

# **The Sex Revolution Handbook**

by  
Daniel Rose

October 2006

Copyright 2006 Daniel Rose. All Rights Reserved.



Contents

1 Act One: Prelude to Revolution 5

1.1 Preface 5

1.2 Introduction 5

1.3 My Story 5

1.4 The Four Basic Principles of Sexuality 6

1.5 The Four Archetypes of Sexual Failure 7

1.6 The Four Elements of the Sex Revolution 8

1.7 DEVI Graphs - An easy way to understand the revolution model 10

2 Act Two: The Sex Revolution 11

2.1 Dominance 11

2.2 Emotion 13

2.3 Variety: 18

2.4 Immersion 20

3 Act Three: The Revolution Archives 25

3.1 The Role of Physical Stimulation 25

3.2 Specificity of Physical Stimulation 25

3.3 The Role of Foreplay 25

3.4 Fingering 25

3.5 Oral Sex 26

3.6 Training Your Girl to Give Oral Sex 27

3.7 Troubleshooting: Lack of Stamina and Weak Erection 28

3.8 The Moment of Penetration 30

3.9 The Continuous Flow of Stimulation 30

3.10 Sex Positions 31

3.11 Anal Sex 31

3.12 When She Comes 33

3.13 When You Come 33

3.14 Achieving Simultaneous Orgasm 34

3.15 The Continuously Orgasmic State 35

3.16 The Bedroom Mentality 36

3.17 Spontaneity 37

3.18 The Issue of Virginity 37

3.19 Building Open Relationships 37

3.20 Sexual Fitness 39

3.21 Improving Your Testosterone and Sex Drive 39

3.22 Finding the Right Girl 40

3.23 Safety Considerations 40

4 Act Four: The Fantasies 43

4.1 Introducing Fantasies into Your Sex Life 43

4.2 Beginner Dominance Fantasy: The Exhibitionist Fantasy 43

4.3 Intermediate Dominance Fantasy: The Father/Daughter Fantasy 44

4.4 Advanced Dominance Fantasy: The Forced Sex Fantasy 44

4.5 Beginner Emotion Fantasy: The Virgin Fantasy 45

4.6 Intermediate Emotion Fantasy: The Threesome Fantasy 46

4.7 Advanced Emotion Fantasy: The Pregnancy Fantasy 47

4.8 Beginner Immersion Fantasy: The One Soul Fantasy 47

4.9 Intermediate Immersion Fantasy: The Dream Fantasy 48

4.10 Advanced Immersion Fantasy: The Hypnosis Fantasy 48

4.11 Designing Custom Fantasies 49

4.12 Final Words 49



# 1 Act One: Prelude to Revolution

## 1.1 Preface

Welcome to the Sex Revolution Handbook. By purchasing this book, you've taken a huge step towards improving your sex life and relationships.

The Handbook is a complete and comprehensive guide to sexual mastery. But, before reading it, there are a few things you should know.

First, you are taking a risk of pregnancy and STDs every time you have sex. Although this risk can be minimized by safe sexual practices, it is always present. Second, you should always practice safe protected sex until you are sure that you can trust your partner.

This book describes controversial sexual practices including forced-sex and rape fantasies. They are advocated only in the context of being role-playing FANTASIES, real rape is always a bad idea.

Keep an open mind at all times when reading this book. It is called the Sex Revolution Handbook for a reason – the ideas presented in it are a revolutionary change from everything you've read about sex before. If you're not prepared to have all your beliefs about sex challenged, stop right here.

You must be over the age of 18 to read this book. As a competent adult, you must take full responsibility for the consequences of your sexual actions.

If you wish to obtain the maximum benefit from this book, you must make a real commitment to learning its principles. This takes time – sexual habits are deep set and are not changed overnight. Before you even begin reading this book, make a promise to yourself that you will apply the information in this book for improvement in the long term.

Begin by reading the entire book once. Then, analyze your natural sexual strengths and weaknesses using the Revolution Model of Sexuality (DEVI). Figure out what your biggest weakness is, and re-read the section which covers your weakness. Concentrate on apply the information in that specific section until you have mastered it. Then, move on to your second biggest weakness, your third, etc. in the same fashion. Do this until you have achieved sexual mastery.

## 1.2 Introduction

Sex is the ultimate human experience. If you're good at sex, there's absolutely nothing like it. The experience becomes one of mind-blowing ecstasy for both you and your partner. Instead of the usual mediocre relationships most people have to settle for, yours can be truly great. With great sex, you will be able to make a girl fall so deeply in love with you that she will do anything for you. Even outside the relationship, you'll feel better about yourself. By truly knowing that you can blow any woman's mind in bed, you'll become more confident and naturally more attractive.

On the other hand, if you're only a poor lover, sex can be truly terrible. Something which should be incredible is ruined by insecurities and feelings of inadequacy. Your confidence is slowly sapped from you with each disappointing sexual experience. You become bitter, and incapable of enjoying truly fulfilling relationships with women.

Because sex is so important, it is no surprise that sexual improvement is a multi-million dollar industry. You can find hundreds of e-books on the internet, professing to teach you to become a bedroom legend. Sex books are mainstream; you can find dozens

of them in your local Barnes and Noble. I've read a good amount of these books, and most of them are absolutely terrible.

So, what makes this book different?

## 1.3 My Story

First, let me tell you my story.

Five years ago, I was a total nerd. My days consisted of attending classes and doing the bare minimum to get by in the real world, while playing Starcraft for six hours a day with a cursory meal or two mixed in. The only friends I had were the ones who shared my video gaming obsession. Needless to say, my only sexual outlet was internet porn.

My life went on like this for a while, until eventually I got fed up with it. I got sick of seeing people having fun and living life in the real world, while I only counted the hours until I could get back to my computer. I decided to do something about it.

I got in the gym and started training religiously. I got a better haircut, cleaned up my acne, and made my appearance 100better. Girls were now showing interest in me, but I still didn't have the social skills to actually get laid.

I found some basic resources on the internet which gave me advice on becoming more confident and improving your social skills. Armed with these, I started making a proactive effort to be social. Within six months I actually had a circle of friends. I started getting invited to parties and events, and even made out with a few girls.

I lost my virginity a little while after that with a girl I met through my job. We had been talking on the phone three or four times a week for about a month, and we'd been on a few dates. One day, she invited me back to her place, and I knew this was it: I was finally going to lose my virginity.

As the clothes came off, I found that I was so nervous that my hands were shaking. When the time came, something horrifying happened: I couldn't get an erection. All that work making myself more attractive, and when the time came to actually have sex, I couldn't get it up. It was humiliating.

I tried in vain to get hard for the better part of the hour, before she finally stopped me. I never heard from her or saw her again.

After that, I vowed that I would do whatever it took to become good in bed.

Throughout the next few years, my life went through an enormous transformation. I found some like-minded men and started going out three or four times a week to pick up women. It was a lot of work, but it was worth it. I went from an average dude to someone who was extraordinarily successful with women. Within three months of meeting them, I had established a rotation of three girlfriends, all of whom knew that I wasn't exclusive to them. On top of that, I started getting regular hookups.

Needless to say, with three girlfriends I really didn't have enough free time to do anything with them other than have sex with them. And with three girlfriends, that was a lot of sex. Soon, I was having sex more than anyone I knew. Instead of spending eight hours a day playing Starcraft, I now spent eight hours a day having sex, recovering, and going at it again. Let me tell you, it was (and is) much more satisfying.

Every time I had sex, I learned something about the way female bodies worked, and the way my own body and mind worked. Every time, I became better. This was great for me, my girlfriends, for everyone really...except for my neighbors, who had to listen to girls screaming in my room night and day.

Today, I am living a lifestyle that I would have considered a dream five years ago. I have a wonderful relationship with my primary girlfriend, and we are both deeply in love with each other. On top of this, I also have great relationships and great sex with my two other girls. It seems for me that sex has become better and better each time I have it. How did I get here?

## 1.4 The Four Basic Principles of Sexuality

Let me go back to the original question: what makes this sex book different than all the other sex books out there?

In my journey towards sexual mastery, I tried almost everything out there. I read a lot of books specifying exactly what angle and with what degree of pressure to rub the clitoris, how many inches to insert your fingers into the vagina, etc. While a basic knowledge of sexual technique did help me, the more complex techniques which promised mind-blowing results really didn't work. Far from making me seem like a sex god, they made me seem like a gynecologist, constantly prying and experimenting.

After doing this for a while, I gave up all external sources of sexual knowledge and decided to learn bedroom skills on my own. When I had achieved sexual mastery, I noticed that there were a few underlying principles that defined everything which made me good in bed. These are the things the beta male sexual wannabes from the true alpha male bedroom superstars. They are:

**1. Psychological over physical stimulation:** A common sexual problem with men is their obsession with the physical. Men frequently approach becoming good in bed with a problem-solving mentality, similar to learning how to play chess. They think of women like machines. Rub the machine in a certain way for a certain amount of time, and bam, it produces an orgasm.

The reason why this mentality is incorrect is that it totally neglects the psychological aspect of sex. Although it is harder to see and understand than the physical, it is much more important. Let me explain why:

Men spend billions of dollars every year on making themselves more attractive to the opposite sex. Whether it is on clothes, or on dates, or on seduction workshops, we each expend huge amounts of our time and money in order to make ourselves attractive for women. Yet, for about fifty bucks you could buy a sex toy which replicates the feeling of a vagina almost exactly.

So, why isn't sex obsolete? Why don't we just buy the toy, and consider this part of our life handled?

The answer is because while sex toys can provide physical stimulation, they can't provide psychological stimulation. And, *psychological stimulation is the most important aspect of sex*. Mere physical stimulation is just "getting off." Extraordinary psychological stimulation combined with basic physical stimulation is mind-blowing. Imagine the difference between masturbating and having sex with a beautiful woman. That is the difference that psychological stimulation makes.

Although psychological stimulation is important for men, it is ten times more important for women. Consider this: there are hundreds of different sex toys on the market. Women can buy vibrators, dildos, vibrating dildos – anything their hearts desire to give them absolutely perfect physical stimulation. In fact, many women do buy these toys to use for times they can't get sex. But, ask any woman and you will find out that these toys are a poor substitute for the real thing. Women don't fantasize about buying a dozen batteries for their rabbit on a Saturday night and vibrating the shit out of themselves. They fantasize about sex.

It should be obvious that the key to becoming great in bed does not lie in ways to stimulate the body; it lies in ways to stimulate the mind. While physical technique has its place, what will really drive a woman crazy is knowing how to arouse her on

all the psychologically. Combine this arousal with basic physical technique, and you have a recipe for great sex.

**2. The importance of dominance:** This is something that you will find no mention of in mainstream sexual literature. But yet, it is a critically important aspect of great sex.

*Dominance is an extremely important sexual characteristic for a man because millions of years of evolution have programmed women to respond instinctually to dominant men.* Consider this: tens of thousands of years ago, our human ancestors were tribes of hunters. There were two types of males in this society: the alpha males, and the beta males. The alpha males were the dominant, aggressive males. They were the ones at the top of the tribal society, and they made the rules. The beta males were the smaller, weaker males. They were submissive to the alphas.

Now consider that there were two types of females in this primitive society: those who liked alpha males, and those who liked beta males. Some liked how the betas were gentle, and nurturing, and always provided for them. Others were turned on by the dominance and aggression of the alphas.

When these females reproduced, they each had children with the genetic tendencies of their parents. The children of beta males turned out to be beta. The children of alpha males turned out to be alpha males themselves. What happened though, is that alpha males eventually beat the shit out of the beta males and raped all their women. The children of beta males did not survive, the children of alpha males did. Evolution slowly weeded out all those women who were attracted to anything but the most dominant of men.

Today, there is only one type of female: those who like alpha males. The desire to be submissive to a dominant alpha male is one of the deepest and most important instincts of females of any species. If this instinct is so important, however, why do you hear nothing about it in mainstream sex literature?

The answer is that our society has made the female desire to be submissive to a dominant male taboo. Every one of us has been deluged with social programming like "men want to have sex, women want to make love" and "a woman wants a man who respects her" since grade school. Women are socially conditioned to repress their desire to be dominated, and men are conditioned to repress their desire to dominate. However, in the absence of dominance there is no sexual satisfaction. While women will never speak about it and may not even be conscious of it themselves, they all deeply desire to be submissive to a powerful man.

**3. Instinct and desire over technique:** As I said before, men frequently approach sex with a problem-solving mentality. They think that if they just learn the right moves, they will get a woman off. They buy endless sex books, hoping to mask their innate sexual deficiencies and insecurities with complex techniques learned from manuals.

This doesn't work. What a woman wants is not a man who is an expert on the anatomy of the vagina, or someone who knows fifty-three different cunninggulus techniques. *What a woman truly wants is a man who understands sex at a deep level, who is in touch with his animal desires and free of inhibiting social conditioning.* A man who is conscious that both he and the woman are beings designed for sex, and who can help her get in touch with her own animal nature.

It is overly simplistic to say that this means you should just "be natural" in bed. We are all deeply ingrained with social programming, which we cannot just forget on command. In addition to this, we all have insecurities which will prevent us from getting in touch with our true instincts. The process of overcoming these insecurities and breaking out of what a man "should" do in bed can be extremely difficult sometimes, but it is the only way to

achieve sexual mastery. Learning complex techniques is never a good substitute. Although there are some techniques which are useful to know, *I have found that achieving sexual mastery is not a matter of learning. Largely, it is a matter of unlearning.*

**4. Sex is the ultimate method of attraction:** As well as being the ultimate human experience, sex is the ultimate way to make a female attracted to you. Although it is possible to create attraction in women by social means, this seems like child's play compared to the attraction you can create with sex.

We walk around every day with defense mechanisms up around us to protect our emotions. This is necessary, because we never know who might hurt our emotions, so we have to keep somewhat aloof and distant. Social interactions can produce emotions of pleasure or displeasure, but we are careful to never let these emotions go too far.

*Sex is the most intensely emotional act we are capable of, and during sex it is impossible to shield our emotions.* During and after sex, you can access the deepest of a woman's emotions directly and create incredibly strong attraction towards you. If you choose, you can make these bonds of attraction unbreakable and permanent. This will ensure that the woman will be so deeply in love with you that she will literally do anything to support your cause.

Many guys bent on pickup up women will ask, "what is the point of attracting a woman after I've already had sex with her?" Lots of guys consider the first time you have sex with a woman the end of a seduction; I do not. I consider it the beginning.

I find that the first time you have sex with a woman is invariably the worst. You are not yet comfortable with each other's bodies, and cannot yet get in touch with her instincts and desires. It's cool to hook up for just a one night stand once in a while, but we all want to keep the highest quality women in our lives around. The way to do that is to give them what they really want: great sex. I find that these ongoing sexual relationships are invariably much more satisfying than a string of one-night stands.

Also, if you succeed in having a one-night stand with a woman, she will file you in the back of her memory as one of her emotionless casual encounters. If you take a woman to deeper levels of attraction through great sex, she will never forget you. Cynics say that women will always cheat in a relationship, but this is not the case. It is true that if a woman is sexually unsatisfied, she is almost guaranteed to cheat.

However, if you can provide her with better sex than anyone else, you have guaranteed her loyalty even if you are having sex with other girls yourself. *There is no incentive for her to be unfaithful when nobody else can compare to you.*

You can even use the power of great sex to get women to support your lifestyle in non-sexual ways. For example, you can have their girlfriends travel to meet you, do you favors, and buy you expensive gifts. Your girlfriends will be happy to do this because they are in love with you. This is a total reversal of the "normal" male-female relationship, where the male must use gifts and favors in order to get sex with the women. If you wish to be living this kind of lifestyle with multiple women supporting you, the way to achieve it is through sexual mastery.

These are the four principles of sexual mastery. They are what this book is based on, and what you should use as the basis of your sex life.

Before I continue to go more in-depth into what you should do to become great in bed, I'm first going to first tell you what you should not do. I've identified four archetypes of guys who are incompetent lovers, and I'm going to lay out their behavior in detail so that you know what to avoid.

## 1.5 The Four Archetypes of Sexual Failure

Men who are bad in bed make an almost innumerable number of different mistakes while having sex. In order to learn what to avoid in bed, it is counterproductive to learn every technical mistake. This will lead to thinking too much in bed, which is in itself a huge mistake.

*Instead, learn the underlying beliefs and personality traits that are the root cause of these bad behaviors.* Instead of trying to avoid the physical manifestations of these problems, you should attack your problems at their root – the mindsets which cause these mistakes. The following four archetypes are typical personality traits of men who share a common bad mindset.

Examine these archetypes carefully, and be honest with yourself: do you see any part of yourself in these archetypes? Recognize your bedroom sticking points now, so that you know what you need to improve.

**The perpetual lovmaker:** The perpetual lovmaker is the #1 most popular bedroom archetype in the world right now. Typically, perpetual lovmakers are safe, provider type guys. They're usually level-headed and intelligent, and don't take many risks. They're not the bad boys that women fantasize about; they're the guys that they settle down with.

The perpetual lovmaker takes the messages about respect for women that he hears every day to heart. He believes that women are equal to him in every way. In order to distinguish himself from all the other jerks out there, he shows women that he respects them whenever they give him an opportunity to. He's happy to help a woman out by doing favors for her, taking her out on dates, etc. He's has so much respect for women, that he's even happy to do this when the woman is not having sex with him.

Unsurprisingly, this guy doesn't get laid very much. When he does get laid though, he carries his nice guy ways with him all the way to the bedroom.

Because he respects women so deeply, in the bedroom he does not "fuck" a woman. He "makes love" to her. He treats her with the utmost respect and care, taking great pains to make sure that he does not make her uncomfortable at any point. If he wants to try something new in bed, he won't just do it – that would be too presumptuous. He'll ask permission: "Honey, would you please go down on me today?" For some reason though, his woman doesn't really want to do anything with him beyond plain vanilla missionary sex, and she doesn't even show too much interest in this. He consoles himself that he's found a "good girl" who "doesn't do" things like anal sex, deep throat, or even just regular blowjobs.

Actually his girlfriend does these things all the time – just not with him.

The perpetual lovmaker's girlfriend is deeply sexually frustrated. It is her nature as a woman to want to be dominated by an alpha male, and the perpetual lovmaker deprives her of this. She will retaliate with all sorts of bad behavior in relationships: arguing, withholding sex, neuroticism, and cheating. These behaviors, especially the cheating, are not her fault. In order to be psychologically healthy a woman needs dominant sex. Because he lacks the dominance to satisfy her, the perpetual lovmaker compels his partner into these types of behaviors.

**The emotionless robot:** Maybe you know a guy who picks up a lot of girls. You can see it as soon as you look at him. As soon as he rolls into a room, he just oozes coolness and high value. He doesn't react emotionally to anything a girl might throw at him. And, this behavior is highly effective at getting girls into bed. (In fact, I recommend being emotionally unreactive to a degree in order to pick up girls.)

The problem the emotionless robot has is that he carries his lack of emotion into the bedroom. He doesn't even like sex that much.

His main motivation for picking up girls isn't sex – it's validation. It's the thrill of the hunt, and the ego boost he gets every time he realizes that he can actually have sex with an attractive woman. *In other words, he doesn't actually enjoy having sex; he just enjoys the fact that he's having sex.*

And although he puts up a front of being cool and untouchable, the emotionless robot is actually afraid. He is afraid to open himself up emotionally to a woman. Because of this, sex with an emotionless robot has a platonic, detached “friend with benefits” feel. He is completely emotionally invulnerable, and can feel neither pain nor passion.

The emotionless robot's partner perceives this lack of passion, and it curtails her own emotions. Because emotion is so important for good sex, especially for women, the sex is not good.

**The monotonous plodder:** The monotonous plodder will have sex with a girl a few times, and it'll be great. She'll cum multiple times and start to develop strong emotions towards him. Because he's doing everything right in the bedroom, she will soon want a relationship with him.

The problem is, after the initial “honeymoon” period of the relationship, the sex starts to go downhill. It's nothing sudden or dramatic, but after a while it just doesn't seem like the spark is there anymore. The girl loses interest, and breaks up with him. The monotonous plodder will then write this off as inevitable, that people inevitably get bored having sex with each other for an extended period of time. But this isn't true. A guy who is creative and good in bed can keep a sexual relationship fresh and exciting for a lifetime if he desires.

So then, what was the plodder's mistake? He was doing everything right in the beginning. What he didn't realize though, is that too much of a good thing is a bad thing. He didn't add any variety or spontaneity into the relationship. Instead of an irresistible desire, sex became a scheduled obligation for the girl. She knew exactly what was going to happen, when it was going to happen, and how it was going to happen. This monotony killed the sexual attraction she felt for him.

**The bedroom technician:** The bedroom technician knows everything about sex. After his first few sexual experiences were embarrassing and frustrating, he went on a quest to become a bedroom stud that women would sexually respond to. To this end, he's bought endless books on sexual technique. He's spent countless nights reading information on the internet, continually learning new sexual positions, new ways to hit the G-spot, new ways to do everything. He always craves more information about sex. No matter how much he's read it's never enough, he always wants to know more, more, more.

To the bedroom technician, sex is a matter of angles and inches, positions and correct stimulation. Everything he does in bed is technically perfect. He'll even log onto the internet and give advice, and guys will look up to him as an online sex guru.

Despite all his knowledge, his girlfriend is frustrated with him. She wants a man to fuck her, not a scientist performing gynecology experiments on her. He doesn't understand that complex physical technique really doesn't make you any better in bed. It sounds impressive on an internet forum, but in real life it's ineffective.

Ultimately, the problem of the bedroom technician is that he thinks too much and tries to “figure out” sex. Instead of doing this, he should use basic physical technique and concentrate his efforts on providing extraordinary psychological stimulation.

What do all of these archetypes have in common? Each one of them represents someone who is deficient in one of the four dimensions of sexuality. More specifically, someone who is deficient in one of the four psychological dimensions of sexuality. These psychological dimensions are the foundation of good sex.

## 1.6 The Four Elements of the Sex Revolution

The four elements of the Sex Revolution system are:

- Dominance
- Emotion
- Variety
- Immersion

**Dominance:** Dominance is the foundation of all male sexual power. As explained before, the desire to be dominated by an alpha male is one of the deepest desires of every woman. In the absence of dominance, there is no sexual excitement.

Females crave dominance; it is your job as a man to give it to them. This is easy to know this logically; it is much harder to incorporate it into your core unconscious belief system. To illustrate the importance of dominance, think of some types of men that women find attractive. Dangerous guys. Guys with power. Military guys. Athletes. *Behind virtually every attractive man, you will see a core of dominance.*

Not only is dominance important, it is fundamental. Meaning, a base level of dominance is required to achieve success in the other three sexual dimensions. For this reason, dominance should be the first area of focus if you are a sexual novice.

The way in which I discovered the importance of dominance was through one of my first girlfriends. I had slowly been getting more dominant and realizing that girls were turned on by dominant guys, but the real breakthrough came one day with her in bed. We hadn't seen each other for a while, and she was horny. That night we went out to a club together. She wore a skintight black dress, with black heels that screamed “fuck me.” We spent the night drinking and dancing together, with her rubbing her ass harder and harder against my crotch as we danced deep into the night.

When we got back to my apartment, I was so turned on I couldn't control myself. I kissed her roughly, and threw her down on the bed. To my surprise, she didn't protest, she loved it. I jumped on her, and started treating her more and more roughly. I slapped her ass, I fingered her roughly, I put my dick in her face and told her to suck it. At every point I expected her to tell me to stop, but every time I treated her more roughly, she got more turned on. She was talking dirty, and this girl was the master of talking dirty. At one point while I was fucking her from behind, she panted “Fuck me Dan, make me your bitch, make me scream so that everyone knows that I'm your bitch.” And I did. I railed the shit out of her doggy style for half an hour, and afterwards she told me it was the best sex she ever had. It was the best sex that I had ever had too. We both passed out afterwards, exhausted and sexually fulfilled.

The funny thing was, the next morning she woke up and noticed that she was bleeding from her vagina. I'd fucked her so hard that I'd ruptured something internally inside her, and she was in serious pain. Obviously, I'd fucked her way too hard for it to be physically pleasurable by itself. What I did to her would have been incredibly painful had it not been during sex. Yet, because she had the psychological stimulation of being dominated, she couldn't even feel the pain at the time. It felt intensely pleasurable.

Now this is an extreme case, but it did teach me a couple of important things. First, that dominance is a huge turn on for girls. They need it and crave it. This girl was unusually sexually uninhibited and could say it to me. However, most girls are too inhibited to ask for it or even know consciously that they want it, even though they do.



Secondly, it taught me the importance of psychological over physical stimulation. Even though that night I had provided horrible physical stimulation to the point where it should have been painful, the psychological stimulation I provided was so good that it overrode the physical aspects.

The four elements together are referred to as DEVI, with each dimension being represented by its first letter.

The DEVI model is the core of the Sex Revolution system. Read this chapter carefully, because it will totally change the way that you think about sex.

DEVI incorporates the Four Principles of Sexuality, especially the first one, Psychological over Physical Stimulation. The first dimension:

**Emotion:** I have been in many different sexual relationships. Some of these relationships were simple one night stands, some were friends with benefits arrangements, some were exclusive relationships, and some were open relationships. One thing that I have learned is that the sex is always better in relationships with an emotional investment.

*This is because sex and emotion are deeply intertwined.* I have found that the more intense the emotions before and during sex, the more intensely pleasurable and satisfying the sex will be. This is true for men, but it is doubly true for women because they are capable of even greater emotional highs and lows than we are.

My major breakthrough in this dimension came with my current primary girlfriend. We'd been steadily getting more emotionally involved with each other over time, and in a moment of peak sexual arousal she let an "I love you" slip. At the time, I didn't respond, because I had been taught by others not to tell a girl that I loved her.

The problem was that I knew I loved this girl, and it intuitively felt wrong to hold it in. I decided to throw caution to the wind, and tell her that I loved her also. Of course, I did this during sex.

Holding her tightly against me and looking into her eyes, I asked her how much she liked me when she was almost about to cum. "I like you a lot," she managed to get out, as I fucked her slowly. "No," I said, "that's not what I'm looking for. How much do you like me?" I had to ask her this seven or eight times. I knew she wanted to tell me that she loved me, she was just afraid that I would freak out. Finally, with a combination of verbal coaxing and deep thrusting, I got it out of her, "I love you," she finally whispered.

"I love you too baby," I said as I looked deep into her eyes, and started fucking her harder. She became so emotional she started crying, and she came like I never saw her cum before. This showed me clearly how strong emotions can intensify sex. While sex with my "friends-with-benefits" had not been bad, it had been shallow and unfulfilling. By adding strong emotions to my sex life, I was on a whole new playing field. This experience showed me the power of positive emotions during sex, but I have also had experiences which showed me that negative emotions also heighten sexual pleasure. Using these emotions for sexual purposes can backfire and is not for beginners, but in the right hands, negative emotions are just as powerful as positive ones.

In all your sexual relationships, you should work to heighten your partner's emotional investment in you. This will intensify and deepen all your sexual experiences together.

**Variety** When I consciously made the decision to become better in bed and develop my own system for sexual mastery, I did a lot of experimentation. Some of the stuff I did was amazing. A lot of it was crap. But, there were many things I did which really weren't extraordinarily bad or good in and of themselves. When I first tried them, the girl would respond strongly to them. But,

when I repeated these techniques over the next few weeks, the girl responded less and less each time.

For example, the first time I fucked a girl with people watching was amazing. I intentionally left the door to my bedroom open, and my roommates each walked by and watched as this girl gave up her pussy right in front of them. I decided that public sex was the best thing since on-demand porn – I was never closing the door to my room again! But after I did it a few times, it began to lose its appeal. For one thing, my roommates didn't take as much interest in seeing me having sex the third and fourth times around. But more importantly, the girl herself began to like it less and less, to the point where she asked me if we could just close the door.

From this, I learned that *too much of a good thing is a bad thing*. I learned that variety, the third dimension of sex, is critical for sexual satisfaction. Variety is the reason why we expend so much effort to fuck a bunch of different girls, when we could get as much or more sex from one girl if we

were monogamous. It is also the reason why a lot of sexual relationships get bland and boring over time. While having lots of partners is a way to achieve sexual variety, it is certainly not the only way, nor is it the best way. There are many ways to achieve variety within a relationship, even a monogamous one.

I realized that what you want to remember in any sexual relationship is to always mix it up on every level. Sometimes you want to provide intensely dominant sex, sometimes intensely emotional. Sometimes you want to do lots of foreplay, sometimes you want to do none. Sometimes you want to make love to her gently, sometimes you want to make her sore for the next three days. By continually mixing it up in these and many other ways we will discuss later, you can keep the sex in your relationship fresh and exciting for a lifetime.

**Immersion:** Before I was conscious of the four dimensions of sexuality, I would at times notice that sex with one girl was inexplicably better for me than sex with other girls. This was not related to how physically attractive the girl was, and sometimes not even to how much dominance, emotion, or variety we had in our sex together. For example, early in my sexual development I had a friend with benefits arrangement for a few months when I hooked up with another girl I met in a nightclub. In my mind, I knew the club girl was hotter and

better in bed than my friend, but somehow the sex with her wasn't as good. At that stage in my development, I needed a lot of comfort and was unable to let myself go fully with new girls.

Later on as I became more sexually experienced, I noticed this same phenomenon in girls. Even when I did everything else right in bed with a girl, it wouldn't work because she couldn't let herself go and just enjoy the experience. But later on in the relationship, when we had more comfort and trust in each other, the sex got much better even though nothing else had really changed.

From this I learned the importance of the fourth dimension of sexuality: immersion. *In order for the sex to be good, both you and your partner have to be able to let yourselves go.* You have to let go of all logical thoughts, and exist solely through feelings, emotion and desire. You need to have complete stillness of mind with no disrupting thoughts. This is easy in theory, but in practice it can be hard to just shut your brain off if you are not used to doing it.

The biggest causes of disrupting thoughts in bed are insecurities and worries. In the Handbook you will learn ways to minimize these disrupting thoughts. For now though, it is enough to know that immersion is the absence of disrupting thoughts during sex, and the absence of inhibitions of desires and emotions.

## 1.7 DEVI Graphs - An easy way to understand the revolution model

The Sex Revolution System is a dynamic system. The basic idea of the system is that all four dimensions are critical to sexual mastery. Although there is a usual order in which to escalate the dimensions, it is possible to escalate them in any order or combination.

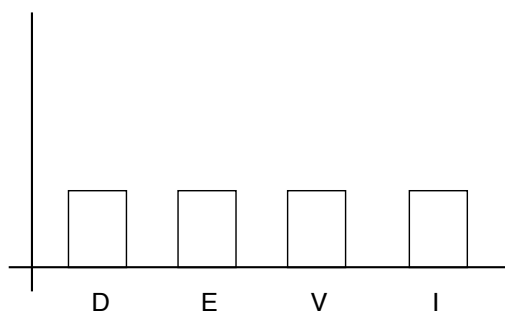
Also, a guiding principle to use when modeling your sexual encounters with DEVI is the principle of the weakest link. *This principle states that if any of your sexual dimensions is substantially below the others, the quality of your sex will be limited to how much progress you have made in this dimension.*

Later on, you will learn when you can break this rule and make your sex temporarily unbalanced in the short term, but in the long term you want to escalate each sexual dimension in a balanced way. To improve yourself in bed, reflect on your behavior and determine which sexual dimension you are weakest in. Then, concentrate your efforts on improving this dimension.

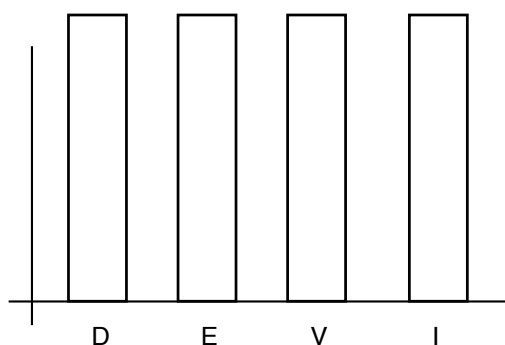
To describe sexual situations in terms of the Revolution Model, this book will often use bar graphs. In these graphs, D will stand for Dominance, E for Emotion, V for Variety, and I for Immersion. In each dimension, the higher the bar is, the

more appeal the person or situation has in that dimension.

For example:

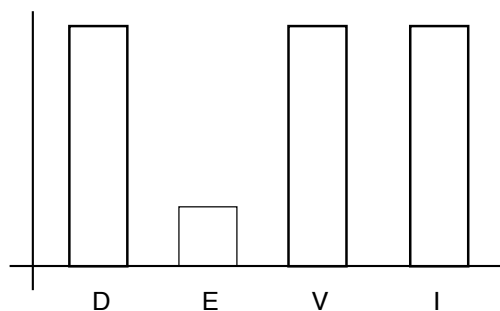


A bedroom novice.

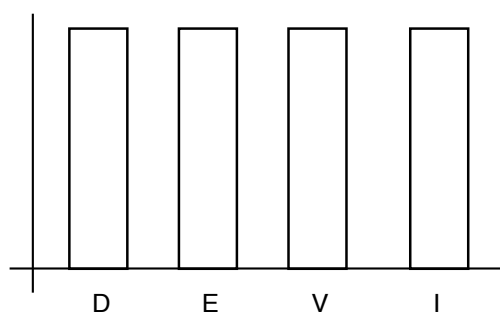


A theoretically perfect sexual master.

Let's go back to our archetypes of bad sexual lovers from Chapter 3 for a moment, and diagnose their problems through DEVI graphs. Recall, the Emotionless Robot, who does everything else right, but is unable to feel strong emotions, or evoke and sustain strong emotions in the girl.



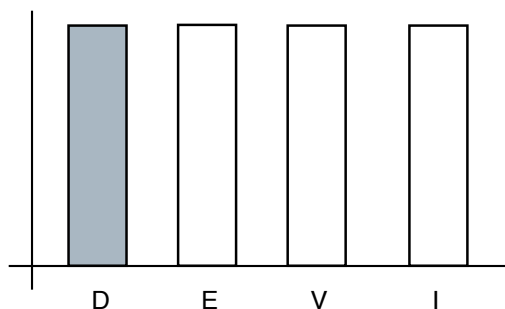
You can see that his graph is unbalanced, with emotion being the weak link. In this case, becoming more skilled in the other dimensions won't do this guy any good. If he wants to become better in bed, he should concentrate on injecting more emotion into his sex life.



This will balance his graph, and eliminate the weak link in his DEVI chain.

## 2 Act Two: The Sex Revolution

### 2.1 Dominance



You now know that it's critical to be a dominant alpha male if you want to achieve sexual mastery. But how do you do that?

The first thing to know about dominance is that is the only sexual dimension in which your physical makeup can translate into psychological stimulation. More simply put, if you're bigger and stronger, you will seem more dominant.

To do this, work out and eat properly. What exactly to do is beyond the scope of this book, but [bodybuilding.com](http://bodybuilding.com) is a great resource if you want some workout tips.

Now, you're probably asking yourself...what if I'm genetically pre-disposed to be small/skinny? Does this mean I can't be dominant?

Of course not. Physical size is one of the things that helps and that you should pay some attention to improving, but it's really not much of your overall dominance – only about 5%. The most important thing is to act in a dominant way in the bedroom. I'm only 160 pounds myself, but it doesn't matter because of what I do in bed. So how exactly should you act to become dominant?

*First and foremost, dominance is a mentality. You must internalize the beliefs that as a male you are inherently dominant, and as a female she is inherently submissive. This is both right and natural.* Although she can never verbalize it, deep down she craves the fucking that only a dominant alpha male can give her. By dominating her in bed, you are not disrespecting her or doing anything wrong. You are giving her a gift of intense sexual pleasure.

The average guy never gets to see this side of female sexuality, but once you have you may be surprised. Sexually healthy women all want dominant sex; at times they all want to be treated like a piece of meat in the bedroom, to be violated and used like a slut. They all want you to rip their clothes off over their token objections, to talk dirty to them, and to be helpless as you make them cum over and over again. There is nothing wrong with this; in fact, it is a very natural and beautiful thing.

To develop a dominant mentality, use techniques that will increase your dominance in bed. At first, you may feel uncomfortable using these techniques, or like you're doing something wrong. But, you will be surprised by how women respond to them. Once you have seen how hard a woman will cum when you pin her arms down, fuck the shit out of her and call her a whore, it will be hard to believe that women don't like to be dominated. At first, try a few of these techniques when she is extremely aroused. Later, you will be able to use them at any time. Once you have seen that women do like to be dominated, it will help you develop a more dominant mindset. This in turn will make your techniques seem more natural, and you will get even better results. Eventually your dominant mindset will become so strong that you will dominate women naturally with no conscious effort.

You should almost always be leading the interaction in bed, deciding when, where, and how you will fuck her. Never ask for sex or for something sexual, just take it decisively. Hesitation and asking for permission are turn-offs, so eliminate them from your sexual repertoire. Don't ask her to do something, tell her to do it. If you want oral sex, tell her to suck your cock and move her head towards it. If you want to fuck her doggy style, throw her on the bed face down and tell her to stick her ass up.

If she waffles or gives token resistance, override her. Give her the sexual pleasure that she lacks the courage to take on her own initiative. Pay no heed to her bad social conditioning, and get in touch with her deepest desires as a natural woman. Sometimes, however, you should let her lead. This is the exception to the rule, and works to increase the emotion rather than the dominance of sex (exactly how is explained in the next section). If you are working on your dominance though, concentrate on leading her through almost everything in bed.

**Pain:** When done in the right way, pain can be incredibly exciting for a woman. But, when done in the wrong way, pain can totally ruin the sexual experience by killing your girl's immersion and mentally pulling her out of the sexual experience. The subtle distinction between good and bad pain is important to understand, so read this section carefully. There are two elements to pain. The first is the element of physical stimulation, which is obviously bad. By itself, this physical element of pain will make the sex worse by reducing a girl's immersion.

However, there is also a second and more important element: the psychological stimulation pain provides. This will make the sex better because it increases your dominance. It also provides variety, because few lovers have the courage and skill to pleasure women with pain in the right way.

In order to use pain correctly in your sex life, you should keep the following things in mind:

1. *Use pain at the right time in your relationships, when you have enough immersion but need more dominance.* Usually, this occurs when the relationship has gone on for a few months and you are comfortable with each other.
2. *Give her pain in ways that maximize the good psychological stimulation, while minimizing the bad physical stimulation.* In other words, you want to cause her pain in ways that are very dominant, but don't actually cause a lot of bad physical sensations. For this reason, I don't recommend hardcore bondage such as whips, piercings or electric shocks. All of these things don't really provide that much dominance, while also packing a heavy punch of physical pain which is too much for almost all girls. You also want to make sure your pain is dominant, not annoying. Having her clit pinched by the groping incompetence of a virgin is annoying, getting manhandled over the knee of an alpha male and spanked is quality dominant pain.

To make sure the pain you cause her is neither annoying nor excessive, here are a list of techniques to manhandle your girl which will provide her with quality, dominant pain.

**Manhandling:** The first technique to manhandle your girl is called the door slam. When your girl is standing with her back towards a door, grab her and slam her back into it. Press yourself against her and start making out with her aggressively. This can also work with a wall, but works much better with a door. A door will have a some give to it, and the force of the blow will be distributed

across her back. You can slam her fairly hard without causing her too much pain. In addition, a door will make a loud noise when you slam her into it, adding to the exciting element of dominance. A wall will cause her more pain and will not make as much noise, but can do in a pinch.

The second is *ripping her clothes off*. Literally. This works best with her panties. When she's particularly turned on and you notice she's wearing old panties, put your hand inside them and twist them around your hand to make the ripping easier. Then, anchor her down to the bed with one hand, and pull HARD to rip her panties off with the other. Be sure you put some strength into it, as it will take more force to rip them off than you think. Also, pull to the side so that the force of the rip goes into her hip, not her sensitive anal and vaginal areas. Like the door slam, this creates the impression of dominance without excessive pain.

Another way to establish dominance is *pulling her hair*. To do this, grab her hair as close to the roots as possible and pull her head wherever you want. This works well when you're behind her, sucking on her neck. Hold her by the hair while you do this and she'll love it. This also works well when you're making her look at you while you're fucking her (a great way to increase emotion, as discussed in the next section). Holding her by the hair to force her to look at you packs a powerful one-two punch of dominance and emotion.

Finally, *spanking your girl* is always a great way of manhandling her. If you two start play-fighting with each other, wrestle her so that she is face down beneath you and pull her pants down. Then, throw her over your knee and spank her naked ass. Spank her HARD – this area of the body has a lot of muscle and fat cushioning, and can take considerable punishment before it hurts too much. If you do it right, the pain won't be excessive, but it will be very loud and dramatic. Combine spanking with dirty talk to make it even more powerful. Tell her "You're a bad little girl, and bad little girls have to get punished" as you spank her. If she's more comfortable with you, kick the dirty talk up a notch. Say something like "you're a dirty little slut, you've been thinking about getting fucked all day. Look at how wet your pussy is...you need to be punished for being such a whore." Spank her a few times, then take the rest of her clothes off and fuck her hard and deep.

You can also spank her when you're already fucking her. The more aroused she is, the more effective spanking is. This is because as she gets more turned on, spanking isn't a threat to her immersion, so she can fully enjoy the increased dominance that it provides. Spank her while you're having sex with her on top of you, or in any position where her ass is exposed. A favorite of many girls is to be spanked while you are fucking them doggy style.

These are only a few examples of ways you can manhandle a girl; there are many, many more. Anything from throwing her onto the bed, to pinning her hands back as you fuck her, to manhandling her into the positions that you want to fuck her in will work. Be creative. The techniques that I've given you will give you a good start if you have no experience being manhandling girls in bed. However, once you've established a dominant mindset, don't restrict yourself to those four. Get in touch with what you're naturally dominant alpha male self truly desires, and you will find yourself manhandling girls naturally in a way that you never before thought possible. What's more, you will find that they love it.

**Dirty Talk:** Sex is much better when you incorporate dirty talk into it. Once you're used to talking dirty to your partner and have her talking dirty back, you'll marvel that you were ever silent during sex.

*Even when you're not talking dirty, it is important that you be vocal during sex.* Think about it, what gives you more sexual

pleasure: a girl who moans and screams in pleasure as you fuck her or a girl who is silent and still as a corpse? Don't be afraid to let out passionate noises in bed. Remove your inhibitions – you will find that once you do, you'll naturally want to moan when you enter her, and let out a roar when you reach orgasm.

Once you're comfortable making passionate noises, you should start talking dirty. The tonality that you use when you're talking dirty is very important. It should be deep and dominant, like the voice of a hypnotist. It should be passionate, but controlled. Train yourself to maintain control of your voice, even at high levels of arousal. Your voice should also be devoid of all nervousness and uncertainty. A dominant male does not talk with hesitation, nor does he look for approval before continuing his dirty talk. He just does it.

The best time to talk dirty is when she is very aroused. Ideally, this will be when you are having sex with her. The very best is when you are giving her so much pleasure that she is helpless to make any response. When you have mastered the art of dirty talk, you will be able to fill her ear with a controlled, hypnotic stream of erotic language even while you're railing the shit out of her with everything you have.

The first few times you have sex with a new woman, start calling her a dirty little girl. Tell her how wet her pussy is, and how good it feels to be fucking her. After she's become somewhat comfortable with you, start talking dirty more when she's very aroused.

There are five main themes that you should concentrate your dirty talk around.

Some of the best dirty talk comes from a real understanding of female sexuality. Women go to their jobs and look proper all day, pretending that they're thinking about platonic things. Even when guys approach them, women have to pretend that they're not interested in sex because of social conditioning. This is torture for them, because women are more sexually obsessed than men. Not only do they think about sex more, but the thoughts are more intense because they try to repress them. However, hardly any men have the insight to see that beneath their platonic façades, all women crave sex.

When she's very aroused, tell her that you know how much she thinks about sex. Say that she pretends she doesn't want to get fucked all day, but you know what a slut she is on the inside. Tell her you know that she thinks about your cock inside her all day. She'll protest and give you a token "no...I'm a good girl..." but don't pay attention.

Tell her that her pussy gets wet when she even thinks about your cock inside her. Tell her how wet she is right now, that's she's dripping all over your cock.

Personalizing your dirty talk like this will make it even better. Whenever you can, you should always call her YOUR slut or YOUR whore, rather than just calling her a slut or a whore.

This has a threefold effect. First, she feels more dominated if you imply that you possess her like this. Second, the motif of being yours adds to the emotion that she feels. And finally, any insecurities that may be triggered by your talking dirty to her like this will be reduced by personalizing your dirty talk. Because she is yours, she doesn't have to worry as much about you being one of those guys that is so screwed up by social programming that he is secretly disgusted by women who respond to dirty talk.

In fact, possession is so important that it should be a theme by itself of your dirty talk. When you're fucking her, tell her that her pussy is yours, and that you own her pussy. If she gives you a token "nooo..." then say "really...then why is your little pussy getting so wet for me? I think you are my pussy..." and keep fucking her harder.

Telling her how excited you are for her is also great. Tell her that you've been thinking about fucking her all day – that you get hard just thinking about tearing her wet little pussy up. Tell her

what you're going to do to her – that you're going to fuck her so deep and so hard and make her cum all over you.

Being under your control is also very exciting for a woman. Tell her that she's yours, and that you're going to fuck her anytime you want. Tell her that she's always going to have your cock in her pussy and that she's going to take your cum inside her every day. Make her call you master. Make her say "yes, master" when you tell her to do things.

When she's about to cum, tell her to cum for you like a good little slut, and she'll say "yes, master!" If she waffles or refuses to say "yes master," make her. Fuck her harder while you're holding her throat gently but firmly, or even slap her moderately hard across the face (this is advanced – don't do this until she's highly converted and accepting of your other dominant behavior in bed!)

Although dirty talk can be a very powerful tool, your girlfriend will begin to react negatively towards it if it is the only kind of talking you do in bed. It's important for you to combine dirty talk with emotional talk – the two are not mutually exclusive. Rather, they enhance each other when used at the same time. After sex, it is also important that you talk emotionally to her, hold her, and tell her how much she means to you. This will alleviate any fears that your girl may have that you won't respect her if she responds to her dirty talk, and preserve her immersion.

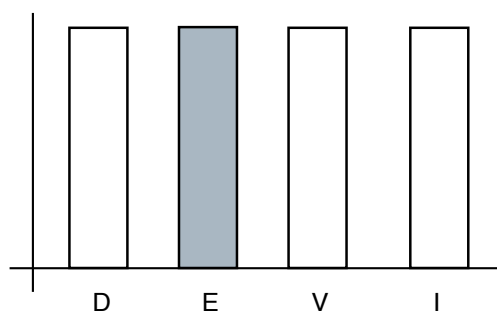
**Orgasm Control:** Making a girl cum against her will is one of the best forms of dominance. When she is close to orgasm, tell her that you're going to make her cum like a dirty little slut, and there is nothing that she can do about it. She'll say "Nooo...you can't make me..." and try to hold it back. Intensify the stimulation you're giving her, and push her over the edge. If you're eating her out, hold her hips down with your hands and lick her clit furiously. If you're having sex with her, fuck her harder and deeper, and tell her to cum for you like a good girl. She will not be able to hold her orgasm back. And, because she is trying to hold it back, the orgasm will be much more intense.

**Dominant sexual positions and light bondage:** Certain sexual positions are more dominant than others. Fucking her doggy style is very dominant. She is on her hands and knees in front of you taking your cock, while you are towering above her thrusting. Her lying face down while you are on top of her is also dominant.

Fucking a girl hard, deep and fast is dominant. This is what makes it good – the physical component of rough sex alone is not. If you see girls masturbating, you won't see them pounding the shit out of themselves. They use moderate size vibrators and gentle, slow strokes. But, almost all women like to be fucked hard because they get off on being dominated so completely. Especially when your girl is highly aroused and has a level of immersion which will sustain a high level of dominance, don't hesitate to use some force when fucking her.

Light bondage is also a good way to put her in submissive positions. You don't need to go out and buy a torture rack – bondage is most effective when it doesn't seem contrived. The best responses I've had from girls are when I tie them up with a piece of my own clothing or theirs – a tie works well for this. Tell her "you're my little pussy...I'm going to tie you up and fuck you so hard..." Then, take her hands and tie them together in a secure, but not viciously tight knot. Excessive tightness will make her hands fall asleep, which is annoying and will break her immersion. You can either tie her hands in front of her or behind her back. Try both, and see which one she likes better. Then, fuck her in a dominant way, throwing in plenty of dirty and emotional talk.

## 2.2 Emotion



Emotion permeates every aspect of sex. A master of sex must also be a master of creating strong emotions.

I can hear the objections already... "But I'm a tough guy pickup artist! I don't want to deal with any emotional crap!"

That may be. However, this comes from a place of weakness. Guys who will not or cannot open themselves emotionally are that way for a reason: they are afraid of being hurt. This is common in guys who were formerly rejected a lot by

women but improved their social skills. The fear of rejection they inherited from their past of social failure carries over to the present. This causes them to put up emotional walls around themselves. Their self-destructive behavior sabotages their sex lives and relationships.

If you can create strong emotions in a woman, the sex with her will be much better. Period. For you, and especially for her. A woman will never be truly satisfied with emotionless sex; it is just something to tide her over until she can find a fully satisfying sexual relationship. Once she finds that, you're gone. And, once you stop restricting yourself to platonic "friends with benefits," you'll be surprised by how much better the sex is for you as well.

The superior sexual pleasure you can create with strong emotions will also make your girls much more loyal to you. If you're interested in an exclusive relationship, this is obviously important. But even if you are not, making your girlfriends loyal will benefit your relationship life immensely. You will get much higher levels of compliance with ease. A highly converted girl with a strong emotional attachment to you will almost never have sex with other men, even though she knows that you are having sex with other women. And, she'll gladly clear her schedule for you, do favors for you, and pay for dates and gifts if the sex is good enough.

Although women are conditioned by society to want an exclusive relationship with guys they have strong emotions for, with proper management jealousy can be almost

eliminated. The important thing is to get her so strongly attached to you that it would hurt too much for her to ever leave you. Once you can achieve this, she will accept any terms that you set for the relationship. If you frame it in the right way and make her feel well qualified, she will be just as satisfied with this type of relationship as with an exclusive relationship.

**How emotion works:** The best way to create emotion is with lots of great sex. However, in order to have great sex, you need to have high levels of emotion. This may seem like a Catch-22, but it is not.

Emotion is like a snowball. At first, you will have to increase emotion in ways that will only add a tiny bit to the snowball. You may not notice much difference in the sex at first, but it will pay off later. Once you have the snowball rolling though, it will eventually gather mass on its own. As she starts to develop stronger emotions for you, the sex will become better, which will in turn spawn even stronger emotions.

Your job is to just keep giving her those strong emotions through sex, and don't do anything which will cause her to shut down what she is feeling and stop the emotion snowball from gathering mass. After a while, the snowball will turn into an unstoppable juggernaut. The sex will become drastically better, and the relationship will be so strong that even if you accidentally damage the snowball of

emotion, it will have so much momentum that it won't matter.

**Becoming emotional yourself:** Something which commonly stops the snowball of emotion from gathering mass in the early stages of the relationship is that the guy isn't emotional himself. In order to create strong emotions in a woman, you must also feel strong emotions yourself. Women are naturally more emotional than men, so it is alright if your emotions are not quite as intense as hers. However, if your level of emotion is far below hers, this is a problem.

She will sense that you don't feel as strongly for her as she does for you. She will then subconsciously curtail her own emotions to avoid being hurt.

Now, don't expect to fall in love with every girl you have sex with. That's not the way things work; some girls won't have that spark which can make you feel those extremely powerful emotions. For many girls you may only feel moderately strong emotions, and that's fine. But, if you've had sexual relationships with many girls and you've NEVER developed strong feelings for any of them, the problem is you, not them. Work on becoming more emotional. Do this by getting rid of your subconscious emotional guards. You cannot force yourself to feel emotions, but you can stop yourself from inhibiting your natural emotions. If you start to feel something, fight your instinct to squash that emotion. Start

being more genuine and open with your feelings. It will pay off.

**Building emotion outside the bedroom:** The creation of emotions (commonly referred to as attraction) outside the bedroom is very important to what happens inside the bedroom. There is extensive literature on how to create emotions in a woman before sex – this is what is commonly referred to as “attracting women.”

If you want to learn more, I recommend reading the Natural Game Compendium, a free collection of the best posts dealing with attraction on my website (<http://sexrevolutionblog.com>). If you're really serious about learning, you can sign up for a weekend of personalized instruction where I will show you exactly how to attract women in real life situations.

These resources should be more than enough to help you create enough attraction and emotion in a girl.

Once you have had sex with her and are in a relationship though, the game changes. You still need to do some things to create attraction outside the bedroom, but there are some fundamental differences:

1. In a pickup, there is a large emphasis on Demonstrating Higher Value. In a relationship, this is not necessary. The most effective way to demonstrate value is through sex; all other ways pale in comparison. This means that you should not expend any energy on actively demonstrating value outside of sex. To do so is counterproductive. Of course, you will still retain much of your value outside the bedroom even when you are not actively demonstrating it. Keep demonstrating value passively through your natural personality, lifestyle, etc., but over all, value will not be your concern in relationships.
2. To create more attraction, all you have to do is show the woman that you also value her for non-sexual reasons, and to make her work for the reward of sex.

There are many things that you can do to show her that you value her outside the bedroom. Always make sure that you show physical affection like kissing and cuddling even when you are not having sex. Nothing gives sex a drier, more platonic feel than a guy who is only interested in physical contact when it is sexual.

An especially important time to show affection is after sex. This is when she is most emotionally vulnerable. Hold her in your arms, and tell her how much she means to you. Of course, you should adjust what you use to tell her this with what stage the relationship is at. You can tell a girl that is in love with you how much you love her, but with a girl that you've only had sex with a few times you will have to use more moderate language.

With multiple girlfriends it is equally important to show affection like this. Let her know that you don't have to be

exclusive to have emotions for somebody. She may try to curtail her emotions for you so as not to seem “desperate,” let her know that there is no need for this. If you genuinely care about all of your girls and you show it, they will not inhibit themselves from developing the strong emotions for you that great sex will bring.

You also need to make sure that you are not giving away the value of your great sex for free. It is human nature to only value what we have worked for – even if sex is great with you, she will not appreciate it properly if you don't make her work for it.

Make her work for you in conversations, and expect her to come up with interesting things to say to entertain you. Make her work for you logistically – make her travel to see you, do things that you want to do, and clear her schedule to spend time with you.

When you reach sexual mastery, you can even get girls to do more than this for you. For a man that is great in bed, a woman will clean his house, do his laundry, and do all sorts of favors for him to support his lifestyle. She will even pay for dates, buy you expensive gifts, and in some cases even give you cash.

Even in the bedroom itself, continue to make her work. She will not develop strong emotions towards you if you work hard doing unrequited sexual favors constantly while she does not do anything for you. Make sure that she goes down on you just as much as you go down on her. Let her take the initiative sometimes, and put in the work to seduce and undress you.

Expand her sexual thresholds, and don't just let her sit back inside her sexual comfort zone. The more she works for you, the more she will be attracted. Always make her work for you as much as you can.

Even when she is doing the work though, you should still maintain your dominance. It is alright to let her “lead” once in a while – you are still controlling the interaction, and are letting her lead. You should always view her “leading” in bed as her working hard to please you, rather than her dominating the interaction. Remember that you can take control and lead the interaction any time you want, but for the time being you are allowing her to work for you.

**Emotional talk:** Just as dirty talk is a great way to make sex more dominant, emotional talk is a great way to make sex more emotional. The rule of thumb for emotional talk is that you should reciprocate the level of emotion she is expressing towards you. If you start becoming more emotional than her, it will ruin your dominance. But, if you are significantly less emotional than her, you will curtail her own emotions. This means that early in the relationship, you will have to moderate your emotional talk. For example, instead of saying “your pussy belongs to me and I'm the only one that can be inside you,” tell her, “baby, I like when I'm inside you and you're all mine.” Once she becomes more emotional though, don't hesitate to kick your emotional talk up to the next level.

There are three main themes that you should concentrate your emotional talk around.

The first theme is possession. Possession is also a dominance theme – see the section on dirty talk for details. Because you possessing her is both dominant and emotionally exciting, it is an extremely powerful theme. Deep down, a girl who is emotionally attached to you wants to be “yours” and belong only to you.

Give your girlfriend the gift of belonging to you in bed, and she will love you for it. Fuck her with no let up and tell her that she belongs to you – her pussy is only yours and you’re the only one that can fuck it. Tell her that she’s yours forever, and that you’re going to be inside her forever. Tell her that the only reason she exists is to take your dick deep inside her pussy.

Be careful with the possession theme early in the relationship. You want to minimize the level of false expectations you give her, and this type of emotional talk may end up hurting her later if you are not careful. Only use the possession theme of her belonging only to you when she is highly converted, and knows that this is an open relationship where you fuck other girls. If you are in an exclusive relationship, of course this type of talk is great too.

The second theme is how strongly you feel towards her. Knowing that you feel strong emotions towards her excites her own emotions. Make sure you vocalize how strongly you feel towards her not only generally, but in the moment of being inside her. Hold nothing back. Exposing your own raw emotions like this will greatly intensify what she is feeling.

You should always refer to your woman intimately, never impersonally. Early in the relationship, say her name when you are telling her how strongly you feel towards her. Later in the relationship, call her your baby. Once she says that she loves you, tell her how much you love her often during sex.

If you don’t talk like this now and think that this wouldn’t work for you, you’re wrong. You just have to break the arousal-killing habit of talking platonically with pronouns when you could be using intimate terms. Start calling your girlfriend “baby.” The first few times you use the word it will feel unnatural, but eventually it will come naturally.

While you are inside her, tell her that you can feel so close to her. Fuck her deep and look into her eyes, telling her that you’re so deep inside her that you can feel her soul. Tell her that you love her more than anything, that she is perfect for you, that she was meant for you.

Although this theme is very emotional, the idea of you having strong feelings for her lacks dominance. Because of this, this theme of emotional talk will be much more powerful when combined with dirty (dominant) talk.

How strongly she feels towards you is another important emotional theme. If a woman has experienced good sex with you, she will start to develop emotions towards you. She hides and represses these emotions, fearing that they will scare you or cause her to be hurt. To unleash the power of these emotions, let her know that they are uncontrollable and that you are eminently conscious of them. Hearing you describe the depths of her emotions she hides even from herself will bring them bubbling to the surface and make her cum like you wouldn’t believe.

Tell her that you can feel how much she loves you when you’re inside her. When she gets really turned on and her vagina is dripping, tell her that she must love you, she’s so wet that it’s dripping down your balls. Make a connection between how aroused she is and how strongly she feels for you. When you make her cum, tell her to scream “I love you!”

Ask her how much she loves you. Make her say that she loves you more than anything, that she would do anything for you – that she would die for you.

Another great way to expound on the theme of her strong emotions towards you is to make her show you how much she loves and needs you. When she is about to cum, tell her “Cum for me baby...show me how much you love me...” This is also great for when she is riding you, or when she is trying to make you cum.

Tell her, “Ride my cock baby...make me cum inside you, show me how much you love me...” She’ll be driven to turn in a heroic performance, and will give you a great orgasm.

Those are the three main themes that your emotional talk should be concentrated around. There is a fourth, and although it is very powerful, it is also very dangerous.

I don’t recommend using it unless you would not be averse to having children with this girl. The theme is the pregnancy theme. Women are biologically programmed to want to be impregnated by an alpha male. More than anything, this is her evolutionary function in life, to take your cum inside her and bear your offspring. Despite what her logical mind tells her, on a deeper level she will always want this. Telling her that you are going to get her pregnant with your babies while you are having sex will excite her like you would not believe.

Tell her while you’re fucking her that you’re going to cum deep inside her and get her pregnant. Tell her that you’re going to fill her with your cum so that she can have your babies. Tell her that this is what she was meant to do.

This will make her cum incredibly hard, but be warned: it will also make her want to get pregnant for real. Because of past experiences, I now reserve emotional talk on the pregnancy theme for women that I would actually want to have a child with.

**Combining dirty talk with emotional talk:** Although both dirty talk and emotional talk work wonders in isolation, they are most effective in tandem. You should almost always combine dirty and emotional talk, and rarely go through a session of sex without doing some of each.

Don’t worry about making smooth “transitions” between the dirty and emotional talk, or even about making sense when you are combining the two. It does not matter if it would make sense to her in a objective, logical state of mind – you will be saying these things when she is in a highly aroused state. In this state of mind, what you are saying will make perfect sense to her as it mirrors her own chaotic cravings and feelings.

When in bed, here is how I will typically talk:

SPIRIT FINGERS: (*fingering the girl*) You’re really wet for me...you must have been thinking about getting fucked all day. You’re my wet little pussy, and I’m going to fuck the shit out of you (*throws her on the bed, gets her turned on by eating her out, and starts fucking her*)

SPIRIT FINGERS: (*said in a deep, hypnotic voice while fucking her hard*) Baby, I’m inside you...I love you so much baby...this little pussy’s so tight, I’m going to have to tear it apart. I’m going to have to fuck the shit out of you...

GIRL: (*giving weak token resistance while getting fucked*) noo...my pussy’s too tight for that...

SPIRIT FINGERS: Shut the fuck up (*grabs her throat and fucks her harder*). I wouldn’t hurt my baby... I love my baby so much...

Saying “I love you” in one breath, calling her your slut in the next, saying that you would never hurt her while you grasp her throat and fuck the shit out of her...this is the essence of a sexual master’s bedroom talk. The rules of logic do not apply; the rules of emotion reign supreme. With every word you contradict yourself, and with every word she gets more turned on. In her pleasure distorted state she only understands that you are fulfilling her need to be dominated and her need for strong emotions at the same time. That is all that matters.

**After Sex** What you do after sex will affect how good the sex with you is in the future. Emotional connection is built during



the sex act, it is solidified in the time after sex. Don't let what you built go to waste by leaving her or acting platonically after sex.

After great sex, a woman will often start talking emotionally to you. You should never exceed the level of emotion that she expresses towards you, but you should not be shy about reciprocating her emotion. If she's already talking emotionally towards you, go ahead and tell her how amazing the sex was and how much she means to you.

**Teasing** Teasing is a great way to make sex better through the use of negative emotions. Create intense negative emotions through teasing her and denying her the pleasure she craves, and the sex will become much better. Remember, it does not matter what kind of emotions the girl is feeling during sex, only how intense they are.

While teasing is powerful, it can backfire if used in the wrong way. If you tease her before she is very aroused, she will simply think that you aren't in the mood and will lose her arousal. And, if you tease her too much, the negative emotions you create will be too intense. She will start to develop insecurities and mental defenses against your relentless teasing. This will ruin her immersion, and the net effect of the teasing will be to reduce the quality of your sexual experiences.

In order to guard against this, you should look for two warning signs when you are teasing her. The first is that your teasing is making her less aroused instead of more. This will signal you that she is not yet aroused enough for the teasing to be effective – get her more aroused, and then tease her.

The second warning sign is that she seems aggravated. There is a fine line between aggravation and quality negative emotion, so make sure you stay on the right side of it. Aggravation signals that you are teasing her excessively, or too maliciously. It is important that she knows that you are just toying with her when you are teasing. If she detects any sadism or serious attempt to damage her well-being, she will develop mental defenses to your teasing.

Even if you have a girl that responds extraordinarily strongly to teasing, you should not tease her excessively. Again, remember the principle of variety – too much of a good thing is a bad thing. Tease sparingly, and it will remain powerful.

Generally, the way to tease her is to bring her to the edge of what she wants, then deny her it. Do this until she's reached her threshold for the most she can be teased, and then give her sudden, intense gratification.

Basic teasing can be done during foreplay. Grab your girlfriend and roughly slam her against a door, and start making out with her and touching her sexually. Then, with no explanation, walk away and do something else. She will HATE this – but it will also make her want sex more. When she walks over to see what it is that you are doing, grab her close to you, again with no explanation. Throw her on the bed and fuck her.

It is also great to create anticipation before you physically escalate to the next step. For example, when you are about to suck on her nipple, don't just do it. Move your tongue around the nipple, and breathe warmly on it until she is aching to have it sucked. When she really wants it and is thrusting her breasts out, gratify her and take it into your

mouth. You can do the same thing when you are eating her out. Move your tongue lightly over her pussy, barely touching it. Breathe warmly while you do this. This will make her really want it. Wait until she's bucking her hips against your face, and then shove your tongue into her. Because of the buildup, the gratification will feel amazing.

Something else you can do to build anticipation: when eating her out, put two fingers near the entrance to her vagina. While

you are licking and sucking her clit, use your index and middle fingers to spread open the entrance to her vagina.

Opening her like this will cause an "empty" feeling. The negative emotions and sensations caused by this empty feeling will make the gratification more intense when she is filled with your dick.

The most powerful time to build anticipation is before you are about to fuck her. Rub your cock against her pussy and look into her eyes with a "you're about to get fucked" stare. Put the head of your cock inside her – then take it out and rub it on the outside of her pussy again. Keep doing this until she's going crazy, then shove her full of your cock all at once.

You can also tease her by fucking her shallow, and making her beg for you to fuck her deep. Grasp your cock in your hand so that only the head can go inside her, and tell her "you're only a little girl...I think you can only take this much." Fuck her like this until she begs for more. When she does, say "alright...you can have a little more," and give her a little bit more of your dick." Keep doing this three or four times, until you're about halfway buried inside her. Then, pull your dick out of her almost completely, saying "look at this little pussy...you can't take my whole cock inside you..." Let her freak out a little because you pulled out of her, then shove your whole cock deep inside her all at once. If you do this right, it will feel incredible to her. Using teasing like this in conjunction with *The Virgin Fantasy*, I've made girls cum with only one stroke.

Another great way to tease her is to escalate, and then regress back. Pull her bra to the side and start sucking on her nipple – and then put the bra back. You can do the same thing with her panties – pull them down or to the side and start licking her pussy, then pull them back up. When you're about to fuck her, put just the head of your dick inside her. Then tell her "I don't think you're ready for this yet," and go back to eating her out. This will bewilder her, because she will feel like you are "supposed" to always escalate and never regress. She will feel deprived, but this is a good thing. Give her intense, sudden gratification later and it will be worth it.

Keep in mind that teasing works primarily through creating negative emotions – the more intense the emotions you create, the better the teasing is. A great way to create these negative emotions is to get her aroused and ready to be fucked, and abandon her with no explanation.

Finger her or eat her out until she really wants sex. Then, walk out of the room with no explanation and slam the

door. Let her sit in there for twenty or thirty seconds and develop some negative emotions of deprivation, anger and bewilderment.

While you are in the hall, take off all your clothes. With an equal lack of explanation, burst back into the room totally naked, throw her on the bed, and fuck the shit out of her. The intense negative emotions and sudden gratification make this technique very powerful. Be careful not to overuse it though – it will lose its potency if done too often.

With a girl that has become thoroughly addicted to sex with you, you can actually spend an entire night teasing her. Get her wet and ready to go – then suddenly "remember" that you have to go somewhere. Put all your clothes back on, make her get dressed, and leave. Keep teasing her the entire night, and at the end give her the intense gratification of rough, dominant sex.

I was once having sex with one of my girlfriends, fucking her until I sensed she was on the brink of an orgasm. Then, I "remembered" that that the restaurant I wanted to go to was going to close soon, pulled my dick out of her and told her we had to go (needless to say, this took incredible self control!). She protested mightily, but in the end she got in the car.

The entire ride over there, I drove with one hand in between her legs. I kept saying things like "It's too bad I couldn't fuck you...I really wanted to be deep inside your pussy, and feel you cumming



over and over on my cock...could you imagine what that would feel like? But we can't do that..." While physically teasing her pussy with my hand, I would mentally tease her by vividly describing sex, and then saying that we couldn't do what I just described. It was driving her crazy.

When we got to the restaurant, it was fairly empty because of the late hour. I managed to get us into a corner booth, at a table that had a long tablecloth. I sat next to her. While ostensibly just making normal conversation and looking at a menu, I slipped a hand in between her legs. Nobody could see, so I held her close to me and started to rub her pussy over her pants. I could feel dampness, so I quietly unbuttoned and unzipped her pants, and put a hand over her panties with no resistance from her. They were soaking wet. I whispered into her ear what a wet little slut she was for wanting to get fucked so much in the middle of a restaurant.

She was breathing hard, but couldn't say anything back. I kept whispering dirty things in her ear, but when the waiter came I immediately changed my tone. While covertly easing a hand inside her panties, I began to make ordinary conversation with the waiter. After taking my time asking him about the food, I finally ordered. I turned to my girlfriend, and asked her, "OK baby, what would you like?" as I slipped a finger inside her.

The expression on her face was priceless. She inexplicably had trouble articulating what she wanted, and in the end I had to order for her.

The entire night I kept this up, stimulating her enough to tease her but not enough to make her cum. I would alternately back off and force her to make ordinary conversation, and talk dirty in her ear while fingering her under the table. I ate my meal while I did this; she found it hard to eat anything. After about half an hour of eating and teasing, I zipped her pants back up. We paid for our food, and left. She was trembling as she got up.

I was going to keep teasing her on the ride home, but I recognized that she had reached her threshold and that any further teasing would be counterproductive. I threw her in the back seat of the car and fucked her right in the parking lot. Having been teased for the better part of an hour, she came over and over again, with more intensity than I had ever seen her cum before. She attained the Continuously Orgasmic State while I fucked her into a delirium of pleasure.

I had to drive back with her naked in the back seat; exhausted, asleep and dripping cum – she couldn't stand on her legs long enough to carry herself back to the front. This type of extended teasing is very powerful on well converted girlfriends. However, you must be ultra-careful not to overuse it. Even using it twice in a year on the same girl would degrade its power. Use extended teasing very sparingly to create a unique sexual experience she will never forget.

**The forbidden:** Guilt is also a great way to enhance sexual pleasure, provided that the guilt is not so intense that it breaks the girl's immersion. Doing something that you are not 'supposed' to do in bed is always especially exciting.

The advantage of giving new sexual experiences to a girl that has inhibitions about them is that the guilt she feels will actually enhance her pleasure. It will make her feel dirty and degraded, which is a good thing as long as her inhibitions are not too deep-set. She should not be feeling a crushing wave of guilt, but an exciting thrill of naughtiness.

I always make it a point to push a girl's sexual thresholds. Doing something for the first time with a girl will pack a real emotional punch – she will always remember you as the first one who did it to her.

Sometimes, girls will insist that they want to save a specific sex act for marriage. For example, anal sex, or swallowing your cum.

When a girl has socially imposed barriers against these behaviors, you should always break them down.

Some men may feel guilty about this, but that guilt is misplaced. If you have attained sexual mastery, the girl will never again feel an emotional connection like she does to you. Regardless of whether or not she someday gets married to another guy, you will always be more important to her emotionally. She may logically want her first time to be with her husband. However, what she wants on a deeper level is to have her first time doing sex acts to be with the one she feels the deepest emotional connection with. She only thinks that artificial societal constructs like marriage matter – after you have done it with her, she will not regret it.

So, how do you push a girl's thresholds? The way to guide her into doing something that she has an inhibition against is to get her very excited, then vividly describe what it is you want to do to her. Then, tell her that you "can't" do what you just described in order to disarm her logical mind.

For example, I once had a girl who told me that she wanted to save anal sex for marriage. I told her that was great, knowing that I was going to fuck her up the ass, but also knowing that the way to make her do it was not to deal with her logical mind. It was to deal with her sexual, emotional mind.

The next few times we had sex, I would make a point to give her some anal stimulation. While I had a finger inside her ass and she was approaching orgasm, I would tell her how tight her ass felt. I would ask her, "baby...can you imagine feeling every inch of my cock inside your ass, where you've never felt it before...can you imagine giving your ass up to me, and having me be the only one to every be inside your ass?" Graphically describing anal sex as a deeply emotional act would make her want it more, because this girl was deeply in love with me. Then, before she could respond, I would say "but we can't do that...that's bad" as I plunged my finger deeper into her ass.

I did this four or five times to get her excited about the idea of anal sex. Then, one day I started doing her doggy style, while fingering lube into her ass. While doing this, I kept talking emotionally about anal sex, and then saying that we couldn't do what I just described. I fucked her until she was on the brink of her second orgasm, then I pulled my cock out of her pussy and pressed it against her anus. I told her "baby this is so bad...but I'm going to fuck you up the ass." There was no resistance from her as I pushed the head of my cock inside her anus. I proceeded to warm her up and fuck her up the ass while she fingered herself. It was a great experience for her, and she told me later that she didn't regret it at all.

There are many ways that you can push a girl's thresholds. Having sex somewhere that you are not supposed to will also add pleasure-enhancing guilt to your sex life. When you are at a friend's house and he happens to leave you alone there for half an hour, take advantage of the opportunity. Drag her into his bedroom, and fuck her on his bed. The whole time, tell her how you can't be doing this. Say "This is bad...he trusted us, now we're fucking on his bed...look at you, you're getting your wet pussy all over his sheets." This will be especially good sex if your friend is prudish and would be disgusted by someone else having sex on his sheets.

You can even up the ante by having sex on her parents' bed. The additional naughtiness and the risk of being caught will make it more exciting. Again, keep up with talk to enhance her feelings of guilt and thus her pleasure. Tell her "this is

bad...your parents raised you to be a good girl, and now you're getting fucked like a little slut right on their bed...you're dripping your wet pussy all over their sheets."

Fucking her in a semi-public place is also great. Drag her into an isolated hallway, and start making out with her and getting her turned on. Again, tell her that what you're doing is bad because "there's people around." Then, drag her into the nearest bathroom

and fuck her brains out. Make it really dominant – tell her what a little slut she is for getting fucked in a filthy public bathroom. More often than not security guards will come to kick you out, but trust me, it will be worth it.

While all these places are great, the one act that I find incomparable in the creation of guilt is having sex in a church. The Christian religion has labored for centuries to attach guilt to the sex act; you can profit from all their efforts. It is incredibly emotionally exciting for a girl to be fucked raw under the watching eyes of Jesus on a crucifix, especially if she has religious beliefs herself.

I once took a girlfriend of mine home for Easter to meet my parents. As was the tradition, on Sunday morning we all dressed up and went to church. This didn't seem like a bad idea at first, but once I was there I remembered how interminable Protestant sermons can be. Two hours into the preaching, my girlfriend and I were bored out of our minds. We eye coded each other, and discreetly slipped out of the sanctuary.

In the empty hallway, we started making out. I got her more and more excited, while also telling her how bad it was that we were even thinking about this in a church. This is bad, I told her as I led her upstairs, to a locked room which was used for Youth Group on Wednesdays, but was currently deserted. Fortunately, as a former trusted and faithful member of the congregation, I had a key.

I unlocked the door, and led her to a couch in the back of the room. We started making out again, and the clothes started coming off. I kept up with the guilty talk and physical escalation until I was inside her. While I fucked her, I told her how bad it was that she was getting fucked in a church, that we were having sex right above the sanctuary. She started to scream in guilty pleasure as I fucked her mercilessly. More quickly than I had ever seen her do it before, she had attained the Continuously Orgasmic State, alternating between powerful orgasms and a level of pleasure just below orgasm. Fortunately, the congregation had taken to singing hymns, so her screams were drowned in their collective voice. To the chorus of the faithful, I slung her legs over my shoulders, shuddered, and roared and I unloaded deep into her pussy.

I stayed inside her for a while afterwards as we recovered our breath and listened to the hymns. Then I pulled out of her, and we both got dressed. When she went to grab her panties, I told her “no...you can't have these” with a mischievous smile, and stuffed them in my pocket. She protested, but in

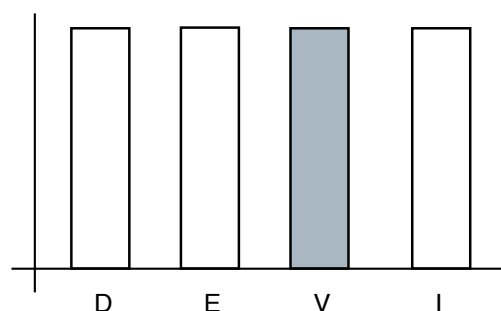
the end got back into her skirt without them. I took her hand, and led her back to the sanctuary.

My parents gave us an odd look for being gone so long, but they didn't say anything. I acted as if nothing was out of the ordinary, so they suspected nothing. My girlfriend, on the other hand, was for some reason standing with her legs pressed tightly together. I could see why: tiny pearly rivulets of her cum and mine were leaking out of her pussy and down her legs, all the way down to her ankles. She clearly felt very dirty having sperm ooze out of her pussy in the middle of a house of God.

While she attempted to hide the sticky fluids dripping out of her, I was singing the praises of Jesus loudly and enthusiastically. She, on the other hand, merely clapped her hands together weakly. Sing louder, I told her. Jesus can't hear you. She gave me a look of death, but a smile let her know I was just playing with her.

Afterwards, she was horny again. She told me that the feeling of having her pussy dripping cum in the middle of a church was just as exciting as the sex. The powerful emotions of guilt created by what she had done inexplicably turned her on.

## 2.3 Variety:



You already know about the four archetypes of sexual failure which each embody a fatal deficiency in one of the areas of DEVI. In order to understand Variety, however, you must also understand the four archetypes that each embody excellence in a DEVI dimension.

**The sexual beast:** The sexual beast embodies dominance. As his name implies, in the bedroom he is completely in touch with his animal

nature. With no inhibitions about commanding the girl or treating her like a piece of property in the bedroom, he is free to satisfy her deepest desires.

The sexual beast will often manhandle his girl in the bedroom. He will talk dirty in her ear as he rails her pussy for hours – giving her orgasms that will ensure that she is sore for days to come. Sexual beasts can often be seen as the male stars of bondage and rape fantasies, as well as higher quality porn videos.

**The passionate lover:** While the Sexual Beast is something out of a dirty fantasy, the Passionate Lover is something out of a romance novel. Before sex even happens, he captivates and excites her by arousing her emotions. Not only can he make the girl feel strongly, he also feels the strong emotions himself.

Sex with a Passionate Lover is like the intertwining of souls. It is slow and sensual, with lots of emotional talk. Not only does the Passionate Lover utilize positive emotions such as love, he also makes full use of negative emotions. Women desire the Passionate Lover because sex with him is always an intense emotional adventure.

**The Tantric Master:** The Tantric Master is one who can achieve perfect mental stillness in bed, and also bring his partner into that state. It is

not important that he actually be versed in Tantra. What is important is that by one way or another, he achieves extraordinary levels of immersion in the bedroom.

Sex with a Tantric Master is like a dream. Nothing else exists – the past and the future and unimportant, there is only the current moment and the sexual pleasure that the lovers share together. In the very moment of orgasm, he can attain a stillness of mind comparable to meditation. This level of mental tranquility and focus, with the total absence of insecurities and distracting thoughts, make sexual encounters with a Tantric Master intensely pleasurable.

These are the first three archetypes, each embodying a critical dimension of sex. If you can become a Sexual Beast, a Passionate Lover, or a Tantric Master, you will one of the better lovers a girl will have ever had.

However, none of the archetypes can completely satisfy a woman by themselves. Women crave the full spectrum of sexual experience, so in order to satisfy their sexual needs they have li-

aisons with Sexual Beasts, Passionate Lovers, and Tantric Masters. These relationships may come at separate times in her life, but oftentimes she will have all three types of lovers at once. If she is unsatisfied she will gravitate towards those who embody the sexual traits that she desires until she is fulfilled.

It is possible for a woman to be totally sexually satisfied with one man though. In order for this to happen, the man must embody the fourth and most powerful archetype:

**The Shapeshifter:** The Shapeshifter has mastered the art of sexual variety. He knows that women want all of the three other sexual archetypes. Instead of constricting himself to just one of them, the Shapeshifter is capable to embodying all of them. An analogy for a Shapeshifter would be Mystique in the popular X-men movie series. The characters in the movie all have some kind of incredible super-power, but Mystique is among the most powerful of them all. Her power is that she can transform to take the form of anybody she wants: physical appearance, voice, mannersisms, she can imitate everything precisely.

In one scene, Mystique sneaks into another character's bed, in the physical form of his lover at the time. He discovers her real identity by some trivial mark on her body, and Mystique transforms back into her true form. But this is where she really shows her sexual talents. Mystique tells him, "I can be anything you want," and proceeds to transform herself into an array of desirable females.

Her appeal is thus enormous. As human beings, we all desire a wide variety of sexual partners. Each one is somehow different, so we are locked in an endless pursuit of new

partners in search of some combination which will finally satisfy us.

Mystique, however, is different. She promises everything you could possibly desire in a woman in one person. She can physically become anything you want.

A real life Shapeshifter obviously cannot physically transform himself. However, remember the first principle of sexuality, that the psychological is more important than the physical. If you can psychologically transform yourself periodically, you can have the sexual power of Mystique.

Women desire Sexual Beasts, Passionate Lovers, and Tantric Masters. The Shapeshifter learns to embody all of these archetypes at different times, and even at the same time. He is not constricted to one bedroom personality, but rather has multiple patterns of behavior in bed.

The Shapeshifter unpredictably transforms between the other three archetypes in bed, effortlessly weaving together a symphony of dominance, emotion and immersion. In one moment he will be a sexual beast, and dominate her beyond anything her next most dominant lover has ever done. In the next moment he will be a Passionate Lover, taking her to greater heights of emotion than she has ever experienced. He can even embody multiple archetypes at once, for example, being both very emotional and very immersed. The girlfriend of a Shapeshifter will quickly fall in love with him, for he satisfies her needs in a way that no man ever has before.

The Shapeshifter is always coming up with ways to keep sex fresh and interesting. Sex with him is never boring, even after years of marriage. His mastery of variety makes even one night stands with new lovers seem mundane by comparison.

**Physical Variety:** Although the lowest level of variety, physical variety is nonetheless important for a Shapeshifter. Even physically, you must avoid repetition and boredom.

Never do the same amount of foreplay, or the same type of foreplay. Get her wet by fingering her and then eating her out one time, and by just fingering or just by eating her out the next two. Do a ton of foreplay, then do only a little. Make her cum with

your foreplay, then bring her to the brink and let her cum during sex. Every once in a while, do no foreplay at all.

The same thing goes for sex itself. Never make sex predictable. Use a variety of different positions, and always keep her wondering what positions you'll put her in next. Fuck her hard and deep sometimes, slow and sensually other times. Have an exhausting sex marathon, then a quick fifteen minute fuck. Give her regular orgasms one time; put her in the Continuously Orgasmic State the next. Every once in a while, purposely do not give her an orgasm at all. Let her wonder why you did not – even with orgasms, you do not want to fall into a pattern.

Make her cum in different ways. Make her cum clitorally one time, and vaginally the next. Make her cum with something up her ass – this is a very unique feeling for a girl. When you come, always keep her wondering what you are going to do. Cum in her pussy sometimes, and let her enjoy the feeling of you ejaculating inside her. When you are having anal sex cum inside her ass – she will be able to feel every spurt and contraction of your cock as it fills her with semen. Cum on her body, using your PC muscle to hold your ejaculation back as long as you can, so that when you ejaculate she will be covered in cum. Every once in a while, pull her face close to your cock when you are about to cum, and let loose all over her face. Or, put your cock in her mouth and let her take you that way. Tell her to swallow sometimes, and other times just let it drip out of her mouth. Usually you should tell her when you're about to cum, but every once in a while, don't. Mix it up.

There are endless possibilities for physical variety. Be creative, keep changing things up, and never fall into a routine.

**Psychological Variety:** Although physical variety is important, the highest form of variety is the psychological variety produced by embodying the Shapeshifter archetype. You should actually take on different personalities in bed; don't restrict yourself to being strong in only one area of sex.

An example of how you can embody the Shapeshifter archetype is in combining dirty with emotional talk. While most lovers will only have the courage to do one or the other, you must combine both. From moment to moment, you shift from being a Sexual Beast to a Passionate Lover; alternately calling her your personal slut and then telling her that you love her more than anything.

Don't think that these sudden, almost schizophrenic personality changes will seem strange to the girl. Do them first when she is very aroused and on the brink of orgasm – she will be unable to think logically then. Later on, you will be able to do them earlier and earlier in your encounters. When you have deeply converted a girl, you can switch between bedroom personalities in foreplay and it will not even seem strange.

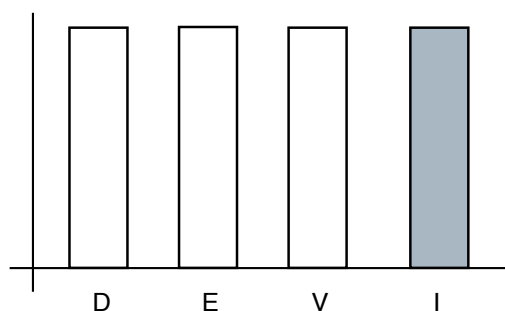
Most of the time you will want to shift between bedroom personalities like this from moment to moment in a single session of sex. However, even this can become routine if you do it too much. Sometimes, you will want to make a single session of sex embody just one of the dimensions. For example, bring her to a high level of immersion, and just act as a Tantric Master would the entire time. The next time you have sex, act as a Sexual Beast. You can even embody one archetype across a few sessions, as long as you pay attention to the other dimensions of sex in the next few.

An especially great way to add variety into your relationship is to introduce fantasies into your sex life. When properly done, these fantasies will put her in an entirely different reality. Each one will provide a unique experience that no other man has had the courage to give her.

Having variety in the psychological aspect of sex is similar to having variety in the physical aspect of sex. Just as you want to keep her wondering what will come next physically, you also want to keep her wondering what will come next psychologically.

Predictability is the root of all boredom. Give her the full range of psychological stimulation in a way which she doesn't expect, and she will love you for it.

## 2.4 Immersion



Immersion is the absence of distracting thoughts and fears. It is the state of being totally in the moment, experiencing the natural flow of things as they come.

Your level of immersion and your lover's will dramatically affect how good the sex between the two of you is. If you are constantly plagued by distracting thoughts and insecurities, you will not be able to realize the full potential for pleasure that sex has. The stillness of mind that the

absence of extraneous thoughts brings will allow you to take your pleasure to new heights.

Immersion is easy to understand conceptually, but harder to actually achieve in real life.

**The Absence Of Thoughts:** The first and most fundamental element of immersion is the absence of thoughts. Thoughts of any kind will erode your level of immersion.

We have been told to "think before you speak," or "think before you act." And in many areas of life, well planned out action will yield better results than spontaneous action. However, in your sex life these maxims decidedly do not apply.

All thoughts in bed are manifestations of insecurities. Obviously, negative thoughts like "I could never please her" are something that you want to avoid. This type of negative self-talk will bring you down in bed – you will neither be able to please her or yourself if you are constantly wrapped up in your own insecurities.

When first trying to improve their level of immersion, many people try replacing these negative thoughts with positive thoughts. Instead of thinking negative things, they think "I'm the man! I can easily rock her world! Really, I am the man!"

While these positive thoughts would seem to help your level of sexual confidence, actually they do not. If you're constantly telling yourself that you're a bedroom legend, it only emphasizes the fact in your mind that you are not a bedroom legend. Let me explain:

If you woke up and were going to eat cereal in the morning, you would most likely just wake up and eat it without thinking about it. You wouldn't try to pump your confidence up with positive thoughts like "Yeah, I can totally eat this cereal! I've got this! I'm the cereal master!" This would be ridiculous; you know that you can easily eat the cereal, so there's no need to pump yourself up.

We only think really positive thoughts and psyche ourselves up for something that is hard for us to do. For things that come easily to us, we do them automatically and without thinking about them.

Although it is counter-intuitive, thinking positive thoughts like "I'm really good in bed" only reinforces the fact in your mind that being good in bed is hard for you. During sex, don't aim for a head constantly full of positive thoughts. They are equally

as destructive to sexual pleasure as negative thoughts. Cut off any thoughts from your mind when you are in bed – they will all take away from the sexual pleasure of the encounter. Aim for immersion, or the absence of thoughts.

Not only should you avoid positive and negative thoughts, but you should also avoid too much of what I call "planning

thoughts." Planning thoughts are things like "OK, now I have to stimulate her clit in circular motions in the one o'clock position." Excessive thinking of how you are going to please her will ruin your arousal just like ego-based positive and negative thoughts. However, this presents a dilemma. If you are not already good in bed, how do you change your patterns of behavior without thinking about it with planning thoughts?

**Avoid Planning Thoughts:** When you apply what you have learned in this book there will probably be many changes you will want to make in the way you act in bed. If you try to change everything at once, you will end up with a head full of planning thoughts and low levels of immersion.

There are a few things that you can do to avoid this. To start with, always keep the first principle of sexuality, Psychological over Physical, in your mind. Don't try to micro-adjust angles and pressures and positions – such things are counter-productive. Later on, when you have mastered the psychological components of sex, you can add in more advanced physical technique to put the finishing touches on your bedroom skills. However, when you are first learning, use only basic physical technique and concentrate on what is going on psychologically.

Understanding DEVI goes a long way towards reducing planning thoughts. Long, complex thoughts can be replaced

by short, simple DEVI thoughts to the same effect. For example, thoughts like "I think I should spank her now...or maybe I should talk dirty to her..." can be replaced by "time for dominance." The complex thought is reduced into one simple DEVI word. By thinking it, you automatically know that things like manhandling, dirty talk and giving her commands will be good in that situation. "Dominance" is all you have to think in order to know this.

In addition to being familiar with DEVI, it is also important that you only concentrate on improving one area of your sexual skills at a time. Trying to learn everything at once will make you a Bedroom Technician, and nothing will be improved. Instead, concentrate just on manhandling a girl, or talking emotionally to her, or adding physical variety. Just do what comes naturally in other areas until you have mastered what you were working on. Then, move on to another area. This is the way to make real improvements without thinking too much in bed.

**Meditation:** If you are not currently getting a lot of sexual experience, I recommend meditation as a way to start improving your immersion right now. Later on, sex itself will become the best way for you to practice achieving mental stillness. However, meditation is a good exercise that will help you improve your immersion for when you do start having sex frequently.

When you are feeling stressed throughout the day, take five minutes off from the grind to meditate. Close your eyes, and release all the tension from your body. Breathe slowly and deeply. Once you have done this, clear your mind of all thoughts. Think nothing. If you must have something to focus your mind on, concentrate on your breathing.

Eliminating your thoughts sounds simple until you actually try it. Our brains, which are crammed with hectic thoughts all day, can be hard to slow down. Be patient though; with practice, achieving mental stillness will become easier. You will be surprised how much better you feel after just five minutes of turning off the incessant internal chatter which annoys and torments us all day.

Not only is this good for your sexual skills, but it will make you a happier person in general.

Meditation trains you to achieve immersion under the easiest possible circumstances, when you are doing nothing with your eyes closed. The eventual goal is to be able to maintain the same level of immersion in while you are fucking her and talking dirty in her ear at the same time. This is harder, but it too will improve with time. Focus on attaining the same state of relaxation and mental stillness during sex as you did during meditation. Once you overcome the fears and insecurities programmed into you by society, you will find that the feelings of sexual pleasure actually heighten your immersion over what you can achieve with simple meditation. Sex itself will then become the best form of meditation for you,

bringing you inner peace by clearing your head of worries and excessive thoughts.

**Relaxation:** In order to achieve mental stillness, you must also achieve physical stillness. If you are tense, your state of mind will reflect this.

If you find that you are having immersion problems, focus on releasing all tension from your body. If you are inexperienced, the natural instinct is to defensively tense up when touched by strange hands in a way which you are not familiar with. Resist this instinct, and relax your body. Your breathing is also important. Again, inexperience may cause you to take short, shallow breaths when sexually excited. Take deep, slow breaths, taking in air from your diaphragm. Your stomach should rise when you inhale, not your chest.

If you find that you are having basic immersion problems that are interfering with your physical performance, you want to concentrate on relaxation over arousal. For example, if you find yourself unable to achieve an erection, the solution is not to try harder and harder to become more aroused. If you can become aroused enough to get an erection by yourself looking at porn, you will certainly be aroused enough when you actually have a naked girl in bed with you. Your efforts at trying harder to arousal yourself will only cause insecure

and panicky thoughts, which will only exacerbate your troubles. Arousal is not the problem, immersion is.

If you find yourself in this situation, stop focusing on trying to get more turned on, and focus on trying to become more relaxed. Slow things down, release the tension in your body, and breathe deeply. This will solve many of the physical performance issues that plague men.

**Don't try too hard to please her:** You want to make your woman's pleasure a priority in bed. That's why you bought this book. However, focusing too hard on trying to please her at the expense of your own pleasure can be detrimental. You end up endlessly worrying and trying to figure out what she wants. This lowers your level of immersion and makes you act like a bedroom technician, something which is decidedly unsexy. This actually reduces her sexual satisfaction as a result of your over-diligent efforts.

If you wish to accentuate immersion, focus primarily on your own pleasure for a time. Don't worry about giving her orgasms – concentrate on making yourself feel good, and let your natural animal instincts take over. This will improve your level of immersion, and will actually enhance the level of pleasure that your woman feels as well if you are having immersion problems.

**Eliminate Limiting Beliefs:** Constantly low levels of immersion can often be traced back to insecurities stemming from a few persistent limiting beliefs. Limiting beliefs are false beliefs that we hold about sex which prevent us from pleasuring our women fully or

achieving full pleasure ourselves. If you wish to achieve sexual mastery, you must destroy these beliefs totally.

**Limiting Belief #1: My Penis Is Too Small:** This is an especially widespread and stupid limiting belief. It is a vicious cycle among guys who don't get laid often. They start by watching porn, which usually features guys with freakishly large cocks. The guys are portrayed as disembodied penises, with little or no sexual skills such as dirty talk or anything emotional shown. Guys who don't get laid see this, and begin to think of male porn stars as the gold standard for sexual prowess. Because size is the measure of your worth in the porn world, guys with little experience begin to think that size is the measure of your worth in the real world too. They begin to develop feelings of inferiority. When they finally do have sex, unsurprisingly it is not good because their insecurities ruin their immersion.

However, they don't recognize this fact. Instead, they attribute their sexual failure to not having a large enough cock. The limiting belief is thus strengthened, and they become even worse in bed. They then get even less sexual experience and watch more porn, which starts the cycle all over again.

Instead of falling into this cycle, recognize that your insecurities are the cause of your sexual shortcomings, not your size.

Having a large cock does not provide physically better stimulation for a girl. If you look at the vibrators and dildos that most girls buy, they're not buying two foot long clubs. Most dildos are about five to six inches long with proportional girth, about the size of an average penis. However, there is some value in having a larger cock. It doesn't provide anything additional physically, but it does provide psychological stimulation, namely dominance. It is more dominant to be fucked by a large cock than a small one.

But, the amount of dominance created by a large cock is trivial compared to the dominance you can create in other ways. If you master the methods described in this book at establish dominance, it will not matter what your size is. A guy with a small cock that has mastered dirty talk and boldly manhandles his girl is more dominant than a silent, timid guy with a large cock any day. At about 5.5 inches, my own cock is eminently average. However, it's more than sufficient to make my girls scream loud enough to ensure that my friends are constantly hounding me for sex advice.

**Limiting Belief #2: Women Don't Want Dominance:** This belief is instilled in us by mainstream society. All throughout our school years, we are constantly bombarded with messages telling us how women are equal to men in every way. The "patriarchy" is denigrated, and we are told that women don't want chauvinist pigs who think they are superior. They want men who respect them as equals. Even in the corporate workplace, a constant paranoia hangs over the heads of men that they will be accused of sexual harassment. The very behavior that women love and crave so much from men is characterized as something abusive.

With this pouring in our ears day after day, it is no wonder that many men believe women do not want to be dominated. At times, women themselves are not able to verbalize their need for dominance. With more inexperienced women, they may not even be consciously aware of it themselves. And, it is completely taboo in society.

However, it exists nonetheless – this is why women are attracted to dominant, dangerous men over stable "nice guy" types. It is like this for every woman – even the feminists who lectured you about sexual harassment probably went home that very night and got bent over by a dominant man.

You can see the secret desire of women for dominance in many of their sexual fantasies. Women fantasize almost daily about a dominant guy forcing them to their knees to blow him, then ripping their clothes off and raping them forcefully. They will

almost never have the courage to tell you this, but all women have these fantasies. Female CEOs, feminists, professors, nuns, – they all have these fantasies. Read Nancy Friday’s “The Secret Garden” for some excellent and well-written examples of this.

Although knowing about these fantasies is good, the best way to rid yourself of this limiting belief is to see how strongly women respond to dominance in real life. Although you may feel unnatural at first, do little things to show dominance to a woman. You will be surprised how well she responds to it.

Once you have seen the full power of dominance, you will never see the world the same again. You will see feminist rhetoric for what it is, empty verbiage which is marginally true outside the bedroom and totally false inside the bedroom. You will also see even the most proper and platonic looking women are sluts yearning to be fucked on the inside. It will take a leap of faith at first, but once you have seen the power of dominance with your own eyes you be able to see the world like this, how it really is.

**Limiting Belief #3: Sex Is Morally Wrong:** We live in a supposedly secular and progressive world. However, there are still many religious and traditional influences in our lives which tell us that sex is wrong. Especially in America, the stench of our Puritan founders still lingers in our culture. Sex is censored in the media, and anything with sexual content is deemed “inappropriate” or “dirty.”

This limiting belief is usually a problem with guys who have had a conservative upbringing. Later in life, they attempt to rid themselves of their constrictive morals and live normally. And even though they can debunk the belief that sex is wrong on an intellectual level, when the time comes to actually have sex they feel unreasonably guilty. This guilt is not a pleasure enhancing guilty thrill, but a crushing weight that ruins their immersion.

If you have the belief that sex is dirty or wrong, you must first know 100% on an intellectual level that it is not. Great sex will enhance a woman’s emotional well-being enormously, while the absence of it will cause misery and psychological damage. It is hard to know this if the most trusted people in your life have told you otherwise, because you cannot picture these people willfully deceiving you. What you must realize is that they were themselves deceived by their parents, and are merely passing it on without knowing.

You must rid yourself of the shackles of guilt forged by your social conditioning. Even if you do feel guilty having sex, keep doing it. We are told “your conscience is always right,” but in this case your conscience has been misled. Eventually, after seeing many times the look of happiness and satisfaction on your woman’s face after she has been well-fucked, this guilt will fade and die. Press through this initial guilt, and you will soon be able to enjoy sex normally.

**Limiting Belief #4: Im Too Set In My Ways. I Am What I Am In Bed, And I can’t change:** The concept of identity is a very important one in seduction and sex. Human beings have an endless need to categorize everything and everybody. We say, “he’s a rock star,” or “he’s a player,” or “he’s an accountant,” or “he’s a nerd.” In the bedroom too, we are shoved into identities by our past experiences.

For example, if in the past you have never been good in bed, you will start to think of yourself as a guy who sucks in bed. This will hurt your performance with the next girl, so that even more than the previous one she will treat you as a guy who sucks in bed. This will in turn strengthen the identity, and the cycle will start all over again.

In order to achieve sexual mastery, you must break free of your current sexual identity and forge a new one. This is hard. I am not

talking about a superficial change in techniques here, I am talking about changing the person you are at the very core of your being.

If you’re not the type of guy that can currently incorporate dominance, emotion, variety and immersion into his sex life, don’t lie to yourself and try to convince yourself that you are right now. You can only fool yourself for so long. Instead, come to the belief that you are a guy who could achieve sexual mastery. This belief is 100% true, as anyone with enough desire to succeed can do this.

Once you have realized this, begin to chip away at your old bedroom identity a little at a time. Suppose you are a guy who has never been emotional in bed. Because you have done it for so long, you may have fallen into the trap of thinking that being platonic in bed is just “who you are.”

Realize that this is not “who you are.” This is what bad social conditioning has made you. Return to your natural state of sexual mastery by changing one little thing at a time, every time you have sex. Focus one specific area, pushing your comfort zones by continuously trying new things. Your sexual identity will not change over night, but over the long term you will be able to make a real change in yourself.

**Limiting Belief #5: Women Don’t Like Emotional Guys:** This is a limiting belief common among those who’ve read a lot of seduction literature. Be a man, it says. Don’t get attached. You should maintain an aloof distance from the girl at all times, claim the dating gurus, in order to present more of a “challenge.”

When you are first picking up a girl, this is somewhat true. It is better to not get very emotionally involved before you’re in a relationship with the girl. However, once you’ve been laying her regularly it is a different story.

Women are not turned off by guys who are emotional. They are only turned off by guys who are emotional but not dominant. If you combine your dominance with emotion, it will dramatically enhance the quality of your sex life.

Much of this limiting belief originates from a deep-rooted fear of being hurt emotionally. Being afraid to open ourselves, we justify our emotional cowardice by telling ourselves that this is what women really want. What you have to realize is that closing yourself off emotionally is the surest route to emotional pain. It is better to love and be hurt than to be emotionally dead inside and incapable of feeling anything.

By opening yourself emotionally you will allow her to be even more emotional. Women do like emotional guys, and if you want to achieve sexual mastery you must let go of your fears and allow yourself to be emotional.

**Limiting Belief #6: Women Don’t Want Sex:** This belief is everywhere in mainstream society. You are told that you should take a woman out on a date, be romantic with her, pay for everything. Then, in return for this, she will reward you with sex.

Even certain seduction circles are permeated with this garbage. I remember one particular routine that was once highly touted. It was a story about how in a relationship, there are two things: rocks (diamonds) and gold. Rocks represent romantic dates, gifts, emotional and

social support. Gold represents sex. In the routine, you tell the woman that men want gold (sex), while women want rocks (gifts). And, in a relationship, there has to be an equal exchange of both. The man must give the woman rocks, and the woman must give the man gold.

This is a horrible routine invented by a guy with no sexual skills. It is only true that women want dates, gifts and social support in exchange for sex from men who are not good in bed. If you have achieved sexual mastery, you can actually work the equation in the other direction and get gifts, favors, etc. in exchange for sex. All of my girlfriends routinely buy me gifts and do favors for me



in exchange for the sexual experiences I give to them. Once you have a situation like this, you will see the fallacy in this limiting belief.

In the absence of great sex, women will settle for dates and gifts. However, what they really want is the satisfaction that only incredible sexual experiences can give them. Women are completely sexual creatures. Even more than us, their sense of fulfillment in life is determined by the quality of the sex they are getting.

Sex is also more intensely pleasurable for women than it is for men. Women are capable of many different types of orgasms, and can have multiple orgasms consecutively with no break. Also, only women are capable of achieving the Continuously Orgasmic State, where their pleasure continuously fluctuates from just below orgasm and then into orgasmic levels.

Think about how women act during sex versus how men act. When was the last time you screamed your lungs out and clawed gashes on the back of your partner as you reached an orgasm? When was the last time you came so intensely that your legs were shaking afterwards and you couldn't walk?

Women want and need sex more than men.

**How To Eliminate Limiting Beliefs:** The preceding six sections have shown you that the most common limiting beliefs about sex have no grounding in reality. However, these beliefs are often very deep set at an emotional level – it will take more than reading through these sections once to eliminate them.

If you are suffering from one of these limiting beliefs, here is how you can overcome it:

1. Read through the section about your limiting belief three times. This will ensure that you know well on a logical level that the belief is false.
2. Make a conscious effort to make the information in the section your filter of belief. That is, assume that the information I have given you is true, and interpret all your successes or failures in bed in light of that information. For example, suppose you felt your penis wasn't large enough to please a woman. If you end up having bad sex, attribute it to your insecurities (the actual cause) rather than your penis size (the perceived cause). If you have good sex, take it as evidence that your bedroom problems were all in your head.
3. Read through your section once every month to refresh your logical brain as to why the belief is false and prevent backsliding.
4. By doing this, you will start to make headway against your limiting belief. Your sex life will become better as your levels of immersion improve. Within a few months, you will be having better sex and your former limiting beliefs will look stupid. For example, it will be hard to believe that women don't like sex if you are regularly bringing them to screaming orgasms. Once you have reached this point, you no longer have to put any conscious effort into maintaining the belief. It has been installed at a deep emotional level, and you will continue to view your sex life through the filter of this correct belief.

**The First Time:** The first time you have sex with a woman, immersion will likely be low. You do not know each other well yet, and you are not familiar with each other's bodies.

You must first create comfort and trust between the two of you outside the bedroom. My website, The Sex Revolution Blog (<http://sexrevolutionblog.com>) has many articles dedicated to that subject.

You should also have lots of physical contact with your girl outside the bedroom. If you are touching each other for a few hours

before, she will be more comfortable with your body. However, if you touch her sparingly then try to take her clothes off, she will not be as comfortable with you. Even if it does result in sex, the sex will not be as good and it will be less likely that you will see her again.

Foreplay is also very important the first time. Generally with a girl you have not had sex with before, you should do twice as much foreplay as you would do with one of your girlfriends. This is to compensate for her low levels of immersion and to get her used to you touching her sexually.

Although the sex should also be as dominant and emotional as you can make it, you want to emphasize immersion the first few times you have sex with a girl. Remember DEVI – if your immersion is too low, it does not matter if you have a very high level of another dimension. Ease her out of her insecurities and fears, and the sex will be much better.

**Pressure:** There is nothing that will kill immersion like pressure. Feeling pressured, we cease to enjoy the sexual encounter and instead begin to mentally see it as a chore. Always avoid the use of pressure tactics and do not respond to them if they are applied to you. Sex should always be something that you want to do, never something that you have to do.

This will take self-control at times. If for whatever reason your woman does not want to have sex, never pressure or guilt trip her into it. The correct way to handle a woman who is suffering from a temporary low sex drive is to gently reframe it as something negative about her without hurting her self-esteem. For example, if a woman tells you that she is not in the mood, say "Uh oh, I think I'm wearing my baby out...don't worry about it though, it's OK if you need a break for a little while." This type of reframe gives her motivation to improve her sex drive without putting pressure on her.

After you have reached a certain level of sexual mastery, you will be impervious to sexual pressure. Having sex in front of people, having sex on camera, pleasing multiple women at once, having other guys fuck your girlfriend – none of this will faze you. However, at first do not force yourself to have sex in pressure-filled situations. Don't be afraid to tell your girl that you're not comfortable enough to do certain things with her yet.

You may encounter women who say things that will damage your sexual self-esteem in bed if you let them. These women are rare, as most will be sensitive to your feelings. However, the way to deal with these types of women is to know deep inside that you have what it takes to please them, and that they are just talking out of frustration. Have a sense of humor, and don't be fazed by anything a woman says.

For example, I was once having sex with my girlfriend while her friend was on the bed next to us having sex with her boyfriend. Her boyfriend was young and inexperienced, and found that he couldn't get an erection with another couple in the room. He started jerking himself off frantically trying to get it up, but it didn't work. His girlfriend started making fun of him for being useless, which just made the problem worse.

She started giving him head to help him get it up. When he finally did, he felt so pressured and his immersion was so low that he came within seconds. She berated him even more, further lowering his immersion. His performance in bed was similarly poor in the weeks following this, and she started cheating on him. They broke up about a month later.

If instead he had just responded with a sense of humor, it would have been fine. If he has said "Yeah, I blame this on Dan...his smelly balls killed my boner," he would have kept his girlfriend. Instead of frantically jerking off, he could have just chilled out and watched the girls have sex with each other, and probably would

have been able to have normal sex later. Instead he took every remark personally, and got progressively more insecure.

Remember, when you feel pressured, the solution to overcoming the pressure is not to try and get yourself more and more turned on. It is impossible to be truly aroused when you feel under pressure. You must first concentrate on relaxing and eliminating the feeling of pressure, then concern yourself with arousal.

**Humor:** Nobody is perfect in bed. Mistakes and mishaps happen. If you take every little mistake seriously it will ruin your immersion. Take these mistakes with a sense of humor, and they will not hurt the sexual experience.

I was once teasing a girl pretty intensely. I got her really turned on by eating her out, and then by no explanation just got up and went to walk out the door to create more intense negative emotions. As I went to open the door, I slipped on a piece of paper and fell directly on my ass.

My girl, of course, started cracking up. I started laughing too, theatrically rolling around on the floor, moaning “Ahhh! I’m dyyyyyyyying! I’m dyyyyyyyying! She came over to see if I was alright, still laughing. “Pleeeeeeease help me!” I moaned dramatically.

“Where does it hurt?” she asked me.

“Ummm...right here,” I said, pointing to my belly button, obviously not anywhere near where I fell. She giggled, and kissed it. “There,” she said. “Now it’s all better.” I said “Nooo...it was lower.” She kissed me a little bit lower. “Lower than that,” I said, smiling mischievously. Still giggling, but playing along, she kissed me lower and lower until her lips were wrapped around my cock. I said “Ohhh...that’s much better” as she slowly ran her tongue up the length of

my dick. Her eyes danced with laughter as she looked up at me.

After a sensual blowjob to make me “feel better,” we ended up having amazing sex right there on the floor.

This is an example of how humor can deflect the awkwardness of bedroom mistakes. Mistakes only harm you if you take them personally – just don’t let them faze you, and they won’t affect your immersion. Never become a perfectionist in bed, and never take yourself too seriously. Lightheartedness and humor will conquer any bedroom mishaps.

**Sleep:** Sleep is the ultimate state of immersion. While sleeping, you cannot be insecure. You cannot have any distracting thoughts, and you cannot worry about anything. Although it is not conventionally thought of as such, sleepiness can be very erotic.

When you and your girlfriend are about to go to sleep, start having sex with her. Close your eyes, and hold her against you. You will go to sleep together just as you normally do – just your dick will be inside her. Move inside her slowly as you both relax and drift away. Reaching orgasm is unimportant, what is important is the feeling of you being inside her as she falls asleep. You will find that your dick will stay hard for hours with very little stimulation, because your level of immersion is so high when you are sleeping. Some girls will be able to keep you inside them for the whole night, others with more sensitive vaginas may wake up and slide off of you during the night. Regardless though, it will be a good experience for her.

Another great way to use sleep in your sex life is to have sex with her as soon as you wake up. The first time I did this it was unconscious – I woke up, and half asleep I put my naked girlfriend on top of me and slid my cock inside her. Being a sex fiend like myself, her pussy had gotten wet during the night. She gasped and partially woke up, but then rested her head on my chest again. Still half asleep, I began to slide in and out of her pussy. We were drifting in and out of reality. It had the ethereal and unreal quality of an extremely vivid sex dream.

We eventually woke up and had fully conscious sex, which exhausted us so much that we promptly fell back asleep again.

Having sex while sleeping is a great way to strengthen your relationship with a well-converted girlfriend. One word of caution though – women are not like men, who nearly always wake up with an erection in the morning. Sometimes they will get wet during their sleep, but most of the time they won’t. Get in the habit of lubing your cock up well before you enter her. The friction of a dry vagina will break the immersion of both of you. Keep a lubricant within reach of the bed at all times for this scenario. After doing this enough, you will be able to put lubricant on your cock and slide it into her while barely being awake.

Although it is more abstract and harder to understand than dominance, emotion, and variety, immersion is nonetheless an integral to your sex life. Don’t neglect it. Use immersion to bring a woman sexual pleasure in this world and even in her dreams.



## 3 Act Three: The Revolution Archives

### 3.1 The Role of Physical Stimulation

In Act II, the importance of psychological stimulation over physical stimulation was stressed. However, this is not to say that physical stimulation is not necessary. Think of your sexual skills as a tower.



Think of your physical stimulation skills as the foundation of your tower. Psychological stimulation alone will not produce orgasms (except at the highest levels – and even then, it will not consistently produce orgasms). The presence of physical stimulation is necessary to translate your psychological stimulation into orgasms.

The problem is, raw physical stimulation by itself can only take you so far. It is only the foundation which enables you to build psychological stimulation on top of it. In order to reach the highest levels, you must use psychological stimulation. With physical stimulation, you should aim for competency. With psychological stimulation, you should aim for mastery.

The two most important dimensions of your physical technique (erection quality and stamina) directly stem from your own psychological state. These problems can rarely have medical causes, but 90% of the time they are caused by psychological problems in men. The best way to solve these problems, therefore, is not to concentrate primarily on physical technique, but on techniques to improve your psychological state.

### 3.2 Specificity of Physical Stimulation

The four dimensions of psychological stimulation discussed in the DEVI model above are universal. All women need dominance, emotion, variety, and immersion to have a good sex life. Physical stimulation, on the other hand, is different. There are some techniques that work well on most women. However, women vary widely in exactly what manner of physical stimulation they prefer.

If you are not sexually experienced, follow the techniques given in this book as a general guideline. They will work well on almost all women, and extremely well on some women. However, in order to give the most pleasure to your specific woman, you will have to do some experimentation.

Don't do this experimentation in the early stages of the relationship (when you've had sex with her less than five times). This is because before you've had sex this many times, she is not fully converted – that is, she may not be entirely sure that she wants to get involved with you beyond a temporary fling. At this stage, if you wish to be sexually involved with the woman in the long-term, you should concentrate on the basics of physical stimulation.

Later in the relationship, start to slowly mix in experimentation to your physical technique. She will be comfortable enough to welcome it, and it will improve the variety in your sex life.

Of course, there is only so much experimentation that is possible in the physical realm. Learn the different strokes that she responds to. Once you have you don't have to do anything too complex beyond that. Remember, physical stimulation is just the necessary foundation – the real art of sex lies in psychological stimulation.

### 3.3 The Role of Foreplay

Fingering and eating a girl's pussy can be great. However, keep in mind they are just FOREPLAY, the lead-in to the real thing.

A lot of guys unnecessarily emphasize fingering and oral sex because they are insecure about their ability to fuck, and want to "make up" for it in other ways. In their mind, the fingering and licking are what gives the woman pleasure, and when he finally penetrates her, it's his reward for giving her the orgasms before.

This is totally wrong-headed. Women don't fantasize about getting fingered – they fantasize about getting fucked. Fucking a girl is better in every way for a girl than fingering or oral. It provides better physical stimulation because a penis is the perfect size and shape to stimulate her vagina, and can reach deeper than a finger. Much more importantly, it provides better psychological stimulation. Fucking a girl is infinitely more dominant than using little circle motions to rub her clit, and it also invokes many times more emotion. If you can't fuck well, no amount of fingering or oral sex will ever make up for that.

An example to illustrate: if you had a woman who could give great handjobs, but was a terrible fuck, would she be sexually desirable?

While the auxiliary foreplay skills are good to have, intercourse is many times more important.

This isn't to say that foreplay isn't necessary. Oral sex and fingering can be great to increase the girl's immersion before the act of sex, and to provide variety. However, keep the subordinate role of foreplay in your mind at all times. Primarily, a woman does not want you for your fingers or your tongue. She wants you for your mind, and your dick.

### 3.4 Fingering

Fingering is the easiest form of physical stimulation. Often, it is the first form of stimulation before you move on to heavier and more effective ways of pleasuring her.

**Fingering Escalation:** The primary thing to remember with any form of physical escalation is that you want to preserve immersion. That means, that you don't want to escalate too fast or make jerky movements because this will cause her level of immersion to drop (most of the time – when she's comfortable with you, on rare occasions you can get away with doing no foreplay at all).

With this in mind, usually you will want to begin physically stimulating her pussy by rubbing it over her clothes. Rub her entire pussy area, first lightly, then applying more pressure.

If this hurts her, it's probably because she's not wearing panties, and her pants are. It's painful to her, and not in a good way. Skip this step, unzip her pants, and go right to fingering her pussy directly.

When she is turned on and moaning, unzip her pants and begin rubbing her pussy over her panties. Concentrate pressure on the opening to her vagina – some stimulation of her clit is good, but too much and the dry fabric will begin to chafe her and break her state. When she's really turned on at

this point, you'll be able to feel her pussy getting damp or wet through her panties. Take them off, and finger her pussy directly.

Once you have her panties off, there are two strategies you can follow. You can either give her a clitoral orgasm or a vaginal orgasm. To give her a clitoral orgasm, moisten your finger by thrusting it in and out of her pussy a few times.

Then, begin to rub her clitoris in a circular motion, or up and down if she responds to that. Make sure to keep your fingers moist by putting them inside her pussy every minute or so. As she begins to get more turned on, rub her clit harder until she comes.

On some girls, the clit is too sensitive for direct stimulation with a rough finger. In this case, you can rub her pussy lips together against her clit, but your best bet will probably be to skip finger clitoral stimulation with this girl altogether. In the grand scheme of things, clitoral stimulation a good tool to have as a beginner, but it really isn't that important.

Clitoral climaxes, while they are still orgasms, are the most shallow and unsatisfying of orgasms. They are better than nothing, but they can't compare to vaginal orgasms, physically or psychologically. Especially when achieved through digital stimulation, they leave much to be desired.

Vaginal orgasms are much more satisfying for the girl. Something important to remember when attempting to give your girl a vaginal orgasm is that you cannot use your fingers like a penis. While digital thrusting is pleasurable for a little while, it won't produce orgasms. The technique for giving a woman a vaginal orgasm with your fingers is the "g-spot" method. Insert two fingers into her, and bend them back towards you in a "come here" motion until she comes. These types of orgasms are harder for some women to achieve, but they are of higher quality than clitoral orgasms.

Physically, fingers are rough and dry. A tongue provides better physical stimulation because it is moist, and can apply pressure in a better way. But more importantly, fingers provide very little psychological stimulation.

Let's look at each of the four dimensions. Clitoral fingering isn't very dominant. She's being rubbed with the tip of your finger, which isn't in the same league as getting fucked or even having your tongue inside her. Fingering of any kind also has the lowest amount of physical contact of any form of physical stimulation. Because of this, it gives fingering a more "distant" feel, lowering the girl's levels of emotion and immersion. And finally, there's really only so much variety you can add into digital stimulation.

All in all, I recommend learning how to give a girl clitoral and vaginal orgasms with your fingers if you do not yet know how to do it. Although it should not be a mainstay of your sexual repertoire, it is a valuable tool to use at certain times, on certain girls. However, don't waste too much of your time perfecting your digital stimulation – become competent at it, and move on to more effective physical techniques.

### 3.5 Oral Sex

**Why Oral Sex is better than Fingering:** A lot more guys than you would think are squeamish about oral sex. Maybe they're had some bad experiences in the past, or have hang-ups about it, but for whatever reason they don't like to go down on girls. If you're one of those guys, consider this:

Oral sex is the most reliable way to give the girl an orgasm for a beginner. Although these orgasms cannot compare to those she gets while she is getting fucked, they are decent orgasms nonetheless.

Compare oral sex to fingering in terms of DEVI, and oral is better across the board. It is more dominant – oftentimes you will have to hold her down as she thrusts her pussy into her mouth and loses control of her body to you. There's more emotion and immersion, because of the more intimate level of bodily contact. Your mouth is caressing her pussy, which is something that is sure to evoke strong emotions in her. And, this more intimate level of contact gets her more immersed in the encounter. Variety does not

increase as much as the others, but there is still more variety you can provide with oral sex on a physical level than with fingering.

If you're still hesitant to go down on her, try to minimize whatever's inhibiting you. If it's something physical, like smell or taste, have your girl do everything she can to take care of it. Shaving greatly reduces the pungency of a vagina's smell and taste. If she's been sweating, take a shower together first.

If it's not something physical, but rather that you find yourself psychologically turned off by the idea, then you have problems with deeply ingrained beliefs that are repressing your sexuality. To achieve sexual mastery, you must achieve a mastery over all facets of sex, oral sex included. There will be exercises on how to free yourself of these limiting beliefs later. For now though, read on to learn the physical technique for oral sex.

**Oral Sex - Physical Technique:** Most of the time, you want to tease her pussy before you begin to eat it. Tease her by breathing on her pussy, kissing it, and licking it softly with the tip of your tongue. When she's reached the breaking point for teasing, put your tongue into her pussy. I find this works better if you push the girl's legs back above her head – you can thrust your tongue in deeper that way. Thrust inside her vagina for a few seconds with your tongue – this is the type of thing which feels good, but doesn't produce an orgasm. Do this for a little while, and then start licking the clit.

Girls vary in the degree of pressure they prefer. If you are unfamiliar with the girl, start with soft pressure – you can apply more later as she gets turned on. Lick her clit in an up and down or circular motion, or suck it into your mouth. Vary the way you lick her – lick her with your whole tongue, and lick her with just the tip. Use plenty of saliva – it's better physically for her because it provides more lubrication, and it's better psychologically for her because it gives her the feeling of being dripping wet, which she associates mentally with being extremely turned on.

If you're doing it right eventually she'll start to moan and buck her hips into your mouth. When she does this, start to use more pressure with your tongue. She may start to thrust her pussy in her mouth so hard that it disrupts you eating her out, and moves your tongue off her clit. In this case, lock your hands together over her stomach and physically hold her down. Eat her out, applying harder and harder pressure, until she cums in your mouth. After you can feel her come down and her muscles start to relax, keep licking her softly for a minute or so. A girl takes longer to come down than you do from an orgasm, so let her enjoy the full after-effects.

A great thing to do after you're done eating her out is to give her a deep French kiss right afterwards. You'd be surprised – most girls love the taste of their own pussy on your lips after you've licked them into an orgasm. Another great follow up to oral sex is to penetrate her right away. Rub your dick on her pussy, if it's not all the way hard by now, and then push it inside her. Most girls can roll right from a clitoral orgasm into vaginal stimulation, but there are some which will not be able to at first. These girls are the victims of psychological blocks which are repressing their full sexual capacity. These blocks can be removed with proper

conditioning, and these girls too can become completely multi-organic.

If your girl is one of these, you must train her to overcome her mental blocks. Give her the few minutes she needs to "come down" at first. Each time you have sex with her though, give her a few seconds less to come down. Eventually, she will need very little time to recover, and then none at all.

### 3.6 Training Your Girl to Give Oral Sex

The most common sexual complaint that men have about their girlfriends is that they don't give good oral sex. While there are some natural superstars out there, most women aren't very good at giving blowjobs. This is alright though, because with training, any girl can learn how to give head like a porn star.

As straight guys, most of us don't know good dick sucking techniques. You just put it in her mouth, and it either feels good, or it doesn't. However, by asking a few girls who gave amazing oral sex, I was able to discover the elements of a good blowjob.

The first and most important thing to teach her is that most girls are too clean and ladylike while giving a blowjob. It's very important that your girl use lots of saliva when sucking your cock – it feels much better that way. She may have inhibitions about this because she's afraid of turning you off by drooling on you. Make her comfortable with it, and make it clear to her how much you like it that way – trust me, it's much better. Tell her to use a lot of saliva – it should be dripping off your dick.

Another novice fellatio mistake is allowing her teeth to touch your cock at any time. I'm sure all of you know how annoyingly painful this can be firsthand. If this is a problem with your girl, tell her to stop it from touching her teeth with her lips. Say "Don't let it touch your teeth baby...use your lips...put your lips over your teeth..." Combine this with dirty talk, and these instructions will be a turn on for her as well.

Even when you're not giving a girl instructions, you should always be talking dirty to her while she's going down on you. Tell her what a dirty slut she is, and how much she loves sucking your cock. Tell her how good your cock feels in her mouth. Provide her with psychological stimulation to make her enjoy blowing you even more.

Eye contact is also great during blowjobs. Telling a girl to look at you improves the immersion and emotion of the blowjob, for both you and her. It's a huge turn on to see a beautiful girl naked and horny, looking you in the eyes with your cock in her mouth.

There are two types of blowjobs that a woman can give you: a foreplay blowjob and an orgasm blowjob.

**Foreplay Blowjobs:** A foreplay blowjob is meant to get you primed for sex. It's a great way for her to get your dick hard, and to get you aroused and ready to fuck her.

A foreplay blowjob should be slow and teasing. Like the vagina, the penis must be treated gently at first before the man is aroused. It should be more about the psychological stimulation of her sucking your cock to get you ready to fuck her, than the actual physical stimulation. Have her lick the sensitive ridge beneath the head of your cock, and watch you shudder. Have her breathe warmly on your cock with her lips barely touching it. Have her take your cock into her mouth, then softly kiss it. As you become harder and harder, have her take your cock deeper and deeper into her mouth, deep-throating it if she can.

I have found that if a woman gives you a short blowjob (3-5 minutes) before sex, it makes the sex much better. It improves your immersion – by the time you enter her, you're already highly aroused. Counter-intuitively, it can also make you last longer. If you have her stimulate your cock and get you turned on and then wait for thirty seconds to a minute before you fuck her, it will help your stamina. You don't have to wait around staring at the clock; you can finger her or eat her out to get her ready for sex too.

The most important thing for a foreplay blowjob is that she uses a variety of strokes. The penis becomes desensitized when it is stimulated in one way for too long. Have her experiment with a combination of hand stimulation, licking, kissing, sucking, and sucking with tongue stimulation. Be vocal; tell her what you like, and encourage her to do more of it.

**Orgasm Blowjobs:** Orgasm blowjobs can also be great. Often-times when you have achieved a high level of sexual mastery and can put

your girl in the Continuously Orgasmic State, she will be drained and sore after being fucked so hard and being made to cum so intensely. And at high levels of sexual mastery, you'll still be horny even after such great sex. This is a great time for her to give you an orgasm blowjob. Another good use for an orgasm blowjob is to warm you up for sex later, when you're confident that your stamina will outlast hers.

Of course, these types of blowjobs will never be as good as sex; the level of psychological stimulation is nowhere near as high. But, with practice a girl can learn to make you cum pretty hard just by sucking you off.

Be careful about becoming too dependent on oral sex. Some men actually prefer blowjobs to sex, but this is an obstacle on the road to sexual mastery. Sex is superior in every way, both physically and psychologically to a blowjob when you know how to do it right. The only reason why a blowjob would be better is that there is no pressure on you to perform, you just have to sit back and enjoy it. If this is the case with you, then you need to learn to become more confident in your sexual abilities. This will remove the pressure factor from intercourse, and you will be able to enjoy sex with the same level of immersion as you do a blowjob.

While variety of strokes is important for an orgasm blowjob, it is not as important as it is in the foreplay blowjob. The most important thing during a blowjob is maintaining the continuous flow of action – not to have any letup in the flow of stimulation.

For most women, their mouth will not have enough stamina to get you off unassisted. If your girl is having trouble giving you continuous physical stimulation, have her use her hand to aid her. When her mouth needs a break, have her continue jerking you off with her hand.

To bring you to orgasm, she will want to use a continuous, basic stroke. Have her put her hand on your cock, with the head of your cock deep enough in your mouth so that her lips are almost touching her hand. This way, your cock is almost entirely enveloped by her mouth and hand. Then, have her bob her head up and down, sucking your cock in and out of her mouth while moving her hand in unison. Have her experiment with different pressures and stimulations with her tongue as she does this, until she finds what you like.

It's important that she be able to sustain physical stimulation on your cock with no break in the action. Talk dirty to her, and encourage her by telling her how turned on you are. If you do this, even the most inexperienced of cocksuckers will be able to bring you to orgasm.

Women who are more advanced will be able to get you off using only their mouths and throat. These women are extremely rare; usually you'll have to slowly wean women off hand stimulation in orgasm blowjobs. Have her slowly extend the amount of time her mouth is on your cock, until it never leaves your cock the entire time. This is hard, but with

training and encouragement a girl will be capable of it. She doesn't have to be sucking it the whole time, and can take breaks where she's just jerking you off in her mouth. Then, have her keep sucking for longer and longer. When she can do this for the entire length of the blowjob, she won't need so much hand stimulation any more. She can then do less and less of it each time, until she is capable of getting you off only with her mouth.

This is no small feat. Being able to get a man off using only her mouth is something only a woman who has achieved a high level of sexual mastery can do. For women who can do this and you wish to train to become even more sexually skilled, there is one other blowjob technique they can learn: deep throat.

Almost all women have to be trained to do this. If your woman has proven to be extraordinarily proficient and willing to suck your cock, there are a few techniques you can use to teach her.

The first is to use a sore throat spray to numb her throat and suppress her gag reflex. The unfortunate side effect of this is that it will also numb your cock somewhat. You probably won't be able to cum when you do this, but it's a good way to train her so that she'll eventually be able to do it without the spray. Have her use about twice the recommended dosage of the spray. Wait ten minutes or so, and then have her drink a mug of coffee or hot chocolate to wash away some of the medicine. Coffee is better than water because

don't want her throat to be cold from ice water when she deep throats you, you want it to be nice and warm. This will help you maintain enough sensitivity to stay hard.

The second thing you can do to help your girl out is to use an edible lubricant, which you can buy in most sex shops. While honey or chocolate sauce is great for a regular blowjob, make sure you get something with lubricating properties if you want to try deep throat. It will help your cock slide easily down into her throat, and minimize the gag reflex. I recommend Wet brand lubricants, which come in a variety of flavors. Kiwi strawberry has been the favorite of my girls thus far, with cinnamon running a close second.

Once you've done this and she's ready to deep throat you, have her begin with a regular blowjob. Then, put the lubricant on your cock and have her take you into her throat. Tell her how to breathe – she should breathe in as she takes you into her throat, and out as she releases you. As she breathes in, have her swallow your cock.

Don't ram your cock down her throat at first. Let her control the blowjob while she is learning. Have her swallow you just a little at first. She should go just to the point of her gag reflex, then withdraw, pushing it tiny bit each time. Later, you will be able to control the blowjob. You will be able to face fuck her and thrust down her throat, while she swallows you. You will be able to thrust deep down her throat, and keep your cock inside her throat for a few seconds before you withdraw. When you're doing this, she can give you a

"throat massage" by making swallowing contractions with her throat while your cock is inside her throat.

Keep in mind that deep-throating a man is HARD. Don't expect miracles overnight – it takes 3-4 months of training for a girl to become proficient, so that she can deep-throat without a gag, and longer so that she will be able to get face fucked and throat massage you. Don't push her too much in one day – five minutes is enough for a beginner. Let her take breaks where she gives you a regular blowjob while she lets her throat rest. And, always reward her with great sex afterwards for giving you a good blowjob. This will motivate her to pleasure you in the future.

### 3.7 Troubleshooting: Lack of Stamina and Weak Erection

The two most common problems of sexual novices: they can't get it up, or they cum too fast. While these may seem like opposite problems, they are actually two faces of the same problem. And while these may seem like physical problems where something is wrong with your penis, they are only the symptoms of an underlying psychological problem. I'll explain:

It is true that sometimes, these problems can have physical/medical origins. However, the vast majority of these problems are psychological in nature. If you cannot achieve an erection or have a weak erection, ask yourself the following questions.

- Am I under the age of fifty?

- Am I physically healthy? (not obese, in decent cardiovascular shape, no major physical problems)
- Can I get an erection by myself?
- Can I get an erection with other girls besides this one?

If you answered no to any of these questions, you may want to consider seeing a doctor for a medical diagnosis. If you answered yes to all of these questions, especially one of the last two, then your problems are psychological in nature.

And, if you have the problem of inadequate stamina, it is almost always a psychological problem.

In the students I have talked to who have had this problem, many of them had the problems with girls the first few times they had sex with them. Students with little sexual experience, with deep underlying insecurities, or who had become bedroom technicians that thought too much in bed also commonly suffered from these problems. This makes sense, if you think about how humans evolved.

When primitive man was mating with a female, he would sometimes face a threat to his survival. It was during sex that he was most vulnerable to attacks – he was not aware of his surroundings, and was hampered with an erection which would interfere with his ability to fight or flee. Therefore, if he sensed danger during sex it was important for him to end the encounter as soon as possible. There were two ways to do this: he could either lose his erection and return to a state of awareness to deal with the danger right away, or he could ejaculate quickly and end the sexual encounter that way.

Obviously today there are no predators that attack you while you're having sex. But the instinct still remains that when something pulls you out mentally of the sexual experience, your body wants to end it in one way or another. Some men's bodies end the encounter by weakening their erection, some by accelerating ejaculation, and most by a combination of both. The solution to these problems is to not get mentally pulled out of the sexual experience – to improve your immersion.

A review of some quick ways to improve immersion:

1. Focus on relaxation over arousal. Instead of focusing on excitement, focus on the sensations of the woman's body making you more and more relaxed. Become conscious of how good every sensation feels.
2. Be conscious of your breathing. The instinct when you are nervous or you have unfamiliar hands touching your body in intimate ways is to take fast, shallow breaths. Be conscious of this – focus on taking deep, slow breaths. Breathe in slowly and deeply from your diaphragm. Breathe at a slow pace, and pause in between your breaths. When you're inside a girl, take slow strokes at first. Inhale deeply as you pull your dick out of her pussy, and exhale slowly as you thrust deep inside her.
3. Slow down. Don't rush the encounter – slow down and focus on relaxed sensations. Don't focus on the dominance techniques we will discuss until you have first conquered this immersion problem. Thrust slowly – make it match up with your slow breathing. Thrust slow and deep. Slowly draw your dick out, and let her feel every inch of you. Then, thrust deep inside her again. After you have both been warmed up with this kind of slow thrusting, you can slowly accelerate your pace.
4. Be conscious of the tension in your body. Similar to your breathing, your body reflexively tenses up when you feel nervous or uncomfortable. This can be subtle and almost unnoticeable unless you focus on it, or it can be a paralyzing

stiffness. When your body is in this state, it is impossible to have an erection or any quality, or to have good stamina if you do manage to get an erection. If you have having basic immersion problems focus on keeping your body loose and relaxed at all times.

5. Eliminate all conscious thoughts. This sounds simple, but it is easier said than done. A big part of immersion is to be able to turn your intellectual brain off completely during sex. Of course you want to eliminate your negative and insecure thoughts, but you also want to eliminate your neutral and even positive thoughts. It is counterintuitive, but all thoughts, whether positive or negative will hurt your sexual performance. A true master in any art is completely without thought when he is practicing it. He has no negative or insecure thoughts, and no distracting irrelevant thoughts. He does not even need to mentally reassure himself, for he knows that he is a master on a level much deeper than the conscious. He has no distracting internal dialogue, and his actions flow naturally from him with no input from his conscious mind. To achieve this level of mental stillness is the achievement of years of developing sexually. When you are first developing, a good technique for developing a basic level of mental stillness is to focus entirely on the sensations and feelings, and let them drive your thoughts from your mind. As you breathe in and withdraw your cock, focus on the warmth, tightness, and wetness of her pussy, and the pleasurable sensations it arouses. As you breathe out thrust into her, hear her gasp as she's penetrated. As you thrust yourself deeply inside her, FEEL how deeply she needs to get fucked, and the fulfillment she feels when she is filled with your dick. Focus entirely on these sensations and feelings, and soon you'll find that it's impossible to think any distracting thoughts, which will greatly improve your erection strength and stamina.
6. Don't just try harder to get an erection or prevent ejaculation. Another counterintuitive idea. The harder you try to get an erection, the more it will elude you. If you get frustrated or panicky, you've just lost all your immersion in the sexual encounter. You're no longer enjoying the experience, and you've lost any hope of getting an erection. Instead, continue with foreplay until you are ready. You can eat her out or finger her in the meantime. Some physical techniques to use to help you achieve and erection:
  - Try to use a position that doesn't provide you with so much stimulation, and provides her with more. It varies from man to man, but generally the positions that provide the most stimulation for the man are positions where the girl is lying down and you are on top of her, such as the missionary position. More details on sexual positions and the degree of physical stimulation they provide are in the next chapter.
  - Have sex more often. If you haven't had sex in a while, it's natural that you'll have little stamina. In the long term, aim to get multiple partners to supply you with sex at all times. In the short run if you can't get sex in the few days before a probable sexual encounter, masturbation is better than nothing.
  - Use a slower pace. This is not a good solution in the long-term, because you need to be able to thrust hard for extended periods to take the girl to higher levels of sexual satisfaction. However, it is better to thrust slowly for twenty minutes than to thrust fast for three. Be careful not to overdo this though. Don't fuck her so slowly that sex becomes boring.

7. Use more foreplay. Usually this is for her benefit, but if you're having erection or stamina problems it is also for your benefit. This foreplay shouldn't be to get you excited and ready to fuck the shit out of her, like it normally should. Instead, focus on it relaxing you and letting you become comfortable with her body.
8. Don't try to be perfect. Accept that sometimes, you will not be able to get an erection and that you will not be able to last for as long as you would like. Realize that in a relationship, this is insignificant in the long-term. If you've been fucking your girl well and you can't get it up once for whatever reason, it's not going to destroy the relationship. Immersion problems of this nature will become more and more rare as you improve your sexual belief set, but even at mastery levels you may have problems like this every three or four months. Don't beat yourself up over it, as that will only exacerbate your insecurities. Realize that it's normal, and it's not a big deal when it's occasional.
9. Develop oral and manual skills as a backup. In case you can't get it up, or cum too soon, you will always be able to get her off regardless if you have manual and oral skills. Although these orgasms aren't high-quality, they will keep your woman satisfied in the short term. Also, just the fact that you know that you're good at eating girls out and fingering them will give you more confidence. It is like having a safety net behind you, and will remove some of the pressure.

The following techniques are for use only when you wish to convert a girl to a long-term sexual partner, and have not yet done so (usually, the first five times you've had sex with her). I don't recommend them for long-term use because they will cause crippling dependencies. However, because the first few times you have sex with a woman are important for future conversion their short-term usefulness outweighs their long-term drawbacks.

1. Fantasize internally. If the current situation is not arousing you, fantasize about one you feel more comfortable with. This might be a common fantasy you have during masturbation, imagining some of your favorite porn, or imagining the girl is another girl who you've fucked and had better sex with. This can be effective in the short term, but in the long-term you either want to be able to be totally immersed the current sexual experience, or draw the woman into your fantasy with you verbally.
2. Have a few drinks. Consuming any alcohol is bad physically and will weaken your erection. However, some people find that it's relaxing psychological effect outweighs this. Obviously, if you get totally drunk you won't be able to get it up at all, but having a drink or two beforehand can be an effective temporary aid. In the long-term, you don't want to be dependent on alcohol in order to have good sex. And, it tends to dull sensations and distort emotions. Use it only in the short term and when you absolutely have to – stop using it as an aid as soon as you're assured the girl is going to stick around.
3. Erectile Dysfunction Drugs. If you have a medical problem, then this is a good solution. However if your problem is psychological, this is only good for the short term. For one thing, you are exposing yourself to the side effects inherent in all medications. More importantly, you are creating a powerful psychological dependency on the pill. Use this very sparingly, and only when you absolutely have to. Also, use SMALL DOSES – I tried 25 mg of Viagra once (a quarter pill), and it gave me an erection for two straight hours. I strongly do not recommend using it beyond the second time you're with

a girl, and even then only if the other stuff isn't working well for you.

Finally, there are a few physical ways that you can manage your erection and stamina:

1. Use the right kind of condom. If you are having stamina problems, you should use a thicker condom. If you are having erection problems, use a thinner condom. I personally recommend Durex Her Sensation and Extra Sensitive, respectively. If you sense that you are having an erection or stamina problem mid-way through sex, you can simply switch to the other kind.
2. Use the right amount of lubrication on the condom. More lubrication will produce stronger erections and quicker ejaculation, less lubrication the opposite. If you can feel yourself about to cum too soon, change to a condom with less lubrication both on the inside and outside of the condom. If you feel yourself losing your erection, change to a condom with more lube.
3. Stop using condoms. Sex without condoms is much more pleasurable for both parties, because of the increased physical and psychological stimulation that it provides. However, it also is much more risky and requires a high degree of trust in your partner. If you are having erection problems with condoms, you can take the steps to move to condomless sex with your partner, which I will detail in the section titled "Safety Considerations."

### 3.8 The Moment of Penetration

Besides orgasm, the most exciting moment of sex is the moment when you first penetrate your girl's vagina. This is especially exciting for the girl, because it has so much psychological stimulation. In that moment, everything changes for her. Before that moment, she is her own. After, she is giving her pussy to you, letting you inside her. I've had girls so excited at the moment of penetration that they came as soon as I penetrated them. Obviously, such an important moment deserves some attention from those pursuing sexual mastery.

There are four main ways to penetrate a girl for the first time.

The first to penetrate her after you've eaten her out or given her an orgasm by foreplay. Make her cum, give her a few seconds to come down, and then penetrate her right away. She'll be very wet, and you'll slide in easily. Not only will she be physically ready for you, after she has her first orgasm she will also be mentally ready for you. This technique is the most immersive way to penetrate her because it makes sex flow smoothly from foreplay to intercourse, with continuously escalating pleasure.

A variant of this is to enter her after she gives you a blowjob. Physically, it works almost the same. Your cock will be wet, and her pussy will probably be wet from sucking your dick too. It is different psychologically for the girl, because she will be more alert and conscious than if you had just made her cum. This technique is good to use because it is an effective reward for her going down on you. If you do this consistently, she'll eventually develop a subconscious link between giving you a blowjob and having sex. This will cause her to get wet whenever she goes down on you, which will make her want to do it much more.

The second way is to do little foreplay. You want to do enough to get the pussy moist, but not dripping wet (you have to be confident in your ability to make her cum with your dick alone). It should be dry enough so that it is difficult for you to put it in her. Grab your dick in your hand to anchor it, and slowly force your dick inside her inch by inch.

Say things like "Wow...your pussy is so fucking tight...but I'm just going to fuck it anyways." Don't say this like a horny school-boy – say it in a slow, dominant tonality. It will be slightly painful for you, and more painful for her, but this is a good thing. It is dominant pain – even though it is bad physically, it is very dominant psychologically which makes up for it. Remember, the theme of this method of entrance is that her pussy is so tight that it's difficult for you to even enter her, but you're forcing your way into her anyways – very exciting for the girl. This isn't something that you want to do all the time, but it's great if you do it once in a while.

With the third way, you also want to do little foreplay so that her pussy is moist but not wet. Instead of ripping your cock into her this time, you're going to put it in slowly. Have her look into her eyes as she takes your cock – anchor it with your hand and push it in a little at a time. This time, wait until she gets wet enough to push your dick in further without pain before you go any deeper. At the final moment of penetration, push the last inch of your dick in all at once so that you're completely buried inside her. This will make her gasp – just sit here for a moment, and allow her to enjoy the feeling of being filled with your cock. Then, start to move slowly inside her. This method of entrance provides strong emotions because of the eye contact and the slow, intimate penetration.

The fourth and final technique is the most powerful. It introduces even stronger emotions into the sex than the previous one. You have to be careful with it though, because while the previous technique utilizes mainly positive emotions, this technique utilizes negative emotions. These negative emotions are just as effective as positive ones in producing sexual pleasure, but have to be managed carefully – too much negative emotion and the girl will start to get filled with insecurities and distracting thoughts, lowering her level of immersion in the sex.

What you want to do is tease her mercilessly until she begs for you to fuck her. At first, rub your dick on her pussy. Ask her "do you want to get fucked?" She'll be hesitant to say yes, but after you tease her enough eventually she will. When she does, put the head of your cock inside her to reward her. Tell her "Alright...but I don't think you can take my whole cock. I'll give you just a little bit." If you've had good sex with you before, she'll wait that she can handle it all, and probably try to shove it inside her. Don't let her – progress slowly, going an inch or half inch deeper only as a reward for her begging for it. When you've almost penetrated her fully, suddenly withdraw your cock all the way from her. Hold it right against the entrance to her pussy, and tell her "I don't know about this...you're only a little girl, I don't think you can take all of my cock inside you." If you've done it right, at this point, she'll start crying and begging you to fuck her. Let her do this for a few seconds, then plunge your dick inside her all at once. Because she had such strong (negative) emotions, it will feel incredible for her. Fuck her hard, and she should cum very soon.

These techniques are the four that I have found work the best. However, don't always restrict yourself to them. Every once in a while, enter her doggy style, or have her lower herself onto your dick, or penetrate her in some other way. This will add variety to your sex life, and enhance the other techniques' effectiveness when you do use them.

### 3.9 The Continuous Flow of Stimulation

The Continuous Flow of Stimulation states that beyond the initial teasing and foreplay stages, you always want to provide a continuous flow of stimulation in bed.

This concept also applies to sex on two levels. First, continuous physical stimulation is the best physical method of bringing a woman to orgasm. Tease her at some points, but when you want to

bring her to orgasms you have to have a continuous flow of physical stimulation. When you sense that she's about to cum, don't stop. Keep doing whatever you're doing faster and harder to bring her over the edge. Of course, you won't be able to sustain fucking her as hard as you can for more than a few minutes. But, even while you're "resting," you should be moving inside her. Never totally stop when you want to bring her to orgasm. Know when to tease, and when she needs The Continuous Flow of Stimulation to take her pleasure to the next level.

This also applies to the physical stimulation she gives you. Especially when giving a blowjob, many girls need instruction on how to provide continuous physical stimulation. Refer to the chapter on training her to give oral sex for instructions on exactly how to do this.

You also want to supply her with a continuous flow of psychological stimulation. Although sometimes external distractions can't be avoided, try to minimize them. Steadily

escalate the dominance and emotion as you escalate physically, and maintain variety and immersion at all times. Don't lag too long on any one part of sex – be it foreplay, or even sex itself.

Contrary to popular belief, it is possible for foreplay and sex to last too long. During foreplay, you definitely want to do enough to her turned on and immersed in the sexual experience. But, if you endlessly dwell on foreplay, you are going to frustrate her. Similarly, it's possible to last too long having sex. If you've been fucking her for over forty-five minutes and she's already sore, you don't want to drag the sex out longer. You want to end the sex while it's good, not while she's getting annoying friction burns.

### 3.10 Sex Positions

**When and Why to Change Positions:** We've all heard of tons of sex positions, but when and why should you use them all? Varying sexual positions is good because it increases the variety of sex. However, too much position changing in one sexual encounter can create too much 'down-time' between positions, and kill immersion.

Students have asked me for a time guideline for changing positions, but I find that following time guidelines in the bedroom is generally counter-productive. For one thing, it's hard to keep track of time when you're inside a girl unless you're actually looking at a clock – and that's no good. If you have an accurate sense of time, that means that you have a low level of immersion. For another, the optimum time to do anything in sex varies between girls and even between different encounters with the same girl.

Instead, you should change positions at the time that maximizes both of your sexual pleasure. That sound vague, so let me lay it out:

- Change positions to manage your erection/stamina. If you feel yourself about to cum too soon, change to a position with less stimulation for you and more for her. If you are having erection problems or want to cum yourself, change to a position with more stimulation for you. It varies between men, but the positions with the most stimulation for you are usually missionary positions where you have your legs together and are thrusting on top of her. The positions with the least stimulation are those in which your dick is at an odd angle, like when she's riding you, or when you have her legs above her head and are having g-spot sex. Doggy style and missionary with the girl on top also provide her with more stimulation than you. This will only go so far towards increasing your stamina – you still need to concentrate on increasing your immersion. However, it is a small, easy thing that can help.
- Change positions when she's about to cum to a position that will make her cum more intensely. For example, when she's

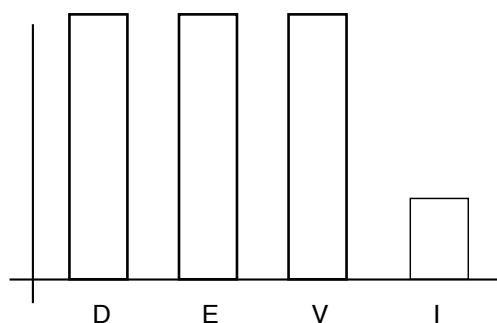
about to cum in missionary sex you can change to a g-spot sex position with her legs bent back and her knees on our shoulders. Be sure not to take your dick out of her though – remember the Continuous Flow of Stimulation. Put her legs over your shoulders while you're still inside her.

- Change positions when you want to add dominance. Give dominant commands to get her into these positions. Instead of saying "let's do doggy style," say "I want you to get on your hands and knees so I can fuck your little pussy from behind."
- Change positions when you want to add emotion. Face to face positions are generally the best for emotion, as are positions with lots of body contact.
- Change positions to preserve immersion. For example, if you've fucked her raw in g-spot sex and it hurts too badly for her to maintain her immersion, change to missionary.
- Whenever you change positions, it will add variety into the encounter. Usually, for one of these reasons you will change positions a sufficient amount of times in one sexual encounter. However, if you've been in one position an unusually long amount of time, you can change positions for no reason other than to improve variety.

### 3.11 Anal Sex

Bending a girl over and giving it to her up the ass is great – if you know how to do it right. There's a lot about anal sex that they don't show you in porn.

First and foremost are safety considerations. Anal sex is the most dangerous kind of sex, due to microscopic tears that occur in the girl's anal walls, and an elevated rate of condom breakage and slippage. There is a very high likelihood that your fluids will be co-mingling if you decide to have anal sex. Because of this, I don't recommend anal sex if you don't yet trust your partner enough to get off condoms. Once you do though, anal sex can be great. With that said, let's get to the good stuff – how to actually fuck a girl up the ass. First, let's look at the DEVI of anal sex.



It's really dominant, emotional, and provides a high degree of variety – you're fucking her in an entirely different hole, and it's a whole new set of stimulations. But, you can see that what we have to work on is immersion. This is because for an untrained partner, anal sex can be painful – so painful that it can preclude any sexual pleasure. With this in mind, when introducing our girls to anal sex, our biggest concern will be to improve their level of immersion.

The most common mistake guys make which destroys their chances of having anal sex is bringing it up outside the bedroom. Don't bring it up at dinner, or on a date, or whatever. This will ruin her immersion for anal sex in the bedroom.

Why is this? If you bring up anal sex outside the bedroom, now she's thinking about it with her logical brain – which is always

bad. She starts to have fears that it will hurt, and fears that maybe if she lets you do it, you'll think she's a slut and you won't like her anymore. She starts to think that she might want to save it for marriage or make you work harder for it. These thoughts will ruin her immersion when the time for anal sex comes. She'll have her "defenses" up, and it will make it much harder for you to slip in the backdoor. Her immersion will be killed.

Instead, you should first accustom her to anal stimulation, and then bring up anal sex when she is already highly aroused. This will prevent thoughts and fears, and keep her immersion intact.

A few sessions before you plan to fuck her up the ass, begin adding anal play into your sex life. Whenever you get near her anus, make sure you use lube – unlubricated probing doesn't feel good. Make sure you use plenty of it to. I recommend Astroglide, but everyone has their own preferences. You want to massage the outside of her anus at first, and then build up to sticking a finger inside. Only do this when she is highly aroused.

There are a few different ways you can do this. The first is when you're eating her out. Slip a finger in between her ass cheeks, and start to rub the outside her ass. As she gets closer to orgasm, start to penetrate her slowly, a fraction of an inch at a time. When she cums, bury your finger inside her, and leave it there as she comes down from her orgasm. This will get her accustomed to anal play, and will make her link anal penetration to pleasure.

You can also do this during intercourse. While you're fucking her missionary style, rub the outside of her anus with your finger, and eventually push it in gradually. As she gets more and more aroused, start to penetrate her ass deeper, and move your finger inside her.

Fingering her ass when fucking her doggy style is also good. Hold her hips with one hand, and stimulate her ass with the other. Or, use a small dildo or vibrator (make sure you lube the dildo up as well as her anus).

If you're getting objections at this point, or she asks you what you're doing, handle it by maintaining your dominance. Don't start explaining your actions or talking logically, just tell her in a matter of fact way what you are doing. Say "I'm playing with your nice ass baby," and keep doing it. Keep eating her out or fucking her too – if she's aroused enough, she won't be in the state of mind to make any objections.

Sometimes, rough fingernails and cuticles can chafe the anus. If this is the case, put a condom over your fingers while you're stimulating her. Disposable latex gloves will have the same effect.

After giving her manual anal stimulation a few times, see how she's responding to it. If she's still seems a little uncomfortable, give it a little more time. Better to be too patient than too hurried. If she's welcoming your fingers inside her ass, she's ready for anal sex.

When you judge her ready, start fingering her ass as normal. Finger her ass as you're eating her out, as you're fucking her missionary style, and finally as you're fucking her doggy style. She should be conditioned by this point so that you can be fingering her anally almost the entire time, and she will be enjoying it.

Keep fucking her doggy style until you can feel that she's about to cum. Take her right to the brink, then intensify your anal stimulation. When she's right on the edge – stop. Take your dick out of her pussy, and press it against her ass. Say "baby...I'm going to fuck you up the ass."

This is the best way to introduce your girl to anal sex. She's already turned on, and on the brink of an orgasm. She's in an altered state of consciousness where she craves penetration, and if you built up to it right she's going to want to get fucked up the ass. Wait for her to say "yes" though, before you actually start fucking her. While usually asking for permission to do something in bed is bad for your dominance, in this case dominance is not our concern. Waiting for her to agree to it increases her immersion, which is always weakest in anal sex. If she explicitly telling you that she

wants anal sex, she won't be subconsciously fighting against it when it happens.

When you actually go to fuck her up the ass, it is very important that you don't use a thin, water-based lubricant. That's fine for something small like a finger or a vibrator, but to get a cock into her ass you will need something thicker. Jelly type lubricants can work, but Vaseline I have found is by far the best anal lubricant. Its thickness enables you to slather it on thickly, and it will last a long time without drying out. It also has the additional benefit of absorbing odors, so that your dick doesn't smell when you pull it out of her. It is important to note that you cannot use condoms with Vaseline, so again, only have anal sex with a girl you can trust.

To start having anal sex, first tell your girl to finger herself to get turned on. While she's doing this, finger the Vaseline into her anus – a lot of it. Then, cover your dick in Vaseline. Press the head of your cock against her anus, and push in a fraction of an inch. The first inch will be the most painful for her if she's not experienced with anal sex, so go slow. Go a tiny bit deeper inside her, leave it inside her for a little to allow her sphincter to stretch out, and then withdraw. Continue fucking her slowly with only a tiny bit of your cock inside her, pausing at the deepest point to allow her anus to get accustomed to being penetrated. It should take you about five minutes to get the head of your cock inside her. This will seem like a long time, but be patient.

Once you are past the sphincter, it will be easier going. Keep fucking her with the same slow motion, pausing inside her. Make a little more headway with each thrust. Keep slowly making progress, and within five minutes you should be able to bury your cock completely in her ass. Start fucking her – again, keeping it slow until she warms up. Keep encouraging her to finger herself. Once she's warmed up, you can start thrusting as a faster pace.

Essential for this entire process is that she stays relaxed the entire time. Her natural reflex is she's inexperienced will be to tense up, which will tighten her anus. Keep her relaxed. When you are inside her, you will be able to feel a clenching of her anus if her relaxation breaks. If you feel this, stop and tell her in a slow, soothing voice to relax. Wait until she releases the tension in her ass, and then keep going. Tell her to push out with her ass – this motion will open her sphincter and make it easier for her to take your thrusting. Another way to introduce anal sex to your girl is to have her on top of you, and have her put your cock into her ass. Have her squat above you like she was riding you, and position your cock outside her ass. Then, she can lower herself onto it at her own pace. You just have to make sure she stays relaxed. Another advantage of this position is that you can rub her clit or finger her vagina while she's focusing on the anal penetration. However, some girls find it harder to take anal penetration in this position.

How do you know which method is best? If your girl greatly prefers your touch to her own, use the second method. Also, if she's inexperienced and you think it will be hard for her to relax, use the second method so that you can monitor her relaxation more closely and finger her, so that she can concentrate on the penetration. For experienced girls, or girls who like touching themselves, the first method is often better.

Sometimes, you will not be able to cum the first time you fuck a girl up the ass – she will have to stop before you get to that point. Again, be patient with her – by training her how to stay relaxed and stimulate herself while having anal sex, soon she'll be able to take it up the ass like a porn star.

When you can cum from anal sex, be sure to cum inside her ass. It will be a very unique feeling. She will feel very dirty and like you are desecrating her, which is good for dominance. Be aware though, that the cum dripping out from her ass may have a brownish tint. Don't be freaked out – just be prepared to change your sheets.



### 3.12 When She Comes

A female orgasm is a beautiful thing. Once you've got her there, you want to take her from having a great orgasm to having an extraordinary one.

When she's about to cum, fuck her harder and send her over the edge. Personally, I know the feeling of a wet bitch cumming all over my dick drives me crazy. Let yourself be consumed with the desire to make her cum – drive into her animalistically. When she is this turned on, her pussy can be fucked incredibly roughly. Don't hold back anything now – give her all you've got, and drive her over the edge.

If you wish to make the orgasm a dominant one, command her to cum for you. Tell her, "Cum for me baby...cum for me" as she's getting near, and keep repeating it, hypnotically, until she does.

Even better, once you've established a high level of trust in the relationship, you can command her to cum for you and tell her that there is nothing that she can do about it. Step up the dirty talk for this one. If you have the prerequisite trust she'll love it. As she's getting closer and closer, whisper in her ear "Look at how wet you are, you little slut...you're dripping all over me. I'm going to make you cum like a whore all over my cock, and there's nothing you can do about it." The idea is to try and make her resist and hold back the orgasm (negative emotion and dominance). Of course, by this point she will not be able to, and by trying to hold it back, the orgasm will only become more intense.

Something amazing to do with your girlfriend is to make her look into your eyes as she comes. This charges her orgasm with incredible amounts of emotion, making it exponentially better for her. It is not as easy as it sounds – she will be consumed with such strong sensations, that it will be hard for her to maintain eye contact. When you sense she's about to go over the edge, tell her to look into your eyes when she comes. She'll try, but probably won't be able to maintain eye contact. Stop fucking her, and tell her to look at you. Hold her face so that she is facing you (dominance) and only fuck her when she looks at you. As she looks deep into your eyes, fuck her harder and harder and harder until she explodes.

This is one of the most powerful methods to make a girl fall in love with you – even the most distant girls cannot resist the strong emotions they will have for you after the results of these soulgazing orgasms. You can also train your girl to become better at this each time, and become capable of holding eye contact for the entire orgasm.

After she's comes, you have two options. The first is that you can let her come down from her orgasm. When you are giving girls clitoral foreplay orgasms through oral and fingering, this is what you want to do. The clitoris becomes overly sensitive in about a minute after orgasm, and needs to rest before you can bring it to another orgasm. However, make sure you keep giving her attention for a minute or so after she climaxes. A woman takes much longer to come down than a man, so keep licking or fingering her softly after until she stops moaning. With fingers, be especially careful after she's cum. With many women, they won't want you to touch their clit at all afterwards, so finger inside their pussy instead.

The vagina has much more sexual endurance than the clitoris, and is capable of having multiple orgasms. However, there will be some situations where you will want to let a woman come down from a vaginal orgasm. The first is when you are fingering her vaginally. Usually, trying to give a woman multiple orgasms with your fingers is a bad idea. It's like serving someone five salads before their main course, when what they really want is their steak dinner. Fingering a woman for extended amount of time like this just frustrates her, chafes her with your fingernails, and is a good way to get carpal tunnel.

All women are capable of multiple orgasms from being fucked. Sometimes though, even when fucking her you will want to let her come down. I will usually do this for the first orgasm I give a girl – to let her warm up for the later orgasms. Sometimes I will roll into the multiple orgasms right away, but it's important to do it both ways for variety.

Rolling right from one orgasm to the next is the highest form of sexual mastery. You don't let her "come down," you just keep fucking her hard right through and after her orgasm. This will keep the pleasure flowing with no interruption after her orgasm, and you can fuck her right into the next. With

each successive orgasm, she will reach higher and higher arousal in the period between her orgasms. After the second or third climax that you give her in this way, her orgasms will start to become indistinct, and blend into each other. She be so aroused in between her orgasms that she will be continuously consumed by pleasure – she won't even know how many times she's came. Being able to bring a woman into this Continuously Orgasmic State is the highest level of sexual mastery.

### 3.13 When You Come

Few men know that the way they come is nearly as important to the woman as the way they make her come. It is also an incredible moment for you, the climax of the fulfillment of your existence as a male.

There are a few simple ways that you can make this moment even better for you and your partner.

Your focus during your orgasms should be on making it better for you. If you can bring yourself to an incredible climax, this will be a huge turn-on to your partner. Think about how crazy it drives you when a girl creams all over your dick. It's like that, only much better, for a girl when you cum for her.

The first principle to remember is that the longer you have sex was before you have an orgasm, the stronger your orgasm will be. It is like when you are having sex, there is a pump inside you building up pressure. If it's only pumping for three minutes, then you have a weak drip when the pressure is released. But, if you pump hard for an hour, the release is going to be incredible.

Once you're at the moment of climax, there are a few things you can do to heighten your pleasure. The first and simplest thing you can do is to have your girl give you anal stimulation when you come. Now, if you're like most guys, you're probably thinking "Dude...that's totally gay!" I'm not talking having her take an eight-inch dildo to you. I'm talking about slight stimulation of the outside of the anus. Actual penetration with the finger beyond half an inch really isn't effective. Have her exert pressure on the outside of your anus with a "come here" motion with one finger. This will make your orgasms much more intense.

Another simple way to increase the strength of your orgasm is by using your PC muscle. The PC muscle is the muscle that contracts when you ejaculate, and the muscle that you use to stop the flow of urine. When you feel an orgasm beginning, squeeze your PC muscle – it will delay ejaculation, and prolong your orgasm. Squeeze as hard as you can until you can't hold it anymore. When you release, I guarantee you that your orgasm will be explosive. If you have difficulty doing this, Kegel exercises (squeezing your PC muscle repeatedly) may help.

Women also have PC muscles. If she squeezes them, it tightens her vagina. For some women, I have found that it greatly increases my sexual pleasure if they squeeze their PC muscles before I cum. You will have to teach her how to squeeze them though. You don't want her to contract her PC muscle as hard as she can, as you do when you want to make your ejaculation more explosive. You want a medium contraction – enough to make her pussy tighter

to excite you, but not so much squeezing that it causes you pain and disrupts your immersion before your orgasm.

A more subtle way to increase your orgasmic pleasure – maintain a level of deep relaxation before and during your orgasm. This requires incredible self-control, but produces a very unique and pleasurable orgasm. Your instinct before orgasm will be to thrust harder, to increase your breathing and tense your muscles. If you wish to achieve an immersive orgasm, you should almost be like you are meditating during sex. Clear your mind of all thoughts, and focus only on the sexual sensations you are feeling. Take slow, deep breaths and release all the tension from your body. Thrust at a medium-slow, constant pace. Keep doing this before and during your orgasm. When you feel your orgasm coming, inhale deeply as if you are trying to hold it in. It will take a little practice to maintain this degree of self-control at the moment of climax. Once you have mastered it though, it's a great way to enhance your sexual pleasure.

Just as making a girl look into your eyes as she comes can supercharge the orgasm with emotion, looking into her eyes while you come will similarly improve your orgasm. If you've ever seen the look in a girl's eyes when she comes, you know what a huge turn on it is. This again takes practice, but train yourself so that you can look into her eyes before your orgasm and throughout it. It'll make the orgasm much better for you, and drive your woman crazy.

Usually, you'll want to tell your woman when you're about to cum. Remember, your orgasm provides tremendous psychological stimulation for her – you want her to be excited in anticipation. Also, it is important that when you're

approaching orgasm, you release control of your body. Seeing you going crazy like this will drive her crazy. Eventually, she will be able to be able to sense your impending orgasm. When she is able to do this, you don't always have to tell her that you're about to cum. Let her sense it herself and bring you over the brink.

**The Ejaculation:** The most emotional way for you to climax is to cum inside her. All her instincts make her crave you cumming inside her, filling her with your semen and impregnating her.

If you are using a condom, your ejaculation won't be as good either physically or psychologically for either of you. But, it is critical to use condoms for safety reasons until you are sure that you can trust the girl. I also recommend both of you being STD tested together before you start to have unprotected sex. However, once you've done this, sex – especially your ejaculation – will be much better for you and for her.

Again, releasing yourself deep inside her is extremely emotional. For variety, cum inside her in different positions. Some positions will actually cause you pain in orgasm – experiment, find out what they are, and avoid those. One of the most intense ways to cum inside her is to cum inside her during g-spot sex, with you on top of her and her legs up, over your shoulders. If you do it wrong it will be painful, but

once you have mastered it, it will be great. When you withdraw from her, she'll be holding most of your cum inside her. Hold her in this position, and allow her to bask in the feeling of being filled with you for a little while. Then, put her legs down and watch her expression as the cum flows out of her and down her legs.

Cumming inside her mouth can also be great. If your girl isn't fully trained and is reluctant to swallow, cum as deep in her mouth as possible. This will avoid much of her tongue, minimize the taste and make it easier for her.

Cumming on her is the most dominant way to ejaculate. What you want to do in this case it to make your ejaculation really spectacular. A weak drip onto her belly button really isn't psychologically stimulating for either of you, but an awesome blast that covers her entire body in cum is amazing.

To do this, prolong ejaculation as long as possible. When you can't hold it back any more, withdraw your cock. Use the PC muscle squeezing technique to prolong ejaculation further, and when you can't hold back any more, cum all over her.

If you want a body-soaking ejaculation, kneel above her and hold your cock at a forty-five degree angle. You don't need a protractor or anything, just remember to keep your cock pointed slightly up, and not completely horizontal or vertical so that your ejaculation will go farther. If you've had sex for a long time before the orgasm, you delayed the moment of ejaculation as long as possible, and you used the PC muscle technique, the ejaculation will be amazing. Again, be prepared to change your sheets, and possibly wipe down the headboard of your bed.

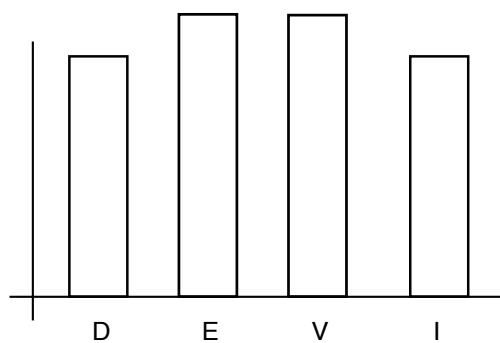
Cumming on her face is the same principle. Don't do this all the time like in porn, because it gets played out in real life. However, it's good to add in every once in a while for variety. Use the same techniques – long periods of sex beforehand, prolonged moment of orgasm, and the PC muscle technique to cover her face in cum.

One thing to note – avoid her eyes and hair. Semen will sting her eyes and cause her lots of pain (not the good kind, the annoying kind). Semen in her hair will damage it, and we all know how much work women put into their hair. You want her to be able to trust you while you're cumming on her face, not worrying.

Don't aim too high on her face, and make sure her eyes are closed before you shoot off. I realize that it is very difficult to control, but consciously avoid it the first few times. After a while, you'll be able to control your facials without conscious thought.

### 3.14 Achieving Simultaneous Orgasm

If you've ever read a sex fantasy written by a woman, you'll see that often they end in her and her partner cumming together at the same time. Why? Let's look at the DEVI of simultaneous orgasm:



Simultaneous orgasm packs a huge emotional punch. The thought of both of you cumming together in one perfect moment of explosive passion will undoubtedly drive her wild. The psychological stimulation of you cumming inside her will intensify her orgasm tenfold. In addition to this, it's a rare lover who can pull this off. She's likely never experienced it before – which will add the variety of the experience.

The pleasure is also intensified on for you. Picture your girl cumming with you deep inside her, at the exact moment when you climax yourself. Simultaneous orgasm is something that you'll want to know how to do, purely for selfish reasons.

How to you achieve simultaneous orgasm? The most important thing to know about simultaneous orgasm is that it won't be suitable to do every time that you have sex. That is, you have to wait for the right opportunity to arise. Wait until a time where you can feel that she is about to cum, and you are close yourself. When you can sense this, you'll know it's the right time. If you have not achieved simultaneous orgasm before, the ideal time is

when she is about to have her first vaginal orgasm. As it is the most distinct, it will be the easiest to time your orgasm to.

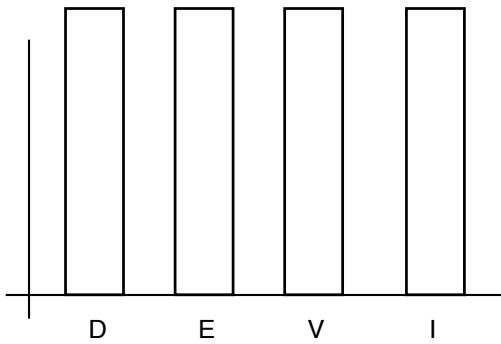
Say “Baby, are you about to cum for me?” After she says yes, tell her to tell you when she’s about to cum. Keep fucking her until she gets to that point. Pay attention to how her body is responding, and you should be able to sense how close she is.

If she’s on the brink, switch to simple missionary with your legs together so that you cum faster. If she still has a way to go, use positions that provide more stimulation for her, and less for you, such as g-spot sex. When she says she’s about to cum, switch back to the missionary position and try to cum as fast as possible. Just go crazy, fuck her hard and deep. This

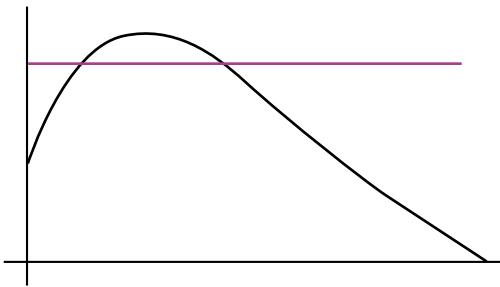
should drive her over the edge so that you both cum at the same time. Keep thrusting as long as you can after you come to ensure that she comes as well.

At first, your timing may not be perfect. But with time, you’ll learn to recognize the signs coming from your partner and your simultaneous orgasms will only improve.

### 3.15 The Continuously Orgasmic State

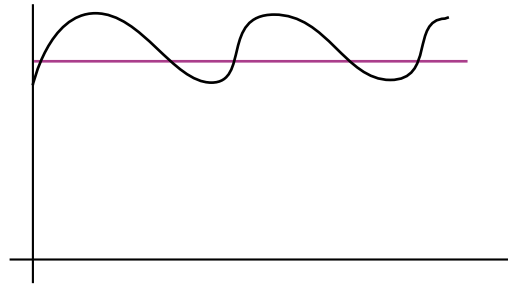


The Continuously Orgasmic State is the ultimate level of sexual mastery. It is the combination of perfect physical and psychological stimulation which takes a woman to levels of pleasure beyond her wildest dreams.



The best answer a woman can give you when you ask her how many times she’s came after great sex is “I don’t know.” Assuming that you’re not a total sexual novice, this means that she has achieved the Continuously Orgasmic State.

Unlike an orgasm, which is short and distinct, the Continuously Orgasmic State is characterized by a high level of arousal for as long as 30 minutes. In contrast to a normal orgasm, where the woman climaxes and then comes down, a woman does not come down from her orgasms when she reaches this state. It is not a 30 minute orgasm – that is not anatomically possible and would probably kill you. It is a sustained state of high arousal barely below orgasm, with the levels of pleasure undulating in and out of orgasm. While the arousal of a woman during a normal woman is something like this (the purple line represents orgasmic levels of pleasure):



*The Continuously Orgasmic State*

The arousal of a woman in the Continuously Orgasmic State looks like this, with the purple line representing orgasmic levels of pleasure:

**How to Achieve the Continuously Orgasmic State:** The way to get a woman into the Continuously Orgasmic State is to give her multiple vaginal orgasms with no let-up. The way to give her multiple vaginal orgasms with no let-up is to provide perfect physical and psychological stimulation.

Physically, keep fucking her hard in a basic position (missionary or doggy). Occasionally, fuck her in a position which stimulates her g-spot more heavily. However, don’t change positions too often. The key is to keep a continuous flow of physical stimulation – you don’t want to let her drop very far away from orgasm.

To bring her into the Continuously Orgasmic State, you must be having very dominant sex. This means, you should be fucking her hard, talking dirty to her, giving her commands in bed and making it clear that she will do whatever you want. She must be highly conditioned to be submissive to you.

It must be very emotional sex. Every girl that has achieved the continuously orgasmic state with me has been in love with me, without exception. Before you hope to achieve this level of sexual mastery, she must have very strong feelings for you. Women will often describe this as a burning obsession, a need to be with you, and a sense of emptiness and despair when you are gone.

Don’t worry so much about variety when you are going for the continuously orgasmic state. Don’t try to mix it up or try something wacky – stick to the basics of highly dominant, highly emotional sex with basic, continuous physical stimulation. Sex this intensely pleasurable is probably something she’s never experienced before, which in itself will provide variety.

Immersion is absolutely critical to achieve the continuously orgasmic state. It is critical on your part, because it will require extensive stamina. You’ll need to fuck her hard for 30-40 minutes, ideally without a condom – not something you can do if you are even a bit nervous or are having extraneous logical thoughts. Also, you’ll be fucking her hard continuously for so long that your muscles will fatigue if you are not highly immersed in the sex. Often when I bring girls into the continuously orgasmic state, the muscles in my abs, ass and back are sore for a week afterwards. But, while it is happening I don’t even notice the fatigue because I am so immersed, I cannot notice anything else but the feeling of my cock inside her pussy, and the sounds of her screaming as she cums on my dick over and over again. She will also need to have a high level of immersion in order to let herself cum like this. She needs to be 100% comfortable with you, and have no insecurities or fears about having sex with you.

Intercourse is the ONLY way to achieve the continuously orgasmic state – there are no easy finger-twitch cop-outs on this level. Clitoral orgasms are obviously out of the question. Even vaginal orgasms using your fingers or sex toys aren’t going to cut it. You need extreme levels of dominance, emotion and immersion, and

that can only be provided by sex. However, these types of foreplay orgasms can be useful for bringing her into the state. Once she's had one orgasm, her level of immersion will be increased and it will be easier to give her another one. When I am going to put a girl in the continuously orgasmic state, often I will give her her first orgasm clitorally by eating her out. I will give her about 30 seconds to let her come down, and roll right into fucking her. Usually you will need to bring her to orgasm three to four times before she goes into the Continuously Orgasmic State – foreplay orgasms can give you a head start with the first one or two.

### 3.16 The Bedroom Mentality

Your mentality in the bedroom should always be one of giving. That is, you should not view sex as something the woman is giving you. You should view sex as a gift that you give her.

Keep in mind that women need sex more than men. Never fall into the trap of working hard for a girl, and letting her use sex as a reward. This is a surefire way to make her less sexually attracted to you. A sexual master will never work so that a woman gives him sex. Instead, he will make women work for sex with him.

Use sex as a reward for good behavior. It lets her know that you have the giving mentality. It is also the most powerful reward – while women value dates and flowers and such, none of these things packs the emotional punch that sex does. Sex is what they really want – the little things can be great, but sex is the main event.

You should also know that you are the leader in the bedroom. Although the woman's sexual skills also matter, you are primarily responsible for how good the sex is. You should determine what will happen in bed to give you both the most pleasure. You must be in tune with her desires, and be able to give her what she wants without her having to verbalize it.

There are exceptions to this rule – it is alright for her to lead the interaction sometimes, and “seduce” you. Let her take the initiative sometimes – this is good for variety. However, even when she is “leading,” you are still controlling the interaction. You are letting her lead – you should be able to end her leading and take the lead yourself at any time you wish.

In addition to all this, you should be open-minded and nonjudgmental. This is covered in the section on immersion, but it bears repeating. Don't inhibit her by being strait-laced in bed. Show her that you are sexually enlightened and won't judge her for any of her desires, and she will feel free to explore them all with you.

You must always, always show her that you will never judge her adversely for anything that she does sexually. This will be an uphill battle, because most men are uptight and judgmental. Differentiate yourself from them – never judge her or anyone else badly for how they act sexually.

The best way to make her repress her desires in bed is to show her that when a female shows her sexuality, she loses status in your eyes. Examples of this are the classic male “I didn't make her my girlfriend because she was too easy,” or “I don't like that girl because she's a slut.” Sexual openness should always be something that you admire in others, not condemn. It is alright to call other people sluts – just make sure that you say it in a way that makes it clear that you think being a slut is something commendable. Also, use the terms “sluts” and “whores” equally for males and females, and call girls “players.” Make it clear that you think that the traditional system of values where a man is admired for having a lot of sex but a woman is condemned is hypocritical and ridiculous.

This doesn't apply to just plain vanilla sex. Make it clear to the woman that you are uninhibited in your sexual desires, and encourage her to be the same way with you. You may have to examine yourself at this point, and see if you still have any re-

maining bad social programming. Would you think any less of your woman if she told you she's secretly always wanted to have sex with her father? Or, if she wanted to do something goofy, like have you dress up in a clown suit and fuck her? Remember, a sexual master does not make any moral judgments on sexual behavior. If you find yourself thinking less of women for expressing their natural desires, you must rid yourself of that bad social conditioning.

You should be willing to try anything in bed. Accommodate her fantasies, and show her that you are not constrained by a straitjacket of hypocritical sexual morals like most men. Realize that your objections are not the divine voice of right and wrong, but inhibitions that are the product of social conditioning.

One of the primary ways that a woman will express her desires for you is by telling you about her experiences with past partners. If you want her to be able to tell you about great sexual experiences in her past, you must let go of all jealousy. Realize that as a master of sexuality, you never have to fear being eclipsed by another man.

Again, examine yourself. If your wife told you about a great experience she had getting fucked by two guys at once, would you be hurt? If you want a woman to be truly uninhibited in bed, you must let go of that. Ask her about her favorite things she did with past boyfriends. She will most likely start by telling you about “safe” things that could not judge her too harshly on. Encourage her stories, and respond with stories of your own experiences with past girlfriends.

Never hold back yourself in describing sexual experiences, as she will usually claim to be less sexually adventurous than you. Your stories will in turn make her feel safer telling you about more “dangerous” desires of hers, and will help her open herself fully to you.

You should also never be prudish in bed. Realize that sex is a gloriously messy activity. You should not dread the exchange of bodily fluids, you should relish in it. Don't be one of those guys who freaks out every time his girls goes on her period. Such behavior shows her clearly that you are not sexually enlightened, and that you would be disgusted if she showed you the full extent of her sexual desires.

Sex for you must be all about the experience, not about the ego boost that you obtain from it. Most men do not truly enjoy sex – they just enjoy the fact that they are having sex. Be motivated in your quest for mastery by a desire for pleasure and to please women – not out a desire to be thought of as a sex god by your friends.

As a corollary to this mindset, you must be discreet about your sexual encounters. While ego-driven sex will ruin your levels of immersion, the fear that you will tell your friends about sex with your girlfriend in a degrading manner will ruin her immersion. Generally, less is more when it comes to talking about sex. If she hears that you were bragging about your sexual exploits with her, it will damage her trust in you for a long time.

If you do talk about sex between the two of you, don't tell your stories in a way that implies that you conquered her, and that she was duped into behaving like a slut. Frame your sexual experiences as mutual victories. Always credit her sexual skills much more than your own if someone asks you about good sexual experiences. And always make it clear that you genuinely care about her, and that you are not just using her for sex. If she is sure at all times that you genuinely care about her and that she will not have to suffer social consequences for her sexual behavior, she will feel free to unleash her inner sexual beast with you.

### 3.17 Spontaneity

Bedroom spontaneity is important because it improves all four dimensions of DEVI simultaneously. It is more dominant to do what you want spontaneously without hesitation. It is also more emotional to act spontaneously and naturally, rather than in a stiff, planned out way. Being spontaneous will naturally provide variety, as your various sexual whims and urges will bring you sexual variety in ways you never could have thought of with your logical brain. And finally, spontaneity improves immersion because it precludes any thinking and worrying.

We all naturally are gifted with an inner sexual genius. The art of spontaneity is bringing that natural genius out. When an urge comes to you in the bedroom, go with it. Be deeply in touch with your desires. If you want to switch to a different position, don't over-think whether it's the right time, or whether she'll like it. Just act naturally, and do it.

You also want to avoid excessive premeditation outside the bedroom. For example, if you want to introduce a fantasy, don't plan out the exact details three weeks in advance. When your appointed day comes, the situation may not even be right for it. If you try to force the fantasy in when the situation is wrong, it will not be fully effective. Always go with the flow, and resist the urge to plan everything out in bed.

Keep in mind though that too much of a good thing is a bad thing. For variety, it is good to sometimes plan out sexual activities with your partner in advance. This will allow you both to build anticipation. For example, you could tell your girlfriend that for her birthday, you're going to give her the most amazing sex of her life. This will make her look forward to the sex, so that the gratification will feel all the better. Generally though, spontaneity in bed will improve your sexual encounters.

### 3.18 The Issue of Virginity

Many guys value virgins more highly than regular girls, thinking that deflowering a virgin would be something incredibly exciting. While it is exciting to fantasize about, the reality of having sex with a virgin isn't as erotic. Like any skills, sexual skills in both men and women improve with experience. A virgin, by definition, is one who is completely inexperienced.

Although the sex will not be good and she will probably not be able to cum the first time, you still want to make sure to handle it right. Looking back on it she will see the experience through a rosy haze, and will not remember the pain and the awkwardness. All she will remember is the emotion of the encounter, which will make it special for her.

If you suspect a girl is a virgin, always ask her. Many girls will not tell you because they think that it will scare you away. Once you know that she is a virgin, you will know that when you deflower her, you will have to emphasize immersion.

The girl will usually be nervous and tense – you must at all times put effort into relaxing her. She will usually be in pain also, so you want to make sure to minimize that pain. This is not the time for super-dominant sex – she can't handle that yet. Make it slow, and remember that relaxing her is more important than arousing her.

In order to relax her, make sure to do plenty of foreplay. This is to get her aroused and relaxed enough so that it won't hurt excessively when you start to have sex with her. Finger her and lick her gently. When the time comes to penetrate her, don't penetrate her all at once like you would if you were acting out a virginity fantasy. Work your cock into her slowly, as if you were fucking a girl up the ass. If she says that it hurts, go even slower.

It also helps to talk to her emotionally when you are inside her. Tell her how good it feels to be inside her, and how close to her

you feel right now. Tell her how good it feels to be the only guy who's ever been inside her.

If you are a virgin yourself, you should lose your virginity as soon as possible. People generally have been conditioned to believe that their first time should be very special. While I believe that you should not fight this conditioning in others, you should fight it in yourself.

Remember that you cannot improve your sexual skills without experience. Don't wait for that "one special girl" to lose your virginity to. If you do, you will disappoint her your first time. Get experience on lesser girls for now, so that when that one special girl does come you will have already achieved sexual mastery.

If you experience feelings of disappointment your first time, remember that this is normal. Your first time will not be the best sex of your life – it will be the worst. It only gets better

from there. Keep having sex, and you will soon realize why I say that sex is the ultimate human experience.

### 3.19 Building Open Relationships

OK, so you managed to have sex with a girl. You like her and you want to keep her around, but you also want to keep seeing other girls. Now what?

The first thing to remember is that great sex is by far the easiest and most reliable way to convert a girl into a loyal girlfriend. In the absence of good sex, your value simply won't be high enough compared to other guys for her to be interested in you. Thus, great sex is mandatory if you want to have multiple girlfriends at the same time. Almost all women would prefer to have a guy that they consider a real catch in an exclusive relationship, so you'll have to be good enough in bed to compensate for that.

The first rule of building open relationships is that you need to make this girl work for the relationship. Hard. If you can rock her world sexually, you are literally more valuable than anything or anybody in the world to her. Don't give your value away for free. Accepting levels of compliance lower than what befits your value will make the girl doubt that your value is legitimate, and sabotage your relationship.

The woman should always be the one putting effort into getting the two of you in a relationship. Always, always, always. Don't bring up any talk of a relationship until she does. If the sex is good she almost always will, usually within a few weeks to a month.

The second rule of building open relationships is that there is only one good time to have relationship talks: after sex. It is when your value is highest and when she will be most compliant to you.

If a girl is deeply attracted to you, she will typically start "gaming" you and trying to get you exclusively using subtle means. In any relationship talk outside the bedroom, her defenses are up and her "game" is ready. However, after a series of powerful orgasms she will find that she is completely emotionally incapable to manipulation tactics. She will be a natural woman, open-minded to anything you have to say.

If she asks "where is this going?" outside the bedroom, don't answer her directly one way or another. Instead, just qualify her and tell her how much you like her, but say that there's plenty of time to talk about this later. Just make it clear to her that you want to have her in your life, and then cut the thread of relationship talks. Bring it up again after some particularly great sex.

When it comes up again after sex, keep in mind that the function of all your relationship game is just to ensure that she sticks around for a few months. This is so that she can continue to have more great sexual experiences with you, and get emotionally hooked. To do this, you must not directly stymie her hopes for exclusivity. Before they are deeply emotionally involved, many women will just walk away if you make it clear to them they're

never going to get you exclusively. Get her emotionally involved before you directly state your intentions so that you don't lose out on girls who you'd like to keep around.

In doing this, it is alright if you give her some false expectations. The ends justify the means in this case – she will be happier with you in the long run in an open relationship, and you are just facilitating that process. However, you want to establish the smallest amount of false expectations that you can, to minimize any pain that she feels later. If you establish huge false expectations through outright lying, it will backfire on you later and may cause you to lose the relationship.

Instead, ensure that she sticks around with the unsaid implication that you two will have an exclusive relationship together one day in the future.

After great sex, hold her in your arms and qualify her on all the things you like about her, and imply that you may want an exclusive relationship with her someday. For example, with a recent girlfriend I told her how I loved that I always had fun whenever I hung out with her, how spontaneous she was and how she was always doing little things which showed that she cared about me. These were all said very genuinely and sincerely, because they were all true. I then told her that I wasn't ready for something exclusive right now, but I liked her a lot and I was sure that I wanted her in my life.

Your implication that you will want something exclusive in the future gives just enough of an expectation so that

virtually all girls will stay with you. When it comes up again later, just stick to this format for your response. All you have to do is fight a delaying action and ensure that she sticks around for a few months so that she can get addicted to the great sex.

At a certain point, the girl will reach a point that I call deep conversion. Deep conversion has the following characteristics:

- The girl is working much harder for you than you are for her. She always travels to see you, she clears time in her schedule for you, she does the things that you want to do with her. She is glad to give this level of compliance, and doesn't grumble or complain.
- She stops seeing other guys, even though she knows that you aren't exclusive to her. Some girls in deep conversion will occasionally hook up with a guy outside the relationship, but almost all of them do not. With the sex in the relationship becoming progressively more and more amazing, sex with other guys becomes pointless. If you can rock her world with The Continuously Orgasmic State, why should she bother with some dude who can't even give her an orgasm?
- She calls you much more than you call her.
- She tells you about how other guys were hitting on her, attempting to make you jealous and to impress you with how much she is desired. Don't take this a genuine demonstration of higher value that she is desired by guys, because it's not. Lame attempts to demonstrate value like this have to be playfully shut down so that she can retain her respect for you. Don't react with jealousy in any way. Reframe her story as something negative, that she can only get weird guys to hit on her. Tell her "oh, that's too bad only weird guys talk to you...but don't worry baby, I'll help you find a hot guy." By interpreting her story as a demonstration of low value (which it is) and even offering to hook her up with other guys, you show her you won't become jealous and discourage this bad behavior in the future.
- You can sense that she's trying to hold back her interest or "game" you in order to not appear desperate. Transparent disinterest is actually a very big sign of interest, because it

shows both that she's interested and that she's working hard to hide it, just to keep you around.

- She feels a sense of loss when she's not around you. She'll tell you "I miss you" or "I was thinking about you" after only a few days of separation.
- She can achieve The Continuously Orgasmic State. To achieve this state, she must have extremely strong emotions for you. Not only this, but achieving the state will only heighten those emotions.
- She cannot hold herself back any longer and tells you that she loves you. This is the ultimate evidence of a deep conversion, and if you hear this you know that you have the girl. Not all girls will say this when they are deeply converted – you will have to look for the evidence in the other signs, and the "I love you" will come later. However, once you've heard it, you can be 100% certain that she's reached deep conversion. Don't think that hearing "I love you" is a bad thing and that it leads to exclusivity, because it doesn't. It's just evidence of a strong emotional attachment. When managed correctly, this attachment can be parlayed into a strong, jealousy-free open relationship.

Once you've reached deep conversion you can eliminate all pretense of wanting exclusivity with her sometime in the future. Bring this up after sex – preferably after her mind has been blown from achieving The Continuously Orgasmic State. Hold her in her arms and tell her again how much you like her, and how much she means to you. Make it very genuine and sincere (you should sincerely care about the girl if you want her to stick around). Then, tell her that closed relationships have never worked out for you, and that you prefer open relationships. Make it clear that the two of you do have a relationship – you are not "fuck buddies," but involved in an emotional, open relationship. Tell her that closed relationships always lead to jealousy and cheating, and that you don't want that for the two of you. Finally, tell her that you want her to be able to be free to see other guys and not feel guilty about it.

In essence, at this point you are making it clear that you will never have an exclusive relationship with her, or at least that you will not be exclusive with her for a long time. However, you also demonstrate that you truly do care about her, and soften the blow by telling her why you don't like exclusive relationship. If you do this correctly, you will not lose the

girl. She will be too deeply attached to leave, and will accept the open relationship.

In addition, you want to make it very clear that this is not just a temporary thing for you. She needs to know that you are not just keeping her around until you find something better. This is the woman's main fear in an open relationship. The thought of you being with other women is only threatening because she thinks the other women will take you from her. Once she knows that her relationship with you is secure, it won't hurt her any more. In fact, it the thought of you fucking another woman will probably be a turn-on.

After you've deeply converted a girl and assured her that she's not going to lose you, it is generally smooth sailing. You can say "I love you" and be as emotional with her as you want. You can basically see her as much or as little as you like. As long as you see her at least once every two weeks, and no more than four or five times in a single week, you're fine. Discourage her bringing up the issue of an exclusive relationship again by saying "baby, I told you why we're not ready for this right now...you don't have to be jealous, we can talk about this when it's the right time." After you've dealt with it, gently reframe further "relationship talks" as her being insecure, and she will eventually stop bringing it up.

Just keep giving her good sex, and the relationship will maintain itself from this point.

Eventually, you may want to settle down into an exclusive relationship with one of your girls. When this does happen,

your exclusive relationship will be much stronger because of the years of having an open relationship that preceded it. Because she had to work so hard for the exclusivity and it was not just automatic, she will appreciate it much more. Also, if she knows that you could get many girls but you chose her out of all of them, she will feel much more qualified than if you only chose her because you had no other options. Because of this, even if you want an exclusive relationship or marriage, I recommend having an open relationship with the girl first in order to make her more loyal to you.

### 3.20 Sexual Fitness

You don't have to be an Olympic athlete to become good in bed. You do, however, need a base level of physical fitness. Sex is a physically exhausting activity, or rather, it should be if you do it right. If you have all your elements of DEVI down, your body will spur you to greater levels of physical performance in sex than you could ever achieve outside the bedroom. You will be so wrapped up in your pleasure, you won't even notice.

However, if you do not have a base level of physical fitness it will prevent you from achieving your potential in bed. You should be sure that you have a basic level of cardiovascular fitness. You should be able to jog at a light pace for twenty minutes without being overly winded. If you wish to train your cardiovascular system for rigorous sex, I recommend short periods (30-60 seconds) of intense cardiovascular activity followed by long periods (2-5 minutes) of less intense activity. This simulates the varying pace of sex, where you are sometimes thrusting at a fever pitch and at other times thrusting slowly and gently.

You should also have basic strength training. I recommend total body weight training in order to help with manhandling your girl more easily, and with increasing your testosterone and sex drive. Again, you don't have to be a bodybuilder – you just have to not be a weakling. The main muscles you will be using to thrust during sex are the muscles in your core.

That is, your abdominal, lower back, hip and gluteal muscles. Make sure not to ignore these muscles in your workouts.

### 3.21 Improving Your Testosterone and Sex Drive

In order to improve in any field, you need motivation. In order to achieve sexual mastery, you will need a high sex drive.

Sexual improvement does not come overnight. To fully learn the concepts in this book, you will need a massive amount of sexual experience. A high sex drive will be the driving force that propels you towards bedroom superstardom.

Not only is it essential for improving your sexual skills, it will also help you a lot in improving your skills for attracting women. Oftentimes, men progress slowly in developing their game because they are half-hearted about it. If you have a low sex drive, you will find it hard to be motivated to go out and meet women in the first place. And, when you do have an opportunity to have sex with a girl, you will not have enough motivation to take the social risks necessary to isolate and fuck her. A high sex drive will eliminate these problems. Almost all the successful naturals and pick-up artists I know have a high sex drive.

Improving your sex drive is largely a matter of improving your testosterone. Testosterone is the hormone which makes men manly. It is what compelled cave men to kill mammoths, to attack other tribes and have sex with their women. In the modern age,

it is what compels men to take business risks, social risks, and to have a high sex drive.

New scientific evidence has shown that your levels of testosterone are not static. Numerous studies have proven that men acting in the way a high testosterone male acts will begin to produce more testosterone to adjust. For example, among animals the alpha male is almost always the male with the most testosterone. But, when he is deposed by another male, the new alpha male will then have the highest testosterone.

Here are some ways to improve your testosterone:

**Diet:** In order to achieve high testosterone, you have to eat right. You first want to eliminate things from your diet that bring your testosterone down. Heavily processed foods, alcohol and drugs will all damage your testosterone. It is alright to indulge in these things once in a while, but it is a problem when it becomes habitual. Reduce your intake of fast food, and avoid heavy drinking and drug use.

Soy contains estrogen hormones, so avoid soy-based foods such as tofu. Also, consuming vegetables in itself is not bad for your testosterone, but you also want to make sure to get plenty of animal protein. It is not a coincidence that vegetarians are generally passive and effeminate.

Instead, consume foods that will be beneficial to your testosterone. Unprocessed meat, milk, nuts, fish and eggs will all help. If you need to supplement the protein in your diet, whey protein shakes are also an excellent source. Never consume soy protein; it is of lower quality and will hurt your testosterone.

You also want to make sure to eat plenty of food. Especially if you have low body fat, you want to make sure to eat as much as possible. Never allow yourself to go hungry. A good way to do this is to prepare a large meal which you can then divide into individual microwavable portions. If you are trying to lose or keep off weight, you may not be able to do this. However, you also want to be careful to lose weight slowly. Too sudden a drop in food consumption will negatively impact your testosterone.

**Physical Activity:** Physical activity is also essential to maintain your testosterone and sex drive. You should be doing some form of physical exercise at least three days a week.

Cardiovascular exercise will help your testosterone somewhat, and also has other health benefits. However, the best way to improve your testosterone is by anaerobic exercise – that is, lifting weights.

Use heavy weights, enough to exhaust you after doing 6-12 repetitions. Always push yourself to lift as much as you can. Lift until your muscles fail – they should ache with fatigue afterwards. Concentrate on big, heavy compound lifts such as

bench press, squats and pull-ups. Avoid machines and excessive isolation movements.

Competitive sports are also a great way to improve your testosterone. The more physical contact there is in the sport, the better. Football and rugby are great, wiffleball is not so good. The best sports for testosterone are combat sports. These awaken the primal instincts which will increase your testosterone to your natural high levels. Ju jitsu, kickboxing, wrestling – all these are great for your testosterone.

**Risk:** The defining characteristic of the high testosterone alpha male is that he is a risk taker. If you are living a lifestyle where you boldly take many risks, your body will naturally increase testosterone production to support this lifestyle.

Any type of risk taking will increase your testosterone. Approaching women, taking business risks, jumping out of planes, stealing cars – all of these will increase your testosterone and thus make you better in bed. Of course, some of these risks are more

intelligent than others, and you don't have to commit grand theft auto to have high testosterone. A lifestyle of taking intelligent risks will create testosterone in spades.

In the business world, don't be afraid to take financial risks. Take a new job, or start your own business. Invest in something that has a high potential for return but may

bankrupt you. You should also take social risks. Be outgoing and risk rejection. Don't conform to social pressure, create social pressure. Always value the high-risk, high reward path, disdain the path of safety.

**Sex:** Having plenty of sex will in turn increase your sex drive. It is like exercise – your sexual parts strengthen with use. Sex is the ultimate way to increase your testosterone, so make sure that you are having sex at all times.

Even if you are not having sex with the hottest girls at first, make sure are having sex with somebody. Obviously don't have sex with ugly or grossly obese girls – that will hurt your self-image. But, before you can have sex with the elite girls you will have to be having sex with average girls for a while.

You also want to make sure you are having plenty of sex. If possible, try to get more than one girlfriend. Ideally, you will be having sex at least once a day. The best situation is when your girls want to have sex more than you do, so they inspire you to even greater performances.

This is important for pickup as well as sex. Guys who haven't gotten laid recently give off a vibe of desperation that can be smelled a mile away. On the flip side, guys who are getting laid regularly seem more relaxed, more manly, and more sexual.

Remember, great sex will build your testosterone and sex drive like nothing else. I frequently have sex five times a day – then still am horny at night.

### 3.22 Finding the Right Girl

With enough training, any girl can learn sexual skills. However, some girls have been so damaged by social programming that it is not worth the effort to teach them. When finding your partners in pleasure, you should always look for those who have the most potential to achieve sexual mastery themselves.

It is tempting to look at how good a girl currently is in bed, but for long term relationships potential for improvement is more important. Don't look so much at physical technique – if she is clumsy while touching your cock or giving you oral sex, this can be corrected. Just guide her gently with your words, instructing her on how to best please you. She will learn within a month or two what you like physically.

However, if she has deep set insecurities or inhibitions, these are not so easily overcome. Some girls fall into destructive patterns in bed which can be hard to break. For example, if a woman is used to having only plain vanilla sex, trying to get her up for more adventurous activities may be more trouble than it is worth. Similarly, if a girl is emotionally frigid, you could eventually get her emotional, but it may not be worth the trouble.

The first thing that you should look for in a long term girlfriend is that she must be open-minded. She must not be judgmental about anything sexual, and she should be willing to try anything new.

The second thing that you should look for is if she is eager to please. If a girl has gotten in the habit of behaving like a starfish in bed, you will have to expend effort to break her out of it. It is better to find a girl that is already eager to please you in bed who will be willing to learn what turns you on right off the bat.

The third thing that a sexual partner with high potential will have is a high sex drive. She must not have had her natural love

for sex damaged by social conditioning. She must love sex enough so that she can keep up with you.

Finally, your partners must not have any deep set insecurities or limiting beliefs. Some insecurities and fears are normal, and you can coax her through these. However, some girls have been so damaged by previous partners, their upbringing, or other people that they are not worth the trouble. For example, girls who have low self-esteem and don't believe that they could ever truly satisfy a man. Even if they are hot, avoid these girls because they will infect you with their contagious and destructive limiting beliefs.

Although some girls will not be suitable for a long-term relationship, most girls in your life will be. Always remember to look at a girl's sexual potential when screening her for a relationship – if she has the four characteristics described above, she has the potential to be a good sexual partner.

Ideally, you will be in a position where you have more girls than you can handle that have good relationship potential. At this point, choose the girls that have the most potential. I find that when you have more than four girlfriends, they tend to be unmanageable and take up too much of your time. Everyone has their own preferences though – find out how much of your life you want to devote the relationship management, and build your team of girlfriends accordingly. And, never become complacent. Just because your current rotation of girls is great doesn't mean that there isn't better out there. Keep going out and looking for new girls to improve your relationship life.

### 3.23 Safety Considerations

Sexually transmitted disease and pregnancy safety should always be of primary concern for anyone trying to achieve sexual mastery. Sex is an inherently risky act, and you should always do everything within your power to minimize your risk.

**Condoms:** When you go out, always carry condoms with you. Don't carry them in your wallet, as they can bend and tear. Carry them in a hard container, such as an Altoids tin. Experiment with different kinds of condoms – everyone has their own preferences.

You must always use condoms until your girlfriend is well converted. That is, until she is deeply emotionally attached to you. You should also be her primary sexual partner, if she is not exclusive to you. If she is still having sex with other guys, you must be able to trust her to use a condom with them at all times.

Drive this into her head as the one demand that you make of her. Having multiple girlfriends is an inherently risky sexual situation, so you must protect yourself. Tell her that you don't mind her hooking up with other guys, but she has to make sure that she always uses a condom with them.

Make sure not to back her against a wall and make her fear that you'll leave her if she has condomless sex with someone else. If she does have unprotected sex, she may lie to you about it if she fears that you'll be angry with her. Tell her that it will be alright if she slips up and has sex with someone else without a condom. Both of you will go to the clinic and get tested together, and she doesn't have to fear you leaving her because of one mistake.

Even if you trust the girl, always get tested together before you start having condomless sex. Women may have diseases that they carry with no symptoms and do not even know about. Even if this is a small risk, it is a risk that you do not want to expose yourself to. Wait until the test results come back clean before you go bareback.

In addition to this, you should get tested every six months at least if you are sexually active with multiple partners. Many sexually transmitted diseases are treatable if you catch them early – don't neglect your sexual health.



**Anal Sex:** Anal sex is by nature the riskiest kind of sex. There is a very high risk of condom breakage and STD transmission. In addition, the best lubricants for anal sex are thick oil-based lubricants, such as Vaseline. These lubricants are incompatible with condoms.

I don't recommend anal sex until you trust the girl enough to have sex without condoms. For most girls, it requires a good deal of trust anyways, so it will be better for her if you wait. If you wait until you don't need condoms anymore, you can also use Vaseline. This will make anal sex feel much better for her and minimize odor.

**The Pill:** If you are not using condoms with your girlfriend, she must be on the pill to prevent pregnancy. This represents an additional layer of risk – you must be able to trust her to take her pill every day at the same time. If she does not do this, the pill's effectiveness is diminished and you are risking an unplanned pregnancy.

Remembering to take a pill at the exact same time every day is harder than you think. Also, the pill may have unwanted side effects on some girls which will take them a while to adjust to. Make sure that your girlfriend is responsible enough to take her pill religiously before you go off condoms. Preferably, she will be taking the pill for a month or two before you go off condoms to get her used to it.

Even if you can trust your girlfriend, make sure that you ask your girl regularly if she's missed a pill. If she has, temporarily go back to condoms.

Above all else, do not use the pregnancy fantasy (described in Act IV) if you do not want the girl to become pregnant. It WILL cause in her a desire to become pregnant for real. She may consciously or subconsciously "forget" her pills.

Remember that like all forms of contraception, the pill is not 100% effective. Make sure that you and your girl are on the same page regarding what will happen in the case of an emergency pregnancy. If you live in the US once she is pregnant, you legally have no say in whether or not she decides to get an abortion. Almost always well-converted girls will comply with your wishes as to whether or not she should carry the pregnancy. However, if she has deep set beliefs that conflict with yours, you may want to return to using condoms or drop her from your rotation.

Lastly, see if she can have a dose of the morning after pill ready in case of an emergency. In the US, this pill is illegal without a prescription, so it is preferable to get it before the emergency actually happens. Waiting a day for a prescription will significantly decrease the pill's chances of working. In most countries outside the US, the pill is available without a prescription. If an emergency happens, drive her to a drugstore as soon as possible to get it for her.

**Abortion:** Many guys are carefree about contraception, because they think that if a pregnancy occurs, the girl can just get an abortion. In theory abortion is a simple, routine procedure. In actuality, however, it is a horrific experience that you want to avoid at all costs.

In the case of a surgical abortion, she will not be able to have sex for six weeks. Having sex before this will cause permanent damage. Also, almost all girls will be emotionally devastated by an abortion. Having been accustomed to the feelings of a child inside them, they will feel as if they have lost a part of themselves. In addition, deeply converted girls often entertain dreams of marrying and having children with you. With an abortion, she will feel as if this dream has been cruelly torn away from her.

There is even a chance that she will back out of the abortion at the last minute. With emotions running so high, the girl will become unpredictable and may not behave as she said earlier.

Do everything you can to prevent abortion. Use it only when there are no other options available to you.

**Don't Live in Fear:** There is much risk inherent in being sexually active. Take all the steps you can to minimize this risk, but don't live in fear. Once you have done everything you can, you must learn to let go of all safety worries and just enjoy the sex act. Remember, fear and worries ruin your immersion.

There is nothing in life that is without risk. It is better to live life vivaciously taking some risks than to eliminate all risks by becoming a celibate monk.

Although sex without condoms is risky, it is also much more pleasurable for both the man and the woman. Both

physically and psychologically, it provides more stimulation. To achieve true sexual mastery, you must have girls that you trust enough to have unprotected sex with. A girl does not want to feel your manhood entrapped by a lifeless sheath of latex. She wants to feel your raw cock throbbing and pulsating inside her as it fills her pussy with bursts of hot cum. Don't be afraid to taking intelligent risks, and never let fear degrade your sex life.



## 4 Act Four: The Fantasies

### 4.1 Introducing Fantasies into Your Sex Life

Fantasies can be a great way to add variety into your sex life. When properly presented, a fantasy can take girls to an entirely new reality when having sex.

Fantasies are an advanced way to create psychological stimulation. They will not work for you unless you already have mastered all the other sexual skills in this book. Once you are having great sex with a highly converted girl though, you should begin to introduce fantasies into your sex life.

The most critical part of introducing fantasies into your sex life is the way that you introduce them. The way not to introduce a fantasy is to bring it up when she is not aroused. For example, some guys will take their girlfriends out to dinner, and then sit them down in the living room afterwards. They will then proceed to explain to their girl how he would like to act out a fantasy where he pretends to be her father and fucks her.

Saying something like this when she is not aroused will incite tremendous objections in her logical mind. Even if she does agree to act out the fantasy, she will develop subconscious fears about it. What is it that makes you think that she's a perverted slut, wanting to get fucked by her own father? Does it really make her a perverted slut? Is it wrong? These fears will creep into her mind when you are acting out the fantasy. She will be unable to be totally immersed in the alternate reality you present her. The fantasy will seem stilted, and fall flat on its face.

There is a much better way to bring up the fantasy. Get her in bed, and start getting her aroused. Then, once she is turned on, start alluding to the fantasy. For example, if you want to introduce her to the virginity fantasy, start telling her as you're fingering her "this pussy is really tight...it's so tight, I think that you've never been fucked before. This must be your first time."

In her aroused state, she will be highly suggestible. You may fear at first that she will just sit bolt upright and say "No, actually I have had sex before." Once you have actually done it, you will see how ridiculous this is. When she is aroused, it is extremely unlikely that she will object to anything you say.

As she gets more and more turned on, start amplifying your talk of the fantasy even more. Tell her "Wow, you're really tight...you must be a virgin. This is going to be your first time." Never explicitly say that you are enacting a fantasy, just start talking presupposing that you are already in the fantasy. Once she has heard you talking like this in a highly aroused state, she will become immersed in the fantasy. Most girls will even start talking back to you in the language of the fantasy, saying things like "No...I'm a virgin, you can't fuck me like this..."

If your girl seems confused by what you're saying, or doesn't completely accept the fantasy at first, that's OK. Just keep

getting her aroused – allude to the fantasy again when she's more turned on. Once she is turned on enough, she won't object to anything.

The advantage of bringing the fantasy up when she is aroused is that she cannot have any logical objections to it. Also, you will greatly reduce any fears or insecurities she may have about the fantasy. If you bring it up beforehand, she will have time to think about it and get insecure. She will develop subconscious mental defense mechanisms. If you bring it up in the moment, she will keep her immersion intact.

### 4.2 Beginner Dominance Fantasy: The Exhibitionist Fantasy

**Description:** Sex behind closed doors is a product of social conditioning. A product of the "sex is wrong" mentality, we are conditioned to always have sex in private places as if it is something shameful that we must hide.

Beneath our inhibitions, we all long to show our sexuality freely. Breaking free of social conditioning and getting fucked in public is a frequent fantasy among women.

To introduce the exhibitionism fantasy, start alluding to the idea that people are watching her while she is getting fucked. Make it a dominant fantasy – emphasize what a slut she is for getting fucked with so many people watching her. Keep talking dirty along these lines as you fuck her.

**Example:** One of my girlfriends I always suspected had an exhibitionist streak. Being a virgin before she met me, she wasn't yet confident enough in her sexuality to actually show her exhibitionism outright. So, to help her, I decided to act out an exhibitionism fantasy with her.

I started talking fingering her and talking dirty in her ear. When she was really turned on, I whispered in her ear "you're a really dirty girl getting fingered like this...I bet that you want to get fucked with everyone watching you." She jerked her head up, thinking that people were actually watching. When she realized that the door was safely closed and locked, she relaxed again. I continued talking dirty in her ear. "I can't believe you're getting fingered, and you want me to fuck you right in front of everyone...I can't do that. Everyone's watching baby, I can't do this right now." Slowly, I made the transition from saying that she wanted to be fucked in front of other people to fantasizing that other people were actually there watching.

Although she was inexperienced and slow to catch on, she eventually fell into the fantasy of people watching. I started fucking her doggy style, and told her "I can't believe what a slut you are, letting yourself get fucked with everyone watching." She started getting more and more turned on, losing herself in the sensation of totally letting go and being dominated by me in front of other people.

I started fucking her harder. "Tell me how much you love getting fucked," I commanded her.

"Noo..." she said. A token objection.

I fucked her mercilessly with a hand on her throat. "Say it," I ordered her.

"I...I love getting fucked," she finally said.

"LOUDER!" I said. "I want everyone to hear how much you love getting fucked!"

"I LOVE GETTING FUCKED" she screamed loud enough for everyone in my apartment building to hear. I could feel her about to cum.

"Scream for me baby," I told her. "Scream so that everyone watching you right now knows what a slut you are." I grabbed her hips and drove into her, hard and deep. She screamed her lungs out as she came.

**Notes:** The exhibitionism fantasy can also be adapted into the Porn Star fantasy. Instead of talking about how people are watching her getting fucked, talk about how she's being video taped while she's being fucked. Try both, some girls prefer a straight exhibitionist fantasy while others find the idea of being a porn star more exciting.

This fantasy derives its power from being a fantasy. For girls who have had real life experiences with exhibitionism, you do not want to use this fantasy. Generally, any girl who has been a stripper or porn girl or knows someone who is a stripper or a porn girl will have negative associations with

exhibitionism and being video taped. Private sex will be more intimate and emotional for these girls.

For girls who exhibitionism appeals to however, it can be a great way to introduce them to having public sex for real. I would later go on to nearly get arrested more than once for having sex in various public places with the girl in the example. The same thing goes for the Porn Star variation. The first time, it helps the fantasy to have a video camera, and just not turn it on. The next few times, you can turn it on and make your own porn movies for real.

### 4.3 Intermediate Dominance Fantasy: The Father/Daughter Fantasy

**Description:** This is another example of taking advantage of a social taboo to create sexual excitement. In her early, most formative years, the most dominant figure in a girl's life was her father. As a child many girls develop sexual desires for their fathers, which they are quickly forced to repress. Take advantage of these repressed incestuous desires to create great sexual excitement for the girl.

Because the social taboo against this fantasy is strong, you should allude to it gently before you bring her completely into the fantasy. Get her turned on, and tell her to "call you her daddy." Once you have her doing that enthusiastically, tell her what a dirty whore she is for letting herself get fucked by her own father.

**Example:** One of my girlfriends talked about her father a disproportionate amount in her conversations. She loved her father, but she did not see him very often as a child. Thus, she developed significant negative and positive emotions towards him. This made her ideal for the father/daughter fantasy.

After giving her a clitoral orgasm during foreplay, I started fucking her. This girl was very well converted, and was about to cum vaginally for the first time about five minutes after I entered her. As her moans became louder, I told her to "call me daddy." This was no problem for her, because I regularly made her call me "master" when we had sex. She was soon responding to the fantasy enthusiastically.

"Yes daddy...fuck me daddy...fuck me hard." I put my hands under her ass to brace her as I buried myself in her over and over again.

"You like it when your daddy fucks you?"

"Yes daddy...I love my daddy's cock. Fuck me daddy...fuck me..."

I pushed her legs up over my shoulders, penetrating incredibly deep into her vagina. "I'm about to cum," she squealed.

I made her look me in the eyes. With my hand on her throat, I started fucking her with brute force. "I can't believe what a dirty little slut you are, letting yourself get fucked by your own father. Look at you, you're about to cum all over your father's cock." She was extremely close and I just fucked her harder, driving her over the edge and making her cum all over my dick.

I continued fucking her. "You just came all over me, you little slut. You're dripping down my balls. Do you like your father's dick inside you?"

"I...yes," she said. "I love fucking my daddy." I kept talking dirty to her like this, telling her that I was her father and how dirty she was for getting fucked by me. She responded enthusiastically, getting off on fucking her daddy. She came twice more, each orgasm more powerful and less distinct than the first.

As I approached my own orgasm, I pulled out of her and manhandled her onto her knees. "Suck your father's cock" I ordered her. Obediently, she took me into her mouth and started sucking. She soon had me ready to cum. "I'm about to cum in your mouth baby," I told her. "Swallow all your daddy's cum."

She started sucking faster, and soon I was cumming hard, moaning animalistically as I pumped semen into her eager mouth.

She swallowed as fast as she could, but there was still a trickle of cum dripping down from her lips. She smiled up at me mischievously, her green eyes full of mock innocence.

"Don't tell mommy," she said. I had to laugh. This one was a keeper.

**Notes:** It is very easy to get a girl to call you "daddy" during sex. It has a hint of naughtiness to it, but she most likely will not think that you literally want her to imagine that you are her father just from that. Get her to call you daddy as much as you can to set up the next part of the fantasy.

The critical moment in the fantasy is the moment when you start calling yourself her father. This is when the fantasy takes an entirely different character – now she is literally imagining having sex with her father, rather than her boyfriend who she's calling "daddy." I find that the best time to make this transition is immediately before her first vaginal orgasm. Call yourself her father immediately before and during it. You can also chastise her for cumming on her father's dick after her orgasm.

As with all fantasies, you must avoid it if it arouses and negative associations. If she was abused or has excessive negative emotion attached to her father, don't use this fantasy. Even more important, if her father was passive or dominated by her mother, this fantasy will have no appeal to her. Only use this on girls with strong, dominant father figures – they are the ones that will have the most repressed sexual desires for their daddies.

### 4.4 Advanced Dominance Fantasy: The Forced Sex Fantasy

**Description:** For a woman, the ultimate in being dominated is to have a man force himself upon her. When he "uses" her and completely bends her to his will, she feels completely submissive and completely feminine.

In real life, forcing sex on a woman is emotionally devastating. However, it can be very exciting to fantasize about. As with all fantasies, introduce this to her only after getting her excited. After she's turned on, tell her how much you want to fuck her, and that you're going to fuck her whether she wants you to or not. Ideally she will give token resistance, which you will ignore. Keep talking along the lines of her not having a choice as you dominate her like she has always dreamed of.

**Example:** Because of a vacation I went on, I didn't see one of my girlfriends for nearly three weeks. We were deeply in love with each other, so this was very hard for us. She couldn't sleep at night without me, and would frequently call me crying, saying how much she missed me.

Needless to say, when we finally saw each other again it was amazing. Lost in our passion, we immediately had sex four times, stopping only for rest and re-hydration. We then ordered pizza, ate it, and went back upstairs to fall asleep. We couldn't keep our hands off each other though, fondling each other despite our soreness.

I started kissing her and fingering her through her panties. She was getting wet.

She gave me token resistance. "No baby, I'm sore...we can't do this." The wetness in between her legs and her hips grinding against me said otherwise.

I rolled on top of her and grabbed her by the throat. "Look at you, you're all wet for me," I said. I took my finger and put it into her mouth, making her taste her pussy.

"You're my little pussy," I told her, "and I'm going to fuck you any time I want. I grabbed her face, and started making out with her hard. She protested, but then I took her shirt off.

"These are mine," I told her, grabbed her breasts roughly and sucking on her nipples. "And I'm going to do whatever I want with them."

"No," she said in play resistance, "they're mine!"

"Really?" I asked her. I looked her in the eye for a long second, then without warning grabbed her panties. She tried to squirm away – I had done this to her once before, so she knew what was going to happen. I grabbed her flimsy panties, twisted them around my hand, and pulled hard to the side. They ripped off, exposing her naked pussy.

She protested again. "You ruined my underwear! You can't!"

"Shut up," I said, and slapped her lightly but firmly across the face. "You're my wet little pussy, and you're going to spread your legs and get ready to get fucked by me." This girl was very well converted, and very compliant. Plus, she was wet and really wanted to get fucked anyways. Obediently, she spread her legs.

"Good girl," I said. I rubbed the head of my cock against her pussy to tease her. "Now beg for it. Say 'Please fuck me master'".

"No!" she said.

"You're a bad little girl," I told her. I got her even more turned on my eating her out, then started teasing her with my cock again. I would slip just the head inside her – then take it back out. I did this until she couldn't take it anymore, then I asked her "baby...do you want me to fuck you?" "Yes," she said, gritting her teeth.

"Say, 'Please fuck me master.'"

"Please fuck me."

"Master."

"Master. Please fuck me, master."

I immediately rewarded her by sinking my cock all the way into her. She gasped at the sudden penetration. I fucked her hard, telling her how she was my slut and her pussy belonged to me. She was feeling pain from her soreness – but it was dominant pain and it only enhanced her pleasure. My cock kept pounding into her as I kept a continuous stream of dirty talk in her ear.

I could sense that she was about to cum. "I'm going to make you cum, you dirty little whore," I told her. "And there's nothing you can do about it."

"No!" she said, trying to hold her orgasm back. It was impossible. She tried mightily not to cum, but I fucked her mercilessly until she could hold it back no more. When she did cum, the release was powerful. I fucked her right through her orgasm, while telling her how she just came like a filthy slut all over my cock.

I kept fucking her with no let up through orgasm after orgasm. Our bodies were covered in sweat, our breaths came in gasps and our muscles ached. Still, I kept fucking her. Finally, I could feel myself about to cum inside her. "Baby,

I'm about to cum inside you," I told her. "Say, 'Please cum inside me, master.'"

"Please cum inside me master!" she screamed, delirious with pleasure.

"Louder!" I ordered her.

"CUM INSIDE ME, MASTER! PLEASE CUM INSIDE ME! CUM INSIDE ME!" I lost control of myself totally and exploded deep inside her pussy.

**Notes:** The forced sex fantasy is a very dominant fantasy, but it can also backfire if you do it in the wrong way. First, you must make sure that the girl is very well converted and that she trusts you to do what is best for her. Also, you must be very sensitive to the quality of her token resistance, and know when she really

doesn't want you to do something, and when she is just playing along with the fantasy.

An even more dominant version of the forced sex fantasy is the rape fantasy. In the rape fantasy, you sneak up behind her when she is not expecting it, put a hand over her mouth and force her clothes off. She will know that it is you by the sound of your voice. You overcome her struggles and protests and force yourself into her pussy. After you are done with her, you leave her for a few minutes to enhance the

negative emotions she feels. You then come back, and are your normal affectionate self again.

In the forced sex fantasy, she is fantasizing that she wants sex but is merely providing token resistance. In the rape fantasy, she is fantasizing that she doesn't want sex, and that you are forcibly taking it from her.

While the rape fantasy is more dominant, it also has more potential for emotional damage. Only use the rape fantasy on girls who are very deeply in love with you and have liked the forced sex fantasy in the past. It requires an enormous amount of courage for a girl to allow herself to be raped like this – some girls will never be ready for it. For those who are though, the rape fantasy can create memorable sexual experiences for both you and her.

## 4.5 Beginner Emotion Fantasy: The Virgin Fantasy

**Description:** The moment where a girl loses her virginity is a very emotional moment in her memory. This mystifies some guys who have deflowered virgins, because in real life it is never as exciting as it is reputed to be. There's blood, and she's in pain, and on top of that her total lack of experience impedes sexual pleasure for both partners. However, time puts a rosy haze around a girl's experience of being deflowered. She will forget the blood and the awkwardness, and only remember the intense emotions she was experiencing that day.

Reproduce the experience of a girl losing her virginity after she has gone through a period of celibacy. Tell her how her pussy is really tight, and that this must be her first time. Keep talking emotionally about how she is a virgin, and how you're going to be the one to take her virginity. Ease your cock into her a little at a time at first. Once it is about halfway in, ask her if she wants you to take her virginity. When she says yes, plunge your cock into her all at once to reproduce the moment she lost her virginity.

**Example:** One of my girlfriends lives far outside my city, about an hour away from me. Because of busy schedules, we weren't able to see each other for almost a month. During this time, she was exclusive to me and did not have sex with other men.

Needless to say, when we finally saw each other she wanted to be fucked badly. We started making out almost as soon as she walked in the door, and I quickly led her up to my bedroom. As I undressed her, we talked emotionally to each other about how much we missed each other and how much we loved each other.

When she was totally naked, I laid her on my bed and started eating her out. She became wet almost instantly after a month of sexual deprivation. I slid a finger inside her. "This pussy's really tight," I told her. I kept eating her out, and getting her more and more turned on. Then, I looked her in the eyes while putting a finger inside her pussy again. "This pussy is much too tight," I told her. "This must be your first time."

I continued giving her oral sex until she was on the brink of orgasm, then backed off. "This virgin pussy tastes really good," I told her. She moaned in response. I gave her a deep kiss, letting her taste her own juices on my lips and tongue.

My erect cock brushed against her pussy, and she shivered. I slid the head of my cock a fraction of an inch inside her "This is bad baby...I can't be the one to take your virginity like this...I

can't be the one to fuck you for the first time." I continued teasing her, fucking her very shallow as I got her excited about the idea of losing her virginity to me with emotional talk. "I love you so much baby," I said, "but I can't be the first one to ever be inside you."

"But I love you," she said. "I want you to be."

I didn't respond, but just kept slowly pushing my dick deeper in her a tiny fraction of an inch with every thrust. After a few minutes, I was buried about halfway inside her. I looked her in the eye.

"Baby," I said, "do you want me to take your virginity?"

"Yes," she said emotionally.

I looked deep into her eyes. "Baby, you're going to remember this for the rest of your life." I slowly withdrew my cock from her, then suddenly plunged it all deep into her pussy. I let it sit deep inside her for a little while so to let her feel the sensations of being deflowered.

She came on the first stroke.

**Notes:** The virgin fantasy is one of my favorite fantasies. It is very easy to do, as almost all girls have very emotional memories of their first time. And, those emotions are very powerful. So

powerful that it is possible to make girls cum on the first stroke when you do the virgin fantasy properly.

You must make sure to bring her to the brink of orgasm once or twice by eating her out before you start teasing her with your cock. You must also make sure to build up to it thoroughly – tease her and make her crave for you to take her virginity away more than anything. When she asks for you to take it, it is important that you take her virginity in one sudden, dramatic stroke. Let your cock sit deep inside of her for a few seconds. This is the way to make that first stroke so incredible that you can make some girls cum instantly.

#### 4.6 Intermediate Emotion Fantasy: The Threesome Fantasy

**Description:** At one time or another, we all fantasize about having sex with someone of the same gender. These bisexual urges tend to be especially strong in women. She will be attracted to the idea the variety of girl on girl sex – having sex with a girl is very different than normal heterosexual intercourse. She will also be emotionally excited by the forbidden and "naughty" nature of having sex with a woman.

This fantasy is most powerful if you fantasize about a specific woman that your girlfriend is attracted to. It is best to use a girl that you both know in real life, not a celebrity. Get your girlfriend aroused, and then start talking about how it would feel if the other girl were doing whatever it is that you are doing. Tell her that you shouldn't even be thinking about this, to add to the forbidden appeal of another woman's touch.

It is best to narrate this fantasy as a story, with what you are doing loosely corresponding to what you are narrating. At different times, you will be acting as yourself and as the other girl. She will also be acting as herself, and as the other girl at times. When you are acting as yourself, be dominant and act as you normally do in bed. However, you want to act very

differently when you are simulating the other girl's touch. Lick her softly and touch her with a feminine, gentle caress.

**Example:** I once had a party at my house and invited one of my girlfriends. She became fast friends with Kara, another girl at the party – a vivacious brunette with an athletic body. My girlfriend was bisexual before having met me, and confessed that she was attracted to Kara. This gave me the idea for a new fantasy.

I started fingering her and then licking her pussy as normal. Then I asked her what it would feel like if it was Kara doing this to her. "Maybe...Kara would breathe on your pussy," I breathed on her pussy, "and lick you softly like this." I started licking her clit, softly rubbing it against my tongue. I ate her out gently and slowly while she closed her eyes and pretended that it was Kara in between her legs.

After giving her a long time to fantasize about this, I looked up from her pussy. "I wonder what Kara's pussy would taste like," I said. "Maybe it would taste like this." I moved on top of her and kissed her deeply, allowing her to taste her own juices.

"Baby, imagine if we fucked Kara together," I said. "But we shouldn't even be thinking about that, that's bad. But imagine if she was on top of you right now." I kissed her in a

soft, feminine way as I ran my hands up and down her body. "She would kiss you and rub you..."

"But I couldn't let you and her have all the fun. I would go on top of Kara while she was kissing you...and start to rub my cock against her wet pussy. Then I'd sink my cock into her while she was on top of you." I slowly thrust my cock into her vagina. "Then I would fuck her while she was on top of you, and you could watch her and feel her as she was getting fucked..." I fucked my girlfriend as I said this.

I continued thrusting until she was on the brink of her first orgasm. "And I would keep fucking her and fucking her and fucking her...until she came all over my cock like a dirty little slut," I said in her ear as I made her cum.

"And then I would pull my dick out of her, because what I really want is my baby," I pulled my dick out of her pussy, and put her on her hands and knees. I started fucking her doggy style. "And I would fuck my baby, and Kara would want to get fucked by I wouldn't let her. I would make her eat my baby out...and she would go down and start licking your pussy while I fucked my baby so hard..." I increased my pace. "Can you imagine that baby? Can you imagine me fucking you deep inside with Kara's face in between your legs, and your wet pussy dripping down her face?" I continued to graphically narrate a threesome like this as I acted out various parts of it.

I found that what turned my girlfriend on the most was to dominate the other girl with me. At the end of the fantasy, we had Kara begging to be fucked, but we refused to include her. I told her how Kara was sobbing because she wanted me to cum in her, but I wouldn't because she was just a dirty little slut and my cum wasn't for her. It was only for my baby. I came deep inside my girlfriend as I said this, saying "you're my baby...my cum is only for you."

**Notes:** This fantasy is an excellent way to introduce the idea of threesomes into your sex life. After doing this a few times, she'll be very likely to want to have a threesome for real. In the case of my girlfriend, this experience showed her that she did want to share this side of her sexuality with me.

Although my girl was already openly bisexual, this fantasy can also be used on girls who have had no experiences with other girls. If you are using it on a girl like this, just be sure to emphasize even more that "we can't be thinking about this," and that "this is bad."

Different girls want different things from a bisexual experiences. My girlfriend enjoyed dominating and showing her superiority over the other girl, but not all girls are like this. Some will get off on seeing you dominate the other girl, and then being dominated by you herself. Other will want to emphasize the lesbian sex, with you just coordinating and leading the experience. Be sensitive to exactly what kind of

bisexual experience turns her on to make this the best fantasy it can be.

Regardless of what type of experience she wants, you always want to make sure that you do not make your girlfriend insecure with this fantasy. Always make it clear that you like her more than the other girl, and that she does not have to fear losing you to her. This is even more true in a real-life threesome than in a fantasy. Usually, you want to cum only inside your girl, as some girls will take this as a token of who you prefer sexually. Some girls will get turned on if you cum on or inside the other girl, but until you know that she likes this, cum only inside her both in fantasies and in real threesomes.

#### 4.7 Advanced Emotion Fantasy: The Pregnancy Fantasy

**Description:** Biologically, the function of a woman is to take the seed of an alpha male within her and become impregnated with his offspring. Although women have many other functions in modern society, deep inside their souls they will always yearn to be impregnated by an alpha male.

Take advantage of these hidden desires within her to create an incredible sexual experience. Get her aroused, and then tell her that you are going to fuck her and make her pregnant. As you are having sex with her, tell her that this is what she was meant for. Tell her that she was born so that she could take your cum deep inside her and have your babies. Keep emphasizing how you are going to make her pregnant and how it is her destiny to carry your babies as you fuck her.

Before you reach orgasm, first make her beg for you to cum inside her. Then, make her beg for you to impregnate her so that she can have your babies.

**Example:** A few months ago, one of my friends told me about his adventures in trying to get his girlfriend pregnant. He said

that the sex between them was much better somehow – it felt like they were doing what they were meant to be doing.

This made me think that if getting a girl pregnant was exciting in real life, it could be exciting as a fantasy as well. After getting my girlfriend excited by foreplay, I climbed on top of her. With my cock poised to enter her, I looked into her eyes. “Baby,” I said, “I’m going to fuck you so hard and get you pregnant.” I then penetrated her deeply.

While I fucked her, I kept talking along these lines. “I’m deep inside you baby...I’m fucking you so hard. I’m going to fuck you so hard and cum inside your pussy, and get you pregnant.” I continued fucking her in a variety of positions and talking emotionally to her. Her body started taking over, and her natural desire to be impregnated came out. She started bucking her hips against me wildly, trying to impregnate herself.

“Noo...we can’t do that,” she said, even as she was riding my cock. “You’re right baby, we can’t do this,” I said as I continued to fuck her, “But I think this is what you were meant to do. I think that were meant to get fucked by me every day. I think I was meant to cum deep inside your pussy so that you can have my babies.” She came again. I wanted for us to get the full pleasure of this fantasy, so I continued fucking her over an hour. My muscles ached and I was dripping sweat, but I didn’t even notice. I just kept pounding into her, lost in my animal desires. When she came

for the fourth time, she began to go into the Continuously Orgasmic State. Her orgasms began to melt into each other, and she became delirious with pleasure. I kept her in this state for as long as I could, then I told her that I was going to cum inside her. “Beg for my cum baby,” I told her.

In this state, there was nothing she wanted more. “Cum inside me!” she screamed. “Please cum inside me!”

“Beg for me to get you pregnant baby. Beg for me to get you pregnant with my cum so that you’ll be mine forever.”

“Cum inside me! Get me pregnant! I’m yours baby! I’m yours...I’m yours...” she repeated as if in a trance as I unleashed torrents of hot cum inside her pussy.

**Notes:** The pregnancy fantasy can be a very exciting one for women. However, you cannot use it all the time.

In order for the pregnancy fantasy to be exciting, she has to actually want at a subconscious level to be impregnated by you. Whether this is the right time in her life to actually become pregnant is irrelevant. What is important is that she is deeply in love with you and would want to have your children some day.

Also, be warned: using this fantasy with a girl that is in love with you may make her want to get pregnant in real life. Do

not use this fantasy unless you would actually want this woman to become pregnant. This is a very dangerous fantasy if abused.

#### 4.8 Beginner Immersion Fantasy: The One Soul Fantasy

**Description:** Human beings are social animals. Early in our evolution, we learned that the most dangerous thing in the world is to be alone. We thus became hard-wired with a need for closeness, and a deep fear of loneliness.

Even in today’s modern society, we often feel alone. Even if we are surrounded by other people every day, we feel cut off from them by social barriers. What we want more than anything else is someone who will rescue us from this eternal specter of loneliness and bring us close to them. We crave closeness on a level far above what is socially acceptable, and long to feel like we are truly at one with somebody.

Sex is your opportunity to satisfy this desire in your woman. After getting her turned on, start having sex with her in a slow, sensual fashion. In a deep, hypnotic voice, tell her that you feel so close to her as you are having sex with her. Then, tell her that you want her to look into your eyes and not look away. It is important that she is looking at you the entire time – stop having sex with her if she looks away.

Maintaining eye contact while she is this sexually aroused will have a hypnotic effect. Tell her that you are inside her, that you are a part of her, that you feel like the two of you have become one person.

**Example:** After getting one of my girlfriends aroused, I thought that we could use a little more variety in our sex lives. So, we were going to try something different. I undressed her, and started having sex with her, moving slowly and sensually inside her. “Look into my eyes,” I told her as I made love to her. She complied easily, as I had told her to look into my eyes for short periods of time before. This time, though, it was going to be different.

“Baby, I feel so close to you right now. I want you to look into my eyes the whole time I’m inside you,” I told her as I continued to move slowly inside her. She kept looking into my eyes. I increased my pace slightly. The pleasure became too much for her at one point, and she closed her eyes and tilted her head back.

“No baby,” I told her, and stopped moving inside her. “I want you to look into my eyes.” She did, and I we resumed having sex.

I kept steady, warm, sexual eye contact as I continued to fuck her. The look in her eyes was so helpless and vulnerable, so loving and so beautiful. Holding eye contact for that amount of time while having sex has a hypnotic effect. The outside world seemed to melt away, and the only things that were real seemed to be me and her.

“I feel so close to you right now baby,” I said, speaking from my entranced state. “I’m so deep inside you, it’s like I can feel your soul.” She responded with emotional talk in the same vein and we kept eye contact.

As we became more and more aroused, the altered consciousness we were experiencing became more and more pronounced. Things felt almost unreal. “I love you so much baby...I feel like I’m a part of you. I feel like we’ve become one person.”

As we looked deep into each other’s eyes, my body began moving faster inside hers. “Baby, I’m going to cum,” she said. “I’m going to cum too,” I said. I began moving faster inside her, pressing my legs together to provide me with maximum stimulation. This would help me time my orgasm more closely to hers.

Still looking into each others eyes, we came at the exact same moment. It seemed almost unreal. Afterwards, we lay in each other’s arms almost stunned, slowly returning to reality. What we experienced was an incredible natural high, more intense than anything chemicals could offer.

**Notes:** This is another one of my favorite fantasies because it is very simple and very effective. It is also great for getting girls more emotionally invested in you.

In order to enact this fantasy, your girl must have experience holding eye contact with you during sex. It is not easy – our instinct when we are experiencing intense pleasure is to tilt our heads back and close our eyes. She must have be able to hold eye contact with you even during the most intense orgasm. Once she can do this, she will be ready for this fantasy.

If she stops holding eye contact at any point during the fantasy, it is important that you stop thrusting until she looks at you again.

Holding eye contact for this amount of time is much harder than it sounds. To see how hard it will be, find a friend and hold eye contact with her for a minute. The pressure to look away to or say something to break such extended eye contact is enormous, but you must overcome it. Once you and your girlfriend can do it though, it will have a consciousness altering effect on both of you. Everything else will be swept away, and you will be left with total immersion.

In this example, my girl and I also achieved simultaneous orgasm. Don’t expect it to happen every time though – I have enacted the fantasy over a dozen times, and have had the opportunity to achieve simultaneous orgasm only once. Even when you do not achieve it though, this fantasy is an incredible experience.

#### 4.9 Intermediate Immersion Fantasy: The Dream Fantasy

**Description:** We are constantly confined within the mental shackles forged for us by our intellect. Although our superior intelligence has allowed us to rise above the animals, it also has a tremendous drawback. By becoming so cerebral, human beings often find that they cannot turn off their logical minds. We cannot appreciate anything purely for what it is because of the constant stream of disrupting internal chatter and analysis coming from our hyperactive brains.

A dream represents freedom from this reality. In a dream, there is no tormenting internal dialogue. In a dream we can experience sexual bliss in its purest form without the confines of reality.

To enact the dream fantasy, start having sex with her in the morning when she is half asleep. Lube your cock up well, put her on top of you, and penetrate her. Move very slowly inside her for a while to give both of you a chance to return to a sleeplike state. Once you are drifting in and out of sleep, begin to move inside her slightly faster. Tell her that she is still asleep, that this feels too good to be real. Drifting in and out of consciousness, the sex between you will seem dreamlike and unlike anything she’s ever experienced before.

**Example:** My girlfriend and I had gotten to the point where it was almost automatic for us to have sex the first thing in the

morning. I would wake up with an erection, lube my cock up, and put her on top of me. I would then slide my cock inside her before she was even fully awake. We loved these episodes of morning sex because the immersion we felt during them was so high. Once, she said that it felt almost like a dream. I decided to take this all the way and make it a full fantasy for her.

One morning, I woke up and instinctively reached for the Astroglide. Still half asleep, I thoroughly coated my erect cock in the lubricant. Then, I picked my naked girlfriend up and put her on top of me. Spreading her legs, I slid inside her.

She awoke momentarily with a gasp, but soon rested her head on my chest again. For a while, I moved very slowly inside her to give us a chance to become more sleepy. I would stroke her slowly a few times, then just rest inside her for minutes as I drifted back into sleep. Eventually, I began to stroke with a steady, slow rhythm. My girlfriend let out sleepy moans of pleasure on top of me.

“Baby, this is a dream,” I told her. “This feels too good to be real. This can’t really be happening,” I whispered in her ear. She was still sleeping almost completely, and I was only slightly more awake than her. “This is a dream baby,” I kept

repeating. “This is a dream. You’re dreaming about my cock inside you right now. This is a dream.”

Eventually, the intense pleasure we were feeling caused us both to wake up and we had fully conscious sex. Afterwards, she asked me “When we first started having sex...was that real or was I dreaming?”

I smiled and kissed her. “Both,” I said.

**Notes:** A dream is the ultimate level of immersion. In a dream there are no distracting thoughts or fears, no insecurities and no internal dialogue. There is only pleasure in its purest form.

The more times you start having sex while in a sleepy state, the better it will become. This is because your body becomes accustomed to making sexual motions while you are not fully conscious. Eventually, you will be able to start having sex while you are so sleepy that you will not remember how you did it later.

You always want to lubricate your cock well when having sex in your sleep. The friction of a dry vagina will break her immersion and yours.

The trick to this fantasy is talking to her and being able to tell her that she’s in a dream when you are almost asleep yourself. With practice, you will be able to control your speech even in a dreamlike state. Once you can do this, just keep hypnotically repeating how she is dreaming in her ear as you fuck her. It will really feel dreamlike to her – totally different than any sex she’s ever had before.

#### 4.10 Advanced Immersion Fantasy: The Hypnosis Fantasy

**Description:** Many women fantasize about being hypnotized by a man, and then having sex with him. The concept of having her mind totally controlled while the hypnotist guides her through the entire experience can be very arousing. She would have no thoughts, no will of her own, and she would not even be really conscious – she would only experience the pleasure.

The hypnosis fantasy does not work by actually hypnotizing the woman. Real hypnosis is something you need advanced psychiatric training for – not something you learn from a weekend seminar. Fortunately you do not need to really hypnotize her – you only have to present to her the fantasy that she is getting hypnotized.

First, get her in an altered state of consciousness. Once you have achieved this, tell her that you want to try something totally new with her. Tell her that you want her to listen to the sound of your voice and trust you totally. Tell her that you want to hypnotize her.



While looking into her eyes and fucking her slowly, tell her to relax all the muscles in her body. Describe a pearly light passing over her body, slowly relaxing all her body parts. Once her entire body has been relaxed like this, tell her that she feels very sleepy and that she can feel herself drifting away. Then, tell her to close her eyes.

Tell her to listen to the sound of your voice and obey your commands. Tell her to say “yes, master” when you give her a command. You can then give her any commands you like. Give her some amazing sex, then tell her that she will wake up at the count of three. Count one, two, three, and on three cover her body in cum.

**Example:** One of my girlfriends once gave me a late night booty call. Being a young party girl, she was high on marijuana when she came over, and she was horny. I had spent the night teaching a pickup workshop, so I was totally sober. I undressed her and started doing foreplay. She moaned in her drug enhanced state. I decided to take advantage of her altered state of consciousness to give her a new fantasy to enjoy.

I told her that I wanted her to listen intently to the sound of my voice, and that I wanted her to trust me and do whatever I said. She agreed, giggling slightly. As I slid my cock inside her, I told her that I was going to hypnotize her.

As a fucked her slowly, I told her to imagine a white, pearly light over her head. I then described the light slowly passing

over each of her body parts, massaging and relaxing them totally. I described her entire body going into a state of total relaxation, going deeper into relaxation than she had ever been before.

I then told her that she was so deep in relaxation she was drifting away. I told her that she was drifting away, and on the count of three would go into a deep sleep. I counted “one...two...three,” and she closed her eyes.

I told her that she was hypnotized, and would do anything I said. I then told her to say “yes, master” whenever I gave her a command. “Yes, master,” she replied obediently.

I then commanded her to do everything I could think of. I put my cock in her face and told her to suck it. I told her to finger herself while I watched. I told her to spread her legs so that I could fuck her. After I fucked her for a little while, I told her to suck her pussy off my cock. It was great fun.

After I had made her cum a few times by fucking her with her legs slung over my shoulders, I told her that she would awake on the count of three. “One...two...three,” I counted, as I pulled out of her vagina. I held my ejaculation as long as I could with my PC muscle, then just as she “awoke” I ejaculated in spectacular fashion all over her body.

**Notes:** For this fantasy, you must retain your normal consciousness while the girl enters an altered state of consciousness. This will require the girl to place an enormous amount of trust in you, as you will basically be able to do anything you want with her.

In the example, what placed her in an altered state of consciousness was being stoned. Marijuana and tranquilizers such as valium can both help her achieve this effect. Although they are terrible habits to pick up in the long term, they will make this fantasy easier. Alcohol or any stimulant or hallucinogen will not help the fantasy, and will only disrupt her immersion.

At the highest levels, you will be able to place a girl in an altered state of consciousness with your eye contact alone. It is difficult to put her in this state without entering the state yourself, but it is possible. When you have mastered sexual eye contact, you will no longer need the assistance of drugs to facilitate this fantasy. However, if your girlfriend ever wants to have sex with you when she is stoned and you are not, you can still make the most of the opportunity.

The quality of your voice is critical for this fantasy. You must have a hypnotist’s voice – deep, slow and resonant. You are not really hypnotizing her, but it is important that you give her a close enough imitation so that she can fantasize that you are. This fantasy should take a long time – don’t rush it.

When you tell her to open her eyes and wake up, time your ejaculation so that she “awakes” to the feeling of you cumming on her body. I made the mistake of cumming on her face once. Avoid this – she will open her eyes just as you ejaculate into them and get two eyefuls of painfully stinging semen. Use my spectacular ejaculation technique, where you hold in your ejaculation as long as possible with your PC muscle. Hold your cock angled slightly downward, and you will be able to shoot jets of cum all over her entire upper body.

## 4.11 Designing Custom Fantasies

I have acted out innumerable fantasies with women in my sex life. The nine that I have listed above have been the most universally popular among them.

However, don’t feel that you need to restrict yourself to these nine. There are many other fantasies that you can act out – just be creative and let your desires run free. If you can fantasize about it while you’re by yourself, you can do it while you’re with a woman.

Every woman has unique fantasies that only she will respond strongly to. Find out what excites her – ask her after sex what she’s always fantasized about. Share some of your own wild fantasies so that she will know that it is alright to tell you about hers. Express a genuine interest in what turns her on. You will be surprised sometimes at what will excite a woman.

Even if something seems silly or weird to you, act it out with her anyways. Introduce it in the same way you would any fantasy: after arousal. She will be grateful, and will be more open to acting out fantasies of your choice. Above all, never judge a woman for anything she fantasizes about. Anything goes in the fantasy world. Even if her fantasy would be cruel, illegal, or just plain mundane in reality, all that matters in the fantasy world is that it turns her on.

## 4.12 Final Words

This book is called *The Sex Revolution Handbook* for a reason. We live in a world where few people truly understand the importance of sex in their lives. Sex is the ultimate human experience, and it is too often treated as just another item on our laundry list of daily activities.

The information in this book has shown you the true power of sex. It’s power to create strong relationships. It’s power to make a girl fall in love with you, and you to fall in love with a girl. It’s power to alleviate our stress and negative emotions. It’s power to create experiences to which everything else pales in comparison.

Your new knowledge has given you an advantage over almost every other guy out there. Don’t squander your knowledge by returning to your old bedroom ways. Apply it, and make sex the experience it was meant to be. The more men who achieved sexual mastery, the more the world will be awakened to the importance of sex. The more the world is awakened to the importance of sex, the faster social barriers against sex will collapse and the more sexually open the world will become. This is what the Sex Revolution is all about.

Release women from the chains of sexual frustration, and show them the freedom and happiness that comes from being in touch with their natural sexual desires. You are a soldier in the Sex Revolution, and the world is yours for the taking.

*Thank You*

Writing a book is not easy. I took many hours off from my other projects to work on the Handbook.

I thank you for purchasing a copy of this book. Feel free to email me with any questions that you may have about sex, and I will answer them on my website (<http://sexrevolutionblog.com>). Be sure to visit my site regularly – I update it often with new articles on sex, seduction and dating.

If you interested in personalized training I would also love to work with you. I offer phone consultations on sex for the rate of \$75 an hour or \$45 for half an hour.

In-person consultations consist of a day jam-packed with information and exercises with ample time for any questions you may have. These consultations can be scheduled for \$1000 for individuals, \$600 for groups of two or more, and \$500 for groups of four or more.

If you have any questions about sex, pickup or personal coaching, email me at [spiritfingerspua@gmail.com](mailto:spiritfingerspua@gmail.com).

I would also like to thank everyone who contributed to the writing of this book. I would like to thank Brian, my first student, and Jack, my intern, who both helped with editing.

If you would like to learn more about them, you can check out their websites at <http://learnnaturalgame.com> and <http://naturalgamesource.com> respectively. I thank my three wonderful girlfriends for sharing the sexual experiences with me that gave me the inspiration for this book. And finally, I would like to thank all my students. Without you, none of this would have been possible.

If you downloaded this book from a file sharing network but benefited from it, please consider purchasing a paid copy. By doing this, you will be supporting the release of future books on seduction, sex and relationships. In addition, by purchasing a paid copy you will be showing yourself that this book is not like all the other e-books out there, which you read but never actually apply the information. By paying for a copy, you are saying to yourself that you are serious about sexual improvement and willing to work for it in the long term.

I thank you for your support.

-Dan