



# **Alpha Sexual Power System**

## **Volume 6**

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**Carlos Xuma's**

**R.E.A.L. GAME**



## Alpha Sexual Power System

### Sexual Performance - 1

All right, we are back and we are ready for the biggie, the big one here. This is sexual performance. This is the how-to and the what to do basically in the bedroom and how to really perform for a woman so that she gets it and she really gets attached to you, not only psychologically in the ways that you want to, but physically where she will know that she can be satisfied by you and you know that you can deliver. That's really where it comes to.

Remember, with sexual performance, when you know that you can deliver in the bedroom translates all the way back to your approach. When you walk up to a woman and you know that you can deliver the goods, you are going to come in with a much more confident attitude. You are going to be able to present yourself in such a way right off the bat that she's going to know this guy has it. He knows it. He gets it.

That's something that women sense almost immediately with a guy. They can tell whether or not he is going to be good in the bedroom just by with the way that he comes up and approaches. She hopes for more sometimes, but ultimately that's the best you can do.



All right, so we are going to go in and start with sexual performance in the realm of sexual power and dominance. I want to set this up with some of the preliminary information that you need to understand the rest of the categories that we talked about.

First, you will remember that sex has an element of aggression and power in it, aggression and power. Think about these things that women have. Women have rape fantasies. It's not that they really want to be raped by a man. That's not it at all. What she's looking for is it's an overwhelming submission fantasy in a lot of ways. It's the ultimate submission fantasy because she is made to submit by a man. Rape fantasies are actually very common in female erotica and you need to be aware of this, but the part of those fantasies that can often be the biggest turn on for women is the aggressiveness and the power of the man that's wielding the power in the fantasy.

All right, we are going to talk a little bit about fantasies, too, but this is important, aggression and power. If you've ever watch the Hinton Nature Documentaries on these animals when they are getting it on, sometimes it can be a pretty raw affair, so keep that in mind. Sex has an element of aggression and power in it and sometimes being a little dominant and authoritative in the bedroom means being a little bit aggressive and assertive.



Now, I'm not talking about anything that's against a woman's will. We are never talking about that in this program and I never talk about that, period, as a core philosophy of mine. We are never talking about making a woman basically bend to your will. It's the other way around actually. In a lot of ways, we are finding the right ways to bend to her will to help her understand that we are a good choice for her, but we do it in a way that appeals to the right parts of our psychology.

So it's always about loving and respecting women. It's never about hate or anger. It's really the core thing. It has to be remembered throughout this section. As a matter of fact, I should just cut and paste this one thing throughout the entire presentation. Loving and respecting women, never hating or having anger like the misogyny. Misogyny is basically hatred of women. That's what it is with misogyny, and there has to be a sincere desire here to please women, to want women, to desire women, because anything else would really be an injustice to you and it would be an injustice to her.

Getting a woman to perform for you is really about reframing things so that it's desirable for her in a lot of ways. We are going to talk about some of the things that guys have problems with in terms of getting what they want from a woman in the bedroom and getting the kind of sexual pleasure and satisfaction they desire.



Let's talk about reframing because that's the core essence of what I'm talking about here when I'm talking about the whole getting a woman to perform for you as a reframe. This is a quote here. A reframe is changing the conceptual and/or emotional viewpoint in relation to which a situation is experienced and placing it in a different frame so that it fits the facts of a concrete situation equally well, thereby changing its entire meaning.

Now, if that was really lost on you, don't worry. I'm going to explain what the hell that means. It basically means you are changing how somebody looks at something in order or even how a situation is being experienced by a person and you are putting it into a different context. You are putting it into a different light and that light is a different frame and that fits the facts of the situation just as well as an equally valid interpretation, and then you can change the entire meaning.

It's like the old story about the guy. He is working on his farm and his son works with him there and the Army comes by one day and conscripts him in the service and says, "Your son needs to go in the Army with us. We are going to war." And the father is like, "Oh, no. This is horrible." And the son is like, "Don't worry, dad." And the son goes off and hops on a horse and as he is about to go, what happens? Well, the horse stumbles. He gets thrown from the horse the boy breaks his arm. Well, oh no, he broke his arm, but at the same time, oh good, because the Army couldn't take him then into service.



because he couldn't serve for another six weeks because his arm had to heal.

So what is good and what is bad? It's totally up to interpretation. It's the same thing with reframes. There are situations, many situations, most situations in life that are really up for grabs in terms of the interpretations you give with them and the meaning that they have is entirely up to you. Remember, it's no big deal. This is a really important part of the philosophy here. It's an important part of the entire core of what I'm teaching you and that is that, remember, sex is no big deal. Getting turned down is no big deal. Getting into the bedroom and having sex with a woman is still no big deal.

The big problem with a lot of guys have is that they make things into a big deal. The more routine it is the less she's going to make a big deal out of it, but if you are whining and carrying on about it, well, then she's going to make more notice of it. It's going to be a bigger issue. So again, we are trying to not make a big deal out of sex. It's not going to be the big overarching goal, and by doing so, we almost guarantee that it will actually happen for us because it's not that important.

Never be the beggar. Never be the beggar. The man that begs for sex has basically given up his role as a man. That's how I view it. That's how I view it for years and that is that the man that is actually begging



for sex has basically given up his right to call himself a man. Sexually powerful and dominant means never begging or whining. You can't have both. I can't be sexually powerful and dominant and be begging my woman for sex or making it like, "Oh, come on, hon. Let's do something different tonight. Oh, come on, hon. Let's... oh, well..." That whining little boy voice that, "Yeah, I'd like to try something else, something different." No, you don't have to ask. You just do it or you lead her there yourself.

If you are taking the dominant role of the man, she will follow you. It comes down to this; own your desire to fuck women, period. You own it. You own that desire and it's yours and you are not going to make any excuses for it. You are not going to complain or whine about it. You are going to own it and you are going to take charge and leadership of it, because you are basically, and here is another California term for you, you are the steward of your own sexual desire and your own sexual satisfaction.

Condition her. In terms of talking about sexual power and dominance, you want to condition women. Do you remember Pavlov's dogs? It's this little story about Pavlov, he was this Russian scientist who had these dogs in various crates, and what he would do is right before feeding time, he would ring these little bell. The dogs began to associate the ringing of the bell with the presentation of the food, so they would start to salivate. Even when there was no food



present, he would ring the bell and the dogs would start to salivate and get ready for the meal.

Okay, so it was a conditioning. It was a neuro-associative conditioning, but it was a conditioning nonetheless. You want her associations to be just as hot and powerful. You want her salivating for you when the stimulus is there. So you are conditioning her in a lot of ways. I'm going to talk about how it's done. Again, it's not done unethically here. We are doing it legitimately and morally and ethically.

Remember the golden rule, the one that loves the least controls the relationship. I wish it weren't this way, but it is this way. The person that loves the least in the relationship actually controls that relationship to a great degree because they are the ones who can walk away at any time and the other person knows it. You know when you are in a situation when the other person is not as there as you are.

Now, I'm not saying that you should have a relationship set up on this power dynamic. It's not the way to have a relationship. However, all relationships go through a period of up and down cycles and different amounts of interest from each person. In other words, one week, one person might be more into the relationship than the other. It goes back and forth and it should in a healthy relationship. That's important, but if it swings over far to one side where the man is the





one who is always the one that's trying to make sure that the woman is staying with him, he's in a tough spot.

It's the same thing for the woman. She shouldn't have to do that either. You should have to show good tokens of affection and put your heart and energy and sincerity into the relationship, if it's a relationship for you. If you are the prize, she's going to work harder to keep you. The bottom line, you have to be at some point or another, it doesn't matter when, but consistently, you need to be demonstrating that you are the prize, so to speak, so that she will work to keep you.

Now, this isn't manipulation or abuse. It's just a simple fact of social dynamics. This is true whether you want it to be or not. This isn't just a belief. This is really true. People work harder for those that they deem to be worth working for, that they want to be friends with. I mean, think about the friends in your life that you want to be with. Those are the people that you work hard for, and there is something about them that makes you want to hang out with them and be with them. It's something you have to gain. This isn't an altruistic endeavor. Friendships are not built on that. Most friendships are built on a little bit of self-gain, at least a little bit if not a lot.

All right, so remember, that's the golden rule of attraction with women, the one who loves the least controls the relationship, so at



point, you must be willing to be detached to let go of her in a lot of ways in order to draw her back in so that she has to work to get back into your good graces again. So, sexual power and dominance has a cycle to it. It has an energy, a back and forth energy.

Dysfunction, we are going to talk a little bit about sexual dysfunction before we get into the proper and correct functioning. There is a reason why. It's because you have to be aware of the sexual dysfunction that's out there. What are the causes of sexual dysfunction? I believe in a lot of ways porn can be a cause of sexual dysfunction, and before you go off on a tangent here and think that I'm going way conservative or I'm starting to get some sort of religious right viewpoint here, it's really about the unrealistic expectations that it installs in men in a lot of ways. The women that are porn stars, the women that appear in these videos and these movies are appealing to a very specific set of traits that men are looking for, in certain things they are looking for in their fantasies.

The operative word there is fantasies. This isn't something that's real necessarily. The things that happen in porn movies are very often, and we know they are not real, nothing happens quite the way they do in porn and most guys are smart enough to see that. But even though on an intellectual level, you are aware of it, there is still a psychological emotional level that you are getting accustomed to see seeing these images of unrealistic situations, unrealistic women. Women that are built in really ridiculous ways because of the he



jobs and the bodies they have, they are not real, and it really distorts our viewpoint and our ability to be stimulated by normal women because they are not normal.

Now, I'm not trying to come off here as somebody that's against porn necessarily, but you have to take it in its own place and I do have it in our program here. In a little bit, we will talk about how that's done. We also have the feminist media that's causing a lot of sexual dysfunction. When I say feminist media, I mean that they are sending out basically confusing and conflicting messages because they are trying to cater to women. They are catering to women because women, they control the money now.

The balance of power has shifted drastically. Most money in the world are actually controlled, I'm not sure about the world. Actually, I had to say the United States, but I think eventually it's going to be a worldwide phenomenon, but in the United States, most of the money is controlled by women. Why do you think there are so much advertising based around feminine viewpoints and feminine products and everything is presented from a feminine viewpoint? That's because they know that the women control the money in a lot of cases, even in the households where there is a man and a woman, the woman is doing the shopping. The woman is doing the buying. The woman is doing the choosing. So feminist media can have a strong influence on why we have dysfunction because the women can control a lot of what we see as men and destroy that viewpoint as well.



There is also a lack of healthy male role models out there. It's no news to you. You know that this is one of the core things that I teach that there is a distinct lack of high-quality men on TV, in the movies, in any form of advertising and entertainment. Think about the entertainment industry. Those romantic comedies that women love so much, they are not going to portray men the way men really are. Sometimes they get close, but in a lot of ways, they are going to treat them the way women wish they were. They appeal to women's fantasies, which again not necessarily realistic.

There is also a lack of healthy female role models out there. Without a good example of what a woman should be like, a man doesn't learn that these porn stars are not realistic, that a lot of the women that he sees in these movies aren't realistic. Think about this, I'm putting the causes aside, because honestly with causes, we could talk about those for days and years and months, whatever. It's just not going to make a big difference. What we've got to get to is a solution.

Only 20% of sexually active women have orgasms during intercourse. Now, think about that for a second. Now, I'm not talking about in their entire life, but only 20% of sexually active women have orgasms during intercourse. Why is this? Well, consider there are a couple of situations going on here.



One of them is that men can't necessarily facilitate that orgasm. They don't know how. Another situation is that women are not going to be assertive and necessarily confrontational about wanting to get that satisfaction out of their sex. Another part of it is that women don't necessarily need to have orgasms during intercourse, which is also one of those things that's not talked about. When you present a statistic like this to men, it's like, "Oh my God, I had no idea. You know, one in five women that have an orgasm, and that's it." Because orgasm is a big deal for us. For women, it's not as a big deal, but there are places and times and circumstances within sex that women do and should have the expectation of having an orgasm, but they don't. They don't get it because men don't know how to properly give it to them.

So there are two sides to this statistic. Women stop giving when they don't feel wanted or desired sexually. Think about that for a second. Women will stop giving to you sexually. Put aside your stuff. Women are going to stop giving to you because that's what a lot of guys complain about is if a woman is not meeting their needs. Women will stop giving to you when they don't feel like they are wanted or desired sexually. That's when she cuts off her supply of goodwill into the relationship.

Think about it, when do you stop giving? You stop when your needs aren't getting met. Well, here is a clue, women and men have different needs, and this is one of the things that men often miss



it goes right by us, in women, too, because women are guilty of the exact same thing. We don't realize that the other person doesn't need what it is we want. So what do we do? We give what we want, hoping the other person will give the same thing back, but they don't need it, and so we are stuck in a deadlock where a woman gives all this nurturing and caring and emotional attention when sometimes that's not what the man really needs. What he really needs is the ability to feel stimulated and aroused by his partners and she doesn't realize just how important that is to him.

You see these relationships where the woman basically lets her body go and lets her appearance go and doesn't realize that that is a very, very significant part of a man's feelings of sexual attraction. I don't care what all these stupid studies they have out there, but they never come down to the core and basic understanding that for men, visual appeal is very, very important. Women can overlook it in a lot of ways. They don't want to, but they can overlook it because psychologically their sexual attraction is based on different factors.

For men, we can't. It's just a fact of life. I had to get over that. I remember that distinctly when I was trying to date women that weren't all that visually appealing. I'm like, "I should want this woman. I mean she's a nice woman. She's great. She's good to me. She cooks for me. She takes care of me. She's awesome. She's a nice person. She's sweet. She's kindhearted, but I didn't want to screw her. I didn't want to sleep with her. I did not want to have sex with



her. Why?” It’s because it didn’t appeal to the part of me that I simply cannot change which is my visual attractive stimulus. I have to have that, and most guys do.

Okay, so I got off a long tangent there, but you understand what I’m saying when it comes to the motivation to get what you want in relationships. In here when I say women stop giving, I’m talking about that dysfunction in sex when we stop giving the other person what it is that need or the sex gets dull or the sex gets uninteresting or we stop having it completely, that dysfunction starts happening when we stop understanding what each person needs and we stop giving what the other person needs.

All right, dysfunction is almost always related to a pattern of missed needs and withholding. Let me say that again, dysfunction is almost always related to a pattern of missed needs – it means the other person didn’t see it and it’s usually out of ignorance, not malice – and withholding, that’s when the person is actually holding back or using sex in a controlling or manipulative way. In other words, giving less and less, then what happens? The relationship, whatever it may be, it could be a short term or long term relationship, starves sexually because there is no nurturing going on. There is no fertilizer for the sex.



There is the contempt/resentment factor. This plays a big part in dysfunction in sex. I call it the “eye roll syndrome.” It’s also about insecurity issues, but contempt and resentment really means, well, they’ve done these studies and this is in one of Paul Ekman’s book. He does a lot of research on facial expressions. One of the emotions that they used to determine whether or not a couple will be together over the long term is if there is a presence or lack of resentment in a relationship.

If there is any resentment where the couple comes in for therapy and the guy is talking about something that’s bothering him to the therapist and the woman is next to him and she’s going, “Oh God,” where she’s got this look of, “Oh, here we go again. I resent this guy. I’m resenting what he’s doing.” It usually comes from unspoken desires that she needed, and he has the same thing. Men have the exact same situation. The woman will be talking to the therapist about something and he could be like, “God, here she goes again. It’s this shit all over again.” And you can see that there is resentment inside.

There is contempt for the other person, not because of something that couldn’t be solved, but because something went unspoken. She did something way back when and he didn’t do anything to address it. He just let it go. She did something that annoyed him and he’s like, “Okay, whatever.” He’s kind of stuffed it down. You pressed it down. You pressed it down. You pressed it down. If you do that





enough, you are building up this basically a thermonuclear core of hatred that builds up in you that you don't really realize is there.

You think you've still got a relationship with this person, but you are just creating more and more hatred for them and eventually what it does is it negates or numbs out all the good feelings that you have for that person. All the goodwill goes away and that creates a lot of sexual dysfunction. You don't want to have sex with him another. You live these separate lives. Things become very functional. There is no passion left. Because the contempt/resentment factor is a very big factor on why a lot of long term relationships fail.

Personal dysfunction is created in our thoughts and our perception of sex. In other words, there are two kinds of dysfunction. There is personal dysfunction that we hold inside ourselves, like I might have my own little dysfunction about what I think about women or what I think about a certain form of sex or whatever it might be, but that's my own personal issue that I'm dealing with inside, and then there is couple dysfunction or I call it the "integral dysfunction" between the two people, where the two people create the dysfunction by the way that they interact.

Well, personal dysfunction is created in our thoughts and our perceptions of sex. It's how we distort our perceptions of sex inside our head. What are we doing with it inside our brain? Am I thinking



about sex like, “Oh, it’s got to be like it is in the porn movies or I can’t get off.” Or these little things like, “Boy, women’s feet are kind of ugly. She needs to wear high heels the way they do in porn movies.” Have you ever noticed that? Women always are wearing high heels in porn movies, or they are always pointing their toes straight out.

It’s very interesting, isn’t it? It’s because there is something oddly, not so attractive, with a lot of woman when her feet are just like at right angles. Watch them sometime and you will see what I mean. So, personal dysfunction is created on a lot of ways about her thoughts and perceptions about sex. Our integral dysfunction, in other words, the ones that we create as a couple are created through the process of our interactions and losing that passion.

Sex, sex, sex and dick size, it’s one of the biggest dysfunctions, because you know what, half of the spam in your email box would not exist without this one right here, dick size. I want to talk about this particular dysfunction for a little bit, and not that dick size is a dysfunction, but the dysfunction about thinking about dick size. Consider this, the average penis is five inches to six inches. Six inches being slightly above average, but it’s in the average realm, five to six inches.

Now, by ratio, by the way, human beings by not only qualitative but quantitative proportion have some of the largest wings in the



business. We've got the largest proportion of penis to body ratio, and overall in a lot of ways. But only 10% of women actually crave a big dick, and they are simply nothing you can do about that. There is nothing you can do about that one woman in ten that simply wants a big dick.

But you know what, actually, there is one thing you can do. Just get a big, fat dildo. That's one of the great ways you can just basically augment your sexual relationship with her and that if she's thinking about this correctly though.

Ninety percent of women want your dick size. Now, unless you are extremely small on a scale, you are fine. Five to six inches is all you need. Ninety percent of women want what you've already got, but you've been brainwashed into believing that you need to have a nine-inch dick like one of these guys in the porn movies. Hey, you know what, sometimes I catch myself thinking, "Boy, that would be cool, man, having one straight out to here." Some of the ridiculous ones that you see on the internet and that's one of the great things about the internet is you see things you never would have seen before. They are not realistic. It's totally unrealistic and actually nine out of ten women would not like your dick if it was that big. Think about that for a second. It's painful for these women to deal with that.



I'm going to tell you right now. Dick pills don't work. There is no such thing as a pill that will make your penis bigger. It's like saying, "I have a pill to make my car go faster. I pop this pill and my car goes faster." There is no connection there whatsoever, but we think for some reason that we can actually create a medicine or a pill that we can take this kind of make your dick grow. It's like saying I can take a pill to make my fingers grow longer. We don't have it. We have never had that. I'm not saying we never will, but we do not have it now and it's very unlikely to happen in the near future. So let that go.

Pills don't work ever. Ignore the spam you get in your inbox. Ignore the advertisements you see. They don't work, nor do creams or exercises. Most guys can tell you for certain that this doesn't happen, but this appeals to that instant mentality that we have as Americans and as the world is starting to acquire, we want the pill to fix everything, "I want to take a pill and be smarter. I want a pill so that I can learn martial arts in a day. I want a pill that I can read a book with like 10-15 books in an hour. You take these pills and your life gets better." I'm sorry, but life cannot be cured by pills.

The reality is that the people who know this, who understand this core fact about life are the ones who actually do achieve and get a lot of success out of life. It's the people that cling to these desperate beliefs that a pill is going to save them that quite often find themselves in a horrible, horrible situation because they are still clinging to that quick fix.



All right, enough about trashing on dick pills, but I want to make sure that's clear because dick size is not the issue when it comes right down to it, and if you are smaller than average for whatever reason, if you feel like you are smaller than average like you are below the five to six inch range, maybe four, maybe three, which is actually fairly rare, if you are smaller than average, you can still make up for it very easily with your technique. That's the reality is that you can make up for it with technique. There are lots of things you can do along the way.

There are some operations that can be done that can help you out there, too. There is a special operation they can do that they clip this little tendon and it will give you a little bit more zing for your zang maybe up to an inch depending on the guy. So that's a possibility, but it's something to talk to a doctor about and I highly not recommend it for any guy who is at least in the average realm or above.

Size issues are not created by women. Here is the reality, size issues are not created by women. Who is the first person that joked about the size of your dick with you? I guarantee you it's not a woman. Do you know who it was? It was another guy trying to get your goat, trying to make you feel bad. Size issues tend to be created by guys, not by women. It's the whole pecking order thing.



I just want to have fun. It's the pecker order, too. They want to make you feel bad about the size of your dick. Why? Because it makes them feel better and it also gets a rise out of you. Men will try to manipulate other men by trying to push buttons to see what they can do to get them to react. When they learn that combination to making a guy react, he now controls him. It becomes power he controls another person, another guy.

Sick and twisted, aren't we as humans? So this whole dick issue is one of the biggest dysfunctions that guys have to get past. You've got to get over this one. All right, coming up next, we are going to talk about preparations for sex and how you can be ready to go when the time comes.

## **Sexual Performance - 2**

Are you ready? Are you prepared for sex? I hope so. You need to be prepared for anything. There are three factors I want you to consider. There is a hygiene factor. There is a psychological factor and there is the logistical factor. We are going to cover each one of these.

The hygiene factor is the preparation you do for yourself basically. It's your body. I'm going to give you the very simple overview here. There is no great complexity to this. If there is anyone of these that you've skipped or overlooked or you are going, "Yeah, yeah, C



just give me the line that I've got to use to get her into bed," if there's any one of these that you are thinking that about, go back and really review this. It's not hard.

Number one is nails. Trim your nails. Clean your nails. There are also things you can do to protect your nails so they don't have that skunky shingle off a roof look. Have you seen guys like this where their toe nails look like they are carved out of some weird form of ivory or something, some green form? You've got to take care of that. And believe me, it will pay itself off, just keep your nails trimmed and looking good.

Trim the bush. Trim the head and chest hair if it's going to be too much, any hair that's excessive you. Hey, some guys are just naturally hairy. If that's you, then that's fine. Deal with it in any way you like, whether that's waxing, with removal or treatment or whatever it may be. If you are that self-conscious, that's okay. Take care of it. Get over it and get past it. But when it comes down to simple manicuring, trim the bush, take care of the pubes. It's not hard.

Actually, if you want to add one inch to your dick size, get rid of all that extra nastiness down there. Too much hair around there is actually obscure the view of your wonderful love rod. I'm just thinking about all the ways that I get spammed when they try to



describe a penis so that it gets through the filters. Love rod was the one I saw.

Trimming the bush is important to just looking like you take care of yourself. Don't go crazy about this stuff. Don't make it into some kind of new wave sculpture or some weird, you know. No hedge sculpting here where it looks like an animal or something. Trim the chest hair if it gets to be too much if you get these little die-along lengths because I get them. I've got a hairy chest and it's just kind of creep out. Trim them down. It's not a big deal.

Overshower, don't just shower, overshower. I don't mean like taking ten per day, but sometimes two or even three per day might become necessary with one in the morning when you get home from work and one before the big deal, but showering regularly to keep yourself clean and smelling clean is important. Be careful about gipsy baths, by the way, which is the liberal application of cologne to cover up a lot of stuff. It's not a good idea. Women do know.

Your breath, take care of your breath. Make sure you are using, I don't care if it's Tic Tacs, I don't care if it's Altoids, and I don't care what it is, but at the very minimum, you do need to brush twice daily and floss. Flossing is really important because you've got to get that crud out of there that's creating the odor in the first place. The odor is created by bacteria feeding on the gross stuff in your mouth. Get





rid of the gross stuff, the bacteria has nothing to feed on. It's a simple equation.

Get rid of unwanted hair if it's necessary in your ears and nose. This is another one that you and I have problems with. My nose, there is like a lot of hairs in my nose. I've got this, but it's not only me, it's the female cousins and at a time part of my family that even has this, so we all have to deal with it some way or another. A lot of women do. It's a simple hygiene issue to take care of. You get one of those little trimmers from Target, then it's done.

Add scent where necessary. Use cologne or breath mints if it helps to make yourself more presentable. There you go hygiene stuff taken care of in a heartbeat. It doesn't take long to do all this stuff or to add it in your life, and you will eliminate 90% of the problems that women quote about men.

I didn't mention skin. If you can at all, you want to try and have fairly soft hands. I have calluses on my hands from working out and lifting weights and things, so these I have to kind of take care of a little bit, but they are necessary. I'm just going to have them. The rest of my hands, however, are fairly smooth. My skin is fairly smooth. I take care of that and take care of the elbows. It can be a little gross there sometimes.



Psychological factors. Okay, we put the hygiene stuff aside. What are the psychological factors? Think about this, are you ready to move forward based on your level of sexual desire? Right now, are you ready for sex? Are you ready to move forward and pursue sex based on a level of your own desire instead of the fear of rejection?

The fear of rejection is what typically happens to guys. They caught in what I call the double bind. They are not really ready to move forward because their own desire is a little bit shaky. They don't know if they can perform and then that fear kicks in where they don't know if they will actually get what they want from the woman. They don't want to lose the ground they've covered with her. So what happens? That's right. They don't go forward. They don't push forward, and as a result, what happens? They don't get the sex they want.

That's a simple thing, and we've talked enough about psychology in this program. I don't want to get into more detail about that, but that's the real double bind situation is. If you are not ready to move forward, you are not prepared psychologically for what's about to come, you are not going to do it. It's a very simple equation.

Logistical factors, what are the logistics? Well, think about this. First of all, have birth control on hand, and by birth control, condoms, condoms, condoms, condoms, condoms, condoms, condoms,



condoms, condoms everywhere, rubbers, rubbers, rubbers, rubbers, rubbers.

Have birth control anywhere. You need it. In other words, have a rubber stuffed between the matches in the box spring. Have one stuffed under your couch or taped under the bed stand. Anywhere you need to have it, you should have it. They are cheap, especially if you compare them to the cost of raising a child these days. If you get a \$3 pack of condoms or you can have a \$100,000 cost of raising a child. It's your choice. Anywhere you think it might happen, have a condom, have a rubber ready.

Have distance and time accounted for. So when we are talking about logistics, we are really talking about those factors that involve planning. Have distance and time accounted for in all of your plans. In other words, I'll give you an example here, transportation. If you are going out with a chick and you are looking to make a score here, if she drove you there, think about wherever you went to on that date.

If she drove you somewhere, she now has to drive you back. Does that work out? Does that work out for the plan? Did you both meet somewhere where she's now going to have to follow you back to your place? You see, that's a little weird because you are both driving in separate cars. She's thinking her own thing. You are thinking your



own thing, and it's not an environment of being together, so you are losing attraction in that situation possibly.

These are the logistics you have to think out. Did it make more sense maybe for you to drive so you would drive her back and she would have a reason to maybe come inside for a little bit? Did she come inside before the date and maybe leave something, but then she has to come back in and get after the date as well? Did you talk about maybe having a drink of a wine that you had at your house, and when you get back, that's going to be obviously easier to do? Do either one of you have to work the next day.

These are logistical things you need to think about. Know how things will have to go down. Think them out. What happens if... Okay, if she sleeps over, I've got to work tomorrow at 6:30 in the morning, which is pretty early, so that could be a little tricky. If it does come to that, I can always call in saying I'm going to come in a little later. But what about her? She works on the other side of the city and she works at the same time I do. She's going to have to travel all the way back to her house before she can get ready to go to work. That's going to be something in the back of her head that says, "Hmm, better not sleep with him tonight." These are the things to think about.

The next day, consider the next day, what is your schedule, what's her schedule. Knowing these things, and it should come out in the



conversation, you say, “So what’s the week look like for you? What are you doing this week?” And you can kind of get an idea what she’s got going on. That’s she’s supposed to be meeting somebody for breakfast in the morning. If she’s supposed to be doing that, she’s probably not going to miss it, which means it’s going to change your logistical plans leading up to that point. It’s important to understand. A lot of guys don’t think this stuff out. I’m kind of a logistical dude. I just think of these things on my own, but most guys don’t.

Is your house ready for a guest? Is it clean? Is it ready to go? Do you have things where they need to be? Like we talked about the condoms and the birth control, do you have things where they need to be with the water by the bed stand, extra toothbrush, whatever it is, a bathrobe just in case she has to make a run to the bathroom and you’ve got roommates.

Roommates are another big logistical things, so have this stuff thought out, yours or hers. Whoever has got the roommates, think it out. So logistics need to be planned for sex. Do not overkill here, but just think about it, so can at least look like the man with the plan when it comes down to it.

All right, now, we are going to get into the specific aspects of sexual performance. These all deal with how we become sexually aroused,



how we become sexually active and how we sexually interact with other people.

Fantasies, fantasies are a big sexual thing, especially for guys, and I have to say actually especially for women. Anything is possible if, and then I'm talking about sexual fantasies where you have a fantasy with a woman and you want her to kind of act out that fantasy for you. Anything is possible if you create trust and safety for her as a woman, an environment of non-judgment and you allow her to let down her angel appearance.

Let me go through each one of these. You have to create a bubble zone of trust and safety for the woman. That's a given. You just have to be able to do that or she's not going to want to have sex in any way, but maybe being with a woman for a while. She still has zones where she's not feeling safe or maybe that there is trust built up. They don't always naturally extend to everything. It's like if you've been dating a woman for a year, it doesn't mean immediately she's going to want three-way anal with you and another guy. It's a little too much. So you've got to be willing to create that trust and safety zone for her. She has to feel like she's going to be taken care of.

Non-judgment, she's can't feel like whatever fantasy you basically throw at her, that she's going to be judged for it in any way. It's a given there too. It allows her to let down her angelic appearance.



Women will get just as freaky as you want to, especially within the context of relationship, but you've got to be willing to help her let down that appearance enough so that she realizes, "Oh okay, it's cool. He knows I'm a chick and we are a certain way, but at the same time I'm also into sex and he's not going to judge me for that. He's not going to expose that. He's not going to ever use it against me or wield it as tool of psychological manipulation." That's what you've got to give her, man.

There is a big different between fantasy and reality. Fantasies are a way to experience something without the reality. It's things like rape fantasies. I've talked about rape fantasies before. Women have rape fantasies. They just don't want to actually live them. It becomes a fantasy that she can safely indulge in her head, but she doesn't necessarily want to experience that. No woman really wants to be raped. Most women do not.

We all have some fantasies and some of them are actually very dark. There are things that we think about doing that we are like, "Oh, where did that come from? Yeah, I can't tell anybody that one." But beware. Don't let that put you in a spot where you are suddenly ashamed of your sexual desires. We all have them. We all have them. I'm not about to tell mine here, but trust me. We all got them.



This is the nature of our fantasies. Women have a lot of domination fantasies, of being dominated. You know those things like spanking, certain verbal turn ons, things that are said to them, the way they are treated, restraint. There are all kinds of things. I've had women that wanted all of these, and those domination fantasies are strong. They are kind of a way to exorcise, like in the *Exorcist*, exorcise. Not exercise as in get on a treadmill, exorcising those things about themselves that they want to compensate for. In other words, a woman is very masculine during the day, having to perform a masculine role maybe at work, and she really wants to go way down the other end of the spectrum and she wants to get really, really feminine, really, really submissive. Those domination fantasies come into play for that, depending on how she's also repressed in the rest of her life.

Men have virility and power fantasies with things like threesomes. Threesome to a man, of course, two women and one man, what does that imply? Well, it implies that more than one woman wants him. That's a very simple sexual fantasy for a lot of guys. We just want to be desired by women as well. We want to know that we have sexual power and sexual stamina. So, that's why I named this course what I did because it's a core desire for men and it is to have sexual power with women.

There is a key element for acting out these fantasies however when you get down to it and that is trust and as always a safe word. If





have a fantasy, if you actually want to act out a fantasy, which is actually one of the ways that many couples enjoy this sort of thing or one person plays a role, the other person plays a role, and sometimes it may involve other little things like bondage and submission, which we will talk about, you do need to make sure that there is a zone of safety around you and that is done with the safe word. In other words, in advance you agree on a word that if the other person says it, that means, “Ops, turn it off. I’m turning off the fantasy right now. It’s off. It’s done. We are back to normal.”

It’s basically like the referee blowing the whistle. That word has to be decided in advance and it has to be something ridiculous. Maybe it’s eggplant. You just have to make sure that you don’t say anything during the fantasy that has that word and you are okay. But if something is too hot, too heated, you use the safe word.

Have as many as you like, safe words, yes, but have as many fantasies as you like. There are all kinds of fantasies, and that leads to a healthy sexual expression. So fantasies are very, very important because they actually activate and awaken a lot of sexual power within a man too. So fantasies are important as a sexual component.

Simple sex secret, yeah, you knew this had to be coming in here, didn’t you? This is the most important thing I can possibly explain to a guy which is where the clitoris because it’s the ultimate joke. The



ultimate joke about guys is where is the clitoris on a woman? Where is it put? Well, it's actually very simple to find. Here is an actual diagram of a vagina. I'm going to go through the critical steps here real quickly. Actually, you know what, I'm going to do this first and then I'll talk about the critical steps because this is actually just as important and it kind of leads on to our discussion.

The actual vagina is the opening that goes inside her. These are clinical definitions so you will know what parts are what. Vagina is the opening that goes inside. The labia minor or minora, whatever they call it, are lips right around that opening. The major or labia majora are the larger folds of skin and this is the part that usually you see that we talk about as being camel toes with women. It's not exactly a nice way to explain it, but that's it. So those are the different lips.

The hole is the opening, which is the vagina. The clitoris is right here up at the top, just above there is a little bit of a hood of skin here, and that actually is where the clitoris is. It's the little bud. It's almost like a little pencil eraser and knob that when rubbed because aroused. Just like a guy gets a hard on, a woman does, too, only it's much more scaled down with this area right here.

There are different patterns for stimulating it. There is the up-down pattern going to this way with your finger. Make sure your fingers are



always lubricated, by the way, always. I made this mistake once with a girlfriend way, way back when, and I gave her a blister on her clit. It's not pretty, so rubbing up and down this way with circular. Every woman has her pattern. Some women want to go clockwise. Some women want to counterclockwise. Some women want you to go round and round and round and then up and down and up and down, then round and round and round and then up and down. They have their patterns.

Each woman has her own particular pattern of stimulation for the clitoris, and the best way to do this quite honestly is to as you are maybe downtown territory and you are working on that with your tongue or your fingers, have her work herself a little bit. Some women will do this automatically. Some women will need a little coaxing, but get her to stimulate herself. She will show you exactly what her pattern is, and that's it, man.

So once you get that pattern, you are going to be able to get her stimulated much quicker. She's going to have more trust in you because she knows that you are going to be sexually capable for her. You are on an upward spiral. So to answer that age-old equation, this assures that every single guy going through this program, especially you now understands, that's where the clit is right there. No misunderstanding about it. It's right there at the top.



There are lots of little images and diagrams you can get online, but this is one of the best that I saw which was an image that was very clean, very professional and very clear as to exactly where it is. It's right where everything come together right at the top. It's very simple.

Now, critical steps, what are the critical steps? First of all, when it comes to sex, these are the simplest things that will get you success almost guaranteed every single time. That's why I have been creating a very simple package of the basics that you have to have. Take it slow. Rushing at the end usually is what trips up most guys and stops them from getting sex by rushing at the end zone. They are trying to cross that goal line a little too quickly. It comes in as simple as just undressing her slowly. Take her clothes off a little bit at a time.

Don't worry. Most guys are in such a rush to get her clothes off. They are just trying to do it so that she doesn't change her mind. They figured once they get her naked, we are in. There is nothing that could stop us, so they have to do it rushed because they don't want anything to foul it up. Well, undress her slowly because you are going to show that you have patience and that is not a worry in your head.

Focus on her pleasure first. This is very important because it demonstrates to a woman that you are going to be patient. You are going to be what I call sexually conscientious and you are going to



have a certain amount of compassion and understanding in the bedroom as well as desire going forward. Focus on her pleasure first, meaning stimulate her. When you know you are getting there, I mean you will know she's starting to let you in or she's starting to pull you down to the bed or whatever, take some time to stimulate her. Take some time to give her some pleasure. Stimulate her nipples. Stimulate her clit. Stimulate outside parts of her body. Rub her stomach, her sides, her hips, and her back. All this stuff contributes to giving her some pleasure first so that she trusts you enough to let you in.

Reassure her along the way by validating her sexiness. This is usually through verbal cues saying stuff like, "God, you are so hot. God, I love the way you feel." Those two things right there can be used over and over again and create a very easy recipe for sexual appreciation.

Keep a sense of humor in the bedroom. This is one of those things that not many people talk about, but it's important because weird and slightly uncomfortable things will happen in the bedroom. Trust me. They always do. Just be cool about it. If something happens, you are just like, "Oh God, that was kind of dumb, huh?" And you keep going. It's that easy.

Keep things framed as her idea and her moving this forward. In other words, you are reframing the situation that this is all her idea, "You



know what, you are a bad girl, but I think I like it. I just wanted to know that you will respect me.” You can say these things as a kind of role reversal techniques in a way, but you frame it that way because it gives her the liberation, the desire that she wants to be able to exercise her sexual desire. Now, I’m talking about exercise in the other term, not exorcise like in the *Exorcist*, but in exercising it like it’s on the treadmill. She gets to exercise her sexual desire by being the sexually assertive one, which is something that all women secretly desire, but rarely get to do because they don’t want to be perceived promiscuous or slutty.

Of course, as always, keep moving forward. If she stops you, you stop, you back up, you pause and then you pick it back up again. It really is that simple. If she stops you, you just stop, back up a little bit, wait and then pick it back up and go forward again. Chances are she will not stop you the next time or you will get further. Either way that’s fine. You are demonstrating a pattern of trust and of respecting her control over the situation.

Most women simply wants some validation that you find her so sexually appealing to you that you have to keep going and you have to get her. Let me say that again, most women are just simply looking for some validation. That’s another reason women stop you during sex is because if you persist, it’s almost as if she has this mystical spell cast over you and you must have her. You desire her so much. I can’t tell you how many women that I have gone and slept with who had



said no earlier that night or kind of pushed me away or put on the brakes and then let me in later because I just demonstrated this, “Oh my God, I just can’t stop myself. You are so hot.” When she feels that kind of desire, she’s going to want to just take a bath in it. She’s going to want it so badly. Now, of course, she comes from a place of reality and sincerity.

Persistence becomes a kind of flattery. That’s what we are talking about. Persistence itself, this is what women like to see. Persistence becomes a kind of flattery for men and women. The fact that you are continuing to keep after her is enough to flatter her and think, “My God, the control I have over this man. It works.” All right, now I know this picture here, it’s been totally distracting you for the entire time I’ve been talking, the perfect, little vagina here, but we’re going to have to close this one up. It’s a simple sex secrets for you and simple sex secrets to refer to.

Birth and disease control. You have to offset the threat that you present with what I call the offsetting edge. In other words, by having a condom, you are not only preventing pregnancy, you are also preventing diseases from being passed. So the threat that you present to her in terms of the sexual threat of pregnancy can also be a threat of disease and that can be offset very simply by birth and disease control.



The first thing you can do, and I'm not just talking about condoms here, but it's important is to get yourself tested. This becomes reassurance later on, and you can do this through any Planned Parenthood Clinic. If I remember correctly, they still don't charge for that necessarily. Some might charge, but it's a very small fee, and the ability to show them, "Look, here is a test I just did like a month ago just to keep your mind at ease." That is so reassuring to a woman.

Have condoms. Brain dead one here. No bareback no matter how good it feels, no matter what she says. You don't go bareback no matter how good it may feel, and it does feel good. Let me tell you, it's the best kind. That's why relationships are so cool is because when you get into a long-term monogamous relationship with a woman and she's on birth control, but you don't have to have birth control and you are both tested and you are both safe, now you can do whatever the heck you like. So no matter what she says, remember, you always protect yourself first and her.

Get a clear visual picture of the worst case here. Think about this in your head. Think about having to have a kid, having her come to you and say, "You know what, I just found out that we are expecting." Think about that. What that would do to you and your life and your lifestyle.





Think about disease. What the potential would be there? What if she came to you and said, “Look, I wanted to say something before, but I just didn’t tell you that I have herpes, and well, I did have an outbreak when we had sex.” Talk about a panic, “Oh my God.” I’ve had women that have not done necessarily just that. They’ve told me in advance, but I know a lot of guys where the woman has told him after the fact, and that is a scary place to be, especially knowing you might have contracted something that will be with you for the rest of your life. It’s not cool, man.

So if you have that image in your head, when it comes down to all the bloods flowing into your little willy and you are getting it on, you are not going to be stupid and think, “Oh, what the heck. She seems cool. It’s okay.” You are going to make these rationalizations. Don’t tell me you won’t because I’ve done them, and you can’t afford to. When the time comes, you simply let her know you are prepared. That’s all. When you get to the bedroom, she’s going to stop at some time at some point. This is actually an indication that things are going to go where you want it to go. She’s going to say, “Do you have any condoms or do you have any birth control or do you have, you know.” If she’s one of those girls high on deniability, just let her know, “Yeah, I’ve got it all taken care of.”

Demonstrate your education level. Know things about HPV. Do you know what HPV is? Well, you better. Learn about it. It’s one of those viruses and it’s also something that is more of a concern for women.



It's called human papillomavirus. It's something that's a fact and you need to understand what it is. It's something that doesn't really present itself. I guess it can show up as genital warts or something at some point, but sometimes it's not even visible. It's something you can detect. Technically, I think it's a disease, but the problem is that like 60 or 70% of all people has this. It's so widespread. The only real hazard of this disease is that it increases a woman's risk for, I believe, ovarian cancer.

Well, how many guys know about this? Very few unless they have experienced somebody who they found out they have it or understands this sort of stuff, and knowing that is going to tell a woman that you understand a woman's concerns regarding those risks. It's really simple when you come from that standpoint.

So here are some things to ask, "Is there anything I should know before we go any further?" That's a great way of simply asking her, "Is there something that you are not telling me or haven't told me yet about your sexual history that I need to know now, like do you have herpes? Is there a disease or something I should know?" It's a very light way of saying it and it also kind of sets the path and paves the path for what's about to happen.

Most women will tell you when things get close, but don't rely on it. Don't rely on her to reveal that maybe she has a little something down



there that you should know about. It could be crabs. It could be something easy to cure. It could be something impossible to cure. Some will just stop out of shame. I've had women do this. They just stop you and shut you down. You think they are just stopping you for no good reason, but there is a reason for it. The reason is that she has a disease, or maybe she has herpes, or maybe she just came down with something, or maybe there is a fear about disease, who knows what it is? But they will just stop because of shame or an emotional reaction and you won't know it because she's not going to say it out loud. You have to be willing to ask. You have to be willing to pick up on that vibe and say, "Is there something I should know about?" And, that is difficult, as it needs to get, for birth and disease control.

We are just talking about the gross stuff upfront, but we've got to pave the path here for the cool stuff about to come with things like the more sensual aspects as we dig into the passive-aggressive areas, the sensual versus sexual, female anatomy, porn, premature ejaculation, sensual massage, foot play. Oh, this is going to get good with blowjobs, facials, eating pussy. You've got a lot of good stuff coming up here. And come on back, we are going to talk more about what verbal reinforcement is about. We will talk about the passive-aggressive spectrum and the sensual versus sexual. These are kind of the foundation of understanding you need for good sexual performance in the bedroom.



## **Sexual Performance - 3**

All right, we are continuing with sexual performance. We are digging into the heart and soul of what it is to be sexually attractive as an Alpha man, and that is performing sexually. We are going to jump right in now with verbal reinforcement and what this really means in terms of your overall game. This is a very important part. You will remember that before I talked about how women are much more responsive to language and audio and aural stimulus, well, it's very important.

Verbal reinforcement for women during the course of just having sex with a woman as well as throughout the entire process, remember we are talking about this being like a yard of beer, the whole channel of sexual communication all the way to the end result which is sex. Well, verbal reinforcement, various names don't really touch it, it should be extremely important for you when you are considering how you communicate with women. Women are auditory. They are very, very much attuned into language, what comes into through their ears. Not as much visual in a lot of ways, although they do have visual components. It's works slightly differently.



When you have her, you need to uplift her. This is one of those rules of keeping a girlfriend that I suspect that most guys, you are probably included in this group, want to have one cool chick. I've gotten into this topic at the studio, at one of the studios that I train at in the martial arts. One of the guys was looking at me. He's a cop and he's saying to me, "So, you know, what do you think about that?" Like for a minute there, I thought he knew who I was and he was just like testing me or something like that, but he's asking me a question of, "What do you think guys want? Do we want to be with a lot of women or just one woman?" I said, "I think we want the power to have many women, but ultimately, we just want one cool chick to have as our girlfriend, as our confidant, our good friend or sexual partner, all of that. We want one cool chick."

We really do. I really believe the guys want that on a certain level, but at the same time, we also are very much invested in our own virility. We want to be able to prove that we could have any chick if we really wanted to.

So when you have her, you need to uplift her and if you want to keep her, you've got to uplift her, and I have to admit, I'm still really bad about this. If there is one thing in this program that I'm really, really bad about, it's this one area and that's why it's good that I recognize it, but at the same time, I really need to do something about. I try to do it. I try to do something about it every single day.



She needs compliments. She needs compliments and verbal validation of her worth and value. Women are simply born this way. They are not internally validated like men can be. He can have a compass inside him that tells him he's on the right path and he can follow that and he can believe in it. Women don't have this to the same degree that men do. I mean, I think that in a lot of ways we both do function independently, but there is a part of us that yearns for that appreciation.

Well, it's very, very strong in women. Women really do need the compliments and verbal validation to get themselves to feel comfortable with the man they are with to really believe in it, and even then there is always going to be times when she's going to fall into insecurity. There is always going to be those times.

You can be the best boyfriend on the planet. You can do every single thing right and she could still come back to you saying, "Where is this going? I feel so sad. I don't know if we are connecting anymore." And you are going to be like, "Oh, my God. Oh, my God." It does. It happens and the thing to remember is not that you've done anything wrong or there is some way you could have avoided that situation because you can't, and once you give up trying to avoid it, you will have so much more success with women.



The important thing to understand is that women will do that no matter what, and when the time comes, you simply reassure that you don't take it personally. You don't think that it really means what it is on the surface, which is a total insecurity about the strength of the relationship and what you do is you would simply follow through with verbal validation, enough that it gets her through her little spell because she's going to fall into these little troughs of relationship depression and it's up to you to help pull her out of it.

I'll give you some examples here, and these are some ways that you can give her verbal reinforcement. Again, you want to do this during sex. This is the during sex part that we are talking about here, but really throughout the entire time you are with a woman, you want to be doing it outside of the bedroom, too. For a lot of women, it's about that 20 or 30 minutes of foreplay and they honestly don't need that much time in the bedroom to connect. It's what happens that builds up to it that brings her into that mood of sex.

For example, "Your lips are so hot." It's a simple thing to say, but guys won't say it. They will be like, "Oh yeah, I guess her lips are hot." "You look so good in that, whatever. You look so good in that outfit. Damn, girl, I just want to tear off those clothes and just do you." "You turn me on when you... blank or whatever." Keep in mind that women are really boosted when they know that they've impacted or affected you in some way. This goes back to the "you can't control



yourself.” You are just out of control. Your whole sexuality is so strong it makes you do crazy things.

This to women is the Holy Grail. It’s the nirvana they seek. It’s knowing that their beauty and their desirability pushes a man to such extremes. That is so validating for a woman. So keep in mind that she’s going to be really boosted when she knows that she has actually impacted you in some way. That’s why they are wanting about “you turn me on when you... blank. You turn me on when you look at me like that. You turn me on when you bend over like that. You turn me on when you wear that red shade of lipstick.” There is a billion and one different option there, but these three can actually get you pretty darn far for a long time, “Your lips are so hot. You look so good in that,” whatever it is she’s wearing, “and you turn me on when you...” Just text these things, text them, email them, call her up on the phone and say them or say them in person. You’ve got four different ways at minimum that you can actually reach out to a woman and validate her this way.

Now, if you think it’s corny, this is the general rule. If you think it’s corny, she will probably fucking love it, and this is so true. I’ve always found this out. It doesn’t matter how corny it sounds to you, whatever it is she will love it. Unless she is one of those really cynical, intelligent girls, 95% of women will not argue one bit if you are to say something like, “My God, your eyes are so beautiful.” That is the corniest and most cliché thing to say in the world, but guess what...





will totally go with it. She will totally love it. That's the power of this kind of validation for women.

With things like your skin is so soft, your body is so hot, and you smell so good, these are the dumbest and most obvious things in the world including the one I just gave you with the eyes thing and yet they will work like gangbusters. Just use them. Don't overuse them. Don't abuse them, but they will work. So therein lies the power of verbal reinforcement.

Now, the passive-aggressive scale, this is going to come out and it's going to come to play as we get into more of the real sexual areas that I'm going to talk about with you when we start getting into specifics of how to work in some really interesting stuff in your sex life. The passive-aggressive is simply the spectrum of behavior and women will not typically be as assertive until you give her the comfort and safety and the zone of trust that she can actually experience that with you. I've kind of said this over and over again. It's true in just about every single area, psychologically as well as sexually.

Getting a woman to be more sexually assertive can be very difficult, to be very honest with you. Keep in mind that most people are just victims of life. What do I mean by that? Victims of life, it sounds pretty horrible, doesn't it? Well, that's the way most people live their lives. They live their lives with basically just letting life happen to



them. They don't really view life as being like a ship that they are steering. They view it as if they are at the front of the boat just kind of hanging around there watching the waves go by and hoping that the boat is going to blow into a port somewhere, praying that that storms don't come.

Do you know what? A lot of people can avoid a lot of problems or not even really recognize them. When they are in the storms, they might be tossed by waves, but they won't be thrown overboard, but at the same time, the ride won't be what it should be for them. They won't get to the destinations that they really seek in life. I'm working this metaphor pretty here, so forgive me, but really, most people do not steer or choose their course in life. It's sad, but it's true.

Even those who want more power over their lives will not actually take action. We all want to have power and control over our own lives, over our own sexual lives, over everything in our life, but we often will not take those steps, and it's because that means if they do try to actually do something and influence it, that means that they are now accountable for the results. In other words, if they don't get results or if they fail, well, then guess what, who is to blame? It's their fault. Succeed or fail, it's their fault.

Now, what happens if they don't do anything? Well, they can always blame something else, somebody else, or anything else, but



themselves. This is one of the most really powerful things you can just burn this into your head in some way or another. This is like inner game plus sexual game combined right now because we are talking about how we get through our lives and how we get to the places we want to get to in our lives, and again, most people or those that want to have that power over their lives will not actually exercise it in any ways.

Even the most shut down women have this little nugget of anger in them somewhere. They have an emotional core in there somewhere that's waiting to get out, dying to get out. You can provoke it out in some way. But this little nugget of anger or nugget of emotionality inside a woman can be touched on. You can find it. It's in there. You're going to need to if you are going to get a woman to be more assertive with you. If you want her to be more sexually assertive or sexually dominant or whatever it is you want to bring out in her, this is going to be the key because for the most part, most women are, I hate to say it in this kind of terms, but I'm going to say it figuratively, are the lay there and fuck me types. They are not going to take the leadership until you give them the opportunity to or you lead them into it.

There is a big theme or a big current coming up here where we are going to talk about how important it is to give women this freedom so that they can then take control and you are going to unleash a



monster, if you will, and it's cool when it happens, but you've got to be ready for it.

Keep in mind that women are conditioned to be sexually passive, and most women are conditioned by society to be very sexually passive. They have been messed up by parents, teachers, well-meaning friends, relatives, and everybody in their lives has basically screwed them up on this one. Going after what she wants sexually feels slutty. Going after what she wants sexually feels slutty to her. It's unfortunate, but that's the way it happens.

Assertiveness requires safety. I got some things to talk about here. You see, some women are shut down from asking for what they want. Let me back up for a second here. Assertiveness requires safety, so in order to feel like she can assert herself in a situation she has to feel safe that she can do so. Some women are simply shut down from asking for what it is that they want in life. A lot of them are, a lot. A lot of men are, too, but I think to a lesser degree.

Women are used to being chased. They are also used to being in the passive role. They are always used to other men or other people taking that initiative and leading them where they want to go. Most women will gladly go to bed with you if you will only take them there. It's a really simple thing. I talk about this with Jen all the time. She says she slaps her head because she's in this as much as I am and she



sees it and we always talk about it, and she would ask me, “So, you know, it’s so easy. Don’t guys realize how easy it is to sleep with women?” I’m like, “I wish they did know that because that’s what they need to hear. They need to understand that it is easy to get the sex with women if you just move forward.”

So women are used to being chased, to being in the passive role. This has changed slightly in our modern culture. They’ve been given a lot more permission. If you think of shows like *Sex in the City*, they give them permission and sexual liberation to go after what it is they want, but you are still going to find her avoiding confrontation and retreating into silence frequently. Women often retreat into silence. It’s a method of dealing with situations that leaves them, again, in a passive state.

It’s a passive-aggressive mode of interaction. They go silent because of something that hurt them or offended them. The man has to then seek out her and get her to start talking, so he starts pulling it out of her and that to her is what she wants. She wants to see that he’s going to put in the effort to pull that information out of her and get her to give it up a little bit, so to speak.

That’s proof to a woman that you are still into her, that there is love, that there is a connection there. It’s one of the twisted things about women that you’ve got to understand, and by the way, if you want



more information on some of the girlfriend, the elements in maintaining relationships outside of sex, I highly recommend you take a look at my Girlfriend Training Program. I built that specifically for guys who don't understand the dynamics of keeping a woman interested and involved and it really does give you everything you need on that area.

What are your weapons in this battle if you will? Well, when it comes to creating safety, it's about calm. Keep things calm. Keep yourself calm, especially yourself, calm and relaxed. Persistence, your weapons are persistence in moving forward with a woman to get her to open up sexually and to let her sexuality out.

Persistence really feels like confidence. These two actually, both of these, calm and persistence. If you put those together, those comprise a very big part of confidence. The confidence that women are looking for, this is what they are looking for. They are looking for a man who is calm, cool and collected and will persist, who will keep going based on his certainty of getting the action or getting the reaction sometimes or getting what it is he wants.

You have to communicate the boundaries and keep them for her so that she can let herself loose. You have to communicate the boundaries and then maintain those boundaries for the woman so that she can let herself feel free enough to do it. If she feels that there



is a threat of reprisal, she's not going to let this sexual tiger out. Now, we are talking sexually in that kind of skipping back and forth between sexuality and just general relationship type stuff between men and women, but they both hold and they are both applicable.

You've got to communicate the boundaries for a woman, again, to give her safety and make sure that you maintain those boundaries by not being judgmental, by not being critical of her because. If a woman feels that there is any threat, that you are going to hold something against her, use something against her later on, like you get out of the bedroom and the next day you are like, "Honey, that thing you did in bed where you called me that name, you know it's not cool." If you are going to come back and do that, you have to do it in a much more delicate and indirect fashion, first of all.

But the thought that you would come back and hold her responsible for it outside of the bedroom because a lot of wild shit happens in the bedroom, let's just be honest with it, and quite honestly, just let it be what it is there. Don't hold to it. If it's out of the norm, it's just one of those freaky little instances. Don't worry about it. But if you create an atmosphere of, "You know what, chick, that was really freaking weird what you did." Or something that's going to make her feel weird or feel insecure about it later on, like you can't do that and let it out, guess what, she's not going to let that tiger out. She's going to actually resent you for it, actually.



Find the area where she is already the most assertive. This is one technique you can use to kind of bring out some more assertiveness, more aggressiveness because that's part of the thing that we, I think as men, want to do is we want to bring out a little bit of this aggro in women a little bit. Find the area where she is already the most assertive in her life. It could be an indication. She could be a total wicked, bad ass cook, and she knows how to run a kitchen like a chef at a four-star restaurant.

I mean I know I am sounding a little bit like stereotypically almost like sexist, but please, don't take them that way. Housecleaning, maybe she's just a wicked clean person. She knows how to get rid of clutter and to keep things clean. Maybe she's really assertive on a sports team. Maybe she's got a volleyball team or some kind of team-based sport that she's on where she is really assertive, or even she's a leader there, or it comes out in that area.

You have to leverage this to kind of understand her belief system a little bit. Learning where she happens to want to bring out this assertiveness in herself tells you a little bit about her belief system because it's going to tell you where she feels safe. If she's on a sports team and she feel that she can bring that stuff out, there is a reason why. Maybe it's the bond of connection she has with the people on the team. Who knows? But that's something to look for.





What you do is you extend that area for her outside of it so that she can cut loose. So you can do role plays related to the area. For example, if it was the kitchen thing where she's a total bad ass cook, you can do it where she's the queen chef in the kitchen and you are the bad chef coming in to mess up her recipe and you can spank each other with spatulas. Okay, I'm getting a little bit wacky with this, but you get the idea.

The role playing related to that area really is just a way of finding some connection to something she's already doing where she's already feeling a certain level of freedom and being able to bring it out, and you can use role playing in the bedroom for it if you want. This is totally goofball, but let's say she's on a soccer team. Have her in her soccer attired and you just yank those shorts and panties down and give her the old goal line right there. That's going to give her a little bit of freedom because she's going to have a connection to something that lets her feel assertive.

Now, these are very subtle in terms of how they bring this out, but they do work. The simple methods of getting a woman to be assertive are simply things like putting her up on top if you are having sex. Get her to ride you where she's allowed to take the leadership role. She has to move now. She can't just lay there. Have her tell you what to do to pleasure her.



You have to be careful about communication in the bedroom, too, because when you are actually in the act of sex, a woman can shut down pretty quickly if she feels like she's over-pressured. You tell her first and then she tells you, so it's a trade off. Make it feel safe for her. You can say, "God, I love it when you touch my cock like that. Where can I touch you? Where do you want to be touched?" And she would be like, "Oh, I don't know, anywhere." "No, really, honey, where do you want to be touched? Do you want it in your back? Do you want it in your butt? Where do you want it?" And you kind of coax it out of her a little bit, but you're going to have to because there are some women that are extremely, extremely... and the only thing that I can say is extremely shut down when it comes to being active or sexually proactive in the bedroom.

I had a lot of girlfriends like this and it was really frustrating because I'm like, "Come on, can you help me here just a little bit?" I couldn't believe how shut down they were from communicating what it is not only what they wanted, but to do what it is they wanted to get the pleasure they wanted, and eventually all women do, but it takes a little while. Okay, so there is the passive and the aggressive.

Sensual versus sexual, there is an important distinction here, a very important distinction we need to talk about, and that is too many guys assume that these are the same thing. Sensual is the same thing as sexual, that the two are somehow exactly the same thing, and it's not true. Sensual are those things basically, those actions that



indirectly arousing. In other words, they start the chain of sexual excitement and all that stuff, but they are not the be all end all. So if my hand goes right through her crotch, is that sensual? No, that's not. That's very sexual.

Now, very often, the sensual things do not even lead to sex. I'll give you an example, spanking on the butt. Spanking on the butt, very often something sensual could be just a little spank on the butt as you pass by her. Now, does it immediately lead to sex? No, but it will give her a little bit of a thrill, a little bit of a charge, and that memory can come back over and over again, too. You can use an event like that, a sensual event, to start sex later on. It's like you are in the bedroom again and you are like, "I bet you liked it when I spanked you earlier, didn't you? Do you want another one like that?" And you see how this goes, right?

Sexual on the other hand is leading to sex. It's direct stimulation. It's the tearing off of the clothes. It's the stimulation of her vagina. It's the touching of the sexual parts of her body that immediately lead to a progression towards sex. So the two are very different and you have to understand that distinction to really get it with women because women are very much into a lot of sensual leading into eventually sexual, but guys will leave out the sensual. They leave it out frequently, not realizing how important it is that you can have an event that is literally hours or even days away from the actual sexual event, but they will still be tied together with a thread of that sensual



communication as well as the sensual arousal for her. That's what foreplay is all about. It's the sensuality of it. Now, it is the easy way to think about it. Sensual is her foreplay. Sexual is your goal. This is the way guys typically work this sort of things. Sensual is her foreplay. Sexual tends to be your goal.

All right, so let's go into female anatomy a little bit and then we are going to start jumping into the various sections of actual sexual performance. So female anatomy, here are some things. We talked about this before, the actual anatomy of the vagina. I'm not going to go through this again. I know this is a distracting picture to have to keep seeing if already are familiar with how the vagina is laid out, but let me reemphasize that circled area right there, it's really important.

Your orgasm triggers. Men pretty much have one, our dick. That's all we need and that's pretty much it. With women, well, there are a lot of them. As a matter of fact, let's do this. Let's remove the distraction here. We will get right back down to what you can pay attention to. For men, there is pretty much one. Women have many mental triggers, orgasm triggers. Some women can actually think and dream themselves to orgasm. My girlfriend is one of these.

They can think themselves there because their sexual nature is actually much more mental than it is physical.



- The clitoris, of course, is a trigger for an orgasm. It's physical stimulation that eventually leads there, but make no confusion about this, without the mental part, none of these others work.
- There is the G-spot, which I'm going to talk about and illustrate where that's located and how to stimulate that.
- There is the deep spot, the deep spot is what they call sometimes the vaginal orgasm. That's where it's deep in the vagina and that gives a whole different kind of orgasm.

These are the primary ones. There are others that have been talked about, but by and large, these are the ones that all women recognize that they can be stimulated mentally as well as through the clitoris, the G-spot or the deep spot.

The anatomy, we talked about it a little bit by showing the vagina, but we are going to go into more of the specifics of other areas.

Labia, that's the lips of the pussy. These are the major and minor, and I explained where those are and the stimulation of how to do that is actually very simple and straightforward. The best thing you can do is always, always, always over-lubricate. The more wet and slippery things can be, the better for you, so hopefully your girlfriends is an ample producer of her own natural lubricants, but you can also have the Astroglide.



There are all these different lubricants you can get online. You can get them so that it's very, very, not covert, but discreet, so you don't have to worry about your privacy being invaded. Those things are necessary to have. The more you have it, the better. Stimulating the outside before you go at it is very important. You don't want to go right for home base. You want to work your way towards it because that builds up mental anticipation, which becomes the mental stimulation she needs to become aroused.

The clitoris, we talked about that and where it was. There is an extremely high concentration of nerve endings there. That's meant to be the point of stimulation for women. The unfortunate thing is most guys can't quite hit that spot through standard sex, and we are going to talk about that as you know there are little images down here when we are talking about the actual anatomy, and we are going to talk about positions a little bit, too.

So the clitoris is a very important spot for stimulation. Again, keep it lubricated. The most important thing I could teach about the clitoris is this, and you are going to see this come up several times, when it becomes more and more imminent for her that she's going to climax, that she's going to have an orgasm, you must keep your pattern regular of stimulation. That's the most important thing I can teach you right there. Most guys will switch gears and it totally throws her off and now mentally she's thrown off and it takes the entire time



build that right up back again. You can be thrown right back to square one in less than a second with a woman just by doing the wrong thing. That's why it's important to understand patterns with stimulation.

The G-spot, I'm going to give you the exact location of this bad boy. This is kind of a gross diagram, but you will get the idea. Okay, so here is a cross section of a woman, sliced right down in the middle. And if your finger is doing what they call "come hither" motion, "Come here," and this is her belly button up on top, you sticking your finger inside her. You can put your thumb on the clit right there and you can also reach your fingers in and reach this little spot. It's a slight area right maybe two or three inches inside the vaginal walls. It's up on the top. If she's laying on her back, it's on the top wall of her vagina, and you will feel it. It feels like a little rough patch. Sometimes it feels a little bumpy. Sometimes it feels like a whole bump. Sometimes it might there might even be a depression there, but you will feel a difference in the texture at the top of her vagina there, and that's the area to stimulate and you can do it through lots of different ways.

You can ask the woman, first of all, has she ever experienced any kind of a G-spot orgasm. That's a really important thing because some women have yet to experience it. Some people believe that it's the only way they can do it. Some women don't even believe that they can because they have tried and they haven't been able to, but by e



large, it's been recognized as a very valid location for stimulating women.

So it's pushing up here, and be aware of the pressure here on this particular spot will also put pressure on the bladder. So she may feel a little bit of sensation like she wants to pee. You've got to be ready, willing and able to recognize that that could happen actually, so don't freak out, and you will notice here there are three openings, one, two and three. Obviously, the anus or rectum or butthole, the vagina, that's where you would stick your dick, and up here is the urethra where she would actually pass urine, and these two are very close. You don't typically see a hole there or experience the hole. It's covered by a lot of the flesh of the labia and the vagina at the top, but you can stimulate all these areas here. This is a good way of doing it if you want to. You can use the thumb in the clit and the fingers on the G-spot. So now, you know where it is.

Now, when it comes to deep spot, that's back here, that's back in this realm way back in the back of the vagina. It's sometimes on the bottom of the back and sometimes on the top of the back, but sometimes to one side. Some women do have what is known as a tendency to one side, even with the G-spot. If you are looking towards her vagina this way, it's not just straight down the middle. Sometimes it's off to the sides, and you've got to be ready. You have to be willing to understand that she may not be a perfectly symmetrical person. It's not going to be right down the middle.





not the way it works like on your dick. It's in one spot on the underside for her. It could be off to the side.

With clitoris, we've gone through that and the location of that. Okay, deep spot, again, this is another illustration of that deep spot. This is a different diagram, but it's very close. You are going to have to push further with your fingers to get to it. Again, you may not be able to get there. It's a distinct possibility you won't be able to get there and there are sex toys that can do this. Some people just can't reach it with fingers or even with their dick. It's okay. Don't worry. It's not another reason to doubt the size of your penis. Just go in as far as you possibly can and just up to the back or sometimes down to the back. You may have to reverse your hand and go in the other way. Use your longest fingers to do it.

When entering her with an average penis, and again, average is five to six inches, remember that you still have to be careful about angle and depth. I'm going to open up this picture again, because even an average guy can easily hit or bump against her uterus, which is typically the opening right here, and it sticks out towards the opening of the vagina, and for you guys that have done a little deep exploration of women, you know where this is, and if you hit that with your dick, it's going to cause her some pain. So recognize that depending on the angle of attack, you have to be careful or you can hit that and cause her some pain, and then, of course, what do you do? You are delaying orgasm and you are setting yourself back a little bit.



It's not going to ruin everything, but you just have to be careful. So remember, even an average-sized dick can cause a woman pain. This is why most women don't need a big dick and they know it.

All right, you are hanging with me so far. This is good. We are going to finish up this female anatomy section. Again, this is supposedly one of the better positions if you want to stimulate a woman to orgasm because, first of all, you are going to get deep. This is a deep penetration and you have access to her clit over the top, so you can be stimulating both ways and you should be. You should be trying to stimulate one to two different places at the same time until she tells you or she gives away what her pattern is for getting to orgasm.

For a lot of women, the first few times is going to be tough to getting her to come. It will take a little longer, then as she becomes more comfortable with you and she becomes more relaxed, it will happen faster and faster to the point where you don't even have to have a lot of effort.

With general anatomy, just keep in mind that these areas that can be stimulated. Her zones for breasts are obviously a zone of stimulation with her nipples, her boobs, the sides of her boobs. The side boob is always good. Her butt, her rectum or anus or ass is another great area. Some women enjoy it, but with some women not so much. So you've got to play this one very, very carefully. Just be aware that she



may not be turned on by them. It might actually turn her off. That's where you have to be sensitive to her during the course of sex. You have to be too engaged, and you can feel when her physiology changes or if she doesn't like something because she may not say it right out loud. She wants to please you so she won't say something right away, so you have to pick up on it first.

Erogenous zones are all over her body. You just have to find them. Again, use plenty of lubrication. She will eventually run out and then she need to recharge to make more, so the best thing to do is to have something supplemental on hand. Then after even a few minutes or even 10-15 minutes, she might be able to produce more and be much more lubricated again, but it can be tough to keep up all at once, so if you are doing a lot of penetration with a condom on that may not be lubricated, she's going to be providing a lot of it, but after a while, it eventually dries and you have to find your own. So it's just a reality of sex, you've got to have plenty of lubrication. You can't have too much.

All right, so we are getting into the first area of deep sexuality here with female anatomy. We are going to start touching on other areas and the impact that it has on sexual power with men and women in the bedroom. Come on back for the next section on porn.



## Sexual Performance - 4

Hey, welcome back. We are talking about porn. I bet you came back just to find out what I had to say on this topic. Well, porn is what I consider to be a necessary part of a man's sex life, but not as necessary as a lot of men make it because it becomes a surrogate for a lot of guys. Porn is just an appeal to a man's baser needs. Figure on this, 75% of porn consumption is men, meaning that 25% is women, so there is a market for porn for women. It's just not quite the same. Most porn is an appeal for men's desires and men's interest in sex.

Now, contrary to some popular media, you can't become addicted to porn. This is one of those things that it just makes me shake my head every single time. You don't become addicted. Addiction requires a withdrawal response, and when men stop doing porn, they don't go through the shakes. They don't think spiders are crawling out of their nose. They don't freak out and murder their neighbors for another fix. They just deal. It's not a big deal and these are differences that are worth noting, especially for women, when it comes to the use of porn and how porn is viewed by each gender. There are different kinds.



There are two primary kinds of porn, and this comes from some recent research that's actually an excellent stuff and it's in a book called *A Billion Wicked Thoughts*. It's some really good content and great information regarding how people consume porn. Straight porn and gay porn are the typical breakdowns of how porn is. That's pretty much it.

For straight, you also have fetish. You have racial and you have different activity-based porn. Activity-based meaning things like oral, anal, and they've got the backdoor action ones and the big boob ones, and they are all based around a particular desire or particular fixation that we have, and we all do. We all have something that really gets us when it comes to visual stimulation, whether it's a particular kind of act.

I remember I had a roommate of mine who had a ton of porn that was pulled down from Pirate Satellite, and this is way back in the day. I don't remember how he got all the stuff, but I was watching some of it, and I'm like, "Whoa." Because some of it was just a little bit stupid like almost called taboo. It was basically the most forbidden ways that you could have sex, like one was a mother and her son, and obviously, it wasn't. This is like stuff out of the 70's. The two weren't even remotely related. First of all, she was way too young, so it was just an obvious dumb thing, but at the same time, it plays on these little weird fixations we have. We don't want to admit them, but they are there. I'll admit one of mine, boobs. It's boobs.



Straight focuses more on obviously heterosexual activities. There are some. There are a few though. There are a few straight actors that will do gay porn and there is a certain proclivity among gay men. The funny thing is in a lot of gay porn, it follows some of the patterns that straight men would want in their porn, just with different portrayals of men in the sex itself.

Again, this is stuff you can find and look up on your own. If you want to, I highly recommend you read that book, *A Billion Wicked Thoughts*. It's really good. I have it, but I don't have a physical copy. It's on my Kindle, but it's worth reading because it goes through quite a bit of research, and what they do, which is really interesting is they paint the picture of what it is that really appeals to men and women based on a lot of our evolutionary traits that were handed down to us, so I learned quite a bit out of that book actually. So if you want to learn more about it...

But again my big advice regarding porn is, first of all, constrain your use of it. Restrict it to a certain either amount of time or frequency so that you don't become, not addicted, but become reliant on it for your sexual stimulation. It becomes a surrogate. Like I said, it becomes, "Oh, I am not going to go out and actually meet a real woman because I can easily get what I want off the internet, or I can easily find something to masturbate with just by watching it online. It's not the kind of pattern you want to set up.



I've been fortunate that I don't think I've ever had a point where I was just totally immersed in porn. I mean, I had some points where I had access to dude's collection. I was like, "Oh, let me try this. Oh, what's that?" And they just keep popping these things back in. These were back in the VCR days. Popping in a VCR, popping them in, popping them in, but after a while it gets old. In a way, that's good. If porn becomes old to you, then that means you see there is a pattern there and you are able to recognize it and step away from it and that's really important.

But again, porn has a place. You can use porn as an augmenter in your own relationships with women. I highly recommend you try it out. Find out what the woman is interested in. There is porn that's aimed specifically at women, but you are going to find it has a distinctly different content than the stuff that's aimed at men. There is, to my knowledge, only two sites on the internet they are successful in selling porn to women, only two. All the other sites are even having a tough time now because of the free availability of some of the stuff, so take it with a grain of salt.

Porn is something that helps in a lot of way with pornography. Don't fall into a lot of the judgmental criteria. Again, I'm trying to stay away from that here. I'm not here to judge and nobody else is. I urge you to look at your own decisions and beliefs about porn in your life and see how they hold true. There is a lot of stigma against porn



being very abusive and there are other things that basically demean women. I would agree that there are some forms of it that do, but on the whole, women are doing this stuff willingly for the most part, and the funny thing is it's actually easier to find women who will do porn than it is to find men.

Is it hard to believe? Think about it. What would most guys not want to have their buddies find out? It's that they were in a porn movie. For women, it's something different. It's really odd and it kind of goes against all the things we've been taught about the whole slut complex and their views of promiscuity. For a lot of women, it's actually kind of a mark of liberation of being able to step free of the bonds that have held them back in a lot of ways.

Premature ejaculation, this falls into a dysfunctional category, but it's actually something that can be handled. That's what I wanted to put right up front. I can help you with this. I can give you some techniques to handle this and you don't have to buy pills. You don't have to buy an expensive program. We are going to cover that here in how to handle this particular situation.

First of all, ask yourself how long can you last. If you are in the 18- to 30-year-old range, the typical is six to eight minutes. Now, you can judge yourself based on that, higher or lower, shorter or longer. Keep in mind, and you are going to hear this from one of the interviews





that I talk with one of my guest in the program, Brad P, that you don't need to be a sexual marathon runner with women. You don't need to last hours and hours and hours. That whole tantric thing, it's highly overrated in some ways.

In the 18 to 30 range, the typical guy lasts six to eight minutes before ejaculation. Your goal, I would say, is just simply to outlast her, just slightly outlast her to be able to control it so that you can arrive at the same time is good. That's all you need to be able to do, and more than reasonable is

30 minutes. I'd say that's the upper limit of what you should have to expect, way above the upper limit. It can be as low as 15 minutes if you want to go there. I recommend 30 minutes because you are going to be pretty much set for anything at that point.

If a woman takes a long, long, long time to get to orgasm, you are fine. I had a girlfriend, God help me, I don't know how I lasted on this one, but she would literally take 30-45 minutes of constant stimulation, constant focus. It was like nothing could change in that 30 minutes or it would totally set her off and we would be right back to square one. I'll tell you that that relationship did not last very long. It was too much work, but you get the idea. That's an exception.

You are aiming for psychological control because no man is limitless. There is a certain point to where you could not stop yourself even if



you wanted to because men are not built that way. With enough stimulation on your dick, you are going to come. There is just nothing that's going to stop that. If your goal is simply a certain amount of pacing and control over the duration, so that you can draw it out as long as possible, but inevitably, it's what it is.

Premature ejaculation affects about 25 to 40% of all men. That's a pretty high number, 25 to 40%. Some say as high as 50 and 60%. I'm not sure if I would go that high, but it does affect a lot of men, and I believe a part of it is simple. It was probably created in a lot of ways based on our patterns with growing up and masturbation. Guys didn't like to get caught jerking off, so they had to be quick. You've got to hurry that up, so we get caught in a pattern of really fast release.

It's almost always psychological as with occasional impotence. On the other end of the spectrum is you can't get it up. Boys are conditioned to be quick. I was just talking about this. You are trying to avoid being caught masturbating. I have to admit, as a kid I was the same way. I was a fast shooter as a kid. Some of the first girls that I slept with, and this was way, way back early when I was very young, probably younger than most people would have wanted to, but you learn control back then because you are all about the boner, man. It's all you have. You have this 24-hour hardness in your pants that you've got to do something with it. So after a while, it just becomes, "Okay, let's just take care of this thing." That pattern that you get into



is partly psychological, so there is a psychological component. You can delay, the same a woman does, but to a different degree, your eventual orgasm.

Now, the in-sex method, I'm going to give you how to actually handle this. The in-sex method, now I'm going to give you an actual way of how to handle this. Change positions frequently. This has been one of the best ways I found to slow it down when I'm actually have sex with a woman is to change positions, because in the process of changing positions, it's a distraction. You have to relocate. You've got to swing this leg over there. You've got to pull her up a little bit. You've got to prop the pillow. You've got to get untangled. All this stuff has to happen, but it distracts you for a moment, and it helps you just to kind of pull back and take a breath.

Another in-sex method is to use talk as a distraction. In other words, you sexy talk. You are talking to her as a way to interact and take you out of your head and stop focusing on the sensation and get focused on her and focused on what's happening between you two.

Another thing I like to do, and this one works really well and I've used it in the past, is to slow motion things. If you are jackhammering her, if you are doing the jack rabbit, you've got to slow down, because that's what's going to get you there much, much quicker. Slow down as much as humanly possible. Take delight in the present sensation



instead of the release. A lot of guys again become very orgasm focused. They don't realize that you can actually get an awful lot of sexual satisfaction before you finally come, and that really does make a total difference in how you approach sex and how well you do with sex in the bedroom with a woman.

So slow things down with slow motion. Slow breathing is an awesome way of doing it. Now, how do you overcome this? Here are six primary techniques that can be used to control premature ejaculation or to slow yourself down to give yourself a longer time period because really premature ejaculation is a relative thing. Not everybody is going to have the same speed, not everybody is going to need the same speed. It's all relative to whatever. I like to make it relative to the woman because that's always a litmus or a benchmark. If I can make myself last a little bit longer than her, I can make sure that I satisfy her and then I'm totally open to just do what I want to finish off that last few minutes. When she's done, that's like the checkered flag or the green flag, "Go boy, go."

Technique one is distraction, one of the ways you can do this is to just think about something gross, and this is extreme, so you have to be recognizing that it can be a little weird to do the first few times. Imagine that you are maybe sitting in a pile of puke and it's going to slow you down a little bit. It's going to make you not come quickly. Imagine that there is a pile of old, smelly underwear that's piled up on



you and you cannot get that off. That's going to slow you down a little bit.

With distraction, just use your imagination. Imagine her getting fat and ugly right before your very eyes. She turns into a giant Jabba the Hutt creature. That will slow you down. Keep a stockpile of gross images in the back of your head that you can pull up if you need to, everything from road kill to whatever. Whatever it is that works for you that doesn't totally throw you off the mark. You don't want to kill it. That might be a little too far. You want to just delay things a little bit.

Focus on something in the room that actually distracts you that's non-sexual. It's like in my bedroom at the bed stand there, there is a couple of my books that I'm reading. I can kind of turn my head a little bit, look over and just stare at the title and think about, "Now, where was I in that book? What page was I on?" It's mental distraction. It's the same trick they teach you about thinking of baseball scores or baseball statistics in your head, but the key here is to kind of pull yourself out of your head. That technique sometimes backfires on guys, the one about thinking about statistics and things in your head because you get caught up inside your head again and you are not pulled out of your physical reality and mental reality. This is a great way of doing it. Just find something outside you in the room that distracts you. That's the distraction technique. That one right there will add a little bit of time. That's purely psychological.



Technique two is breathing. Breathing is really important. This came out of another session of another program, another master class session, where I'm talking about this particular topic with another sexual expert, David Van Arrick, and again, when it comes to breathing and sex, most guys are panters. They breathe high in their chest and they are panting. It leads to a certain sense of tension in your body, and it leads you to want to release the tension, and it leads to quick climaxes.

The easiest way to put this one in place is to do deep breathing from the stomach. It's deep diaphragmatic breathing as you talk. It makes your stomach go out and puff out and puff back in, so when you inhale, your stomach actually goes out. When you exhale, it comes back in. Breathing deeply and very, very slowly, so slow your breathing down and make it go deeper in your body. This will have a profound impact on the speed with which you becomes sexually stimulated and come, so really use this one.

Technique three is relaxation with relaxation exercises. Relax the PC muscle, the pubococcygeus muscle. It's the one that controls urine flow as well as the intensity of your orgasm. It's the one that I'm going to talk about in exercises, and relax that muscle. Relax, feel your balls where they will go, "Oh." Let them drop away from your body. Relax your back and your buttocks. Again, guys clench their ass and they get all tensed up and then they are boom, it's done.



it's over. The more you tense up, the quicker you come. Relaxation is very important, this, in combination with breathing, is doubly so.

Technique four is visualization. Visualization techniques work really well. The distraction is a form of visualization, by the way. Imagine the flow of energy in your body. You are feeling this charge in your body as you are becoming more and more sexually aroused and stimulated. It's building up. It's like static crackling at every point in your body. Imagine that flowing through your body, and of course, it's got to be released eventually. Well, instead of channeling it out of your dick, channel it up at the top of your head and the bottom of your feet. This is a visualization that really does work.

Some people claim that it's actually real, that you are actually channeling the energy out of your body. I'm not sure if I buy that one, but I will tell you that it does work. Just simply releasing the energy out the soles of your feet and the top of your head and imagine it just kind of going out and it releases tension in your body. It actually leads you into more relaxation, better breathing and in itself is a form of distraction. Just re-circulate the energy away from your dick. Get it away from the nether regions where you are going to feel it. That's going to take away that imminence of arousal and orgasm with visualization.



Practice, there is nothing like practice, as they say. What you do is you masturbate almost to climax, almost, not there though, so you slow. You stop before you do and you do the squeeze technique, which is you just squeeze your dick really hard and stop. It's kind of like the brakes are on. Stop and squeeze, breathe very deeply, again use the deep breathing. If you have to, you can employ one of the other methods. You can add in some relaxation and some visualization.

If you have to, you can do some distraction to go and shake that off, then you pick it up and you start going again. You start to continue masturbating, again slowly. When you get close to arriving again, you repeat the process. You stop and squeeze, you breathe, use some other techniques if you have to with some visualization. When you feel like it's past by the imminent wave and you can relax a lit bit, pick it up and continue again. If you do this over and over and you repeat it, and eventually you are going to get a pattern of being able to hold off and delay your orgasms.

This was one of the techniques that I know it's maybe too much information, but I had to use to get that under control from when I was a kid, and it worked like a champ. It works really well actually in bed with women, too. You can use that technique after you've mastered it. Get it, mastered? Hey, I thought I was a master debater, but I was just a cunning linguist. After you've mastered that technique, you can use it in bed with a woman. You can be thrusti





away and you feel you are about to come, you stop, and you start to feel her and feel her curves and you start breathing, and you can pick it up again. It's that pacing element. Most guys cannot. They don't have the willpower to stop themselves short of orgasm. You have to if you want to overcome this thing.

Finally, technique number six is pain. If you have to revert to this one, sometimes it does work with very mild pain, though. What you do is you do something like you bite your lip or your cheek a little bit and it's like, "Oh," because that will take you out of the moment for some guys. Let's say, for guys, the pain might accelerate things, who knows? But if it does slow things down for you, use it. Maybe pinch your side or some sensitive skin like the skin just on the side here above your own hips or the back of your leg or some place on you. Just make sure you are pinching you and not her.

If you have to, get a little spanking going in your session. Spank her or hit her on the butt. Let her hit you back. Whatever it is that breaks you out of that imminent tension and that release mode that you get into when you are about to come. So pain is actually a valid way of slowing yourself down, again, with mild pain.

These six techniques are all you need to slow yourself down. There maybe others out there, but really, the use of these six are all you need to be able to overcome your premature ejaculation simply by



practice. You can make a distinct difference in your sexual performance in just a few days using these techniques. I'm serious, a few days. It all comes down to your willingness to slow down and not have to rush to the finish line. If you can get to there and you are willing to, it will happen. It does.

Premature ejaculation is to my knowledge never a physical condition. It is only a psychological condition, and that psychological condition is what most guys fall victim to, and that's where they hurry themselves up or just they can't stop themselves and they caught on that forward roll of progression. They can't be in the moment, and once you get there, you will have complete cock control.

All right, next up is sensual massage. There are a lot of books and videos on this. Obviously, I can't demonstrate it here. I'm not going to sensually massage myself. That will be really creepy, but there are many books and videos on this. Classes are an excellent way to get good at it and a great way to get in touch with your physicality is learning sensual massage. Here in the West Coast in California we have plenty of this stuff going on. You may not have it in your area, but it's something you can study for. Even regular massage is a good idea. It's a simple technique.

It is very basic. If I was going to explain this to you in how you can do sensual massage without any training, it would be this. Simply slowly



attend to her muscles. So you work and you knead the muscles with your fingers, and the fact is that it's hard to give a bad massage, unless you hurt her, unless you dig in too hard and you overdo it, and even then it's not necessarily true. I get Thai massages and they really work you hard and you feel it at the end. It's hard to give a bad massage.

So start light. Start light with a massage. Rub and knead and caress as necessary. Get feedback to find out if you can go deeper if she wants it to be a little bit more pressure, a little bit more power as you push with the tips of your thumbs to get her that shiatsu feel or whatever, but start out light and just work her muscles. That's it. That's all a woman needs is to feel like she's being attended to and being pampered.

Recognize that a woman's physiology is disconnected from her psychological sensuality. This has got to be the third or fourth time I've said this, but it's really important. You have to understand that her physical being, in other words, when you touch her, it's separate from her mental stimulation, which means she get a total sensual massage and not want to have sex after it. But a good massage is a great way to get a women out of her head because women go there frequently, and one of the best things you can do for a woman is to help her get out of her own head.



The pattern interrupts, physical pattern interrupts are actually the best way to break mood states with women, and that's why a sensual massage is so good, especially if a woman is in one of those bitchy, angry moods. Good sensual massage, a good pampering is a great way to break that mood state of hers. It may not get you the sex, but it will definitely make your life easier, and trust me, that's really a lot of what this is all about.

Now, get massages as a way to overcome your limiting beliefs and experiences around physical contact. If you have a lot of problems, a lot of issues, a lot of unresolved areas regarding being touched physically like it makes you a little uncomfortable, get some massages. Get a physical massage. Get a sports massage, for Christ's sakes, or anything that works.

Again, it's not the happy ending variety here. I'm talking about a regular physical massage that works your muscles a little bit, and you will come away from that feeling really, really good about yourself and lowering some of those tensions that you have about being touched. It's extremely important. It also lowers that feeling of scarcity of desire for sex that a lot of guys have knowing that they can be attended to physically, because with a lot of guys, it's an all or nothing thing. They don't get any physical contact. They don't get any physical nurturing and the only thing they want is that one bam, that one release. You've got to have something between here and there.



Techniques for a sensual massage, using oils is very important, I think, to obviously keep the lubrication going. Use oils. Focus on these areas, the back, the neck, arms and shoulders, hands and fingers. This is a great place to massage, by the way. You can do this anywhere. You can be out someplace and you can be massaging her hand. There are acupuncture points here. Of course, legs and feet, the old standby, the good, old foot massage, and there is actually genital massage that you can do where you can massage a woman's vagina and you can work her into squirting and things like that, and we will talk about that. But these are the primary areas again to focus on, and you can always leave out genital. I'm just putting that in so that you do realize it is an option for actual massage.

What are the different types?

- Well, there is percussive. Percussive massage is the pounding and gentle striking. Boom, boom, boom, boom, boom, boom, boom, boom, boom, boom, and that's a different kind.
- Then there is the kneading massage. This is like working the deep tissues. It's like working her like dough.
- The shiatsu where they do pressure points.
- Deep tissue massage where they work out a lot of the toxins that build up in your body.
- There is also stretching and manipulative. This is the Thai massage that I typically get because of the amount of things that I do in martial arts and I'm constantly being thrown to



ground. I'm having my neck wrenched and my body hurts all the time. I need to get that worked out of my body.

- There is also vibration and mechanical massage. You can get those physical vibrators that just go over on you when you put them on your body. Remember the Sharper Image chairs that you could get. I have one of the ones you can put on a chair and just sit in and it kind of vibrates. It's not much of a massage, but it is kind of relaxing in a way.

So those are the primary different kinds. Typically, when you work this on a woman, it will be percussive or kneading or slightly stretching or manipulative. The vibration and mechanical can also come into play if you use her vibrator. It's interesting in new ways.

The goal here is teasing with touch. You can tease her and you can sexually arouse her with your touch if you know how to do it, if you know how to pull back and push-pull, even when you are caressing and you get physical on her back and then you relax. You just trace your fingers like this on her back and watch her response. Sense where she responds and where she doesn't. It's all a matter of feedback and stimulus. When you stimulate, you see what the feedback is and you go and do it again and you hone your technique accordingly. You are always calibrating.



This really can't be taught in a video honestly. Go and get a sensual massage and then go and give it right back to somebody else right away. It's the karma of massage. Get a massage and then give that back to somebody so you can learn right away. It's the best way to learn how to do it. If you ever need it, take a class, but sensual massage is one of the best ways to lead up to and start your sexual encounter with a woman. Learn the techniques and use them.

All right, we are going to come back with some interesting stuff that you might have thought of before, foot play, blowjobs, facials, eating pussy. We shall be back with more interesting and cool stuff in sexual performance in the next segment.

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