



Alpha Sexual Power System

Volume 7

CONTENTS:

Sexual Performance - Part 5 to 8

Carlos Xuma's

R.E.A.L. GAME



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Sexual Performance- 5

You all know from time to time that I do throw in an occasional extra topic that wasn't in the previous video or something like it shuffled around. Never fear, all the content is here. This one though I had to throw in because it's really important. It's the element of timing. I put freaky timing, but freaky has an element in it, too.

What is freaky timing? Freaky timing is about how soon do you get a little bit freaky with the sex. Questions probably pretty common sense if you think about it, but it's important to understand that, well, first of all, there are four stages that I consider to sex. The four stages are simply awkward novelty sex.

What is awkward novelty? Awkward novelty sex is that very first sex. It's the first couple of times you do it with a woman. Everything is new, but you are still kind of feeling each other out, so it's got the novelty, which is really arousing with a new person, new things to try out and discover, but at the same time, it's slightly awkward because you are still figuring out each other.



There is the comfortable novelty sex. This is after you've gotten a little comfortable. You've gotten past the awkward stage and now you are just having fun boinking. There is still novelty though, so it's still exciting and you are pretty much boinking all the time to take advantage of that novelty.

Then things kind of plateau a little bit. Maybe it turns into a more of a regular relationship. A consistent long-term relationship is typically where this happens. It pretty becomes familiar sex. Now, familiar sex is not necessarily bad sex. The cool thing about familiar sex is that you get a certain bonuses to this part. You get a certain amount of matched timing. You understand each other's timing so you can better gauge things like coming at the same time or how each person reacts to each other. You know each other's bodies a lot better, so you are better able to satisfy them and give them pleasure and things just move a little quicker because you don't need as much buildup. You don't need as much time. You are already kind of in this.

You are on to each other quite a bit maybe and the needs for foreplay are not quite as much as they used to be. They are still there nonetheless, but they are not quite as much as they used to be. It's actually a good zone to get to. A lot of guys want to maintain the novelty sex. They don't realize that you can mature into the familiar sex zone and get a lot more benefits as well.



Now, there is also one more stage. It's the one I hate I have to talk about, but we all know what happens. That's the boring sex. Quite simply, you don't want to let it get there. This is probably one of the easiest things though to reverse and turn around. Boring sex is not that bad. It depends on what the symptoms are. It's not like a relationship where if the emotions are lost or if you are not feeling the same bada bing for somebody. That is often hard to regenerate that and bring it back up to where it once was.

But when it comes to sex, it's actually a lot easier because this requires a certain renewed amount of interest, and believe it or not, one of the things I found to renew from the whole boring sex thing is you've got to remember typically their bodies really haven't changed unless it's maybe your wife has packed on a few pounds after a baby or two, or maybe a husband is on the same thing that typically, I don't mean your husband, I mean those are situations. Your body isn't pretty much the exact same thing as it was before. You just lost the novelty for it, so what you have to do is to find ways to rebuild the tension because what happens is that the sex becomes too easy. If you have been with that person for a while, it becomes a given that we just get the sex.

In some cases women understand that there is a certain amount of playfulness and a certain amount of delayed gratification that plays into it because delayed gratification reignites some of that sexual interest and curiosity that you have for a person. So again, don't let it



get to the boring sex stage. Well, the best way to turn it around is to never have to get it there, but we all go through stages where it becomes a little bit boring, not as much as we'd like. You can augment it. This is where you are going to throw in some of the things we are going to talk about in the next few sections.

So just as a quick kind of primer on what the timing should be, the first time you have sex with a woman, it's more of the vanilla sex variety with kind of a booster of attention towards. In other words, the sex is pretty much vanilla. It could be missionary. It could be just fairly straightforward sex, but you want to make sure there is attention paid to her. You want to make sure that you try to get her as much pleasure as you can. Don't make it your overwhelming preoccupation, but the fact remains that some women may not be able to orgasm or will fake it the first time just to kind of relieve themselves of some of that psychological stress.

Because there are a lot of psychological things going on with a woman in that first time. She's worried that you are going to approve of her. She's worried that you are going to like her body. She's going worry about how you two are going to fit together. Is this going to go anywhere? Way back in the corner of her mind is the "Oh my God, I could get pregnant" thing, even if she's in birth control and you are using birth control. You see how many things that can just come up and turn a total neurotic spin on what should be a very fun thing.



So make sure you keep this very, very relaxed. Don't put a lot of pressure on her or yourself. Just make it make cool, chilled, relaxed, laid back, and definitely, you don't have too high of expectations, and that's the way I like to say it is you set up the expectations upfront, "Hey, you know what, it's kind of cool we are hanging out and having fun with each other, and it doesn't have to be some mind-altering experience. We've got plenty of time together to get that going." It takes some of that tension off of the moment and the stress that's put on you to perform. Don't get too freaky the first time. Just don't bother. It's not worth it. You don't need to. I mean, the novelty alone is enough to get you aroused hopefully.

Watch out for tears and unleashed emotions. Occasionally, you are going to find a woman who, depending on what the buildup is like, the first time she could lose it during sex. I've had girlfriends in the past. These things always hit me like, "I can't believe this thing is happening to me." But I've had women that were many dates down the road, many months down the road having this little freak out session after sex where after we finish, she basically burst into tears again. It's the way it goes. It's the way it happens and you can't avoid it.

The second time, however, is when you can start to turn off the freaky dial a little bit, it can get a little freakier, but again you don't turn it up to eleven, as the said in spinal tap, "Come on up, it goes to eleven." You don't want to turn it up all the way. You want to just gradually



increase the amount of fun you have with it because the more familiar you become with each other the more you are willing to experiment, the more you are willing to experience together. It's the way it works.

And then the follow-up sex from there on out, it just gets more and more freaky and more and more experimental. That's the way the nature of it, and you can indulge in fantasies and edgier stuff, role plays, or whatever it takes to keep things interesting and fun for both of you. You want to make sure that that's in there somewhere. I know a lot of people who have definitely done this. One of the things we've done is doing a little personal porn. We basically turned on the video camera and have a little fun with it ourselves. Again, sometimes with just turning on the camera and plugging it in the TV and not recording it, but just having that big screen experience and kind of like you are being projected on a JumboTron in the middle of Times Square, that could be a little wild.

All right, so freaky timing, an important thing to keep in mind is that there is a timing element to be overall what do you do, how do you do it and how you handle her. Just keep the first time very conservative, to keep it relaxed and chilled, not a lot of expectation. It can be just your hand on her and her hand on you and a little penetration and bada boom, it's over with. Not a big deal. You've always got more time, and trust me, the novelty upfront will make you more than rise to the occasion.



Now, let's talk about food play. What the hell is food play? Food play is something a lot of guys or some people use, and not everybody are aware of, but it's actually a lot of fun because it does enhance your sexual experience. Foods are very sensual. They are very sensual and very easy to bring into the whole experience of sex, especially with things like fruits, chocolates. You can bring out the old whipped cream cliché. It was always a joke when I was growing up, and with my girlfriends, too, it was always like, "Hey, we will get the whipped cream out." So you do a little bit of whipped cream sculpture and have her lick it off of you. It's a lot of fun. You get a little extra boost there.

But go easy on things like liquors. It can get a little sloppy if you start involving a lot of wine, a lot of alcohol, it can get a little bit wild. So just remember that. Sometimes it's fun, sometimes it's a little bit blah, and you don't want that necessarily. But fruits and chocolates are great, primarily because the chocolates have phenylethylamine in them, which enhances the feeling and the sensations of your euphoria during attraction for a woman especially, so it's a good little enhancement there.

Rub them on her. Some of the point of this is to get a little bit of interaction with the food, not necessarily directly into the mouth, but onto the body, and you can help if you are a little bit leery of the whole oral thing or if she's a little leery of oral sex. You can use food to then help and enhance that. You can use things like flavored lub



or things like chocolate syrup or something like that. A little drizzle of chocolate syrup on the end of your knob and let her lick it off. What better way can you have to start a good high calorie evening of romping in the hay.

Rub them on you or you can rub it on her. When I was talking about that oral thing, it goes both ways. If you are a little leery about going downtown on women, you can use the same thing. It's a little bit of trickery there to help you. Some people do the old Cherry Lifesaver in the vagina thing. I've never tried that, but it's a possibility. When you rub them on you, again, it can help her if she's leery of oral. So either way it goes back and forth, you can use it as a little bit of an enticement and a way to kind of bridge the gap of maybe a little bit of skittishness about doing you some oral.

Use oils, gels and creams, and this is one of the things. They actually create stuff just for this particular thing. They have flavored gels, flavored oils, and flavored creams. It's also a good camouflage. In other words, if you have to overcome a little bit of the odor or the taste that might freak you out about a woman's downtown zone, it's a good camouflage for it.

Use scents. This is another part of the whole food play thing in a lot of ways because scent is so closely linked to your sense of taste. It's using scents for this, using things like incense in the background just



to keep the air smelling good. Oils again do the same thing. They have a scent to them. They kind of augment our experience by virtue of the way that it ties in with the long-term memory. A lot of people I have talked about this in the past.

A lot of people don't realize this, but your sense of smell is directly connected into your brain, into the section of your brain basically that has a lot of long-term memories. That's why you can walk in some place and smell something and you will be like, "Oh my God, that smells like my father's house back when I was living with my mom and I remember he would stick to cook a lot of spaghetti. It smells just like that." Or it smells like you grandma's house. It's smells like some memory from your childhood. It brings you right back.

Do a little research. Find out her favorite scents. This is one of the best ways you can get a woman kind of warmed up and moving along the path towards sex. It's also used and enhanced with scents. I had a girlfriend who was very much into vanilla. Everything, vanilla this, vanilla that. After a while, it got a little bit overpowering, but I just basically bought a few vanilla candles, lit them up and bada bing. All right, so food play is a great way of bringing a little bit of fun into the bedroom.

Let's talk about something a little more near and dear to our hearts, shall we? It's the topic of blow jobs or oral sex, sometimes knows as



fellatio. Let's get down to the clinical reality of things. Blow Jobs and oral sex are just using a different part of your body to stimulate, arouse and excite the other person's sexual zones. It goes both ways. We are just using another different part of our body to do the same thing that the other part would normally do. Her mouth becomes a vagina, and there are all sorts of little things you can take off of this.

You can use all kinds of things. When it comes down to it, it could be a feather or a wet piece of latex. It doesn't matter what. the real point is that this clinical reality of blow jobs and what it involves is it's a symptom of the other person's desire to give pleasure, and that's I think that men are so honed in on this as being a very critical part of sex with a woman.

There are two parts to it. I think the first part is that we want to see that the woman is eager to give us pleasure. The second is it is a little bit of worship the cock. We establish so much of our manhood and link it to our dick, at the same time, we've got to be willing to realize that there is an awful lot of our psychology that's built around wanting a woman to respect and honor and worship the cock. So the real point is this is very much a symptom of the other person's desire and knowing that if they are not willing to do that for you, that can be a turn off. That can be a little bit of a "huh?"



I'll give you an example from me, first of all, before we go into more on this. From me, the topic of oral sex when it comes to it, it's a necessity. It's one of those must haves when it comes to women. I can't have a woman that's like, "Oh, I don't like doing that." No, I'm sorry. If you are going to stick it with me, you are going to hang out with me, and you are going to be my girl, you are going to do it, and if you don't like doing it, I'm not going to force you. I'm just going to have to consider this a really, really big red flag. I mean, you better have some really unbelievable green flags to make up for that red flag.

But the fact of the matter is that I wasn't willing to settle for some woman that was not into it, and hey, it's a fact of life. Some women are, some women aren't. My experience has been that most women will do it, not all of them like it, and only a few really enjoy swallowing when it comes right down to it. It's just the way it is, and then if you are willing to sift through and find that one that's where you want it to be, so for some guys it's not a big deal. They don't care if she spits or swallows. For me, I have a little different desire there.

So what are the main reasons that women don't want to go down? Because really what we are talking about here is if she wants to and she does it, fine. It's great. Most guys enjoy it. They dig it. They get it and there is no problem. We are only talking about blow jobs because in some cases it becomes a problem with not getting what it is we want.



So the main reasons that women don't want to go down are, first of all, the nice girls don't do that, or the degrading to women reasoning, or the messed up morality that goes into women. These are all head stuff. This is all head game stuff. It's always psychological stuff. Beware going here with women. If you understand and recognize that the woman you are with won't give you oral sex because of one of these reasons, whether it's nice girls don't do that, this is degrading to women. That's a big, big red flag in my book. I'll tell you right now, that's a big red flag, and then some messed up morality. Beware going to that territory where you are going to try and fix a woman that thinks this way.

There is a way around it to do it, but there is also an element of power and control established here. If right off the bat she's telling she's not going to do it, why. I tell her again, "Worship the cock. Worship the cock." Why won't she do it? That's my real indicator there. Is it really because of the things she's talking about or is there maybe an element of her psychology where she really does enjoy maintaining control through the use of/or denial of giving that kind of pleasure. For some women it is.

Look at her self-esteem. Many women use external causes to elevate their self-esteem. When I say causes, one of those causes is feminism or some sort of something outside of themselves basically. It could be anything. I've had women that were really, really into their charities and their charities are really linked to violence against women. Th



is nothing wrong with that. I highly support that stuff of helping women who have been subject of violence or any of those situations. It's an awesome, awesome thing to be doing and helping people out with, but it's when it becomes a part of that woman's identity with this work she's doing that it becomes a little bit much. It's like a comedian once said, "If your girlfriend is basically all about her ethnic origins, she's probably got nothing else going on." And it's very true. Take it from me. I've had that experience in the past.

If a woman is really feminist, you are going to have a lot of these little battles. It's not going to be just about blow jobs. It's going to be about a lot of things. She's going to find degradation in all sorts of media messages and everything is against women. They are highly sensitized to messages of anti-female. What they see this other thing is that women sometimes confuse anti-female with pro-male, and it's not the same thing because what I teach is very pro-male. It has nothing to do with anti-female at all, but it's interpreted that way inevitably because of the virtues of it.

Again, if she's really feminist, you are going to have some issues. If it's something that suits you, hey, that's fine by me, wherever floats your boat, but recognize what contributes to a positive dynamic of masculine and feminine energy in a relationship. Does feminism and this lashing out against men really do that, and vice versa, does the lashing out against women do it? I don't think so. So recognize these



power plays and some of the reasonings that women have for not wanting to do it, so that's the first one. That's the big one in my book.

Another one is that she thinks it's dirty. It's kind of related to the first one. She thinks this is dirty or it's gross or there is something nasty about it. Well, make sure it's clean and you can totally get past that. Make sure you take care of business down there. Trim the forest. If she has a thing about swallowing, that's no problem. You can warn her. You give her a little tap on the head before things get too far, but accommodate it. If she thinks it's dirty, make it clean, and that's the best you can do for her. You can't change her reality until you get her to understand that it's not as gross as she thinks it is.

And of course, the other or one of the really big reasons is that it's not usually reciprocated. In other words, you've got to eat that pussy, man. If you are not going down on her, how can you expect her to do it for you? It's a hypocrisy of sex that I've never really figured out, but you can't go there, really. Can you expect her to want to give to you with no get back for her? We are naturally built that way. She may give the first few times, but she will stop very soon because she's not getting as good as she's giving.

There is also trauma. Trauma plays a role in why women don't want to give head to guys. It could be her previous boyfriend forced it on her, maybe grabbed her head and did the old choke thing. It's very



common, and unfortunately, yes, this ruins it for everybody. The whole game is ruined now all because of one guy had to go and be a dick, but it happens.

There is also abuse. It could be child abuse. It could be abuse later in life. It could be rape. There is a very strong reality and strong probability that the woman you are with has had something like this happen to her in her life. If not an actual incident, a very close call with it, and it has left her a little bit scarred, maybe a little skittish, maybe a little uneasy about some aspects of sex. You have to recognize it and accommodate accordingly.

And there is another reason, the fifth reason that women don't want to go down, and that is they don't feel like they can do it. Well, maybe she gags. Maybe it's one of those things where she just doesn't feel she's good at it. Again, it comes down to patience and practice. When you really want to put her in the path to doing better to feeling that she's doing it better, you've got to give her a lot of affirmation, a lot of positive strokes, and at the same time, a lot of patience and practice to let her build up her ability.

So you know there are a lot of reasons, we also can have the other side of the equation where sometimes blow jobs can also be like a little bit of a consolation prize. Some women just give them out in a purely functional way. Some women think of blow jobs as being like



handing out candy on Halloween. They wouldn't actually do that on Halloween, mind you, but they think of it that way. They just have no problem giving a guy head. This is kind of like, "Oh yeah, you want me to suck you. That's no problem." Because they would be the one that would say, "No, that's not really an act of sex. It's more of an act of masturbating with your mouth or something."

Basically, what she does is she learned using that as a way to avoid having to have sex, so she gave head. A lot of girls learn that this way. They learn that one of the things they can do if they feel in a sexually threatened situation and they want to deescalate is that they can use that as a tool of control, not only of power, but also of getting themselves out of the situation where they feel sexually tense so she's going to use head as a way to kind of deescalate.

Now, what your role in all this? Well, your role is to give as much verbal reassurance as humanly possible for her. This is going to make it a lot easier for her to build up her self-esteem doing it, to, of course, want to have the desire to continue doing it, and that's a big part of it, but the verbal reassurance comes in at every part of the point in the path.

So what are the steps? Okay, here are the steps for getting the blow jobs that you want from your girl. First of all, establish the prerequisites. Is there goodwill? Is there goodwill in the



relationship? By goodwill, what I mean is, is she checked out or is she still with you in this thing? Does she still have goodwill on her side? Does she still really want to please you and still want things to really move forward? Okay, then you probably got a chance of making this thing work because without that between you, the goodwill, the willingness to try and like give the other person pleasure, there is an excruciatingly painful uphill battle here that you may never actually win. You may never get the head you want because, quite honestly, she's got no reason to give it to you.

She might not even be emotionally connected to you anymore, and this typically happens in longer term relationships where there is a lot of bad blood that has built up over the years. It comes down to contempt and resentment. So recognize the prerequisites there. As long as you have that goodwill and that desire to satisfy the other person and give, you are in a good place and you can use that for both of you basically to get what it is you want.

Step number one of the process is really to get her to give you one. BJs are for both of you, not just you. She should enjoy them almost as much as you do. Her giving you head should make her hot and horny and want sex. Just the fact that she's giving this to you should be actually a sexual turn on for her as opposed to the other side of the equation where it becomes a turn off, and this is very frequently the case, by the way. I've seen this happen with women where they are so, I won't say jaded, but turned off by giving head because of the



past experiences with other guys that it becomes something she wants to get out of the way as opposed to using it to really enjoy.

Warm her mouth up. It's jarring just to jam a cock in a girl's face. I'm sorry to say that, but it is. It's kind of scary, like, "Whoa, Harry, do you want to play with that?" "Yeah." Warm her up a little bit with some sensual kissing, some oral play. You can stick your finger in her mouth. You can suck on her fingers. You can get her to do the same thing with you. It's a very sensual thing. It gets her mouth involved and thinking in terms of doing the deed.

Now, after that, you've got to learn how to be the receiver. So this is the only part of the equation where you build around enticing her to actually do it with you. The other part is based around positively reinforcing what she's doing for you and what had done. How to be the receiver? A guy has to know how to receive well. It's like being the receiver in a football game. If he's going out to receive the ball, he's got to be a good receiver every bit as much as the quarterback has to be good at throwing it.

So a big part is giving her the power. As long as the woman feels empowered and has the control that she normally doesn't feel with guys, it's going to help you. In other words, make it seem like blow jobs are her idea. It's her idea. She wants to do this for you, and it's easy to do. Just in conversation, you can be like, "Oh, you are one of



those girls that do that little thing with your lips, and you will probably lick your lips, too. Okay, that's cool. That's cool. No, it's not turning me on, not at all. I know where it heads at." Now, you can joke with her about this sort of thing, but again, we are making it seem like it's her idea because if it comes out that way and she's like, "Well, yeah. I guess I could. I guess I want to," it becomes easier for her to accept. If you make it a forced upon her requirement, you are going to encounter resistance at all path. Again, selective misinterpretation can work for you on this one to help make it seem more like it's her idea than yours.

And then the third part is handling the aftermath, well, how do you handle what happens after she gives you a head? Well, first of all, is she the type that will spit or swallow? How gracefully do you handle that? Do you trick her into coming in her mouth, or do you do the right thing if she's not ready for it to let her know what's about to happen? So handling it, and then how you handle the aftermath, do you go and get a towel? What do you do? Do you go and reciprocate on her now? Is it her turn? How do you handle the aftermath after it's all said and done?

It's also going to reinforce and lock in the experience for her. A little bit of gratitude, not a lot, don't make it seem like she did that big a favor because then it becomes a power play again where the guy is like, "Oh, thank you, thank you, thank you for sucking my dick. I so am glad you did that." Just be appreciative. Just say like, "Oh C..."



I'm so glad that you are one of those chicks that just enjoy that. Oh, it's really, really nice that you like doing that and I can't wait to give you a little bit of fun now, too." You make it seem appreciative.

So there are three simple steps with the process of getting it, how to be the guy that's getting it in a way that makes her want to give it more later on because we are not talking about one time here. We are talking about repeat occurrences.

What are some don'ts around blow jobs? Well, these should be obvious, but I'm going to say them again with things like don't grab the back of her head and choke her. I know it's very sensual to be able to grab her head and skull fuck her, but you've got to back off, man. You've got to go slow and easy and don't put a lot of pressure on her head. You can lay your hand on her head, but don't force it. She's going to get a little bit of a weird reaction there if she doesn't trust you enough.

Don't sit there quietly. The lack of noise that you are making is going to make her a little bit weirded out because she wants to know if she's doing a good job. Give her lots of positive verbal feedback. Never say don't do that. Maybe she does something that's a little bit bad, like have her teeth do the old drag the teeth. The chicks that do that, I have to be like, "Ahh." My reaction is usually enough, but what you do is if she does something she should not quite getting into like



maybe she's kind of like licking around the bottom a little bit and you are like, "Ah, there is no nerves don't there, honey." Instead of saying don't do that, say, "Oh, I like it when you go up here," and then kind of like steer her to the right place.

She will naturally shift her technique to what works the best. So she's going to be feeding back off of your reaction. She's going to figure out, "Oh, that got his hips off the bed, that must have been a good one." She will naturally change her technique and accommodate whatever it is that works for you.

Don't avoid eye contact with her. This is also kind of freaks her out. It's funny I've seen like different kinds of girls. There is a kind of girl that will look up occasionally at you as she's doing it. There is a kind of girl that will never look at you while she's doing it, and there is a girl who will only stare at you like, "Oh-oh, am I doing this good? Am I doing this good, huh, huh, huh?" It's almost like a little dog. I hate to say I like that, but it's really funny. Where was I? I totally lost my point there. Oh yeah, don't avoid eye contact. To finish that up, just be willing to look at her and just kind of appreciate her visually. Look at her if she's doing it. It's fun.

Don't come in her mouth if she told you that she doesn't like it. Instead, make her watch you come. Make her watch you ejaculate, then move up to kissing while you come. In other words, while she



kisses your Johnson, then she can be there when the volcano erupts, but she doesn't have to be putting her mouth over the opening, if you know what I mean.

Then she might move on to taking it in her mouth, but spitting it out after. So we are working up a progression here. You can get a woman used to this by not obviously forcing it all on her at once. Let her work up to it. Have her work it around with her tongue, the cum, that is. Massage it into her skin later on. Just say, "Hey, here is your protein rub for tonight." Get her used to the feel of it and get rid of the gross out factor. That's really the point that we are trying to get here. It's not so gross. You don't want her to thinking that everything is gross and having this notion in her head that all the body fluids are nasty. Once you get past that, you can get to where you want to go.

It's all about progressive acclimation. Ninety-nine percent of all the things you want to do with a woman or get her interested in doing are just small steps towards that goal, so you do it progressively and getting her used to each step, and when she's ready, she'll take the next step and the next one and the next one, and she will herself take some of those later on as she figures out where the path is going. It's up to you to facilitate that. So those are simple don'ts.

You can use food play in this like I was talking about before. Use food play to entice her in. Use something that has taste to it, so that she



doesn't have that fear of, "Oh my God, he's going to be ramming this skin-flavored dick in my face and I don't even know if he's like taken a shower today. I don't know anything." That's another thing, the hygiene factor is very important. Make sure you are clean.

Have a towel on hand for the aftermath. As I was talking about before with the aftermath, it makes for quick and easy cleanup and remember that it is rare that a woman will actually like swallowing, so give her the option, if she wants to, to dispose of the package nicely under the covers.

Have some water on hand. It takes a lot of saliva to do this. I know it takes a lot for a guy to go down on a woman, so I'm damn sure that it takes a lot for a woman to go down on a guy when there is no natural lubrication performed at all. It's all her spit.

Then shower her with praise. Shower her with praise after it's all said and done. Make sure she's appreciated for what she did, "Oh, that was so good. Oh man, oh, thank you," because that's giving her some sense of empowerment. When a woman can do that for a guy, she will walk away from the experience with a sense of empowerment and feeling good about herself."



There you go. Those are the steps to going from no head to all the heads you want and as much time as you want. Again, it's a progressive step.

Facials, I'm not talking about the variety that you get from the dermatologist. This is a specific kind. Facials are, for those of you who are not familiar, basically a form of porn where the guy comes on the girl's face. Well, it's also something that you can do yourself when you are having sex with a woman and there are a lot of guys who are turned on by this and a lot of women that are actually turned on by it. There are also a lot of women that find it to be degrading to women.

There is a certain element of that, but let's talk about it first. This usually is a function of the woman's attitude and a feminist slant, whether or not she has it or not, because most women view it as a kind of degradation. It's like saying you are defiling her face with your cum or something like that. I don't know, but most women just fear what I call the swirl squirt. They fear it.

Watch some amateur porn with facials to see women's reactions. Even in porn, women are like cringing and they are like, "Oh my God, what's going to happen? This is horrible. It's the worst thing that's happen to me." And there is nothing bad about it, but what it is I think for guys, this is the part that women don't realize, is that it's a submission. It's an act of submission, and it shows that you are



literally like basking in the man's goodness. I don't know how to say this with any kind of clever euphemism or metaphor here, but it is a form of submission. It's also another worship and acceptance thing. It's an acceptance that she's allowing you to do this to not let you is a form of denial. In the same way that when a woman spits, it's almost like she's rejecting the man in a way. That's the way I have this gut feel that way. That's why it's really important for me that the woman swallows. So there you go.

Mention it in advance to gauge a woman's response, and the way you do it is you just tell her. If you are talking about turn ons, you mention this is one of your turn ons. You are like, "You know, I know that some women think of this as being degrading, but I don't. I think it's one of those really sexy things that couples can do together. Have you ever seen these movies where they..." And they describe what a facial is, and she will be like, "Oh." Watch her reaction. See how she reacts to it. If she kind of like ambivalent, you got room to play in that territory. If she's very much against it, good luck with uphill battle. If she's totally for it, score. It's a direct hit.

Again, don't load up the expectation, so to speak. I mentioned that there are so many opportunities for sexual double entendres. Come on, man, you've got to give me some slack. I'm going to have to do a few of them. Do you get it? Do a few of them? I can't resist. Mention in advance to gauge her response, and then again, if you don't load it



up with a lot of expectations, she'll be much more free to react the way she's going to react about it.

You can always use a pearl necklace as a little bit of warm up. For those of you that don't know what a pearl necklace is, let me explain. It's when you are, let's just say, using a woman's breast to create a little bit of pathway for your willy to go through and you titty fuck her, and the resultant end game is a necklace made out of pearls, so you can kind of imagine that. And yes, that's exactly where the tune by ZZ Top came from, *The Pearl Necklace*. That can be a little bit of a "buildup" to the kind of event if this is something you want to have with your girlfriend.

Judge this one by her standards for blow jobs. If she's squeamish about your cum, you've got to take that into account. It's going to be a factor. She's not going to want you necessarily to throw a load on her face. If she's open and loose, well, you will know that you can go there. So there are all sorts of things you can do. You can start with rubbing your dick on her lips. There are all kinds of ways you can work up to it. You can pull out of her mouth and take it from there. There are lots of ways to build up to it.

In case of facials, don't blow your wad in her eyes. There is a distinct probably that your load is going to be a little bit acidic and it's going to sting her eyes. It will surprise her, but actually, that's not what I



meant by surprise her here, but it will surprise her. It will possibly be painful if you hit on the eyes, so don't do that, but don't surprise her when you come. In other words, don't hold back and just blow it and then not tell her. This goes the same thing for blow jobs. She doesn't need the surprise right now. What you need to do is to kind of gauge where you stand with her on what she's willing to do and not do.

Let me also say that when it comes to any of these topics of things that we are trying to get women to do, most women will do most anything to please you if you have set up the right environment for the relationship at the start. So I don't like to talk too much about how to get a woman to go someplace with you because if you've done a good enough job showing your dominance and authority as a man, she will naturally want to do it. She will naturally give that to you as her appreciation for you being the man that you are. It's just the way it works. It's exactly how it works.

But again, guys get caught up in what I call the reverse game where they've lost all kinds of respect, credibility, authority, masculinity in the woman's eyes and now they expect to like make up for it and get all the goodies anyways, "Look, I realize you think I'm a total wuss and a total dork, but I'd sure like to come on your face." Can you see where this is going? You've got to set up the right precedent for what it is you want to accomplish in bed, too, and simply by having the right attitude, you set all these things in motion in a way that makes it basically work out for you.



Enough said there, but that's really important to understand. Anything I'm talking about here and if it's anything that you are not getting, there is always an element of her choice, and I don't know, her background or history playing a role in it, but at the same time, there is a very strong possibility that if you would just be the man she needs you to be, she'll have no problem giving you whatever it is you want.

Now, we are up for something fun, eating pussy. Well, there is a lot to talk about here, probably as much, if not, more about giving head. First of all, women's issues with it, because women actually have issues with regard to this, too. It's not like it is with men. Most guys, if you throw a blowjob out and they are going to be like, "Hey, I'll take one. Give me one. I'll take it. Yeah, give me five. I'll take five. The weekend is coming up and I might be bored." Guys have no problem with blow jobs.

On the other hand, some women, there is a distinct population of women who don't necessarily savvy they are being eaten out. There is an element of shame in it. A lot of women are taught to basically be ashamed of their genitalia. Their vagina is a gross place where only nasty things happen, and it's also the evil thing that influences men to do all these horrible things. It's all these build up, all these negative bullshit. For some women, it feels selfish to have a guy go down there. It's too much attention on her. You will find this to



common situation with women. They very much shy away from being the focus of sexual attention. To be the one that's only receiving, it's tough for them to handle.

There are also cultural attitudes. A lot of women don't have good, healthy cultural attitudes about their own vaginas. If you read about genital mutilation and what is done with what they call female circumcision, it's really nasty. It kind of gives me a shiver every time I hear about or even think about it because it's just so gross, but it's amazing that this still happens on Planet Earth. I was watching this comedian the other day and he was talking about it, about how if there are aliens, boy, they are just rushing over to talk to us. I mean, look at some of the great things we have accomplished in this world and he starts listing off some of the things, and he list genital mutilation and the whole female circumcision thing. He's like, "They have got to be in a real hurry to meet us, huh?" I'm thinking, "Yeah, that's pretty funny because it's true." We are not always the height of intellectual civilization that we like to think we are.

Hygiene is another big factor that women have issues with. As a matter of fact, this is probably one of the biggest. Think about it, the word "hygiene" itself, the prefix of the word, the root of the word is HYG in hygiene. Hygiene is a big factor for women, whether it comes to smell, taste. They know what goes on down there. Every woman knows if she has a period. She bleeds from her vagina for like five to seven days or three to seven days of every month and there are thi



that go on down there. There is a chemical balance that has to be maintained. It's a high maintenance organ down there, and she's going to be very hyper-attuned to that, so recognize that women have a lot of factors in why they may not want you to go down on them, so you might have to help her past that.

If a guy has his own issues and she has her own issues, it's amazing if it ever happens between them. Guys have issues, too, typically with again shame and there are cultural attitudes about going down on a woman, about eating pussy. It's some kind of crazy misperception, I guess, that if you are a guy and you do that, there is something wrong with you or something, but I don't know what it is. Actually, I have always enjoyed it.

Hygiene misconceptions, it is actually very clean down there. A woman self-regulates and her chemistry of her body actually keeps it very clean down there. They found basically that old habit, well, I wouldn't say old, but reasonably old, back from the 20th century anyways, the habit of douching is totally unnecessary for most women. It's just simply not required unless there is some sort of medical reason. Actually, it causes more damage to women because it disrupts the balance in her own system. So it's usually very, very clean down there. We got to trust in the fact that her body can regulate itself.



How do you do it? Ah, how do you actually perform the act? Let's talk about that. This is fun. The alphabet technique, now, I've heard lots of different people say lots of different things about this one. The alphabet technique is actually good for initial exploration of a woman when you are first going down on her. It's only the initial part. I'd say the first half. The reason why is because in order for her to get off, she eventually will need a pattern from you, a repeating pattern of stimulation of her clitoris, of any of the other aspects. Maybe you have a couple of fingers inside her and you are stimulating the G-spot. Maybe you are going for the deep spot at the same time.

Whatever her pattern is, whatever her combination is, she's going to need a pattern after a while, and the alphabet may not work for you after a certain point because you are changing up the pattern. You are making it unpredictable and she can't get off on that. So it may actually take a while, so you've got to have some more oral stamina. The first few times you really go down there a long time in a woman, you are going to have a couple of tongue cramps and you are going to come up from there going, "Oh, okay. Whoa, I didn't realize it was that much work." But it's a lot of work because your tongue is doing most of it.

The way to start is very simple. You simply start by kissing your way down her body from wherever you happen to be. Maybe work your way to her boobs and now you are down. You are working down yourself to her tummy. You work your way down her body and



are going to get one of two things. You are going to get the waiting while you actually go down on her or you are going to get the pull up.

I call it the pull up because she reaches down and she grabs you by the arm and pulls you back up away from it and then you have to go through the, “What’s wrong, baby?” Don’t go there. So if she does reject you or stop you there, don’t go into the, “What’s wrong? What’s the matter?” Just respect it and continue where you are leaving off and try again later, and later on, if you want to, you can have the conversation of, “So I wanted to give you some pleasure down there, what was up with that? How come you stopped me?” Make it a positive thing. Don’t make it a “What’s wrong?”

Get her hands involved. While you are down there, this is going to be one of the best things you can do because when she’s playing with herself down there, she’s going to show you all the shortcuts. She’s the one that’s been masturbating for years and years and years, she knows how to get that thing going the way she wants it going and she’s used to a particular kind of touch. She will show it to you while she’s playing with herself. That’s why I encourage women and I pull their hand down there. While I’m doing my work, she does a little work on her own and I get an idea of what it is she’s doing. It’s very important.



Pause to build up anticipation. Pause, in other words, every so often, stop before you go there or just before you are about to get the tongue contact either on clit or on her lips or whatever it might be, you back away for a second, you pause, and then you go in. Again, as with anything, a pattern of push-pull, stop-start is always going to start up more sexual anticipation.

Know where the clit is with your fingers first. Again, that picture I showed you where the clit was, that was like a perfect vagina. Not all women's vaginas are perfect. In fact, some of them are just downright a little odd looking. Some are a little different looking. Some are just not quite what you expect. Some have more skin there. Some have less. You've got to be able to locate it basically with your fingers first, so you know where it is you are going. Because if you can find it in her as you are down there with your tongue or whatever you are using to stimulate her, you are just going to frustrate her.

It's going to happen, you are going to run into women who get a little bit frustrated when the guy just can't seem to find it or figure it out, so know where it is with your fingers first and then you go over it with your tongue. But you just wait to spread the lips and pull back the hood. What you want to do is get to the point where you can totally expose the clit to your tongue and then it involved pulling back the lips up at the top. I'm not going to go into a whole bunch of graphic description here. You can get plenty of this out of good porn movies. They will actually show this really well.



Pulling back the hood, they call it the clitoral hood. It's basically the skin that kind of folds over it and you just kind of pull it back and you get your access then. But be careful because the clit is very, very sensitive. Even though there were twice as many nerve endings, she's going to take twice as long to get off. I used to joke about this to a friend of mine who was this woman and I say, "So you are kidding me, right, there are twice as many nerve endings down there, but it takes me twice as long to get you off, what's up with that?"

Use your hands on her butt as you are chowing down. In other words, cradle underneath her and you can totally manipulate her. Hopefully she's a small girl and you can do this kind of manipulation. If not, pull her in by the hips. I don't know what to tell you, but having your hands on her to move her body around where you need it to be or to keep her planted is going to keep her feeling like you are really in the game.

This one is pretty funny. Pretend your tongue is the bad cop and the clit is the guy who killed your partner. I heard this explanation once. I'm like, "Oh, that's so funny." Because it's actually really true, your tongue is the one that's beating the bad guy who just killed your partner like in one of those movies. It's almost like a *Lethal Weapon* situation where your tongue is Mel Gibson going after and beating up the perpetrator who just shot Danny Glover. It really does work as it does give you a different attitude about how you are approaching



and that different attitude is going to reflect itself in just a different style of licking her and touching her down there.

You can also use for variety St. Bernard licks. When we say St. Bernard licks, what we are talking about? Yeah, that big one all the way up, the whole opening, the orifice, all the way up to the top and go slow across the whole thing. That will drive her nuts.

Be repetitive. Do not be creative. This is especially true at the end. There is really no new ground in pussy eating. There is nobody that's applying for a patent and a new technique. There is nothing new under the sun. A woman just simply wants you to do what she would normally do with her fingers with your tongue, and maybe add in a little bonus, your finger is inside, a hand that's caressing her leg at the same time or rubbing her tummy or moaning or making the yum-yum noises, all that stuff is going to add to a wonderful experience for her. You don't even have to be too clever.

And of course, keep going several seconds after her orgasm because she is going to come for a long time period. You are just used to the five or ten seconds that a guy does. For her, it could be up to a minute. It could be several minutes depending on how acclimated she is to long orgasms. Keep going.



Most success when it comes to eating pussy is just about teasing and turning her on to start and then getting relentless and consistent the closer she gets to orgasm. So teasing and turning on, the variety happens upfront. As you get closer and closer to her orgasm as she starts to really dig in and get going with the rhythm, that's when you keep up the same thing over and over and over until she comes. It doesn't change at all. It's literally like that.

As I like to say, cunnilingus is like pizza. When it's good, it's good. And when it's bad, it's still pretty good. She will say that anyway, too. I mean, it's hard to really screw it up, so be careful. Obviously, don't bite. Don't use your teeth the same way you wouldn't expect her to use it on you.

The not to do's, let's give you a few quick don'ts to finish up this one. The alphabet technique, sometimes the alphabet technique can work upfront to kind of get things started. To make her come though, remember you do need to hit a rhythm. Don't do what you see in most porn movies. I have to say this with caveat because there are some movies that really do accurately reflect going downtown on a woman, but most don't because they are not made for women. They are made for men and men don't really care. They are not looking for an education. They are looking to watch some dude come on her face eventually or the money shot.



Don't put your fingers inside her too soon. Depending on her stimulation type, she may want to stay outside and external for a while before you get fingers or anything going inside her. She might want to play a little bit before penetration.

No biting with your teeth. I mentioned that before. Be careful with the teeth. They are a lot sharper than you think and it's way sensitive down there for a woman. It's way, way sensitive.

And you can always not play *Wango Tango* at ear-bleeding volume while you are eating her up. If you don't know *Wango Tango*, it is the song about pussy eating that Ted Nugent wrote way, way back when. It's actually a great song. I highly encourage you to listen to it because when you hear it and you realize what it's about, you are like, "Oh my God. Oh, I get it. Hood scoop up." So play *Wango Tango* some other time, unless she's really into it. I don't know. Some chicks really do dig that. I found that AC/DC is one of the best things you could be playing during sex. A little primer, very easy to do, eating pussy is not complicated. Just learn her patterns and follow some simple steps.

All right, we are going to start talking about things like anal, ED, squirting, sexual health, dirty talk, toys and much more coming up in the next few sections.



Sexual Performance - 6

Welcome back. We are going to talk about some highly provocative topics. We are going to start off this session jumping right into anal. That's right the bad, happy, brown eye. There is lots of controversy over this topic because there are some guys who don't like, some guys that want it, and some guys that aren't so into it. Hey, it doesn't matter whatever rocks your boat. I'm here to cover every aspect of the sexual power and this is part of it.

When it comes to anal, she's going to feel one of three ways.

- She has done it and she enjoys it
- She might do it
- She won't do it.

If she has done it and enjoys it, game on. Okay, not a lot to talk about there where she might actually do it or entertain it. Well, this also includes those women who haven't done it yet and only say they won't do it because they haven't actually done it so they don't really know if they would totally enjoy it or not enjoy it, and there are the women who won't do it. Now, there is a reason a woman who says they won't do it. This is typically a woman who has done it and just doesn't like it and has had probably a bad experience. Those are the women that won't do it. The women who haven't tried and say they won't do it, there is still a possibility there, so don't lose hope, all you who are faithful.



Find out which one of these women she is by watching some good porn with an anal scene in it. Just drop it in there like, “Oh, how did that get in there? An anal scene, what do you think, honey?” But be careful, when it comes to actual deed and you figure out okay, she would want to try it and she wants to try it out. There are hygiene issues to be considered here. It’s very, very important to consider the hygiene issues.

You never want to do one in the butt and then putting it back in the pussy no matter what. Don’t do it that way. If you are wearing a condom, which you should at all times especially during anal sex, you don’t pull it right out of her ass and go right into her pussy. You do not do that. It’s going to probably give her an infection of some kind and you just don’t want to do that.

Clean afterwards. Clean yourselves off. Clean yourselves up and definitely use separate condoms for each or if you start plugging. So maybe she wants to go there, but you’re going to have to recognize there are hygiene factors that you must consider, and it’s all about her relaxation. In the end, it’s really about her being as relaxed as humanly possible to allow it to happen because there is a physical relaxation response that has to be entertained as well as a psychological one, so be careful.

Understand what your need is surrounding this, too. I found this is really important. Are you meaning to have any anal with her because



it's a domination thing? Is it because you genuinely find it to be fun? Is it because it's a novelty thing? Is it because you read about it in a magazine and figured out everybody should be doing it? Is it because you saw it in a porno movie and figured that, again, everybody should be doing it? What's wrong with you, you haven't had anal? Look, it's not that big a deal if you don't want to. It's not something you need to hold yourself to somebody else's expectations for. But you do need to understand why you are doing it. It's going to tell you your motivation.

Start slow. Okay, what you want to do, and this is the way I typically work into it and it works very well for me is you use a small finger. Typically, it's this one. The smallest one you got with a little bit of her pussy lube and penetrate at the right point in her pleasure. When she's feeling a good amount of pleasure, then you want to gently slip that finger in. Because you want her willing and you want her to be conditioned to enjoy the stimulation. She's at a high state of physical arousal at that point. You don't just start out by as you are eating her out, the first thing you do is you stick a finger in her. You've got to be careful. Take your time. Start slow. Take your time.

Rushing can actually cause physical damage to a woman. If she's not ready for it, with the muscles in there, there can be tearing. There are lots of things that can go wrong, so depth has to be taken very cautiously. If you've ever done this before or never done this before, I'm going to explain a little something to you that there are two depths you have to watch out for. There is the initial sticking it in and



then there is the going past a certain point where the sphincter muscles give way and allow you in.

You may have to actually start with a dildo to get her ready for this like a very small dildo to kind of warm her up to the prospect of taking your full member in that orifice. It's one of those things. You've got to be willing to be very patient with because it might take some time. She's going to have to work her up to it. It's not something a woman can do immediately, and even if she has done it before and expects it, she still has to take it very slow because it's a relaxation thing.

Get feedback at every stage to check in on her. Get feedback at every stage. You want to always be checking in on her, watching the expression on her face and feeling her body's moving. Is she tensing up? Is she clenching? Is she relaxed? You've got to get feedback, and every so often say, "How are you? Are you all right? Is everything okay? Is this good? Is this good?" And you can keep asking things like that and listen for her response, but don't overdo it. Don't check in too much, but check in a little bit.

And when the time finally comes and you do get your dick in there, go very, very slowly, very slowly. This is not the same as jackhammering her pussy. You've got to treat the backdoor a little more respect than that. It's not the same orifice. It has a different set of nerves. It has a different physicality to it. It doesn't produce its own lubrication, so you've got to need a lot of lubrication and there is obviously a need for



protection. You've got to have your protection in line when you do this.

It's that simple. Anal is not that complicated a topic quite honestly. Again, figure these things out that I talked about. What is your motivation, where is she coming from, and work into it. Don't hold conversations, by the way, over things like this where you are trying to work a woman up to your desire. Don't hold conversation about these things in an unaroused state. So you don't do this while you are both drinking coffee at Starbucks. You are not going to look at her and go, "So honey, how are you about anal anyways?" It's not going to work. You have to have her in a situation where she's going to want to let herself go a little further because she has to already start off by being physically aroused in some way. That's much easier to get her to the point where she needs to go.

ED, you are maybe familiar with ED from just about every bit of spam you've received over the last five to ten years of email. ED is erectile dysfunction. Typically, the word that we used to call it was impotence, which just sounds so horrible, but impotence meaning you can't get it up. You can't get a hard on. You can't get an erection.

Now, there are ways of handling it. Drugs can help out with this; Viagra, Cialis or however it's pronounced or consulting with a doctor, of course, for any of those solutions. That can help right off the bat.



The thing of it is there are actually a very, very small number of cases of erectile dysfunction that actually work out to be physiological. Most ED tends to be psychological in origin. In other words, we psyche ourselves out. Guys don't realize that, yeah, I mean you see some pictures of a dirty woman and you get a hard on. Your hard on didn't just happen. Your hard on did not see that page. Your eyes did. Your eyes triggered your brain, which then triggered your system and that's why you've got the boner. So your physiological response is less likely to be the cause of the situation. It's more likely to be psychological in origin.

The two typical causes are mental and physical. It's mental, meaning that you just need to relax, for starters. Stress and anxiety make it very hard for any guy to perform, and most guys assume that a boner is just an automatic thing. We just figured that the second we see a hot woman or we get our clothes off and we know we are going to have sex, that it's going to be automatic, but the fact is that we have a sexual psychology just like women do. We have anxiety and we have sexual anxiety about our performance. For some guys it might even be the reason they bought this program, it's because they want to find out what it is that they need to know to feel more confident with women because, if anything else, not knowing is anxiety. It's stress in their brain and it's causing them difficulty in getting to where they want to go.

Of course, the other cause is physical, in which case you should seek obviously a professional help, and either one of these cases



should seek professional help. But the fact is that, let's just say, if you have trouble getting it up with a woman, but you can go home and get a hard on and beat it off to your heart's content, it's not physical, is it? It's a situation that needs to be looked at and it's psychological in origin and you probably need to talk to somebody about how to handle that or how to get yourself acclimated into positive healthy sexual functioning.

Guessed which one is more common? Duh, the mental is the problem in most cases. Well, I'm not going to go into a lot of discussion here about ED and the problems of erectile dysfunction. I want you to recognize that most of it is psychological, so relying on drugs or relying on things that are outside fixes or quick fixes can often hurt you more than help you. You've got to get to the root cause. If it's something psychological, you've got to root it out, drive it, expel it out of your system and get it out of your life and be free to normal, healthy functioning, and then later on if you would become an 80-year-old horndog and you do need a little bit of Viagra, no better augmenter in my opinion to help an old man enjoy the later years of his life.

Squirting, what the hell is squirting? Well, squirting is a physical phenomenon with women and it's something a lot of guys are very fascinated by. It's female ejaculation. Now, where does it come from or what's it's all about? It's sometimes called gushing. It's one of the little clever euphemisms for it. It's sometimes called gushing. Six percent of women report some kind of ejaculation of fluid during



orgasms. It's visually gratifying for men, which is why I think in a lot of ways guys are really like keen to it. Guys are actually turned on by watching other guys ejaculate in porn movies, believe it or not, so why wouldn't they be just as turned on by watching a woman have the same physical response.

We never get to see a woman's response. We never get an actual payoff for what it is that we do with women sometimes. Women get to see us. They can see us ejaculate. They know that we came, but we can't be sure that she has experienced the same way, but with female ejaculation or squirting or gushing, you can and that's why it's such a popular appeal.

There are a lot of controversies as to whether or not it's real. I've talked to a lot of the girls that I know and they say things like, "You know it's fake, right? You know it's not real." I'm like, "Hmm, really?" The fact is that feminists say it's just male fantasy. What it actually is, and what they say in a lot of ways is that it can be one of anything. It could be urine that's forced out during intense orgasms where the bladder has contracted. It could be discharge from what is known is the Skene's glands within a woman. It can be just lubrication coming out of her vagina, but the consistency of it and analysis that they've done on it has suggested otherwise, that it actually maybe its own kind of fluid and that it actually is possible for women to ejaculate.



Now, I'm going to include a little bit more about this topic in the master's class section of the sexual expert section, but for now I'm going to give you some of the basics. First, recognize that a woman has to have to really good control over her PC muscles to achieve anything with this kind of desire or goal, and the PC are pubococcygeus muscles. The fact is that when you are working on getting a woman to ejaculate or have her own squirting, she might be on you. It might be a very possible reality that that could happen.

If you can't handle it, well, then don't even try because it's just a possibility, and recognize urine, by the way, when it comes out of the body is sterile. There are no germs in it. It's not horrible substance. You might be a little grossed out about it, but big deal. It's not that big a deal. It is actually nearly impossible for her to urinate while she comes anyways. Some women do, but it's rather rare because the muscular contractions with orgasm actually close off the bladder and prevent the passage of urine. So something else is happening there, and while scientists can't necessarily agree what it is, a lot of people do read that there is something possible there because women can be trained, some women can, some women just don't believe it, some women will never be able to do it, but there is a possibility.

What's the process here? Well, you've got to start with foreplay. If you've got to work a woman towards this goal, I'm going to give you some of the basic steps of it and I'll leave my sexual experts talk about the rest, you start with foreplay, a lot of it. You want her psychologically really in it, really in the game, really turned on, really



heavily invested in this, really letting her guard down and being a part of the experience. She's got to be a cool chick letting all that shit down.

Stimulate the G-spot. Two fingers, palm up on the inside against that little spot that I showed you in previous videos about where the G-spot is in the upper wall of her vagina, so you are stimulating there. You are also going to have to apply a little bit of pressure from outside on top. Your hands are going to be on top of her tummy just below her navel. It's actually between her navel and the opening of her vagina and you are going to push down as you push up with your fingers, so then you are going to apply some pressure.

Now, you can see what this is going to do. This is going to sandwich her bladder between your fingers and your hand a little bit and this is going to apply some pressure, but this is what often needed to get that stimulation to the level that it needs to be for squirting.

There are also tantric formulas for this. I'm not going to go into a lot of excruciating detail on that because they have their own methods about this with the tantric sex and things we are going to talk about that will come up later on as well and again in the expert section.

Review some online videos. I'm going to suggest some resources at the end of the program that you can use and you can only set yourself up for success. You can't absolutely count on it. There is no guarantee of capability that a woman can actually squirt, but it's a



when and if you can get it to happen. I've had some women that have been able to do this to some degree. One woman has just an unbelievable amount of lubrication. She was the wettest woman I have ever met and it was really amazing actually how much this girl can produce. That in itself might seem like if it builds up and then there is a contraction of the vagina could seem like female ejaculate. That's where this all this comes from. It's this need to kind of get a little bit of visual gratification for a woman's sexual response.

So there you go with squirting. We are going to finish out this section on sexual health before we get into some more cool and off riskier topic all the way down the bottom here. When we are talking about sexual health, what are we really talking about? This is one of those topics I'm kind of mixing in the middle so we don't get all glum at the start. I don't want to cover all this at the very opening and to have you be all like, "Dude, what a downer with all this stuff I've got to think about."

There are different categories of sexual health?

- There are STDs, sexually transmitted disease.
- There is HIV, which is itself has its own category of diseases as far as I'm concerned. HIV is the most powerful killer form of sexually transmitted disease there is because it will kill you eventually.
- LGBT, which is lesbian, gay, bisexual and transgender, that's an actual category of sexual health, given the lifestyles of these particular groups or categories of people experience as a result of their particular sexual orientation. So lesbian, gay, bisexual



transgender have particular and peculiar sexual health categories that they have to attend to, so it's a sexual category unto itself.

- Sexual violence is a category of sexual health because violence against women, violence against men, those are topics related to sexual health.
- There is reproductive health dealing with, of course, pregnancy and having babies, and pregnancy health for when you actually do have a child or are on the way to having a child, and I'm assuming that we are going to try to avoid that one here. Probably also assuming that we are going to avoid that one here, too, but reproductive health can also include things like the vasectomy, your getting your tubes tied so you don't actually knock out some chick.

Now, those categories were actually taken, they are not my own, but they were actually taken from the CDC site, the Center for Disease Control, and you can go there yourself at www.cdc.gov/sexualhealth. Go and take a look at it. Go to the information they have online and educate yourself. The best you can do is to educate yourself and know these things and be aware.

There is also sexual enhancement health. This is another category of sexual health that I'm putting outside of the ones that the CDC talks about. What is sexual enhancement health?

- This is stuff like ejaculation control. Ejaculation control has to deal with potency and how long you can hold an erection and maybe even being able to stay hard even after you've come once and do it again.



- Kegels which are muscle contraction exercises. I'm going to give you an actual regimen here in a second. I want to skip through and get these others out of the way really quick.

There is tantric practice which is another extension of or enhancement of sex. It's a spiritual practice. It's sometimes called Yoni massage. Yoni is this funky New Age word for vagina, so just recognize that. I think it's actually not just a New Age term. I think it actually might be an Indian word, but excuse my ignorance on that. It just always feels like a New Age term when I hear women here in the San Francisco Bay Area referring to themselves or their parts as Yonis.

Tantric practice extends the orgasm. It enhances the pleasure by extending the orgasm. It also channels the energy, which is an important part of this. It's a part of sensuality. Environment makes a big, big difference on how this is all perceived. With things like matching breathing during sex, being able to breathe in and out at the same time or off rhythm, so that you are breathing in when she breathes out and vice versa.

There is an element of locking eye contact. Sometimes it's only one eye like her left eye matches your left eye and you are only looking to each other's eyes with that one eye and it creates this spiritual lock between you.



Tantric practice is also about a long, slow build up, taking a long time to get the gratification. There are a lot of jokes about Sting and his wife, Trudie Styler, and how they have their wild tantric episodes of 48-hour sex. I don't know if they are true or not. I don't care. I don't have the time. Just recognize that most women and most men don't need that much time, but every so often, hey, spice of life. Have some fun with it.

Emotional and mental sexual health which is also a very important part of health, which incorporates your beliefs, and of course, the prevention ultimately is the best cure with condoms being the first thing. Oral shields if you have any doubt. If you are going to go down on a woman and you haven't been tested or she hasn't been tested, your best bet is you ought to be using some kind of a dental dam or oral dam to protect you, to come in contact with things you don't want to come in contact with. As much as you may want the sex, it's not worth dying for and it's not worth catching a disease for.

With bodily fluid or body fluid contact, avoid at all cost any obvious sores or any blood. Sometimes, during the course of sex, there is a little blood. Women tear a little bit, or for whatever reason, there might be a little blood. That's what you need to watch out for though. So again, another reason to work on them as you can't control these things. Prevention is always the best cure.

Skipping back up to ejaculation control, potency is a factor obviously and Kegels help you with that. Kegels are the contraction



pubococcygeus muscles, the PC muscles. PC muscles control the flow of semen and urine in your body. It also controls the firmness of your penis during erection, how hard you can hold it up. This is also good for men and for women. Women gain a benefit out of it. They get contraction control. They contract their vaginal walls during sex and during orgasm, and let me tell you, that it feels good on a guy. It's better control over your orgasms and ejaculations for both sexes. You will last longer and it will be a more intense experience the more you condition and exercise your Kegels. It's just worth it.

Now, where? Where do you practice this? Do you go to a Kegel fitness club? No, you do it anywhere basically you can, but the easiest way is to just stop your flow of urine. When you are peeing, peeing in the toilet, peeing anywhere or wherever, just contract them the muscle and stop yourself from peeing and you will feel the muscle that has to be engaged and you will be like, "Oh, that one." Because it's kind of hard to figure out which one it is unless you are actually doing something you can manipulate. So do that to stop your flow of urine.

Now, there are exercises that you can do for this.

- There is the clench and hold
- There is the clench and release
- There is the flutter

I've talked about some of the exercising Kegels in this program, but clench and hold simply means you clench that muscle and you



so if you are peeing, you are cutting off the flow and you are stopping it dead and you are holding it. There is the clench and release where you just kind of clench and let go and you start peeing right away again, but you manage to clench that muscle so you know which one it is. And then there is the flutter where you are able to pulse and contract the muscle on your own, and that takes a little bit more control and that's further down the road from most guys, so there you go.

When it comes to sexual health, there is obviously the disease side of it, but there is also the enhancement side of it, the side where you can improve and increase your sexual performance and ability with women, and you should also be paying attention to that. So if you've got the bases covered for protecting yourself, by all means, aspire to the upper levels of the pyramid and do better in bed with women, learn how to control your physical response and last longer for her.

Sexual Performance - 7

Dirty talk, it's one of those areas that a lot of guys are a little bit more embarrassed about than they are, but active about. I have to admit this is one of the weak areas of my sexual game, too, but it's a necessary one. Remember what I said about it being very aural for women, meaning that what they are taking through their ears is very, very stimulating, very erotic, very sensual to them.



Well, it's very effective with women. There is no doubt about it. That's why it's a necessary part of your game. Especially if you are trying to get more sexualized with women in conversation, you have to know how to talk about this stuff. You have to know how to bring things up. Now, obviously, dirty talk in straight conversation is going to be a no-no, but when you get to the bedroom, it's necessary.

There is a very strong language connection to a woman's sexual mind. It's something we mentioned before. Women feed and thrive off of being sexy and feeling sexy in the sexiness. So they have a very, very strong sexual component to their mind. It may actually will be more stronger than men. Remember, naughty is not crude or vulgar in a lot of ways. When we are talking about dirty talk, it can be naughty talk, too, which means it doesn't have to be profane. It doesn't have to use swearing or cuss words. It doesn't have to use body parts at all. It doesn't have to be crude. It doesn't have to be an R-rated reference. It can be done very subtly, very covertly in a lot of ways.

That's why again reading women's erotica is such a great thing to do because you would get an idea of how they use language in a very non-vulgar way. They use a lot of similes and metaphors and just different words for things like instead of him having a boner, it's his hardness, his manhood. These are ways that they describe things. It's meant to be this way because women don't want course or vulgar. They want the essence of the feeling of the experience. So it's kind of like a concentrated, filtered, essence of what that experience feels like.



So fantasy play, there is some fantasy play involved and you can use it in this way to use the dirty talk. In other words, I'll give you an example here for two roles. There are two roles in dirty talk. Use it as a dominant and the submissive. This is the way this usually works. You can see the reason that I talked this being very much about sexual dominance for men. Dominant means commanding. Submissive means asking for her approval or begging for more.

Now, you can play either one of these roles with the fantasy play of dirty talk when you are actually dirty talking with her. In other words, you can be dominant. You can be very commanding in bed like, "Turn over. Turn over. Come on, flip over." And just doing it in such a way that she's like, "Oh, yeah, okay." It doesn't come across as being bossy or weird in any way because it's part of the dominant role that you are taking. Just that simple thing "turn over" said in the right way becomes dirty talk. In normal everyday life, it would be like, "What, you want me to turn over the pancake?" There is no pure hold to the meaning. So again, it's not coarse or vulgar. It's simply commanding and dominating.

Another type of dirty talk is obviously the submissive side of it. This is where you ask for more of her approval. This is where you say stuff like, "So is that the way you like it? Do you want me to do that some more?" It's things like that. Begging for more, this falls more under the fantasy guidelines because if you make this too much of a regular role for yourself in bed with a woman, she's going to start to think you



are a wuss, so begging for more falls under the headline of “Come on, do it again. Oh God, it feels good. Do it again.” It’s things like that.

It’s very hard for guys. There is no doubt about it. It’s very hard for guys. We are not typically verbally playful. We tend towards being very literal and very commanding with our talk, whether it’s in the bedroom or outside the bedroom. It’s just the way we are built. We are not built for a whole lot of fluff or a lot of interpreted meaning into things. So that’s where you use that to your benefit when you are doing the more commanding or dominant role in the whole dirty talk thing, but it is difficult. I find it difficult, too, sometimes because you are embarrassed. You are like, “What, I can’t believe I said that.”

There is a great routine by Dane Cook where he talks about this. He’s like, “You know, I was in bed with my girlfriend the other day and you know how you get going and you just say some really crazy stuff. You want to dirty talk.” And then I said, “Yeah, that’s it. That’s it. Do it to my corn.” And he’s like, “Corn? Oh my God, where did that come from?” And the girlfriend is great because she just played right along with him, she’s like, “Yeah, I’m going to butter that corn. I’m going to butter that corn.” And as you can see, when you are in the heat of the moment, they will go along with it. It won’t be like, “What? Corn? What are you are talking about corn?” That would be a little bit jarring.

Plan ahead. Have a few things lined up to say before you get into the bedroom. This is the easiest way to do it. In this way, you don’t f



like you are coming at it from being caught off guard or just not being ready to handle the situation. Start out slow. Slow, meaning things like complimenting her. Compliment her on her body, her skills in bed or how things feel. These are the three things that are guaranteed each time, her body, the skills she has in bed or how it feels.

If you would compliment her on her body, you say, “Oh God, you feel so great.” Well, actually that more falls along the line of feeling there, so I have to come up with a different one I have to say. It’s something like, “Oh God, your ass is so... Oh man, I just love the way you feel in bed like that.” That’s more of an appreciation of her body.

The skills would be, “I love it when you do that. I love how you do blah,” whatever that is, whether it’s going down on you, whether it’s the way she touches you, whether it’s the way she moves, whatever it is. And how it feels really falls more under the sensation categories, your particular sensations, your experience of the sex and how it feels, “That feels awesome when you do that. You make everything feels so great. It feels so good inside you,” or things like that. They are less specific to her, the more particular to your experience.

So those three things are the basic on how to compliment a woman in bed. Even basic grunts are better than nothing like, “Uhm, uhm-mm. Yeah. I like it like that.” It’s things like that that you can find yourself saying pretty easily because it doesn’t take a whole big stretch to say it. So those are very good ways to also get verbal in bed without feeling like you are a total weirdo.



Then bring in her fantasies. Bring in some fantasy role play. You can do all kinds of things in there where she's the evil seductive witch or something, or she is the nasty schoolmaster at Hogwarts and you are Harry Potter getting it on for the first time, whatever you want to do. Hand it over to her with a question, but don't pressure her to perform. In other words, hand it over to her with a question like, "Would you like to do this? Or you want to get this? Or you want to like you want to go outside?" That's a great one for me because I love doing it outside of the backyard. Hey, it's just one of those things. I love the outdoors, man. I'm an outdoors guy. But you hand it over to her that way in a way that she can agree with or she can say, "Oh wait until later."

Because sometimes it's too much commanding if it's something outside of her comfort zone and she hasn't done it before, it's going to feel like a pressure to perform and that can shut things down for you. It will shut her down in terms of her experience, and if you are looking to give her the satisfaction she wants, that can be a way of holding things back. So hand it over to her with a question is the best way to handle that. If you want her to do something new, hand it over to her with a question.

Beware of these things, don't correct during sex. Don't make corrections. Women have very fragile self-esteem in the bedroom, so you have to be aware of that. If you are correcting her, it's going to feel really weird to her sometimes. Always correct her by showing



what you want, not the reverse. I talked about this earlier when I came to the whole getting in and giving head thing.

Correct her by showing her what it is you like, like if she's in a weird position and her hip bone is mashing against your leg because you are straddling her or some weird thing like that, you don't say, "Oh, don't do that, honey. That feels weird." What you do is you say, "Hey, let's flip over this way." Do you see how you can rephrase it in a positive way almost every single time? If you become negative or critical in the bedroom, it's probably one of the worst places to have that happen because it's a vulnerable zone for a woman. It's a very exposed environment and it's going to shut her down faster than anything else.

Don't get raunchy right away. This is another one of the don'ts. Don't get raunchy with your dirty talk right away. If you go there, when you've got, first of all, nowhere to go after that, but at the same time, it's too much of a shot. It's a little too jarring for women. So go in slowly, take your time with it. Start with, "Uhm, yeah, that feels good. Uh-uh." And then you start building up in there, "Oh yeah. Oh, put your hand there." It's stuff like that.

Don't use it as the first part of your foreplay. You must have some reassuring touch in there first. So you don't want the first thing to happen as you walk in the bedroom and say, "Okay, bitch, take off your clothes." But actually, that might work in certain situations. It depends on how well you know her, but you have to have some



reassuring touch in there first because she wants to know that she's accepted first and she can feel safe, then she's going to go along with it.

Remember, she always has to be comfortable first, and of course, as always, no disrespect. When you are banging away, you don't say, "Oh, you filthy slut, you like it like that, don't you? I bet when I'm done, you want me to poop on your face." If that's what you are into, okay. If it's something she has expressly requested, maybe, but even then, you've got to always be respectful. Don't call her a bitch unless it's part of the fun, little thing that you agreed to in advance, and if you talk about these things in advance before you go into the bedroom like you've been dating this girl for a while and you say, "You know what, let's try some really edgy dirty talk tonight and just remember that anything I say is not meant to be mean or mean spirited. It's just part of the role play." And again, you have a safe word so you can break out of the fantasy at anytime. Use it that way and it's okay, but just out of the blue, it becomes disrespectful.

Keep a safe zone in the bedroom. In other words, you don't bring things that happened up in the bedroom outside of the bedroom later on. That's just your separate little environment if you happen to slip and say, "Oh, it feels like corn," and that's okay. If she says, "I'm going to butter it, baby," then that's okay. That was in the bedroom. You don't have to bring it up later unless it becomes something you both can laugh about.



Use chat. I like using this because chats and chatting online is a great way to practice because it's kind of like your imagining the dialog on a printed page. It's like you are reading a dirty novel or you are reading a dirty book of some kind and you are seeing it written there and you are writing it as it happens, and it gives you a little interactivity, too, because you've got to have that interactive playfulness. You say this and she says that. What do I say to that? You plan your responses accordingly and it makes sense that way. So use chat for practice if you like. There are lots of women who would love to do this stuff online, believe it or not. Maybe not leading into meeting up and having one of those adult friend finder sessions, they just want to have fun with dirty talk online. Hey, you'll never know, but you've just got to be careful because there is a good possibility it's some dude living about four doors down from you who never even left his house in the last six years. Just keep that in mind, so that's a primer on dirty talk.

Toys, what's the scoop with toys? Well, toys are anything you use to help you play in the bedroom. It's pretty much it. It's anything. It could be anything. It could be twist ties. It could, for some people, just plastic bags. There is just a crazy amount of things people use as toys. It's anything you accessorize with to enhance your enjoyment in the bedroom.

There are three typical kinds, though. There are the kinds that delay, the kinds that accelerate or assist, and the ones that give you variation. Let me explain that, so the first kind of sexual toys



delaying toys. These are toys like cock rings, desensitizing lotions and things like that that take away all sensations. Most women don't look to slow things down any, so there are very few of these for women. It's almost all for men to keep them under control in the bedroom, so that they don't come too fast so things are in a reasonable pace and time schedule. Those are the delaying ones.

The accelerators are the ones that hurry things along a little bit. These are typically for her. It's things like vibrators. There is something I want to talk about with vibrators. I'm going to come back to that in a second. There are massage oils. There are dildos and stimulators. There are masturbation kits. There are anal toys. There are pumps and there are meds.

With vibrators, the thing I want to tell you about is beware of acclimation. Women that have been using vibrators for any period of time get very used to that form of stimulation and can sometimes find it more difficult to get off with simple touch. It's a fact of the matter that women will find it more difficult to climax if they use a toy like that frequently, and you need to be aware of that because it's going to impede your performance and you don't want to not know what's going on in the background and then suddenly feel bad about yourself like, "Man, what's wrong with me? I couldn't get that chick off." Well, it wasn't you, but it was her using those toys.

Then with meds, what I want to say about that is, of course, the big three. It's the ones you always in your email inbox. There is Viagra



Levitra and Cialis or however you pronounce that. I don't know. I don't use them, but they are a very viable tool for the bedroom. I mean, you pop one of these pills and you can be going at it for a long, long time. Be aware though, you may need a full dose, and also, please be careful and safe about where you acquire them. Don't just acquire them from Joe's Viagra factory down the street or something that somebody pulls out of their lengthy pocket, "Do you want a Viagra, dude? It's ten bucks." But the pills do work. I'd be clear on that. These pills do work. They don't make your dick bigger, but they will make it hard for as long as you like. So it's accelerating and assisting toys.

So we've got delay, accelerate and assist and then we have variate. By variate, what I mean is give variation to your experience. There is variety in your experience with things like lingerie and clothing, porn, bondage and fetish toys with things like anything from feathers that you use to spanking paddles and things like that. You've got dolls. I love dolls. I remember walking in for the first time into an adult store and seeing the first inflatable sheep I had ever seen and I was like, "Well, okay." There is a little bit of everything out there. There are games. There are great card games you can get, great board games you can get to kind of enhance your sexual experience. Books are another great tool because it's educational, erotica, dirty pictures or whatever you like, you can get it. So those are the three kinds. If you find a need for anyone of those, rest assured, you've got it in there somewhere.



Resources, I'm going to give you a couple of resources that you can go to because primarily with toys, there is not much I need to tell you here. You pretty much probably already know what and if you do need any of these, and if you want to throw them into your mix. I was 19 or 20 years old when I first started throwing these into the mix, so I got started on it early and they worked out good, so it's worth doing.

Okay, so with resources, the first one is GoodVibes.com, www.goodvibes.com. It's good vibrations. They have stores, also brick and mortar stores around the US as I understand. I know they are here in San Francisco, but I'm not sure where else they are in the US, but I know they exist and you can also get to them online and that's all that matters. Also, www.sextoy.com is another great place to go. There are others out there in the internet. Please don't think, by all means, these are the only two that you can go to. If you are looking for something very, very special or unique, you can pretty much find them on any of these sites. They are all going to be about the same. Again, when it comes to your sexual health, though, buy quality. It's probably worth saying that you don't want to buy something cheap that could break and cause harm in some way. It's just a thing to think about. All right, so it's sex toys.

Let's go into now with positions. I'm not going to cover every single position here because as part of the bonuses in this program, you are getting a book on those positions, the Kama Sutra, and it illustrates a lot of them. There is a ton of them. You can invent them. You can literally pull them out of your butt, but some of the ones you are going



to get are this typical missionary, the guy from the side. These two that I have like right here are actually important because they are most pleasurable to the woman. They give her the most clitoral stimulation.

It's a very important thing if you think about it, because if you are getting somewhere and she's not getting anywhere because there is a lack of stimulation for her, well, it's going to take a long, long time. So this position is a good one. This one is good, too, because it allows manual stimulation with your hand, even though it's kind of side straddle, but it allows her to press her thighs together and kind of force pressure against her clit. So these two are very important, but there is a ton of them, so don't worry about that. Again, the reference to the Kama Sutra is included in this program. Use it. You can even read it. I'm not so sure that the prose in there is going to be worth a whole lot of attention, but there is a lot of good stuff in there.

Improvise. Make it flow rather than being a big interruption and adjustment. When it comes to sexual positions, make sure it's part of the flow. Things are moving. Things are fluid and in motion from when you first start undressing her to when you start moving into the downright do the dirty. Make things flow as a natural progression rather than suddenly being like, "Oh okay, here, get up and then go down in a pushup position and then I'm going to hold you like a wheelbarrow and I'm going to plow you from behind." That's kind of out of the blue. It's a little bit radical. I used to do that and it's like weird. It's because you are like totally getting freaky with this stuff.



unless you need it. Because like I said before you can use sexual position changes as a way to delay yourself or to slow yourself down, but again, make it flow if you can because it makes it more an enjoyable experience for her.

Use pillows. I can recommend this enough, having a lot of pillows to use when you are in the throes of fun time. You just can't have too many because what they do is they support. You can use them to prop her up. You can change the angle of entry, putting them on the small of her back. You can use them in a variety of ways that really do enhance everything and help things go for you because you don't want to be supporting a woman and having to hold her up, then it becomes an athletic exercise, and I don't know about you, but I'm not into sex for the burning 10,000 calories. It's just not my gig.

Keep her stimulated. Make sure that you are keeping her moving throughout the process. When you are changing positions for whatever reason, keep the stimulation going, whether it's caressing touch or whatever it maybe. Don't make it sudden and jarring and keep her stimulated as you change.

And do you know what? Get in shape if for nothing more than just to be able to do all the positions you want. If you are out of shape, if you are a little bit flabby, perhaps overweight, then you've got to think that's going to limit you in the bedroom in a lot of ways. You're not going to be able to do the things you would like to do. Some of the



positions that you might want to do, in fact, take some stamina, so keep that in mind.

Don't go crazy on positions the first time you start changing them. The first time you sleep with a woman, don't go throwing 30 different positions at her. Just recognize the first time can be very relaxed with missionary or maybe a cowgirl or maybe a little from behind, but don't go crazy. Again, use position changes to slow things down, to get yourself break from the action for a little bit and get control again.

If she's close to climax, don't change positions. Remember what I said, the thing the woman needs at that point is a 20 yard dash. She doesn't need any crazy obstacle course. So make it very simple and straightforward. Stay with whatever you are doing if she's getting close.

That's the fast and simple on positions. There is really not a lot to talk about there. Just keep in mind the things that you can learn a whole bunch of positions and there are all of them out there. Not to say that at a certain point, the positions become a little bit whacky because there are only so many places. I have to say that at a certain point it becomes a little bit overkill because there are only so many ways you can put two human bodies together. It's not a very complicated puzzle. You can try a variety of things and rotate through them and never really run out.



The purpose in sex is the intimacy eventually, tough. If you are with a woman for long enough, it's not really about the changing of positions to give her a variety, although you want to throw that in, it's the connection you establish with the person, and I really don't want to be lost on you throughout this program because a lot of guys are going to think, "Oh, I've got to throw in all these extra things, these extra recipes. I have to throw in toys. I have to throw in this and that and dirty talk and all that." At the core of all the things I'm talking about and any sex therapist or person will tell you this, the core of it is really the relationship that you have with the woman because that's going to be the part that's going to give you the most satisfaction you can give her, the most satisfaction overall. That's the most important thing to remember, so positions just become a peripheral aspect to that.

Public sex, on the other hand, this one is a tricky one because I've got some friends that are into this stuff. Having public sex, I have to tell you right up front, is illegal in the United States of America. It's considered lewd conduct. There are fines and there is possible jail time involved, although not likely. Most cops are just going to be like, "Dude, move on. You two go and do this somewhere else. Go and get a room." They are going to be pretty lenient on it, but recognize that if they really want to be a hard ass about it, it is illegal in the United States of America. I just have to put that up front.

In other countries, however, it might be different. It might even be more strict or it might be less strict. I think in the UK, it's becoming l



strict, believe or not, in public. You just cannot be doing it at any place that children could be seeing you or deliberate voyeurism and things like that, but you can do that. And also, look for clubs where you can do it in public, in private. In other words, there are clubs where you can go to have sex in public, in private, like in a house or in a room or something like that. Just like that freaky scene in *Eyes Wide Shut* with Tom Cruise and Nicole Kidman. It's in one of those wacky little things where we do enjoy it in some weird way the possibility of somebody seeing us doing it or catching us.

Think accessibility. If you are going to do this, you've got to have her wearing a dress or something that's easy to access. She can't be in jeans and you have to like get the jeans off because what if you are surprised or what if something happens and she's got to get her clothes back on in a hurry. You don't want to have to deal with that, so again, with something easy access. Typically, a dress is the best thing.

Think patios, balconies, backyards. Those are great places to go because, well, you can rapidly get out of public sight and get into privacy if you have to.

Public bathroom is one of the ones that a lot of people gravitate towards. There is a certain element of hygiene here to be considered. Please keep that in mind, but at the same time, public bathrooms can be an erotic turn on for some people. It's maybe because they just have a big tile thing or what. Hey, I've done it in clubs that way.



At night on the beach, hey, that's the classic romantic one. Just be careful of that sand.

Parking, in the car, but actually combine this. We actually did it in the car on the beach. We had a jeep and we are off, and this is in Texas and then yeah, we got caught, but hey, it was fun. Parking in a car is a good way.

Cemetery, yeah, this one is a little bit different. I know a lot of guys are going to be like, "Oh my God, it's a little bit freaky." I did that one when I was a teenager and it is still one of those areas that it's borderline. It's a little bit weird, but it actually can be pretty fun if you've got a girl that's into it because again you are looking to have a different environment that gives you a little bit of a thrill.

Rooftops are also popular because they can be seen from certain people on other rooftops or other angles or perception, again, it's a turn on.

There are some don'ts though about this because this is particularly important. Don't do it at your office. Don't put your job at risk. There are security cams. You can get fired. Don't put yourself in risk of getting into any kind of situation like that. I've got to tell you, I have done that before, but I did it in a safe place and I had to really think about it on Monday morning, "Wait a minute, was that conference room really secured? I mean, could anybody possibly



have recorded it in there?” I literally looked over the entire room hoping there is no security cam because I was that paranoid. And I told a co-worker of mine, this girl that I knew, and we are in the middle of the meeting and she’s looking at the table, rubbing her fingers on the table, and she’s like, “Here?” And I just kind of shrugged at her.

Get creative, but then get yourself arrested. That’s the bottom line. Get creative, but don’t get yourself arrested. Public sex can be a lot of fun, but you’ve got to be creative about. Be careful about it in such a way that you don’t expose yourself to any kind of legal or any kind of repercussions that could affect your job or your life and other ways. Trust me, it’s not worth it. You will be there going, “God, why did I do that?”

Strip clubs, oh, strip clubs. We will be back from strip clubs.

Sexual Performance - 8

Strip clubs, it’s one of those great environments that every guy has had a little bit of experience with, some of us more than we’d like to admit. Warning, there are some dark arts herein. In other words, I’m going to be giving you some secrets and some information about strip clubs and the women in strip clubs so that you can understand how you might get a little bit of fun going with them.

This comes from past experience as well as some great stuff that I've learned from other guys in this field. I don't typically do this anymore. I'm not a big fan of strip clubs per se. I don't like the environment itself. I don't like a lot of the personalities that are drawn there. Just overall, it's just a weird little thing for me. I don't know, and it's just me. I'm not saying that anybody who goes in there is weird. I just don't. It's not an environment that I particularly find fun to go to on a regular basis, but there was a time when I had some friends who did, and as a result, we learned quite a bit about how to behave in that environment and how to get a lot of the success there as well. So again, a warning, these are dark arts.

First of all, the big mistakes about going to strip clubs that I want to make sure you understand, sitting in the creepy zone by the stage, and that's the creepy zone. If you are looking to get some action, if you really do want to be a player in a strip club and be able to pull in these women, which is very possible, by the way, very, very possible, you've got to stay away from the stage. It's the creepy zone. The girls there, they just know, "Is that guy waiting to throw money at me and just stare down into the holes of my body?" It's a little weird, so don't sit there.

Paying women for anything in these places, including lap dances, is a no-no. It's a big mistake because you become a customer. When you start becoming a customer in that establishment, you change. You become a different kind of person. There are only two kinds



people. There is the customer and there is the everybody else. The customers don't get banged by the strippers in that place. It's just a very clear fact of life.

Don't call her a stripper. I had this girl, Stephanie, that I used to date really educated me on this one. You don't want to call her stripper. They want to be known as dancers, exotic dancers or whatever, but they don't want to be called a stripper, so don't do that.

Using her strip club name is also a big thing because it means you are buying into the fantasy in a lot of ways, so using her strip club name is a big mistake.

Asking boring and stupid questions of her or the stuff that every single guy that comes in there asks of her is something to watch out and avoid for. Again, it does not separate you from the rest of the pack, and that's really what you want to do. You want to be this sophisticated guy. Well, sophisticated might be a bit of jump here, but you want to be the guy that's not asking the dumb stuff like, "Oh, how long have you been dancing? Oh, really, are you going to school?" It's the stuff that she hears all the time. It's the same stuff that applies for regular women. You don't ask the boring questions because you can't be slotted that way right away.



Being the knight in shining armor is another one that is important. The “I’ll get you out of this place. I’ll take you and save you,” that’s what I call the *Pretty Woman* syndrome where you want to become Richard Gere and save this girl. It’s not going to happen, dude. Don’t get all lovey-dovey. Don’t get into this saving mode of you are going to take her out of this world and show her the world. It’s not going to happen.

Staring at her and being lewd while she’s naked. No ogling. Don’t ogle her. In fact, the best things I’ve ever found is when you are in these places and you are talking to the girls because a lot of them are nude while they are talking to you. They are at least half nude. You are just not doing anything, but make total, complete and calm eye contact with her. Your eyes never go down. They never look at her body. You are always making eye contact like she’s the only woman in the room. You treat her basically like she’s fully clothed and you are on a date with her.

It’s going to really have an interesting effect because she’s going to be like, “Wait a minute, this guy is not like checking me out and lusting over me. He’s not like ogling.” It’s not weird and the weirdness of it comes from the fact that you are not going to be acting like her typical customer would and it’s not weird at all. What it is it’s very differentiating trait. So keep that in mind, no ogling or obviously staring at her naked.



Take women there if you've got some strip club game. In other words, if you have a little bit of game, going to a strip club with a woman that you know is a great thing to do. They actually get pretty turned on in these environments, but again, you've got to kind of clear it and build up to it slowly.

It's a great threesome trigger. If you want to get a threesome going, sometimes this can be the kind of environment that will get it going for. It gets her excited. It gets her interested. And of course, refer to my special sexual expert section, the sexperts, on threesomes with Brad P. He'll give you some great tips on how to get that going. One of the best ways to get a woman hot for you bar none is to take her to a strip club if you can.

Strippers are very exploitable. This is the hard, cold fact of the matter and that is that they are very exploitable. They are in a very consistent environment, which means that the rules don't change very much. It's always the same way in there. It's never different. So the consistent environment gives you a very constant frame of reference from which to use techniques, use different things. There are actually programs out there for nothing but stripper game, and if you are interested in that thing, I highly encourage you to look at them.

It's a competitive environment. It's a very competitive environment, so get the strippers to compete over you. It's a great way to build up



some attention and interest from a stripper. She's got to have a reason just like any other woman would to show and pay interest in you. So get them to compete over you. Become the prize. You've heard this before; become the prize in their little environment.

Predictable behavior, here is the predictable behavior of the stripper that you can count on and this is the stuff that you can use to your advantage. Again, I don't encourage exploitation in any way. I don't encourage guys go out and hurt women in any way. You've got to remember she's got an act. The stripper comes up with an act. It's a persona she adopts for that environment. It includes her name. It includes her particular dancing style. It includes who she is, and she creates this persona to basically kind of separate herself a little bit from what she's doing.

She knows she's judged. It's a very judgmental environment. If she were to go out and tell people she was a stripper, it will be looked down upon, and you know what, chances are her family doesn't even know she does it. There are people in her life who doesn't know this goes on behind the scenes.

Sex is everywhere in this environment. It's all about sex. There are people who are getting sex there and the environment is built around that. It's totally based on sex, so sex is everywhere. It's very money based. It's very materialistic and she could be also very money based

and materialistic. The reason she's doing this job is to make a lot of money.

Rule breakers. The type of woman that becomes a stripper is a rule breaker. She's one of those types I was talking about before in typology. She's not going to be the conservative follow the rest of the sheep mold, but she's going to be a rule breaker. She also has probably at least some inclination towards bisexuality. She hangs out with other strippers because they are the only ones that are going to understand her situation. It's the same reason that actors and actresses marry other actors and actresses. It's because they understand what the lifestyle is like.

Strippers are secretive. They are very discreet. They have a very distinct hard line, these little hard walls they set up inside their head that allow them to partition off information from their personas that they have to use. The real life girl, if you can get behind that wall, you are going to totally melt her and you are going to get to her, but at the same time, you've got to recognize that they are very secretive. They are going to put a very, extremely strong padlock on that vault.

And they love drama. They love the drama because they have to deal with it everyday. They will tell you otherwise, but they love it because it's part of the environment and they have to learn how to negotiate it. I mean, that's a fact that a lot of strippers simply hate each other and



as part of going into these establishments and whether you want to try and sleep with some of the strippers or you just want to have fun there or get occasional action from them, you've got to be able to pit them off against each other in some ways, which might sound a little bit mercenary and a little bit negative, but that's what we do with women all the time anyways, and women do it to men all the time. They do it even more in the real world outside of strip clubs. So having a little bit of competition is always good. As we know from the free trade environment, competition is always good and monopoly is never good for the consumer. That's my justification, so there are some things to understand about strippers and their behavior and the environment that they are in.

Stripper game massively increases your social proof with other women and especially with other men, so having some game with them, having an environment that you can go to, and even bringing professional relationships if you have like if you are a salesman. You can bring other guys there on whatever. If you want to bring them there for lunch or something like that as kind of like all recreational, get-together meeting, I think that some salesman typically use it as a way to kind of emotionally blackmail some of their potential clients, but hey, that's what you got. But recognize that having game with strippers massively increases your social proof with other women because you are dealing with a particular kind, a particular facet. It's like a cross-section of most women.



I think there is a little bit of stripper in every single woman, and understanding that and knowing how to deal with this cross-section puts you in a better position, not to mention if you go there with other guys and you have game and the women there know you and you can play them a little bit, it could do. That looks so powerful.

Again, this is outside the scope of this program. I didn't want to go into much detail here, but I wanted to give you an idea of how to handle the environment and how to understand it. If you want more on this topic, let me know. Obviously, I can always provide it to you. I don't think it's one of the big topics for a lot of guys, but if it's something you are interested in, I can definitely pull together more information and give you a complete package as well as recommend other guys. So that's the big deal on strip clubs.

What about threesomes? Well, first of all, there is caution here. I want to caution you on this. There is another section in this program on threesomes. We are going to go through the basics here. While this is a huge male fantasy, there are few men that can please one woman, much less two women. So you have to have a lot of confidence going into this situation. This is a little bit more advanced game. Otherwise, this is going to just stay a fantasy. If you don't have the confidence, this is always going to be a fantasy for you.



So keep in mind that, yes, you do have to perform. You don't have to perform to a level you might imagine in a threesome. It's not like it is in the porn movies where you are banging this one woman while eating another woman, then you turn in and you switch them over. It's not like that at all. As a matter this is more of an experience for the women than it typically is for the men. Typically, the threesome situation that most guys want anyways is a man with two women. If you want the other situation, that's another game entirely. In other words, it's FMF, female-male-female.

One woman is typically a girlfriend or partner or somebody that you have a little bit more of a connection with, but again, it's better done with fuck buddies. It's the best base for a guy to create a threesome event typically because you've got somebody that is going to be a little bit more willing and it's going to be a little bit more a known than an unknown than trying to bring two unknowns into an equation. You know how that works in math.

Remember that women are naturally bisexual. Women have a natural bisexual inclination. I don't believe this is the same for men. I believe it's only this way for women, and for what reason I'm not entirely sure. I don't know why this tends to be. I don't have any real good evolutionary clue for it. I think some of it may have to do with just how close women are and had to be in the past anyways, so they don't have the same barriers to this sort of thing that a lot of guys do.



The rules of threesomes, I'm going to give you the rules and I want you to remember the rules and I want you to know them and understand the. Number one is to know their rules. In other words, know the rules of the other women. Respect the limits that they set for you and the best terms possible is that just let the women set all the rules for it and you just put your hands and then go, "Hey, look, you know, if it happens, that's great. I'll go along with all this. I think it would be cool, but you know, it's all of what you want." If it becomes too much about what you want and she's doing it for you, it's not going to work out the way you like. I'll tell you that right up front.

Give 200%. This is important. Most guys think it's just to lay there and receive the situation. It's not. It's just the opposite. It's a cycle that typically involves attention that rotates around a little bit and a lot of it is between the girls satisfying each other as well. But be willing to give 200% to the situation to make it work and to make it happen to make her enjoy it.

Keep yourself occupied. There are going to be times when you may not be the focus of attention. Are you going to be like, "Nobody is touching my pee pee." No, it's can't be that way. If they are in to each other, you help the ladies out a little bit. If the girls have a little bit action going and they are exploring it, by all means, you go for it. That's part of the allure of the threesome, isn't it? Same two chicks together, come on. So don't just sit there and stare and just be like,



“Huh?” If you have to, you are going to have to bluff yourself or keep it going for yourself.

One of the things to do is also to keep track of who is where in the process. This is something that’s not usually talked about; otherwise, you are going to get lost. Now, what I mean by this is one girl might be really, really into it, another girl might be kind of more difficult of the two to get into it. You may have to pay a little bit more attention to her, but at the same time, the other girl might be the one that’s pretty close to orgasm and you might have to like help get things going there, and of course, with yourself. So there is a lot of attention and focus here and staying in the zone and relaxed so that you don’t lose your edge, meaning lose the boner, it takes a little bit. It takes a little bit of comfort and understanding of yourself and basically not going to be freaking out in the environment. That’s the part I think a lot of guys lose. So keep yourself occupied is rule number three

Number four rule is to penetrate with caution. Pace yourself. You’ve got to have some good cock control here. I mean the prospect of having two women to poke, it’s a pretty cool thing and it might throw you right over the top. And if for some reason, if you should come first, you need to finish for them. In other words, if you finish the game, you are still in it. You are still playing because they are still in it.



Penetrating with caution also means that you need to be careful about just sticking in anyone of the chicks. You've got to have rules about this in advance. Some girls will say no, you can't kiss her or no, you can't fuck her, or no, you can't do this or that. There is always a rule. There is always some stipulation and that gives the woman the feeling of control that they need, and that's okay. Penetration becomes a big part of that because if it's your girlfriend and this other girl is in the mix, she's going to become jealous. There is no two ways about it, so obey the rules.

Safety, the number five rule is safety. Use a condom always, always, always, always. Very few women will be comfortable enough to let you probe both of them with the same bareback dick. It's a pretty crude way of saying it, but it's true. Very few women are going to be comfortable enough to let you do that. You would have to know these women for a long time and there has to be some kind of exclusive arrangement, but even then I seriously don't think so, so remember, condoms are a necessity. Buy the big, bulk pack or whatever.

And as an addendum here, let your girl pick and set the boundaries. I said this before, she has to pick the rules and choose the rules. Let your girl be the one to do that because it's all about that. If she's not your girl, if she is just like some girl that you see on occasional basis, even still, it's a good idea to kind of let her set the rules on that. But then again, there is a way to do this where you may not be able to give



her foreknowledge of it and that's something we talk about in the threesome section in the sexperts.

Also, after the rules, there is something you need to know. It's good to use a sexy acquaintance, not a friend. Friends can get a little weird, so trying to pull friends into this stuff rarely works the way you think it would. Sometimes, it's not working at all. She has to be emotionally strong, not needy or insecure. That can be a little weird, too, if you do the arranged interaction. You have to be emotionally strong. She has to be as well. There can't be any real neediness there and insecurity because it can get weird quick.

You can try one of those no-strings websites if you like, but you have to be very careful. You've got to really screen the women and the people that you meet on these things. Ask a lot of questions as part of the screening process. Let your woman or if you have a girlfriend and this is something you are trying to set up this way, let her do the screening for her comfort. Again, it's her comfort. She can do the interviewing and the talking.

You can still play a part in this, but again, know that this is something that can be perceived as a gift to you, so you have to be extra accommodating. And remember that you might awaken the monster. Do you know what the monster is? Some women just get very into the whole bi thing and they get very bi curious and just want to keep



going with it, and you might awaken that with the setup of the threesome. It's one of those possibilities you've got to be aware of and prepared for.

All right, so those are the cursory rules of threesomes and how to handle them. Setting them up is something we talk about in my interview with Brad, so go to that section, and we are going to move on now to BDSM. What is BDSM? BDSM is bondage, discipline, sadism, masochism. There are different aspects of a certain facet of freaky, if you will, in sex. Dominance and submission is another one of those little sub-categories when we are talking about bondage and discipline, and it's dominance and submission. That's D&S. That's a whole different little category. Some people think that the bondage, discipline, sadism, and masochism include that. It does in a way, but this is a little subset.

It's always about power. BDSM is about power and the power play within the sexual dynamic. Around 10% of hetero men and women are into this. It's one in ten or would like to at least try or to kind of throw it into the mix at some point or another. It's typically stronger in lesbian populations and gay populations. In other words, more gays are typically into it and lesbians have basically said that they are into it.



Two-thirds of women want to be at the mercy of their partner at some point. Let me say that again, two-thirds, that's over 66% of women, want to be at the mercy of their partner at some point. And 69% admitted to fantasies dealing with sexual submissiveness. Think about that for a second. It think that has a lot to say about modern society and how women perceive themselves on how they want to kind of remove some of the shackles that have been put on them. Actually, the shackles have been put on them recently in terms of how they are expected to behave and the sexual desires are expected to want. So remember, women do have this natural desire to be kind of dominated in the bedroom sometimes.

It's a continuum from being dominant on one end to being submissive on the other, sometimes to the extreme, and the extreme can be pain, it can be humiliation and restraint. These are the extremes of the domination spectrum.

I've never gone into that. As far as I've gone, it's been a little bit of spanking for the pain. There has been no humiliation. That's one of those areas that kind of falls into the respect zone for me, and then restraints, well, yeah, I have tried that before with the handcuff thing, so that could be fit into the mix. The controller is typically at the top and submissive is usually the bottom. You've probably heard that before, tops and bottoms. It's not just a gay term. It's also a very relevant term in this particular community. It's a continuum of submissiveness to dominance. First of all, it's safe and consensual.



That's the most important thing. That also keeps it legal. It needs to be safe and consensual, of course, for the legality, and first and foremost for that.

Safe words, we talked about that. You just use it to halt things if it gets to be too much. Have a word picked out in advance, like Bananarama or Kajagoogoo, the 80's bands, for some reason, made great safe words.

The less you know the people you play with, the more you have to negotiate. The idea here is if you have this particular need and you want to have experience it with certain people, you have to have negotiation. In other words, you have to know where people freak out. You have to know their limits. You have to know what it is they expect with the situation because you are going to extreme territory here.

This is not your average sex play. It can be very risky, so you have to create a safe zone and it might involve more people being involved in your scenario. It's important to understand, so know those freak outs in advance and make sure you know the people as well as you can because there is going to be a lot of negotiations. There is going to be a lot of, "Look, I don't know you that well, so we are going to have to play by these rules."



Complementary, but unequal, what do I mean by that? Well, sometimes, some people can switch. It's a complementary role, meaning there is usually one dominant, one submissive, but they can switch it up and it can be the other way around. It's a lot again of power play more than anything else. I can also happen what are known as episodes. Episodes are your scene or your session. These are also alternate names, so the actual event of engaging in this is considered an episode or a scene or a session to say another terminology in the lingo.

The use of pain, this is one of those things in BDSM that we all kind of experiment and play with a little bit.

- There is the hot candle wax. I particularly remember that scene with Madonna and I think it's Willem Dafoe in some freaky movie where she poured hot candle wax on her body.
- There is pinching.
- There is whipping, not like the tear the flesh whipping. It's usually just a light whipping.
- There is spanking, sometimes with paddles, sometimes with hands.
- Biting with a little bit of teeth.
- Scratching.



- Electrostimulation, sometimes a little bit of shock play with ice cubes because ice cubes can also be considered a little bit of a pain stimulant.

So there are different ways of engaging and using these. You do all sorts of kind of freaky little things you can think up on your own, but these are some of the more common ones that can be used and thrown in, so from time to time, you can see and engage where your girl is at with it and throw them in with a little bit of biting. There is a certain aspect of us. We all like to bite a little bit. There is something about the flesh that makes you crazy. You can just like take her arm and just go, “Grrr. God, I just want to bite you a little bit.” And you don’t do it hard, but you play with it a little bit and she will be like, “Oow.” And you kind of gauge from her whether or not she’s willing to even play in that zone.

The use of bondage, again, with things like handcuffs, ropes, chains, you’ve got to have a safe word here because you are putting a person under restraint and that could totally freak somebody out where they suddenly feel like they are not safe anymore. So those are different ways of using that.

Some of these can actually reflect psychological disorders that may need attention in some people. It’s just to keep you aware of that. It’s not always freaky. There are nutcases that are enjoying this, but

that's not I'm saying at all. What I'm saying is that it's not illness unto itself, but some of these desires that we have can reflect a little bit of around edges of her own neurosis if you will. I dated a totally normal girl who had a little bit of freaky edge and the freaky edge I could tell came from her upbringing and how restrained she was and how constrained she was in her sexual understanding, and so she wanted to like break out of that and really get there.

But she also had a part of her that was also believing that she wasn't worthy, so the occasional spanking kind of played into that fantasy a little bit. It's really interesting how much psychology you will learn from things like this from the ways that people behave in the bedroom. It's much more psychological than most guys realize. It's not just the function of an erection. It's a function of psychology and interaction.

Fetishes or sexual fetishes. Sexual fetishism or erotic fetishism is the sexual arousal a person receives from a physical object or from a specific situation. So you can have different kinds of fetishes or different kinds of things. There is a spectrum of intensity here, too, from kinky to a psychological issue of distress, which is called paraphilia, by the way. This is called paraphilia, and there are different kinds. I'm going to give you the examples through kinds.

The different kinds of fetishes:



- Foot fetishes are very, very common. I think the most common fetish is foot fetish where you just dig chick's feet or vice versa.
- Hand fetishes where you just totally like are turned on by the look of a woman's hand or feel. There is something about it. You can't understand why, but you love her hands.
- Her hair.
- There are mannequin fetishes.
- There are diaper fetishes.
- Being covered in dirt fetishes.
- There are other objects like animals, furniture, frogs and glue.

I'm not saying this to mock people. We all have our little freaky edge and there is an extremely big variety in this for some reason. Everybody has something odd that turns them on from time to time. Do you know what mine is? I bet you do. Mine is intersections. No, I am not talking about the kinds with green lights and red lights on them. I'm talking about intersections of the body, like where things come together like where the butt cheek ends and the leg begins. It's that little intersection. It's that crease of flesh there. Crease of flesh sometimes on the hip, under the boob. For some reason, that sounds like an area of fascination for me. Yeah, even toe cleavage is kind of technically an intersection like I had a look at it a couple of times going, "Hmm."



Cleavage is a perfect example of an intersection that makes you go, “Oh.” So there you go. A little bit of maybe TMI for some of you guys, but everybody has got a little something that just makes them go, “Wow, that’s kind of sexy. That’s interesting. I don’t think mine is a little freaky. I’m not into freeze or anything like that, but there is a fetish for just about everything, and there is actually probably a group of people right now on the internet writing about it. So if you are interested, you just look it up. It’s that simple.

And the last category, I want to kind of go through this today with you and finish this up, is open partnerships and multiple relationships. You have to recognize that non-monogamous relationships are simply not accepted by common society. It’s a fact of life. Non-monogamous relationships, meaning open relationships, are just not accepted by common society. Most people are like freaked out by it. Monogamy is the rule and the programming is very deep in our society for this. It comes from a religious and cultural upbringing. It comes from her friends. It comes from her families. It’s just one of those things you are going to have to recognize. If it’s something you want, it’s going to be very out of the norm for most people, so you have to figure out how you want to communicate with and about it.

Sometimes it’s called the rotation or circle having certain number of partners. It’s a rotation or circle of people that you have in your harem, if you will. There is a certain amount of attitude you have to bring into this. Ninety percent of this situation is just the attitude



the boundaries that you set going in. If it's the expectation and you are very confident and you are congruent with it and you own it, you are going to be able to get it. But if you are not, it's going to be a difficult thing for you to obtain. Most men just roll over and commit to a woman to get sex. They become monogamous to get a woman to give them sex on a regular basis. This is something you have to absolutely understand. Again, it comes back to the attitude in all aspects of this.

You have to be getting regular sex from multiple women to gain the right attitude and perspective to create this situation. You've got to have at least two women in your life that you are seeing and not committed to in order to really be able to work yourself into a multiple partnership situation, and you have to be willing to break some eggs. You might have to be willing to lose one of the women because you won't be able to play monogamous now and then change the rules later on. In other words, you can't be monogamous now and say like, "Yeah, yeah, it's just you and me, baby." And then later on say, "You know what, I want to open things up a little bit."

It's a difficult transition to make. It's a very difficult transition and very often it's only made to save a marriage in a lot of cases. Because you will lose women who have a monogamy focus. There are a lot of women or most women that want the monogamy because they want to know they are going to have one man to provide for them if they decide to marry and have children. It's just a simple fact of the



matter. It's very logistical beyond what we think in terms of emotions.

You have to have a strong and grounded belief in your desire to play the field like this in order for you to be convincing enough and pull off the attitude and get women to go along with it because they are going to look to you for the leadership and the only way that you can provide that is to be totally congruent with this from the start.

Don't lie. "Hell hath no fear like a woman who cut your dick off for cheating," it's one of my favorite sayings. Hell hath no fear like a woman who cut your dick off. Seriously, you don't want to lie to a woman up front. You can say things like, "I'm seeing a couple of girls, but it's nothing serious." That's one of the ways to communicate it up front, and then you deliberately control how you keep going forward with it from there.

You have to steer it down the path of, "I'm not going to monogamous with you. I'm going to let you know right now. I'm still going to be playing the field a little bit." In a lot of women, this goes back to the breaking the eggs thing to make an omelet, a lot of women are not going to be cool with that. A lot of women are going to say, "No, see you. I can't do that." Be recognizing that that could happen. It has to be more okay for you to let that woman go than you need to keep her



for some reason. If you need to keep her, you are never going to be able to pull this lifestyle off. You will never be able to get to it.

Take things slow, especially with the first woman. This goes without saying that if you start rushing into a relationship, you are going to screw it up. You cannot rush into a relationship because you can't deescalate a relationship. It doesn't work that way. You can't take it from where it is and make it less significant to a woman. It won't work. So it has to start out with a right pretense, the right set up.

Monogamous relationships don't usually open up into open relationships. I said that before. It's typically only done in the case of extreme marriage situations where you realize, "You know what, I think we just both need to be able to have occasional dalliances to make this work internally." And I've seen some couples that do make that work. I know some.

Managing your energy, it will get tiring. It will get tiring. Just balancing all the different things and spinning different plates because you are spinning plates. No matter what you think at the start, it's going to be tiring. No matter how cool you think it's going to be down the road, it will be tiring. Remember that, remember that. Be careful about focusing on the new girl at the expense of the others. This is one of those things that a lot of guys don't realize. Let's say you set it up right with the first woman and it's very casual, and then



you bring in another girl, and that girl is also casual and she's cool with that, and then you bring in another girl.

Now, the risk here is that the new girl is going to have the novelty, so you are going to want to put a lot of attention and focus there, which ignores the other two. It minimalizes them. It marginalizes them and then they start to pull away and withdraw from that situation because there is no reward left in it. We stay in the things that reward us, and there is no reward for that kind of a situation or open relationship circle.

Another thing to recognize is that she could also want the same thing. Be aware of that and be prepared for that. You've got to get really good at time management. You're going to have to spend time planning your week and allocating your time fairly with these girls. It's one of those things you are going to have to do, so you are going to have to pull out a planner, maybe an Excel spreadsheet or something and then you have to plan your week out. You are going to have figure out how you are going to make all these girls work into that scheme. It's going to take effort on your part. It's not a simple situation you just dropped into. It doesn't just happen to you. You have to make it happen. Allocate your time fairly among them.

Give as much as you get. This is where it can get really draining for guys. Having more than three or four women in your circle or in your



immediate group becomes a real challenge just based on the time that you have to allocate and the amount of energy you have to give to them. Be good to her, but not too good or she's going to fall for you and want you to be her only one. Do you see how this can be a Catch 22? You are walking a very specific tightrope of behavior, and if you slip to one side or the other, you are either going to go to monogamy or messing it up completely. So you've got to be very, very clear on how you are going to handle it. Be good to them, but don't be too good because then you are going to end up starting up the whole love and committed devotional side of her. It sounds like a bit of a contradiction, but again, that's what we are playing with here.

Watch out for jealousy. She will probably also be dating other guys like I said. You will need to insist that she actually dates other guys. You have to. You have to insist that she does, and that's why, because if she's more of a monogamous girl and says, "No, no. I don't want to. This is fine with me for now." What she's really saying is she's going to try and turn you. She's going to try and turn you over into what she wants you to be. If she's more of a monogamous girl, it probably will not work out. She will probably not work out and you are going to have to cut her from the ring. So there is going to be tryouts and there is going to be cuts from the team and you've got to be ready and willing to do that. This is not necessarily an easy job for you, coach. Can you handle it? Remember, you have to insist that she sees other guys because it's only way you are going to find this stuff out.



Watch out for jealousy because she will also feel it. She will feel it and it will change her attitude if she becomes down about the situation at all. She's going to sense how things are going in a relationship. She's going to sense whether or not you are dating other women anyways, so keep that in mind. Don't compare or talk about them to each other ever. Don't compare the women. Don't talk to Susie about Annie about Tina. Don't start up and stir up drama because you personally don't need that. You can't have a lot of drama in these circles and you don't want to compare them at all because that's going to minimize one. She's going to feel like there is competition. God knows where that competition could go. It could go either way. It could go into her wanting you more and trying to like drive a stake in and creating drama, or dropping out completely. Keep it clean.

And eventually, all women want a long-term relationship. I don't care what anybody says. These relationships don't work over the long, long, long haul. All women will want a long-term, stable relationship that provides for them. They will test you to get you to commit. They will. It absolutely will happen. Even if they don't want you committed to them, they will still test you and try to make you committed. It's built into their mechanisms.

The abundance that you feel on your life will correct your attitude, and that will allow you to set down the law when the time comes and no one of these tests happening. You are going to be able to say, "Look, I know you want to see me twice this week, but you know



can't do that. All right, we have an arrangement, and right now, I really want to see you on Tuesday. I can't wait for us to get together. We are going to have a great time, but we've got to hold off that second day maybe until next week." There is a very clear way I just stated how we are going to handle that. I made it seem positive to her because I'm looking forward to that one day I am spending with her and blah, blah, blah.

So abundance is going to help you come from a frame of "I don't need this girl. If I have to, I can cut her." But if you need to have her or need to keep her, it's going to ruin the situation for you. When the time comes, you may find one or none of them might be your full-time girl. Hey, it could work out that one of them ends up rising to the Masters like, "You know what? I don't need the other ones. This is a hassle. This does take too much time and energy. It isn't worth it. I would really like one cool chick now. I'm kind of done with that." That's a perfectly natural evolution and that's cool. So when the time comes, you might actually find one of them or none of them becomes the one you want full time, but you may actually gravitate to or evolve out of this mode. Not to say that this is some sort of basic or primal mode, but it's something that every guy does, I think, desire in some level.

Here is an exercise. The exercise is called the "Why Exercise" and the "Why Exercise" is about first of all knowing what you want and why you want it. Why? Ask yourself, why do you want this situation?



Why do you want an open or multiple partnership situation? Is it for your ego? Is it for your self-esteem? Is it so that you can gather some experience? Is it that you hate commitment and you just don't want to be tied down to one woman? It's just too much. Is it a lover variety? You have a need for novelty. That was mine for a long, long time. Is it for revenge on women in some way? Hey, there could be some dark anger underneath all this. Is it a love for all women? Hey, there could be that, too, the very altruistic side of it.

Know what it is you want and why you want it, and then learn how to communicate that clearly especially to the women that you want to set this up with because if they sense that you have your own little mission statement for this arrangement, that you have a vision for why you are doing this and what it is you can give to them as a part of being a part of that, it's going to be much more positive. It's going to work for you because you want to be able to communicate what it is you want without guilt or approval seeking because those are the things that get in your way. When it comes time to be tested by these women, be pushed around or something happens, some drama starts stirring up, are you going to feel guilty? Are you going to start falling victim to wanting one of the women to really like you more than the others? Are you going to be manipulated basically, or are you going to be the leader and the dominant one of this pack? It's what it comes to.

Again, some guys are never going to be able to get this or may not even want it right up front, but understand why up front before you make that decision. A lot of guys do want this. Only they talk



themselves out of it because they don't think that they can get it because most women won't go along with it. They will go along with it if you are okay with it. It's the Catch 22 of almost all things dealing with attraction.

So, there you go, that's the open partnership or multiple partner situation, and there is more on that actually on the sexpert's part of this system. I want you to go there and listen to that portion of the master class session, and that concludes the sexual performance section. We covered a lot of stuff in there. I mean, look at all this. There is just a ton of stuff involving sexual performance and we went through pretty much all of it. Obviously, I can't cover every single thing there is in the world dealing with sexual performance, but that's why I'm bringing in my experts and they are going to be filling in the blanks for you in a lot of ways.

If you want more information, if you think I didn't cover anything or there is a specific question you want, by all means, let me know and I'll either add on new modules or answer it specifically to you if it's a very special situation. But I think you have here more than enough grounding and information to go forward with a lot of ways of understanding here. It's a huge advantage over other guys and confidence in knowing that you can deliver the goods when it comes to sexual power with women.

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