. That's why I always say, "We look at a woman does, but don't listen to her words." Even women with feminist agendas also recognize that masculine attraction and feminine attraction are the polarities that they want. Even if we don't say it, even if though they may fight it with their actions sometimes, that's what they really want.

Think of this way, the women that masculinity does not attract are the women that you do not want. Let me say that again, the women for which they are not attracted to true masculinity or what I call Alpha masculinity, those women that aren't attracted to that are not the women you want because that's not natural. It's going to set up a very awkward relationship.

I have talked to a lot of guys about this. There had been guys that I've coached that have had very tame sexual energy and they meet a woman with a little bit more masculine sexual energy, in other words, she's more assertive, and they are drawn to that because the guy just happens to be a little bit more feminine, a little more passive, and the scales have shifted here. Do you see what happens, right? But long term, the woman is programmed to not respond to a femininity. She's not going to be responsive to that. She's not going to be attracted to that. It's not going to work over the long term.



There are guys that would try and argue with me on that point, but I'll tell you over the long term, look at the happiness of the people in the relationship. Look at what's happening in that relationship and make your decision based on that. Not just whether or not they are with each other because I've seen people stay together and they got all that shit, but definitely had broken up eons ago.

Here is my little saying. It's a new saying of mine, "When you man up, women will show up. When you man up, women show up." It's very simple. It's very straightforward, and I think you can relate to that on a certain level. If that's what this masculinity thing is all about, women will voluntarily jump in. They will basically cannonball into the pool if they recognized you've got the Alpha masculinity thing going on.

So we will talk about those elements along the way too. Remember that all success is processed non-event. This is a really, really big one. All success is processed non-event. Most people like a successful investor and he made a ton of money. Maybe he bought Cisco stocks back in the 80's or he bough Microsoft stocks in the 90's, whenever it might be, they see this investor and they think that he just got lucky on that one deal like, "Oh, you just happened to buy that. All I need to do is do the same thing. Find one stock, throw a bunch of money into it and boom, I'm going to be rich." They see it as an event that happens.



What they don't see are the years of preparation and cultivation that got that guy to the point where he could recognize that that stock was going to be valuable, that he should buy that. For most people, it's not a whim, and the things that we attribute as being luck as being the events that made people get rich or get successful with women, they are not that. It's a bunch of preparation. Again, they see the event, but they don't see the process that led up to that event.

A musical instrument is another perfect example of this. People go to see a performer and they see like somebody plays a guitar really, really well, and I can totally relate to this because I have spent so many hours just threading in my bedroom and playing on the guitar for hours and hours and hours practicing for many, many years, and I can tell you that when somebody sees that, they are amazed. They think it just happened overnight. They don't see all those years I spent in my bedroom listening to music, transcribing it, playing things back and forth trying to hear what chord they were playing and playing by ear on all that stuff you learned. Learning the scales, the blues, the pentatonic, and all that stuff, they don't see it. So they think it was an event that happened.

We want to see this as an event because what that does is it justifies our current position. It gives us something to say, "Oh okay, that dude just made a lucky trade. He made a million dollars on a Microsoft stock because he just happened to make a lucky choice there." They can say this is what the person says, "Well, it just happened."



happened to me yet. I haven't happened to me. I haven't made that or found that lucky stock yet," but they keep playing the lottery and other things hoping for that.

But the truth is that we also don't want to gamble on the effort that's required for the process leading up to it. In other words, most people won't put in the time or investment of time to learn how to choose a good stock. So they can never get to the event where they are presented with this company and they can look at it and go, "That's a great stock. I'm buying that. That's going to make me rich." They don't want to invest the time because it's a gamble to them. When, in fact, it's actually much more guaranteed than playing your money on lottery or anything else.

It's easier to hope that it will just happen to us, not that we actually have to do anything for it, but it will actually happen to us. It won't. It won't just happen for you. You've got to take steps. You've got to invest yourself in the process. This program is about process. Sexual attraction is a process, especially for women. It's an event for men.

Think about that for a second. Sexual attraction is a process for women, but it is an event for men. Men are just suddenly attracted to a woman based on what he sees. As you see her, you want her. Now, if she sees you, she doesn't know yet. She's not sure. She's not so aligned with you yet, so for her it's a process until the signals come in



that tell her, “You know what? I’m digging this dude. He’s pretty cool.” She starts to feel the attraction. That’s a process for her.

That’s why men can’t relate to a woman’s experience. We are attracted to a woman instantly. It’s an event. For them, they need time to figure us out, to interact with us, to test us, to do all those things that tell her whether or not we are a confident man, whether we are for real. That’s what her brain is set up to do, to determine by all those signals she gets whether or not you are for real, for real guy. It’s very important to remember that. So remember this focus on attraction, and sexual success with women, it’s a process, not an event.

Now, the ultimate mistake, what is the ultimate mistake? The ultimate mistake is thinking that sex is the ultimate goal. This is a big mistake that guys make. Women know this. Okay, a lot of guys think that sex is the ultimate goal with women. They don’t see anything pass that or beyond that. I mean, yes, some may think that okay with love and all that, but they don’t see it as being connected to sex, or even for any matter, what goes beyond that, what happens after the sex?

Thinking that sex is the ultimate goal is the ultimate mistake for guys because what happens is women know when you are like that. When you are one of these guys that believe that sex is the ultimate goal that



he can get with that particular woman, with her. When sex is your goal, she knows that you are not getting any. Think about that for a second. When your goal is just to get to sex, she's going to know, because of that, that you are not really getting sex because guys who get sex regularly don't have that as their goal. They don't need to. They actually enjoy the process much more because they know, "Okay, I got a smarter chick. I can go and sleep with her sometime." It's not a big deal. It actually becomes more fun.

It also tells them possibly that if sex is your goal, you have a character flaw or low self-esteem, because there are guys who gets to the bedroom and eventually it becomes a habitual process for them. I was that way for a while. My self-esteem was low enough for when I was starting to get success with women. I was equating my ability to get to the bedroom as being something that said I was a better person, I was a better man, and I was more manly because I could get to the bedroom.

There is a kernel, a small nugget of truth in there, but on the whole, again, women are going to sense this. When you can see beyond sex as an end game, you are going to get much more out of it. You are going to get more intimacy. You are going to get more connection. You are going to get more repeat sex, which is a big thing for guys. You are going to be able to repeat those encounters with women. Okay, it's very important to understand.



The ultimate mistake is thinking that sex is the ultimate goal. The importance of power, as we finish with this introductory session on the Alpha Sexual Power Program, the importance of power, well, the older I get and not just saying, “You know, the older I get the more I realized that I should have done this. I should have done that.” Well, the older I get the more I realized that power or the seeking of power or power itself is amoral. What does amoral mean? It means it doesn’t matter. Power doesn’t care who has it. Power is totally unbiased. Power doesn’t have intelligence of its own.

Power in itself is not evil. Is power a manipulation? Well, here is the truth. Power is manipulation only to those people who don’t have power. Most people fear power. They have a lack of what I call power skill. People who power have a lack of the ability to acquire power or use power because we are talking about power in a broader and general sense here, but it’s also sexual power. Most people equate power with evil abuses that other people who had power did to them from the past. So again, most people fear power.

Power in reality is options. Power is options. Most people participate, in what I call, a passive system of power suppression. What do I mean by that? A passive system of power suppression, it means that they don’t seek power. Why don’t they seek power? Well, because of all those options I talked about before, they fear it, so what do they do? They seek to take away your power. They deny you your



power as much as humanly possible. That's what is known as a passive system of power suppression.

They don't show it to you. They won't say it out loud. They won't tell you right off the bat that, "Hey, I'm going to hold back your power." But what they will do is they will undermine it. They will do little things that make sure that you don't acquire power, that you can't have power over them. If you watch this, it happens everyday and in every way with your relationships with other people. It's not that they are evil, but it's that they believe that having power over them or other people having power over them is evil.

Seeking power is not a sin. Please work on this as your premise too. Seeking power is not a sin. We are trained from birth that seeking power is a negative thing. People who have power in all its forms have higher success in life and tend to live more satisfying and longer lives.

This actually came from the book, but I'm sorry I can't quote which book at this point, but there are a lot of them out there that have studied this. It might even be the *48 Laws of Power*. People who have power in all its forms have higher success in life, and they tend to live more satisfying and longer lives. There is a great special on *National Geographic* special you should watch on stress, and the fact that the lower status, apes, they did studies on apes and it actually is



true for human beings too, the lower status of apes and humans tend to have much higher levels of stress. The thing is that we fear what we don't understand and those people that are at the bottom rung of the pecking order are the ones unfortunately then they are feeling like they are paying for it.

So, power in itself, good power, I'm not talking about wielding power for manipulative ends or to hurt other people, but good power where you can use it and wield it for success like we are talking about in this program, Alpha Sexual Power, is a good thing. So there is an importance to power that I want to emphasize here and it's another one of those premises that you have to question in your head. If you have to, write down the beliefs that you have about power. As a matter of fact, that's an exercise for you on this section. Do the same exercise that I talked about before regarding your sexual premise, the beliefs you hold about sex.

This exercise about identifying your beliefs about sex, do the same thing for your beliefs about power.

- What do you think about power?
- Is power evil to you?
- Are you scared of power?
- Are you trying to hold back other people who have power?



Do you see how this can get into your head and kind of mess with you? You've got to understand what your premises are and recognize that there is an importance to power here because ultimately we are talking about Alpha Sexual Power, that's the power of having sexual attraction with a woman and what you can do with it because it is a power.

Again, I have to go back to that warning I gave you at the start of the program. This can be used in manipulative and somewhat evil ways, and you really have to recognize that. You have a responsibility to yourself and to other people to use this with a good conscience and with honorable intentions. All right, so enough of the morality stuff, let's get into the good stuff.

Coming up next, we are going to be talking about sexual confidence. We are going to get into overall sexual confidence, or what I call, sexual authority with women. This is kind of the inner game stuff, but it's also belief systems, but it's overall, your feeling of confidence and we are going to get you up to high level of sexual confidence and competence with women. So when you are ready and you are done with the exercise from this program, move on to sexual confidence.



Sexual Confidence - 1

All right, we are back. We are now talking about sexual confidence and sexual authority here. Concepts are pretty much mixed there, but authority, meaning that you have the air of authority, I guess, I'm going to say it that, let's say, a police officer has with enforcing the law. We have to have our authority as men as masculine authority that we have the authority to be men, to be masculine, and I hate to use this term because it actually sounds very New Agey, but that we own it. How much do you own your sense of masculinity? How much do you own your sexual confidence? That's what we are going to be covering in here.

We are going to start with a little bit of what I call a reality check. We are going to run a couple of reality checks in this program. This is really important because I want to make sure that we are keeping things real and that you understand the reality behind sexual confidence, not the theory, not some of the stuff that people put out there that just doesn't make any sense or it sounds like it makes sense, but it doesn't get you any success. How do you like that when you get those things that you are hearing and you are like, "Oh yeah, that sounds good," and you try it and it doesn't work for you. It's not beneficial. It doesn't help you at all.



Knowing psychology and advanced techniques is going to put you in a position of possible manipulation. This is part of your reality check. With your reality check that I talked about before too, you can actually get people to do things that are not in their best interest, and this is not what we are going to do. We are not going to be doing that. Modern day seduction has been portrayed as, I call it, a maze of confusing terms of different options and techniques that you have out there, and it doesn't need to be this complicated. It doesn't need to be anywhere near this complicated.

What we are going to do is clue you in, first of all, on how to be sexually confident. This is the section of the program where we are going to clue you in on how to be sexually confident forever. This is not just a temporary fix. This is a long-term fix.

I want to show you how a woman's sexual mind works. This is some deep, intimate psychology stuff that you are going to be getting here with stuff that I have not talked about before and stuff that is really, really powerful. So again, take notes. Get your notepad out, get your journal out, open up a text document, but make sure you are taking some active notes too, so you would have this or you print it out and you are going to get my words. If you can, it would be great if you could print it out and highlight it. That's what I do with almost all of my books.



We are also going to be laying up the exact path to sexual escalation and success. So I'm going to tell you step by step where you should be and what you should be looking for as signals, obvious indicators, that you are making progress with a woman and how to go from one to the next. Now, there are a lot of peripheral skills here. I can't cover them all, but I'm going to be telling you exactly how to do this.

I'm going to show you how to communicate in a sexual way with women and forever avoiding the friend zone. This is important. We want to stay out of the friend zone. There is a reason you get there, and I'm going to talk about that in here too.

I'm going to give you a complete arsenal of special techniques and performance tools in the bedroom. That's coming up later in the program when we get into sexual performance. I'm going to give you expert backup from some of the top gurus in this field, and that's how we are going to do what we are going to do to get you sexually confident.

So it all ties together. All of these elements are connected. I recently took the class, and I will talk about this more in a bit, and it's called Lifebook, and what we do is we sat in this class. Basically, you actually figure out the different areas of your life you need to focus on, your physical life, your exercise, your health, your emotional life, your intellectual life, your spiritual life, your career, your finances, your



love relationship, all these stuff, and it's basically 12 areas. I actually have the book right here on my desk. I will talk more about that later.

But in there, the premise is that all these different areas of your life are actually connected. Your physical health and the way you feel in the morning when you wake up is going to directly contribute to how productive you feel at work. It's going to directly contribute to your ability to interact with your family. If you have kids, you want to be able to play with your kids. Your intellectual life is going to tie in directly with your success at work because are you learning new things, are you growing intellectually, are you going to make yourself more valuable at work or with your business. Your social life, that's connected to everything too. These are all connected things.

Now, don't worry about the connections because we can focus on each one of these and you will feel the trickle over effect into the other areas. That's why it's really important to go through every one of these sections that I'm talking about and boost them. Each one is a little booster shot to your overall sexual success with women. So there is your reality check.

Biological programming, let's talk about biological programming. We have a woman's sexual prime and a man's sexual prime. We are going to talk about these individually. A woman's sexual prime, first of all, what are the indications that a woman is in her sexual prime? These



are things that are physiological that you don't have control over. I want to be really specific about this. A lot of guys think that you can control attraction. They still believe this, even in the age where we know that attraction is not a choice. It is not a choice in most areas.

But the reality is that you can influence it, but you can't always make the choice. Well, guess what, there is a lot of it that has been preprogrammed, and that's the biological programming that you come with and that women come with. So when a man looks at a woman, here is what he's looking for; full breasts, round buttocks, clear eyes, wider hips. These are some of the immediate indicators.

There is a lot more of these, the luster or the sheen of her hair, whether it looks dull or whether it looks healthy because we are looking for signals that a man can look at right away and say, "Pfft, I'm totally down with that. I would sleep with her because if she had my kids, they will be healthy kids and she would be able to nurture them, and I would have a second generation of me. Basically, my genes would carry onto the next generation.

Now, it seems very scientific, but it's not. It's actually the reality of what goes at the very primal level in our brains and it kind of trickles up to our conscious thinking.



Puberty for a woman is between the ages of 10 to 14 years old. This is really hard for a lot of guys to recognize because they are so used to things like the laws that we have today that say that you can't have sex before a certain age and all that, . Let's give an example here if you are into this one is that when we talk about like Jesus and Mary, and that whole concept there, and again I'm not a religious person. I'm just using this as an example. Back in Jesus' time, I read where it was very likely that when Mary gave birth to Jesus, she was 12 years old. She was 12 years old because that's about when they would have had children as soon as they could back then. They didn't have the same laws that we do. Okay, whether that's right or wrong, we are not going there.

What I'm saying is that puberty happens between the ages of 10 to 14 years old and everywhere else on the animal kingdom, as soon as an animal is capable of having children, they tend to start having children. Women have a distinct fertility window. It's from their age of puberty, 10 to 14 years old, to about 40 years or so. We've seen now that much more women are having children in their 40s, but there is a very distinct window that they can have children in, and after she goes through menopause, somewhere up around the age of 50 where she is no longer capable of even having children, she's done. She's not having any more kids. But you as a man, you can keep popping those kids out anywhere you like with any other woman that's capable of having kids.



So again, I'm trying to minimize the amount of physiological stuff, but this is really important that you recognize what it is that's going on in a man that makes him think that attraction is an event for him. The event is this; he sees any of these indicators plus a whole lot more that a woman is physiologically healthy and capable of bearing children. He doesn't care what's going on in her brain. He doesn't honestly give a hoot whether or not she's a smart rocket scientist. He just doesn't, and we've all probably ran on that situation where we chose a girl that's not so intellectually challenging, if you know what I mean, but easy on the eyes.

So that's a woman's sexual prime. I'm going to leave that open as we open up and talk about a man's sexual prime. Puberty is between the age of 9 and 15 in boys. It's a little bit of a wider window, but it's around the same time. However, we have no end to our fertility window. We can have kids all the way until you die. You can be popping out kids. There are some old guys out there doing that.

We have a decreasing sex drive that happens later in our 30s because at that point in your life you are not as aggressive. You should have established yourself by then. Your priorities basically shift. So a man's sexual prime is entirely different than a woman's sexual prime. What is a woman looking for in a man? It's a slightly different list the indicators for a man here and the reason why is because it's all psychological stuff.



Sure, if you are good looking, that won't hurt, but it definitely will not guarantee anything. In fact, she's looking for a good looking image. Not that your features in your face shows you are attractive necessarily, it's that you are putting it altogether in the right position. Like if you are an average looking guy, but you have a good haircut, you are cleanly manicured, you are wearing stylish clothes that fit you well, that's ten times more important than the overall whether or not you are good looking or not. You can totally tramp guys on that. Trust me, trust me. So that's the biological programming aspect.

Your sexual status, let's talk about this because this is really important. Sexual status is what you are jockeying for in this world. Whether you realize it or not, you are in a battle for your own sexual status, where you fit on the pecking order, the hierarchy.

Low social status is actually a predictor of higher stress, less social and sexual success and shorter life spans. Think about that. This comes from direct scientific findings, by the way. Low social status predicts that you have higher stress. You will have less social and sexual success and a shorter life span. Wow! It's a pretty wide reaching effect if you think about it.

The National Geographic Special that I mentioned before, it's called Stress, and you should watch it because it's really, really revealing about the parts of sexual success that you didn't know about.



Basically if you don't have sexual success, it's an indicator of a lot of other things going wrong. So you really got to focus on thing.

There are also many dark or negative traits that are sexually thrilling to women. This is the part of the dark side or the bad boy that I teach about. It actually goes off a little further from bad boy into the jerk realm.

Selfishness and cockiness, selfishness is self-centered behavior. You will have more women deferring to you. That's the reality of it. That your self-centered behavior if you are a selfish person is going to have more women deferring to you to make the choices. What does communicate? That communicates dominance in a lot of ways, but this is in an unhealthy end of the spectrum. It translates into strong self-belief.

Selfishness equals strong self-belief. That's why it's attractive to a woman because she's going to see you as being somebody who knows where he is going, knows what he's doing, he's got a plan and he's going to help her survive. That's what she's looking for, that confidence, and again, selfishness is about furthering your genetic legacy.

Cockiness, we talked about this, right? Cocky and funny, the whole cocky behavior. Well, here is a warning. Women will swear that th



hate cocky guys. What's the reality? No, they don't hate them. They always say they hate cocky guys because cocky in their mind is one of those words that doesn't translate well. Not in the chick mind anyways.

Cocky to them means something different than cocky to you. Let's face it, cockiness and slight arrogance is always more attractive to women than passivity and demureness and feminine behavior. I hope I don't need to repeat that one, that one is really, really important that you get. The unfortunate thing is that slight amount of arrogance and cockiness is always going to get you more sexual success than being effeminate, more passive and more laid back.

You may not want to hear that because you don't identify with those traits of being more assertive, even arrogant. We don't want to. We think of that as being a dick, but there are ways of bringing it out because again as I told you before and I will say again, this programming is already in your brain. It's already there. It's just something we are bringing out that you already have.

High social status equals basically a license to fuck the most beautiful and desired women. It's kind of coarse and vulgar, but that's exactly what it is. Higher social status in this world is a license to fuck the most beautiful and desired women on the planet. The men who have the highest social status get these women.



Look at somebody like, and I'm going back a few years here, Kid Rock. Kid Rock, now, I honestly actually like his music. I've always like them. I thought he was actually more intelligent in a lot of ways than you might get from his music. But let's face it, the guy is definitely not appealing to the eye, but women love him. Look who he goes out with. Look at the women he bangs. Let's be real here. There is a reason for that, and it's the fact that there is a difference here between being powerful and being powerless.

There is powerful and there is powerless. We are shooting for the power side of the equation here. So high social status is something we have to factor in to sexual attraction. Your social status, whether real or not, you can engineer this, by the way, you can engineer your social status, is a critical indicator as to how sexually successful you will be with women.

Again, observe animals. I don't want to come back to this because we don't want to think of ourselves as being animals, but we are. We are still triggered based on animal patterns, so when you watch those nature specials, you are getting a very keen insight into, unfortunately, a reality that we don't acknowledge for human beings.

You simply must communicate high social status. This is what I'm getting to in this particular situation or in this particular section. You



have to communicate high status, whether it's sexual status and/or social status, you have to be communicating that with your body, with your mind, with your body language, with your words, with your actions, and I'm going to talk more about that in how you do that.

Here are status indicators. These are again the things that women are looking for. Basically anything that indicates you are superiority over another male to give a woman security and to provide for her and her offspring. These are the two critical factors. This is the provider side of the equation. The status indicators that a woman is looking for is anything that indicates your superiority over another male, whether it's one that she's seeing as a possibility or what, it doesn't matter. You have to present her with the example that she's going to look at it and think, "He's going to make me secure and he's going to be able to provide for me and any babies that I might have."

Here are some of those indicators. Money. I know we talked about this left and right. You don't need money to attract women. But guess what, it sure as hell doesn't hurt. That's why I talk about how to make money and I actually offer opportunities to some of my VIP members to be able to earn money ethically, morally and responsibly through business ventures and opportunities that they can actually use to get more money into their lives because you owe it to yourself to make money to increase your wealth and affluence for your own happiness first and then for the happiness of everybody around you.



That earning potential, you don't even have to be making the money right now. You can actually just be potentially earning that money in the future. It's pretty crazy, but that's true. They've done studies on this, by the way, where they've lined up pictures. On side is a picture of a guy in a Burger King outfit and on the other side is a guy with pretty much identically the same kind of looks, so there is really no distinct difference in terms of their level of appearance or attractable appearance and the looks, but one is wearing a Burger King and one is wearing a doctor's outfit or a doctor's smock. And guess who gets the nod for being more attractive? It's the guy that looks like he's going to have a more earning potential.

But they've also done studies that are based on appearance that way, because she could be interpreting that as being, "He must be making that money right now." They've actually done other studies of guys that are starving artists with a real talent and women have attached to them because they saw the potential this guy had. Or another guy who's just in school to go and be a lawyer or something like that, they see the potential there.

Again, we are touching on some dark aspects of feminine nature here, and you've got to be ready for this because it's going to get a little darker before it gets lighter.



Resources, do you have resources to provide for her to give her security? Do you have a house? Do you have a car? Do you have health insurance? These are forms of security that she's going to look at.

Size and physical strength, yes, big, burly guys to a degree, but again, not too extreme. A guy that looks physically strong and he's physically bigger than a woman, taller in some cases, is going to be more attractive to a woman for the fact that she's going to feel more safe around him. But again, we can hijack that particular response in her mind.

Formal status of a person, in other words, it's your leadership role. Are you a leader of something? This is why there is a high propensity of workplace romance is a woman that is working for a guy tends to look at him as being a leadership role or somebody that has power and authority. It's back to authority again.

So those are some status indicators that you need to seriously think about. I know they've kind of fly in the face of all the stuff that we tell you about, "You don't need money to attract a woman. You don't need to be rich. You don't need to be blah, blah, blah." You don't, but you owe it to yourself and your own lifestyle and your own success to be working towards those things because that will automatically create sexual status and sexual attraction with women.



Do searches on social status studies online. That's your to-do for this particular section. I want you to go online and I want you to look up some of the social status studies that they have made for a validation of what I'm talking about here because you really do need some of these reports because it's really amazing. You can look them up through Google, obviously. Do a search. Look for studies done on the influence of social status and attraction with women. There is a ton of them out there.

Be horribly, over the top politically incorrect for fun with women. Now, this is going to seem kind of funny, but what this implies to women? Let me collapse that for a second. Being horribly, over the top politically incorrect for fun, I'm done this before where I will say some pretty shocking things in a conversation with women.

I'm giving this example because it's one of the ones I've used a lot, "You know what? I totally dig Nazis." And they look at you like, "What? What are you talking about?" And I say, "Those uniforms, they had the coolest uniforms in World War 2. Come on, you know all those pictures where they show those parades in Berlin and they had all those cool, eagle staffs they have. They looked cool. Come on. Admit it. I don't agree with Nazism. I am not going to be a skinhead or anything, and I'm definitely not going to persecute anybody, but the baddest ass costumes on the planet."



Okay, that's what I mean by being horribly, over the top politically incorrect. I've done it in a lot worse ways than that too, and you can get some ideas of this from some popular comedians out there. Doug Stanhope is one that I can think of for an example.

The implication when you are like this is that it gives women the idea of your social independence. When I can say something like that, it means I'm not afraid to stand apart from the rest of the pack and I can kind of step above them a little bit and say, "I'm not worried about whether or not you guys accept me or not. I've got my opinions and it's cool because I've already got it going on." It's implied in your words. That's a little technique that I've used to kind of communicate social status to women. It works like a charm. It is a little side note there for you.

You can also elevate your social status through many of the nontraditional Alpha male behaviors. Now, what I mean by this? A lot of guys really still believe that being an Alpha man means that you have to be the big grunt of a guy that can push other people around and basically be the hairy, knuckled caveman that grabs a woman by the hair and drags them back to the cave. It's not necessarily at all. As a matter of fact, it's counterintuitive and counterproductive to what a real Alpha man is.



These days, these are the more nontraditional what you think of as Alpha male, but they are more important for attracting women. Intelligence, including social intelligence, which is actually social savvy, and just regular intelligence is important. Social savvy, social intelligence is the ability to manage social situations and handle people in those situations.

Subtle wisdom, your wisdom, what you've learned and picked up on and what you have figured out about life. Figuring out life is also an attractive thing for women because so many women are walking around feeling like the world is a crazy hectic zone of madness for them. You having figured it out will come across as being an Alpha just by virtue of the fact that you've got this thing figured out.

But what I'm saying here is that you can elevate your social status by having some of these nontraditional Alpha male behaviors that don't relate to money, but if you are a really intelligent guy, your intelligence and your social savvy are telling her he's going to make money eventually. He's going to be a high potential for success with this guy. That elevates your social status right there.

Using personas when it comes to sexual status, personas give you a license to extend your personality beyond the bland. It's one of those things I like telling the guys that I coach. What I'm saying here is that you can adapt personalities. You can create personalities in your



head and these will help you communicate higher sexual status. They give you basically the ability to expand your personality. Every person out there feels like they are kind of dull and boring. If they had to write a book about their life, they are like, “Oh, it would never sell.” It would be so dull with some guys, but you know what I mean.

The reality is that you can be as interesting as you choose to be. With personas, adding on these little ideas of people that you can add into your personality for fun, and I’m not talking about multiple personality disorder here, but I’m talking about it for fun, personas for humor, and these play on our dark desires in a lot of ways.

What do I mean by this? Let me step back, personas are these little characters in your head that you can create for whatever situation you might be in. You have a persona when you go like I tell you. When you go to church, you have a different persona than when you go to a strip club. I guarantee you that. I don’t care what any guy says, but he has a different persona for those two different situations.

You can create a persona for just about everything. You’ve got your joker persona. You’ve got your total goofball persona. Then you’ve got personas that aren’t even related to really who you are, like I have the ones I do for the telemarketers that call, I’ve talked about this in the past, to just mess with people, and believe me it’s important to do.



Fucking with people is also a big indicator of social status. Basically using these personas is essential for you.

Playing on our dark desires. I'll give you some technical stuff here because I want you to understand what sexual status is and how you actually execute it. We all have them. We all have dark desires, and knowing this about a woman is very powerful. By the way, denying that you have dark desires is actually being less genuine and authentic, so by bringing out these little dark things that a woman might be thinking about, this is what comedians do all the time, by the way. They actually just are bringing out the facts that we don't normally talk about.

I was watching this comedian the other night. I think his name is Jim Gaffigan or something like that, and he has this clever little thing he did as part of his routine, he would be talking about his jokes and he was imitating a possible member of the audience who was offended at what he said. So he would make a joke and then he would go, "Oh, I don't know if I like that. This comedian is a bit weird." And he was using that little voice on the side to pretend he was one of the audiences. So he got to play two roles, that was his little persona, and that little persona got to say whatever he was thinking like, "Oh, I don't know if I like that. This kind of seems a little strange." And then he could put jokes on that person. It was really clever if you think about it.



Well, here is a way of doing this. Take something altruistic and twist it, dement it, like saving the whales. I'll give you an example here, and it does all fit back into the big topic of sexual status. Saving the whales, think about this, I would joke with women that, "You know what? You've got to save the whales. Do you know why? Because you want to be able to play this iceberg polo I hear that's such a big deal. That's right I will ride on the back of a whale, you ride on a back of a whale and we just knock icebergs back and forth."

Another one is Habitat for Humanity. I like joking about this because it's one of the charities that I contribute to regularly, "Yeah, I want to work with Habitat for Humanity. I want to build one of those houses, so I can steal some of those tools. Think about it, man. I could totally get away with like one of those circular saws. Yeah."

How about reading to the blind? It's very altruistic. You can say, "You know what? I have this thing I like to do. Every third month of the year I go and I read to the blind. It's truly great because it gives me opportunity to steal their jewelry." With that one sometimes I just can't say it with a straight face like now, but these are ways that you can play these little personas, and at the same time, they have had these thoughts too. We all have dark thoughts like stealing a blind person's jewelry. We know we wouldn't really do it, but there is a part of you in your head that would be like, "What if I was invisible, I could steal jewelry then too, couldn't I?"



You need little dark thoughts and they make people laugh and they play on those dark desires and at the same time they connect with women on this persona level. It's a sexual status indicator to be able to do this.

I'm kind of stealing ahead from what we are going to be talking about in the sexual communication aspect, but I think it's important to give you examples here, so you don't left with, "Carlos said there wasn't going that much theory. This sounds like theory to me, yes."

The key here is you don't go scary dark. Don't be too dark with these personas that you create and have fun with. Don't talk about rape. Don't go into gross or gory topics and nothing frightening or threatening to security, so don't create a persona that's a psycho killer or don't be imitating Hannibal Lector when you are out there. God, that's so funny because I know a guy that would do that even to this day, "I have to do it. I'd always imitate Hannibal Lector in that famous scene where he's like, "I ate his liver with some fava beans and a nice Chianti." I'm like, "Dude, you are scaring the shit out of women that you are doing that to." And he didn't realize it. Use personas that are obviously not scary dark, but fun with that sexual status. We are going to connect with that in a lot of different topics coming up front.



Emotion versus logic, it's very important when we are talking about confidence, sexual confidence and sexual authority is emotion versus logic. This is important. Just like attraction, this is what I mean here in a little bit, just like attraction not being a choice, sexual desire is not a choice. Sexual desire for somebody is the next level of attraction. Attraction is kind of like the door that says, "Hey, you are digging this person," and we all know what's on the other side of that door, it's a bedroom. That's really what we are talking about here.

So attraction is not a choice, but sexual desire is also not a choice. When you get this down, you will understand how it works. Somebody cannot be attracted to you and not want to have sex with you on some level, a woman. Deep reactions here, internally, you have emotional versus logical reactions. I'm not talking about this on how it works.

You have deep emotional reactions when you walk up and talk to a woman or when you see a woman that you want to meet. You think of things like, "Is she taken?" That's one of those gut things that hit you right here. It's like boom. Is she taken? Is she an open and flirty kind of girl? Is there another guy around here that might be protecting her? How do I initiate and minimize the rejection or the possibility of being rejected and minimize my social embarrassment as well as any chance of confrontation with another guy?



These are all faucets running around your head. These are emotional killer thoughts that are stopping you from acting. It's really important to understand. Those are deep reactions that you can't necessarily control. Just like attraction not being a choice, these deep reactions come up within you all the time.

Uncontrollable and they can be distracting and paralyzing at the same time. You have to learn how to defuse this bomb because it's going to stop you from getting real attraction with a woman from breaking down those barriers with her because you are going to have those deep reactions. They are going to hold you back. It's going to slam down this Plexiglas wall between you and her. Sure, she can still see you, but now your voice is muffled. Now, things can't be communicated because there is some kind of a barrier between you two. You have to defuse this bomb or it's going to go off whenever you are around a woman that you want or desire. You've got to defuse it.

Now, just as there are uncontrollable deep reactions that you have, women also experience the same sort of thing and they are based on different criteria with emotion versus logic here. They are just as uncontrollable for her and these are things that she reacts to and she decides whether or not she's going to be attracted to you or not.



First of all, are you sexually confident? She's picking on that right away. Immediately she's looking for signals that you are sexually confident.

Second is do you know how to play the sexual flirting game? Do you understand how flirting works with men and women? Do you really get it or you are just kind of playing at it awkwardly?

Are you a physical or sexual threat? This is another one of those little gut things she feels right away. Are you a physical or sexual threat to her? Recognize this, all men are sexual threat to a woman, meaning that, with her, you are always a threat. You've got to understand a woman's perspective and point of view.

Women have a constant underlying cautiousness about men based on the fact that no matter where she is or what she's doing, there is always a possibility, it sounds horrible, that she could be raped. That somebody could physically force themselves on her and she wouldn't be able to do anything about it.

Women live their lives like this. Not that they live in total fear, but there is a little decision switch that's flipped in their head every time they are making a decision based on their comfort level with you and whether or not they feel that you are physical or sexual threat to her. Sexual threats do exist in a woman's world. In the men's world...



not so much. Well, not unless you are in jail and those guys are looking at you really, really coy in the shower. You get the idea, right. Imagine that. It's a totally legitimate example. You are in the shower in a prison and those guys are looking at you and they are kind of eyeing you up and down, and you know what could come next. That's what women experience on a certain level. It's that possibility of sexual threat.

Now, do you understand the sexual roadmap? That's what she's thinking, "Does this guy even get what the sexual roadmap is? What the different points are?" Which is what I'm going to be talking about in this program, so don't worry about that one.

So recognize there are criteria the woman is looking at to determine whether or not her emotional mind or her intellectual mind is engaged in the attraction that's going on. Intelligence works against sexual attractiveness. You've got to recognize that smart guys have it harder than other guys. I was one of those smart guys. I overthought this thing and as a result, I killed attraction with women.

Being overly intelligent or thinking with your IQ in these situations disconnects you from a grounded sexual desire. Thinking in itself is cut off from your actual true sexual desire. Those are two different parts of your brain, and then we start slipping into rational thinking and how it ought to be with attraction.



This is why smart guys have a problem with this. They think about the way it should be. Maybe they read a lot of books about it and, “Yeah, you know what, if women want equality, well, then they should be able to open up doors themselves, right?” This is one of those logical things, but we know it isn’t true.

On a certain level, a woman will always appreciate and feel more protected and taken care of by a man who does those chivalrous gestures. Feminism has nothing to do with it. Remember this one thing from this section, emotional reality always trumps logical reality. Emotional reality trumps logical reality. Whatever a person is thinking of logically, he’s not going to be able to shut down or negate a person’s emotional feelings about it, which is why you can’t rationalize with women to get where you want to go. You have to learn how to engage them on an emotional level. That’s really what this section is all about. We are going to be talking about all the elements of this, but actually the next section on sexual psychology will actually talk about how to really dig into that emotional mindset of a woman and how to use it to your, I don’t want to say to your advantage because again that sounds manipulative.

So, there you go with emotion versus logic. Next stop, we are going to be talking about sexual endgame trap. This is a big trap and it’s one you got to know about. So when you are ready, move on to the next section and I’ll see you there.

Sexual Confidence - 2

All right, we are back and we are talking about the sexual endgame trap. What is the sexual endgame trap? Well, here is the dilemma, we know what we want, and as men we know want sex. Even women want sex, although there is a different psychology behind that, and we will cover that later.

Now, if you are insecure about your ability or you don't know what to do when it comes to having sex with a woman, you are going to fear getting to that place where you are uncertain, and what's going to happen is you are going to self-sabotage to avoid facing that situation.

I'll give you an example of this. Back when I was a kid, I played a lot of baseball. The problem is I really sucked at baseball and I knew it. I was a terrible hitter. I just couldn't hit that damn ball. Every time we played, we played with neighborhood kids and whatnot, I felt that sinking dread come up in my system, and what would I do? I would do whatever I could to get out of having to go over to bat. I would switch with other kids. I would pretend I hurt my ankle. On a conscious level, I knew I was doing this.



Now, think about this as applied to other things in your life and you will realize that your fear of the unknown is a part of a situation.

At the end, what happens when you finally do get her into the bedroom, it's going to ruin your confidence, reverse engineering it all the way back to the front. You can't even walk up and talk to women because somewhere in your head there is that little part of you that goes, "Oh my God, something is going to happen. I'm going to fail when I get to the bedroom." Because ultimately, that's what it about is, that the fear of the unknown becomes the fear of failure.

But think of it this way, if you knew you could satisfy any woman out there, what would that do for your confidence level? What do you think? I think it would massively jack it through the roof. Therefore, if you know that you can sexually please a woman, you become more attractive to her. You immediately take on a confidence in an aura with her. Think about it that way.

So therefore, you remove that fear and your confidence will be totally unleashed and let loose. All right, so think about that. Your sexual endgame trap, it's something to really consider that you are probably going to be in a state of a double bind until you get rid of any either faulty beliefs or you compensate by learning what's in this program. That's what this program is really all about. You want to push a button to it and say, "Okay, what is it I'm getting out of this thing?" What you are getting is the confidence that you know what to do when the time comes.



If you have the skills, you are not going to have those changed, the emergency brake, the shackles, or whatever you want to call them. That extra weight that you are carrying around will be off of you and you will be able to move forward at warp speed basically. You see, I know I could work *Star Trek* into this somehow.

So there you go. That's the sexual endgame trap and I really want you to be aware of it because it is the most critical thing that you have to overcome in order to get sexual success with a woman, and to be able to communicate sexually, you can't feel this constant self-consciousness.

All right, so now, we are on sexually insecure. This is something that relates to the endgame trap. It relates to this psychology. Most guys are ashamed or shamed in a lot of ways, and ashamed, meaning that you were ashamed about your sexual desire. You are ashamed about it, which means that you are probably uncomfortable talking about sex in many cases. Even if you think you can talk about it, there is still some places you probably won't go for fear of either maybe not having experienced it, or not really understanding it, or even just having kind of squeamish feelings about bringing that topic up in public.



There is a feeling like you need to keep it hidden. It's a fear of discovery. This is what a lot of guys go through is they have this fear of discovery that they are going to be discovered or found out that they actually want sex with a woman and that this is somehow a bad thing. Well, keeping in mind that feeling this way, feeling like you need to keep your sexuality hidden is going to create more of the sexual endgame trap because you are going to be ashamed. But that ultimately you are going to be held back you have this nervousness around any kind of sexual energy.

Any kind of sexual energy that you experienced is going to create this feeling like, "Oh, I don't know if I can go forward with this. I don't know if I can go through with it." And this kind of insecurity is extremely obvious to women. Women pick this one out right out off the bat. So this sexually insecure way about you is going to be communicated through a bunch of different things; body language, obviously, tone of voice or your energy going forward in a conversation. You are not going to be able to just roll with the conversation.

You are always going to feel like those... I was thinking about those cartoons that I watched as a kid. They used to have robbers. They have the black masks on and the striped outfit. If every robber wore that, they would be pretty easy to pick up, wouldn't they? But those guys who are lurking around the corner waiting for you, that's what's



lurking and wait, and you feel that in your conversation and it will hold you back.

So this kind of insecurity has to be dropped. Sexual insecurity is one of those things that women sense, and it's a bigger topic or a bigger ball, if you will, of the overall what's holding you back, but that's pretty much it. Being insecure sexually stops you from feeling good about going forward with a woman. That's your confidence blocker right there. Keep that in the back of your minds. Sexual insecurity is what you need to eliminate, and it comes from this feeling like you need to keep it hidden, like you can't express your sexuality as a man. We've been shamed as a gender. On the whole, men have been made to feel like our sexual interest in women is unhealthy. It's impure. You are a dog if you want to do that to women. Do you want to have sex with more than one woman? What's wrong with you? You are bad. Okay, I'm being somewhat facetious here, but not so far. Not as far as you might like anyways. So that's sexual insecurity.

Sexual confidence, let's talk about sexual confidence here. First of all, why men don't have sexual confidence? Why not? Well, first of all, this goes back to the insecurity, we are kind of flowing forward here with sexual confidence, the reason that guys don't have it is because of this overt feminist backlash that they've experienced for the last 30 years. There has been shaming. There is a lot of shaming. This is an individual thing. This is kind of a culture thing. This is an individual



thing. We've been shamed by our families or by religion or by other little external factors that make us feel that sex is bad.

The United States has a very unique situation on this, by the way, which is we have this very, oddly enough, liberated society where you are free to do anything, but we also have a very distinct sub-culture or sub-influence, if you will, of Puritanic influence in there, Puritanical. Because keep in mind, that's who came over and settled the United States. We still inherited a lot of their beliefs, a lot of their insecurities about sex. So this Puritanical belief system about sex and about sexuality haunts us to this day.

Single family upbringing, like you have a single mother that happened to raise you, that's going to create a certain kind of a stigma or a certain way about sex, especially the way women bring out boys. It's not intentional. It's not meant to hurt you, but it's just a different way because women have a different communication system about how sexuality works with them. It's a lot of covert and underneath the covers type stuff.

Poor male role models, this is again really kind of cliché in some ways, but it's true. There are a lot of poor male role models out there that we had to experience a fear of revealing or releasing your masculine power is what at the heart of that, and you've got to find these good male role models. I try and be mentors to a lot of the boys



I know that I've worked with through my dojo or that I've worked with in the past because it's important to me that these kids get a very clear understanding of what confident, no holds barred male sexuality is about. Okay, it's very important.

We have a culture of threat and fear that we live in. Think about it, the United States right now, and this is becoming true more around the world because of the threats that we've encountered, is that we live in a culture of threat and fear. The world is no more dangerous than it ever was. It really isn't. If you look at the numbers and the true statistics about the actual danger that you are in and it's extremely low. Things just don't happen to you, but the media and the news make us more aware of it.

You now know about every bad thing in the world that happens instantly. It's twittered to you in a moment. You find out all of this thing. Well, it's never used to be this way. It used to take days or we have to filter through a bunch of media outlets before I could finally get to the morning or the afternoon or evening news. Now, we know about it instantly. The internet has brought us fully in contact with all the worst parts of the world. Everything from sexual predators, which there are no more of those than there ever were.

I was watching a really funny comedian, Doug Stanhope, and he was talking about this topic too. The fact is that that internet and internet



predators, you know what, it's a good thing, it keeps those predators online instead of hanging around the children's playground wearing a bathrobe going with Smarties that they are using as lures to try and get kids. Think about this for a second. This gives them a place to hide and stay out of the general population.

He was trying to be funny about that, and it's true in a lot of ways. The world is no more dangerous than it ever was, but we live in a culture where we are made to feel as though everything is out to get us. There are constant threats and constant fear.

So, sexual confidence is necessary for Alpha masculinity and to get sexual success. So when we are talking about sexual confidence and this thing I call Alpha masculinity, it boils down to charm and charisma with women. Charm and charisma with women, they are a very essential kind of way of looking at that. Okay, so that's social confidence.

Okay, clear picture. Clear picture, this is really important. This kind of distills the essence of what this sexual authority or confidence that we have to have with women is really about, in a lot of ways, this clear picture. You must have a clear sense of deservedness and capability. These are the two essential ingredients to your sexual confidence. It's you feel like you deserve the sex that you want and that you are capable of delivering on it when it comes time for you to perform.



Those two things are pretty much it. You deserve it. It's okay. I mean, all that's kind of roll about in the deservedness that you don't have those beliefs or limitations holding you back. You deserve and it's okay to have sex, and then on the other side of that coin, that you have the ability to deliver when it comes time to give a woman an orgasm, to pleasure her, to make her feel what she needs to feel in order to give you more sex. Okay, because it's not over the first time you have sex with a woman. I hate to tell you this, but that's where things just get started.

Stop pretending that you don't want sex from women. Be very aware and cognizant of this. Be aware with what's going on in your own head. I will keep coming back to this self-deluding aspect of human beings because I think it's very important that guys understand this nature that we have. We tend to deny certain realities that are going on around us all the time because we want to maintain a certain appearance, a certain kind of acceptable appearance that we think other people will accept.

The reality is almost always different than that, so be willing to look at things with very clear, clear lenses on. No smudges on the lenses or filters of your reality. I call this clarity, ultimate clarity. It's something I seek every day of my life and that's clarity in everything that I do. I don't want anything distorted. I don't want anything that people tell me kind of couched in a certain amount of protection.



make sure that my feelings aren't hurt. Forget that stuff. I'm way beyond that. I need to know the truth, and if you kind of water things down, you could go years without knowing what the truth is.

I will give you a very clear example of it, and that's a very personal example for me is that when my mother became sick with cancer. She actually kind of held back on the amount of information she had. She didn't let me know with just how serious it was, and I'll be honest with you, I actually changed in my mind to be, "Oh, it's not just serious. She should be fine." And I didn't know what's really going on until my cousin let me know, "You know what? You are not seeing what's going on here. She's sick. You need to be figuring out what's going on with her. You need to be talking to her doctors." I'm like, "Wow, you are right." I was denying the reality because, of course, who wants their mother to be sick. Yeah, it was a very eye-opening experience, a very personal experience to me to kind of be like, "Whoa, I am totally making shit up that I need to get out of my head and I need to get back to reality. I need to see things clearly." And I did, and I stepped in and I did what was necessary at that time.

So again, this comes back to, please, stop pretending that you do not want sex from women. You do. Every single heterosexual male wants sex from women, and to deny that in any way or to rationalize it away that you don't or you want to be connected, or sorry if this is going to offend some of you, you want to wait until you are married, no, you don't. You want sex right now. Men are built this way.



Physiologically and psychologically we are built to want sex right now, right this second. It's okay. It's the way it was naturally meant to be. It doesn't mean that you can't exercise some self-control over it, but do not under any circumstances pretend that you don't want sex from women.

You also have to believe that she wants it as badly as you do, and she does. Women want sex just as much as men do. Their desire rather is actually disconnected from their physical arousal state. So a lot of us believe that women don't want sex as much just because women are able to cut sex at any moment. She could be this close to having an orgasm and she can just cut things off, jump out of bed and leave. It's that easy. For a guy, no way, man. We are going all the way to the end. It's not the same with women. It doesn't work that way, so we don't understand that reality, and therefore we fall victim to those beliefs. Women do want sex. They experience much more sexual pleasure than men do.

Don't be ambiguous or wimpy about this goal. None of this, "I'm going to let her decide how long it takes for us to get to the bedroom." Being very, very careful about how you say this because I don't want this to imply that I'm saying you should force a woman to have sex with you. Never, never, never, that's never what I'm saying here, and I'll put that right up front and I'll say it several times throughout the program.



But on the other side of that is don't have this mistaken belief that you are going to let the woman decide the pace of how fast things move forward. You have to be the trendsetter. You have to be the one taking the leadership role and moving this thing forward to the bedroom aggressively, assertively and aggressively in some ways. By aggressively, I don't mean forcing physically. I mean, aggressively in terms of the agenda or the moving forward part of it. Not that you are ignoring all the signs around you, not that you have this one single minded focus, but you do have a deliberate path to get there.

A lot of guys are very ambiguous or being wimpy about wanting to have sex with women. They are like, "Oh okay, if you don't want it, we can just cuddle." Don't accept that. That's a test right there. The whole cuddle all night long thing, a big mistake. I've written about this in a lot of my newsletters because I think every guy has fallen victim to that one. It's a clever ruse that some women use, and it's also a test.

Women want sex as much as men, I've said this before. Women get more experience with sexually charged situations than most men do. Women have more experience being in a situation where guys want them. There is talk of sex. Sexuality comes into the conversation. Most guys don't have the experience that they do. Women are approached all the time. Think about this, women are approached all the time, are you? Probably not.

Now, I want you to imagine this experience for a minute here. You walk down the street, every day some guy is trying to hit on you or trying to get into your pants. Okay, this is an ongoing everyday kind of experience for a lot of women. It's nearly constant. They are constantly being put in front of a situation where a man wants sex from them all the time. You don't have that experience, but women do. They get used to it, but you don't. So dealing with that energy and dealing with those sexually charged situations is really important.

Wanting sex is not perverse, not perverted, and not weird, unless you try to hide it or you are ashamed of it, then it becomes perverted by virtue of the fact that you are now being sneaky. You are now being shameful. You are now trying to keep it under the covers and hidden from everybody. Keep that in mind too. So does a desire for sex is never weird or pervie until you make it that way with the ways that you handle it.

Being sexy is not pervie or weird, again, unless you act like sex is all you are looking for. Sexuality can enter a conversation naturally and easily, and it should, but if you act like sex is the only thing you want, then it's going to again get a little bit pervie and weird because it's too single-minded. It's almost ignoring the reality, and it's like, "Yeah, but what about sex?" So keep this very clear picture. Maintain the clarity. Keep the clarity about you. See things for what they are, and you will almost never be misled.



Women. Oh boy, women, what a topic here. I've got a lot to cover on this one. First of all, let's talk about what a woman's insecurities are. So we are going to get into a little bit of sexual psychology here. I'm going to go into much more detail in that section, but we are going to start touching on the essence of women in terms of your sexual confidence.

First of all, think about a woman's experience. These are her insecurities:

- She is thinking other women are more attractive than her. This is the stuff that's floating around in her head.
- She is dealing with the possibility of rejection by high status men and women. High status women exist in her life too, and she's constantly aware that she could be ostracized, if you will, by their rejection.
- She's aware that she's getting older everyday, and with every day, she's becoming less attractive and desirable. Maybe not literally, but that's what's going on in her head. Again, it's irrational.
- The clock is ticking. She's going to be unable to children at some day in the future. She does have a hard deadline she has to meet. That's always in the back of her mind.
- Winning the man that she wants is also floating on in her head. She wants to be able to win the man she wants. She's been brought up on Disney desires since she was two years



watching those movies of Prince Charming and the guy that's supposed to come along and sweep her off of her feet.

- She's also aware that a man that comes along that's too easy is also suspicious to her. It's a suspicious situation to have a guy that's too easy for her to get. That's where a lot of guys fail, especially nice guys. We make it too easy for women, and then they are like, "Whoa, wait a minute. Something is weird here." It weirds them out, and that leads to flaking and that leads to them actually disappearing in a lot of ways.
- Not being able to have kids when they are otherwise fine physically. They have that fear in the back of their head that maybe they can't bear children. Even if they meet their timeline, maybe their body would just don't it. It's kind of rare that that happens, but again it's a fear that women actually have.
- They also have a fear that other women are getting the attention that they should have. Attention is currency in a woman's world. Attention is currency. Okay, and this is going to leave them to all sorts of behaviors, and one of which is what I call attention whoring. Attention is really important to women. It's very, very important. It tells her that she's desirable. It tells her she's part of the social networking fabric because connections are so important to her. She's worried that other women are going to get the attention that she deserves. She's going to be thinking about it and her insecurities can maybe around she can't keep a connection with



a man, or the attraction going. She can't keep a man attracted to her. This is a fear that she has in the back of her head. She can't keep the attraction going or the connection going.

- She's going to fear that she can't attract a high status Alpha man like you. Okay, the reality is she's worried that she's going to have to settle for somebody that she may not desire either in her quest to procreate to have kids.
- She's going to fear that she can't fit in with social groups of status that she wants to, that she can't be a part of those important people, the ones that give attention, the ones that get attention, that have power. She's drawn to that power because again it implies that she'll be taken care of, that she'll be safe and socially secure. That's her form of social security.

Do you see how important all these little things are and they are probably not that important to you? You have your own set of insecurities running around in you. This is a woman's set of insecurities, which some of them you just can't even relate to. But if you understand them, you will be miles ahead of any other guy out there.

The halo effect, you may have heard this. This comes from science. It's the fact that we tend to attribute a certain angelic or good quality to people who are good looking. We tend to believe that they are less evil, that they are less altruistic, or they are more altruistic than we



are. We just give all these attributes to people who are attractive or by virtue of their appearance.

Now, we put these women on pedestal. We put attractive women on a pedestal. We give them false credit for purity and innocence. A lot of women we believe are this pure, angelic, snow white creature when in fact they are just as capable of evil as we are. There is too much judgment based on appearances. This is why we again put women on a pedestal is we give far too much judgment based on what we see.

Women don't want this. Women do not want to be thought of as angelic or thought of as pure or whatever you want to call it based on their appearance alone. They want to be known for who they are, not based on what you see, which is the ultimate dilemma of women who apparently are very, very focused on what you see of them with makeup, clothing, their body style. It's a dilemma they have to deal with.

This is going to be dangerous and very limiting to you if you continue to put women on a pedestal. So I'm going to tell you right now you need to stop this habit now. You need to start breaking it down. You need to stop giving women credit just for looking good. It doesn't take anything to look good. Some of the worst cars on the planet looked great, but run like crap and they break down all the time.



There is nothing to be attributed to appearances. You have to look deeper into the qualities.

So beware of those times were you give an attractive woman too much credit or glorify her without a very substantial reason why you are doing it. This goes into the essence of why I've been teaching guys for years. You cannot do that. Women in today's world are often thought of as being better than men. This is part of that feminist thing that I've talked about. Women today are thought of as actually being better. When I say better, I mean higher in quality, nicer, having better qualities in a lot of ways than men do. It's something that sneaks into the very low level. It's not set overtly, but it is in the message.

Remember that women and men both have good and evil in them, and this is just one of those common sense things that we forget. We just demonstrate it in different ways. The women are not technically the perpetrators of violent crime. They have a lot of other sideways and different ways that they let this stuff out. So there is no monopoly, if you will, on good and evil behavior. Men and women are just the same.

Now, understand another reality instead of rejecting it because of egocentricity. This is the most things you are going to be like, "Oh hey, what does that mean, because I had to read it a couple of times."



Understand another person's reality rather than rejecting their reality because you are stuck in your reality is basically what I'm saying. Egocentricity is the inability to see anything else because you are so attached to you. Whether that's through insecurity or whatever it may be, your ego situation is going to stop you from seeing other things in life.

Study *Women's Erotica*. One of the best ways you can learn about women is to look at what they want and what they read. *Women's Erotica* is an incredibly powerful and incredibly popular with women, yet most guys have no clue what it is or what it says. There are things that come out in *Women's Erotica* that tell you about their sexual desires with things like wanting to want to be submitted. In other words, a woman wants a certain submissiveness or forced into a submissive role.

Now, again, I have to add this clause. This does not mean that you can dominate or physically force a woman to do something, but they have fantasies that relate to their subconscious desires. Submission is one of them. They want to be turned on by elements that do not deal with appearance.

The covers that you see on women's romances are bullshit. They are total bullshit. They always show the hunky Fabio guy holding a woman and they call them the Buttocks Rivers because their boobs



are like popping out of this thing. Those covers are all the same and they are ridiculous, but at the same time, they are also BS. The content inside of those books though will tell you the true desires.

There is a function of rising and falling tension in all of *Women's Erotica*, meaning that get tense, tense, tense, and then there is a break in the tension and then it comes tense, tense, tense, and there is a cycle, and that's what builds up the sexual attraction between the characters in these books, and you need to watch that and map that and understand it to do the same thing with women.

Women's Erotica is very experience oriented, meaning that the woman's experience does not end or culminate in orgasm. Men are focused on the orgasm because that's where things kind of, if you will, come to a head in everything. It meets and fulfills our biological desire and ultimatum, which is to procreate species, so we've got to come. Women don't need to, so for her it's an experience. The journey is more important than getting to the orgasm for women.

This is one of those things you will find when you are in bed with a woman that will throw off the vibe. If you get too focused on giving her an orgasm and she's just not needing it or it's not what she needs at that moment, maybe she needs that connection, you are going to be out of sync and you are going to really jeopardize your ability to have sex with her again.



Now, as opposed to male sexual patterns, which again, we are talking about this, men are orgasm focused. We focus on novelty and visual elements. Men are focused on what is new or we haven't seen before. That's why pictures of naked women that we've had for years and years and don't do quite as much for us as new pictures of naked women that we've got, and again the need in porn for a novelty or something new, and the visual elements, what we can see is what sexual attractive to us and it's often based in power, the male power dynamic. The man having power is something that feeds our fantasy.

So don't fight against the woman's sexual reality. Don't argue with reality. It will just bite you on the ass. It's one of my sayings that I like to bring up a lot because it's true. Reality is reality. Whether you like it or not, you can't change reality just because your reality is distorted. A woman's sexual reality is very clear cut, and if you understand it, you will have much more success with them.

Women have a dull sex life because most men suck at sex. It's a fact. Most men are incompetent in the bedroom and are incapable of really pleasuring a woman, really giving her what she really wants. I'd say probably way over 80%, and probably closer to 90% of guys are really inadequate. So if you understand this, you will also understand that a woman lives most of her sexual life through fantasy and masturbation.



It sounds a bit harsh and extreme, but it's true in a lot of ways. We all do in many ways because we'll never get the ideal sexual experience or sexual situation that we want, more so unfortunately for women. She lives her sexual life basically through fantasy and masturbation because she knows what appeals to her. She knows what she wants, but on the other hand, she also believes on a certain fundamental level she's never going to get it.

But keep this in mind, if you understand what I'm teaching you here and you start to put the stuff to use, you are going to open the door for her and you will literally awaken the tiger. That's what I call it, awakening the tiger. Well, of course, it's a high quality problem. It's a kind of problem you think you want to have, "Hey, this woman is a nymphomaniac. She's all over me all the time." But it's going to totally freak you out. It will totally freak out at the first couple of times because you are not going to be ready for a woman's true sexual desire. Most guys don't think that women have a sexual desire, that they are only doing this to appease them in some ways. It's simply not true. It will freak you out to a certain degree.

Right now you are going to be like, "Yeah, sure, Carlos, I'll be ready for it." But trust me, you really don't understand it. Women's sexual appetites exceed men's. Very often in a lot of relationships I know, the woman wants more sex than the guy just based on this one fact alone. If you know how to open this door for her and bridge the



between her fantasies and the reality, you are going to create a whole new sexual life for her that she will be completely, completely involved in.

You see, women live not knowing what is actually sexually possible for them. Most women just don't ever fully realize her sexual potential. Think about this way, probably, let's just say, 99.99% of guys can reach orgasm, but this is not the case for women. In fact, there is actually a distinct percentage of women that never do orgasm, and that's a perfect example of not realizing what is sexually possible for them, what kind of a sexual experience they can possibly have.

The men that shows her this is going to be her personal god. That's the best way I can explain it. When you open that door, when you awaken the tiger, you are going to become her personal god on a certain level. The cool thing about this is, it totally creates a dedication or loyalty. I don't even know how to explain it, but it's a kind of security you will have in your relationship that you can't get any other way. You've basically locked her down the best way possible. You don't have to worry about cheating. You don't have to worry about anything else if you keep a woman happy and satisfied, and this is one of the ways you need to do it.

If you don't keep a woman sexually satisfied, she will stray. She will cheat on you. It's inevitable. It will happen. Don't let any other



woman tell you that, “Oh no, we are still faithful. Even if things aren’t going well, we will still be faithful.” No, the second a woman is not appeased, she will look elsewhere, and they are just a lot better than we are in terms of keeping it a secret, but it’s very true. So recognize that.

Again, women have this dull sex life because most guys aren’t very good at it, but you are putting an end to that by learning what I’m teaching you in this program.

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RATED	ALPHA
A	Required for R.E.A.L. Men

