

How to Meet, Attract, and Seduce Women You Desire



“How to meet, attract, and seduce all the GORGEOUS women you desire-even if you have zero confidence and have never even kissed a girl before!”

by:

Kurt Spelling

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About the Author:

First and foremost I'd like to congratulate you on your purchase of this e-book. Your decision to take action already puts you ahead of about 95% of all men. You'll find that deciding to take charge and get a handle on this aspect of your life will be one of the best choices you have ever made. I know it was for me.

About three years ago, I was a complete loser with women. Sure, I had friends who were girls and even an occasional girlfriend here and there, but none of it was on my own terms. What I mean is; I had a girlfriend because some girl liked me; she chose me.

I spent a long time in a relationship with a girl who was not right for me. I spent the last bits of that relationship in fear, asking questions you may have asked yourself. "What if I can't find someone else?" being a common one. Luckily, I had the courage and was strong enough to end that debacle.

I spent the next 6 months NOT getting women. In the course of 6 months, I hooked up with two girls, and again it was on their terms, not mine. That was it.

Flash forward 4 years. I have completely handled this aspect of my life. I'm going to tell you what my life is like with women now. Realize, this upcoming paragraph is not written to flash my ego, or show off. It is to show you the possibilities, of what YOU can achieve applying the knowledge I am about to teach you in this book.

Women are abundant, they are everywhere. I have multiple relationships with three girls who I truly care about and love, and who truly care about and love me. And if I were to ever want to spice up my night, I can always go to a bar, club, or party, pick up a girl and bring her home, that same night. My relationships are completely open and honest and these girls know I am not exclusive to them, yet they are all exclusive to me and take care of me in every way. They cook for me, buy me gifts, and do my laundry. Seems illogical that a woman might act this way, but I'll explain how it all can be achieved throughout the course of this book.

Flash back to my days as a loser with women. How did I change? Well, like you did today, I bought an e-book I saw advertised online. It was great, but it wasn't the complete package. So, I got another one, and another one, and another one. All of them had a piece of the puzzle located within, but none of them were the complete package.

After a little more than two years of reading, experimenting in the field (bars, clubs), and reading more, I had finally handled this aspect of my life. The hilarious and ironic thing is, after you get good with women, it comes so naturally that you can't believe this was something you put effort into conquering. You're going to get you there too and then you will laugh along with me. You'll find it's a great feeling.

So why am I writing this book?

Spending the last two years working in a popular college bar really made me think. Because I had been learning a lot about female to male interactions, I was able to spot so many mistakes guys were making every night.

I spent over 2 years going out a minimum of 6 nights a week, most of the time 7. I tried so many tactics and techniques and methods to get good with women. It took me a long time to really crack the code. Now my struggle is going to be to your benefit.

You won't need to buy 30 ebooks, 5 video courses and a partridge in a pear tree. I can guarantee you that absorbing the knowledge in this book and tackling the challenges presented in my video seminar as well as in this book, WILL make you good with women.

Not only that, it will make you more confident, more loving of yourself and others, and just a more likable friendly outgoing guy.

Excited yet?

Well writing this now and looking at what I have outlined for you guys, I'm getting pretty excited myself!

So let's get right into it.

First chapter will cover something very basic, yet very important to realize for picking up girls. There are different phases to an interaction between a man and woman.

What are they?

Why are they important?

How will it improve my ability with women?

All this coming up in our first section, “The Phases of Good Seduction”.

Section I: The Phases of Good Seduction

Every interaction between a man and women which leads to sex has a certain progression. The progression is broken down for you into phases to be more easily understood and applied. In this chapter you will learn the phases of good seduction, which are:

- Approach
- Attraction
- Comfort
- Seduction
- Follow up

The phases of good seduction go in this order, every time, without fail. The time you must spend in each phase is completely dependent on the interaction.

I've gone from approach to seduction in a half an hour before, but I've also spent fifteen hours over the course of a few interactions.

It's variable.

Many people in the seduction community agree, as do I, that an approximate average from meet to sex (or seduction) is about 4-7 hours.

Now if you are new to seduction or never had a one-night-stand before you might be saying "BULL*%&@, you can't meet a girl and have sex with her 4 hours later!!!"

Take a moment and make a fun realization. By the end of this book you will have learned all that is necessary to do exactly that. Really let that sink in for a moment.

There is a key point I want to understand right now at the beginning of this book.

There is nothing sleazy, grimy, scummy, or underhanded about sleeping with a girl an hour after you've met her.

However, a lot of us, including the me of old, have been socially conditioned to think this way.

So how can you get over this?

First thing to know is that women LOVE sex. They LOVE it just as much IF NOT MORE than we do. Think about it, they have about 10 times the sensitivity down there. I can not even imagine what an orgasm feels like for them.

Once I asked one of my girlfriends what it felt like to have an amazing orgasm and she said “It’s almost as if I’m seeing god, just for a moment”.

WOW!!

I compare male orgasm to eating a really delicious cheesecake or something, but that just might be me, I LOVE food haha.

Either way, think about that first.

Second, you are going to learn how to lead this girl through the interaction from meet to sex. She is going to enjoy the ride the whole way. And with sexual techniques and mindsets I’m going to teach you later, she’s going to be one very satisfied woman.

So, hard as it may be, I want you to get over the stigma that we are doing anything sleazy here.

It’s actually quite the opposite.

You are doing women a FAVOR. Most men are SO miserable with girls that most women spend their time talking about how unsatisfied they are.

99% of men are bad with women, and half of the remaining percent are gay.

So prepare to be welcomed into the 0.5% of heterosexual men who can rock a woman’s world.

Approaching

Now if you haven't already watched my Seminar, "How to Approach Any Girl, Anywhere, and Explode Your Confidence Today" I would encourage you to immediately.

Approaching, also known as opening, is not difficult. You could be sitting at the bar and when a girl orders a drink say "oh what a girlie drink!" or WHATEVER, bam, she is opened.

By opening or approaching, our only goal is to start an interaction. It could even be non verbal. A lot of times if a girl bumps into me I'll just act like she REALLY hurt me and that will open her.

If she were to say bump into your elbow while passing, grab it and fake a mega injury "owwwwwwwww, oh my uhhh owwwwwww" while looking at her sort of devilishly. Gets a laugh every time.

If you've NEVER done a cold approach or opener before, you most likely have a lot of anxiety about it. That's OK.

Watch my seminar and work on the challenges listed in there. They are going to get you over this anxiety and get you approaching women.

The seminar will handle all of your approaching needs, so lets move on to the next phase.

Attraction

Once you have opened the next part of the interaction focuses around attracting the girl to you. In the old days, people (me included) would memorize funny stories or little gimmicks to use to attract the girl, called routines.

This is a thing of the past.

Your only job in this point of the interaction is to have fun conversation and show her how cool you are.

I mean cool in a very broad way.

Everyone is cool to someone. And if you are a fun, confident, out going social guy, which you will be by the end o this book, you'll be cool to A LOT of girls.

“Let’s see if this chick will like me for me.” Is my only mindset during attraction.

This fun guy is going to stem from a technique I touched on in my seminar, the inner party. We are going to go much further into this concept. It has its own section because it is that important.

Just recognize that after you open a girl, she will be deciding over the course of the next 30 seconds to 5 minutes if she is attracted to you.

I would say it’s usually a shorter amount of time and averages out to be about 2 minutes.

Once she is attracted to you, it brings us to the next phase of a seductive interaction, comfort!

Comfort

The phase of comfort, or rapport, is where you two get to know each other. She’s going to ask you questions and reveal lots of things about her self.

WARNING: Do not make this an interview.

Comfort is NOT:

- What’s your name?
- Where are you from?
- What do you do for a living?
- Do you like dogs?
- How many siblings do you have?

Are we bored yet?

You are at a bar to have FUN. Make comfort fun! I like to ask goofy questions to find out more about the person and make them feel comfortable with me in a FUN way.

If you had to eat either pizza or steak 3 meals a day for the rest of your life which would you chose? You know, that kind of stuff.

Obviously, we are not going to make every question like this. There is room for the more boring of questions.

The most important thing is to not make it feel like a survey. Nobody likes surveys, and asking questions in this manner will quickly make her lose attraction for you.

She will find it and you to be boring.

Also, touching on commonalities is a great way to build comfort and continue conversation. If you find something that you are both into, excitedly talk about it and you'll soon feel as if you've known each other forever.

Touching is an extremely important part of comfort. During this phase you want to be escalating your touching and her physical comfort with you.

We will go into much more detail on touching in a future section. Keep in mind you're just getting the basics laid out for you right now.

Another part of comfort is time spent together. Many girls will feel comfortable with you after 10 or 20 minutes, some may take 3 hours. So what do we do if its 1:00AM, you just met, and the bars close at 2:00AM?

We Time warp.

Yes, I did say time warp, and I am serious.

If you met a girl at "bar a" and you're hitting it off, suggest to her and her group of friends that you and your group are going over to "bar b" and they should come.

Now, when you show up to the new bar you are there in an entirely new frame.

At “bar a”, you were the guy she met at “bar a”. But now, after leading them to “bar b”, you are her friend that she came to the bar with.

Now we continue the time warp by heading over to a pizza place or something similar after “bar b” closes.

At this point, you have only known each other for 1 hour. But, to her brain, and her perception of who you are to her, she will feel like she’s known you for much longer.

This relates to the fact that girls are emotional creatures. The emotions that she ties to you will be different having gone with you to three different places, rather than have just met you at a bar. She feels like you are her friend.

Same amount of time, totally different result. Time warping is clutch.

Comfort in a nutshell:

- learn about each other
- get comfortable with touching each other
- Time warp if necessary

By this point, you should have also kissed, at least a little bit. There are many techniques for kissing a girl which will be discussed later on.

Now that you are comfortable touching each other non-sexually, lets move on to the next part where the sexual touching begins, seduction.

Seduction

Seduction is the final phase before sex occurs. It is the process of leaving the venue you are at, all the way to sex.

Regular kissing should have occurred by this point, but nothing too passionate, nothing too stimulating. So this will be the first step.

But, to make out with her we must be isolated with the girl, so how do you get a girl to go home with you?

Well if you have time warped this should not be an issue.

At this point, you should just have some non-sexual incentive for her to check out your place or vice versa.

Bring up something you guys talked about earlier and tell her “oh man you should really come check out those hilarious youtube videos I was telling you about” or “...my parrot” or whatever the case may be.

Regardless, something non-sexual. This is for social conditioning reasons.

She knows she wants to go home and sleep with you, you know she wants to go home and sleep with you, but if you say “So, about ready to come home with me for some sex?” you can pretty much guarantee she won’t.

Girls are socially conditioned to at all times protect themselves from appearing as “sluts”. 99.9% of them anyway.

So bypass this with the non-sexual invite. Then once you are home with her it’s time for heavier seduction to begin.

“How do I make my move?” or “What is the best way to make my move?” might be a question coming to some of your minds at this point. Let me tell you something, and I’m going to be very sincere here.

If you bring a girl home and do not make a move, consider yourself RUDE.

That’s right, RUDE. She picked you. You picked her and she picked you. She wants you to make the move, but 95% of women will never make it for themselves.

They want a man who leads.

So, just do it. You don't want to be rude do you?

Later on we'll discuss ways to initiate kissing and this will take away any concerns you might be having about how to make your move.

So you start making out heavy and its time to go from PG-13 to R to hopefully X-Rated.

How do we do all this?

I have an entire chapter devoted to initiating sex and performing like a master, even if you are not. Again, this chapter is just the basic outline of an interaction.

It gets heavier from here guys, be excited!

Follow up

The follow up is varied and depends on every interaction. You might want to take the girl out for breakfast in the morning. You might be glad she left last night. You might want to call her two days later. You might want to never call her again.

Again, this depends on what kinds of relationships you are looking to start, and how you felt about this particular girl.

It is all up to you.

In my bonus report on phone game, you will learn the do's and don'ts of the telephone. This comes in handy ESPECIALLY if you did not actually sleep with a girl, but simply got her phone number.

This happens all the time, and if you want those numbers to convert into dates and second meetings, you will need a bit of knowledge on how to follow up.

You've now been introduced to the phases of good seduction. This chapter contains no challenge, other than rereading it to make sure you grasp everything we have covered.

The next chapter may be the most important chapter in the entire book. You will want to read it multiple times and really grasp the concept you are about to learn. Be excited!

Section II: The Fun Party Inside

In this section, you'll learn:

- What is the party and where does it come from
- Why it's an attractive quality
- Being in the moment and how it adds to the party
- Reversal of Focus: Bad Becomes Good
- How to have fun everywhere you go
- How to stop your own resistance to the party

The fun party inside and how to generate it, is the single most important thing you can master to become a man who truly has an abundance of happiness and success in his life. This applies not only to women, but to everything.

For the sake of this book, we're going to focus on how to use it for women, but just keep in mind that this is an important thing to focus on, even outside the clubs.

Feel the Party Inside

Let's use a little visualization to get you a concrete feeling of what I'm talking about. I want you to close your eyes and picture a time in your life where you were having a blast.

Now I don't mean a "oh we went to the zoo, it was fun" type of memory, I mean a "Holy shit that was insane, man that was fun, can't wait to do it again!" type of memory.

It could be from when you were a child, but I would say make it more recent, a time you really have a vivid memory of.

How did it feel?

Really put yourself back at that time and place. Relive this memory to its fullest. Hear the sounds of the environment and feel the sensation of

whatever it is you are doing. Feel the sensations that are flowing through your body.

How does it feel in your chest? Arms? Legs? Head?

Feel each separate part of you and answer those questions. It should feel pretty damn good. THIS is the inner party. This is the feeling we want to have when picking up girls. Any time, any place.

The best part is, once you start getting in the habit of being like this for picking up girls, you find yourself able to feel like this all the time.

As I'm writing this right now, my inner party is raging! Believe me, It will bring passion and excitement to every aspect of your life.

Also, even when you aren't in the mindset "I'm trying to pickup girls right now", but you are having the inner party, you'll find girls magnetically attracted to you from all over.

For example, I met a girl at the gas station convenience store two days ago and am going out with her tonight. Not the most likely pick up location that's for sure, but the inner party reigns supreme!

Now that we know what the inner party should feel like, let's examine exactly why it will make you into an attractive male.

Attractive Males Have the Inner Party

Imagine a typical bar or club. About 40% of the guys are sitting or standing along the walls, or off to the side, with their drink stuck to their chest like a shield and an expressionless face.

They scan the bar for hot girls in between watching the same episode of Sportscenter repeatedly.

Even if they see a hot girl they would never budge from this position to go talk to her. This is how they exist all night long.

If that is you, congratulations! By getting this e-book you are destined to never spend another night doing this. I promise.

Of the remaining 60%, maybe 30% are sitting along the bar behaving the same way as the guys who are standing. They scan the bar for value (girls), but would never actually approach them because they are scared and do not know how.

That leaves the last 30%. Of them maybe 15% are playing bar games like darts or pool, but all the while still behaving like the first two types of guys we discussed.

The last 15%, and I feel I may be being generous, are the guys who are having fun and socializing.

The best part about it is that out of those 15% there are only about 5% who actually are good with women and get laid, and about 1% of which get laid A LOT.

So you have an entire huge bar, of which only 15% of the guys are having fun. THIS is why the inner party is so important. Those other 85% of guys are INSTANTLY striking out.

They might as well be sipping on those beers at home, its much cheaper.

Imagine it from a girl's point of view when a man who isn't have any fun comes up to her.

"Hey, my life is boring and sad, hopefully you can join it and make it better" screams his subconscious to hers.

Women don't want to make your life fun. They want to join in on your already rockin' good time.

They want to align with someone who is totally self sufficient at being happy, so they can share in that happiness. And hey, you should too!

So now you know the importance and attractive qualities of having the fun party inside.

How do you get the party started?

What if I'm tired? What if the bar has "too many guys in it"? What if my drink was made shitty and I got overcharged? What if the world is about to end tomorrow?!

There are a million thought patterns that will help you to not have fun, but plenty of ways to avoid them.

Here are a few different methods for allowing the inner party to bubble through, including:

- Being in the moment
- Reversal of focus
- Expect the fun

First and most important...

Be In the Moment

If you have not read Eckhart Tolle's "A New Earth", do it. He will teach you how to live in the moment, free of ego, enjoying every moment for what it is, at all times. He is an amazing transformational teacher.

I teach guys how to get girls. So let me give you the directly applicable jist of it, a breakdown.

Say you are in a restaurant eating and enjoying a delicious steak. You came by yourself so there is no conversation to be had. Every bite of the steak you cut with delicate precision, applying just the right amount of juices and potatoes.

As you bite down your mouth and tongue delight and dance with joy as the flavor of this juicy steak engulfs them. You have no other thoughts, worries, discussions, or cares floating through your head.

The steak is amazing.

This is being in the moment, and this will generate the inner party, every time, anywhere.

Imagine if instead of the previous scene you were eating the same steak. Only this time, you are simultaneously watching The 10 o'clock news about how everyone in the world got murdered today and arguing with your girlfriend about forgetting to wash her dog like you promised to.

How does that steak taste?

You probably couldn't even tell me because you wouldn't be paying a damn bit of attention to the delicious steak in your mouth!

This is the opposite of being in the moment.

Not only will you not have a fun party going on inside, you will have taken away another 5 days off your lifespan because of the stress you put on your body.

Multitasking is a slow death. In picking up girls, and in life.

Now lets apply being in the moment as a technique for generating that inner party.

You just stepped in the club with your buddy and the party is poppin', its raging, it's going to be a good night.

You stop for a second as you walk in and take a nice deep breath. A smile comes across your face as you smell the sweat in the air, "people are dancing hard tonight." You think.

You notice a few open chairs near the bar so you stroll on over to them and sit down. You feel the relaxation come over you as you sit comfortably in your chair which really fits well around your frame. You rest your arm across the bar with your finger out to order, feeling the cool sensation of the marble top.

The bartender comes over and you greet her with a warm smile, she does the same.

Every moment that goes by in this manner your inner party is building. Soon it will be raging and self-sustaining.

What it comes down to is people in general are so far from the moment that we forget how easy it is to feel good. We spend 99% of our time thinking about the past and making judgments, or predicting the future, again with judgments.

In Tolle's book you will learn that the only time that truly exists is this moment RIGHT NOW. And this moment is already gone, it is ever changing.

So time does not really exist, except as a creation of the human mind. But, I'm getting ahead of myself here, back to the club.

How easy do you think it is to feel good inside all the time, when you can take the time to look at the cool design on the floor and appreciate it?

How easy is it to feel aroused when looking at a beautiful woman's soft silky lips, thinking only of them?

In both cases, you are in the moment, evoking strong emotion from yourself. It really is that easy. I can't tell you how life changing Eckhart Tolle's book is, and that is why I will recommend it one more time to you.

Lets look into how being in the moment is going to make you amazing with girls.

Not only will being in the moment create this inner party to attract lots of women and have them find you irresistible to be around, it achieves much more.

When you find yourself in a conversation with a woman, do you often find yourself paying attention to other things simultaneously?

She's talking about such and such, and you are only half paying attention. You notice out of the corner of your eye a guy staring at you and you think

“is he her boyfriend?” Or you see the bartender might be taking interest and you have some other thought.

This type of behavior crushes your connection to other people. It is especially devastating when we are trying to form connections with people in places with a lot of distractions.

I can tell you that a combination of eye contact techniques (which I’ll teach you later) and being in the moment has had me making out with a girl in 30 seconds, not a word spoken. Obviously this is not always the case, but you can see the power behind it.

When people are talking to someone who is fully present in the interaction, they find these people irresistible and compelling.

They’re subconscious senses your presence in the moment.

Even if they’re level of presence isn’t on par with yours, they’re subconscious will be chiming in saying “This guy is genuine and attractive”.

Now I’m not talking about being that guy who always gets stuck in the friend zone. “Oh he’s such a great listener. Chip is such a nice guy”.

NO!

I’m talking about fully experiencing your interaction. Look at her lips as she talks, let their sensuality fuel your core manly desire for her.

Make a joke and push her arm away, then bring it back with a playful rub across her upper back/shoulders.

Enjoy every moment for what it is, yet expect nothing.

Being in the moment was one of the most important things for me to personally learn. I used to have a huge sticking point in my game, which was what many people call “outcome orientation”.

As soon as I was into an interaction with a girl I'd already be thinking "how can I get this girl in my bed", "What should I say next", "Is this going well". Etc etc etc.

WRONG.

When you are truly in the moment none of these thoughts come through your head. This is a great way to know if you are in the moment. If you are thinking "am I in the moment?" Well, NO! haha

Look, when you have your inner party going on, and you're in the moment in your interactions, you will be fire. Simple as that, you will be flawless.

Let me explain. The other day I was in a bar with some buddies. We were having a blast. It was 80's night and I had just requested "Rebel Yell" by Billy Idol. My friends and I love this song and love to dance wildly and go crazy to it.

As soon as it comes on we are going nuts.

Dancing jumping and singing the lyrics. Of course, tons of guys who are standing on the perimeter of the dance floor are staring at us, saying whatever they want to say.

But we are in the moment, and wouldn't even notice such a thing. My friends are great with women too, we all have our inner party going on and are fully just loving this song.

So basically our combined energy becomes BY FAR the biggest party in the bar.

A big group of girls starts dancing with me and my friends and we are now all going crazy on the dance floor. I'm going wild and having a blast.

Out of nowhere, I just grabbed this girl and scooped her up. Held her right up in the air, circus style, having her use my right bicep as a seat. We do a spin and I put her down.

The next day I saw a picture that one of the girls had snagged of that moment. I laughed my ass off. During that night, having a raging inner party and being in the moment, I didn't even think twice about picking her up in the air.

It just happened.

The next day, when I was out of the moment, I thought about it. "What if I had dropped her?" was the first thing that came to mind.

This is my point EXACTLY. When you are in the moment and you've got the party inside, you do not think, you be, you are, you're fire!

This is what I mean by pickup comes naturally just based upon this one key element. Picking this girl up made her instantly attracted to me. All her friends too. But if I had taken the time to think about it, hence being out of the moment, I probably wouldn't have done it at all or would have done it timidly and looked incongruent and dorky.

The power of the moment is immeasurable.

Reversal of Focus: Bad Becomes Good

What you focus on is what you will see as most important.

If the bouncer was a jerk to you when you came in, and you sit at the bar stewing "This bouncer is such a jerk, I can't believe he would act that way to ME!", well chances are you're going to have a tough time creating that inner party.

The real problem is your focus point. Luckily, we can reverse it.

Do not focus on yourself, he has offended ME, focus on him. Shrug it off "He must be having a bad night".

Then as soon as you have handled that which has made you upset for a moment, focus on something new. Always on the good.

This relates back to being in the moment, but I am trying to clarify here what is worth your time, energy, and focus.

Is it worth it to go to a club and spend your time, energy, and focus, on how:

- Your outfit doesn't look right
- The bouncer was mean
- That first girl you talked to "rejected" you
- This guy is staring at me

Of course not!

Why be at a party, to NOT have fun?

To practice this reversal of focus, I would consciously monitor my thoughts. Any time I found myself focusing on a negative, I would force myself to flip the focus onto a positive.

Sounds like a lot of work right?

It's really not. At first, it will take conscious effort. But soon, you will find it spreads almost as if it were a "happy virus" which is taking over your brain.

Negative thoughts stop being generated by you and you really end up only focusing on the positive, all the time.

Being a guy who is always in a positive mindset, and always sees the positive in a situation, will make you successful in every aspect of life, including with women.

Read that last statement over one more time.

Being in this positive mindset will:

- Make it even easier for that inner party to bubble out
- Attract women to you like a magnet
- Make life more joyful and full of love

When these things all occur is when you will begin to truly be blessed with the love and attention of as many beautiful women as you please.

Expecting the Fun

If you always expect to have fun, you will always have fun.

It is so simple, yet so profound. If you are a person who expects to have fun at all times, you will always find the fun in the situation, no matter how little fun it actually is.

By having this expectation, your creativity will flourish.

Situations will become fun due to your unique perspective, when in the past the same situation might have been a bore.

You bring the party with you!

How can life ever be boring if you have a non-stop party that follows you around? What kind of woman would not be completely attracted to a man who possessed this quality?

The combination of these three techniques; being in the moment, redirecting your focus, and expecting fun, will make you the man with the inner party.

There is one last tip I must give you on this inner party concept. This one concept alone kept me from sleeping with women consistently for over four months, until I figured it out.

Resistance to the Party

Say you are in a bar and you are trying to be in the moment and feel your inner party.

It's not there, though.

And now, you remove yourself further from the moment by saying “why can’t I have an inner party? Okay, inner party starts now!” And it’s still not there.

Then you say something like “shit I’m not having fun, people are seeing me not have fun and they’re going to think I’m not fun. Man I better get my inner party going right now!”

All of which makes the inner party even less likely to come out. It’s a vicious cycle.

So how do you fix this cycle?

This process is actually an emotional response. It might not be an emotion you have ever heard of before.

It’s called resistance.

These emotions that spring up in you drive you further into a place of resisting the inner party. The inner party is there naturally, as long as you are not being resistant to it.

So to avoid this pitfall, follow these three easy steps:

- Acknowledge
- Accept
- Do not react

Here’s how a mental dialogue could go. “Uh oh, I don’t feel an inner party. Huh, that is strange. Oh well, I’m sure it will come later.”

That’s it!

Acknowledge the fact that you feel the lack of a party, accept it as truth, and show no reaction to it. Then I would suggest you just go say hi to a girl or a group of people anyways.

Get into some fun conversation and before you notice or realize, that inner party will suddenly be bubbling out of you.

I literally spent 4 months going out and sitting in a pile of my own emotional resistance. I kept trying to find external reasons for it. “Oh man I think we’ve just gone to these bars too much. Oh man there was a lame crowd there tonight. It was a sausage party in there” Etc. Etc. Etc.

Then I learned about the emotion known as resistance and voila!

So, use this simple three step formula to make sure that doesn’t happen to you! Acknowledge, accept, be non reactive.

Being non reactive is something we are going to go much further into in the next section. It is one of the most attractive qualities a man with confidence can have. But, before you get into that, you have your first challenge to attend to.

Challenge

Begin practicing being in the moment and creating your inner party with this challenge. I want you to create the inner party as best as you can.

If you need help remember what it should feel like, reference earlier in the chapter. Get in that fun state of being at any bar, club, or party. Heck, even the mall would work but might be a little scarier for this challenge.

I want you to introduce yourself to at least 10 people with nothing more than a “Hi I’m Kurt Spelling” and a handshake.

If you truly have the inner party going, there should be no reason why all 10 of those people do not shake your hand and return the introduction.

I want you to repeat this challenge over and over until you can successful meet 10 people in a row saying nothing more than “Hi I’m Kurt Spelling”.

Insert your name of course!

If you find yourself not getting the handshake and introduction in return, work on all which we have talked about relating to being in the moment, reversing your focus, and expecting the fun.

Also to troubleshoot failing this challenge, reread my “Ideal Self Visualization Script” and do the challenge associated with that. I would highly suggest using that for faster results. The script itself is part of the video seminar.

Continue working on your inner party and redoing the Ideal Self Visualization Script until this challenge is complete.

Coming Up

You are going to hone your skills which you have just learned to help yourself become an EXCELLENT conversationalist. You’re going to learn all about escalating physically during normal conversation and much much more. James Bond won’t have nothing on you, you sly devil.

Section III: Conversation

In This Section, You'll Learn:

- The approach
- How to show interest and intent
- Physical escalation
- What attraction conversation should be like
- How to get to know her
- The essence of non reactivity and bypassing
 - Hoop tests
 - Shit tests
 - Bitch tests
- Complex approaches including
 - Mixed groups
 - Girls on the dance floor

Conversation, and how we approach it, will be the next element we add to your pickup arsenal. Now that you understand the basic phases of seduction, as well as how to generate your inner party, conversation will flow naturally, with a few pointers.

The Approach

“Hey baby, you must be tired, because you’ve been running through my mind all day”.

Now this is EXACTLY how you want to do it. Go up to her with your best line and spit it out in a smooth seductive tone.

Okay, kidding! KIDDING!! I know you knew I was kidding.

The funny thing is, I could go up to a girl and say this line, and it WILL work. And that my friend brings us to our first and possibly most important point:

It does NOT matter ‘what you say’!

If you have that fun party raging inside you, it will do all the talking for you. She will be picking up on your vibe. The fact that you are self amused and having a great time without her will attract her to you.

In fact, she's probably already been watching you by the time you go up to approach her anyways.

Most of the people in the bar have been, because you are of the 15% of people in there who are having FUN.

A lot of times, I won't even say a word when I approach a girl. Maybe I'll walk up, plant my feet firmly in front of her, stare for a moment, raise my hand for a high five with a cute or devilish look, high five her and THEN say something.

It is entirely about the party inside. Do what you WANT to do.

Suck people into your party. If something comes to mind just do it. You should not even have time to think about it, or referring back, you are not in the moment.

Now it is important during the approach and throughout the interaction with a girl, to show interest in her, romantically. Otherwise you may fall into another major pitfall that I spent some time dealing with myself.

Showing Interest

Showing interest, or your desire in your target female, is something that is essential to any good seduction.

About 48% of guys do too much of this, and about 48% of guys do too little of this. We're going to get your porage to taste jussssst right.

Intent is the next most important thing to the inner party. You can have fun all night long just based on the inner party, which is great, but you won't bring a girl home with that alone.

Actually, sometimes a girl will just make all the moves for you and jump on you and the inner party alone will be enough. But, we want to get to a point

where we get the girl we want, on our terms, every time. This is where showing interest comes in.

So how can we show our intent for the interaction and interest in a girl?

It starts right in the opener. “Hey you looked adorable, I had to come and meet you, I’m Kurt Spelling.” Now there is a lot going on here, so let’s analyze it.

“Hey you looked adorable” shows her I’m obviously attracted to her, but in a fun, interesting, and polite way. The word adorable is almost like “awww like a little cute girl”. “Damn girl you’re lookin’ good” would be much less effective.

“I had to come meet you” shows more intent, but it also shows a lot more.

Obviously, you are a man who sees what he wants, and goes for it. No hesitation in your voice and no negative cues in your body language are reaffirming this for her.

All of which are making you VERY attractive. By the way, make sure to read my special report on body language included with this book. It will correct lots of subtleties with the way you hold and present yourself to the world.

Another small but crucial point is “I’m Kurt Spelling”. Notice the difference between “I’m Kurt Spelling” and “What’s your name?”. It’s HUGE!

First, I’m offering value to her, instead of trying to take it from her. I’m not that needy guy who comes up all timid and says “hi what’s your name?”.

I’m Kurt Spelling! I’m having this awesome party and now you can be a part of it, for at least a minute! That’s what comes through when you have the inner party raging.

Second, I’m introducing my name KNOWING in my core that of course she will give it back. This implies that I’m very used to meeting the women I want and having them like me. I expect the name and not a bitchy response.

If you do get a bitchy response though, you'll be able to handle that too, but that comes later.

Now that we know how to show intent and interest in on our opener, How should we do it during the rest of the attraction conversation and into comfort?

The main way you will show intent and interest from here on out will be from physical communication. After all, body language experts have said that up to 87% of communication is nonverbal.

Physical Escalation: Proper Touch Shows Interest

“Let's get physical, physical! Let's get physical, physical!” ~Olivia Newton John

During your entire interaction, I mean right from the START, it's important to begin physical escalation. This will not only get you guys comfortable with each other, but will show your intent in a fun way.

I personally like to use conversation to go with my physical touching. If I am making a point or getting excited about something I might emphasize with a touch on the arm or upper back.

There are a few things to know about touching that will make it fun, playful, and easy to escalate.

Never think about your touching.

Do not put a hand on her shoulder and stare at your hand and wonder “Is this alright”. The subtle discomfort will be sub communicated to the girl and she will wonder “is that alright” too, and then it won't be.

Another great rule to follow is to always have your touching be dynamic. Never put a hand on her leg and just leave it there.

It WILL get weird.

Make all touching motions in passing. IF you are holding a hand, rub it too. If you have an arm around her, massage her shoulder a bit.

Do not just stand there and hold onto the woman for dear life, she'll begin wondering if you'll ever let go.

One time I even had a girl tell me "Umm this is kind of weird" and move my arm off her shoulder. Haha lesson learned.

The final guideline for touching would be an easy to follow escalation pattern.

Obviously the first thing you are going to be touching should not be her inner thigh. It's not a rule, but in general follow an order similar to this:

- Hands
- Arms
- Upper back
- Lower back
- Neck
- Leg
- Thigh
- Inner thigh

That's about all that should be being touched in the club!

Again that is just a guideline. Do not be sitting there thinking "okay I got her hands now, what's next again?"

That kind of thinking will put you out of the moment, which is much more important than which part of her body to touch next!

A fun thing you can do, and a great way to get started on initiating the physical is to play a game like 'thumb wars' or 'slap hands'. Or make a pinky swear about something and do it where you cross pinkies and kiss your own hands.

These are just a few, and are really culturally dependent.

Use, whatever kind of fun hand games you know from when you were a kid.

So now you know how to approach the girl and get your physical escalation started.

How do you get through the attraction phase and into that comfort zone?

Attraction Conversation

"I like nonsense, it wakes up the brain cells." ~ Dr. Seuss

Your brain should be a jumbled mess. It should make no sense. It truly does wake up the brain cells.

Compare your current, linear, logical thought patterns to that of a four year olds. He jumps from one idea to the next without a care of the previous or next idea, but only the one he's into right at this moment.

Four year olds do not have approach anxiety. They will go up and push whatever girl they like.

Four year olds are in the moment.

Be like them!

If something strikes your mind, just come out with it. It will keep your inner party going. This sort of nonsensical, self amusing conversation WILL suck the girl into your inner party.

She'll be more than happy to switch topics with you at your whim.

This also shows leadership, and confidence.

You do not care if she approves of your next topic; you just talk about whatever is on your brain. This displays a lot confidence. Most guys are not in the moment, but up in their head during a conversation in a bar.

"What should I say next? Uhh, would she like it if I talked about that? Uhhh I wonder if she knows about this? Uhh does she like me?"

You might not think it, but the girls CAN hear these thoughts. It comes through in super subtle cues, mannerisms, and body language, that girls are so very good at picking up on.

Even if she isn't the smartest girl in the world, she will feel it in her subconscious. Even if she's not consciously sure why, she will NOT be attracted to you.

This over-caring of what she thinks and desire to please in conversation is NOT attractive.

Of course, there are a few topics that should be avoided even if they pop into your head. Do not talk about:

- Shit, piss, puke or fart jokes and stories
- Diseases, illnesses, or people dieing
- Bad things you heard happened on the news
- Anything racist or sexist that isn't actually funny and tactful
- Politics

Sometimes you'll meet a chick that loves any one of these things mentioned above and finds them funny. Let her expose that part of her personality before you go diving into your latest fart joke. It's for the best.

Getting To Know Her

So you might be asking, "If all I'm doing is saying whatever random things come off my head and having a goofy fun conversation, how do we get to know each other?"

Here is the thing. This style of conversation is great for attraction for the reasons listed above. You're having fun and don't care what she thinks but, you're also unique and intriguing.

Soon she will be rattling off questions at you.

The boring kind of questions we know to avoid. That will feel REALLY good when you start seeing how bad most girl's game is haha.

Either way the questions will come. That is when you know she is attracted.

Crazy wild attraction conversation can now get toned down a bit. It is now clear you are both interested in each other and it's time to switch gears a bit and find out more about her.

This does NOT mean you should:

- Lose your inner party,
- Stop doing anything else besides chatting with her
- Completely go back to linear, logical mode

Still keep it fun, and unless its late in the night you should be flaking off of her to have fun with your friends or other girls and then coming back to continue building that comfort.

This sense of loss too will make her so much happier when you come back because, guaranteed, at least one loser dude tried to hit on her improperly while you were gone.

From here just flow naturally with the conversation. Feel free to be a goof at any point, but genuinely learn about her and share who you are with her.

Now some girls actually do have good “game”. Usually it's the ones who are both smart AND hot who present more of a challenge and those are the ones I really like, so what should you expect and how do you deal with it?

Non-Reactivity: Trump All Her Tests

One of the keys for you to being successful with women is being non-reactive to them. This relates back to what I said in my e-seminar about how men and women are completely equal in value. Let me explain.

If the girl says something to you that bothers you and this shakes your confidence, you have lost.

She knows, either consciously or unconsciously, that she has shaken you. You are no longer an attractive male.

Obviously a woman can not overpower us physically, well at least 99.9% of them. So in order to test you for being a strong male and therefore suitable mate, they will use psychological tests.

These may be obvious or subtle, mean and nasty, or playful and fun. Whatever form these tests come in, they ARE tests.

If you want to meet and sleep with a women, you can be positive that she WILL test you and you must pass in order for you too to sleep together.

Now, the funny part of this is that to pass the test, you just DON'T take it. Do not allow her to throw out a hoop and make you jump through it like a circus midget. Oh man I feel like I could explain this for hours. Let me try to break it down to the basics.

Hoops

A hoop is when a girl tries to take control of the frame, or manner of the conversation. You might mention something about dancing in a club and she'll be like "You sound like a good dancer! Dance for me!"

This is her trying to turn the interaction into something that she is leading. And if you go ahead and dance for her you can be pretty sure you won't be sleeping with her.

The fun part is it is SO easy to handle any kind of test you receive. It literally takes the intellect and thought process of a third grader to do so.

To this test you might respond "Dance for me" in a mocking tone and smile devilishly with a little push or something along those lines.

That's it. Test defeated.

Shit Test

Another very popular test is what I call a shit test. This is where she gives you shit for no reason, to see if it affects your confident frame.

For example, you're chatting and you happen to be talking about rugby. She could say something like "You were probably the worst player on the team." She might say this in a bitchy way or in a half joking way, regardless it is a shit test.

If you qualify yourself by saying "No I was the captain. Really I was so good trust me" you have failed the test.

You are now showing that you are lower value than her because you are working toward and seeking her approval.

If you say something like "You're right I was the worst. My nickname was Peabody because I used to get scared by the other guys and pee my pants sometimes at practice".

Now you have passed and she is laughing.

Bitch Test

This is a super popular test, especially for really hot girls. These girls have been hit on, improperly, so many times in their life that they have developed what many people refer to as a "bitch shield".

They will initially act bitchy to ALL MEN out of necessity. It's a real time saver!

Imagine if 45 ugly and lame chicks hit on you every day and you tried to be nice to all of them.

It just doesn't work.

You can't blame them for acting this way, but you definitely CAN call them out on it!

You have your inner party going on; you go up to a girl and give a great intention filled opener. Instead of a "oh hi, I'm Emily!" in response to your name introduction she says "Yea so?".

You must be completely unphased by this.

There are two routes you can take to owning her frame right away. One would be to explain how you know she has to be a bitch to save time being hit on by lame guys. That you know her daytime self is nothing like this night time persona. And that she can drop the act and be genuine with you.

This will affectively call her out on it and should blast through about 95% of bitch shields. Remember, some girls are just in a bad mood and will continue to act like a bitch anyway!

Inside you should feel as if you didn't even hear something nasty come out of her mouth.

It is so outside of your reality for people to act nasty to you, that it doesn't even register for you when it happens. This all relates to the positive virus and the inner party. Really these concepts are so vital for you to have down!

So with this feeling inside, another easy way to call her out would be to say "Well that was kind of mean" and then just continue on, unaffected. By saying "Well that was rude" and then continuing on, or something in this manner, she will be attracted to the fact that she could not mess with your frame.

She probably shot down 10 guys before you went up to her and now you are the exception.

Are you seeing a pattern yet? You pass the test by NOT taking it.

You just flow on. Nothing she could say would hurt your view of yourself or your confidence in the moment right then.

Nothing she could do would make you second guess yourself. You are flawless and by never falling into these tests she will see that.

It all comes down to non-reactivity.

You are not reacting to anything in your environment that is not adding to your inner party. Whether it came from a friend or a girl you are hitting on or the club itself, the only things that enter into your reality are things that will add to the inner party.

This non-reactivity is extremely attractive and will make girls want you, BAD!

Complex Approaches: Simple conversation for advanced situations.

Some approaches can be much more daunting than others. Obviously a lone girl is going to be the easiest approach.

It can only get more difficult from there as other variables come into play. So let's get those other variables taken care of.

Mixed Groups

You see the pretty girl that you would love to talk to, but she is in a mixed group of people. There are 2 guys and 3 girls and you have no idea who's with who. Seems like a hard approach but it really is not.

First, let's discuss an important aspect of your mindset. Most people would look at the other people in the group as "obstacles" to your approach. As if you have to plan on how to get around them.

This is the wrong mindset to take.

Instead, picture them as though they are your fans. They WANT you to succeed and go meet that girl. You can even voice this openly to them.

We'll get into how to do that in a moment, but just know for now that they are your biggest fans.

So how do you change your approach to accommodate for the mixed group?

It is only one line different. "Hey, you looked fun, I had to come meet you. Is that alright with everyone?"

You can actually just ask permission of the group. This shows a great deal of confidence and social intuition.

Suppose one of the dudes is her boyfriend, he will probably have really bad game and timidly or maybe with subtle aggression say “nah that’s my girlfriend” or something along those lines.

If this happens it is not a big deal.

For morale reasons I do not advocate stealing another guy’s girlfriend. Women are abundant, always remember that.

The funny part is, though, is she will most likely be attracted because if the guy has poor game he will be shaken a little bit by the interaction, where you will not be.

I would usually just say “oh okay, well I’m Kurt Spelling” to the guy, then to the rest of the group and just start socially vibing.

Stay and chat for a bit and maybe meet one of her (single) friends.

Suppose it’s a who girl answers your introduction with a “No, you can’t meet her!” because she is jealous or just likes to shit test guys for her friend.

Respond to her and blow her out by saying something along the lines of “Oh okay, that’s kind of mean, oh well.” while obviously completely unphased by it.

Then turn the girl who is your target and finish out the introduction with an “I’m Kurt Spelling”. After you get the targets name, introduce yourself to the girl who was bitchy to you and call her out on it, playfully.

“You’re a feisty one aren’t you” or “Mmm you got the attitude in the group I like that”.

She’ll probably be nice to you by this point simply because any other guy would have gotten shaken by her rude remark, where as you did not.

Another way to handle this would be to verbally express the mindset that they are your fans.

“Oh that’s a bit mean, I really thought you guys would be routing hard for me on this one”.

This shows them your frame and puts them into the role of your fans as long as the interaction occurs. Saying something like that and then finishing your introduction is equally as affective as the above method.

Girls on the Dance Floor

You’re in an incredibly loud club, and the dance floor is packed with super hot girls.

How do you initiate an interaction with them and eventually get them off the dance floor, where you can actually converse?

This was one of the things I figured out early on in my social change. You don’t need to be a phenomenal dancer or do anything special. The technique is simple and direct.

You see a girl you want to dance with and she’s dancing with her friends.

Don’t hesitate and circle your way closer and closer. Girls can sense this and it is LAME. They feel the alert like an Antelope senses the stalking lion.

What you want to do is go directly up to her and grab her hand for a spin. Give her a twirl and then pull her in tight.

This simple move accomplishes two very important and fundamental things.

You are showing her a great time and expressing your inner party by giving her a fun twirl. Also, you are showing her your interest and attraction to her by pulling her in after it.

This combination is deadly!

It’s all done through sub communication and all in the matter of three seconds! Talk about efficient.

While dancing, make sure not to grind on the girl like you're at home humping your pillow. Some girls will have fun doing this but most will not. Also, it kills the sexual tension to grind like that. It simply won't be there.

You should be on the dance floor making her work for your touch. I often like to pull them in close for a second and maybe whisper something in their ear, then push them away.

Actually break all contact with them and give a devilish smirk. Then slowly dance back together and work in a few spins and turns.

This will set you apart from the rest of the guys at the club who are just trying to grind on a girl for as long as she will let them.

With an approach like the one listed above, and a unique style of dancing, you should be able to pull girls off the dance floor without much effort.

It's great too because the hottest girls flock to the dance floor to hide from all the creepy guys stalking the bar!

Challenge

This challenge is going to be very advanced, and once you are comfortable with yourself, VERY FUN! First, make sure you have read my e-seminar on approaching girls and done ALL of those challenges. I'm challenging you in this book with the assumption that you have already done this.

Go to the hottest club or bar in your area. I want you to spot the hottest girls at the bar and use your recently acquired knowledge to approach them.

This WILL be scary at first, but will get VERY fun. If you get some bitchy responses and fail to properly plow through them, whoops! Who cares!? She got you. Lesson learned.

Think about it this way. If you approach a girl who's your perfect ten, and she blows you out, some type of lesson has been learned and you can go find another.

What if you guys have amazing conversation and really hit it off, and soon you find yourself with an ultra hot high quality girlfriend?!

Go into this challenge with that mindset. Very little to lose and LOT to gain.

The more experience you get approaching really hot girls, the smoother and more natural you will be at it. Eventually, all the anxiety and fear you felt the first couple of times will feel like a distant memory and WILL make you laugh.

Do a minimum of 3 super-hottie approaches for your first night out. You can increase this number steadily as you gain confidence and ditch the anxiety. But, do a minimum of three. **YOU CAN DO IT!**

Enjoy!

Section IV: Seduction

In this section, you are going to learn:

- Who you are in the club and what you are looking for
- How to initiate kissing
- Proper Escalation
 - How to isolate for sex
 - Physical escalation
- Why girls have last minute resistance to sex
 - How to bypass it with freeze outs

Who are you in the club?

This section is going to cover seduction technique. Before we get into this though you have to ask yourself, who am I?

Are you the type of guy who enjoys meeting, seducing, and having sex with a girl every night you go out?

Are you the type of guy who wants to find one quality girlfriend or wife?

Do you want to have multiple quality girlfriends who you are in a relationship with at the same time?

Chances are you are going to want all three of these things at different times in your life. Something I would warn you about though is to watch out for social conditioning. Is what you want, REALLY what YOU want?

How do you know?

It's time for us to get in touch with our little men. No, not your penis. I'm talking about your core, your inner manly core.

What does he truly want? What you think you want might not actually but what you want, but what you have been conditioned to think you want.

Read that last statement once more, it can be confusing.

I'm going to use my brother as an example. He's eight years older than me and I love him to death. Until just recently, he was a soppy romantic.

Not that there is anything wrong with this, but I don't think he truly knew what he wanted from a relationship and now he's seeing one of the ugly possible outcomes of this, which is a divorce.

He spent his whole life in long term, monogamous, relationships with women. Now that he is recently divorced he is starting to realize the fun that can be had as a single man.

He seems to really be enjoying it and calls me up often for advice and coaching.

I'm thrilled for him.

Now again, let me reiterate that I'm not discouraging married life. I'm not encouraging single life.

My point of this little rant is you can't know what you want unless you know what's available to you.

Maybe you've fooled around having one night stands and short relationships, and you love it. Or, you realize its time to get yourself just one quality woman.

Either way, you must figure it out for yourself, ignoring outside influence.

Why is this so important?

Well you're interactions, particularly in comfort, will be entirely different based on what type of relationship you are looking for with that girl.

For me, at this point in my life, I fully enjoy meeting a girl and bringing her home that night. So, I keep my comfort very playful and sexually charged.

Also, I'll often leave the interaction and come back to her later.

This keeps me categorized in her head as “the fun guy I met at the bar”, which means she can still have sex with me at the end of the night. That is what girls do with the fun guys they meet at bars.

Now, if you were more interested in meeting a girlfriend type, or if you're looking for long term relationships, you might act a bit differently.

I would probably hang out with her more than I would have in the previous case. I might show her a bit more of my dependable and mellow side, as apposed to my wild and fun side.

Also, I might do more cute things to her, giving her small giggles and making her feel inside like she's “falling for me”.

When you put this all together we change how she categorizes us. You are no longer the “Fun guy I met at the bar and plan to go home and have sex with”, you are now a “Possible boyfriend. He's so sweet and attractive I have to learn more about him and date him”.

So now, when it comes time to go home at the end of the night, you will be exchanging numbers and setting up a date, not going somewhere for sex.

Keep this in mind when you are going out. What are you looking for that night?

What type of interaction are you looking to create?

Oh, and a quick side note, DO NOT think that girls you go home with the same night you meet them can not become your girlfriends. One of my girlfriends right now I met and went home with the same night.

We had a great time and have been every since. So make sure you don't always assume this to be true, it is simply a guideline.

Kissing a girl

The first time I made out with a girl was in kindergarten, and I didn't need to use a line or tactic. Isn't it funny the way society messes us up in the head? Man, haha.

So, you've been talking with a girl for a bit and you can tell she's really interested. You want to escalate the interaction by kissing. How can you go about this?

There are a few techniques which are really great. These are gems.

Eye contact kiss

This technique is so cliché you'd think it comes out of a movie, but man it works! Deep eye contact along with silence can initiate a kiss every time.

A quick note on eye contact: There is a very powerful way to make deep eye contact with people that will make them feel as if your eyes are amazingly penetrating and that you are really seeing into their soul.

When looking into someone's eyes, picture in your mind's eye a stream of energy coming out of their eyes and into yours. It can be any color, but I find pink or red creates the most sexuality with this technique.

They will feel as if they can't look away from you, as well as very attracted and turned on. So, this is a great technique to use when trying to kiss a girl in this manner.

Simply turn up the eye contact and turn down the conversation.

You should quickly glance down at her lips and then back up to her eyes a few times. She will get the picture. Then just lean in and kiss.

I've only had this fail a few times. It was always because the girl was not comfortable with being seen in public kissing. Maybe she had a boyfriend, but if you feel the chick is into you this is a surefire way to elevate to the next level.

A few kissing ‘rules’:

On the first kiss, especially out at a club, you should always break it first. Leave her wanting more. It will set you apart from probably every other man she has ever kissed.

If you have taken her somewhere private for a little smooch, break the kiss first and go return to your friends at the bar. She WILL want to kiss you again.

Besides, if a first kiss transitions into a make out, and your not at the point in the night where you can go somewhere for sex, what is the point?

Unnecessary arousal early in the night can just become a problem. Save the mystery and intrigue for later when you are trying to bring her home.

Do you want to kiss me?

This one is a classic. A guy named Mystery wrote about this in his groundbreaking ebook “The Venusian Arts Handbook.” I’ve been using it ever since.

Take a small pause in conversation and simply say “Do you want to kiss me?”. Notice how you are framing it.

Does SHE want to kiss YOU. Not, “can I kiss you” or “would it be okay if I kissed you?” Big difference, you’ll see why.

This can be done with zero anxiety because of contingencies you can easily use. If she says yes, obviously you lean in and kiss. You get this about 10% of the time.

It takes a confident girl to state her intentions.

If she says ANYTHING other than a clear No, you can say something along the lines of “Let’s find out” and lean in for the kiss.

Something like “well umm” or “I don’t know” just immediately say “lets find out” and lean in.

If she says a clear No, then you can say something along the lines of “Well, I didn’t say you could. But, it looked like you had something on your mind.”

I would throw out a smirk or grin here and then you just continue the conversation and interaction.

In this way, you are framing her as the devilish one who seemed like she was thinking about kissing you.

Also, you exude confidence.

Where most men will feel “shot down” or “rejected” by a No, you flip the script and are unaffected and non-reactive.

She is now more attracted and most likely would not say no to this question again.

These two techniques for kissing a girl should be all you need. Honestly, once your confidence level has increased and your eye contact has greatly improved, talking or knowing what to say will become almost completely unnecessary.

You will feel when it is the right time, and act on it.

Escalation

Now that you know how to kiss a girl, and have learned the process of time warping and how to properly invite a girl back to your place, there is one element of seduction left to be learned.

Proper escalation is essential.

If you want to be having sex with that girl tonight, you have to escalate in a comfortable manner for her, or it will not happen.

This varies for different girls.

Some girls will want to give you road head on the way home from the club, while some girls will sit on your couch and act like they are a complete virgin.

In order to handle all scenarios, there are some guidelines and methods to follow.

Isolation

First, isolation must occur. By isolation, I simply mean any place that is private enough for sex to occur. Now this is not always a bedroom.

Sometimes, a girl will be so into you that she will want to have sex with you as soon as possible. Other isolation spots would include a bathroom, closet, a couch in an empty room, or even somewhere outside that is off the beaten path.

Regardless, the first step toward sex is the privacy that isolation brings.

Most of the time sex will occur in the bedroom, so I'm going to describe proper escalation as it pertains to this situation.

Physical Escalation

After isolation occurs, that is when the deep French kissing should begin. This will usually last for about 10-15 minutes, but that is only a guideline. If she is trying to unbuckle your belt after 2 minutes, don't stop her!

French kissing will really get her starting to get horny. While making out you can begin to touch the other parts of her body which you had neglected in public.

Over her clothes you can stimulate her vagina and breasts, but do these movements in passing.

This is VERY important.

Just like I told you to put movement into all your touch, the same concept applies here.

An idle hand on her private areas will cause alarms to go off inside.

Women have a biological alarm that will go off every time she is about to have sex. This is commonly termed as her “last minute resistance” and you will learn all about it shortly.

So how do you stimulate her without setting off these alarms?

Well, you can slide your hand up her stomach, across her chest and then onto her face to hold her cheek. Or try sliding your hand up her thigh, across her vagina, and onto her stomach and back to rub her back.

This will make sure the girl doesn't get uncomfortable during making out.

Also, there are two other great techniques you can use while making out to really up her level of horniness. One is to lift your shirt and hers, up to above the belly button.

Pressing your bare stomachs together is a sensation usually only felt during sex, and so this will both increase her horniness and set the tone for sex.

Also, you can use your thigh to press in between her legs and cause friction and stimulation of her vagina.

This is much less intrusive to her than using a hand.

An easy way to tell when she's horny enough to move passed making out would be when she starts pulling up on your shirt a bit or at your belt line.

You should take off your clothes first to make her feel more comfortable with showing skin.

Even better, you can have her take off your clothes to increase her participation in the process. Usually just holding out your arms after she has pulled at your shirt a bit will be enough for her to get the hint.

A great rule of thumb is two steps forward one step back.

If you have just taken off her shirt and bra, don't immediately jump into sucking on her nipples. Go back to making out with her and pressing yourself against her.

This accomplishes two things:

It shows that you are a passionate and capable lover. You've seen nipples before and they are not the goal of your interaction.

Also, it gives her added time to become comfortable with this new level of intimacy.

Likewise if you have just taken off her panties, maybe go back to kissing for a moment then back to stimulating her nipples, and then start the vaginal stimulation.

Combining all these elements will make for a passionate and well timed escalation toward sex. She should be so horny by this point that you receive no objections toward sex.

Last Minute Resistance

But what if you get objections much earlier? How can you deal with the common issue, last minute resistance?

First you should learn a bit about why this exists.

Much how men have anxiety toward approaching girls, as you learned in the e-seminar, women have an anxiety toward sex. This is in their biological programming, also stemming from when we were cavemen.

Imagine you are a woman in a tribe of people, no more than fifty large. Think about what would happen to you if you got impregnated by the wrong man. Maybe he was not suited to provide for you. Or maybe he did not stay with you, making you and your baby outcasts.

A woman's survival, and her child's, depended on mating with the right male. So, there is an alarming feeling that will pulse through a girl's body at some point during escalation.

It will literally grip their body in a moment of anxiety, and happens to all girls.

So how can you move past this natural, yet sometimes obnoxious, objection to sex that girls give?

First, know that girls are emotional creatures.

Never try to be logical with them. Saying something like “Come on, it will be fun” will not only make them less likely to have sex with you, it will not even register in their heads.

Many times if you are getting a girl horny enough, her only last minute resistance will be saying “I don’t know if we should do this”.

Then say something (emotional) like “Yea, you’re right” but continue escalating anyways. This is that soap opera kind of thing that men just don’t fully understand. But, hey, it works.

What if a girl stops you from escalating, even before any clothes are off?

Freeze Outs

This is where the technique of freeze outs comes into play. It is a widely known technique throughout the seduction community, and for good reason. It is crucial to know.

A freeze out is done when you receive the resistance from the girl. You simply treat her as a completely non-sexual entity. After all, your goal is probably not to be making out with a girl for 2 hours and then say goodnight.

So, if you were only making out and she does not want to go further, you stop all sexual contact.

You might throw on the TV or go look at something on your computer. Even just laying away from her on the bed or couch and sitting there is enough.

Now, there's a very important distinction to make here.

You are NOT upset at her. You are NOT mad. You are simply indifferent toward her. If you get mad, you can guarantee that's all you'll be getting.

The girl will realize how much more fun she was having hooking up with you than she is now sitting next to you indifferently.

Almost instantly she will re-initiate the physical contact. Then you proceed with escalation.

You should be able to go further every time you freeze out because the girl will not want to feel the uncomfortable feelings that occur when she stops you.

Sometimes you may have to freeze out multiple times.

Some girls have a lot of social conditioning to get over and can not allow themselves to let go. I have actually done as many as six freeze outs in one night with a girl.

We then had amazing sex and she came a bunch of times, loving it. Girls are funny creatures haha.

Knowing how to properly isolate, escalate, and deal with objections brings you one step closer to the end result.

Personally, I'm not just trying to have sex with a girl, but amazing sex.

I pride myself knowing that when a girl is with me, she is going to have an amazing time and feel incredible. The next section will teach you how to do the same.

Section V: Sexual Technique

Amazing sex breeds a sensation that is indescribable. When you truly learn how to stimulate a girl, emotionally and physically, you will be able to put them into a continuously orgasmic state. In this section, you will not only learn techniques for proper physical stimulation, but also techniques for incredible emotional stimulation.

First I'd like to reiterate that the emotional connection created through sex is deeper than any level of conversation two people could ever have.

This is why sex on the first date is never a bad thing. It doesn't mean that it has to be a one night stand.

Many girls who I see more than once I sleep with the first time I meet them. I just wanted to make it clear that this stereotype is inaccurate; sex on the first night is okay.

Know that amazing sex is built on EMOTIONAL stimulation.

Physical stimulation is just the groundwork. Of course, it is necessary to have the physical stimulation, as it provides the sensations for orgasm to occur.

But, to have mind blowing sex, the emotional stimulation must be present.

In terms of importance the physical is only about 20% of what needs to go on in the bedroom. Emotional stimulations is 80% of the stimulation you two will share.

The elements which make up a phenomenal sexual relationship are Dominance, Emotions, Variety, and Immersion.

To have a truly incredible sex life, it is necessary to have all four of these elements in place.

This was coined as the DEVI system by a guy named Daniel Rose in his book the Sex God Method. By the way, this book is phenomenal and I highly recommend reading it to expand on everything I will talk about in

this section. His guide can be found on the site of another amazing pick up artist known as Vin DeCarlo. Check the Bonus Reading section at the end for more details.

Every one of these elements is as important as the next. Not to say you can't have amazing sex while missing one of them, or having less of one, because you can.

But, when you get into a long term sexual relationship, using all of them is equally is where the true power lies.

So what are some techniques for each element? I'm glad you asked...

Dominance:

Dominance in the bedroom is critical to have.

Women want a man who will take control, in every aspect of life. The fantasy women have regarding tying up men and exerting their dominance wouldn't be a fantasy if they were the ones always in control.

You will learn to take control in the bedroom.

First, lead confidently. If you want to flip her from missionary to doggy style, there is not a request involved.

Just do it.

Don't put any more thought into it than is necessary. Whatever position you want to try, just move her into it.

Obviously, if you and the girl aren't fully comfortable with each other yet, don't take this to the extreme.

You might want to leave the upside down wild tantra position for a later time in your relationship.

But in general, do whatever position you want whenever you want to.

There are many techniques for establishing your dominance, physically or emotionally. Let's start with the physical. One of my favorites is hair pulling. How you pull hair is VERY IMPORTANT.

It's important to grab low on the hair near the roots.

Take a large portion of her hair into your hand and then simply close your grip. With this large portion of hair, it won't actually hurt the girl, but now you can move her head anyway you want to with force and dominance.

Personally I like to use this technique to pull their head back and to the side, exposing their neck for kissing or licking and biting.

Biting is another technique that is great for establishing dominance. How you bite is also VERY important.

You don't want to hurt the girl, but stimulate and establish dominance.

When you bite, take a very large portion of her flesh into your mouth and squeeze it. This will ensure you don't pinch, break any skin, or leave any hickies.

Hickies were cool when you were twelve, most people will not appreciate them at twenty.

Slapping a girl in the face is another technique that is great for establishing dominance. You may have never slapped a girl before and think it's harsh.

They love it.

Again, it is important how you slap. It shouldn't be hard, at least not at first.

Some girls love the pain and dominated feeling this brings and enjoy getting slapped hard. I mean HARD. But definitely not all. So, start off light and gauge her reaction.

Choking a girl is another physical technique I will use to establish dominance in the bedroom.

You may have also never done this before, but trust me they LOVE it. Obviously choking should be done around the sides of the neck.

Never isolate the Adams apple area in a choke, because that is dangerous and hurts. Also, I hope your lover doesn't have an Adams apple or you might want to reconsider this interaction.

Choking a girl during orgasm can greatly increase her orgasm as well. The lack of blood flow and oxygen during a heightened state of sensation combines for an incredible feeling.

Never choke too hard for too long. A girl will not enjoy passing out.

Spanking is also a GREAT technique for establishing dominance. It puts a girl in that "daddy thinks I've been naughty" kind of frame.

Again, start out lighter on this technique and increase from there to see what level of pain they find sexually stimulating.

Like slapping, all girls like it, but at different levels. Test the waters and logically gauge her reactions.

Reactions like "Ow" would mean go lighter and reactions like "yea!" or a moan would mean you can stay at that level or go harder.

Another one I love to use is pushing a girl into a wall or door. Sounds mean haha, let me explain. If you throw her into a wall, make sure you push her in a way that the whole of her back is going to make impact.

This is a relatively painless event, but creates A LOT of dominant feelings.

If you push her into a door the loud noise this generates adds to the interaction.

That covers all the physical techniques you'll learn on dominance. Now here are the emotional.

Emotional stimulation will stem from your dirty talk. Dirty talk is essential to having mind blowing sex. There are a few different topics of dirty talk that directly relate to the dominant aspect of sex.

Possession is a great one. Something I'll say often is "This is my pussy" or "I own this pussy", things along that line.

This shows dominant possession and often the girl will echo it back. "It's all yours baby" or something along those lines.

The great part about getting into emotional stimulation with a chick, through things like dirty talk, is that you receive that stimulation back.

But, like in all aspects of proper seduction, you must lead.

Do not be afraid to use dirty talk. It will always heighten the sexual experience for both parties. Say whatever comes to your mind with confidence.

After all, this experience is about your pleasure, which is not selfish. More on that concept later.

Another great way to show dominance through dirty talk is to talk about being her daddy. Refer to yourself as her father and soon she will too.

Things like "Come for daddy" or "Daddy loves this pussy" will soon have her immersed in dominance.

The second statement was actually a combination of dominance and emotions. Which you will recognize after the other areas are covered.

Emotions

As stated before, emotional stimulation makes up about 80% of what will make a girl come.

Getting emotionally involved in sex is a great way to add to this stimulation. This is almost entirely done through speech and eye contact.

Using the previous method learned for deep eye contact is an excellent way to convey great emotions with your eyes. It will really open them up to you and you to them.

Another thing to do with eye contact is force them to stare at you.

If they break eye contact slap them or do another dominant behavior. Tell them to stare at you until they come and make them hold eyes with you throughout her entire orgasm(it's really hard for them!).

This creates a huge emotional connection and is really stimulating to her.

Emotional talk is the other major player in this category. There are so many ways to deeply stimulate her through emotional talk, I could not even begin to list all of them.

But, here are a few examples to get you on page and then you can take it from there.

You can say things that make NO sense. Yet emotionally they are very stimulating.

I might be having sex and saying dominant things like "Oh you're *my* little slut, god you're such a dirty whore" and then follow it right up with "and that's why I love you."

This makes no god damn sense!

But in the bedroom it does. It's very stimulating to her and will really create an emotional connection during sex.

Another example might be, "Oh you fucking cunt, god damn you fuck so nasty, I love fucking this pussy". You get the idea.

Now don't think that the word love is the only way to show emotional connection in dirty talk.

Any kind of compliment would stimulate her emotionally. A slew of insults followed by “you’re amazing” with deep eye contact will really get her going.

Multiple Relationships

A side note on getting emotional with a girl. Do not fear saying the word love. Do not stereotype it, thinking that if you love a girl it must be a monogamous relationship. I used to have this fear and have learned the truth.

You can have open relationships that are still filled with love and amazing sex. You will learn how to set the frame for it to occur and how you can get the “I love you” to come out of her.

First, we’ll talk about setting the tone for an open relationship. The number one rule of relationship talks is that they only occur right after having sex.

This is when a girl is the most emotional and is feeling a great connectedness to you.

If this is a girl who you have had sex with a few times and you want to set the tone for an open relationship with her, I might say something along the lines of this:

“Man, I really love spending time with you. You’re so open and non-judgmental I feel like I can really be myself with you. I love how we’re able to spend time together without feeling like we need to constrain ourselves to just each other. It’s great being able to learn and grow without any pressure being in a committed relationship.”

See what you are doing here?

Everything is positive. How can she NOT agree with ANYTHING you have just said? She can’t. And now, the tone has been set.

Girls are very socially smart. She knows that you are not trying to commit yourself to one person, at least not right now.

Know, that if a girl thinks you will NEVER commit yourself solely to her, she is likely to stop having sex with you, or seeing you in general.

Unless, she is seeing other men too, in which case it is not an issue.

Also, know that if you are interested in having multiple relationships in this manner, there is no room for jealousy.

She may see other men. She may not.

If you are having sex using all the tools you have and will learn in this book, she will more than likely only be sleeping with you though!

So, now that we know how to have multiple relationships, how do we get over the “I love you” willies?

It's easy to add this element to your relationship and increase your connection with the girl. You can do it for the first time during sex, having her say it first.

Say something along the lines of “Baby how much do you like me?” while making deep eye contact.

She will undoubtedly (because she is just as afraid of the “I love you” as you are), say something like “a lot”.

Respond, letting her know that is not the answer you were looking for, and ask the question again. You may have to do this rinse-and-repeat style as many as twenty times, depending on how nervous she is about your reaction.

Fuck a girl right about ten times and she should be falling in love with you. If you would like to keep her as a relationship, this is a great next step to cementing that connection together.

I did this with one of my current girlfriends. It was so emotionally stimulating to her to even consider saying “I love you”.

Twenty attempts and three orgasms later she finally said it. Then I responded with an “I love you too” and she came again.

Having emotional talk and eye contact with your girlfriends will bring you one step closer to an incredible, unforgettable, sex life.

Immersion

Being deeply immersed in the sex is a key element for you to both have an amazing time. You should free yourself of outside thoughts during intercourse, they are useless.

In fact, 90% of erectile dysfunction issues arise from psychological reasons.

An inability to let go of thinking about other things will very likely kill your erection, and sex life.

By letting go of any other thoughts, you will cause her to do the same. Any thoughts you are having should be linked to her and the sex you are having.

This will increase your pleasure greatly.

Focusing on your own pleasure, which I referenced before, is what will truly bring your immersion to the next level.

It is NOT a selfish action, because by increasing your immersion in the sex, the sex will be much improved.

Fantasies and role-play are an amazing way to increase the immersion in your sex life. In the Sex God Method by Daniel Rose, he lists about thirty different fantasies and how to employ them.

Since this is not the focus of this book, I will leave it to him.

One technique I will share with you though is what I have coined as increased awareness.

What you do is dictate to a girl which sensations she should be focusing on.

Use a confident, methodical voice, almost as if you were a hypnotist. Use very descriptive language for what you would like her to be feeling.

For instance, heighten her awareness to your penis by telling her to feel every inch of it as you go in and out slowly.

Doing this will get her really in touch with her own feelings, allowing her to come even if you are going very slowly.

Play around with it, its very powerful.

Variety

This category is almost self explanatory, yet very important! Never let your sex life get stale by falling into ANY routines.

Sometimes have a lot of intimate foreplay, sometimes have none. Sometimes stick your penis right in to the base, sometimes make her beg for it bit by bit.

Sometimes have sex for an hour, sometimes for three minutes. Sometimes cum on her face, sometimes inside her.

The key word here is sometimes. I think you get the picture. Keep it fresh guys!

Bonus Techniques

These are a few techniques and strategies I have picked up over the years from different sources. They are the cream of the crop and really can improve your sex life greatly!

The Deep Spot

The deep spot might be the single most important thing you will read in this entire section. It is a technique I learned from David Shade, who is a master hypnotist.

He uses his abilities to give girls wild pleasure, and has some insane stories to tell about it in his manual!

Ever thought it was possible a girl could come from jerking off her imaginary penis? Me neither...until I read that book haha.

Anyways, back to the deep spot, or spots as I should say.

There are five pressure points within the vagina, the G spot being the weakest of all. The deep spot incorporates the other four and will give a girl the most deep and sensual orgasm she's ever felt.

If you were to visualize a vagina in front of you, the deep spots are located far back on the vaginal walls at 11, 1, 5, and 7 o'clock.

The best way to stimulate these spots is to reach in deep with one finger and give it a "come hither" motion as if you were to tell someone to come over to you with one finger (your mother or teacher maybe did this motion to you when they were mad at you for example).

Make sure to apply a lot of pressure while doing the motion. Feel free to push down hard.

By fingering these spots in this manner, you can make a girl cum with one finger, and hard. Girls have said things like "oh my god you're so good at this" within seconds of me entering them and utilizing this technique.

The 5 and 7 o'clock pressure points feel a lot like anal stimulation to a girl.

Often they will be confused. I've even heard "what are you doing down there". Know that this is a great way to get a girl to open up to the possibilities of anal sex. Making them come from these spots will make them much more curious about it.

This technique will give a girl an amazing orgasm, much deeper than one she would feel if stimulated on the clitoris.

However clit play is very helpful and important to do correctly.

Clit Play

Direct clitoral stimulus is often too stimulating for a lot of girls. This part of their body has an amazing amount of nerve endings in one spot.

A great technique to play with her clit without over stimulating is to lick your finger, or use lubricant, and stroke the clit with a single finger at one o'clock.

Using the same “come hither” motion as in the deep spot, just stroke the clit at one o'clock over and over, this will stimulate the girl greatly.

Another good way to stimulate the clit would be to lick your finger (I like to make her lick mine) and then rub the outside of the clit in a full circular motion.

Of course, all these techniques can be duplicated with your tongue, but I wouldn't always recommend this on a girl the first time you are together. It just isn't safe in today's world, unfortunately.

If you are using your mouth, there is one great technique that I personally love, and it drives girls wild.

Take her clit into your mouth, either held between your lips or teeth, and repeatedly lick it.

This drives girls crazy, if they can even handle the amount of stimulation they'll be receiving.

Patterning

Timing patterns can cause a lot of stimulation, both emotionally and physically, for the girl. This pattern is derived from an Indian sexual book and drives girls insane.

The pattern of penetration goes as follows;

Enter just up to the tip and back out nine times, than one time in half way, than one time in all the way (balls deep brother).

Now enter just up to the tip and back out 8 times, than one in half way, than one in fully.

Repeat with 7 and 6 down to 1 tip, 1 half, 1 full. Now go back to the beginning and start again with nine.

Usually after one time through the cycle, girls are begging for the full cock and it drives them insane.

It teases them to the point where they get ultra sensitive each time you enter past just the tip.

By three or four cycles through, she will be practically orgasming every time you enter past your penis tip. Another great thing about this technique is it gives you something to focus on.

If you are not very sexually experienced, a lot of people have problems with premature ejaculation.

This technique will help you stay focused and prolong your sex stamina. This will build confidence and get you on the right track.

Strengthening

Training and strengthening your erection is possible, and very easy to do.

The Pubococcygeus muscle, also referred to as the PC muscle, is what controls your erection. If you were urinating and had to flex that muscle to stop the flow, this would be you flexing your PC muscle.

It is actually possibly, through the strengthening of your PC muscle, to become a multi orgasmic male.

Male orgasm and ejaculation are not the package deal everyone thinks they are. This is not my area of expertise, though.

It was taught to me from a book called “How to make love all night” by Dr. Barbara Kesling. Another great book I would recommend picking up.

Doing a few of the basic strengthening exercises can show lots of results. The first exercise to do is referred to as the mini squeeze.

Isolate and flex your PC muscle for about three seconds. Do repetitions of this, until you feel muscle fatigue (usually twenty to thirty). This concept is just like doing bench press in the gym.

Work out a muscle and it gets stronger.

Doing this two to three times a day will begin a vast improvement in erection and erection control.

Once you’ve done the mini squeeze for a week or two, you can move on to using the big squeeze. Slowly flex your PC muscle to full tension over the course of five seconds.

Hold it at this level of flexing for the next five seconds. Then, slowly unflex the PC over the last five seconds. Do this as many times as you can (probably only 2 or 3 at first).

Doing this a few times a day will further improve your erection control.

The results from just these two exercises will be very noticeable. I’ve even seen a bit of increased girth because my erection has become so solid and consistently hard.

Utilizing a combination of all the sexual techniques presented here will put you in another class than most men. When you are able to put girls in a continuously orgasmic state, which you will, the benefits will be very obvious to you.

Making a girl come ten times in a row is a phenomenal feeling that I’m sure you will appreciate as much as they do.

Enjoy!

Section VI: Conclusion and Bonus Reading

Thus concludes my system for meeting, attracting, and seducing the women you desire. Free of bells and whistles, lines and tactics. I highly suggest you reread this book, at least once or twice. Also, make sure to read all the bonus material, it's very helpful! Begin improving right away by practicing the challenges given here and in the video seminar.

Becoming a fun loving, self amusing, and social guy is a process that will take active participation from you.

It took me years to figure it all out.

Luckily you've found this guide. The concepts in this book are about deep identity change. You will find yourself a whole new person around women. And you will like it.

Included below is a compiled list of all the books I've recommended along the way. I've included links and descriptions to help you best decide what you'd like to read.

Thank you so much for joining me and giving me the opportunity to help you in your relationship success. I really do gain so much joy from every testimonial and email I receive. Please feel free to send me one anytime. I personally respond to every email as fast as possible.

webmaster@learnhowtoseducewomen.com

Wishing you massive success with women (and knowing you'll get it!),

A handwritten signature in cursive script that reads "Kurt Spelling".

Kurt Spelling

Bonus Reading

[“A New Earth: Awakening to Your Life’s Purpose” by Eckhart Tolle](#)

This is a life changing book. It will teach you everything you need to know to begin “awakening”. You will learn how to recognize your ego, live in the moment, and embrace the positive and great feelings life has to offer you.

[“Magic Bullets” by Savoy](#)

This is a fantastic resource on seduction. If you are brand new to the game, I would absolutely recommend getting this. If you have problems letting conversation flow naturally, you can use some of Savoy’s patented routines to get yourself gaining confidence.

[Sex God Method by Daniel Rose](#)

This book added a few awesome techniques to my sex life. It inspired me to teach you the DEVI system which was coined by Daniel Rose. A fun and easy read that will teach you a lot!

****Update:** Unfortunately www.sexgodmethod.com is currently down. Daniel is taking time off of this business and coming back soon with new products to be released. I’ve included a link to search google for information from his book. You should be able to find a lot of it out on the web until Daniel’s new products come out.

[“How to Make Love All Night” By Dr. Barbara Kessling](#)

If you are interested in expanding your abilities in the bedroom, this is also a great book to read. It will teach you how to get in touch with yourself, giving you more stamina and control in the bedroom. Also, if you are interested in becoming a multi-orgasmic male, she will show you the way.