

FOUNDATIONS OF INNER GAME II: THE POWER OF APPRECIATION



Creating Profound Connection

INTRODUCTION

Garrison Cohen, AMP Facilitator:



Welcome back to one of the greatest life journeys I know of. You're about to take the next step towards an inspiring, fulfilling, and rich life that you can share with the kind of women who truly move your spirit.

I've spent most of my life looking for deeper answers about how I can truly step into the man I know I can be. I've consistently found that the more I find answers and grow through this work, the more amazing the caliber of women who show up in my life.

I believe that the women who come into your life are a direct reflection of the state of your inner world. And the more magnificent the women that show up in your life, the more you're truly stepping into who you are.

But let's be clear. I'm not just talking about guys who have beautiful women: I'm talking about guys who have beautiful women who are completely radiant and electrified in that man's Presence. Big difference.

If you're just here to learn pickup lines, please donate this material to a buddy of yours who truly wants to have incredibly authentic, wild, sexy, and fulfilling life experiences. You'll be doing him a great favor.

I invite you to receive this material not merely as useful information, but as another log on the fire of your ongoing journey of self-transformation. None of what we talk about here is really information for your brain: this material is designed to give you a "knowingness" that you can feel in your body. If that wasn't the case, it wouldn't be true Inner Game work.

The best way to make use of this book is to read a chapter, watch the DVD, then read the chapter again. This is rich material and you'll integrate it differently than if you were learning a physical or logical skill. This is the kind of stuff that when you get it - really get it - you embody it. Make sure to give yourself the opportunity to absorb this material by taking your time. Let it soak in and permeate you.

Onward!

Garrison Cohen V.P. of Development
Authentic Man Program

P.S. The material presented in the accompanying DVDs is not from the Authentic Man Program Intensive. The Intensive is a 3-day course limited to 12 men and does deeper and more personal work than what you see in these DVD's.

DISC 1: EMOTIONAL DEPTH AND SEXUAL CONNECTION

INTRODUCTION



We begin with a short recap of where we left off: The Power of Presence and our five-foundation model called the Holarchy.

It starts with Presence and moves outward from there. So before we begin Appreciation, let's go back to Presence.

Presence lays the basis for Appreciation, which lays the basis for Integrity, and so on.

ONE-MINUTE RECAP: HOW ALL THIS GOT STARTED

Bryan had a pretty good life in Colorado. He was doing OK with dating, and he did some fly fishing on the way to work at his cushy corporate job. Then he met Decker, who'd had a major life epiphany that totally changed his way of relating with women.

Bryan started to realize how much more he could be experiencing with women as he watched Decker continuously draw beautiful women to him with ridiculously little effort (although, at the time, Decker wasn't even sure what he was doing to create that).



Bryan says: *"I was way more frustrated than I look in this picture."*

Mainly because of Bryan's constant interrogation of Decker, they started to break it all down over the course of a few years. Everything really came together after they met some radiant, feminine, and blazingly insightful women who gave them honest reflections of how they were experiencing them as men.

Decker & Bryan realized that women could see men's barriers, fears, and truths better than we could ever see them ourselves.

And unlike other women, who can feel it but not articulate it clearly, these women could explain it in a way that had Decker and Bryan be able to see it for themselves. And from that came AMP.

And there you have it.

From there we went into great depth about what Presence is.

The short answer is that it's about waking up to your life, your own experience, and the moment-by-moment unfolding of your interactions. Most guys don't realize the degree to which they aren't fully Present with women. And when they do finally experience more Presence, it's as if the world suddenly comes into focus for the first time.

Until then, they're like a fish swimming in water, never really questioning, "Hey, what is this stuff I'm submerged in?" It is only when our world comes into sharper focus that we can start to realize how out-of-focus it's been until now.

In our work, insights and experiences like this occur frequently, especially with women. We refer to this phenomenon as "seeing the Matrix."

It's what happens when you are Present. Presence is also experienced on a physical, emotional, and sometimes downright metaphysical level.

In Foundations of Inner Game II, we move on to Appreciation, where you can instantly deepen your connections with women emotionally and physically.

You'll not only learn how to create an environment that is ripe for lust and turn-on with women, but you'll learn how cultivating your natural curiosity can be a major key to deeper connection and intimacy with women.



CHAPTER 1: EMOTIONAL DEPTH AND SEXUAL CONNECTION

Chances are you may not fully comprehend that every time you interact with a woman, you're having a shared experience. Imagine that you're at a party and from across the room you can see two people meeting for the first time and having an interaction.

From this viewpoint, it's easy to see that those two people are having a shared experience. Yet if you were to suddenly transport yourself to being one of them, the last thing they would generally be aware of is that they are sharing this experience with another person.



In other words, most of our interactions, whether people realize it or not, become all about us. The key to having far richer interactions with women is to break away from this limiting perspective.

Whether your interaction with another person is subtle or extreme, every time you interact with another human being you're sharing an experience with that person.

So the question arises: "However that experience unfolds, whatever it looks like, how are you going to be with that experience?"

You have two fairly straightforward options here:

1. You can be a "No" and reject what is happening during that experience.
2. You can be a "Yes" and welcome and embrace that experience. If you are a "Yes," then women will say things like "I feel so gotten," "I feel so seen," "He saw right into me," etc.

If you're not doing #2, you're most likely doing #1. While the difference between the two seems incredibly subtle on the surface, it has a massive impact on your relating with women.

Being a "No" involves reactively withdrawing from an interaction, or trying to control, fix, or otherwise change it.

Being a "Yes" involves noticing and allowing whatever is arising in the moment. From this place you may choose to withdraw or take steps to effect a change, but from a place of free choice, not a place of reaction.

Through the course of this material you'll see the extreme difference this little concept makes in pretty much every aspect of your life, especially in relating with women.

EVERYONE WANTS TO BE SEEN

When you're being with women this way, you can notice deep truths about them that have them feel profoundly seen by you. If this sounds like something only for serious relationships, think again. Even in the briefest interactions, having women feel seen is a key to powerful connection, and can have them remembering you for years!

Take a glance at the back of a Cosmopolitan (or any other women's magazine) the next time you're in line at the supermarket. Notice how many ads there are for psychics and tarot card readers in the back. Why? Because women are fascinated to learn about themselves.

Later on, you'll watch Shana get an enormous insight into her relationship with her father through one little question that Bryan asks her.

When a man is Present and in Appreciation of a woman, all kinds of things about her start to become clear, and if you tell her those things she can feel really seen. Not because you're making her think that you're really seeing her, but because you're really seeing who she is and she can feel it. That is a rare experience for a woman. Often times the more physically beautiful a woman is, the more she tends to be objectified by men, who only see her exterior without any regard for who she is as a person. This is a common complaint among women.

I know all this might sound a little flowery, like a Hallmark card. But stick with this stuff, because if you do, you'll have a 100% greater chance of seeing it all come into focus (and in that same moment you'll also realize just how out-of-focus you've spent your life until now).

Yeah, it's a lot like the Matrix.

Now, even though you'll see lots of examples of how to do this and definitely how not to do it, keep in mind that there's no cookie-cutter mold, system, or strategy for "doing this right."

You can't DO Appreciation and have women feel truly connected to you. However, you can BE in Appreciation. This will come up a few more times, so if this is confusing to you right now, don't sweat it.

AN EXAGGERATED EXAMPLE

Doing Appreciation could look like a woman at a birthday party receiving gifts and saying "thank you" with an overly-cheery smile that doesn't seem real. And even though it looks like she's really happy about the gifts she was given, you can feel on a deeper level that she wasn't really impacted or affected.

Being in Appreciation could look like a father saying "thank you" to a fireman who just saved his son's life. The words aren't that special, but the look in the father's eyes, the depth and resonance of his words, and the feeling that radiates from him say it all.

There are millions of possible examples and I purposely picked two extreme ones to illustrate a point. Imagine that you take the woman from the birthday party and you put her in place of the father, thanking the fireman. Imagine her thanking the fireman for saving her son's life in exactly the same way she would deliver an overly-cheery "thank you" to someone at the party. Pretty creepy, right?

That's how obvious the difference is to a woman between a man who's doing Appreciation and a man who's being in Appreciation.

It's similar to the difference between thinking something and deeply knowing something. There's a very different quality and texture to each one that women naturally feel in a man.

A PERSONAL STORY

I was recently dropping something off at my friend Don's house and his friend Anna was there. We all knew each other but Don was much closer to Anna and I hadn't seen her in a long time. Don asked me if I would drop Anna off on my drive home. I didn't mind, so we jumped in the car and headed off.

As we were driving and talking, I felt oddly disturbed. If you read a transcript of our conversation, you'd think Anna's words couldn't have sounded nicer. In fact, she was even smiling, laughing, and curious about what was going on in my life. So what gives? Why was I feeling totally creeped out?

Something about how she was being felt really shallow and fake. Her smile felt forced, her voice felt unnatural, as if she was overdoing her curiosity. It felt as if she was asking questions and being cordial because she thought she should, rather than because she was authentically curious.

Later on when I thought back to my drive with Anna, I realized that, for whatever reason, Anna wasn't *being* nice, she was *doing* nice. And the difference between the two feels like the difference between Astroturf and grass.

So when you do Appreciation and expect results, it gets ugly. Guys think they need to compliment women, buy them gifts, make nice gestures, speak softly, etc. But the more you try to do Appreciation, the more you'll turn them off, because inauthentic Appreciation doesn't feel good.



Below is a great example of the exact opposite of my story. Can you see the one fundamental consistency between the two stories?

Decker talks about an AMP participant who was a complete no to one of our female AMP coaches, but only in his words. Everything else about his being was a Yes to her. So she opened up to him because, despite his words, she could feel where he was really coming from on the inside.

Decker: *"Then I realized, it wasn't what he'd said. There was something about the way he was being that was a total Yes to her."*

Both stories revolve around a person's way of being.

- Even though Anna's words were a complete Yes to me, her way of being was a total no and I could feel it.
- Even though the AMP participant's words were a complete no to the woman, everything about his way of being was a Yes to her and she could feel it.

It has little to do with the words and much more to do with the intentions and feelings behind the words.

CHAPTER 2: HOW APPRECIATION BLOWS OPEN THE DOORS TO EMOTIONAL DEPTH AND SEXUAL CONNECTION

At this point we introduce Alexis and Ami, two of our AMP coaches. While most women can be deeply impacted by a man's way of being, our AMP coaches have a highly trained ability to feel it, see it, and speak it.

Ami gives a great example of feeling seen and welcomed to experience her emotions by a man. When women feel free to go through their emotional cycle, it allows them to be more fully connected with themselves and their radiance.



Personally, this has taken me a long time to really understand. Women are often more emotional than men, and when they are with men who don't allow them to fully feel their emotions, they actually feel cut off from themselves.

As men, we're generally not as connected to our feelings, so it's hard for us to know what it's like for women. Later on, Shana will give us an illuminating insight into what it's like for her to be naturally wired to experience so much emotion, all the time.

By inviting a woman to experience her own emotions, you can help her feel as if she's "coming home to herself" (as Sandhya says later in the DVD). Most women don't feel safe to express their emotional selves around men because they're afraid that if they do, the men won't be able to deal with it. As a result, a lot of women feel that they have to "stuff" their emotions.

When men understand and embrace this concept, women can feel instantly at home in themselves. Be clear that this doesn't mean you become her "girlfriend" - in fact, this can ONLY be created when you're maintaining your masculine center.

Decker tells a story about a time when his ballerina ex-girlfriend winced slightly during sex. Because he was Present, he stopped and asked why she winced. By having that conversation, he had her feel seen and Appreciated in a way she never imagined possible, which skyrocketed their connection, and their sex life.

I have to admit, looking back through my life, I can remember several times where a woman had an expression or "look" during approach, intimacy, or relationship that pulled at my attention. Even then, on some subconscious level, I could tell that something important was going on, but I lacked the awareness to really investigate it. There's no doubt in my mind now that every single one of those moments, had I navigated them differently, could have been a pathway to much deeper connection, fulfillment, and even fun.

EXERCISE: Recall Potential Missed Opportunities

What about you? Looking back, can you remember times when you were with a woman and a particular look or expression got 'passed over?'

If you can't recall any at all, there's a good chance that the 20/20 vision you thought you had is actually not so hot.

If you stick with this material, you'll become much more aware of opportunities to speak what's really going on in the moment. And that's where the real fun starts! If you look back and recall catching one of those looks or expressions, it may have been a doorway to the heart of what was really going on for her in that moment. Think about it, and feel free to post your thoughts on the Inner Circle Online Forum if you are a member.

In Decker's story, all it took to make the shift into extraordinary relating was simply being Present and truly Appreciating his woman's experience.

Decker: *"The gateway to it was being a Yes to even the discomfort, even the things you don't want to look at or don't want to feel."*

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

CHAPTER 3: BEING A YES

What the hell is “novelty-seeking behavior”? It sounds like being addicted to buying jokes at magic shops. Decker uses this phrase to mean when a man really takes on, embraces, and enjoys his life for what it is.

Here is the definition from dictionary.com:

Novel: adjective; of a new kind, different from anything seen or known before: a novel idea.

Novelty: noun; state or quality of being novel, new or unique: the novelty of a new experience.

In order to really experience the uncomfortable parts of your life (which in turn makes available the juicy, rewarding, and exciting parts of your life) you must be a Yes to whatever is happening, accepting whatever is so.

Guys who tend to have more rewarding lives exhibit novelty-seeking behavior - meaning that they find something novel in every experience. These men truly enjoy discovering someone else's world the way a deep-sea diver enjoys discovering all the life that exists below the surface. There may be some hostile or unpleasant things down there, but they're met with a sense of discovery and Appreciation.



What I'm About To Say Here Is Critical!



If You Miss This Next Statement, You'll Miss The Point Of A Lot Of This Material

Being a Yes does NOT mean you have to agree with or take on anything someone else says.

You can understand: “Wow, you're really mad at me. And while this is clearly true for you, it doesn't mean that I'm going take on your experience or that there's anything wrong with me.”

LET'S USE AN ANALOGY

The deep-sea diver encounters a small octopus that attacks him because it feels threatened.

Is the octopus wrong for doing this? Not at all - its instincts perceived a potential threat and it responded accordingly. Does the diver go home that night and sulk over his dinner because the octopus clearly showed him that he was a bad person? Hopefully not.

The deep-sea diver completely understands why the octopus responded in the way it did and the diver can proceed with compassion and understanding and may even feel impacted (emotionally moved) by the octopus's desire to protect itself and its offspring. But the diver doesn't need to take it personally.

Similarly, you can appreciate how someone is feeling and even feel impacted and emotionally moved by it without taking on their perspective. For example: “Yes, I get that you're frustrated/turned on/pissed off... and that doesn't necessarily mean anything about me.”

Most of the time we collapse another person's experience into our perception of ourselves. "If they're feeling this way, then it must mean something about me." In Power of Appreciation, we are separating the two experiences back to where they should be: into THEIR world and YOUR world.

Later on, you'll learn more about having compassion for another person's experience so that you can get what it would be like to be them, and why they would act, speak, move, and feel the way they do... without making them wrong for it.

EXERCISE: THE SHAME-DEMOLITION GAME

This may be one of THE most powerful exercises you'll experience in this manual.

Wherever you are a no to other people, you are a no to the same thing in yourself. For example, if you're judgmental of people who are focused on themselves, then you judge yourself for that as well.

So wherever there's judgment, there's a place where you're not right with yourself. This means that you are ASHAMED of that part of you, and shame is probably the BIGGEST killer of attraction and connection with women. If you don't fully accept yourself, other people are going to have a hard time accepting you.

The good news is that shame tends to go away when its existence has been fully acknowledged. As soon as you are able to say "I'm ashamed about _____," or "I think the fact that I _____ is wrong," you are on the way to purging shame. You still may not choose to engage in those activities because of the impact they create, but it's not because it means something about YOU (that you're wrong).

Make a list of all the things about yourself that you do not accept or are ashamed about. It's kind of like the opposite of affirmations. Rather than beating yourself up, you are just noticing those things you don't accept about yourself. This is the first step towards acceptance. From here, your work is to do what it takes to get those things off the list, one by one, by getting coaching, therapy, workshops, journaling, etc. - anything that cultivates more awareness and compassion for those parts of you. More exercises on how to cultivate self-acceptance to follow.

But for now, make that list!

...

Things I'm ashamed of:

There's an incredible freedom when you finally burn through your shame. From this place, you can be with a woman in whatever emotional state she is in without having it mean anything about yourself. The freedom you then feel creates fun, intrigue, and of course, intense attraction.

Decker shares his "Karaoke Girl" story. It's an example of totally appreciating and enjoying another person; in this case, a woman who was ragging on something he cares deeply about without taking it personally, closing down, making her wrong, pushing her away, justifying, explaining, or defending himself.

In this situation, it would have been easy to get triggered and do any of those things.



Instead, Decker went in the completely opposite direction. He sincerely wanted to hear more about what she hated about the very thing he loved. As she expressed her views, he laughed with her, embraced her experience, and enjoyed her tremendously in the process. Decker's way of being allowed an amazing connection to develop that turned into quite an adventure.

Decker: *"And (she was) glowing, totally turned on, totally activated. I had her full attention."*

Here is an example of a woman being given full permission to express her emotional experience - annoyance. Decker didn't agree with her that the gathering he was soon to be attending was dumb. But he did totally embrace the fact that HER opinion was that the gathering was dumb - REALLY, REALLY DUMB!

Once she realized that Decker was a Yes to her, she got even more turned on because she understood that he wasn't defensive or upset by her tirade. In fact, he SINCERELY enjoyed it!

Again, you can't fake this. Just like you can't fake Presence, you definitely can't fake Appreciation.

After his interaction with the karaoke-hating woman, Decker went to the karaoke party, had a great time, and later hooked up with her and her lesbian lover. Not a bad night.

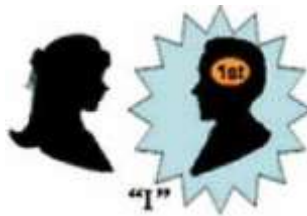
Is this subtle stuff? Yes, in the same way that the subtle adjustment of a sailboat's rudder will have you headed in a vastly different direction in just a few minutes.

Like Presence, Appreciation is sometimes easier to understand by clarifying what it's not. Consider that if you find yourself whining, bitching or complaining, even in a subtle way, that's a sign that you're not in Appreciation.

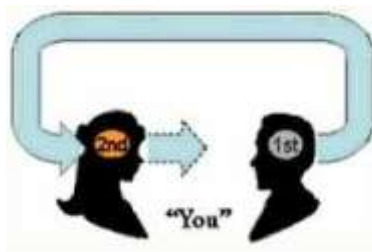
I – YOU – WE

Just like with Presence, Appreciation breaks down into 3 different positions.

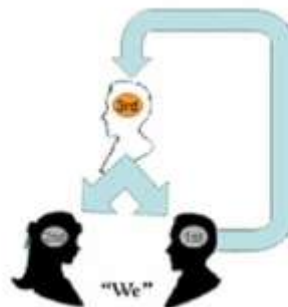
1st Position: Appreciation of your own experience:



2nd Position: Appreciation of someone else's experience:



3rd Position: Appreciation of the dynamic of both experiences happening together:



[illegible]

CHAPTER 4: OWNING YOUR EXPERIENCE AND SPEAKING THE MOMENT

On a side note, check out the image below. Notice the way Michael is standing as Decker gives him instructions. If you were to get into this same physical position, you might feel yourself taking on a fearful, protective emotional state. It's similar to the way someone might stand if they were getting ready to protect themselves from a potential physical threat.

If you were really tuned into people's emotions, the way women often are, you could pick this up from across the room.



Changing Michael's body language could help, but for much deeper transformation, he may need to get familiar with the story or belief that is informing his body about how to hold itself in this moment.

Uncovering that story and resolving it is what creates lasting change from the inside out. If you're interested in having this kind of experience for yourself, check out AuthenticManProgram.com/course.html.

THE FRAME GAME

This is a game we call "Frame." If you've watched the DVD, you may be wondering, "How do I actually use this on a date?"

EXERCISE: *Imagine that you're talking to a woman and your eyes are like an old fashioned camera. (Remember the kind that actually used film? It helps the visualization if you actually imagine hearing the sound of the shutter click). Now imagine that you randomly take a snapshot as you're speaking with her and time freezes for a moment.*

What do you notice about that picture? What are your thoughts? How do you feel, in your body? What is it that you pick up about her? (Hey, relax. Time is frozen. No need to rush) What do you notice about her energy? You know, her vibe?

You can also notice physical attributes, like the dimple that appears in the corner of her mouth, or the way her eyes narrow when she listens to you. Check out the shadow cast by her collarbone, or the way her face lights up when she talks about something she's clearly passionate about.

To a guy these things might not sound like a big deal, but noticing these things about a woman and speaking them will create the experience for her of feeling seen.

This exercise is about learning to be “hyper-Present” in the moment, as well as enjoying what you notice about this other person.

As Decker says, this is about *“Owning your experience and the simplicity of it is a foundation of where we’re going next, but also you’ll be surprised at the connection you can have just from sharing and being a ‘Yes’ to whatever you’re experiencing in the moment.”*

I was at a bar recently where I met a woman, and every now and then she would smile in such a way that it made the cutest little crinkle at the top of her nose. I told her, “Every time you smile at me, there’s this cute little crinkle at the top of your nose.” Her face lit up because she could feel that I was not only Present with her, but really seeing and enjoying her as well.

Once, I was with a woman and without explaining what I was doing I began to do the Frame Game with her. I didn’t say the word frame out loud, I just imagined that I was taking snapshots and then looking at each snapshot. Her experience was that I just started speaking the moment - vulnerably, authentically, and with Appreciation. It was just me and her sitting there and it was exactly like the exercise on the DVD... and she absolutely loved it.

No, women are not smaller, daintier versions of men. They get lit up and turned on by things that most men, including me, just wouldn’t normally understand.

*Note: Going into an elaborate, poetic description of what you’re seeing, feeling, and noticing in an attempt to make her feel a certain way is trying to DO Appreciation, and will usually take you further away from connection.

Alexis: *“The gift of this practice is that it’s possible to appreciate every moment. We’re in such a habit of dividing it into the times when life is going our way and when it’s not, and being a ‘Yes’ only when it’s going our way.”*

Alexis is highlighting that most guys want to skip Appreciation and go right into Integrity. Most guys are unconsciously saying, “Sure, I’ll appreciate it as long as it lines up with my priorities, values, and beliefs” (Integrity).



If you only appreciated things when they were exactly how you wanted them to be, you would waste a lot of your life waiting to be happy.

You probably know someone who’s so caught up in how their life needs to be in order for them to be happy that they’re actually creating unhappiness through their lack of Appreciation. Are you like that to some degree?

Let’s bring it back to women. When you’re so aware of a woman that you can really speak the moment with her, she comes into a particular quality of focus where you see her more clearly. This doesn’t just happen one way - it happens both ways, so in that moment you also come more into focus for her.

THE QUALITY OF YOUR GAZE

Women often experience men as seeming hazy and half-Present. There's a quality of gaze that is very subtle and very powerful that expresses clarity to women. The irony of this is that you don't realize how foggy your focus was until you come into clearer focus. As you can see by Alexis's response below, she was looking for Michael to really drop into that level of focus with her.

Alexis: *"First I noticed your eyes move around, and it indicated to me that you were assessing what was going on. I didn't feel connected to you, and I didn't see enjoyment on your face yet, so it wasn't clear to me that you were fully enjoying yourself and I wanted that."*

In Michael's second round he drops into the experience much more. Notice the difference in what Alexis has to say: *"I enjoyed you. I could even feel you sinking in as the exercise went on. So the first couple minutes I saw your eyes just squint a little bit around the edges and it had me feel more distant from you, but then I noticed you relaxing more and it just felt great."*

Nice work, Michael.

CHAPTER 5: THE ENERGETICS OF APPRECIATION

As Decker mentions, when the stakes feel high, men often have a knee-jerk response that involves pulling their energy (awareness) inward and upward. In other words, guys will bring their energy (awareness) inward in an attempt to feel less vulnerable (a primal response) and then upward (a more modern day response), because it puts them in their head where they can try to figure out the situation instead of experience the uncomfortable sensations of anxiety in their bodies.

This attempt to try and figure out the situation greatly decreases attraction and connection.

Interestingly, Justin's edge is on the other side of the spectrum. His tendency is to put all his energy outward and thus lose connection to himself.

Alexis: *"The experience for me is like, there's so much energy (your self awareness) coming out of your eyes that it has me wonder if you're getting lost in me and in the moment. And I have to start holding space now. So I kind of went 'oh, it's ok, it's ok. Ok, come on, you can say something.' I started to want to kind of take care of you."*

When Alexis refers to her feeling that she needs to hold space, she's saying that she feels she has to take over the masculine role so that Justin can feel more centered. In other words, she felt as if she needed to mother him.

Because women are so sensitive, they can quickly tell whether a man is connected with them or not. However, most women rarely, if ever, experience a man who allows this energetic loop to occur. For clarity, this means feeling grounded in your body, feeling your connection with her, taking her in with your eyes, and then continuing to feel your connection with her in your body. This is represented by the second position diagram.

When men allow this to occur, women often notice a difference in the quality of connection - instantly.

As you watch Decker do the Frame Game with Alexis, notice how the quality of his frames are based entirely on what is occurring right there in the moment.

Alexis: *"There's something that feels so sweet about you actually noticing what's happening with me. Even the first thing that he said to me, 'Oh, that's the deepest breath I've seen you take'... I got that some part of him has had his attention on me this whole time. It felt like something that I could relax into."*

Decker sees Justin's particular way of disconnecting.

Decker: *"Take the intensity of the moment and channel it into your attention on her, which will work miracles for you if you can get it."*



Shortly after this statement, Decker hones in on Justin and creates a defining moment for him.

Decker: *"Let her come to you. Stay with her. Your gaze is starting to come out, so let her impact you. You're not coming out there to Appreciate, she's coming to you and then you're just feeling it. Enjoying it."*

I recommend you watch this part of Chapter Four very closely. As Decker finishes his last words, you can see that Justin stays connected with Alexis, then breathes inward and centers his self-awareness/Presence/energy.



Take a close look at the picture and see if you can feel the difference. While it is very subtle, it is also powerful enough to create an instant response in both Decker and Alexis at the exact same time.

Alexis: *"The minute Decker said something to you about that, I felt your energy (self awareness) pull back in. And there was an opening to receive me and I felt your solidity and it just had me completely relax and feel excited about relating with you."*

I highly recommend that you watch what happens next more than once. Decker gives two different examples of how Justin's energy could be. In the first one he exaggerates Justin's current way of being, which is a little "starry-eyed." Then he demos what it would look like if that same energy really dropped in and solidified.

EXERCISE - Take 2nd Position

As you watch the DVD, what is the difference you notice in Justin's way of being? Imagine being a woman. How do you think this difference would feel to you? Take a moment and actually take "2nd position" with her, and imagine what it would be like.

Decker: *"Let her meet you halfway at least. The moment where you let her impact you, that's the moment where you weren't trying to appreciate and you actually were appreciating, that's where she felt it the most. Don't go 'out there' to appreciate her; let her impact you, it's basically the difference between 'doing' Appreciation ('I'm going to go out there and appreciate!') as opposed to actually appreciating."*

"You feel the difference?"

Justin: *"Definitely."*

As Decker points out at the end, Justin's work is to pay attention to feeling the difference in the quality of his interactions so he can "connect more and trip out less."

CHAPTER 6: INTRO TO THE WOMEN'S PANEL

THE REAL DEAL ON SEX, LOVE & INTIMACY

Decker begins this chapter with a deeper look at 2nd position and Presence. He looks at a member of the audience and imagines what it would be like to be that man.

Decker: *"Even right now, if I'm taking 2nd position, fully taking it, then I'm standing with my arms crossed, I'm starting to smile now, and I'm looking at me and there's a blue curtain behind me. I'm literally getting Present to what is going on over there"* (the experience of the audience member).



Decker: *"I find that attraction arises naturally between a man and a woman until we do something to squash it, until we do something to distract from it or kill it in some way. If you have 2nd position down, a lot of the ways you unnecessarily (usually with a positive intention) crap on whatever spark is there... all that starts to fade away."*

As you watch this panel discussion, really take the opportunity to not just listen to what the women are saying, but to practice taking 2nd position and imagine what their experience is like. This will help you to understand, Appreciate, and connect with ALL women.

Kendra: *"You actually have the opportunity to bring every woman deeper and more open. And at least almost all women, if not all women, are actually dying to open and would love to be offered that opportunity. And not all women are given the safe space that we are to do it in."*



[illegible]

CHAPTER 7: WOMEN'S PANEL QUESTION #1

HOW DOES A MAN CREATE LUST?

Shana's answer: *"Nothing has to be said, but a man must be seriously embodied and feeling his turn-on, feeling his attraction, really Present in the moment. The more a man is feeling his attraction and willing to own his attraction and his want (desire)... and is 'right' with his lust... I feel my body open.*

When there's a rightness with it, then I am naturally drawn into that myself."



When Shana uses the phrase "right with" or "rightness," she's talking about Appreciation in the first stage, meaning that a man is actually Appreciating and a Yes to his own experience of turn-on or desire.

The opposite of this is when a man feels those emotions and thinks there's something wrong with them and feels that he needs to hide his intentions.

When a man fully owns his personal experience without pushing it away or trying to cover it up with something else, it is vulnerable, powerful, and intoxicatingly attractive to women.

One of the most powerful concepts I know of for creating desire in a woman is a simply stated phrase: "You go first."

Lots of men want women to be attracted to them and feel lust for them, yet they are afraid to fully feel those emotions towards a woman because it feels so vulnerable. Thus, when a woman feels a man own his attraction and lust, the stage is set for that energy to be returned and for her to experience those feelings in her own body.

How many times have you hoped that a woman would want you first and make it easy for you? I certainly have, plenty of times! It's true that there are women out there who are bold and forthright with their expression of attraction, but they are in the vast minority. Most women will not open to a man until they feel that he is clearly feeling his desire without resisting it. In other words, unless he's a Yes to his desire.

At first glance, words and phrases like "feeling your heart" and "having your heart open" might sound like something you'd expect to hear in a poem or on some children's show starring a purple dinosaur. And yet, there's a very visceral experience involved. If you're actually feeling your heart, it has an impact.

Decker: *"So many guys don't ever actually FEEL attraction when they're interacting with a woman, and then they wonder why she's not responding or attracted."*

Kendra: *"I can feel it in a man when he says, 'I want you.' This is the place where I can say 'yes' or 'no' and that's vulnerable, but it's also the place where I'll be involuntarily drawn into turn-on, just from his willingness to feel it and be vulnerable with it."*

There's a huge difference here between feeling attracted and turned on by a woman and thinking that a woman is hot. In fact, very few guys ever really feel attracted to a woman. Most of us collapse the two experiences together.

THE NATURAL DESIGN OF APPRECIATION

If you're out in the woods and you approach a pack of wild deer directly, you're going to scare them away. If you pretend that you don't notice them and you're just walking by - when you actually do notice them and intend to get closer - they feel that instantly as well, and run away.

Women are also wired to naturally sense any incongruence between your intentions and your outward appearance. They will instinctively sense anything that is even slightly off, and close down or retreat.

Decker: *"When you're Present and when you're a yes and you're clear on what you want, attraction arises pretty naturally."*



There are guys that go up to women and say, 'Let's have sex,' and the women actually say yes. Although if a guy is thinking, 'I have to have sex with her, I have to have sex with her, I have to have sex with her,' then he is probably not going to get a positive response. If he's thinking, 'yes or no is a fine answer, AND I want to have sex,' then attraction can be created through his expression of lust.

There's a feeling of rightness, clarity and spaciousness associated with a man who can own what he wants, without having to get anything."

CHAPTER 8: UNDERSTANDING A WOMAN'S EMOTIONAL WORLD

Amjad asks, *"I want to hear from you what it's like to have your heart broken."*

It is likely that some men reading this will wonder the purpose of asking a question like this. The truth is that the experience of a having a broken heart is often at the center of a woman's world. The more you can understand what this is like for them, the more of a basis you'll have to interact and connect on deeper levels with women than you may have imagined. We're hoping that you're starting to get just how badass a man has to be to get this shit AND maintain his solid masculine core.

Shana: *"In the moment, it feels like it's all there is. So if my heart is broken it often feels like nothing is ever going to change, that's all there is, sinking into a really deep, dark, vulnerable place and in some moments wanting to just shut everything out, you know, push everyone away in order to create my own safety."*

Decker: *"That is one of the things that I love about women and the feminine. It's not contextual. It's not 'you're keeping in perspective your whole life and how great things have been and how things will be better later.' It's like infinite despair, like a black hole abyss of gloom and heartbreak and loss and it's that intense for you. And that's the beautiful thing about women when it's joy, as well."*

"It's almost as if nothing else existed except for this moment and she's glowing and loving it and surrendering to it. And I don't think that's necessarily how a lot of guys experience it. In fact, in that play between masculine and feminine I think it's great for us to be the ones to hold a broader context and support her in having the whole ride."

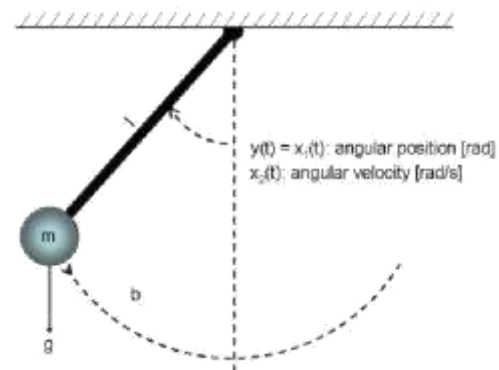
The first time I ever heard another man talk about loving the infinite despair of a woman's experience, I'll admit I was confused. Why would I want to be around that? It's depressing and annoying and irrational and reminds me of other emotional women I had to deal with when I was growing up. But what I've come to learn is that the deeper a woman can drop into her own despair, the higher she can extend into her radiance and joy.



IMAGINE A PENDULUM...

The degree to which a woman can swing into her depth and despair is the same degree to which she can swing into her radiance and joy.

For a variety of reasons, women can become disconnected from their emotions. In these cases, their pendulum only swings a little bit from side to side. They never experience gloom and doom, but they also don't experience real joy and fulfillment either.



In a recent interview, Shelly (one of our senior AMP coaches) talked about how she went through a period in her life where she really shut off her emotions.

Shelly: *"It wasn't until I was able to feel my sadness all the way down and cry and actually express anger that the joy of life, that spark, came back into my life."* (From "Navigating Her Emotional World" Inner Game Training Program recording.)

So if you want a truly expressive, radiant woman in your life, full of femininity and sexuality, then you need a woman that has access to her entire spectrum of emotions. In other words, you need a woman who can swing from deep despair to incredible joy.

Welcoming her despair is a key part of you getting to experience her joy. As a man, you must welcome and invite her to freely express her emotions, and Appreciate her even when she's going into a dark place. This is especially powerful if you've just met her moments before.

Decker: *"I approach women regularly and have them end up crying even though we just met. And I think a lot of guys would have had no idea that she was even sad."* (From "Navigating Her Emotional World")

You may have noticed that there's a lot of crossover between this work and the natural world around us. When we have a cold, there's nothing we can do to actually stop the cold from happening. Our bodies go through their own natural cycle of working through the sickness.

Women are the same way. When you can hold space for a woman to feel safe to go through her natural emotional cycle, then she can fully experience herself. Sandhya refers to it as "coming home to herself" and later on, Ami refers to it as "missing herself" when she hasn't gone through that process in a while.

It's important to understand this doesn't mean feeling sorry for her or trying to fix her. (Please, do not try to fix her!) It simply means being with her and having her feel totally heard and seen and felt by you without making anything wrong.

Kendra makes an insightful distinction here between having her heart broken and having her heart broken open.

Kendra: *"A woman can be willing to be heartbroken by the world at any moment because the masculine can allow the feminine to be devastated and be so joyful and have that full range, because he's that space."*

Take the movie example that Decker refers to. Imagine the classic Denzel Washington character (solid, Present, strong, clear). He knows his woman is upset but he doesn't want her to be all logical and intellectual like him. He loves that she's feminine and emotional.



She is going through her process, beating on his chest and screaming and pushing things over, and he's just "guiding her and trying to minimize the damage to the apartment." Finally, she works through her process from screaming to crying to pouting to relaxing into him, and then finally they're in bed having sex.

CHAPTER 9: BANISHING AWKWARD SILENCES...FOREVER

Decker: *"Everyone is going to have a different edge around what they're not being a Yes to in themselves... and it will have an impact."*

In 2nd position of Appreciation, you start to get in touch with what we call Shared Humanity. This is when you deeply get that a woman is another person, with her own dreams, desires, and insecurities - just like you.

This isn't new information for us on an intellectual level, but on a deeper level, we're often very disconnected from really experiencing a woman's humanity because we're so concerned with how things are unfolding between us. All of our attention goes to looking good, doing it right, or what we should say next.

It's often even harder to experience a beautiful woman as another person because so many men relate to her as a conquest, a prize, or a target (in pickup lingo). It's rare for a physically beautiful woman to be with a man who really sees her as another human being AND still fully owns his desire for her. Usually, she gets one or the other.

THE SLIME FACTOR

There are a few words that men will do damn near anything to avoid being called. "creepy" and "sleazy" are serious bummers for sure, but I think "slimy" tends to be the one that hurts most.

Decker: *"Slimy happens when you're not Present to her being another human being, that there's another person over there. It's that simple. You can be totally turned on, you can be lusting after her, you can even have a whole plan for how she's going to work in with your harem of women. And if you're still feeling that she's another person, she may be a no, she may not be interested in what you have to offer and... it's not going to feel slimy."*

Shared Humanity is simply caring about the other person's experience, whether you've just met them or known them for a long time. When you really start to get this you'll be seeing all kinds of things about her that you may never have been Present enough to actually notice before.



Presence + Appreciation = Shared Humanity

EXERCISE: Shared Humanity (this is HUGE, guys!!!)

Next time you're out and you see a woman you're inspired to meet....

Step 1: Get really Present and notice if:

"She seems really nervous right now."

"She seems actually really sad about something."

"She seems really happy."

"She seems really interested in me."

"She seems really self-conscious and is dying for someone to compliment her."

Step 2: Start to Appreciate what it is that you're getting Present to with her... and from that place, start to get curious about her.

For example:

"What is her sadness about?"

"What is it she's passionate about?"

"What is she feeling right now?"

"What was she like as a kid?"

Decker: *"Genuine curiosity arises and when it does, the whole awkward silence thing is gone... forever."*

The interesting thing is that there's always something to be curious about. However, you cannot access curiosity about her if you're not appreciating her experience.

One of our audience members asks: *"What if the woman genuinely annoys you?"*



Ami: *"The very act of trying to resist your annoyance might be an invitation for whatever energy she's bringing that is annoying to you."*

Let's think about this one.

What are the chances that, just by dumb luck, most of your interactions with women continue to hit your personal stumbling block over and over, which is where they test you?

Is it possible that women are tuned in enough to feel those places where you are challenged and unconsciously (or consciously) press against them, just to make sure they can trust you to be strong in those places?

Consider that any place a woman tests you is a place that you should put your attention because there may be an opportunity for you to become an even more powerful, solid, badass mofo. And whether they can put it into words or not, they're already choosing how they will act towards you based on how you respond.

DOES THIS SOUND LIKE BAD NEWS?

It's not. Actually, it's very good news. It means that just by paying attention to how women are experiencing you, you can start to learn more about yourself. Women are a mirror of your inner self.

And if you're responsible for the results you are creating, you also have control and choice about them.

So the next time a woman tests you, be a Yes, because she may very well be handing you a little gold nugget of awareness that helps you move bit further down the path towards the life you really want.

NOTES

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

DISC 2: SHARED HUMANITY & GENUINE CURIOSITY

So we've covered the definition of Appreciation, which means being a Yes and embracing your experience. This is what consistently blows open the doors to creating incredible connections with women, emotionally and sexually.

As Kendra says: *"I'll be involuntarily drawn into turn-on just from his willing(ness) to feel it and be vulnerable with it."*

You may not understand what Kendra's statement has to do with Appreciation, but for a man to FEEL his turn-on and allow that turn-on to be vulnerably seen by her is all about Appreciation. A lot of times men will relate to their turn-on as something they need to hide or veil. The truth is that when a man can feel his arousal and fully own it without needing it to be anything other than a pleasurable rush for him, then he is Appreciating the experience he is having. When a man does this, it is very impressive to a woman.

Feeling your turn-on is one thing.

Being vulnerable with that turn-on (allowing her to see it) is another thing.

But actually FEELING an Appreciation of that turn-on is a whole other thing.

From here we did some exercises that illustrate how Presence and Appreciation "tag team" together to help you create more connection.

At the end of Justin's pod work, Alexis talks about her experience of him when she felt him drop into Presence and Appreciation at the same time.

Alexis: *"I felt your solidity and it had me completely relax and feel excited about relating with you."*

You also learned about how Shared Humanity is key to creating the kind of safety women need to be able to totally open up to you. Because it is often easier in this kind of work to be able to understand something by seeing what it is not, we give the example of "Slimy."

Decker: *"Slimy happens when you're not Present to her as a human being. Genuine curiosity arises and when it does awkward silences are gone... forever."*



Disc 2 is about the next steps to cultivating the circuit of energy that gets created between a man and a woman that has every interaction feel electric.

Decker: *"Any place you keep having the same thing go down with women and you've got a big question mark, we want a big exclamation mark at the end of it where you're like 'Oh my God! That's what I've been doing!'"*

CHAPTER 10: WHAT IS SOUL VISION?

Joe, one of our audience participants, has already started to distinguish some aspects of the Shared Humanity experience. Joe points out that it's not like a laser beam that you point and shoot at another person, but rather something that radiates outward from within you.

We call this "Soul Vision." You're experiencing people beyond their skin and clothes and really seeing them for who they are.



Here's the kicker, my friend. How rare is it when one self-consumed universe (like you or me) suddenly becomes aware enough of itself to peer around and realize that there are thousands, millions of self-consumed universes all around it?

And then what happens when this universe (yes, the one reading these words right now), gets past itself for a moment or two in order to step outside that container just long enough to take a peek into someone else's universe?

Can you start to get how rare that is? Especially for beautiful women who trigger so much self-consumed behavior in men?

EXERCISE: Soul Vision

As you go through your day-to-day life, consider all the people you come into contact with. Realize that there's an entire life across from you that's the center of its own universe... just like you're the center of your own universe.

What might be going on within another person's universe?

- *The tollbooth operator who studied violin for several years but never picked it up again after her father died?*
- *The parking attendant who just had a phone conversation that ended his relationship with his girlfriend?*
- *The concierge at the counter who recently had a baby and can't wait to go home to be with her new son?*

What new dimensions of richness does this add to your life when you relate to others from this perspective?"

That is why being able to experience Shared Humanity and Soul Vision with a woman has a man stand out like a gleaming gem in a box full of coal.

Men who really take this work on will often hear from women:

- “I’ve never felt this way with a man before.”
- “I’ve never been listened to by anyone the way you listen to me.”
- “I never have conversations like this with anyone else.”
- “I feel like you’re so here with me.”
- “It’s just not the same with other guys.”

CHAPTER 11: CAPTIVE AUDIENCE – DON'T DO IT!

Decker: *"If there's anything I want you to get from Appreciation, it's THIS."*

What's it like when someone calls you and then launches into a long monologue without asking if you have time to talk? That's one example of Captive Audience. We've all probably done it and had it done to us. Of course, we notice it more when it's being done to us.

It appears that men are far more susceptible to falling into Captive Audience than women.

Most guys don't realize that an interaction where both people feel enlivened afterward can only come as a result of an interactive dance, a two-way exchange of energy.

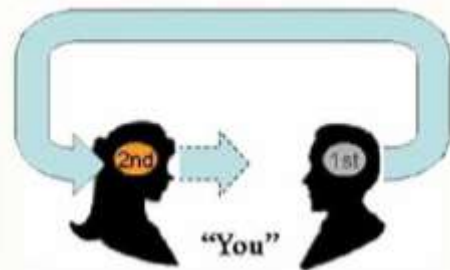
Alexis: *"If all your attention is on the subject and you lose attention on the connection that is happening, I become completely uninterested."*

Alexis goes on to talk about how when she feels a man lose connection, she starts to feel as if he's "sucking energy" from her. We've spoken about how there's an energetic circuit that gets created between two people when one person is really embodying Appreciation.



However, the opposite is true as well. When someone is blindly locked into their 1st position experience and assuming there's no other reality besides their own, it can feel like a tiring, tedious, and energetically exhausting experience to be with that person, especially for women who are far more sensitive to this phenomenon.

Alexis: *"I've had some exciting moments of him just stopping and looking at me and saying, 'You don't really care about what we're talking about right now do you?' And it's like, 'No, I didn't, but now you see me and I feel connected again and this is kind of fun again.'"*



In a moment like this, the circuit we've been talking about instantly turns on. As you watch Alexis deliver her statement above on the DVD, notice how she lights up and the way she moves her body. She's literally re-experiencing how it felt in her body to be with a man at the moment she felt the circuit connect.

Decker goes through the diagram that re-presents 2nd position and Shared Humanity. You can begin to see how Captive Audience is the exact opposite of Shared Humanity and thus creates the exact opposite result.

Decker: *"I'm telling you, if you can get this, you're going to be so much further along."*

HOW TO DEAL WITH SOMEONE HOLDING YOU IN CAPTIVE AUDIENCE

Eric really cares about his friend, but from the way he expresses this on the DVD, it seems that he will go to extremes to avoid talking with him at length. One of the worst things you can do in this situation, for yourself and for another person, is to make them wrong (blame them), because all that means is that two people stuck in first position are butting heads. (This may be the cause of most, if not all, of the issues threatening our modern world.)

This is actually a good opportunity to Appreciate the person for whom they are and still speak your truth about your experience with them. Nothing cuts to the core faster and cleaner than a well-spoken and compassionate truth.

Here's an example of something that Eric could have said: "Listen, dude, you've been talking for about twenty minutes now and I'm really missing having an interactive conversation with you. Think we could make it a back and forth?"

CHAPTER 14: DON'T ASK "WHY?"!

This Curiosity Exercise is the next piece to Appreciation.

When you're Appreciating a woman and enjoying whatever is arising in the moment, you'll find yourself naturally experiencing Genuine Curiosity. That curiosity will enable you to easily start an engaging conversation, one without awkward silences in which you are wondering what to say.

This exercise teaches you to relax into Presence, Appreciation, and curiosity so that, however she is with you and whatever she throws your way, you have all the space in the world for her.

Even if she's hostile toward you, if you're coming from this place, she might as well be trying to create a giant splash by throwing peas into the ocean.

THE AMP CURIOSITY PROCESS WITH DECKER AND AMI

From the very beginning you can see how deeply aware Decker is of Ami. As a matter of fact, his first question is entirely based on an incredibly subtle facial expression that Ami made as they started.

I've transcribed their conversation below so you can see how naturally it flows. Before you start reading, be clear that this is not psychology or any kind of therapy. Decker is simply allowing Presence and Appreciation to naturally guide the conversation.



Decker: *"What was that?"*

Ami: *"Nervousness. I felt you look into me and I got really nervous that you were about to ask something really deep."*

Decker: *"I started wondering, what's the earliest thing you can remember, the very first thing you can remember?"*

Ami: *"Um, when you said 'early' I just thought of this morning. I had two different alarms going off to make sure that I got up on time. And I couldn't figure out where they were."*

Decker: *"How was it waking up? Hard?" (from her expression)*

Ami: *"Well, I was scrambling - unpleasant."*

Decker: *"Because you were scrambling or because it was early?"*

Ami: *"Because I was scrambling, because my alarm clocks were all over the place."*

Decker: *"You scrambling a lot these days?"*

Ami: *"This week, yeah."*

Decker: *"What's the worst, what's the thing that sucks the most about when you have to rush around?"*

Ami: *"I totally miss myself and I totally miss the part of me that loves other people. Everything just becomes something to do and it's really lonely."*

Decker: *"Got it. You going to play soon?"*

Ami: *"I feel really playful right now. I feel really sad and really playful right now."*

Bryan: *"Thank you."*

Ami: *"Damn it."*

LET'S BREAK THIS THING DOWN:

The comments interspersed between the dialogue are my own personal interpretation of the conversation, as an example of Presence and Appreciation. Decker was even surprised to see how much there was to comment on when he first read this.

Decker: *"What was that?"*

Right from the beginning Decker is being fully Present and aware of Ami. If you watch closely on the DVD you can see the exact expression on Ami's face (also in the image above) that led him to ask this question.

Ami: *"Nervousness. I felt you look into me and I got really nervous that you were about to ask something really deep."*

Ami is responding to the quality of Presence she feels in his gaze.

Decker: *"I started wondering, what's the earliest thing you can remember, the very first thing you can remember?"*

Decker was feeling curious about Ami's childhood. That's a great place to learn more about who someone really is.

Ami: *"When you said 'early' I just thought of this morning. I had two different alarms going off to make sure that I got up on time. And I couldn't figure out where they were."*

Even though Ami is smiling as she says this, you can see that there's something else going on by the look on her face. Decker follows that.

Decker: *"How was it waking up? Hard?" (from her expression).*

Keep in mind that Decker was originally asking about Ami's childhood and now they're on a completely different subject. Decker has been seamlessly flowing right with her.

Ami: *"Well, I was scrambling - unpleasant."*

Decker: *"Because you were scrambling or because it was early?"*

Scrambling and early are two very different reasons for why something would be unpleasant. He's really paying close attention and is asking for an important clarification here.

Ami: *"Because I was scrambling, because my alarm clocks were all over the place."*

Ami's words, by themselves, sound as if her morning experience was no big deal, but Decker is aware that there's something behind her words.

Decker: *"You scrambling a lot these days?"*

Decker follows that path a little deeper using her word "scrambling."

Ami: *"This week, yeah."*

So now Decker starts to feel into what it must be like for Ami to have been scrambling for a week.

Decker: *"What's the worst, what's the thing that sucks the most about when you have to rush around?"*

Decker asks a question that has her share more about what it's like for her to be scrambling.

Ami: *"I totally miss myself and I totally miss the part of me that loves other people. Everything just becomes something to do and it's really lonely."*

Ami is feeling lonely and she just got to express how she was really feeling and was completely received and heard by Decker. She seems to lighten up considerably.

Decker: *"Got it. You going to play soon?"*

There's a new feeling rising to the surface in Ami now. Decker follows that new feeling. She smiles.

Ami: *"I feel really playful right now. I feel really sad and really playful right now."*

Ami feels seen by Decker again.

Bryan: *"Thank you. "*

Ami: *"Damn it."*

Decker: *"It is very tempting to try to do something impressive or come up with something like, 'Oh there's emotion there, I'm going ask a coaching question,' instead of being with her and being genuine about what I'm curious about. It's very challenging to stay real in those moments."*

Here's a concise review of how to overcome two major pitfalls in relating with women:

Getting Shared Humanity = Sliminess gone.

Getting in touch with Genuine Curiosity = Captive Audience gone, awkward silences gone.

A third major pitfall to creating significantly deeper relationships with women is when a man asks a woman a "why?" question when the woman is in an emotional state.

A man will usually ask "why?" when:

- He wants an explanation or a theoretical answer.
- He's trying to be her therapist or problem solver and help her get fixed.
- He's trying to get her out of her emotions and into a more logical, structured reality that works better for him.

Asking a woman a "why?" question will send her awareness up into her head where she's disconnected from her emotions and the quality of the connection will be reduced. Women often want the opportunity to just feel what they're feeling without having a man try to figure them out.

Ami: *"I can imagine in that moment [if Decker had asked] the question 'why?' it would have felt like, 'I'm doing something wrong.' There's something almost inherent in the question 'why?' that there's a problem or something's off. It's almost inherently a no."*

Here's a practice you can try from now on: maintain a deep conversation without ever asking "why?"



EXERCISE: Genuine Curiosity

Practice taking 2nd position (imagining what it's like to be another person), and from that place, GET CURIOUS about them. This could be with a stranger, friend, family member, or a woman you're dating.

Ask them questions that arise out of your Genuine Curiosity, while avoiding "why?" questions. Focus on the emotional aspects of what it's like to be them (this is usually the most challenging part for guys), allow questions to arise naturally, and be "on the ride" of what it's like to be them as they share their experience with you. After you ask these questions, you may ask what it was like for them to answer the questions you asked. Get some feedback on how they experienced you!

CHAPTER 15: GENUINE CURIOSITY ELIMINATES AWKWARD SILENCES

Mike steps up to practice the Genuine Curiosity Exercise. Remember, we're working with the very subtle energies that guide the interaction.

Analogy: Imagine a massive, Titanic-sized ocean liner. That represents the interaction. Now imagine the one little guy who's in charge of steering this floating city. That is the subtle energy that guides the interaction.



Compared to this enormous structure, the guy steering is just a teeny little speck, but it's that teeny little speck that wields all the power over the direction of the ship.

No matter how many amazing outer game techniques you learn, your interactions will never, ever have true depth and authenticity without learning how this works.

In this interaction, Mike is learning to become aware of himself as the pilot of his ship and thus how to guide the interaction. Watch how it unfolds for him.

Mike begins with a question that doesn't really open Ami, and then he begins to feel awkward.



Decker helps Mike see that when he started to feel awkward he became a no to feeling the awkwardness (he had a growing sense that there was something wrong) and thus closed off his creativity.

The coaching is to practice being a Yes, and fully feeling the awkwardness, which may even take the form of being a Yes out loud by sharing that he feels awkward.

During Mike's second attempt, instead of asking a question, he makes more of an informative statement.

Mike: *"I'm curious where this very nurturing air about you comes from."*

A statement like this probably comes from 1st position, not 2nd position.

Decker: *"Case in point, Appreciation is not compliments, it's not trying to have her feel good, it's not necessarily sharing your thoughts about things, that actually created less connection here. This is about awareness. Noticing the places where you go on auto pilot and disconnect or stomp on attraction."*

Mike starts again: *"I'd really like to know –"*

And Decker immediately interjects:

Decker: *"Now you're informing her of something."*

Mike is slowly starting to see the subtleties of this interaction. He gives it another shot:

Mike: *"What were you like as a child?"*

As Ami lights up, the audience applauds. However, although Mike's question was great in that moment, it may not have been appropriate at another moment. In other words you'll be doing yourself a disservice if you assume that Mike's question would be an appropriate "line."

Mike is starting to really get it now.



Mike: *"Not the words of the question, but the intention behind the question, is what makes the connection."*

The Power of Vulnerability

Vulnerability, for guys, is often one of the most dreaded "I'd rather jump out a window then experience it" kind of feelings.

Vulnerability is an intense emotional state to feel in your body that many people will go to great lengths to avoid feeling. Interestingly, of all the emotional states, it is also the easiest emotional state for a man to access. In order to feel it, all you have to do is approach a woman.

Here's the irony of vulnerability.

When we allow ourselves to fully feel vulnerability in our bodies, women feel it in their bodies too. They rarely feel this way around men because most men haven't cultivated the desire to experience and own that uncomfortable energy.

Imagine that a woman is with a man, and in his presence she feels intensely turned on. The only way she can feel intensely turned on is because he is also feeling it in his body and owning it. Any man who can do this is experienced by women as solid, steady, and amazingly Present. Women can feel overwhelmed in his presence because they are feeling what he is feeling. It is only because he owns it that he can be so solid and steady while experiencing it himself.

Now, when you're in that intensely vulnerable state and you fully allow yourself to feel it, embrace it and own it without trying to resist it in any way, and THEN you approach a woman, she'll definitely feel the intensity of that vulnerability in her body too.

Isn't it ironic that at the center of the very thing that we avoid is the very thing that we want?

CHAPTER 16: HOW TRYING TO “DO IT RIGHT” KILLS GENUINE CURIOSITY

As this chapter opens, one of the audience members throws a light-hearted challenge at Decker. Decker’s response is a perfect example of Shared Humanity and being a Yes.

Gary: *“You’re not there on the date saying ‘time out.’ It’s a rather big advantage here.”*

Decker: *“Yeah, it’s much harder for you to do it on the date. Absolutely. Actually, for me, I say ‘time out’ on a date all the time.”*



I’ll bet if I hadn’t pointed out this particular moment, you probably wouldn’t have remembered it because it just flowed naturally. However, you would remember it if it had gone the way a challenge like this normally goes.

It would not be uncommon in an interaction like this for the person in Decker’s position to explain, justify, become defensive, close down, or even make the audience member wrong for his challenge, in which case it probably would have felt uncomfortable for the whole room.

Instead, Decker listens, remains open and welcoming, and responds with warmth in a way that moves things forward.

DEMO: HOW WRONG IT CAN GO WHEN WE TRY TO DO IT RIGHT

Like most guys, Benedict is trying to do it right by thinking ahead about what he’s going to ask Alexis. Even when we’re trying to be open and go with the flow of the moment, we can still be unconsciously engaged in our default mental process. It takes practice to cultivate your inner awareness about this.

Let’s take Benedict’s example of trying to do it right by unconsciously thinking of what to say in advance. Here’s the AMP model for how you can integrate Inner Game learnings.



THE PROCESS FOR INTEGRATING INNER GAME LEARNINGS

1. *First, you'll look back on your interactions and see where you did this. "Oh yeah, I see what I did."*
2. *Next, you'll catch yourself after you do it. "I did it again!"*
3. *Then you'll catch yourself right in the moment and perhaps even speak it. "Wait a sec, I am starting to do my thing again."*
4. *Then you'll start catching it right before it happens. "I could feel myself starting to go there."*
5. *At some point you'll realize that you haven't done it in quite some time. Instead of being IN the storm as you're climbing the mountain, you're now ABOVE it. Looking down, you can now see the storm below you. You can still hear its distant rumble, and yet you know that it has no real power over your life any more.*

Depending on how deeply something is ingrained in your life, it may take more or less time to go through this process. But with enough awareness and attention, this can be your experience of moving beyond it.

Decker really pinpoints where Benedict is coming from in this interaction.

Decker: *"You were kind of like 'C'mon, c'mon, give me something good! I got to come up with a good question.' And that's the place where you don't get curious. It's like you don't trust that you'll actually have curiosity arise with her. You're not going to find out until you're willing to let go and actually be with her."*

Benedict: *"I felt you were right. My mind was trying to come up with a question just to fit the situation, because it was an exercise and I wanted to do it right. And when you said 'you don't trust yourself' I was like, you're right, I kind of don't trust myself. Part of me is like, what if I screw it up?"*

Benedict is definitely not alone - this is how the majority of guys feel around women.

What gets in the way of their natural curiosity is being a no to doing it wrong! Let's switch it around. Imagine you're being a full and complete Yes to doing it wrong. You're Present with her; you're feeling Appreciation independently of how she responds to you; you're enjoying her exactly how she is without needing to get something.

When you are in this state, women experience you as relaxed, real, and much more fun.

CHAPTER 17: DEMONSTRATION OF TAPPING THE FLOW

Once again, you're learning to access your Genuine Curiosity because this is what creates real flow, connection and electricity in your interactions. Consider taking this on as a game to play when you interact with women. The only rule is that you must allow your real curiosity to guide the questions; you can't ask something unless you actually want to know the answer.

This is so KEY, my friend. If you've studied outer game techniques, then you may have an entire buffet of opinion openers, games, and routines at your disposal. But the most exciting, satisfying and sexy interactions occur when you're truly in the moment, letting a fresh experience unfold, which is edgy for you both.

NOT FEELING HEARD OR RECEIVED

Here are Scott's first three questions for Shana.

Where are you from?

What moved you out here?

What drew you to psychology?

These aren't bad questions, but Shana notices that Scott quickly jumps from one subject to the next, even though there's plenty of depth and richness to explore within each one.

Shana: *"I didn't feel heard or received in what I was saying. It was more of an interview than actually being with me and really feeling the curiosity. It was more like thinking the curiosity."*

Shana is basically saying that there's no way to really get to know her from where Scott was coming from.

Bryan gives some great guidance here: instead of coming from the place where you "get to hear an entertaining story," really start to get that you're hearing about how her world has unfolded and how these choices shaped her life.

The most important step in having her feel like you're receiving her fully is to imagine what it would be like to be her – taking 2nd position. It's almost as if you're transplanting your own awareness into hers, and allowing your questions to flow from what you get about what it's like to be her.



Shana: *"There's a whole world that you get to explore where you ask me questions that I don't even know the answer to myself, or I haven't even been in touch with that part of myself. So you're giving me the opportunity to deepen my relationship with myself as well."*

Here is Scott's next round with Shana's answers abbreviated. You can see how he's getting clearer on following the flow.

What was your favorite game as a kid?

(Life)

What was it about "life" that you liked?

(Got to get married and have a car and a family)

What kind of car did you want, when you were imagining your car?

(1957 Chevy Convertible)

Did you ever help your Dad build cars or anything? Did you get into that with him?

(No, I used to build little wooden cars in a Balsa derby)

Did you do well?

(No)

Shana's feedback this time: *"It was exciting, there was a thrill to it, but I stayed on the surface. So what I was wanting was that your questions would direct me deeper. I guess what I wanted more was a question that was directed at my heart rather than my head."*

It makes sense that Scott was following the logic and Shana wanted him to follow the emotion. Some would say it's simply the difference between the way men and women are wired. But, if you want to be more successful with women, you're going to have to start to Appreciate how their wiring is designed.

Bryan gives an example of following the string of emotion. Although I'm not including Shana's responses, see if you can follow Shana's experience based only on Bryan's questions.

So you were making balsa cars with your Dad. Can you say more about that?

Bryan is picking one particular topic that feels "juicy" to explore.

So it was "your" car?

He asks a clarifying question to understand the relationship better.

At the aerospace plant for you?

He's Appreciating and acknowledging the uniqueness of this part of the story.

He really cared for you and your little balsa car, I guess, huh?

Bryan picks up on the relationship between her and her father.

Did you like how it turned out?

He returns to wanting to know about her experience as a little girl.

Without any planning, Bryan allows the curiosity that arises from his Presence and Appreciation of Shana to guide him.

Bryan asked only six questions, but here is Shana's feedback:

Shana: "I felt you being affected by my answers and when I got excited, I could feel that excitement impacting you, that you were excited. And then you said something like 'Oh wow, your Dad must have cared about you.' And I stopped for a minute because I had the experience of thinking, 'I didn't think my Dad ever really cared about me.' As you said that, I realized that was his way of showing that he cared. That had me, in some ways, totally re-evaluate what my relationship has been with my Dad, in that simple statement."

Can you see how powerful this experience was for her? In a small but significant way, Bryan just changed her life.

Again, if you find yourself acting like her coach or her therapist then you've got the wrong idea completely. This is about simply enjoying her ride as you go on it with her and creating deeper intimacy and connection as she feels heard, seen and felt by you.

Interactions like this don't have to be deep; they can be fun, romantic, embarrassing, and even intellectual, as long as it's something she's passionate about. Understandably, a lot of men may find it hard to follow the flow of a woman's emotions, but you may be surprised at how relaxing it can be to follow the flow of her feelings without having to ask directly about her emotions.

Shana: "You don't necessarily have to ask questions about the emotions, but be aware of the emotions and be on the ride of the emotions and then you're following where I'm going and leading me even further. And it feels good to be led."

Bryan: "It's less about the structure and more about where my attention is oriented."

*Note: As an aside, Bryan provides another great example of being a Yes after Scott accuses him of cheating on the game. Without closing down, justifying or explaining himself, Bryan completely rolls with it, acknowledges it, and the interaction flows forward in a positive way.

As we wrap up this pod, both Shana and Bryan speak to a certain "withheld-ness" they feel in Scott's Presence. Shana gives Scott an example of how his self-consciousness shows up in the way he squints his eyes when he speaks.



Often, when someone else gives us an example of how we show up in the form of an impersonation, it allows us to see it more clearly. Otherwise we don't notice the quality of the things we always do, just as a fish can't see the water it's swimming in because it is submerged in it.

CHAPTER 18: THE QUALITY OF YOUR GAZE

There's a particular technique in the pickup community that is meant to help men take the edge off of their anxiety about approaching beautiful women. It involves actually noticing or imagining a flaw about her so she seems less perfect and therefore less intimidating to you.

By this point, hopefully, you can see that looking for or imagining her flaws is not only the exact opposite of Appreciation, but, as would be expected, produces less than stellar results.

Amazing as it sounds, the quality of your gaze expresses where you're coming from internally. If you're trying to find a flaw in her to make yourself feel more at ease, women will feel it. They may not know exactly what it is that they're feeling, but they'll know that it doesn't feel good. They may try to validate themselves to you if they happen to be insecure, but either way, they won't feel safe to open up.

Decker: *"It's huge - the moment you look at her even if she's not making eye contact with you. Your first impression is really tangible at that moment and the quality of your gaze says so much."*

So let's talk about kinesthetics (physical touch) and the quality of your gaze.



Exercise: Kino Vision

We tend to label the things that we look at. If we touch something, however, we tend to accept the raw experience without trying to label it.

Look around the room, and label everything that you see. Book. Pants. Desk. Door. Doorknob. Keyhole. Light switch. Light socket. Tissues. Dog. Plant. Leaf. Vase. Notice how you feel in your body.

Now, using your sense of touch, go to each of the things you were looking at, and touch them. Feel the texture of the book, the soft fabric of your pants, the cool smoothness of the desk... notice the different textures, weights and contours of these things. Allow that experience by itself to be enough... without labeling things as “book” or “pants” or “desk.” Notice how you feel in your body. When I do this exercise, I feel a flavor of almost childlike, exploratory curiosity – does that match your experience?

Now here comes the “Kino Vision” part. Look again at each of these things, as if your gaze was reaching out and caressing those objects, just as you would with your hand. You aren’t labeling the contours you see, simply touching them with your gaze.

Instead of reducing objects in your awareness to a series of labels, you’re actively ENGAGING with a visceral, physical experience. It will help keep you out of your head. This is Kino Vision.

Now, imagine what it would be like to look at a woman in this way. When you’re making eye contact with a woman, imagine that you’re reaching out with your eyes and caressing her. Imagine that you can feel the smoothness of her cheek, the silkiness of her hair, the warmth of her skin, and the gentleness of her being with your gaze.

However, don’t put words to it like I’ve just done. Actually feel what it would be like to extend your awareness and energy to caress her.

When you start to master Kino Vision, it may feel as if you’re waking up out of the Matrix. We’ve had a woman tell one of our AMP Grads, “Wow, your gaze feels like warm honey is being poured through my entire body.”

Remember, women are sensitive - way more sensitive than most men can even comprehend. So once you get good at this technique you can take it further and imagine what it would be like to make love to her right there. And yes, when you fully feel it in your body, she fully feels it in hers.

PREVIEW: FOUNDATIONS OF INNER GAME III THE POWER OF INTEGRITY: “INSPIRING HER DEVOTION”

You’re currently on the second level of our five level model of authentic living, the Holarchy. Here’s a short peek at what comes next.

Now that you’ve got an understanding of what creates attraction (Presence) and connection (Appreciation) with women, we move into what inspires the profound devotion of women - your Integrity. Integrity often draws women to a man from the very moment they meet him. It’s what separates the boys from the men.

In fact, of the first three foundations, Power of Integrity is the most intense because you’ll learn to be completely rock solid, real, and vulnerable in the face of intense emotional testing by women. Before the feminine completely surrenders to the masculine, a woman will test a man’s integrity.

By the end of Power of Integrity, you’ll be crystal clear on what inspires trust and devotion in women and what completely kills it.

Decker and Bryan share their stories, personal practices, exercises, and demonstrations to help you understand how Integrity directly impacts your life and your ability to inspire trust in the women you desire.

Decker: *“When you start to get this level of composure down, where you don’t collapse and you don’t try to prove anything, it will radically shift how you approach women.”*

NOTES

DISC 3: APPRECIATION PROCESS



In DVD 2, you learned about the dynamic circuit of energy that you create with a woman when you take on 2nd position and have a sense of Shared Humanity.



You also learned how accessing your Genuine Curiosity not only ends awkward silences, but also creates an emotionally exhilarating ride for a woman.

In addition, you learned about Kino Vision and how it allows you to caress her with your gaze.

In this disc, you get our no-holds-barred critique of five guys going through the AMP Appreciation process. You will learn from their challenges in trying to connect, and get practices to help you move through the blocks that they demonstrate. You will also learn from guys who are damn near masterful at creating connection by finding out what's working for them.



You will also discover three powerful statements that you can use to create more connection with women. And finally, we share with you a few stories that illustrate how to celebrate all aspects of your life, including your relating with women. Let's get to it!

CHAPTER 19: WHY LEARNING TO ENJOY YOUR LIFE IS CRUCIAL FOR SUCCESS

We've taken the pod work of five different participants and compiled them together, starting with the guys who are the most challenged and ending with the guys who have the most success connecting with the woman in the exercise.

Don't assume that just because the guys closer to the end are flowing better, they don't have as much to learn. Every guy here will be learning for the rest of his life. Yep, that means you and me too.

The value of seeing a full spectrum of different men's experiences is that it gives you a sense of where you fall on that spectrum, and perhaps you can recognize where your next growth edges are.

In order to have this exercise be effective for you, it requires you to actually feel curious. Curiosity is a natural state of being. Think of babies – they are born as curious little information sponges. As we get older, a lot of us lose that natural curiosity we're born with. Learning curiosity isn't about learning a new skill; it's about getting the hell out of our own way so that our innate curiosity can arise again.

Imagine that you're tapping a natural underground spring of water. Once you release the layers that hold it down, it can naturally flow upward. And, because YOU are the layers of Earth in this analogy, it's really more of an experience of relaxing into, rather than generating, the curiosity that arises.

You may remember Paul from the Power of Presence DVD. He's a good example of how separated we can become from our naturally curious self.

As you follow the dialog between Kendra and Paul, can you sense that Paul is totally in his head and can't seem to get below his neck to connect with Kendra? His questions sound like he's in a technical business meeting rather than an interested inquiry into the woman sitting in front of him.



Paul: *"I feel it's learning to come more from my heart than from my head."*

John (AMP facilitator): *"So do you feel the desire that you want it to come from your heart?"*

Paul: *"It feels like more of a necessity."*

Kendra: *"It kind of occurs over her like you think you should."*

Paul doesn't seem particularly inspired to connect with himself, his heart, or other people. It occurs more as something he thinks he should do if he wants to have a relationship. In fact, as Kendra points out, he seems downright resigned and defeated.

From that place, it's very hard to be curious about others.

Kendra: *"I want for you to love your own life and value yourself. I care about that beyond anything else we do this weekend."*

There is a very important concept I want you to get here:

Emotional States Are Contagious.

If we feel comfortable and at ease in our bodies, then women tend to feel comfortable and at ease around us. When we're emotionally restrained and in our heads, women can feel tense and unclear around us. Emotional states are contagious.

So Kendra's comment to Paul is critical for him to achieve the level of relationships he hopes to have in his life. If he's feeling joy and openness and Appreciation, then he will attract the people who enjoy feeling that when they're around him. But if Paul waits for that to come to him in order to feel it, it may never actually happen.

It's interesting to note that immediately after Kendra delivers her reflection to Paul, this is the most clear-eyed he appears during the entire time.

John points out where Paul had an opportunity to really get Kendra's experience; when she said she felt "interrogated" by him. If Paul was more curious about Kendra's world, he could have taken that opportunity to discover more about her experience in a way that could have led to more of the connection he's wanting. (Later on, you'll see Amjad expertly do just that.)



If Paul decides to come to the Authentic Man Program Intensive, he will have the opportunity to get out of his head and into his body and break out of his tight emotional restraints.

CHAPTER 20: TRYING TO FIGURE OUT THE FEMININE

Todd is also in his head, but he's much more aware of it than Paul. He really likes to map things out and have a structure to understand things. Therefore it comes as no surprise that he's so lost when it comes to the feminine.

At this point in my growth, the idea of trying to quantify, explain, or map the feminine is almost laughable. Attempting to define or map something that is so emotional and in the moment using logic and structure just doesn't compute.



It's possible to use logic and structure to create a theoretical model of the feminine, but if you do, you're missing out on the beauty of the feminine!

In the dialog below, Todd is really trying to figure Shelly out.

Todd: *"Why did you close your lips?"*

Shelly: *"I don't know, why did you smile?"*

Todd: *"Well, you just smiled a big smile and then you closed your lips again. What is your breath like right now? Is it full?"*

Shelly: *"It's not totally full; it's like medium... fullness."*

Todd: *"Do you like it if I look in your eyes or at your mouth?"*

Shelly: *"My eyes."*

Todd: *"How was your day?"*

Shelly: *"You're looking at my lips again and I don't want to answer you."*

Todd's second round goes better, but it still remains an intellectual experience for him. Todd clearly sees how his headiness is keeping him from connecting, and he's frustrated by it. Jason gives him a way of looking at the experience that may help him understand it better.



Jason: *"One of the things that I was noticing is that, as Shelly was speaking, there were different points when her face would light up in different ways. If you got curious about that, it's her emotions that are coming forth, right? And so if you're coming from that place of Presence, you'll be noticing how she lights up or might be closing off and you can integrate that into the questions. All of a sudden it really deepens the experience of connecting and relating with her because you're not just hearing what she has to say, but you're feeling how she's saying it at the same time. So stay aware of how she's relating with you, as well as what she's saying. Because, like we were saying before, what she's saying is irrelevant in some ways, in terms of relating, it's: 'What's coming up for her? What's she feeling as she's relating with you?'"*

Todd: *"This is good for me. There's more depth to this than I realized."*

Todd would really benefit from developing his sense of Shared Humanity where you really get that there's another breathing, living, human being right across from you who has an entire life... just like you.

EXERCISE: Shared Humanity #2

You may be wondering, "How do I practice Shared Humanity?" It's simpler than you think. Go anywhere where there are a lot of people, like the mall, or a quiet place where you can conscientiously observe other people, like the library or a café. Sit there and people watch for a little while. Then pick a person who stands out to you in some way and start to really feel into who they are.

If you all you had to go on was your sense about this other person, how would you answer the following questions? Give it a try. Even without coming up with the answers or knowing the real truth, can you feel into what it might be like to be them? Once you do it, notice if you feel closer to them. Or do they feel like the same stranger as they did before?

Chances are, if you really give this exercise your full attention you'll feel much closer to them, and if you choose to talk to them, they'll feel comfort with you and be impacted by your Presence and Appreciation.

- What does the expression on their face tell you?
- Do they seem sad, happy, tired, restrained?
- Where do you think they were before they came here?
- Does it seem like they have close relationships in their life?
- Do they seem like they have a lot of friends?
- What do you imagine they did last night?
- What do you notice about how they walk and hold themselves?
- Do they move shyly? Unconsciously? Haphazardly? Purposefully?
- Are they in a rush or taking their time?
- Are they foggy and zoned out or sharp and clear?
- Where did they wake up this morning?
- What might their personal living space be like?
- Is it artsy? Corporate? Homey? Stylish? Messy? Girly?
- What does it seem like their expertise is?
- What kind of career might they be in?
- What is something they're passionate about?
- What's the most daunting thing in their life right now?
- What is the biggest joy in their life right now?
- What might their biggest regret be?

CHAPTER 21: WHEN WE'RE OVERLY EAGER TO CONNECT

Dan is a little less challenged by this exercise than Todd, but he is so eager to connect that he loses his Presence in an unconscious body movement.

Dan loses his energy and self awareness the same way Justin did earlier. By looking at the images below, can you feel that both men project a huge amount of their self awareness outward?



Justin directs his energy outside of himself because he adores the feminine and tends to lose himself in a woman.

Dan projects his energy outside of himself because he's so eager to reach out and connect.

These men both lose connection with themselves... and the women felt it and commented on it with both of them. (It still blows my mind how amazingly attuned women are to notice such subtleties in men!)

It's more difficult to access your natural curiosity when you're barely inside your own body.

In Chapter 4, I told a short story about a woman who had a cute little crinkle at the bridge of her nose when she smiled at me. Before I went over to speak with her and her friend, I observed another man as he approached them. It was obvious from his manner that he had met them at a previous bar. "Hey, it's you guys again! How you doing?"

His vibe was similar to the outpouring of energy that both Dan and Justin are working with. It was interesting to take special note of this in a high-energy social environment.

His eyes were slightly bulged. His posture was falling forward. His voice seemed a bit tight, as in, not relaxed or centered. There was a feeling of his Presence, awareness, and energy rushing out of his eyes and all over the women like those aerosol cans that shoot Silly String.



Him



Them

I knew it wouldn't be long before either the women would find a way to separate themselves, or he would start to feel so uncomfortable with their discomfort that he would leave (unless he was stuck in Captive Audience).

There's a very obvious quality of gaze you can feel when someone is projecting their energy forward and losing their center and connection with themselves.

The opposite of this is equally true. Can you imagine what that might look like?

HOLDING ENERGY BACK

There is also a noticeable quality of gaze when someone is holding their energy back by playing it cool and trying to not act too interested (also known as feigning disinterest). In this case, there's a lack of connection created as a man tries to manage his image.

BEING CENTERED

The third option is to meet a woman's gaze without collapsing forward or posturing by holding back. The quality of this gaze is relaxed, open and clear.

Group 1: (Collapsing) Energy pushed forward – you lose connection with yourself and attraction dies.

Group 2: (Posturing) Energy held back – you try to manage your image, stuck in 1st position, no Shared Humanity, Captive Audience occurs, attraction dies.

Group 3: Meeting her gaze – you're Present, clear and open. Take a look at this image of Alexis below. How does the quality of her gaze feel to you?



EXERCISE: Posturing and Collapse

Look at yourself in the mirror. If you can, imagine what it would be like to be a woman looking at you. Explore the quality of your gaze from that perspective. What do you notice? Remember, this is very subtle work.

Are you falling forward, leaning in, wanting to make sure a woman doesn't think or feel a certain way? If so, you're more likely to Collapse with women.

Or do you seem more withdrawn, pulled-back, indifferent, playing-it-cool, not too interested? If this is the case, you're more likely to Posture with women.

Now, practice imagining being totally centered and AVAILABLE for the interaction, keeping awareness in your body, allowing yourself to be impacted without being overwhelmed.

A lot of guys can get decent results relating with women without being centered, but it ends up being a lot of work. From a centered place, there's very little that HAS to be done.

For a woman, encountering a centered man is rare since most men either collapse forward or posture back to some degree.

Men in Group 3 are a rare find because they are in such a vulnerable place.

From here, with your energy balanced and centered, you can be completely Present to her, and Genuine Curiosity can arise easily and naturally.

When a woman meets a man with this kind of gaze, it creates a feeling of openness in her toward him. She can intuitively feel that the man who is comfortable letting her in can do so because he's truly the king of his own domain.

If you don't feel that you're anywhere close to being king of your domain, don't sweat it yet. That is where all this work ends up. Be sure to check out Foundations of Inner Game III: Power of Integrity, where we REALLY get into what it takes to be completely and unapologetically grounded in what you're committed to – a true place of power in your life and with women: <http://authenticmanprogram.com/poi>

In the next pods, notice that Eric falls into the second group, and Amjad is in the third group.

As you start to see these distinctions more clearly, you will get a sense of which group YOU currently fall into.

NOW LET'S GET BACK TO DAN

Once John points out Dan's tendency to be outside of himself (Group 1), and helps him to drop more into his body, Dan notices a distinct change.

Dan: *"It was different. It actually felt like giving you more space to just express whatever you felt. There's a way that being that actively engaged seems to be trying to draw a little bit out of you and it felt nice to put that down."*

Both Dan and Justin had an experience of pulling their awareness back into themselves to create more of a balance and came much closer to (Group 3) meeting Kendra and Alexis more fully.

Nice work, Dan.

As this pod comes to a close, John says, *"Breathe in that feedback."* In case you were curious, here's what that means:

Our body and mind are intrinsically connected. When you have a powerful experience or insight and you breathe it in, you anchor that experience in your body. That is, in part, how you cultivate a "knowing" of something that is far deeper than an intellectual understanding. It is an understanding that you feel in your body and that is expressed more through your Presence than through your words.

And when you begin to know with your body as opposed to just your head... women can feel it!

CHAPTER 22: A GOOD EXAMPLE OF TAPPING THE FLOW OF CURIOSITY

Bryan: *"Eric is a sharp cookie. He does a great job of opening up Shelly, following his curiosity and imagining what it is like to be her. But there's also a layer of arrogance and a lack of vulnerability that Shelly almost lets him get away with, except at the very end."*



If you compare the feeling of Eric's pod to Dan's, can you see the difference in how each man directs his energy and awareness? Eric has a really solid Presence, but at the same time there's something very postured about his way of being.

In other words, it feels like he's playing it cool and his self-expression seems very filtered. Shelly identifies this way of being:

Shelly: *"When you told me about myself, it didn't feel like curiosity. You said 'you're really nurturing,' and I am really nurturing, but I guess I wanted more of your experience and more curiosity."*

Eric: *"When you say my experience what do you mean? My experience of you?"*

Shelly: *"Yes, how do you feel while I'm over here being 'nurturing?'"*

Eric: *"So you want me to say something along the lines of 'I feel really nurtured?'"*

Shelly: *"That would have felt a little more connected to me than you telling me how I am."*

Eric: *"Yeah, okay. I totally get that, actually."*

HERE'S THE DIFFERENCE:

- *"You're really nurturing"* – You're telling her how she is.
- *"I feel really nurtured in your Presence."* You're sharing with her about your experience and how she impacts you.

(That may not have been what Eric was actually experiencing. He might have been just trying to anticipate what he thought Shelly would have liked. We would have had to go deeper to find out.)

Shelly busted Eric for his lack of vulnerability with her when he was withholding his personal experience from the interaction.

Bryan: *"Eric is really polished, but his access to real authentic connection is going to come from allowing himself to be authentically impacted by women, rather than just putting on a show that they enjoy."*

CHAPTER 23: A GREAT EXAMPLE OF FOLLOWING YOUR CURIOSITY

If you ever have women engage in flaky behavior with you, like not returning your calls or standing you up on dates, pay CLOSE attention to how Amjad is being.

Seriously - if you don't know what her experience is, you're going to be clueless when she disconnects. And then you're SCREWED. It's better to learn to create a safe space for her to share exactly what's going on for her, in the moment, so she feels free to communicate with you about whatever's going on for her.

Amjad does a beautiful job of this here, and seems to really have a finger on the pulse of where Shana's at.

Bryan: *"This final pod is a great example of a vulnerable strength and a willingness to be impacted. Amjad here is nervous and immediately vulnerable about this with Shana in a very powerful, masculine way. This creates instant trust with Shana and has her opening up very quickly to him. As you watch this, see if you can imagine what it would be like to be Shana during this pod."*



As we go through this dialog, I've matched the images up with the conversation so what you're reading and seeing are happening at the same time. This way you can watch the flow of Amjad's curiosity and see the connection it creates.

Amjad: *"I almost sense some nervousness in you. Are you nervous?"*

Shana: *"Yes."* (laughs)

Shana isn't laughing here because Amjad's words were particularly funny. It's a release of nervous tension because he just spoke to exactly what she was feeling. It's also a bit of surprise and a relief to feel seen right away.

Amjad: *"Did that make you feel better that I acknowledged it and asked about it?"*

Shana: *"Uh huh."*

Amjad: *"It definitely makes me feel a lot more connected to you that I asked you that."*

Shana: *"Thank you. Yeah, then it feels like we can be a little nervous together."*

Amjad: *"Yeah. I came in not knowing what to say at all. What made you nervous about me coming here to talk to you? If that's what it was..."*

Shana: *"I guess it all comes down to, 'Am I going to say the right thing? Will I answer deeply enough? Will I be attractive to you?'"*

Amjad: *"Do you feel like you're being put on the spot?"*

Shana: *"A little bit. I love being asked questions and then also there's a vulnerability in answering."*

Amjad: *"Does it make you close up inside? When you're on the spot like that?"*

Shana: *"I don't know if it makes me close, it definitely makes me a little bit jittery and my breath gets a little bit tighter."*

Amjad: *"Is it an issue of trust? Like maybe you don't trust yourself to produce the right thing once that kind of interaction starts?"*

Shana: *"It could be."*

Shana makes a facial expression here that Amjad instantly comments on. It may seem obvious right now because you're looking at a still image, but watch the DVD and notice how a brief expression like this is something that most men would miss completely.



Amjad: *"There was something in your face just now when I asked, and I felt like maybe I nudged against the edge of what it was but I didn't quite hit the heart of it. What is it?"*

Not only did Amjad ask a vulnerable question, but he also nailed the moment. He could feel that there was something big for Shana underneath this momentary expression. At this point, it is safe to say that Shana feels seen and vulnerable and is definitely enjoying this interaction.

Shana: *"It is that place where I come up against the desire to just be freely and trust that I'm good enough and everything that comes out of my mouth and everything that I do and everything that I say is okay."*

John: *"So, Shana, how was that for you?"*

Shana: *"That last piece in particular was amazing. That you could feel that you hit something and then that you inquired further in a way that was really in tune with me had me relax and feel like I can share what's vulnerable with you... and you actually really want to know. You really want to know who I am and how I feel and what's challenging for me. That you really want to be human with me is really beautiful."*

Bryan interjects here: *"By really GETTING her experience, I have eliminated so much flaky behavior... because, like Amjad does here, I create a space where women feel totally safe to speak the truth with me."*

Shana: *“And where it still feels like the edge for you is where it feels like your energy is held back and contained, like there’s a nervousness that I’m sensing. It feels kind of mirrored like we’re both kind of like this (models a constrained posture) rather than just relaxed (models a relaxed posture). I can feel the edge for you would be relaxing into your self and trusting yourself enough that you can be with yourself and then have your attention on me at the same time and just allow whatever is going to come from you, rather than being tentative about it.”*

John takes Amjad through a simple breathing exercise to become more Present and relaxed in his body. This kind of stuff may seem really simple, but the difference it makes is huge.



The more relaxed you are in your body, the more access you have to your creativity and curiosity.

EXERCISE: Deep Breathing Practice

Follow along with the breathing practice that John gives Amjad, and notice the difference that you feel in your body. Deep breathing oxygenates your blood, making you feel more alive, alert, and Present.



Before



After

In the picture on the left, it looks as if Amjad doesn’t know what to do with his arms; he seems a bit uncomfortable. In the photo on the right, he seems much more at ease in his body and as a result, so does Shana.

EXERCISE: Brief 2nd Position Practice

Based on the two photos, if you were a woman, how do you think you would feel about Amjad before and after this simple breathing exercise? Practice taking 2nd position and describe your experience of it loud or on paper.

Shana: *"In my deepest heart, I feel like we really all do want to know how we're being experienced. We want to know so we can be our best and deepest selves; so that we can have what we want."*

Amjad: *"You know, you say it with a sense of longing. And what I'm curious about is, you're a person who does this a lot, especially with coaching, but I would have thought that you would be to some degree satisfied... but I sense from you this deep sense of longing for even more of that. What drives that?"*

Once again, Amjad has really spoken the moment about what he felt from Shana. It seems that Shana is experiencing a pleasurable rush of feeling seen, vulnerability, relief, and some sadness. (All good stuff!)

Shana: *"I think what drives that is I feel so fulfilled by the people we work with... and I still have relationships out in the world or I still meet people who don't want to be authentic or don't want to know how people are experiencing them or don't want to go deeper. I mean, particularly, my family. So I think there's still that longing for wanting people to know what's possible and wanting to open everyone I love to the depth of what's possible."*

What Amjad says next is really important, because it shows that he's listening by reflecting back what he heard, and then takes it deeper.

Amjad: *"Wow, so it's with people that you're close with, that you're supposed to be close with, your family, people that you love. Do you feel that sometimes you don't have the full 100% connection with them?"*

Shana: *"Oh yeah, like 20%."*



The Debrief:

Shana: *"Your sensitivity to the human experience and me and what really moves me and where my heart is - that is amazing."*

Amjad: *"Thank you, that was really powerful for me too. As soon as I saw your reaction, my question was unimportant... I wanted to know."*

Amjad kicked some serious ass in this pod, and perhaps the most important thing he said in the whole experience was his very last line.

"As soon as I saw your reaction, my question was unimportant."

Because Amjad was being very Present with Shana, he could sense that a question he asked brought a rush of emotion to her. At that point, his question became unimportant to the connection. What was now really important to the connection was to learn about what was going on for her in this new moment. If he had made it about himself and didn't allow his curiosity to flow, he would have missed a huge opportunity to go deeper with Shana.

Bryan: *"For these guys and even for Decker and myself, this is a never-ending journey and there's always an opportunity to take it further and deeper. The good news is that even starting down this path is going to allow for more juicy and exciting relationships with women."*

CHAPTER 24: WOMEN'S PANEL: WHAT THEY WOULD RATHER DIE FOR THAN LIVE WITHOUT

From the audience, Jason asks a question and gets an answer that just might redefine your view of women and relationships:

Jason: *"So I got how dark that is for you when you get your heart broken. And I got how much it takes to bring it back and open it back up. What makes it so great that makes it worth that?"*



Kendra: *"After having tasted that kind of depth and connection not having that is so painful and, not wanting to sound too dramatic or too dark, I would just rather die."*

Jason: *"So the experience of not feeling for you is more painful than getting your heart broken?"*

Kendra: *"Yes."*

Shana: *"The goodies are to have the joy and spontaneity and fun and play and amazing sex and connection. Those are the tangible goodies that have me willing to have my heart broken."*



Sandhya: *"The experience for me is of coming home to my true self and I'm always in a state of longing for that if I'm not (already) resting in that. And so I would rather have my heart broken over and over and over again if I get opportunities to be truly at home in my being. It's worth all those broken hearts to be there."*

There's a masculine side to this equation as well. The women are talking about what it means to live their lives with an open heart.

One of the many reasons they do this is because they want to attract their counterpart to join them on this adventure. That's right - a man with an open heart.

Decker talks about the experience of actually feeling his life: *"It's juicier. I'm walking down the street and I get a cell phone call from someone I'm in relationship with and they're wishing me the best for this event we're putting on... And it's a whole new ballgame for me to be sobbing walking through the city and then laughing at how much love I have in my life. It may seem a little, 'whoa, what's going on with him?' But there's definitely a sense of, 'He's really living his life. That was a phone call he just got, he's not sleepwalking through his life...' And they (women) want that, they want a relationship with a man that's got that kind of richness in his life."*



2/3 Fight Club + 1/3 American Beauty = Authentic Man Program

Let's do a reality check here. Decker is unapologetically stating that he feels so alive that he'll be walking down the street, talking to someone he's really close to and sobbing with emotion as this person wishes him the best for this event and then laughing out loud at how much love he feels in his life.

EXERCISE: Being Moved and Emotionally Impacted By Your Life

Imagine that you're walking down the street and you see Decker walking your direction, talking on his cell phone and sobbing. At this point you've spent some time with Decker, so based on what you know of his Presence so far, how would you imagine this looking and feeling to you?

Do you imagine him sobbing like a little boy?

Do you imagine him sobbing while solid in his masculinity?

Is he closed and resisting his emotional experience?

Would he be a complete yes to his own experience?

Is he self-conscious or embarrassed of what people might think?

Is he glowing as he allows the cleansing of his own emotional pipes?

Is he ashamed of his emotions?

Does he seem open and connected to himself and others around him?

Would his body feel open or closed to you?

Do women feel drawn to the way he owns his emotions like a man?

Would women be turned off seeing his release of authentic emotion?

Would other men feel that his Presence was that of a pussy?

Do you think it's possible for a man to be fully feeling his heart, fully feeling his emotions, and still be standing strong? If we didn't, I doubt any of us would be involved in this work.

Consider, for your own life, what it would be like for you to embody this strength and vulnerability at the same time.

CHAPTER 25: WHAT IS IT LIKE LIVING IN “EMOTION-LAND”?

I can recall countless times in the past when I blew off steam with other guys about how illogical, emotional, and overly sensitive women seemed to me.

Today, I have much more understanding and Appreciation for the design of the feminine.

Shana: *“For me sometimes it’s fucking maddening. Sometimes I can barely stand it. Because it is like why the fuck is my... AAAAH! Why does it change every second or every minute? Sometimes it’s amazing and beautiful and when I can actually stay open to that ride it can be really blissful. And if I can say yes to the sadness and yes to the anger and yes to the jealousy and yes to the turn-on and yes to all of that... To speak to another part of it, to have a man who’s willing to hold all of that and just be like, ‘Yeah baby, I know. I feel you. I love you. Yes. Yes’ - that is really satisfying and really helps me to deal with the challenges of being a woman.”*



Like men, women also struggle to be a Yes in their lives. The more a woman is a Yes to her own feminine design, the more joy and freedom she feels. When she’s a no to her emotions, it can wreak havoc in her life. You may know women who fully accept and love themselves with a certain grace, and you may also know women who struggle relentlessly with their emotional experience.

The next time you’re with a woman and she’s going through an emotional experience that is clearly triggering her, have compassion for her and really give her the space to be exactly how she is being while you remain a full Yes to her. This understanding alone can completely change the way you relate with women. Try it and share your experience on the Inner Circle Online Forum if you’re a member.

CHAPTER 26: THE REFLECTION EXERCISE – 3 STATEMENTS

This exercise is a complement to the curiosity process. It simply involves reflecting, or speaking back, to her what you just learned about her.

Here are Decker's words from the curiosity exercise that Decker and Ami did together earlier as an example of how this can look.

Decker: *"My first impression of you was: 'Your face was shifting, and then for just a moment, it looked like a little baby deer.'"*

When I felt you the most: *"When you said 'it's lonely,' I felt you the most."*

What I really got about you: *"How brilliant you are, just going with whatever you experience in the moment. Even as I'm talking about some childhood moment and you're going with 'this morning.' I love that about you."*

Ami is clearly impacted.



CHAPTER 27: POD WORK – THE THREE STATEMENTS

Paul hasn't yet gotten the distinction of what it really means to be with a woman versus reporting his thoughts to her. At an Authentic Man Program Intensive, we would do much deeper work with Paul. When he decides he's ready for that, we'll be here for him! He got some insight about what he's been swimming in - a tendency to be resigned. At some point, he may connect the dots and be ready to claim a new possibility for himself. During filming, it didn't seem like he was ready to take that on, which is totally fine. You can't force a flower to bloom....



Todd really nails it beautifully with Shelly, and there is a big difference in the quality of their connection. I could see Todd doing the exact same thing on a date and having a woman feel really good about being with him.

Shelly: "I feel appreciated and seen."



Dan has really dropped down into himself now. He feels way more real and accessible. Just by the end of his pod, Kendra has noticed a huge difference.

Kendra: "Your capacity to drop in that deeply and quickly is a lot. It's something beautiful you have to offer."



Eric continues to be subtly smug in his interactions. If he allowed himself to be more impacted, he would probably have a much deeper experience. But, he did a great job of listening and having Shelly feel really seen and appreciated. Nice work, Eric.

Shelly: "I feel really seen and I deeply appreciate your noticing that place in me and being curious."



When you start to get really comfortable with the 3 Statements process, you can use it to profoundly deepen your connection with a woman.

REFLECTION EXERCISE: 3 Statements

1. *You've taken her in by fully listening to and noticing her during your conversation.*

And now you're giving her back to herself through the 3 Statements:

2. *My first impression of you was...*

When I felt you the most was...

What I really got about you is...

3. *And you are taking in her response to the 3 Statements.*

This process doesn't take long, and the more concisely and clearly you can speak your experience the more meaning this can have.

Some guys will do this exercise verbatim at the end of a date and create an amazing connection from it. That's fine, and feel free to use it if you like. To be clear, however, we're not teaching you a technique as much as we are illuminating a particular quality of being that can have a major impact on your relating with women.

NOTES

CHAPTER 28: EXERCISE: “UN-DAMMING” THE FEMININE

You can play games with a woman based on giving her two different options to choose from. The more you get Present and drop into Appreciation with her, the more creative and fun your questions will be:

- Moonlight or starlight?
- Cats or dogs?
- Mountains or deserts?
- Sand or snow?

Go really slow. Breathe, and take your time. This is an opportunity to really take her in. If you rush this process you’re completely missing the point of it. It’s not about the words as much as it is the connection.

You can get really creative as you start to learn more about her. Here are some more examples, but you can allow yours to arise in the moment:

- Darth Vader or Batman?
- Hummus or peanut butter?
- Coke or Pepsi?
- Rainy Sunday or sunny Monday?
- Comedy or action?
- Sci-fi or drama?
- Clowns or mimes?

You’ll learn all kinds of things about her based on both the content of her responses as well as the quality of those responses.

- Does she know her answers instantly?
- Can she not make up her mind?
- Does she like both options equally?
- Does she get excited and want to ask you questions?
- Does she get frustrated and not want to play?

Decker: *“Keep it simple. Less is always more.”*

When you’re done with this little exercise you can still tell her:

My first impression of you was... I felt you the most when... What I really got about you was...

Decker: *“It’s a very fun way to play.”*

CHAPTER 29: CELEBRATING THE UNFOLDING OF THE FEMININE

When you really start to get this work on a deep level, the joy of it comes from being able to actually feel it instead of just understanding it intellectually.

Decker refers to this as “un-damming” because, again, it’s not about learning new skills as much as it is about learning to get the hell out of our own way so natural attraction can unfold.

Having amazing women in your life is not a direct result of this work - it is the by-product of this work. What you’re learning here is a higher level of living your life, and women are drawn to you as a result of the extraordinary life you’re learning to create. Remember, the better women feel in their bodies around you, the more they want to be around you.

Your ability to be in Appreciation applies to far more than just women - it determines the quality of your life. It’s looking at the world with the eyes of a child: fascinated, Present, and curious.

Decker talks about really re-experiencing a tree, as if for the first time:

Decker: *“In one moment I looked over and I saw a massive living creature just ripping up out of the earth. And the moment I saw it, I got that it was busting up, reaching up for sunlight. I see the leaves and everything. ‘Ah! It wanted some sunlight!’ I felt it in my bones in a way I’d never felt it before. It was night and day from ‘oh, that’s a tree, it’s a big one, nice.’”*



Ami: *“I want a man to feel my first kiss with him the way you just felt that tree. I don’t want it to feel rushed, I don’t want it to feel like there wasn’t attention because I was an object. I want to feel exactly like you just described that.”*

Decker (to the audience): *“You get what’s possible?”*

WORSHIP OF THE FEMININE

Bryan had his own experience of getting in touch with deep Appreciation of the feminine in the Mission District of San Francisco.

Bryan was walking down the street one day and headed his way was an enormous 300-pound woman wearing a floral print dress that looked like it was made from a pair of drapes, and ankle trinkets that looked like they came out of a vending machine. She’s got rolls and rolls of fat that wobble as a handful of little kids run around her legs.

The term “phenomenon” really does seem to be the accurate word here. Normally, a sight like this would be a turnoff. And while it wasn’t necessarily a sexual turn-on for him, there was something profound about it.

We're not talking about attraction here, we're talking about Appreciation. Bryan found himself in deep Appreciation of this incredibly obese woman and all the attention she had put on adorning herself as the feminine loves to do - nails, jewelry, etc., that made her such a sight to behold on the sidewalk.

Bryan speaks to his experience of acknowledging her:

Bryan: *"She just turned and lit up. And I was almost in worship. Just giving it up for her and for the feminine. That whole experience put me in such a state of Appreciation that whoever I interacted with from that point, people were turning to meet me that I would have never had interactions with and it just unfolded from there. It was the opposite of a clinging gaze of, 'Who am I attracted to?' or 'Who can I get?' I was just relaxed and open and celebrating my life as it was unfolding and experiencing everyone as if for the first time."*



Decker: *"We struggle with this, we notice a woman and even as we're checking out what we really like, what we think is hot, we also have an immediate focus on what is not hot - I say that you're suffering in those moments. I say that you're totally undercutting what's possible with women and that you're miserable in those moments. One of the most rewarding practices I know of is to take your relating with women to an entirely new level, from the place of a deep sense of inspiration and clarity about what you want and where you're headed, without apologizing for it. Stay tuned for the third phase of the Foundations of Inner Game: The Power of Integrity. Thank you."*

CLOSING

I hope you enjoyed the second installment of Foundations of Inner Game. Time and again, I find that by going back over this work I get new realizations, so I encourage you to let this sit for awhile, then revisit it a week or so later, and notice what new insights you get. If you just read over the exercises, actually go back and try them! That's the best way to prevent this stuff from just becoming more crap in your brain, while your life remains the same as always.

In the meantime, stay tuned for our next installment, Foundations of Inner Game III: The Power of Integrity. This one is going to ROCK. It's all about:

- Stepping into your Power as a Man and Inspiring Devotion in women
- Unapologetically owning your attraction (this is PERFECT for you if you ever feel anxious about "making a move" with women. We will DECIMATE that tendency!)
- Living completely aligned with your values, in touch with your Purpose and what you're really committed to, with women and in your life

All this and much more in the Power of Integrity.