

Rise to the Sunrise, Move to the Dark of the Blackhole

Introduction - The Seduction Protocol: Breaking the Mirror

They won't tell you the truth. So I will.

You, the male - the forgotten god of this Earth - have been reduced to a slave.

Not by chains... but by screens.

Not by guns... but by dopamine.

Not by war... but by women.

They told you it's okay to be weak.

That crying makes you a man.

That submission makes you loved.

But you feel it, don't you?

That sick feeling after PMO...

That fake laugh in front of girls who don't even care...

That hollow chest when you're alone with your demons.

This book is not for the soft.

This is not a motivational speech.

This is your final warning.

If you continue like this...

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You die before you even start living.

Because testosterone is not just a hormone. It's your power.

And they've been draining it - silently, daily, chemically, emotionally.

This is the age of female domination without a sword.

They rule with curves. They enslave with silence.

And we, the gods of fire and force, became boys again...

Addicted. Numb. Tamed.

But not you.

Not anymore.

If you hold this book - you are the resistance.

The awakening.

The storm they tried to silence.

This is your rebirth.

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Welcome to ABwE.

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Chapter 1: The Fall - Slavery of Pleasure

We were kings once.

Warriors. Lions.

We hunted. We ruled. We built empires with bare hands and blood.

But look around now...

Boys sit in rooms, alone, hunched over glowing screens -

begging pixels for pleasure.

One hand on the mouse. One hand down below.

Dopamine flooding a dead soul.

This is not a mistake.

This is a design.

They didn't just strip us of muscle.

They stripped us of masculinity.

Made us feel guilt for dominance.

Made us apologize for testosterone.

Meanwhile, they raised girls to be kings...

And boys to be slaves.

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PMO isn't just a habit.

It's a ritual of self-destruction. Every time you give in, you lose:

- Your energy
- Your aggression
- Your clarity
- Your ambition
- Your voice
- Your soul

One orgasm can kill your empire for 7 days. One fake girl can corrupt your focus for a month. One weak moment... and the blackhole opens.

SIGMA LAW 01: NO MORE SLAVERY

You are not born to serve. You are born to dominate.

No more PMO.

No more simping.

No more apologies for being male.

Slavery ends now.

Burn her name.

Forget her curves.

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Kill the digital cage.

Rise from your knees.

Your war begins with yourself.

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Page 2: THIS IS THE END - PMO QURE PROJECT with ALPMO Protocol

If you're ready... there's no going back.

Welcome to ABwE Local Arena

Start-Up: PMO QURE PROJECT with ALPMO PROTOCOL

THE PMO PROCESS - THE HIDDEN SLAVERY

PMO isn't a habit. It's a neurochemical prison.

What really happens when you watch porn:

1. Your brain sees a fake female.
2. You get a dopamine spike - like taking cocaine.
3. You masturbate - dopamine crashes, you feel guilt and weakness.
4. Your receptors burn out - you need more extreme content.
5. You become numb to real life pleasure.

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TESTOSTERONE - The Fuel of Kings

It makes you:

- Build muscle
- Speak deeply
- Think with clarity
- Attract naturally
- Defend your tribe
- Dominate your goals

PMO kills testosterone. But retention ignites it.

ALPMO CURE PROTOCOL

You need 90+ days of NO PMO to restart your brain.

Day 1-30: Brain fights you

Day 31-60: Brain resets

Day 61-90: You become the AUG

SOLUTIONS TO DEFEAT PMO URGES:

1. Exercise - burns urges, raises testosterone.
2. Loud Horn - shock resets the dopamine loop.
3. Bad Feeling Toward Girls - removes fantasy.

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4. Think Disgusting Truth - shuts down sexual illusion.
5. Pee Often - lowers pressure, calms urges.
6. Meditation - strengthens willpower, rewires brain.
7. Cut All Dopamine Spikes - kill short dopamine loops (YT, Insta).
8. Never Half PMO - even 1 second is a full relapse.

You are not a dog chasing treats.

You are a lion rebuilding his pride.

Burn your urges.

Rewire your brain.

Return to war.

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