



Alpha Sexual Power System

Volume 2

CONTENTS:

Sexual Confidence: 3-4

Sexual Psychology : 1-3

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Alpha Sexual Power System

Sexual Confidence -3

All right, welcome back. We are now going to cover masculinity, the flipside of the coin of femininity which was women. What is this whole element of masculinity when it relates to Alpha power and sexual confidence? Well, first of all, one of the big reasons that we need this kind of program is because of the problem with masculinity in the world today, and I see it in the world, but I mean there are some very primary countries that this is really affecting it, the United States, the UK, and there are some other European nations that are feeling this too. It's a kind of a sway away from, I hate to say traditional because it sounds very old fashioned and stogie, but very traditional in gender role models.

Now, in some cases this is good because it's allowing women to have to get access to things that they want to do more, but at the same time it's also very inhibiting to men because men are having a difficult time adjusting to the new environment and getting some of mixed messages that they are getting. So it's a mixed bag, for sure. I hate to say that it's all bad, but there is a distinct part of it that is not very good for men, so we have to understand that one of the biggest



reasons we need a program like this teaching guys how to be more successful sexually is because there are very few male role models doing it and our society in general is not prohibiting it, but inhibiting it.

So think about this for a second, what are man's insecurities? We talked about a woman's insecurities earlier. What are man's insecurities? Well, think about it this way. Here are some of the ones that come up for guys.

Rejection by high status men and women, that one is the same for men and for women. Women have the exact same insecurity as the rejection by high status men and women, and most guys don't think of it this way, but high status men influence them very, very strongly.

Other men dominating him, lowering him in the pecking order, this is an insecurity of all guys. I had it. I had this big time because I'm a fairly light framed guy. I'm kind of thin. I'm athletic now and I've got power and strength now, but I didn't when I was younger. I was a little weakling, and sure enough, guys take advantage of that. That's the way we were built. It's part of our social structure, and anytime somebody throws something rational about the way it ought to be in my face, I told him to go and watch the playground and watch kids interact and watch how the basic instincts take over sometimes.



If you ever read the book, *The Lord of the Flies*, you know what I'm talking about. So other men will try to dominate you. It

happens throughout your life. Other men will want to jockey for power and try and supersede you. It's the way of life.

Are you having insecurity? We all do of losing our woman to another man. It's one of the worst things we can imagine because we're programmed as men to want to protect our paternity. In other words, if we have a woman that we have had a child with, there is no way we want to give up that child, for sure, because that's our progeny, our genetic legacy if you will. But at the same time, by knowing that a woman is having sex with another man, it puts our own paternity, our own fatherhood in question, "Is that really my kid? Maybe she was messing around with some other guy?"

There is a study that's been done that says that up to 10%, and that maybe is a little bit high, I think it's a little less and I think it's maybe around the 5% mark, but up to 10% of all kids that are born are not the fathers who think that they are his. It's a pretty scary stuff.

This is another insecurity, he can't create attraction with a woman. The inability to create attraction with a woman is a very distinct insecurity for a lot of guys. You may think it's something unique to you, but the unfortunate thing about our pain is it always seems unique. It's not. Many, many guys, as a matter of fact, probably at



least eight out of ten basically don't have a great ability to create attraction, but there 's only a small percentage of those that will actually admit it.

He has an insecurity this woman is going to cheat on him. Again, this goes back to losing his man to another woman. It's the paternity assurance issue, is this really going to be his kid? He has got to know this because, well, first of all, a woman knows who her baby is. It comes right out of her. For a guy though, we don't know who actually fathered that baby. It's hard to be sure. That's a difficult subject there because the topic of cheating as much as women say they hate it, they don't like the emotional cheating. Sexual cheating is actually more acceptable for women than the emotional cheating that happens.

He's going to have insecurity they can't please a woman sexually. This is another one of those things that we are going to take care of in this program. You are going to know exactly what to do to please a woman sexually every single time, even if you've never done it before.

Turning a woman off, this is one of our insecurities. It's actually flipping the switch the other way, taking a woman who maybe otherwise interested in us and getting her feeling turned off.



Another insecurity is being unable to provide enough, that we will not be able to give enough security either to the woman or to our family as a whole. Again, it's built in to us. That's what women look to us for, and that's what women want to provide back.

We also have an insecurity of one-sided feelings. In other words, that our feelings are the only feelings that are going on and that she doesn't feel the same back to us, so we've got to know that because that's going to again lead into can we be sure that she's not going to cheat on us, that she's ours and ours alone.

So beware emotional manipulation. What do I mean by emotional manipulation? Well, emotional manipulation is the fact that you are going to be manipulated and you are going to be coerced by your emotions as a man. It is a man specifically, but as a person in general, guilt, anger, and poor boundaries will be working against you, and what do I mean by guilt? We know what guilt is. That's when you are being made to feel like you are a bad person or you've done something that's vile or in violation of accepted rules. You feel guilty. You feel bad. And then, of course, what comes after that is shame, and we know that shame is one of the most powerful inhibitor for men and our masculinity.

You are going to be manipulated and controlled by your feelings of guilt and your own feelings of anger. You are inability to control your



anger will make you appear sexually less attractive to women. Having anger is the first step. You need to have that kind of force and energy within you, that potential. Again, a woman has to see that there is the potential for bite behind the bar.

Not that you would ever actually physically hurt her. Again, I have to reiterate this, that's not it, but that you have this potential because most guys don't have it. They don't have the ability to get in touch with that anger, and as a result they seemed weak, wimpy or woozy. You can use any number of words here you want to fill in the blank with, but it's all coming down with the same thing. It's an inability to get attached to their own strength, which as a man, very often our anger and our ability to channel that energy.

Poor boundaries, this is an important one. Poor boundary simply means that if your girlfriend feels unhappy, do you feel unhappy? If you do, that's a bad boundary. Now, there are some schools of thought that would say that if they are sad, you need to feel sad because that puts you in touch and empathetic with them. You are compassionate with them, and there is something to be said about that, but you can be compassionate and emphatic about another person's situation without having to experience the same emotions they are. Because when you experience those emotions because they are experiencing it, that's a poor boundary, you now no longer have a boundary between you and her, and that, I'm going to tell you right



now, is a dangerous thing in relationships and with any kind of interaction with women.

It's very, very dangerous. It's one of the most prevalent forms of dysfunction I have seen in relationships and with guys and their girlfriends, and it is this inability to separate yourself from the other person. You feel bad, so I feel bad. No, no, no. You need to feel strong and okay on your own, especially if whatever is making that person feel bad has nothing to do with you. You do your best to help that person, but you let them get through their emotions on their own. It's not up to you to be the savior. Okay, that's what happens is that you start to fall on the savior path.

So you will be manipulating, of course, by your emotions, and I am going to warn you that it will come along as well with women who are going to be trying to manipulate you with those. It's a fact of life. It's okay. Guys do the same thing to women. It's not like this is a sexist thing. I'm just saying men will be manipulated by women and their superior knowledge of how emotions work. They do it intentionally, but it happens by virtue of how they behave.

Beware of the myth of her type. There is a belief out there that a woman is only attracted to one template of a man. Okay, that's her type, "Oh, he is not my type. He's not my type." No, no, no. It's not true. The fact is that women are attracted to a template of behavior,



not appearance. Let me say that again, women are attracted to a template of behavior, not appearance, even though there are some genetic elements to it,

Here are some of the genetic elements that women are attracted, that they look for in physical appearance, but again, all these can be overcome. I just want you to be aware of what they are because you are going to actually do things to enhance and change the perception of these.

A strong, square jaw, for you guys that may not have one, you can always do the beard, the goatee thing. That helps quite a bit.

Being taller than her helps quite a bit. I'm sorry, but it's just a reality of life. Does that mean if you are short guy you are never going to get any pussy? No, that does not mean that at all. In fact, if you are looking for that to be your ticket to give up, which is what a lot of guys do, they are looking for the excuse to give up on this and be all down on themselves, go ahead and find it, because you are going to find it. But if you are going to let that stop you, please don't even bother.

If you look at some of the other folks out there, I mean, look at, and this is probably a dated example, but Tom Cruise and Nicole Kidman. Tom Cruise is a 5-foot-7 shorty. I hate to tell you, but he is, he is short, and there are a lot of actors like that. I mean, look at Duct



Hoffman. I think he's like 5'4. The guy is incredibly short. As you look at him in relationship with other actors, it's unbelievable. Height can be compensated for easily and not by a Napoleon complex either. It makes her feel secure. Whatever genetic elements that make her feel secure are the ones she's going to look for, and you can do a lot to make her feel secure by attitude, so that's why we can overcome these.

Prominent cheekbones, that's another one. Believe me, again, not a big deal. If you don't have prominent cheekbones, you can just use good old fashioned facial hair. You can do the goatee thing.

Symmetry in your appearance. I've been told that I'm an okay looking guy, but the fact of the matter is that one of my ears is lower than the other one. I know this because when I shave and I try and get my sideburns set correctly, it doesn't work out. I look at my face and I'm like, "Wait a minute, I'm crooked." It's real. It's very real for a lot of people. There is a lot of actors and actresses that actually have crooked eyes if you look at them. It's very interesting to see these things, but symmetry is one of those attraction factors.

Scent, you can easily manage that one on your own. We all have a unique scent, but we can also add things to it to change our scent.

Taste, believe it or not, is another genetic element of attraction. When you kiss a woman and you do the French kiss thing and you



tongues interact with each other, you're actually tasting each other's genetic diagram or blueprint. Believe it or not, that's what's happening. There are certain chemicals in certain people's saliva and certain chemicals in others, and you can actually be turned off by a person after the kiss because that person is not genetically very compatible with you. It comes down to the immune system.

I hate to go all scientific on you, but it's actually pretty cool if you understand what's going on at the bottom level of this. A lot of you cannot control and you might be thinking, "Oh my God, I mean, we made out for a couple of hours, and now she doesn't even want to return my call. What's up with that?" It might be a genetic incompatibility there. It sounds crazy, but it's true.

A broad chest, it's easily overcome. I actually have a genetic, you could say it's called a congenital defect if you will, but it's not really a defect, but I have a slightly flatter chest. So I basically work out harder on my chest and I compensate for it. It's not hard.

Posture, it's your straightness of posture. If you are slumped, you are looked at as being somewhat less desirable genetically. If you have a straight back, you are more attractive.

Tanned skin is another one of those things. Again, it's something easily overcome.



So let me tell you this, the bottom line about this whole discussion about her type and everything is that types that she may have, types that she may think she's attracted to go out the window when you trigger behavioral sexual attraction triggers. Let me say that again, if she thinks she has a type and you are not it, that's going to right out the window when you are able to trigger behavioral sexual attraction triggers. It never fails. So beware of that myth of being her type or not her type, it's not true.

Okay, so Alpha risk, what is Alpha risk? Risk is a very big factor. I want to tell you this, you are risking in life right now, whether you want to or not. You have no choice. You are risking right now. By not taking certain actions, you are actually risking. By not investing your money in long-term investment vehicles, you are risking not having money at the end of your life or near the end of your retirement years. It's almost guaranteeing it, as a matter of fact. So it's a risk that you are making almost come true positively.

So when you recognize that, when you recognize that risk is inherent in life whether you want it or not, because the second you walk out at the front of your door, hell, you didn't even have to do that, an asteroid can hit you in your house or a jet plane could crash in your house. It's probably a little more likely. But anyone of those things could happen, and those are risks.



Now, those risks are there whether you want them or not. You can't hide from risks. It's already there, but not risking is actually the riskiest course of action. I want this to be one of those mantras that you would repeat with yourself every single day. Not risking is actually the riskiest course of action. The reason being that if you don't risk you condemn yourself to not being able to keep up with the change. You condemn yourself to not being able to keep with change.

Think about the dinosaurs. The reason that they went extinct was not just because of that asteroid. The asteroid changed the earth's climate. It changed the earth's weather systems, and the dinosaurs could not adapt to it. They were too fixed, too rigid. They weren't evolving, and as a result it wiped them out, and guess who took over, it's mammals.

So risking with life is absolutely necessary. You cannot avoid it. The more intelligent risk that you accept, the better offer you are going to be though. So not to say that you go out and recklessly throw your money on the craps table, you are not just blatantly risking for the sake of risk, you are intelligently risking, and this is going to make you better off in the long run.

Now, there is logical risk versus emotional risk. Now, risk, and the reason I'm bringing up risk is it is a factor in attraction with women



They can sense whether or not you are Mr. Comfortable Safe Guy or you are Mr. Risky. Well, maybe not Mr. Risky, but willing to take a risk, because I'm a very low-risk kind of guy. I'll tell you that right now, and I found ways to get out of that comfort zone.

Logical risk versus emotional risk, most risk is really emotional risk and there are no real consequences for it. I want you to think about this. The things that you perceive as being risky like walking up and talking to a woman has absolutely no risk to it whatsoever. If a woman turns you down, you do not change one bit. The soul in your body is exactly the same. She doesn't take a knife and slash a big R on your chest that labels you as rejected. Nothing happens except up here. That's called emotional risk, and that's the risk that you have to learn how to manage and basically take out of the picture because that's what men do. Men are not ruled or controlled by their emotional risk. So most risk is emotional risk and they are no consequences for it. It's the same thing with sexual risk that we are going to be talking about, with certain kinds anyways.

Have a plan. Always, always, always have a plan. The plan that you have will keep you safe when you are in an emotional risky situation. Plans are the antidote to risk. You can take risks if you have a backup plan. If you walk up and talk to a woman and it doesn't work out for whatever reason, what's your backup plan? For me and for every guys that I tried and trained, it's the go try and meet another woman because immediately it puts you back in the mindset of being able to



talk to another woman and increase the probability that you are going to meet somebody who will respond positively to you.

If you respond to risk and the possibility and the actuality of rejection, if a woman rejects you, and you react to that by not approaching women, guess what, you are getting weeded out of the gene pool, my friend. You are going to take somebody else's leftovers, the cast-asides, the least desirable of the women out there, and I know it sounds terrible to judge people like that, but let's face it, there are women that you want and women that you don't want, and I don't want you to be stuck with one or saddled with a woman you don't want. You never need to settle. Never ever settle. So remember the plan, the plan will keep you safe whenever you are in an emotional or any kind of risky situations. So risk with life is absolutely necessary.

All in, we are all in this program. I want to really emphasize that. That's another one of those mottos. You've got to have it in the back of your head. Whenever you are in that situation where you are like, "Do I do it or not," push the chips to the center of the table like in poker and you go all in. This is a commitment to your path. I expect you right now, if you haven't already done so, I want you to go all in on what I'm teaching you in this program. Push your chips to the center of the table, gamble it all, because guess what, that's the way to win. That's the way to guarantee you are going to win.



Most people play with the scared money. Do you know what scared money is? That's when they are hesitant. They just want to put like one little chip in, and they've got a good hand, but they are going to put in just a few dollars because they are scared of losing too much more because other people, they might have a better hand. Look, in the game of life, it's almost impossible to go bankrupt if you know what you are doing. That's why you go all in. Don't take foolhardy risks that could risk or jeopardize people in your life, but there are very real risks that you need to be taking, but you are probably not right now. So get committed to this path, go all in on your Alpha sexuality and your Alpha sexual power.

True sexual confidence, we are getting down to the nuts and bolts here, the nitty gritty. True sexual confidence, where does it come from? Well, it comes from, number one, knowing how to really give a woman sexual pleasure. Do you know how to do that? Maybe you do, maybe you think you do or maybe you have some skills, but maybe you are not too sure or maybe you are absolutely positive you don't. But whatever the reason, knowing how to really give a woman sexual pleasure really gives you true sexual confidence.

You will learn this here. That's what you are going to learn in this program, the real ability of how to give a woman sexual pleasure. Confidence in that ability to give that experience to a woman, and this is going to be your choice. Having the confidence in your ability to give that experience to another woman and to be able to give her th



kind of sexual pleasure, that is rock-solid confidence, not just sexual confidence, but it's a confidence around everybody. You are going to be more confident around men because you are going to be like, "Dude, you so totally aren't getting laid, are you? Look, let me tell you."

There are times when it's a fun place to come from, it's knowing that if somebody showed what you are talking about and doesn't know squat about he's talking about, and you can call him on it because you are coming from a place of experience.

Knowing the full sexual roadmap from eye contact to sex, and again, you are going to learn that here. That's what is in this program. Knowing how to build sexual tension with women with push-pull and seduction techniques also gives you true sexual confidence.

Being the leader of a woman's experience, this is being able to take a woman from wherever she is or wherever you find her and lead her into emotional states that you desire and you choose for her. It's very powerful, very powerful to be able to do that for a woman. This is not the same thing as having a poor emotional boundary. This is you taking her places she's never been in her own experience in her life.

Now, how is it destroyed? True sexual confidence is destroyed by manipulating or tricking women. It should be pretty obvious. M



men genuinely believe that it's an adversarial game out there of see how much and how far you can trick her into giving you in terms of sex. They really believe that's the way sex works. How far can I trick myself in? How much do I get off of her? That was a big when I was a teenager, by the way. What did you get off of her? Like you are stealing stuff from her. It's always this game. It's always a game of supply and demand, but if you see it as an adversarial game with the women are the enemy, it's not going to work out for you, buddy.

Magical or hypnotic technique is another thing that guys try that kill true sexual confidence. These magical or hypnotic techniques or magic words or whatever, this includes basically any system that feels sneaky using those special hypnotic words that are supposed to get a woman all wet for you. Do you really think that those work? Maybe in conjunction with true seduction techniques, but on their own, it's a truly horrible way to try and entice a woman into feeling pleasure for you or interest in you or attraction for you. If you have to resort to tricks, how do you think that makes you feel? It's not good, my friend.

These systems do no work, and even if you could get them to work, again, how would you feel about yourself? If you are able to do that using those hypnosis techniques or sneaky techniques or any of those manipulation techniques to get women attracted to you, how would you feel about yourself? You will feel pretty dirty, pretty scummy. A lot of these guys that I've met, who I will not mention here, that I



this sort of thing just have no feeling of integrity. You just know deep in your heart it would be somebody you would avoid having as a friend, and that's not what I wanted. That's not the kind of person I want to take my advice from.

Being the Alpha man is success through honorable methods. Now, a lot of guys are going to equate that with, "Oh, I've got to be Mr. Proper Prim and everything like that and I've got to be distinguished and gentlemanly." Yeah, there is an element of that, but no, it's not about being Mr. Overly Chivalrous and laying down your coat in the mud so the woman can walk across. There is a certain healthy boundary here. Being the Alpha man, it incorporates a lot of different things, but it definitely does not include being manipulative or leaving yourself feeling scummy. That's why guys are attracted to what I teach.

The need for speed, and this is one of those things that destroys true sexual confidence as well is this need for speed. It's that guys have to get to sex as fast as humanly possible with women. That's our game. We are going to see how fast she gives it up or puts out for us. Now, studies of delayed gratification as a trait in men show more success for guys that can wait. It's absolutely necessary for women. They absolutely have to delay their gratification. But men who can wait, what that communicates to women is that he is a man with other options. He's got other game going on. It's like one of the most critical indicators of his overall sexual success that he doesn't have



communicate. In other words, he's not needy, and her mind wonders why, "How can he wait? Why isn't he like all the other guys that are constantly trying to dig his hands into my pants? I don't get it."

This delayed gratification trait is not only going to give you success with women, but success in every area of your life because you won't need to go for the quick and easy upfront. This is what I did early in my life when I was investing. I've actually had stock in the company Cisco, which you probably heard of, and I remember the second I got it I was calculating it daily. The second it went up in value like 15%, I sold it. That stock probably doubled and quadrupled several times over. I would have had a ton of money if I just stayed in it for the long haul, if I had a little bit more control, a little bit more time horizon. It's what they call it. It's the ability to have that view of the time horizon on something. Let it go for time. So that need for speed and hurrying yourself to sex is going to kill your game too ultimately.

The most attractive thing is that you have to know more about a woman in terms of the way she's built emotionally and the way she works emotionally than she does, or at least as much, because she's always going to be the unique author of her own experience. But you do need to be very familiar with how women work and be able to demonstrate the confidence and reassurance of your certainty. I know women so well that when a woman behaves in a certain way and I know where it's coming from and even if she can't see it, I can



still behave in accordance with the rules that I know are going on, even if it's an unpopular decision with her. That's critical.

You are going to have to make decisions that will on the surface, in the short term, are going to look unpopular to women, but long term, they will breed unbelievable commitment and dedication and devotion to you by virtue of the fact that she's going to, "Wow, he saw what was going on and I didn't even see it." That's going to be incredibly attractive to a woman.

I can tell you right now with Jen, my girl, right now that she and I have that kind of relationship because I'm able to say, "Look, I know you are kind of pissed right now. I know you are crying, but it has nothing to do with me. I'm going to be compassionate, but at the same time I'm going to be very firm in telling you that this is what we need to do, and I know you are not going to like it right now, but I know it's the right thing to do." That's what manhood and masculinity are all about.

Remember confidence equals certainty. How certain you are is going to translate into how confident she thinks you are. That is a little inner game kind of stuff, but it's very brilliantly relevant to what we are talking about in terms of sexual confidence because this is the background. This is the foundation of what comes next when we start



talking about psychology, the roadmap, the communication and the actual performance of sex.

Sexual tension, what is sexual tension? Well, sexual tension is created by dominance, what I call dominance and submissiveness. And again, sexual tension can be between men and between women. Sexual tension is not unique to those you are sexually attracted to. It's also something that can happen between members of the same sex, there could be sexual tension. For women, it could be competition for the same guy. For men, it can be competition for the same woman, but there is also sexual tension in there. Sexual tension is created by the dominant and submissiveness between those people. One is trying to be dominant over the other, or more submissive, or both sometimes.

The politics of power are always in play. Keep this in mind. Don't be a dreamy nice guy that believes that you can just think this stuff away, that you can change reality just by thinking it in a certain way and trying to believe it in a certain way. I highly encourage you to read the book, *The 48 Laws of Power* by Robert Greene. I read this book regularly. I listen to it in an audio book over and over and over again, so I remind myself of how these rules work. It's actually become in a lot of ways a bible if you will of my life that I want to use.



Now, some of them can seem very harsh and very, the term is Machiavellian, where it seems like it's too much for manipulation and for your own self-game, but I think you can add in quite a bit of social responsibility in there too and not be just one of those of greedy guys out to get everything in terms of power, but this is the way power works. It's the human nature that we are looking at here. So I really encourage you to do that because again you don't want reality biting you on the ass.

Take the focus off the goal of sex. Sex is not the goal. We know this now. I've talked about that. Sex is not the real goal. Ratcheting up to sexual tension between you and the woman is the goal because that automatically gives you the sex. So if you don't shoot for the end goal and you shoot for the actual dynamic between you and the woman, you will get what you want. The big mistake guys do is they go for the sex not realizing that that's not the goal. Their goal is to set up the environment where sex is a natural result. It's like setting up dominoes that as you topple the first one and they all fall. Your focus is on the setting up the dominoes correctly, not whatever is at the end, the big finale. It's being able to set it up so that when you hit that first one, it happens automatically because that's the way it happens with women.

Here is an example. With goal, you might have of raising your heart rate. You might get some athletic activity going. You want to make your heart beat faster because it's better for you with aerobic activity.



If you just focus on the activity of running and/or jogging or being on a treadmill or stirrer machine or whatever it is, you just focus on doing that activity, the heart rate will go up on its own.

So again, focus on sexual dynamics and tension and sex is inevitable. You can't stop it. It's what a good friend of mine has called inevitably thinking. You set things up so they are inevitable and have to happen. If you set them up that way, you never need to focus on the goal, the goal will just happen. That's the way you set up your life to work. Again, it's a success factor not many people realize. If you want to be rich, you don't focus on the acquisition of money, you focus on setting up the mechanisms that will give you income that will give you the money.

So beware of resolving tension incorrectly. This is one of those things you've got to watch out for. What's the poison to your game with women? It's resolving sexual tension incorrectly. The biggest mistake with most men when they feel the pressure of the moment, when they start feeling pressure or sexual pressure, is they let the air out. They are like, "Oh, I was just joking. I was just kidding. I didn't make you mad, did I? Oh, I'm sorry." They give these all these weasel words to try and get themselves out of it, but they don't let it sit there. You have to learn how to let a woman genuinely be pissed with you. Just let her actually sometimes be a little angry with you to really learn how to ratchet up the sexual tension.



Again, if you are going to be most guys and this is going to approval seeking and acceptance seeking, you are going to sabotage yourself because you are going to try and resolve that tension and it's going to kill the sexual tension. So take the focus off the goal being sex.

Focus on skirting the topic. Focus on skirting the topic of sex because this is what we are talking about here. It's all about sex, right, sex, sex, sex. Focus on not even going into the realm of sex and being a little bit demure about it. It's kind of like, "I don't need to talk about that." Because 95% of guys when the topic of sex is brought up, they go into that topic as fast as possible because they think that talking about it is going to get them sex. This logic eludes me, but this is what they think.

Let her, let the woman, be the one to be suggestive or dirty minded. Let her be the one to bring it up. Let her be the dirty girl. This works like a champ. I can't even begin to tell you how good this as a technique as well as strategy. Avoid sexual discussions. Just allow them to sneak in inadvertently.

I'll give you an example of how I do this. This is a tactic, but you can kind of store this away. I called it the Do You Example. I learned this from a friend of mine. One of the things we used to do is I teach martial arts, so one of the things that I have to do sometimes is juggle how the lessons are, who has a lesson wins, and sometimes it will be a couple of women because women gravitate to what I have to give them as far as teaching them the martial arts. It's very interesting.



see this happen, by the way. And what I have to do is I have to tell them, “Okay, if there is a schedule conflict,” we did this before and I’ll be talking to both women. They will be standing in front of me. I have to figure out whom to give a lesson to. I’ll say, “You know what? I could do you right now, and then I can do you after. Or let’s see, it’s 3:30 right now. I could do you both together, and yeah, we could teach you that way.”

Now, you see what I did there. It’s kind of a dirty reference, “I can do you,” like it’s a sequential sex scenario and then it became a threesome and do you, and the girls inside, sometimes they smirk, sometimes you can tell by their eyes, they are kind of like, “Did you just say what I thought you said?” But then they can tell by the way I’m carrying myself that I don’t mean it that way, at least they don’t think so, but it’s a great way to sneak in that topic and then see what happens, see what happens to their attitude. Don’t be direct with your sexual references like that. I know there is a lot of mixed advice about this one, but be careful about that one.

Beware of deltas. Deltas are changes that you notice. Deltas are changes in anything, changes in the sexual vibe, changes in her attention to you, or things like that. Women notice the change in your attitude when you get weird, when things get weird or things get cold or things get strange. That’s why you have to be very, very careful with your attitude. Suddenly, the sexual charge in our conversation or in an interaction with a woman once it starts to



sexual, it makes you start to act differently. You change the way you behave and this becomes an indicator to a woman. Nervousness starts to creep in. You are starting to get nervous, “Oh, we are starting to get sex serious. We are talking about sex. That could lead to me having sex with her. Oh.” That’s what’s going on under the surface. It’s bubbling under there like boiling water.

Don’t treat sex as being abnormal or weird or odd. When it feels less than normal, that’s when a woman is going to get weirded out. But when the topic of the sex comes up and you are very not *blasé*, but just kind of like, “Yeah, sex,” as opposed to, “Yeah, sex.” Okay, it was two distinctly different attitudes that guys carry. Settle down and beat this. You’ve got to really keep yourself calm, cool and collected. When you start acting weird when sexuality or sexual charge enters the conversation and you are not able to handle it naturally or be warm and go with it, it’s weird, but otherwise, you treat it as if it’s no big deal. It’s another one of your mantras, no big deal. Nothing with women is a big deal. Whether they reject you, no big deal, or they blank you, no big deal. It’s just another interaction.

All right, so the real goal here, I’m talking about beware of deltas, what’s the real goal? The real goal is any other peripheral sign of submission. In other words, sex’s next door neighbor is getting a woman to submit to you in some way, getting her to give in or to demonstrate some level of submissiveness. This is the real goal. Any



kind of peripheral sign that we can get from her, she's submitting to us. I call it sex's next door neighbor.

Get her to admit a very charged truth about herself. This is one of the things that I do specifically to get sexual charge going. I'll get her to admit something very charged about her in her history, like I'll ask her a question about, "Oh, what's the sneakiest thing you've ever did as a kid that your parents never found out about?" It's a really good stuff there. Or, what's the worst thing you did in high school that nobody ever knew about you that would have changed like how they thought about you? Getting this kind of information from women is powerful. Get her to admit either a charged truth or get her to physically submit in some way. Physical submission is an awesome way.

One of my favorite dates was used to be taking women on rock climbing. Because when you are rock climbing, one person is in complete power of the other person. If I'm on belay, which is the person holding the rope, and the other person is doing the climbing, her, she's in my hands. She has to totally submit to me. Think about that for a second. How powerful that is in terms of attraction. It's devastating.

So you need to get her to psychologically submit in some way or physically submit, but you have to work on submission, and this is not



bad submission. This is not pinning her to the mat, although that can be good way to do it too. You want to get the signs of submissions from her because that's going to show you whether or not she's interested. When she starts to submit, that's sexual interest in a lot of ways.

Now, after you get the hang of this, sex will cease to be a challenge for you. Sex will not be the challenge. If you feel like sex is a challenge to get right now, it will not be. You are going to find actually that there are other more interesting challenges that lie inside this whole big cloud of attraction and sexuality with women. Most are to get her to work for you. These challenges are just simply to get her to start working to help you while you do the same for her. Okay, this is a two-way street. I'm not proposing here into making women into your love slaves.

But women naturally have an inclination to want to please their men because they know that that's a way to get their bond and connection started, so let her do that. Give her the pleasure of achieving her goal, now, again, not as a dominating power play, but as a way to deepen your skills. Find new ways to get women to help you to work for you, to help you achieve things in life and you can give that back to them. You will find that it's just a natural flow.



Because right now I'm guessing that you probably feel a little starved. You probably feel a little hungry, and that starvation and hunger does not allow you to give as much as you could be giving to women, and the tricky part of this is flipping that over so that you are able to give more to women so that they are willing to give back to you. That's the real goal, my friends. A lot of guys don't realize that. They see sex is the goal and they don't realize that that little submissive switch is the actual switch to be turned.

Coming back, we are going to finish with this section with sexual power, how to handle mistakes and some exercises.

Sexual Confidence 4

All right, we are back and we are going to be finishing up sexual confidence. I'm getting in sexual psychology next. I'll finish it up. We are going to be talking about sexual power, the true essence of Alpha sexual power and what it is in terms of men versus women. There is again the concept of what we perceive to be the power dynamic between men and women. So women we think of as controlling the sex, and men hope for sex. We are the ones wishing for it, the woman is the one who's controlling it.

Women deny the sex. Men trick for the sex. Now, this is a power dynamic that we have seen for hundreds of millennia. The



here is that this dynamic is only this way from men and women who don't understand how it really works, but the true sexual power is about it and how it works because there is always a dynamic. One person controls something that the other one wants, and there is a power play in between it.

But knowing how to leverage that power and be comfortable with it, even if you are not always in control because the truth is, yes, women do control the sex. The truth is that, yes, men do hope for the sex. The truth is that women very often do deny the sex to men as a method of controlling it, not because they want to just have the power or control, but because that's the nature of things. They have to be in order to assure that they are finding a guy that's not going to just get them impregnated and run off to some other chick. It's a big decision because you are in charge of basically a kid for many, many years.

Now, the men tricking for the sex is something that we joke about and it becomes part of our culture and part of how boys are brought up to believe, but it's totally incorrect. Men do not need to trick for the sex, and that's what this program is about that we never need to do that again nor shall you.

Evolution, men can procreate with very little impact whereas women have a nine month little bio project in their belly if you should have get her pregnant. This comes from back before we had prophylactics,



condom and the like, and think about this, you may have a nine-month bio project, but you also have a lifetime of support and care after that baby arrives that she has to have. Who is going to take care of that baby? How is she going to survive? It's an important to consider when you think about where a woman's mindset comes from, so really put yourself in a woman's mind for a little bit and you are going to see that there is a big difference on how we think about this.

Who has the bigger sexual investment? The sexual brakes, who has control over the brakes? Remember that attraction is very often counterbalanced by fear in a woman. We talked about this a little bit. She wants it, but there is a risk that comes with having it. A woman wants sex, but at the same time, it's risky to actually get sex. Think about what that does to your head. She's got the risk of pregnancy, violence, possible violence from her partner, emotional abuse, emotional abandonment, and inevitably, the most likely of them all is the heartbreak that comes from when it doesn't work out. There is a lot of risks that women have to experience with sex with a man, so she has to see a clear cut benefit and that all of these risks are taken out of the picture.

It's very important. It's sometimes called the risk reversal in sales when you tell them that, "Look, you are not risking anything here. You've got a 100% guarantee." Just like you guys got with this program, and it helps you feel easy about making the decision. The



what you have to do is give her a risk reversal or removal of risk on the situation.

Remember, the more Alpha you are, the more attraction there will be, but the more potential risks at the same time. So the cycle is even wider between the extremes. This is really important to understand because if you are more of an Alpha man, if you are more masculine, if you give her more of that intensity of masculinity that she's looking for, it's also going to intensify somebody's risks that she maybe looking at because Alpha men tend to get women pregnant more easily and more likely because of their sexual attitudes; the potential for violence given a certain man's level of testosterone and aggression, whether he's got under control or not; the ability to have emotional abuse to abandon her emotionally, he could still be with her, but he could also not be attached emotionally; and the heartbreak that comes with it.

So again, there are more potential risks here in a lot of ways. So the cycle is even wider when you get to the extreme of a man who is really being more Alpha. Of course, the Alpha man that I talk about is a much more sophisticated version and does do those things, but we've got to make sure we have that clearly understood.

The sexual brakes are put on when a woman exerts her sexual decision veto power. When she says, "Nope, no sex, no sex for you,"



that's her prerogative and she always has it. Why, why are the brakes put on? Number one is because she can. She has to know that she can and that's how she learns whether or not she has the level of control. She wants to know that she doesn't have to worry about this one, violence or possible emotional abuse or any kind of abuse from a man who won't get what he wants.

When she knows that, when she senses that you are a good guy, then you are going to pass it because this is also a test. Will you respect her decision to not have sex, or to go against what she says? Will you force it on her or will you respect her in that respect? Does she feel safe? Does she feel physically safe and emotionally safe? Is this what she really thinks it is? It's a big question for a woman. Do you know when she has that question she asks about, "Oh, I just need to know where this is going." What she really wants to do is have a confirmation that it's going the way she wants it to go, the way she thinks it is going.

So when she gets that, is this really what she thinks it is in terms of connection and your quality of being a man, you pass the test. And again, she needs a little time and needs the comfort to feel that little space for maybe in just a few minutes when you are hot and heavy with her, just to feel the comfort of not having pressure put on her from outside. That's all she needs to feel in order to let you pass the test. Most women, when they put the sexual brakes on you will still give it up to you that day, that night, whatever, but she wants to



that you are capable of having good restraint, handling it maturely and emotionally, and not acting like a pissed off little boy.

Never behave negatively or petulantly. Never behave like that bratty little boy, “Oh, come on. I got a hard dick here. Come on, we’ve got to have sex.” A woman can disconnect herself from sex immediately, but a man cannot because it’s much more of a biological and physical imperative for him. He doesn’t have that kind of control psychologically. So you’ve got to exert it. You’ve got to be the one who can be the non-bratty little boy who just didn’t get his way and be like, “That’s cool. That’s cool,” even though inside you are like, “Oh, God damn it, I can’t believe she did that.” Remember, this is your prerogative and your control.

Have your response calculated in advance. Most guys fail and flunk this test because they are not ready for it when it comes. They are all geared up and they wanted to go, go, go, go all the way to the goal, and when the first obstacles are thrown in their way they are like, “Hmmp, hmmp,” and they don’t have something planned in advance. You’ve got to have something calculated and planned.

For me, it’s cool. That’s cool. That’s no problem. I would just say it just like that. No matter what I’m thinking or feeling on the inside, it might come out a little bit like, “Oh yeah, that’s cool. That’s no problem,” but I’m still coming across with the same thing, that I’m



going to be respectful of her space, give her the distance she needs and then I can go right back in a few minutes later and try again because that's all she's looking for.

I call it the saw tooth pattern. That you put the brakes on first, you'd be the one to stop things and slow it down. This totally freaks out a woman's circuits in her head. You achieve sexual power when you are capable of doing this effectively because I've done it for years and years and years, and it works like a champ. I'm the one that says, "Whoa, whoa, this is getting hot. I don't know if we should keep going." And I was that way with Jen. I was that way with just every woman since I learned how this works, and it's an incredibly powerful sexual attraction factor. That you have the ability to go, "Whoa, hey, this is getting kind of hot and heavy. Let's take a break for a second here." And she would be like, "What?"

Some women, the really low self-esteem ones will interpret it that something is wrong with them and you have to be careful about that, so this is also a good test for you to kind of weed out the weirdo chicks, but they are going to be like, "What?" And she's going to be trying to get what? She's going to try to get you back in again. She wants to know if she hasn't lost the connection. Again, we are not doing this to manipulate, but we are doing it to, first of all, exercise our self-control, because we know it's coming. A woman will put on those brakes eventually and you have to be willing to be the one to do it first.



The saw tooth pattern is simply this, tension, tension, tension, tension, tension, “Oh, this is getting too hot and heavy.” Tension, tension, tension, tension, tension, “Oh, we need to take a break.” Tension, tension, tension, do you see what I’m doing here? I’m building up a tension. I’m letting out a little bit of the energy not like totally with an insecure gesture or anything like that. I’m just purposely letting it off for a second and going, “Oh man, you are too hot.” And of course, you attribute this to a lack of, “If we keep going, man, I can’t. You are just too much. You are a too sexy woman. You are a too much woman for me.” And then you pick it back up, tension, tension, tension, tension, tension, and you let it back out again.

And if you always attribute your putting on the brakes to, “Wow, I’m just like blown away of how overpowering you are sexually and what a woman you are,” you are confirming her sexuality, at the same time, you are also exercising self-control, at the same time, you are also showing her that self-control and giving her a respectful distance and developing more response potential.

Response potential is what we are trying to create here. We are not shooting for sex, but we are trying to create this tension pattern that creates the push-pull that creates the attraction, the sexual desire. Do you see how this works? It’s a very simple formula, but very few men



will know how to be able to control themselves sexually enough to do it.

The reality is that men have sexual power. Oh, actually, I forgot this last one here. No big deal. We talked about this earlier. Remember, whenever the sexual brakes get put on, it's no big deal. It's never a big deal that you are not getting it because if you make it a big deal, you guarantee you will not get it. Trust me on that one, so men do have sexual power.

Learn how to show her self-control and selectivity. When you have that, you can blatantly communicate yourself as being the top 5% of all men alive because she's going to sense that. Very few men have self-control and very few men have the ability to say no. I'm coming from that place because I can tell you I literally was in bed with a hot, every guy I've known has qualified her as being a ten, hot skinny, little blond that had wanted me for years. I'm finally in bed with her, and you know what I decided? Knowing her sexual history, I know she has slept with hundreds of guys, I'm thinking to myself, "Do I really want to sleep with this?" I just couldn't see myself doing it. I don't care how hot she was, and I literally refused to sleep with her.

I'll tell you there is a part of me that's like, "Damn, dude, why you didn't just do it?" But at the same time, I think it was the right decision if only for the sexual risks that she carried to me of a sexually



transmitted disease. So have that power, man, have that self-control. It's real.

Learn how to imply with your actions and words that you have sexual choice, that you have selectivity, that there are other possibilities out there other than this girl, because when you communicate that she's the only possibility, she becomes a no possibility.

Respect, never let a woman disrespect you as you work towards your goal, or I shouldn't say goal, but it's not really a goal of getting sex, but eventually that's where we want to get to. Never let a woman disrespect you in order for you to get that. Never lower yourself. Never degrade yourself. Never be pussy whipped for it, and don't be a jerk about it either. Don't be a jerk about how a woman treats you. Make small demands in order to dominate. We talked about the dominance submission dynamic.

Here are some actual things that I say to women that establish a little bit of the "I've got the power, I've got the control." When a woman asks me to do something like I'm in a bar, I'll say, "Say please or you can't have it," with a little bit of that snotty tone. Or, "What's in it for me?" Or, "Hmm, okay, I'll consider it if you do this for me." So there it becomes a little bit of a playful "if you do this for me, scratch my back, I'll scratch yours." Or I'll just say it outright, "Okay, but first, you mop my floors." No. But, "First, you scratch my back right here



because literally I cannot reach it. It's right in the middle of my back. There, there, no, no, not there, not there, not there. Okay, lower, lower. Lower, not higher. Come on, come on, you can get this." And I'm playing with her and teasing her for her inability to scratch my back. Do you see how this play of dynamics of sexual tension gets started? It's a lot of fun, by the way. The back scratch routine is a lot of fun.

Another way, and I'm going to go off in a tangent here because it's fun is you pretend your back is a map of the United States and you tell her that. You say, "Okay, pretend my back is the map of the United States. I really need you to scratch Missouri." And she's going to start scratching now, and I'll look at her and go, "Have you ever state mapping United States? You are hitting Massachusetts. Come on, get Missouri, it's Midwest. Come on, get in there." And you just totally give her a hard time because she's going to interpret that, and you can totally flip the way it looks like up here is New York or here is Florida or you can flip it to the bottom of your back. It's a very fun, little routine play with a woman, by the way.

But do you see how this works? I'm taking the power position. I'm taking it for myself and doing it in a playful and fun way. I'm not doing it in a demanding, Nazi kind of way. I'm doing it in the comedian way. Respect is very important.



Another thing I call is flood the system, and we are going to talk about this in the exercises, but basically what it is it's a process to remove most of the intimidation that you have about women and their sexual power. You've got to be able to flood your system in a way that kind of clears on a lot of this illusion you have about women. We will talk about that coming up in the exercises.

Channeling your sexual energy is really, really important too. Build up some self discipline around sex. There is one exercise called the control masturbation exercise, which is, first of all, a set of schedule for it that you can't masturbate every single day of the week just because you feel like it. You got to have control over it.

Another great exercise, and this is also for you guys that are going to go on and listen to definitely the sexual performance part as one of the things you can do is to learn how to masturbate, but not finish, and then stop and then go and do something else, and return to it again later. It's a very different experience actually. It's going to change your sexual experience in a lot of ways because so many men are used to just whip it out, take care of it and go on with the rest of your day or have a nap. This is a different way of doing it, but control and establishing yourself control over your sexuality is what it's about.



Limit your expenditure. You cannot continue to give up your sexual energy every time you want to because you are stealing energy from yourself. A man's sexual energy is its creative energy. It's in you all the time. I talk about this in another program, so I'm not going to go into detail here, but your sexual energy is very, very important on how you control it.

Now, of course, you need release. You need to take care of things when your reason or your judgment is starting to get clouded because it's been so long since you had any because some things can get a little weird there. You can get a little bit freaky. Or if you feel like your discipline is starting to wane, like if you haven't masturbated or you haven't had sex in a long time and you go out and you are going to be around women and you have a feeling that you are going to start changing your behavior to get some, that's when you might need to take care of business to make it easier on yourself. You control it. You channel your sexual energy.

Okay, so that is sexual power in a nutshell, the dynamic between men and women. Let's talk about handling mistakes and finishing this up with the exercises. First of all, with handling mistakes, never let a mistake that you make with a woman, sexual or otherwise, flush your confidence. You can never let her do that. You never let a mistake be that flush handled or you just hear it going "out." It's not the mistake because they will happen. Mistakes happen, you can't control it, but



it's how you handle the mistake that is the most critical thing in a woman's eye.

The fact that you made a mistake is not the important thing. Everybody makes mistakes. She is going to make mistakes. I had girls do everything from fart in bed with me to just really funny stuff. I'm not going to go into too many intimate details here. But those mistakes are not important, it's how you handle and manage that mistake.

Be cool, joke about it. Let's say you come too fast with a woman, "Oh, I guess I was a lot more excited than I thought. Oh honey, sorry about that. I'm going to work on that one, huh?" Being able to joke about it and have a little bit of humor around it is going to be much better than, "Oh wow, okay, sorry about that. Wow, I'm so sorry. That was so terrible of me. I can't believe I did that. Oh, my God." Okay, two completely different ways of handling it. Which one do you think works better? It's to handle it with a little bit of aplomb, a little bit of humor.

And in the event that it does happen, what do you do? You handle it, "So okay, so I was a little quick there. What can I do for you? Now, I'm all yours. I'm all yours, baby. What do you need me to do?" And then you can go to work to please her. If you are kind of guy that



won't do this, I don't know if I should be instructing you. That's how you handle mistakes and situations.

Don't try to pretend that it didn't happen. That won't work. We know it didn't happen and it's going to sit in the back of her head. She's going to be thinking, "Wow! I know that happened, and yet he tried to make me believe it didn't happen." The more awkward the goof is, the more you have to handle it. Okay, the more awkward and weird it is, the more you have to handle it, and this goes not only for sex but for interactions with women.

If you make a mistake of some kind where you say something a little bit off the wall, and I'm not kidding, I actually said this in a conversation with somebody. They said that, but what did they say? This is in the effect of I had kind of lost the bitter edge and I was a little sweeter, but no, I still had that... oh, we were talking about my martial arts teaching style. They said, "You are still a sweet guy, but now you still have this shell of firmness about you, but you are still sweet in the inside." I'm like, "Like M&M, right? Only it's been licked a few times." And I just thought, "Licked a few times?" And I looked at him, it was a guy I was talking to, and I said, "Dude, that sounded a lot better in my head." It was like a perfect way to handle a really awkward and stupid goof because if I had said nothing, they will be going like, "Yeow, M&M that's been licked a little bit? That's freaky. I don't want you teaching my kids."

All right, so exercises, here are some things you can do to start working on your sexual confidence. First of all, identifying sexual messages, not massages, messages. I want you to actively find the sexual messages in the media and communication that you have. Go out and get a couple of magazines, get a couple of newspapers, if you don't already have them and watch a little bit of TV. I want you to make a note, maybe make a tally every time you see a sexual message or sexual innuendo or sexual anything, and really start to look at what is going on there. Take a deeper look at what's being communicated through sex, through jokes, through sometimes derisions, sometimes through guilt, sometimes a very negative emotions and things they do on TV.

Another thing to do is to also locate and find the distortions of sex. How do movies show sex versus what your experience of sex has been? I'll give you an example of that. In movies, is sex faster and easier or harder and slower? In most movies, they show people going to bed like that, and you know I've always been kind of like, "What?" It's possible, but it doesn't happen nearly as much as they show on the movies, and the second thing is, everybody that suddenly sleeps together is now in love. That's not true at all. Love takes months, sometimes even a year or more to build really with a person. Okay, at least months before it's love, so understand that in movies, they distort things very, very much, especially sex.



Notice the whistles, what are the whistles? Whistles are where the play is failing and the ref catches it, like a whistle in football, and they are like, “Uh-uh.” In other words, notice when you are falling into approval-seeking behavior. There needs to be a little referee behind you going (whistling) and saying, “Dude, approval-seeking behavior, ten year penalty,” when you feel yourself backpedaling in your behaviors or your habits.

Another whistle is when you start to feel your sexual confidence is shaking, and you are tempted to act from that place of being sexually shaky. That’s a bad place to be in and a ref is going to have to blow a whistle on that play. When you let your emotions push you into acting rationally around women or otherwise, like talking about your feelings or admitting feelings that are too soon and will freak her out. So when your emotions are starting to manipulate your behavior, that’s a whistle, blow it on the play.

When she pulls back and you panic, this happens a lot. This is what I call the male panic syndrome. This is where a woman is all interested and suddenly she pulls back a little bit. Who knows why? It might not even be for anything you said or did, but then you panic because you are losing her. It’s like a fish that’s slipping off a line, and what do you do with that fish? Suddenly, you start reeling in even faster, and of course, you scare her and she comes off the line completely then. Blow a whistle on that play.



When you start managing a woman's emotional reaction, this is what I was talking about boundaries. You can't manage her emotional reactions. You can't control what a woman feels. You can only create the environment she needs to have.

When you see attraction building in her, but you don't change your approach because of it, so in other words, a lot of guys will see attraction starting in a woman, but they will start to change their approach. They will start to change how they behave because now they sense that there is attraction, and that change in behavior is a delta that she will sense. And again, it becomes an awkwardness and insecurity. You just keep going consistently. Nothing is any big deal, "Okay, great, no big deal. I'll joke with her about it. Oh, she wants to kiss. It looks like she wants a kiss, maybe. No big deal." It's not the attitude that constantly adjusts and rearranges reality to accommodate her.

Situational awareness is a whistle because you have to have situational awareness of what's going on around you at all times. That's really what the essence of these whistles is. Okay, so be careful, but at the same time, don't get caught up in your head. I know I talked a lot about this of about being aware of your behaviors. When you see them, correct them and let them go because if you don't let them go, you are going to become paranoid in social situations and you will not be able to keep up any kind of sexual tension, any kind of sexual attraction or any kind of sexual power with a woman. And



know it sounds like I'm contradicting myself here, but I'm really not. Most sexual power comes from letting go as opposed to enforcing more constraints.

The next one is the one I talked about earlier, which is flooding the system. You need a process to remove most of the intimidation that you experience with women. You need to numb yourself essentially to beauty. So one of the things you can do is something I call the next step up, which is to numb yourself to porn. You have to be careful here. You don't want to have any bad habit started because you are starting to look at porn. If porn is not your thing, no big deal. You can do it with other ways. You can buy magazines or pictures of women as models and just look at them over and over and over again.

Now, what you are trying to do is you just get so used to having beauty around you that's kind of like, "Oh, hot chick, yeah. Right, nice." With *Playboy*, you look at it and you see the cover, "Yeah, whatever. She's okay, but a little skinny. But you know they are airbrushed." You have this kind of jaded sense of "been there done that" about every kind of woman, and then with new women, you know they are attractive. But you will never have that, "Oh my God. Oh my God. Oh my God," that they had before.

So it's a really important exercise and I did that one for a long time to kind of get the conditioning I have to being really, really in awe of



beauty. Beauty is not really that awesome. It's very common, and when you know how much work women go through to create it, you are going to be very disillusioned, so keep that in mind too. Most of the women you think are beautiful, but they are not that beautiful.

Controlled masturbation was the exercise I was talking about earlier. This is really masturbating just short of ejaculating. You stop, and then you just go off and do something else right away, and then you start and before you come, you stop and you go off and do something else again. You repeat this as often as you can, and this is not only a great exercise in self-control, but it's also needed for certain sexual skills that I'm going to be teaching you about in the sexual performance section with extended male orgasm, which is EMO, and also helping you overcome premature ejaculation.

These are two areas that you cannot do this enough in, but you've got this under self-control. If you freak out, don't come down on yourself. I mean, if you actually do end up like going too far and oh, that's okay. But go back and do it again and correct the mistake. It's a really important exercise and I'm going to talk about this one again when we get into sexual performance. It's one of the critical male skills, masculine skills, of sexual control that you have to develop.

The other one is Kegels. With Kegels, I'm going to talk about in sexual performance as well. It's rhythmic clenching and unclenching

of the muscle that controls a lot of that down there. It will intensify your orgasms as well as help you control your orgasms and it gives you a lot more sexual pleasure. It will give you much more intense pleasure from sex, and we are going to talk about that coming up in the performance section. So there you go. There are a lot to do, a lot of little exercises you can attend to and you need to in this section on sexual confidence.

Okay, coming up, we've got sexual psychology, another big topic. Don't be too intimidated by this image here. That might seem to be less area to cover, but these are huge areas. With each one of these, there is going to be a lot of stuff, especially when you get down to the female typology to be able to figure out what a woman is, what kind of a woman she is, and you knowing how to vary your approach based on what kind of woman. So you will be able to figure her out in no time at all. Lots of stuff in here, all of the sexual keystones, the critical areas you need to look for, big, big section coming up. I'll be talking again soon. Go on to sexual psychology next.

Sexual Psychology - 1

We are going to start it now on sexual psychology. Now, sexual psychology is easiest, a very broad and deep topic in itself, but we are going to be covering the necessary part of sexual psychology so you will understand what makes women sexually attractive to men, how



you can leverage that for your own benefit, not manipulate, but leverage it and use it correctly, and be able to get to your sexual goals much quicker and more reliably.

Basically, as I said before, everything in here connects with each other. So this is going to improve your sexual confidence, which is therefore going to increase your speed in the whole roadmap of things which is also going to eventually give you much more and better sexual performance. So let's start with, first of all, our first reality check of this section of this anyways, which is actually reality check #2.

No magic here, there is no magic to what we are doing. There are no magic bullets per se. There is no magic in getting women attracted to you. There are no magic words you can say. I mentioned this before this that there are no magic buttons you can push. Well, not literally anyways.

Arthur C. Clarke had great saying that he came up with. He is the author of *2001* and many other great science fiction novels, and one of the things he said was "that any technology that's sufficiently advanced will seem like magic." If you brought back an iPhone back into 16th century America, it would seem like magic. Of course, you would probably get burned at the stake for being a witch, but you get the idea. Anything that seems like it's way ahead of its time is going



to seem almost magical, and all it's really using is technology and that's what we are using here. We are using technology to achieve our goals.

So yeah, I'm saying that there are no magic bullets because a lot of guys out there will promise you the magic bullets for how to attract the woman in five easy steps and it works every single time. Well, there is no such thing that works every single time, but there are tactics you can employ that will increase your odds and increase the probability of success dramatically. That's what we are talking about here, and they also are in line with your character and your morals.

So again, there is no magic, not literally magic, but this technology I'm teaching you will be, again, no hypnosis, not literally. In a way, you are going to be hypnotizing a person with your charisma, as we all know that works. If you talk to people that have encountered great and influential politicians and orators and speakers and leaders, you just listen. If you read some of the interviews of people who have encountered Bill Clinton, this is an example where I use him because he is a very powerful and charismatic person, a little bit egotistical but that comes with the territory too.

If you remove the marketing hype, I will give you the real results. That's what we are really trying to do here, and again, back to Arthur C. Clarke's statements, "Any sufficiently advanced technology is



indistinguishable from magic.” That was his exact saying, and I believe that. I really do. I believe that you can appear almost magical to a person simply by employing a much more sophisticated version of technology, and Alpha sexual power is the technology.

So there’s your reality check. I want to make sure you are clearly understanding that there’s no, I’m not going to be able to flagablablaza or whatever this magic word is and the woman is going to go, “Oh God, I just want to sleep with you right now.” It doesn’t happen that way. We know that doesn’t work like that, and even though we know that, there’s still a part of us that would really like for it to be true that we can pop a pill and walk in front of a woman and suddenly we will be super sexually confident because we are looking for that easy path, that easy route. It doesn’t exist, at least not that way, but there are ways of doing it, but just not the ones you might have suspected.

I’m going to talk about prime movers for a second here. Prime movers are the things that influence women. These are the most important things to women. These are the things that drive them in the underpinnings of their sexual psychology. When you understand this, you are going to really understand women on a much deeper level, so take the time to go deeper in these topics if you have to. I want to cover as much as possible here, but at the same time, you should also be looking up things like research articles or just going online and finding the latest surveys, well, not surveys. Surveys are



bad form of research because you are asking people to logically explain things that are not logical. But you do want to look up some of the research that's been done on attraction and how we react to the opposite sex because there are plenty of them out there.

The drive for connection is a prime mover with women. What is the drive for connection? It's actually her reason for being in a lot of ways. Women are driven primarily for a need for connection. Men, on the other hand, it's the need for significance and being important and feeling powerful. For a woman, it's maintaining connections, and this goes back again to evolutionary psychology. She had to have good friendships, connections with other people in the tribe, so that she could have a stable power base. She could actually weather any storm if she had strong enough networks of supporters and people who would back her up, and that translates in all areas of life. That's why women are so keyed in on maintaining those connections. The most painful thing to lose is a connection.

The need for appreciation and validation is very strong in women. Okay, this is where you see guys trying to meet this one as one of those upfront needs. They try to over appreciate women upfront, and it feels kind of false and it feels like false flattery. The need for appreciation and validation though is deeply woven into her psychology. She needs to feel like she's needed and she needs to be validated through external opinions, external statements of her value and worth. She's always looking for that.



She will also feel the most attraction for the dominant man in any group. Let me say that again, this is really important. She will feel the most attraction for the dominant man in any group. Whether you like it or not, she's going to feel it. I've been with women, and I remember this distinctly being back in a time when I had a woman very attracted to me. She was my girlfriend at that time, although I didn't understand a lot of the Alpha male concepts on the Alpha man concepts that I teach at that time. So what I found out was that she was actually much more attracted to other men that were coming in, but she's with me. So she had to make herself settle in a way in her brain.

Every woman does this in some way, because there is always going to be a new dominant man in certain situations, and you are just going to have deal with that, but you must maintain dominance within your sphere of influence, again, by context in group situations because the dominant man in one situation is not the dominant man in another. You might be the head honcho that the dominant guy at work. You might be the boss, the manager, the big cheese. But maybe in your volleyball team or something like that, you are not. You are just another player on the team, or chess club or whatever, but it differs by context and by where you happen to be, and that's what Alpha attraction is about.



Alpha attraction is this attraction to the person who appears to be the most competent, the most dominant in any situation, and you can be that guy in most situations, even if it's only subtly. You don't have to be the aggro guy as we've talked about. It's not about being aggro and being a dick to people. It's about being the dominant man, and we will talk more about how that works.

Women also fear social judgment. They fear social judgment. This goes back to the thing we've talked about as the slut complex. She doesn't want to be judged as being a whore, a slut or a promiscuous woman in any way, so what will she do? She will avoid that because that's one of her primary motivators, prime movers, if you will.

Think about the insults that are given. What's the worst insult you can give to a man? Pussy, woos, a total girl, "You are a girl." You know that's like the most insulting thing you can say to a guy. What's the most insulting thing you can say to a woman? Bitch, whore, slut, but really it just comes down to slut, and that really is the essence of what drives us, if you think about it.

What's the worst and most damaging thing you can say to somebody, and then figure out why it hits them so hard? Slut does because that's what a woman's another prime motivator for her is to not appear as though she's promiscuous because then she would not be able to get the stable support of a man because he could never trust that the kids



were his. She would be always messing around on. What kind of guy wants that? So women do fear social judgment quite a bit.

Most women have experienced sexual threat. Most women have gone through an experience of sexual threat, and this goes from harassment all the way to abuse and possible rape in some situations. I think there is a statistic somewhere. I can't remember where I read it, but I think 10-15% of women have encountered a sexually abusive or rape situation, and again, I'm totally pulling them in front of my brain. You would have to look it up, but it's a significantly high number. Now, that's including or really counting all the women who have encountered a sexually threatening situation, which is almost every single woman out there.

Guys simply do not understand a woman's constant fear or need to be careful around sexual threats and watching for sexual threat and physical domination. She's always watching for that. She's always in a state of kind of a little of this skittishness over it. She finds a way to feel comfortable in her niche in the world, but at the same time, she knows that she doesn't have a great physical strength. In the animal kingdom, there are some animals where the female is the larger of the animal. It's not so with humans, so she experiences sexual threat almost on a daily basis in a way. She has to be conscious of it anyways or cognizant of it. It doesn't mean she's living in paranoia and fear, but she is always aware of it.



Another myth is that men dominate society. Okay, this is a myth that we work under or we believe, and women know better. Women know better that men do not dominate society truly. Women have a complementary power that counterbalances any power that men have in society. So while it may seem that men earn more and are more powerful in the workplace, think about it, women control most of the wealth and the purchasing power in the United States at least. They are the ones most in control of the money, and in a capitalist nation like the United States, what do you think that means? You've got it, all the marketing, all the media, all the promotions, everything that's geared around selling is targeted towards women, and that's really important to understand.

Now, women are more sexual than men. This is another one of those important movers and motivators that we need to know about, and that is that women are very, very sexually driven. Physical arousal is separate from psychological for a woman. This is the counterpoint to this because while women are more sexual than men, and once they have been made to feel sexually secure and safe and they can get the sex that they want, they are now in this position where they can the sex they want, but they are also very much in control of their state of physical arousal. A woman can get all the way close to orgasm and then one wrong thing and everything is done, everything is shut off, everything comes to a complete halt.



You may have experienced this in your life. I know I have experienced it many times where it comes right up to the finish line and it's like, "What? What the hell is that?" It comes out of nowhere, and guys can't understand this because once we are on the path, once we've got a boner, it's on, man, we are going all the way one or the other. If we have to run off to the bathroom to take care of business, that's what we are going to do.

Physical arousal is separate from psychological arousal on a woman. That's what allows her to do what it is she needs to do to control, again, the sexual threat, that perception of sexual threat, and maintaining her ability to control whether or not she gets pregnant, whether or not it's a willing sexual encounter.

Women have two sexual templates. This goes back to more of the movers that motivate women. They have a provider template and they have a bad boy template that actually motivates them and moves them. The provider template is the one where men will be the one that brings home the bacon, so to speak. He will be the one who provides for her and gets her this safety of a house, an income and support for her kids. It keeps her safe physically, and all that stuff. That's what a provider does.

The bad boy, on the other hand, is the guy that is the edgier guy or he's got what they call a risky genes. He's got the adventure-seeking.



He's got a much more wild side to him. There are a lot of things that go beyond what you may think of as traditional bad boy behavior, and again I encourage you to delve deeper into this by going into my *Bad Boy Program* to get more of the detailed explanation on how these two differ.

Typically, the provider is what we think of as the nice guy. She will take this guy because he's willing, he's a perfectly good guys, he's not bad in any way necessarily, but when it comes to sexual turn on and sexual aliveness and vibrancy, the bad boy beats him out just by the sheer virtue of his extreme tendencies, and that's again something I explain more completely in my *Bad Boy Program* as well as my Alpha masculinity program on *How to Get Rid of your Overwhelming Mr. Nice Guy*.

But those two sexual templates drive a woman. She finds those two interesting, and if you are asking yourself, "Well, these girls, if she finds a provider as being an attractive sexual model, then why don't I just do that?" Well, the reality is that when it comes to courting women, the bad boy is still going to win out. She may eventually settle for the nice guy, but you want to give her the best of both worlds. And by doing so, you will lock her in. You will keep her attracted to you for the long term because what ends up usually happening with the provider type or the provider template is that he ends up being the nice guy, of course, but at the same time, he also loses the attraction over time, and whether she has had children with



him or not, she's going to go off and find herself what she needs sexually. This is why the statistics about women and their sexual exploits and them cheating are becoming to light now, that women are much more sexually promiscuous than we thought because they have a much better capability of keeping it on the down low. They keep it secret. They keep it hidden.

I'm not saying that all women cheat, but all women do have this tendency in them to want that edge in terms of what they can get, and they think by virtue of the way the bad boy is that he's going to give them a sexual experience unlike any other. In most times, they are right. In this program, I'm going to teach you how to do that for her, so you can be that bad boy in the bed for her.

We all behave in accordance with our unique and our individual coping strategies. We all behave in accordance with our very unique and individual coping strategy, so we each have these strategies we use to maintain our sense of calm, peace and security in life. We have coping strategies. How do we get by from day to day? If we have didn't have coping strategies, every day would be a constant state of turmoil, a constant state of chaos for you. We all have our unique strategies for dealing with that, men and women, and that's really what allows these prime movers we speak to as that we all behave in accordance with them. When you understand how people have constructed their coping strategies, you will have a better idea of how to handle them, how to work with them.



Women are driven strongly by biology. I emphasize strongly in this because you have to really understand they have a need to procreate, and I'm talking about the majority of women. Sure, you've got gay women. You've got women, they are just kind of almost asexual or not that interested in it. But on the whole, the majority of women really do, besides all the society and all the weird program women get, the majority of women do have this need or this feeling of need to procreate to have kids. It's not something you are going to get past with most women.

I saw a comedian recently. His name is Joe Rogan. I guess he is the guy that is the host of that TV show, *Fear Factor*, and he was talking about the tricks that women play upfront where they are really, really, really nice and they tried to be the best girlfriend upfront, and then they hit you with the crying fit and they say, "Where is this going?" And that's when they lock you in and they pussy whip you, and now you are theirs basically. Well, it's a little harsh, but in a lot of ways, it is actually true.

This need to establish to have kids and then to establish those resources and security, it's a dual thing in her head that she knows is going on. Sure, women can support themselves in this day and age. But let's face it, a woman knows she's going to have to take time off to have a child, and eventually at the end of her term, she's going to take some time off to start raising that child and she doesn't really w



give that over to anybody else. Contrary to what people might think, she doesn't really want to hand her kid over to somebody else to watch all day long while she goes to work. She would much rather be there with her kids, at least, she is in touch with that nurturing side of herself.

So this need to establish resources and security and the need to procreate will drive her very, very strongly, which is why women are drawn to men with wealth, men who have accomplishments, men who are ambitious. It's not something for the average guy to be resentful of. It's something to just understand it's the way it is. It is what it is. It's not that women are gold diggers, but they are looking to establish a safe and secure foundation for themselves. It's very important to understand.

Women are also confused by society the same way men are. They are getting conflicting messages from the media, from again just about every place on the planet telling them, "Oh, you can have your cake and you can eat it too," meaning that you can go out there in the workplace and you can act like a man and have the success of a man, and then you can go home and you can have the relationship that you want. But the problem is that most women bring that masculinity from what they do during the day and they bring it home with them, and they don't understand how to turn it off and just be a woman and relax. They've got to be this thing that the society is programming



them for. So they are very, very conflicted as well understanding this whole career versus family thing, so society is confusing them.

Just knowing these things, by the way, makes them excellent points of conversation with women because when you bring up the topic of women being drawn in these two directions with society, which is a great thing to talk about with women, you are going to find out:

1. How she feels about it?
2. How connected she is to this topic?
3. How well she sees through the bullshit? How she sees through the media messages?
4. How smart is she about this?
5. Does she recognize that the same way that she behaves in the workplace is not going to serve her at home?

Okay, I've talked to women where I'm like, "Whoa." I've been on a date with them thinking, "There is no way I would want to date you long term." I got through the date as the best I could or I got whatever we got out of it, and that was it because you can just tell when certain women are programmed poorly and it would take years to get rid of some of that. You need to want that. You don't want to have a project of making a woman suitable for you.



Choose a woman who's already where you want to be. That's the way you would be successful, because remember, the number one decision you are ever going to make in your life that's going to decide whether or not you succeed or fail in life is who you team up with, who is going to be that special woman that you either marry or stick with for the long haul? She's going to make the most of that happen or not happen for you.

Women have emotional chaos. Women live in a state of emotional chaos and those forces you've got to understand are the societal ones and the biological ones. I've been heard talking about each one of them separately here, but they do also command their own topics. With society, women are more powerfully influenced by her peers and driven by other women than most other things. Let me say that again, women are more powerfully influenced by her peers and driven by other women than most other things. Women control a woman's life, not men. So when women are always complaining about how men are holding them back, the reality has been shown in many, many studies and many, many scientific explorations for this topic that really it's been coming down to women in a lot of ways that have been holding women back.

One of the great myths of the whole feminist movement and the whole equality in the workplace has been around subject of pay. The reality is that women were not being paid less overall. When you look at the statistics, they were not being paid less overall because th



were women, but they were being paid less overall because women tend to take more time off from the workplace to have children. So a result, their skill sets fall behind.

Their value in the workplace can fall behind men's because men don't have to do that, and typically didn't for a long, long time. That has quite a bit now. So that's where a lot of the difference came from in pay, not because we were saying, "Oh, Sheila is a woman and John is a man. We are going to pay John more because he's a man." I mean, in some cases, it was, but in most cases, it was not.

Again, society also is influencing through relationships. A woman is always looking at everybody else's relationships. She's looking for that ideal relationship and she wants it for herself. She's going to look at John and Mary and she's going to be like, "Oh, they have such a cool relationship. I want that." And then she's going to use that as a model. It's going to sit in her head and it's going to nag at her. It's going to poke at her because she wants that. That's the society programming her too because society is also focused around relationships. Being single is almost a scarlet letter. The big S on her chest, but that's not Superman.

Biology, she has a clock. She has a biological clock, a ticking time bomb in her, of how long she can have kids that's going.



Hormones, she has a hormonal balance inside her body that will change her thinking. It literally changes the way she thinks. I want you to really comprehend that. You have it to, it's called the backup of testosterone in your bloodstream that makes you want to bang anything that moves, but she has it too, and it does wild things to her physiology as well as her psychology, the childbearing thing we talked about and the sex drive.

The emotional chaos that she experiences and the force of biology in her sex drive is controlled by sexual stigma. So one hand, she's got this incredible sexual power. On the other hand, there is society pushing back on that and constraining her and keeping her well back from where she would really like to be. If you create the environment where she can feel like she can have that, you get sexual freedom, liberation and undivided sexual attention and devotion.

Women delay sex to build power. Now, I'm going to tell you right now that a lot of things I'm going to say on this program, they are going to make you go, "Geez Carlos, that's pretty harsh." Or wow, that's kind of, misogynist, well, some may actually come across of being misogynist, or isn't that kind of like woman-hating stuff? No, it's not. You have to understand I appreciate women on every single level, every women. Every woman, every women, everyone of them I appreciate.



You've got to understand that there are certain things that are true each gender that we would rather not have to admit. Guys are driven by sex and tend to just jump at the opportunity. We cheat a lot because of it. Is that a good thing? No, but it is reality in a lot of ways. You can control it and you can set up situations differently, but that's the way it is. It's the same with women. Women do delay sex in many cases to build power.

I'll give you an example here. It's called the strategic offense. This is where a woman will actually accuse you of being a player, and she will do it very early on. It usually is actually on the first night she meets you. She will accuse you of being a player, and what does that do to you? It puts you on the defense because she took the strategic offense. Now, you, what do you do? You back off and you fall into nice or nicer guy mode to get her approval. Do you see what's happened there? She has taken a position of power over you by simply throwing something out there in a playful way, and she knows it works and she knows how it works. So by again accusing you of being a player, it's not just a test per se, it's a way to step up and maintain a certain level of control and power over you as a man.

Now, does she consciously do this to be like lording it over you and commanding you and being the big pussy-whip? No, it's not necessarily it, but it is in her system, and it's a test in some ways because she doesn't want you to give in. You can then, of course, show that you have the power and masculinity to not fall for the



You don't fall back in a nice guy behavior just because somebody makes you feel, "Oh my God, does she think I'm a player? Does she think I'm one of those bad guys? I'm a nice guy. I really am." Okay, so again, that's one of the little ploys you have to understand about women is they do delay sex to build power. They control the sex sometimes to maintain a certain level of power and strength with men because she can.

Women often date multiple men without any guilt or conscience issues. This one really freaks men out because I have talked to many guys that had no idea whatsoever that they were actually being double dated if you will. That she was dating other guys at the same time she was dating him. He thought he was the only guy in the arena. But guess what, there is always more. You don't realize, and she won't let you and she will tell you everything, and she will make you feel guilty for even thinking about dating another woman, but she's dating other guys, or at least seeing them in some ways, or testing the waters, or just going out with them even in social situations and analyzing them for relationship potential.

It's because, again, a woman has very sophisticated social control mechanisms and very, very effective manipulation mechanisms. Most women can get the men they want. They know they can if they use their wiles effectively. So again, without you ever even knowing it, she's probably been dating other guys, especially if it's new or in early stages of a relationship. Once it gets a little bit more set and



certain, she's going to be in there monogamously right off the bat too because she wants to put her energies in the one relationship to keep that connection.

Women need to fix men in order to make a relationship interesting. Now, again, this one sounds kind of mean and nasty in a way, but it's a true. In a lot of ways, women love to have that feeling of having a pet project, and this keeps the relationship interesting and very entertaining and engaging for them on a certain level, and what this is it's an internal investment strategy for her. It keeps her in the game. When a woman doesn't feel like she's going to do much to keep her relationship going or keep the connection going, she gets a little bored and she gets a little uneasy because women want to be at work on the relationship.

I'll give you an example. A long time back, and this goes back maybe ten years, I was doing volunteer work at a children's hospital in the Midwest in Kansas City in Missouri when I lived there, and one of the things I was taught there was that for children, a play, playtime during the day when they play with their toys and play around in the room, that's their work. In other words, that's what they need to survive, to thrive and to grow is they need to play. Play is an essential and critical component of a child's life. If they can't play, they kind of die inside.



Well, the same thing is true with women, so take out the play and substitute fixing the guy and you see what happens here. She has the thing that makes her feel engaged and work and really there and present in the relationship. Without it, it becomes a little boring. It becomes a little weird. Women need it, and that's why they will, on occasion, freak out just to stir some shit, and this goes right back to you have a woman in your life and she just does this out of nowhere and you are like, "Where did that come from? Things were going great. Why did you have to do that? Why did you have to stir up shit?" Now, you know why. It's a way for her to get reengaged in the relationship as a way to test her connection with you. It's like pushing all the buttons on a computer and just seeing what happens and then you come rushing in to fix it. This shows her that you are actually engaged in and involved in the relationship. It's an investment strategy. It's internal to her as well as with you. It gets you back and engaged and involved as well.

Women who have had sex with many more men, but didn't think they have. They genuinely will distort this in their head, so that they will have sex. I think the numbers now with most women are well into the double digits. A lot of women have sex with upwards of 20-30 guys before they will finally settle down with a guy, but what would they define that 20 or 30 number to be? It's four or five. It's always a single digit number. Some will modify their number according to made up rules in their head like, "Oh, that one didn't count. It was Christmas and we were breaking up, and I was going to break up with



him, and it didn't count." What do you mean it didn't count? He stuck his dick in you. It counts. Okay, not to be like Joe as the standup comedian here, but you get what I'm saying.

Women will change these rules to suit their psychological makeup. A woman can't sit there and think, "Wow, I'm a slut. I'm a whore. I'm a slutty whore." She can't do that. Nobody thinks about themselves as bad. As I said before, Adolf Hitler didn't think he was doing anything bad. He just thought he was doing the right thing. As bad as it was, he thought he was doing the good thing.

Women at the same time will not want to think of themselves as being slutty or whore, so what do they do, they create situations and rules in their head that will allow them to not count certain guys. So I guarantee you that every single woman you have ever dated that told you that she has only slept with two other guys had probably slept with about 10 to 15. It's just one of those facts and you've got to get over it, and it makes you go, "Ahh," and get all mad, look at yourself, man. Don't you go holding yourself to the double standard at the same time. Let that one go. That jealousy is another indicator again of an immature sexual response.

Women do not see lying or deception as being lying or deception, and really they don't. Some of the types that they use will be out and out considered manipulation and deception, but manipulating the truth is



a woman's tool of control. That's mostly about controlling how you see her. Think about what a woman goes through to present a certain image to you. She wears a certain clothes to flaunt her figure and present her as being a sexual woman and being an attractive woman. She wears makeup. Think about the amount of work that women put in makeup. When you see a woman without her makeup and no makeup on, there is a distinct difference in a lot of women and they really work at it. They work hard.

Another example here of this is that the more she likes you, the more she will lie to you to maintain the image that she wants. Women will actually lie more to a guy that they are more emotionally involved in to keep up the appearances that suit them. Now, I'm not saying that all women are liars and they don't give you any truth in anything or none of their feelings are real or any of that, but you've got to realize that on a subtle level, women are shaping the truth around you. They are using that as a way of control, controlling your perception, how you think about her, and her own self-validation and self-image.

She will use denial and self-deception as a means to the end that she wants, which maintains her self-image as being pure, angelic or white as a driven snow. Please, don't go too far with this stuff. I'm giving you some stuff here, and again, you have to take with a grain of salt. It's not as extreme as being always like this, but it's also not extreme as never being like this, which is a key distinction to understand. She will use denial.



She will manipulate the truth in order to maintain the reality that she wants for herself. You do the same thing, whether you realize it or not. She's just doing it in this particular way.

Women function on a layer of abstraction. Layer of abstraction, what do I mean by that? This is a technical term. It actually came from computers back in the day when I was doing a lot of Microsoft engineering. But not anymore, I'm all Mac now, but there is a layer of behavior. In a computer, let me step back. Abstraction means that there is a layer of something going on that protects what's below it from what's going on outside it, which means a layer of abstraction means when you are on your iPhone, for example, when I use this iPhone and bring up an application on there, there is a layer that's stopping me from getting at the real guts, from being able to change things that are in the circuits and the chips that are inside that phone, and that layer of abstraction is a layer of protection because if I did the wrong thing, I would crash my phone every five seconds.

If this phone let me go in and tweak things that were not what I needed to get at, it would crash the phone. So what Microsoft and what Apple and what all these companies do is they created these systems that allow us to interact with them without breaking what's going on beneath them. That's what a layer of abstraction does. It keeps you separate. It keeps you removed enough so that you don't hurt what's going on inside or yourself.



So women function on this layer of abstraction. There is a layer of behavior that she exhibits and demonstrates that hides her underlying motivations. Sometimes this is called woman-ese. It's the language they speak. They speak woman-ese. These words that they use and the way they say things are not literal the way guys would like them to be. But when you understand how this works with this layer of abstraction, these words she's saying are really protecting her self-image, what's going on beneath, it's actually very predictable and very easy to understand.

But it's still fluid, which means it changes from time. The rules and regulations and the whys and the whatnot about how women communicate are subject to interpretation depending on the situation, which means it's fluid like a military situation. What's most frustrating to men is that sometimes it can seem like the rules change on you at her whim. So rather than being frustrated about that, you have to maintain your solidarity and steadfastness around what you understand about women, your sexual power. When you do, you are going to find that those times when women change the meaning of things to suit themselves, they just don't matter because you can cut through the bullshit and get to what's really the problem, really the issue.

Because when a woman does that, when she changes the meaning of a situation or the meaning of words to suit her, what really means is she's trying to get to a result that it's just not going to happen for



if she just tells you directly. She's being indirect, and that's the layer of abstraction that most women use. She's being very indirect so that she can stay in touch with her constant flow, her constant emotional turmoil, emotional fluidity, if you will, that's what she is really doing.

So again, you are going to be frustrated with a woman's communication style. It's just a fact of life. We all go through it. Every guy goes through it, and women go through it with guys. I don't know why we don't usually typically change it quite the way they do, and you are going to find yourself doing this a lot. But when you get to the point of understanding how womanese works, how they are talking or why they talk the way they talk and how it works, you won't be anywhere near as frustrated.

Again, this is not a communication program in the sense of learning how to talk to women. I have a program called *How to Talk to Women*, if you want that and where I go into on much more detail. We are just going to talk about the sexual energy within conversations and within your attraction and interactions with women.

So there you go with some very critical understanding regarding prime movers. These are the elements of women and why they work the way they work. Prime movers have to be understood because they are like the pistons that work in the engine. That's what make it everything go, and women fire on a 4,000 piston engine that you've



got to really just every so often take a look at and understand that they have motivations of different kinds and they are different than men, and it's frustrating for guys. But if you accept them, you will have no problem working through them and getting to sexual power.

Next up we are going to talk a little bit about supernatural influence and move right into what I call the female typology. I'm going to explain the key critical components of understanding what the differences are between certain women, and you are going to be able to read them and know right off the bat how to adjust your approach and how to be sexual with those women individually, so that you don't try and apply a one size fits all style of seduction to women. Come on back for the next section.

Sexual Psychology - 2

Now, we are talking about supernatural influence. Supernatural influence sounds like a new seduction program, doesn't it? What it really is about is that it's easy to influence a woman when you know what moves her. Now, I know back in the reality check I talked about how none of this stuff is magic, none of this stuff is hypnosis, but on a certain level, there is a certain level of covert influence going on. You are always influencing somebody.

This is not mean or manipulative, tricky stuff. We are always trying to manipulate people into doing what we want them to do. We are always doing that, and we have a very distinct set of guilt built around



that in a lot of ways, but we have to get past that and realize that when we are coming from a place of integrity or coming from a place of honesty and honor, we don't have to worry about those things because we are doing the right things.

The ultimate analogy to what you are doing when you are seducing women or when you are trying to get a woman to feel attraction for you, for which it's a good thing, by the way, this is a good thing. We are not using women. This is not what we are all about, but when we are doing this, what we are doing is the essential selling them on something. This is an analogy that has come up time and time again. I'm sure you've heard it over and over again, but it's very, very accurate. You are in sales, my friend, and the one thing, if you look at the sales industry, the actual salespeople that are out there today, the salespeople that succeed are always the salespeople that genuinely believe in their product. It's hands down. The 80% of sales go to the 20% of the salespeople who:

1. Work.
2. Believe in what they are selling.

That's all they really, really need to get success. The unfortunate thing is the other 80% of salespeople who are not producing and they are all self-producing only maybe 20% of the sales, they don't believe really in the product. They have that lack of security, that lack of confidence in their product. The same thing is true of you. The one thing that you can do to totally turn this game around for yourself is to believe in your product. Believing in your product is the num



one thing that's going to set you apart from every other guy out there because your product is you, and most guys do not believe in themselves.

That was one thing I worked on very, very hard over the years. I've always had a strong sense of self, and that has always gotten me by, but when it came to really getting this stuff down and having that kind of influence with women, believing in the product was absolutely the number one factor. So remember, it's easy to influence a woman when you know what moves her. It's connection and a fear of abandonment. Don't use that fear of abandonment in a manipulative way. Don't threaten her and her security in your relationship as a way of trying to get her to come and pull closer.

That was a manipulative thing that I've tried in the past. I'm ashamed to say, but yes, I actually did that. By threatening the security of the relationship, you actually create a very bad, bad environment to have a woman trust in you, to feel safe in you and to give you the kind of affection and connection that you are looking for. She will always hold back. She really thinks that there is a chance that things are kind of have the rug pulled out from under her.

Now, some women are built this way. Some women have just a constant sense of abandonment that's lingering on the corner and those issues, and we know what we do with issues, don't we? We try and get rid of those as much as possible. If you've got a woman with issues, please do not spend your life trying to fix that woman i



because you got hung up on her being the one. There is no such thing as the one. Every woman you meet could be the one if you knew what to do.

I want you to be able to identify the primary types of women. That's what we are going to get out of this part of the program. You are going to understand the simple cross sections of behavior, what's common among all women and then we are going to focus only on the kind of behavior that you can actually work with, that you can do something with, not only genuinely and authentically, but honorably and honestly. So keep in mind, there are simple cross sections of behavior that are very common among women and among types of women, so you are going to have a group of women and there is going to be something common to them, and another group of women and what's common to them and what works for them.

You are going to use sexual kung fu to match her skills. A woman already has relationship skills. She already has these things built in to a certain degree. She just knows intuitively a lot of the stuff that we are working on consciously. It's the way of the world and that's what we have to get used to, but at the same time, you need to have sexual kung fu to be able to match her in the arena.

The simple model is this, their inner drives and their outer drives. Let's talk about each one of these really briefly. We have biology and we have psychology. We talked about this briefly also. Biology, being the hormones in relationship to her body, those are the inner drives.



in a woman. So as we progress here, we are going from supernatural influence. What I'm talking about right now is going to lead directly into the female typology, so I want you to know where we are in the sequence of things. So again, her hormones and then her relationship to her body are some biological things that she has going on inside her inner drives. This is a simple model of where we are going to divide, if you will, a woman's psychology.

These psychology aspects are the rules she has in her head and the amount of neuroticism that work around those rules. Neuroticism is, I don't want it to fall back on the very clinical definition of it, but it's all those wacky kind of crazy things that go on in your head. It's the craziness. The neurotic behavior is the stuff that sometimes can borderline it. If you are looking at a spectrum on this side, it's completely mentally healthy behavior, and over here on the other side is complete insanity.

The first step towards insanity is neurotic behavior in a lot of ways, and that's okay. We all act neurotic from time to time. How much and how long are we in that neurotic state, that's what you have to watch for, and with women it's much more common. Men can be neurotic too. We just don't go quite there as often as women do. All right, so the rules that a woman sets up for herself and the neuroticism that surrounds those rules, those form the focus of the inner drives.



The outer drives are society. Society drives her. Her immediate social circle is going to have probably the most impact. So I want you to watch for that. I want you to know how to handle that. Culture in general, meaning those are immediate social circle that impacts her and directly influences her, but then there is the culture that surrounds a woman, and we know what culture is like here in the United States and with other countries, it's getting very similar.

Another outer drive is how she was brought up. Her upbringing is going to determine a lot of the female typology that we are going to talk about, so that's upbringing aspect.

Personality typing, this one is pretty big so we are going to get deep here, but this is good stuff. This is really, really good stuff. Not only for you to understand yourself, but to be able to use this with women, it's freaking fantastic stuff to be able to use. You are going to come up with your own personality typing eventually. I want to kind of clarify this a little bit. Your personality typing that you will come up with inside of your head is going to be kind of a combination of everything that you've learned up until this point about self-development and it will continue to evolve. I find that mine evolves all the time.

Again, you have to understand that as these things progress, as you've been learning them and using them over your lifetime, I've been using them for quite a while, they do evolve and they become very personal. So you are going to come up and have your own very personal way of figuring out a woman's personality type. It's going to differ from what



I'm teaching you here eventually, but this could be a foundation for you. If you've never done this before, this stuff is critical because you will really get an idea of how to break down a person's personality and figure them out. Figure out what motivates them. Figure out how to get them moving in the same direction as you want them to go which is, of course, a win-win situation.

Typically, a primary and a secondary behavior, this is the way I think about it and this is how it has evolved for me as you can think about people in terms of their primary behavior and then their secondary behaviors. What do I mean by this? There is usually one prime mover and one prime motivator in a person's life and one and sometimes more secondary movers that really impel a person to do a certain thing.

I'll give you an example. My prime mover in life is accomplishment. Being able to check things off of a to-do list, and I have this to-do list actually right here in my desk that I use from day to day, and I do "this is the things to do" type thing. It's simple. It's one sheet of paper and a pen and that's all I've ever used and it works like a champ. I know some people try these computer versions and they just don't resonate with me. I have to see it on my desk. It has to be in my face.

My prime mover is being able to check things off of that list and feel like I got something done that day. If I can check off a couple of things and I can look back on it and go, "Yeah, I got some stuff done."



I got shit done.” I used to call myself the king of GSD (Getting Shit Done). Get stuff done. Get it done. Get it done. Now, of course, that can be taken to extremes and that could become neurotic behavior, and it did for me for quite a while, but that’s my prime mover. That’s what I want to feel everyday. Every day, I’ve got to feel that sense of accomplishment. So I structure my day so that I get that sense of accomplishment. I make sure that I don’t go through a whole day and feel like, “Damn, man, I didn’t finish anything. I didn’t get anything done.”

My secondary movers would be things like, well, my drive for family and for the connections that I have within my social circle or social network. That’s the secondary mover for me and very important to me. Achievement and growth are also very big secondary movers for me. I don’t move away from pain as much as I gravitate towards what I considered to be like ideals of pleasurable experience.

So knowing those things, the prime movers, the biggies, and then the secondary ones which are the little ones that will come up from time to time, that’s how I’ve been able to type a lot of people and figure them out fairly quickly.

Critical aspects are, first of all, 75% of your seduction strategy. Most of the pickup artist material works that you are going to read out there, that you are going to find from time to time on the internet, from books, programs like mine and others, but what it doesn’t handle are the variances that you are going to experience in the level



of resistance. They also don't always address the different female personality types and the psychologies that are out there, so that's really 75% of your seduction strategy there.

So with the resistance factor, what is the resistance factor? The resistance factor is this, this is a very particular factor of female psychology and it's very important for you to figure out a woman is to know what her resistance factor is. You need to uncover what her factor rating is. Number one is a low resister and number ten is a high resister. Now, you are asking yourself, "What the hell is a resister? What is her relationship to sex?" That's what we are talking about here.

It's not related to a moral compass. It doesn't really have anything to do with whether or not she thinks that sex is bad or good, although it can be related to that, good, bad or whatever, but resistance overall to the concept of having sex. This is the prime mover on women, and you can detect this one fairly quickly on women. There are women who have a very loose and liberal attitude towards sex, and there are women who have a very conservative and strict attitude towards sex, meaning that they are less likely to jump into it quickly. A more liberal or more easygoing chick is going to be quicker to sleep with because she's a little bit more relaxed about it. She doesn't have a neurotic behavior in her head built up. Does that make sense? I hope that does.



So number one is a low resister and number ten is a high resister if we are talking about this on a scale. It's the first factor that you have to understand about a woman to really adequately type her personality, and as we go into the typology that I will talk about next.

What is her relationship to sex? You need to always be asking yourself that, and you always have to kind of have that in the back of your mind, not as an agenda, but as a place to go when the conversation opportunities present themselves.

High resisters, I'm going to give you example of high resisters are like here. By example, the high resisters are a ten on the scale. Resisters have high significance for sex, in other words, sex is very important to them. They have a lot of significance built around it. They have a lot of meaning in it. They can be closed off sometimes about talking about sex. It doesn't always happen as a frequent trait.

Does she deny her sexuality or her sexual needs or her sexual desires? That's a question to ask and that indicates her high resistance or low resistance. Does she view sex as very sacred, as being very black and white? That's another way to determine whether or not she's a high resister. Does she use sex as a weapon? That one I found to be very, very true is that more often than not, it's not to say that low resisters can't do this at the same time, but high resisters use sex as being a weapon or a power and influence tool. They really do leverage it that way.



This one is pretty interesting and it's another indicator. Does she keep a lot of secrets? Is she a secretive person? If she is a secretive woman, she tends to be much more of a high resister. If this is combined in a low resister woman, in other words, a much more liberal or easy going woman when it comes to sex, but she's also very secretive, that indicates a high level of neuroticism. It's a very small segment, but it's something to watch out for as a red flag. But on the whole, most women that keep a lot of secrets tend to fall onto the high resister element of the scale.

I'll give you a little bit of insight from what her upbringing was. She was brought up very socially aware of herself and very, very, very keenly dialed into what her social persona appears like to other people.

Is she very shy about sex? Does she kind of get embarrassed about the topic? Is she shy around the whole thing? This is the kind of woman that when you first sleep with her, she's going to leave most of her clothes on. Does she have a lot of shame or shame complexes built around the topic of sex? It's very, very important because that's really where a lot of this comes from. Her mother might have taught her that, "You know what? Liking sex means you are slutty. Liking sex means you are a whore. Good girls don't do that."

Chances are she's probably almost never cheated. A high resister has probably never cheated or at least has justified in her head that she's never cheated. I find with high resisters that there tends to be a lot of



denial, a lot of the rules that I was telling you about where women will take a certain sexual encounter and declassify that. They are going to say that, “Oh, that? That wasn’t sex. It didn’t count. I was drunk. It didn’t count. I was in California. It didn’t count. I was awake.” Whatever it was, whatever the situation was, she has a way of justifying it and not counting it against her. Those women can typically be high resisters.

Very critical of other women’s sexual behavior, this is also really important. When you see a woman who is very critical about another woman’s sexual behavior, it’s usually an indicator that she’s high on the resistance scale.

Sex is very important. Now, when I say important, it’s not necessarily important for her to get to, but it has a high level of significance in her head. It’s very important to her, and again, very sacred.

Sex is a landmark and relationship status for this kind of girl. A high resister is going to make the act of sex to mean something. It’s a significant landmark in your relationship. She will actually remember the date. She will build up all kind of significance and meaning around it because it’s important.

She plays sex as a game with rules, and this goes back to the power thing a little bit. She’s going to play sex as a game with rules and also with power inherent in it. So she’s going to try and know all those



rules. She's going to try and control those rules and she's going to try and manipulate those rules to her benefit.

Very few one night stands with this kind of girl, very little cheating and very few one night stands, but she does want you to keep trying and trying and trying. So here is the fact that I want you to keep in mind with a high resister, she's going to be resisting your sexual advances, but she still wants you to keep trying. It's not that she doesn't want to have sex, because she will eventually, it's just that she's going to want you to keep putting in the effort to keep her feeling as if she's sexually desirable.

Do you get how that works? Women want you to keep trying and her being able to keep shutting you down. You are thinking about it as being rejection, but do you want she's thinking of it as, "Oh, he does? He is into me. This is great. Oh, no, not right now, sweetie. Oh, this is good. This feels good." Because it's a tool of redemption for her in a lot of ways, it's a tool of admiration, and it's a tool of basically feeling desired as a woman.

Remember her sex is her power. A high resister has an understanding in her head that sex and having sex is her power over men and she's going to hold onto that power with all she's got, so be aware of that.

Easier to sneak past her Alpha test with persistence, this is one of the things that's good about a high resister is that it's the techniques th



I'm teaching actually help you get past a lot of the resistance with your persistence. You are going to get past her with a lot of her testing, a lot of her issues by being consistently Alpha. It's very important in the big picture, especially with a high resister.

Now, low resisters, the other side of the coin, let's talk about them. First of all, sex is not a big deal. It just isn't. It's not a big deal at all to them. They are very open about sex. They are more experimental. She's the one who is going to be more likely to try a whole bunch of different positions or sex in public or things like that. It's some of the stuff that we are going to talk about in this program.

She's basically easier to have sex. Overall, she's going to be much easier to get into bed. There is less overall resistance, and you might be asking yourself, "Well, geez, Carlos, why do I even need to study this girl?" Well, women do typically tend to flock to either end of the spectrum. So if you are looking at low resistance to high resistance from one to ten, women really, if you were to graph it out, there will be big bunches of women here closer to one and big bunches of women over here near ten, but very few that are kind of floating around in between for the most part. They tend to gravitate towards either end of that spectrum.

You will find women in between, and I was just thinking right off at the top of my head my good friend, Joe Bovino, putting out this book called *The Field Guide to Chicks of the United States*, and he actually rates the promiscuity of each woman, and it's funny that when



look at it, there aren't that many women in between. They really do fall into the "I'm going to hold back on you, or I'll give it up a lot earlier." It's not a big deal.

Think stripper personality. If you've ever met or hang around with strippers, they have this personality. They are the ultimate low resisters. You've got to understand that women who work in that industry, she has to be someone in touch with her feelings about sex and not feeling neurotic about them or guilty about them. She's got to be able to do because it's her job. She's going to have had many more sexual partners in the long term. She will have a lot more guys in her life. She will sleep with a lot more guys. She may not tell you about them all, but she will have had a lot more.

Sex is not going to assure a relationship with this girl, and you've got to understand that going in because a lot of guys approach every woman with this blanket approach and they don't realize a low resistance woman who is very cool and laid back about sex is not going to immediately assume that there is a relationship by virtue of the fact that she had sex with you, so remember that. She doesn't place the same significance on sex that the high resister does.

Harder to get love, it's a little harder to get love from this girl because she maybe a little jaded. She may have more defenses, more guards up, but when you do, it's really, really devoted. It can be really, really strong. She's much more sensitive to guys who think that sex is the



endgame. In other words, a low resistance woman is going to see through any ploys that a guy has to get to just sex.

The high resistance girl is not going to care that you are necessarily a guy that sees sex as the endgame, because remember that's part of her power. Her power is the fact that she counts on you wanting sex and she can hold back from it, and in between those two extremes is her ability to control you, so she doesn't mind it.

The low resistance girl is going to be much more sensitive to this. She's going to know it and she's going to look at you and go, "Hmm, you are one of those guys that thinks sex is a big deal, that it's the endgame, the be all end all." Right. And she's going to know it. She's going to see through that. She's going to understand what kind of guy you are.

A much higher importance on masculinity with this kind of girl, you do need to have it for a high resister, but honestly, I've seen a lot of high resisters turn into those women that kind of take over ownership of the relationship anyways, so really it doesn't matter in some cases. She will eventually lose attraction just like any other woman, but it's less of an issue.

It's a much higher importance for a low resistance woman or the cool and laid back chick about sex, she's going to have a higher importance on the masculinity aspect of it because it's a critical component of her being able to feel safe with you.



She will test you and she will basically want to make sure that everything is for real because she's more perceptive in a lot of ways. She's going to have a higher overall level of self-esteem. This is important to understand. I have found on the whole that the low resistance chicks will have a higher overall level of self-esteem. Don't give me wrong, there are a lot of chicks in this group that are low resistors by virtue of the fact that they get their self-esteem from having sex with guys. That's a very important slice and you can pick them out. With that kind of a woman, you have to be able to see for who she is quickly, quickly, because she's a special case of low resistor that you have to watch out for. That self-esteem issue thing is going to catch you and bite you in the ass.

The low resistance girl or the ones who are more hip will also see through pickup artist's games a lot more quickly and easily. So that's why you've got to be careful with that. Now, again, it's another reason that a lot of guys don't get the cool chicks with a lot of their pickup artist's routines.

She doesn't have a problem with one night stands. It's not a big deal to her. She's had casual sex before. She may or may not have any issues around it, but it's not a big deal for her as much as it is for the high resistance girl.

She needs more long term romance to get a relationship. This is a key differentiator in the low resistance chick. When you come up again



a chick who is a little bit more cool and laid back in this realm of low resistance, she's going to need much more long term romancing from you to get her engaged enough to want to connect with you and be in a relationship with you, because she's going to see through a lot of the other stuff. Emotion is going to be more important to her. This is what I'm really getting at with this through emotion, and this is a different kind of persistence to get through to her if you want to have her for a relationship.

She typically needs a more balanced Alpha man to keep her. When I say balanced Alpha man, it's a little bit more of the Renaissance man. He's the guy that can dabble in a lot of other things and not be stuck too strictly to the levels of what is masculine and what is not. In other words, you've got to be a little bit more in touch with your emotions. Not a woos, but you've got to be a little bit more in touch there. You have to have a little bit of a sensitive side, but again, not overly sensitive. You don't wear your heart on your sleeve.

What are the other areas? Women being more open maybe to artistic and creative exploits because she's probably going to have an artsy mind. A lot of the chicks that I've met and been with on the low resistance end of the spectrum have had really creative minds. There seems to be a coordination there. The artsy girl typically is a little bit more liberal with their sexuality, but not necessarily less neurotic though.



More reckless overall, this particular kind of girl is going to take more risks. She's going to be a little bit more risky with her behavior. She may have tattoos. She may do adventure sports. She may have weird piercings. She's going to be a little bit more risky in some cases.

So there you go, the two important distinctions that I want you to understand before we get into typology are the high resistors and low resistors of the world. It's really, really important to understand how they work. With women, this is going to be probably the key differentiator in typing their personality. You will learn a lot of these things when I start talking about Myers-Briggs and the Enneagram and the Big Five, but overall, the resistance factor is critical.

Let's talk really briefly about Myers-Briggs, Myers-Briggs and NLP overall. You are probably familiar by now, if you've gone through any of my programs with the Myers-Briggs' breakdown. If you are not, I'm going to explain it to you really briefly. I will tell you that my type is INTJ, and I'll explain where I fit in these as we go through them. But Myers-Briggs is a very simple personality typing. It uses four factors, and you are on a spectrum in each one of these factors.

The first one is introvert and extrovert. Keep in mind that this is related back to a lot of Carl Jung's work, so introvert and extrovert do not necessarily mean socially withdrawn for the introvert and gregarious for the extrovert. It means where you get your energy. Where do you recharge? \



Like I recharge by being alone a lot of times, I can flip flop. That's why I'm kind of a borderline. I flip flop between I and E quite a bit, but I think overall, I can type myself as an introvert. I get my energy from being alone. I prefer reflection, the inner world of action, direct energy and attention most naturally and often to the internal world of facts, ideas, thoughts, feelings and memories. That's how you classify the introvert.

The extrovert prefers the action and the outer world of people and things. They direct their energy and attention most often and most naturally to the external world.

So you can kind of get an idea of the difference between the introvert and extrovert. Again, none of these typings means anything negative or positive per se. They are all amoral if you will. They don't really mean good or bad, but they just mean type.

T&F, the next factor is thinking or feeling. I'm a thinker as if you couldn't tell that. I'm a thinker. In decision making, they use logic, cause and effect reasoning and impersonal analysis to come up with a principle that will guide their decisions in most cases. The feeling type prefers to make decisions through a process of evaluating. Their filter is their personal values and empathy for other people which they use to assess the impact of options on people, so they are much more tied to their feelings.



With these first two, you are going to find it pretty easy to figure out on their own. You kind of know the difference with a thinker and a feeler, and you get the idea there.

S&N, S&N are sensing or intuition, and they use an N because if they use the I we would get confused up here. So that's why the N is used. Sensing, S, prefers to focus on the immediate reality. They notice events in the order in which they occur and they give information in the same way. They know this with actual and present. The information taken in by the five senses, sight, hearing, touch, smell and taste, so that's a person who is very built around what they can really sense.

Intuition is a person who is going to be a little more abstract and imaginative rather than practical, and they are more excited about future possibilities than present realities. Remember that one. That will come in handy when you are interacting with women. They are more excited about future possibilities than present realities. They look at the big picture to get an overall impression of what's happening. That's the difference between sensing and intuitive.

Now, judging and perceiving, in my opinion, is the hardest to figure out or the hardest to understand because it's a little bit different. J is for judging and P is for perceiving. The judger prefers their lives to be planned and orderly. Perceivers prefer their external world to be open and flexible. That was the best definition I could find for these two that made it very simple to understand in a heartbeat. I wish I



had learned that like ten years ago or whenever I first learned about this particular typing. I took this a long time back, by the way. So again, judging and perceiving. The key differentiator there is whether they like their lives to be planned and orderly or open and flexible. Of course, you knew I was a J, I'm very much planned and orderly.

That's a simple breakdown of Myers-Briggs personality typing, and that tells you quite a bit about a person, and it's a very simple model to understand. That's why I really like it and I highly recommend you read more about it. I barely skimmed the surface on that, but a great way to figure out a person is to break them down to introvert and extrovert, thinking and feeling, sensing and intuition, and judging and perceiving. Those four categories will tell you quite a bit about a person.

The Enneagram, the basic circle of Enneagram is this. It's the Enneagram, and I'm not going to get into a lot of detail on this one because as you look at it and the first thing you go is, "Whoa, dude. I'm not learning that." What it's really saying here is the theory of personality type 1 that it points directly to 4. This is your progression through this circle of how you grow and how you open up new facets of your personality. Do you see how they connect? That's all this thing is showing you, so I'm going to close it right now. Forget you saw that.

But I will tell you about the different types because this breakdown of the nine types is important to understand, and I'm going to use this



I'm going to leave this mostly as reference. I'm not going to read all of this and go through all of it with you right now, but I want you to understand what these breakdowns are. If you find who you are in them, everybody finds a little bit of themselves in each one, it will tell you how you can use this tool to progress and grow.

1. Reformer, the reformer wants to make the world perfect. The reformer has a compulsive need to live life the right way and prove themselves in others and to avoid anger. This is one I fall into quite a bit. Again, I'll leave this as a reference material for you. It's in the e-books as well as the reference mind map, so you can get this other detailed information from there. So don't worry if I'm closing up too soon. Boom, it's done.
2. The helper, the helper focuses on the needs of others. The helper has a compulsive need to love and to be loved and appreciated to express positive feelings to others and to avoid being seen as needy. That's so funny too because you think of the helper as really being a little bit needy sometimes. That's the number two personality type.
3. Motivator, the motivator is the achievement and success oriented person. The motivator has a compulsive need to be productive and successful and to avoid failure. That one is mine. With that one, I pretty much own. I have to admit, that one describes me to a T.



4. The individualist wants to be special and unique. The individualist has a compulsive need to understand their feelings, to be understood, to search for the missing meaning of life and to avoid being ordinary. That describes a lot of our politicians and a lot of our personalities in the media quite a bit, the individualist.
5. Thinker, the thinker tries to figure out life. The thinker has a compulsive need to know and understand the universe, to be self-sufficient, to be left alone and having the answer or looking foolish.
6. The loyalist, the loyalist is committed to being faithful and dependable. The loyalist has a compulsive need to receive approval, feel taken cared of and to avoid being seen as rebellious.
7. The enthusiast is always on the go seeking fun. The enthusiast has a compulsive need to be happy, plan fun things, contributes to the world and to avoid suffering and pain. That's a driver for them. Again, these are going to kind of highlight some motivations you didn't or weren't aware of in other people.
8. The leader, the leader is strong and in control. The leader has a compulsive need to be strong and self-reliant to make an impact on the world and to avoid being weak. Now, think about how that would impact you in terms of being in a relationship with this type of person or any of the other Enneagrams that I'



talked about. You've got to know which one you are also going to be able to tolerate being around. Do you think two leaders can really handle it? I think the only reason that Bill Clinton and Hillary Clinton have not divorced yet is because they are busy enough with the rest of their other lives. They never going to need divorce because they are a political couple, but they are both leaders. That's got to rub each other off.

9. Finally, it's the peacemaker. The peacemaker strives to bring harmony into the world. The peacemaker has a compulsive need to keep the peace, merge with others and avoid conflict.

It's very straightforward, and you can tell what their driving motivation is. Those are nine motivations that are inherent in people, and you can tell what moves that person, again, a way of determining the prime mover. You want to find the prime mover and you want to find the secondary movers. That's the Enneagram.

I'm going to finish off with what I consider to be probably the simplest and most user friendly way of typing people of all times. It's the Big Five. The Big Five is known as OCEAN, and those letters stand for the five types, O-C-E-A-N. Here is OCEAN:

- Openness
- Conscientiousness
- Extroversion
- Agreeableness



- Neuroticism

With openness, let's talk about openness really quickly. Again, I'm not going to go through all the detail here. I just want to show you what you've got. Openness is a measure of inventive or curious versus consistent or cautious. Think about this as an appreciation for art, emotion, adventure, unusual ideas, so openness is a rating. You can think of a woman on a spectrum of how open she is.

Conscientiousness – efficient and organized versus easygoing and careless, does that sound familiar to you? It should. It should sound like the judging from the four in the Myers-Briggs typing, the judging and perceiving. Conscientiousness is a tendency to show self-discipline, act dutifully and aim for achievement against measures of outside expectations. This trait shows a preference for plan rather than spontaneous behavior. That's the best way it can be summed up. I'm going to close it right there, plan versus spontaneous behavior. And I don't like the wording on that. Conscientiousness doesn't seem to relate to that very well. That's the one thing I would take issue with.

Extroversion, again, it comes close to Myers-Briggs, doesn't it? Outgoing and energetic versus solitary and reserved, it's the energy level. Extroversion is characterized by positive emotions, its urgency and a tendency to seek out stimulation in the company of others, whereas introvert is much more the other way. I will leave that reference for you. The example of extroversion I have here, you



read this and if you can relate to them, they will tell you where you stand. The reversed mean that if you agree with that statement, it means that you are not as extroverted. In other words, if you agree with that one I keep in the background, it really means you are more introverted. That's what reversed means.

Agreeableness – the agreeableness factor, are an agreeable person? This is friendly and compassionate versus cold and unkind. It's a tendency to be compassionate and cooperative rather than suspicious and antagonistic. Agreeableness is a tendency to be compassionate and cooperative rather than suspicious and antagonistic towards others.

Now, everyone of these traits is something I encourage you to sit down really look at, not only in yourself, but in the woman that you want in your life, and the women you've had in your life that you've had good relationships with or bad relationships. That's what I want you to come away from this personality typing discussion with. It's an exercise where you are going to go back and do a little bit of an analysis.

First of all, take a personality test. I'm sure I have a little bit here before I complete up with neuroticism, but I want this to be really well understood. You must figure out your own typing first, figure out your desired type and see how it relates to who you are and then look back and figure out how many women fit either the type that you think you want or have met other types and how that interacted with



you. Okay, you can do that in almost any order there, but I encourage you to start with yourself.

You are going to see a dynamic relationship there. You are going to see common threads because I've tried different personality types and I have learned distinctively exactly what it is I can and cannot work with. Let's finish up with neuroticism here.

Neuroticism is the sensitive and nervous versus secure and confident. It's a tendency to experience unpleasant emotions easily such as anger, anxiety, depression or vulnerability. In other words, the neurotic level that a woman has is how quickly they are willing to jump into those unpleasant emotions. Neuroticism is a tendency to experience negative emotions such as anger, anxiety or depression. It's sometimes called emotional instability. The two that score high in neuroticism are emotional reactive and vulnerable distress.

There is a whole ton of other things in here about this, and I encourage you highly of all these criteria. In OCEAN, I encourage you to really look at that neuroticism more and be very clear about it. That the higher level of neuroticism a woman has, the more turmoil and tumultuousness you will have in your relationship and at the same time a lot more heartache and a lot more angst. You will have a lot more emotionality to it. It will seem like a very dynamic relationship in a lot of ways, but it maybe more headache than you are willing to work with. I know it is for me.



Finally, women consistently report higher neuroticism and agreeableness, and men often report higher extroversion and conscientiousness. Remember conscientiousness, what that was? Efficient and organized versus easygoing and careless, you can see why, right? So men typically have these two, and women really score higher on these two, neuroticism and agreeableness. Openness is probably an open door. It could be either. It's very important to know because women are going to be in those two spectrums and you've got to know how to type and classify them quickly in your head, and it's not hard to do with simple questions, and we will tell you that. In most of the time, they will tell you simply by the choices they make. It's very, very simple. It's very easy to read.

All right, so there is a lot of detailed information there. I want you to go back and read that at a later time. It's not important right now. If you want to go back into your notes and delve in, that's fine. You can do a deep dive in this topic right now because there are a lot of depths in there. I'm not even hinting at it in this video because I want you to explore. I've gone through Myers-Briggs, Enneagram and Big Five, and you are more than welcome to get all the detail you like out of those two, but follow through the exercise.

I want you to personally take yourself. If you have to take one online or just figure it out on your own, that's fine. Figure out the women in your life, the ones you had and the one that you want, and figure out where they should be on those scales, and then figure out how it relates back to you. Is it a clash? Is it a fit? It's up to you.



determine. We are not doing a big relationship thing here, but it is going to tell you quite a bit about your effectiveness and sexual power with women. That's it for supernatural influence. I bet you didn't think it was going to be that big.

We are coming back next with the female typology where we are going to go into a lot of good stuff. We are going to talk about the breakdown of women psychology and what to look for and how to handle it. Come on back for that.

Sexual Psychology 3

All right, we are going to cover the female typology. What is the female typology? Well, the purpose behind this section, and I want to make sure this is really clear, understand sexual psychology is mostly about understanding, well, a little bit of your sexual psychology, of course, what drives and motivates you, but, hey, we all know we are guys and we are horny. Am I right or am I right?

But with women, that's another thing. We understand how we work and it's very simple and pretty much cut and dry, but for women, it's a much more complicated process and we want to understand the psychological process of becoming sexually engaged or sexually attracted and ready for sex. So when we get to the female typology, which is what we are doing right now, we are really talking about how to understand women well enough that we can differentiate and treat



women differently so we understand what women needs, what kind of treatment to become sexual, because not all women have the exact same triggers. There are some generic triggers and there are some very simplified models that we can apply across the board, but on the whole, we have to treat women differently depending on the type of woman, so we are going to be able to type them fairly quickly and easily.

Now, the female typology, first of all, we've got some ground rules and a guide here. Women are, of course, not one dimensional, and I know this goes without saying, but again it's one of those caveats I've got to throw in, especially if there are ladies where you are going to be like, "Carlos is trying to apply this across the board." No, the reason I'm giving you a typology is because women are not one dimensional.

There is no Harry Potter sword in hat where you can just throw a name in the hat and she'll tell you exactly what house she goes to, for the Harry Potter fans out there, or which type of woman she is. You've got to really be able to think outside of the box too. So even as we type a woman into one of these categories, you've also got to be able to see that there are parts of her that will fit into other categories and recognizing the nuances and not treating them too generically.

I got into this discussion with some people in a high level mastermind that I attend where we talk about the old shit sandwich rule, which is when you give somebody a feedback or constructive feedback, you start out with a compliment or some kind of acknowledgment



something positive, and then you give them the quick cheek or the feedback, and then you go back to again something positive, so that the bad thing that you are talking about is in between two good things, hence the name shit sandwich.

Well, we talked about that in the sense that the real problem with that model is not that there is anything wrong with it, it's that everybody uses that and they use any kind of creative or critical thinking to apply it to individuals, in other words, not everybody is the same. Not everybody will respond to that kind of feedback mechanism. It's good for some people. With other people in other situations, it may not. So recognize that there are certain things you just have to adapt to a particular person. Put in the creative thought. Put in the effort instead of just trying to blandly apply a blueprint, and you will get much more success.

Every single guru has made this one huge mistake. They give you their type, which is the who. They talk about the women in terms of different types, and this is what's very, very distinctive about this program and the thing I want to tell you about, which is they don't give you their when when they talk about women. There is the who, their identity, and who and what they are, but they don't talk about the when. The when is a critical factor. You have to know the when factor.

The when factor is something having to do with when she is in her life. In this particular place in her life, she maybe in a particular



situation after a breakup, after a life change, after a job change. Her when changes literally everyday, if not every hour, so you have to know that when, and again it's something that most guys don't teach you, but I will.

Now, using natural sort by traits, I'm going to talk about this in a little bit. The sort by traits are how a lot of us work, and I'm going to bring in a little bit of NLP in here, and of course, NLP is very valid across the board, but I'm not going to try and throw too much hay. I want to give you the essential parts.

Perceptual filter is what this is called. We have natural traits that we use to sort things in her head. Okay, when I figure stuff out, and this goes back to when I first started school, and everybody when they first started school, we started developing these little mechanisms in our head to help us figure the world out. These are our sort by or perceptual filters that we use to figure things out.

Here are they are, the four big ones. The first is from and towards, we are either motivated to go from something or away from something. I should kind of away from, but they say from, "I'm pushing away from that, or I'm moving towards," meaning I'm gravitating towards something. It's the old carrot and the stick. We are either moving away from something we don't want, or we are moving towards something we do want. Sometimes we can engage both of those, and when you can do that, you've got a complete motivational picture.



Now, again, when it comes to from and towards, it's again oversimplified. It depends on the situation. Sometimes I move away from negative results, depending on what those are. In some cases, I'm moving towards without thinking about the moving away from, like fitness, for example. I'm never moving away from being fat because I'm just not a fat guy. I don't have the built for it. I'm always going to be thin, but at the same time I'm moving towards my goal of being more fit, having more endurance, having more strength, having more dexterity and core fitness.

So you can see where my motivation is there. When it comes to fitness, I'm definitely a towards guy, but in other factor, I'm moving away from guy perhaps. When it comes from clutter, I'll give you an example there. When my house is dirty and cluttered, I can't stand it. So I'm cleaning it to avoid the clutter. That's why. That's the away from that I'm moving in my life when it comes to a house.

The next sort is internal versus external. Do you sort your world or use your perceptual filter based on internal references or external references. Is this stuff that's outside of you? How people are reacting to what's going on around you? Or is it in your head where you are like you are figuring it out here and you are making a decision and that becomes your filter?

I'm very much an internal guy. A lot of guys are external. A lot of women are external too, so it depends on the person. You've got to look at them. Shy people, very introverted and withdrawn people.



tend to be much more internal, but they can also be external in situations like social situations where they are looking for the reactions of other people to help them cage their shyness or their willingness to engage.

Are you a detail person or a big picture person? Do you attend to the fine, small granular stuff, or the big picture, the “I’ve got to see it all first.” I’m a little bit of both. I need to see the big pictures first, but then I want to go right down into the details when it comes to actual execution.

Match or mismatch, when something new comes in to your life, do you match it to something you’ve already experienced, something you already know, or do you compare it as being not like that in some way? This is another one that’s very interesting, and again it works on the fact that we look at this in different situations all the time, matching or mismatching. Are we going to be making it like something we already know or unlike something that we know? We compare it to it.

So with match and mismatch, you are trying to connect the dots between something that’s very common to your experience, something you’ve already experienced before, or against something or not like something. I’ll give you a perfect example of this, and it’s learning a new language.



For me, I have to have both. I have to have match and mismatch. If I'm learning the word... let's see I'm trying to think of a good one. A good example will be something because I have been learning Italian in several ways. Okay, here is one that's really weird. The word for sleep, dormire, or to sleep, dormire, is how would you possibly make that something you could remember so that you could know that that was what it was? Well, the way I do it is to make it like something. It has to be like something, so I'm taking dormire. Dorm, it's like dorm. It's like sleeping in a dorm. There is my memory hook so that I remember what that word is.

Now, I just as easily make it different in some other way, and I am not even sure how with somebody who has a mismatch kind of sort or filter would do that, but you understand that's the difference between me and somebody else. We would just do it with slightly different ways.

Okay, so those are the perceptual filters, and the reason I'm bringing these up, these are from NLP, and again they are very, very effective in helping you really figure out people's personalities really well because you can tell what's somebody is going to gravitate to. If they are moving towards a person, you are not going to motivate them by pointing the bad situation they are in so much as you will pointing out the good situation that lies at the end of the road for them.

I wouldn't motivate one of my assistants who have a moving towards thing by saying, "Look, you know what? I can't give as many he



this week if you don't get this thing done." That's not going to be his motivating effect. It will probably piss her off. But if I say, "You know what? I've got some really cool task for you. If you can get this one done, we can go onto those good ones." And she will be more motivated to do that. That's how you use that understanding and knowledge to get somebody motivated, and again, it's influence. It's persuasion.

Now, no absolutes, but there are only spectrums here. You can't just say somebody is going back to this sort by traits. I can't just say that they are absolutely a from person. They are going to more bias towards being a moving away from person, or they might be more biased towards being an internal reference person, but everybody is going to fit within a spectrum on that scale. Nobody is absolutely external or absolutely internal or absolutely big picture or absolutely details and we have an inclination and that kind of swings us much more further on that side of the spectrum.

There will be exception with behaviors that will fly in the face of your read. When I say read, what I mean is your read of their personality. So when we are talking about women, there are going to be exceptions that are going to come up, and you've got to watch out for those exceptions and not be thrown by them. It can't freak you out. It can't be like, "Oh my God, that means that they are really not a moving away from person." No, it might mean only in that situation they are not. You have to learn the discretion, the critical thinking, to figure that out. It's not difficult.



All right, so the who factors, we are going to talk about the who and the when and then the modality factors. The who factor you need to understand. First of all, this is my three criteria typing. I'm keeping this super simple for you because it's all you really need to know in order to engage with a woman upfront. As you go down the road of getting to know a woman, getting more intimate with her, there is going to be a lot more details in this picture, a lot more. It's kind of like the paint by numbers thing. It's going to get more and more nuanced as you go.

Upfront we are going to look for very quick and simple scheme or mechanism, if you will, that you could figure out quickly, but please don't think by all means this is going to totally type that person right up front. It's not. It's going to get you everything you really need to do and know upfront, but at the same time you've got to be willing to paint that picture in much more complete colors.

A or W, against or with, and this is based upon or it's a combination really of the from and towards and the match and mismatch. This is specific to women. You are thinking, "Is this woman an against woman or is she a with woman?" Think about this, does she flow with you or is she more of a contrarian?

Flowing with you means she is kind of going with the flow. She doesn't really disagree with you very much. She's always looking for reasons to go, "Yeah, yeah, totally." The contrarian girl, on the other



hand, is going to be much more inclined to be like, “What, no way. No, uh-uh.” She’s more of the “I’m going to play with you. I’m going to mess with you.” She’s going to basically yank your chain a lot more. She’s going to be a lot more confrontational. She’s got much significantly reduced fear of confrontation, so she’s going to be on that part of the spectrum.

Is she focused on goals or problems and drama? This is a big one because this is actually a personality thing for me. I am much more attracted to the with women. I love the against women too because they give me a little bit of a challenge, but the with women, the ones that are more with you with the path that you are on with your energy flowing with it, they are going to be a long term catch as far as I’m concerned. The against women give you a lot of dynamic energy and they can be very good for being the devil’s advocate, challenging you on things, but they can also be a real pain in the ass quite honestly, and that’s not something I’m that into. For some guys, the against works with them much better because they are that type of personality that that fits into really well. It’s kind of like really perfect fit Lego blocks. But not for me, I’m much more of a with guy.

So again, if you focus on goals and positively working towards things or if you are looking more at the problems or the drama or the trauma of a situation than anything else, that’s one of the ways you can figure this girl out. It’s very easy to figure this one out, by the way. Really just observing her in the first few minutes of an interaction is good. Again, keep these things in mind that when we talk about how to



a woman, we are talking about normal circumstances and normal conversations.

When you are in a bar or a club environment, this is not so normal. It's not the same thing. It really isn't. It's a different kind of environment. So recognize that personality traits can be distorted and modified just by virtue of being out under the influence of alcohol and high energy environment. Around a lot of other attention-seeking guys and attention-seeking women, it's a different environment. In a lot of ways, it's actually a kind of a false or artificial environment too. Okay, so that's the A or W, and we will leave that open while we go into the P or the D.

The P or D's particular category is the practical or the dreamer. Is she a practical or is she a dreamer? A practical girl is grounded. She's more inclined to the provider type of guy. She's a practical girl. She's got to meet her needs. She's goal-driven. She's a thinker. She's a little bit more intellectual. The job that she has or the job she's in is a career. She's not as emotionally connected to it. It's not a passion for her. She will often deny the male-female gender roles. This is one of the big clues if you are talking to a practical girl.

She can also be a feminist or have feminist leanings or be in that mode of being much more geared towards feminist type behaviors and thinking. She's probably career focused. The family is often further out in the future for her. She's not as geared or doesn't seem to be as geared towards having kids right away, and she's probably



just talking about it like, “Yeah, you know what, I might not have to have kids.” I mean, this will probably change for her later on. I’m giving you that warning right upfront, but the reality is that the family for her is not a pressing concern. It just doesn’t. You can tell in her emotional state, not even just in her words, but her emotions and her choices, it’s just not that big of a deal.

She’s a little bit more career focused. Again, her job is a career. Please don’t misunderstand these two as contradicting each other. She’s focused on her career and her job is a career, but she’s not as emotionally connected to what she’s doing. It’s not like a calling. It’s something she’s really fulfilling as part of her role. That’s the practical.

The dreamer, on the other hand, the dreamer is a little bit flighty. She’s a little bit more woowoo if you want to think it that way. Again, I’m painting these pictures in extremes so you can kind of see the difference and the contrast. She’s imaginative. She enjoys the fantasy. This is really important. When you are engaging with this woman, you’ve got to play with the fantasy. If she’s willing to go there with you, she’s probably more of the dreamer type than a practical.

Every woman has parts of her life where she’s more practical than dreamer, but this is something you can use. She’s much more into the “love at first sight” ideology or belief system. She can go for that much more. She’s more sensual. She’s more physical, more grounded in her body. She usually understands the female and male



gender roles much better. She understands how women and men are supposed to interact, how attraction works between men and women. She likes to be pampered. Quite honestly, she wants to be taken cared of. She wants to be treated like a princess in a lot of ways.

She may come for money. I've seen this a lot with these girls as they've been liberated from all the things about having to be practical that they didn't have to go out and get a job right away or get a degree, and even if she did get it, she didn't have to go out and work. She is pretty much in a safe spot if she came from an environment where it didn't feel as pressing. Well, she might come for money.

She has an emotional connection to her career. She's much more emotionally involved and engaged. She might be a social worker. She might be an artist. She might be somebody that's working on more creative line of thinking and line of work for maybe advertising or something like that, but she's in much more, I think, right brain than left brain.

She's also much easier to get with the bad boy set of values and set of behaviors, whereas the practical is much more inclined towards the providers, and it's not to say you couldn't seduce a practical girl with the bad boy if she's in that mode of thinking, but it's going to be easier for the bad boy to get into a dreamer's head and get her into that space of really being attracted to.



Family focused, a dreamer is focused on the family and she does have a clear plan for eventually having children, having kids in the near future. Whatever it is, she definitely still has a vision of that family. Even if it's not immediate, it's still there and it's very concrete for her. It's a possibility, if not a definite requirement in her life.

So there you go, the P or D is practical or dreamer, and I think you see the difference between those two when you are trying to type women, so we've covered A or W, against or with, and practical or dreamer, and just a little add on here for the practical or dreamer, sometimes the practical or dreamer dichotomy is thought of as the brain versus the emotions. It's not always true. It doesn't always align that the practical is the brain thinker and the dreamer is the emotion thinker, but they do actually roughly correspond to the side of their brain that they are most engaged with. The unfortunate thing is, from what I understand, I think it's a very, very high percentage. I think it's maybe at 80% of Americans today have what we call left brain leanings, meaning they are much more logical or practical and we are losing a lot of this dreamer end.

When you can come across as a dreamer to a dreamer, and sometimes incorrectly a dreamer to a practical, it's really, really effective, and depending on the when, you being a practical to a dreamer might make the most sense. She might be in a dreaming mode where she's disillusioned about where she is in life and she's feeling lost and you can tell that her psychological state is a little uncertain, maybe slightly unstable.



A practical who comes to her in that state is going to have a much better grounding, a much better feel or vibe to her because it's going to give her the rooting and the foundation she needs to feel safe and secure. So there are different timings to be considered for each one of these people.

For the practical or dreamer, does she rationalize, or does she see her emotions and then flow with them? Think about that, does she rationalize situations and make them work according to some logic, arcane as it may be, or does she see her emotions and recognize them and just flow with them? Those are another two ways of thinking about that particular breakdown.

Okay, the last one, the third one, I or E, internal or external. It's very close again to the internal-external from when we talked about the NLP factors. Internal or external, this one is a little bit more broad in scope because we are talking about women, because we are talking about a very initial fast, upfront understanding of a personality type.

Internal has a strong belief system and strong leadership capability. External can also have those, but she's also much more focused on the external factors. So what's her validation mechanism? Okay, this is the two factors that build into I or E to make this very simple for you.

Validation mechanisms, self or others, how do they judge the world? And you can think of judge as in all of the judge in perceiving or



worth when we talked about Myers-Briggs. Do they validate things by internal reference or do they look to other people to help kind of gain a consensus, if you will, with their own opinion?

If they are an external, their own opinions might not seem as strong. They may have to check in with other people frequently. A woman that constantly ask you, “Am I crazy? Is that weird?” If somebody is that like might be very externally driven.

An internal is going to have her own set of beliefs and she’s going to already have her direction in a lot of ways. There is also a connection to the introvert or extrovert, where is she getting her energy from? They may or may not coincide. Sometimes you may have somebody that’s a very strong introvert who has been looking for judgment and getting a lot of external validation. It happens from time to time, but it’s just a small sliver.

But on the whole, you are looking to ask those questions. Is she an internal person living internally in her head a little bit more? Is she internally validated? Is she a shy or kind of withdrawn internally? Or is she much more external, more vocal, more consensus seeking, more social or more outward? That’s the primary drive in this girl, I or E.

All right, I’m not going to spend a lot of time on them because they are very, very simple. It’s very easy to figure out those three fairly quickly, and it will give you a strategy for going forward with several



attraction and sexual communication which is what we are going to talking about coming up.

So again, the three types:

- Against or with.
- P or D is practical or dreamer.
- I or E is internal or external.

That's it. That's all you need, and what are combinations here? Two times two is four times two is eight. There are eight possible types of women given all these categories, and you are going to find a lot of them are kind of grouped up or clumped up pretty close. You are going to find a lot of against girls tend to be practical or internal in a lot of ways. You could also see there are a lot of against girls that are external. The dreamer girls tend to be a little bit more internal because they live a much more strong internal life, but that doesn't mean that they can't be an external dreamer at the same time. So yeah, you are going to have to figure out the categories and you can do it fairly quickly just based on the criteria I gave you there.

All right, the who factors:

- A or W
- P or D
- I or E



Now, what is the other big mitigating factor that most people don't take into consideration? It's the when. What are when factors? Here are the types, uncertain or certain, that's all you need in this one. It is the uncertainty or certainty of where she is right now. It's kind of like the stability that she's feeling at that given moment. Is she certain about where she is, or is she uncertain about where she is? Uncertainty is equivalent roughly to unstable, and certain is stable.

That when is going to give you a certain clue into the who. When I'm looking at a woman that's a dreamer, if she's an unstable dreamer, meaning that things are unstable for her right now, that's when I'm telling you, you are probably going to have to go in as a practical guy to her. But if she's a stable dreamer, if she's really feeling good about the vibe she's in in the world, and I'm thinking, of course, I live in San Francisco. This is the Mecca for dreamers in a lot of ways. It's funny that the New Agey mindset just inhabits everything here sometimes. If you are coming to a dreamer who is in her stable time period, you are better off probably coming in as another dreamer. Because the practical guy is going to seem like she's not going to be able to relate because she's already feeling good about where she is on her dreamer path.

Now, you can go through these combinations in graphic detail, but you are going to figure them out pretty intuitively. It's not very difficult. Number one, there are different all sorts of breakdowns of these two times. I'm going to give a little bit more detail on each one. There is the unstable who has lost a connection of some kind. This is



dealing particularly with women with all sorts of unstable situations and conditions, but probably by and large, the unstable in the lost connection type is somebody, a woman, who has lost a connection of some kind.

She is shaken up by the lost of a friendship or the perceived possible loss of her friendship or close connection she has with another individual. It could be a boyfriend. It could be a close friend. It could be somebody in her family. It could be somebody that died. It could be a family member that died or somebody important in her life that has moved away. Whatever the case may be, she's feeling a lost connection.

There is an unstable who is in the state of change. This is a transitional woman. She's going from one phase to another, and even though she may see both sides of it, she's in the motion between the two and that leaves her feeling a little shaky. It's kind of like jumping between two stable platforms. When you are in the air, it's kind of like whoa. It's a weird feeling.

And then there is unstable who is in drama right now. This is a woman who is either emotionally upset about something or maybe one of her connections is threatened. Maybe it's not an actual loss connection, but she's feeling the threat of loss and there is drama in her life. There is some kind of emotional turmoil going on, and that lends a sense of instability.



Now, overall, she could be a person that's in a certain or stable state and feeling a little unstable, but still overall she's stable. She might have a threatened relationship, but she's dealing with it and she has confidence in it, so it hasn't shaken her up totally.

You are looking for the big picture, uncertain or certain, and then figuring out why that person might be uncertain. Is it because of the lost connection in her life? Is it because of a change? Or is there some emotional drama that she's contending with?

Number two, certainty, stability, not a lot you need to do there honestly. I mean, I would recommend you probe and find out what gives her that sense of foundation and sense of security. I would definitely go there with this particular woman, but you will be able to sense that things are good and things are stable. If she doesn't seem to be a little too weird or emotional or in any kind of turmoil, that's a great place to be, and again it relates back to these other states.

Let me give you another example here because I know this needs a little bit more explaining. If she's an uncertain or unstable internal person, what is her likely behavior going to be? It's probably to draw back in again. She's going to become shy or she's going to become more withdrawn and much more attuned to herself to regain her stability.

An external who is in an unstable time period, what is she going to do? She's going to be seeking a lot more consensus, a lot more



validation, and a lot more connection outside of herself. I found that women that are in an unstable state, but they are externally biased tend to be much more difficult in some ways to seduce because they are not set with any one particular person. They are looking for a whole bunch of people to give them their sense of grounding. But again, this is all variable, but it depends on the situation, this not cookie-cutter stuff necessarily.

So there you go, that's it. That's the simplified model of being able to type a woman. It's not difficult at all.

- Against or with
- Practical or dreamer
- Internal or external

For the timing factors that you have to consider with all three, against or with, practical or dreamer, and internal or external, you have to consider that they have to be in an either unstable, uncertain state or a certain, unstable state.

One more example before we go and leave this because I feel like this is actually one of the coolest sections of this class, and I want to make sure you get this. I am going to leave you with this thought for a second, what would you do with an uncertain with person? What would you do with an uncertain with person? They are person that goes with the energy, but they are uncertain. How would you treat them? How would you handle them?



Well, first of all, you know that there are a flowing with you type of person. They are going to be focused more on their goals, their forward direction in life, but they are uncertain. So what they would probably use from you is, obviously, more certainty. That's pretty much a duh, but in the areas that make the most sense for them that where they are going and where they are going with a positive motion, but they are probably stalled. They are probably in a state of hesitation or non-action, and they want to get moving forward again.

So to remove that blockade, you have to give them certainty which will move them forward, and if you can paint that picture for that type of person, the with-type of woman, you are going to unlock doors for her. You are going to seem like her personal guru. I've done this a lot with women.

With an against women who is normally against and kind of likes to be contrarian, if she's uncertain, what are going to do there? Well, she's probably going to be a little bit more dug in. She's grounded in her against behavior because it gives her a feeling of me versus the world, and when she's uncertain, it's going to shake that a little bit. It's going to be a little bit flightier, and you need to watch out for that kind of behavior. She may even tend to shift into a little bit of with behavior, but then right back again in against behavior. So she's kind of an uncertain enough to hold her own ground, and so she flip-flops between with and against, with and against.



These two factors, the when, are going to tell you a lot about a person because it's going to give you an understanding of why they maybe behaving a little bit uncertain, a little bit erratic, a little more irrational, especially with women.

There you go with timing and the who. All right, let's finish up this typology really quickly with modality factors. The modality factors, you can bring this into the equation too, these are all things you can sprinkle in, by the way. You don't have to use them all at once. You could use the who factors all on their own, and that's totally fine. You can also use the timing factors all on their own, and that's fine too with the certainty or uncertainty aspect, but it's going to be a little weaker if you just use those.

But modality factors, let's talk about these:"

- Visual
- Auditory
- Kinesthetic

If you've had any of my programs, you probably know about these three. There is also another one I've talked about, and I think it's called digitel or digital or something like that. I don't know. It's for your modality of your own thoughts are a sense for you, but let's leave that out of the equation.

The primary ones are visual, auditory and kinesthetic. Now, there is a great book that I encourage you to read, and I'll give it to you



reference at the end of the class, not to confuse things now, but it talks about how we have all three of these modalities. You have one that's very specific to you in terms of your learning style and how you use the outside world. That's your primary modality. You've probably heard that before, either an NLP or one of my programs or something else.

I'm primarily a visual person. Everything is about seeing with me. If the house is cluttered, I feel uncertain inside. It actually translates back into my emotional state.

Other people are auditory. They have to hear it to learn it. They have to hear it first. It doesn't sound right to them or it does sound right to them. They think in terms of sound.

And some people are all about the feel, "It doesn't feel right with me." They have to feel something.

Okay, those are three modalities, but you also have to understand that, in addition to our primary modality, and mine is visual, we have a sorting modality and an unconscious modality. I have an auditory sorting modality and a kinesthetic unconscious modality. I'm not going to go down to details on this because I don't want to make it a big deal. You can do this. It's great for you to figure out your personality type and how you work, but recognize that even though a woman has a particular modality as her primary, which you should be



figuring out, is she a visual or is she an auditory or is she a kinesthetic, you want to figure this out.

Good ways of doing it are just listening to her talk because she'll basically give it away. If she doesn't see eye to eye with you, if she can't see that or see what you are saying, she's a visual. If it doesn't sound right to her and that sounds weird, she's probably auditory. If it doesn't feel right, it feels a little weird or feels odd, that would be kinesthetic. But you can also tell these cues from a woman based on how she looks or how she talks and things like that too.

Just keep in mind that there are also other modalities that are working beneath the surface that you can also tap into. I'm going to give you a resource for that later on, because I don't want to make this too complicated. A lot of guys make this stuff way too complicated when it comes to personality typing of women. It's very simple. It's those factors that I gave you, the who factors, the timing factors, and if you want to bring in visual, auditory and kinesthetic, those are really simple to figure out on a woman and layer into the model you are using.

That's it with the female typology. Wow, that's a big discussion, isn't it, all unto itself. All right, so when we come back in the next section, I'm going to talk about gratification rules and what they are.

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