



FOUNDATIONS OF INNER GAME I: THE POWER OF PRESENCE



Training Manual

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Welcome!

Let's kick this thing off with a flashback:

February, 1992 - Rochester, New York

I'm a stressed-out mess as I tear down an ice and snow-covered road, barely making the corners in my junky little car. The previous day, my beautiful girlfriend, with whom I had somehow managed to stumble into a relationship, told me that she needed space.

So I waited an **entire hour** before calling her.

She repeated to me again that she needed space. Ok, fine, so I wait an excruciating **24 hours** before getting the brilliant idea to surprise her with breakfast.

I'm so desperate to see her that I'm driving *way* over the speed limit on icy winter roads in upstate New York (even snowplows go easy on these roads). Uh oh, here comes a sharp curve in the road.... and there it goes... my brakes are useless and I continue at 40 mph over the curb, across the sidewalk and right through an old-fashioned log fence in someone's front yard.

No time to fix it. Gotta see my baby.

I desperately slam the car into reverse, pull out of the yard, back over the sidewalk, and continue my way down the street, dragging a good portion of the fence another half mile. My girlfriend isn't home, she's at work. I throw breakfast in her fridge; throw the fence in her side yard, and head to a local store to buy her some stuff.

Girls love gifts. Right?

I show up at her work bearing gifts... and she dumps me (if you're surprised that she dumped me, then it's a good thing you're reading this).

For years, I just didn't get it. But what I **did** get was that I never wanted anything like that to happen again.

After college, I discovered tools to meet women through linguistic and hypnosis-based seduction. It was groundbreaking for me, and at the time there was nothing else like it. And even though I got some results, the one woman I really fell for said that her feminine intuition told her that I just wasn't being real with her.

And while I didn't quite get that either, I also never forgot it.

I then discovered several pickup schools that taught me about body language and social dynamics. I was blown away, and my game improved so much that I spent over a year as a senior instructor for one of the most successful pickup companies in the world.

And while the results in my life were amazing, I still felt like there was something really missing for me. I could move, speak, touch, and play in all the right ways but my interactions with women still weren't fulfilling. Not in the way I knew they could be.

I left my prestigious position and went off on my own to find something that would fulfill me from the inside out. It took me a few months, but my search eventually led me to the Authentic Man Program.

I began this journey simply because I wanted to be **ME**, at my best, and have amazing women drawn to me for that alone. Along the way, I found an endless number of skills that I thought I needed to learn in order to get that result. A lot of guys have the perception that they need more skills, more tools, more lines, more outer game. And while tools have their benefits, they often end up creating more layers of separation between us and what we really want - unless we have our attention on Inner Game as well.

Since I have been involved in this work, I have had more beautiful, amazing, deep, sexy, and exciting experiences with incredible women than ever before in my life. The best part, though, is that I feel more solid, complete, and fulfilled as a man than I ever have.

The results of this work go far beyond improved relations with women. While I know that I will be growing and learning for the rest of my life, I am grateful for this work and even cringe a bit to think of where my relationships, life, and sense of self might be if I had remained focused solely on my outer game.

It is my intention that this material will give you a huge insight into what is possible for you.



Garrison Cohen

HOW TO GET THE MOST OUT OF THIS MATERIAL

We've designed this DVD and workbook to give you the deepest possible insight into your Inner Game. To get the most out of this program, I highly recommend that you use this workbook as a supplement to each chapter on the DVD. That way, you'll get an in-depth recap of what you just experienced, plus important questions to guide you deeper into your own Inner Game.

This workbook is made up of a loose transcription from the Foundations of Inner Game Seminar, images from the DVDs, new information, questions for you to answer, and a deeper look at the distinctions we have shared with you.

If you really want to get a lot from this, I recommend that you:

1. Watch a chapter on DVD
2. Read the chapter in the workbook
3. Watch the chapter on DVD again

If you are still waiting for your DVDs to arrive in the mail, you will benefit by reading the training manual first.

This workbook will help you integrate some very deep concepts into your way of thinking, and I guarantee it will help you to pick up things that you missed the first time around. There is a section at the end of each chapter and at the back of this workbook where you can take notes if you wish. There is also a glossary of terms that you may not be familiar with at the back of the workbook, and the first time each term is used it is marked with an asterisk (*).

Please understand that reading this training manual without the DVDs will be an incomplete experience. If you have received this training manual through means other than a direct purchase of the DVDs, then I highly recommend that you make the investment in the DVDs. It will be a very limited learning experience for you without them.

With that said - let's get this party started!

CHAPTER 1: THE POWER OF PRESENCE: WHAT IS PRESENCE?

Let's start with a recap of the context that Decker and I provided for what you're about to experience.



Garrison: *"Like a lot of guys, I have felt a great desire in my life to have choice - especially when it comes to women. Over the past several years I have searched and found a lot of different schools that say, 'We can teach you how to have choice when it comes to women.' A lot of these teachers and schools teach almost exclusively what's called 'outer game' - basically, the words, the touch, the movements, the entire outer experience.*

*What **very few men know**, and **even fewer can teach** is the inner experience - the 'Inner Game.' What it's really about is having an understanding of yourself, the woman, the world around you, and the interaction that's taking place.*

But even rarer than that is to be able to find a way to not only understand it and embrace it, but make use of it in your life. Now in just a moment I'm going to introduce you to Decker Cunov and Bryan Bayer. In my mind, these men are pioneers. It's rare to find teachers who can actually create distinctions of Inner Game such that men have access to an entirely new understanding of themselves in their lives and what's truly possible in their relationships with women.

What I find that is even more profound is that through the distinctions that you're about to learn, you'll actually start to see and feel and experience a freedom in your body, a freedom in your mind, and a freedom in your spirit such that you can walk into a room and have a woman feel you, even before she sees you."



Decker: *"The possibility of being able to create attraction with a woman instantly, where she feels really seen and connected with you in a profound way, AND it feels light, playful, adventurous, natural, and easy, **where there's not a lot of work...**"*

That possibility of consistently having an interaction with a woman where she's so struck by you that she's left thinking, 'This guy is the real thing. I don't care where this is going, I don't know where this might go, AND... I've got to know him. I've got to spend more time with him.'"

That's something that - it's been said - can't be taught. What we're finding is that it **can** be taught. In fact, what we're finding is that *any experience a human can have is teachable* if you can break it down into small enough components of what is actually *going on*.

If you try to rehearse and practice every possible (outer game) scenario in every environment with every different type of woman, **you're talking about a lot of work.** And we hear a lot from men who have tried this that there is some benefit to practicing some of the basic skills. It's kind of like in basketball when you practice your free throws or your crossovers.

But if those outer game fundamentals are all you have, it still won't be that rewarding for you. And often, there may not seem to be anything that's off, because you went by the book, and yet it still just doesn't have that ***POP*** where she's dropping everything to make sure she can see you again.

If you're willing to take a look at the Inner Game fundamentals of what's going on in those instances where it just felt **ON** and connected and turned on, **you'll start to have phenomenal transformation** in what's possible for you in your interactions.

What does it mean when we say: "Having her feel really seen"?

This is a term that relates to when a man is really Present with a woman. He may notice that she's uncomfortable or just made a funny expression or is tapping her foot, and he will choose to comment on it.

A woman may say a particular thing that most men would miss, but if a man is being really Present with her he'll catch it and comment on it. When this happens, a woman feels as if the man is really getting what is going on for her in the moment.

CHAPTER 2: EVOLVING INTO PRESENCE


Decker and Bryan talk about where they both started with women and where they are now.

Some of you may feel pretty far along the path, and some of you may feel that you're not so far from where you started. Either way, that's ok. Just like when you go to the gym, there will be people at every level of developing themselves. Where you are along the journey is irrelevant. What matters most is that you're in the gym.

It's important to get a sense of where you are on the map. This way you can see where you've been, where you are, and where you want to be. Doing the following exercise is incredibly valuable because it will highlight some of the recurring themes and patterns in how you relate with women.

Exercise: Write a brief history of your relationships with women in the space below and then review what you have written. Notice any recurring patterns, or any ways that your relating with women is consistently falling short of what you would like it to be.

CHAPTER 3: INNER VS. OUTER GAME

<p>OUTER GAME</p>  <p>INNER GAME</p>	<p>Inner and outer game: there are lots of great analogies to explain these two aspects of ourselves, but we think that the image of the Celtic tree really nails it. The Celtic tree is an ancient symbol of wholeness that we use here to illustrate the relationship between <u>who we are</u> (Inner Game) and <u>how we show up</u>* (outer game).</p> <p>A big mistake that most guys make is that they focus entirely on the exterior element of the tree: the leaves. Think of the leaves as comparable to how we show up in our social interactions.</p>
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In the world of nature, the health of the leaves (how we show up) is directly determined by the health of the roots (who we are). People who have studied trees can look at the leaves of a tree and tell you the health of the roots. In the same way, you'll quickly learn that women are so sensitive and keenly aware that all they have to do is take a quick glance at your leaves (how you show up) to know the health of your roots (who you are).

Every once in a while a woman will observe how a man shows up and feel really turned on because she can feel how deep and healthy his roots are. That is why the information you're about to learn is so valuable.

You Can't Hide Your Roots With Outer Game

A lot of guys are studying the art of pickup* these days. It's a great thing that men are taking such an interest in learning how to interact with people at a high level of social play. But if those pickup/outer game skills aren't connected to a solid foundation of inner game, those men will never create relationships as wild, sexy, and fulfilling as they can truly be.

Even if your outer game is masterful, it's only a matter of time before any woman will see who you are at the roots. You can't hide it and you can't fake it. And the more radiant* the woman is, the faster she will see right down to the base of it; often instantly.

In our society, we're taught to put almost all of our attention on our outer game. We are constantly bombarded with commercials, movies, music videos, magazines, music, fashion, billboards and an endless stream of makeup-covered, photographically- and digitally-

enhanced media that is constantly showing us what looking good is all about. And to make things even more complicated for men, that very same media also shows women swoon as a truly authentic man approaches them. It's rather confusing.

Our generation has been told that if we get everything just right on the outside, then we'll feel good on the inside. Yet a lot of men who have been working really hard to get it right feel hollow and incomplete; they have a sense that something is still missing for them. For a lot of other men, the concept of studying outer game feels contrived, fake, and totally inauthentic.

Inner Game is based on your mindset, your values, your identity, who you know yourself to be, and your belief structures. It is only from this place that the leaves of your outer game can naturally flourish.

You Can't Replicate Someone Else's Inner Game Breakthrough

In large part, the world of pickup is based on studying the qualities of the alpha male and the "natural" (a man who has a lot of success with women seemingly with no effort at all). It is impressive to see how the study of these outer qualities has been broken down into almost a science. The inherent flaw in this system is that it is only the surface qualities that are being simulated, not the inner experience of the alpha male or natural. What often happens is that men will replicate these outer game qualities without the inner game foundations, which is the lifeblood of the entire interaction.

Even if you did manage to replicate the inner experience of the alpha male or the natural, would it work for you? No. Why? Because your inner experience is completely different from his inner experience or my inner experience! You may have parts of your inner life handled that they don't have handled. And they may have had inner game breakthroughs that aren't a big deal to you.

Unlike the technical breakdown of outer game that can be taught like a cooking class to thousands at a time, true Inner Game work is intensely personal and cannot be mass replicated.

What we are going to do is give you the concepts, experiences, questions, and insights that can bring you into your own inner game breakthroughs. What will give you your personal breakthrough is completely unique to you.

From one perspective this could be seen as bad news. Sorry, no conveyor belt classroom experience for you. From another perspective, however, this is exceptionally good news.

When you really think about it, this is the only way it CAN work. When your personal and unique essence can boldly, authentically and playfully interact with the rest of the world, it is an inspiring thing to witness for everybody. Especially women.

Doing Vs. Being



Years ago, when Decker and Bryan were experimenting with the distinctions of Inner Game, Bryan would try to figure out what Decker said or did that would have women respond to him with such welcome and attraction. They both started to realize that it actually had nothing to do with what Decker was saying at all.

It had nothing to do with what he was **doing** and everything to do with how he was **being**. In fact, some of the words that came out of Decker's mouth would cause even the most studied pickup artist* to say "WTF?!" And yet, the women he approached would completely open to him.

That's why studying your outer game before studying your Inner Game is just a boatload of work. It can seem more tempting because it's easier than looking deeply inside who you are and really understanding yourself. Yet the results of real Inner Game are absolutely incomparable.

There Is No Cookie Cutter Mold To Fit Yourself Into

Believe it or not, whatever your true expression of yourself is, you can be that way and have women be really interested in you. As a matter of fact, that is the **only** way to create the deepest level of authentic attraction with a woman. By deeply connecting with your own personal, unique Inner Game, you can be a totally animated guy or the type of guy who doesn't say much at all and still have women feel instantly drawn to you.

So before we go any further: **How will you get the most value from this product?**

1. Bring yourself fully. Answer the questions truthfully, do the exercises, and take on the assignments.
2. Don't wait for the good stuff – you can experience a breakthrough in your understanding at any moment. As you watch and read, keep listening for how the material applies to you.

How we show up: This means how we act, but in a bigger way. In its simplest form, how we show up is how other people experience us. Think about other people in your own life. Some people may show up as somewhat contrived, or solid, or subtly defensive, or super friendly, or needy, or welcoming. Most people are totally unaware of how they show up.

How we show up is not something that we can see ourselves. **It is only other people who can tell us or "reflect" back to us how we show up.** We need other people to objectively share with us how we show up in order to get an accurate understanding of how the world experiences us. When it comes to being able to "see" our true selves, the only REAL mirror is other people.

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CHAPTER 4: ENGAGE YOUR PHYSIOLOGY

If you didn't do the exercise in this DVD chapter, go back and try it with a friend or do it on your own.

Exercise: If you're alone, go look in the mirror, connect with your own eyes, and give *yourself* a few good smacks on the chest. Notice how you become more focused, awake and aware. It's better with a buddy. However, you're starting to learn to be your own best buddy, so doing this alone is fine too.

Why is this important? There is a powerful **grounding*** experience that men have when they are **in their bodies***.



When we hit each other (in a supportive way) we are sending a signal to a very primal part of the brain that says, "Wake up! Pay attention! Become aware of yourself and your environment right now!" It causes a warrior-like energy inside of us to rise to the surface of our Presence. You can see how alive the men in this picture are becoming just from this simple exercise.

Women can feel that energy and they are drawn to it because they instinctively feel safer with men who are more Present in their bodies.

Let yourself be saturated by other men who are proactive about having the life they want.

Decker spoke earlier about how his Inner Game breakthrough was due in part to the solid relationships he had with other men. *The quality of men that we have around us directly impacts the quality of relationships we have with women.*

This is not a hard and fast rule. However, if you're hanging out with men who are committed to having the best possible relationships with women that they can have, it is inevitable that this will show up in your life. If you're hanging out with guys who are fearful, defensive, and resigned about women, then those qualities will show up in your life. If the latter is true for you, it doesn't mean you have to leave your friends (although you may want to if you feel they're holding you back).

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CHAPTER 5: THE MOMENT YOU SEE IT, YOU HAVE CHOICE

The three greatest mysteries:

A fish unto water
A bird unto air
A man unto himself

A phrase we say a lot at AMP is, “That’s the water you’re swimming in.” Imagine you’re a fish in water. If a fish doesn’t even know it is swimming in water, how could it describe what it means to be wet?

I know it might be a little daunting to absorb this concept at first. You’re doing fine, just keep reading. When you start to really get this concept, you’ll begin to see how new things are possible in your life that you may have never considered.

We all have parts of our lives guided by unconscious beliefs and behaviors - that is the water that we swim in. Like the fish in water analogy, we don’t notice those beliefs and behaviors because we’re so used to them. It is just like how we don’t notice the hum of the refrigerator even though it’s always there.



We are often so immersed in our own experience that we can’t really see it. We just assume that this is the way the world is, and accept it that way. If you ever wondered why people just can’t see eye to eye with each other, it’s because most people think their view of the world is the way it is for everyone else.

It’s only in the moment that we realize we’ve been swimming in perceptions and beliefs about ourselves and the world around us that aren’t necessarily true. And it’s only in that moment that we have choice around staying that way or evolving.

And until that time, **whatever you’re not aware of will run your life.**

A few examples of how this phenomenon shows up in your life can be the times when you hold back, protect yourself, or try to prove something to others. This is also what kills attraction with women in some very subtle and not-so-subtle ways. And all the while, you may be completely unaware of these things happening.

Later on in this DVD, you'll watch some of the participants get feedback and have insights about themselves. You will witness other men seeing their own unconscious beliefs and behaviors for the first time. In other words, these men will be seeing the water they're swimming in. As you watch, hold an intention to notice what your own unconscious patterns, beliefs, and behaviors may be.

Know Your Intention

Be clear about what you want from this product. Even if you don't know what you want, be clear that you want to know what you want. We've all had relationships that didn't turn out the way we wanted them to – maybe you are in one now. Start looking at the places in your life where you want to have more freedom, clarity, and understanding.

Here are a few of the things that men said they wanted to get out of the weekend:



1. Having an understanding of why things happen the way they do in relationships with women.
2. Being really clear that there is nothing to do or change about who I am in order to have a fulfilling relationship.
3. Having the courage to stop sleepwalking through parts of my life.

We had close to 60 men at the recording of this product so you can expect that there were at least 57 other intentions about what men wanted! They could be as simple as, "I want women to feel drawn to me," "I want women to feel turned on by me," or "I want to feel that it's really easy to connect and relate with the hottest women."

What do you want to get out of this program? Please answer this question below.

CHAPTER 6: INNER GAME TRAINING MODEL: THE HOLARCHY

Decker wraps up the talk about the water we swim in by saying, *“Imagine that you see the entire world as green. Then you suddenly realize that you’re wearing green sunglasses and you just forgot that you had them on.”* Be ready for that kind of perspective shift as you go through this material.

Consider that everyone around you is wearing sunglasses that are red, purple, blue, brown, etc., and that each one of those people is saying, “Jeez, if everyone would just agree that the world is orange (blue, red, purple, brown) we’d all get along.”

What you can do is start to see how your beliefs literally “color” your perception of the world. Once you see those beliefs, you will begin to have freedom around them.

From this place we’ll move into our fundamental training model called the Holarchy. Unlike a hierarchy that is made up of levels stacked on top of each other, in this model, each level grows out of the level before it.

Presence* boils down to “being here now” and it has three stages that we will be focusing on.

The first stage of Presence is YOU.

Exercise: Are you Present/aware of your body, right now? Can you feel your body? Does it hurt in places? Can you feel your toes right now? The bottoms of your feet? Are you breathing fully or are you tight and constrained? What about in the moment when you are with a woman to whom you’re attracted? Can you feel your body then? Are you breathing? Or are you like a floating head with all your awareness in your eyes and face? Are you aware of your environment and the people around you?

Take a moment right now. Close your eyes and imagine what it would feel like if you were fully aware of every part of your body at once. Although it may seem trivial, the more you’re aware of your own body, the more that awareness draws women to your physical self. We’ll talk more about that later.

The second stage of Presence is HER. Are you aware of her? Do you notice if she is tapping her foot, has her arms crossed, just rolled her eyes, or said something that would give you very clear insight into her experience of you? Are you really hearing her words or just waiting for your turn to speak? Did you completely miss what she was communicating underneath her words?

Exercise: Recall how you generally feel when you are interacting with women and imagine viewing yourself from her perspective. How do you come across? If you were to suddenly be inside of her body looking at you through her eyes and you were plugged in to her emotions, how would she feel about you? How would she experience you?

The third stage of Presence is WE. If you were suddenly standing on the other side of the room, watching you and this woman having an interaction, what would you notice about the connection between the two of you?



The Holarchy: Levels 2-5

While there are three stages for each of the levels of the Holarchy, we are going to just briefly cover the levels themselves for now.

Level 2: Appreciation: When a woman feels appreciated by a man, it allows her to trust that man and surrender to him. So often, women feel that men are just trying to get something from them, which leads them to close down and put their guard up. On the other hand, when women experience a man's Appreciation for them, they feel open and free to let go, because they feel totally connected to him.

Think about it. There is a recognizable archetype of the kind of man who is a natural with women. Often in film, this character has a deep Appreciation for the beauty and radiance of women - "Don Juan DeMarco" starring Johnny Depp is a good example.

You don't have to be anywhere near as over the top as these characters are portrayed, but it's a good example of what's possible through Appreciation.

Let's think about this in terms of sex. When a woman feels Appreciation from a man she feels trust in her body. When she feels trust in her body, she is 100% more willing and interested to give you all of herself. It is often the men who have mastered Appreciation who have the most incredible sex lives on the planet.

Level 3: Integrity. This is where a woman experiences a man as knowing who he is and what he is about, what his boundaries are and what he stands for. This is what women are talking about when they say they want a REAL MAN.

Level 4: Wholeness. This is where a woman experiences a man as whole and complete, **not** in need of anything from her in order to feel fulfilled. She is just the cherry on the top of an already exceptional ice cream sundae. This occurs when a man comes from a place of, "There is nothing I need from you . . . and I'm really interested to know you." Sure, any man can *say* this, but when a man actually experiences his life in this way, women will find him safe AND intensely attractive, intriguing, and powerful.

Decker: *"A relationship is a horrible place to try and **get** something. But it is one of the most phenomenal places to **co-create** something."*

Level 5: Play. When a man has the first four levels of the Holarchy under his belt, the natural next step is Play. This is the afterglow a man creates around himself when he is Present, in Appreciation, in Integrity with who he is and feeling a sense of Wholeness. A man who comes from this place radiates a sense of solid, authentic playfulness that women rarely experience, and it instantly calls forth their radiance.

Bryan:



"For now we're just going to be focusing on Presence. And if you only get Presence down, what it will make possible in your relating with women is beyond what you might have ever imagined."

The more you practice Presence, the more Appreciation will naturally bubble to the surface as a result. And the more you find yourself in Appreciation, the more your Integrity will begin to rise to the surface, and so on and so forth.

Each level of the Holarchy leads to a sense of wholeness where there is **nothing to get**.^{*} In fact, you'll begin to feel a growing, natural and enjoyable sense of discovering who women are in a way that has them feel trust, excitement, connection and desire for you.

As you begin to practice these ways of being, you're going to increasingly discover who you are, moment by moment, starting from your roots.

Why This Work Is So Personal

Decker gives an example of having two different guys in the same course that say the exact same thing. When one of them says it, it creates a lot of attraction and connection with everyone in the room, and when the other guy says it, it **shuts everyone down**.^{*}

One guy gets feedback and says, "Nah, screw that. I know what I'm doing." And his buddies in the course who know him will say, "Dude, that's your same crap. That's where you lose it with women! You're so defensive that you can't even hear anyone else's experience of you!"

Later in the course, another guy will say the exact same thing: "Nah, screw that. I know what I'm doing," and this time the whole place explodes, like the roof just got blasted off. Maybe he's been accommodating people or apologizing for himself for so long that for him to step up this way is actually a huge breakthrough for him.

Whatever you think it's supposed to look like, that's just the surface. That's why two different guys can say the exact same thing and it will either cause the people around them to feel opened up or closed down. What is going to create more connection and attraction for you is very personal to you. That's why every man's Inner Game is a completely different experience for which there is no cookie-cutter mold. That's also why men who learn a standard way of conducting their outer game can actually end up further away from their true selves because what they are learning may not be their true self-expression.

CHAPTER 7: THE POWER OF PRESENCE: WHAT IS IT?

Have you ever heard women say things like:

- “Wow, the moment he walked in the room...”
- “There’s something about him.”
- “Every time he’s around, I just feel so held.”
- “Something about the way he looked at me.”

When women talk this way, they’re giving us the keys to the kingdom over and over again and most guys don’t even pay attention to it.



We’re exploring the phenomenon of Presence and how it causes women to feel attracted to men. But don’t take our word for it - we brought in Ami and Kendra to explain it from their firsthand experience.

They discuss two different aspects of Presence. Kendra talks about how she feels comfortable when she is with a man who is Present in his body and in the space around him.

This is a subtle distinction, but a very powerful one. Women will instantly notice the difference between a man who is a little checked out and one who is laser sharp. Women love it when a man is clear-eyed, awake, and calm all at the same time. And, as Kendra says, it allows her to relax, because she can feel that you’re aware and that you’ve got things handled.

Most men don’t understand how vulnerable women are, not just physically but emotionally as well. This is why women are so appreciative of and attracted to men who allow them to feel safe.

If she’s in an environment with a lot going on, and she’s with a man who makes her feel safe, she can let go and trust that he has everything under control. If she senses that he isn’t aware of their environment, then she will feel as if she has to be the one to remain aware of everything, and she won’t be able to relax.

Subtle Yet Powerful

Much of what we have been discussing takes place at a very subtle level, but it is extremely powerful. Let me give you an analogy for the power of subtle changes. Take the rudder of a boat. In case you’re not familiar with it, a rudder is the tiny little piece of wood or metal on the back of a sailboat that steers the vessel. It is incredibly sensitive; with just the lightest touch to the rudder, the entire boat can veer off in a completely different direction.

Let's say you're at the back of the boat with your hand on the rudder. The slightest adjustment may not feel like much in that moment, but by the time you're ten yards out, a hundred yards out, or a mile further out, you'll find that you are headed in a completely different direction.

This work can be subtle on that same kind of level. Some of what we'll talk about here may seem like an insignificantly small thing for you to pay attention to. But to a woman, it's huge. You are completely changing the course of your relationship - and her level of attraction to you - by cultivating these subtle shifts of awareness.

Even guys who have studied a lot about social interactions and can smoothly deliver their prepared pickup routines often find that women still aren't responding fully to them. Consider that it is because those men have their attention more on delivering their material than on the subtleties of the interaction - and women can tell.

Trying To Get Something From Her

If you are unaware at this level, women will often feel that you have an underlying agenda to get something from them. When a man doesn't want to get something from women, he is always more Present and less concerned with doing it right and women know this.

Now, you may be thinking, "But I do want to get something from them. I want to date them, kiss them, or sleep with them." These things are all fine and natural to want, and it's fine for women to know that you want them. The problem arises when you are not fully enjoying your interaction with a woman and appreciating her in the moment, but are only focused on trying to get something from her. Women can feel when you are just out to get something for yourself and it kills whatever natural attraction exists.

The majority of men try to mask their true intentions by being indirect. This tactic usually comes off to women as creepy.

The opposite of this experience above is when you're fully opening yourself to the interaction so a women feel that you're fully connecting with her. You'll learn more about this shortly.

When You Are NOT Present



Ami gives a great example of a man who was really attracted to her and had the balls to approach her, yet was so consumed with his desire that he felt "un- Present." Ami uses the word "fluttery" to describe how he was being. "I was kinda grossed out," she says. "I was irritated. I felt like I was gonna have to work to make this guy relaxed."

If you're not relaxed or having fun, consider that you're not Present.

Ami gives a second example where she met another man in a similar context, yet this man was so Present that she says:

"I felt a little stupid and weak in the knees, and I'm a pretty sharp cookie so I like when that happens. And I just noticed that in response to everything he said, I was just kind of 'cooing.' And it was embarrassing. I can't even contain the fact that I'm like 'who are you? Your Presence is so strong right now that I feel like we're having this really intimate moment and we're not even speaking full sentences and I don't even know your name.' That was a really profound experience of Presence."

As you watch the video you can also see how much Ami enjoys talking about the man with Presence. She is literally re-experiencing the connection that she felt with that man in her body as she recounts what happened. In fact, notice how our entire audience of men responds as she drops deeper and deeper into her experience of a man with Presence.



She is becoming so radiant that you are actually watching her turn on an entire audience of sixty men.



Here's what to keep in mind: it was one man with deep Presence that created this response from Ami. As she shares her authentic experience with the audience you're literally seeing the power of that man's Presence several months later and its effect on a pretty amazing woman.

In comparison, notice how much less she enjoyed talking about the man who lacked Presence, because even talking about it brings that feeling into her body.

At first, this can sound like esoteric talk. But we have found that it is tangible, meaning you can actually experience this for yourself. People can feel each other. Even Decker was surprised when he first made this realization for himself.



Bryan gives a great example of how he would talk to women without realizing that he held his eyebrows up high.

Only after he realized he was doing this (as he started to truly practice being Present) could he completely relax his face, allow the tension to leave his forehead and his gaze to soften. As a result women started responding to him very differently.

The water that Bryan was swimming in was "being accommodating". And it was being expressed through his raised eyebrows without his even realizing it. This unconscious habit was absolutely killing his attraction with women.

On the opposite side of the spectrum, Bryan has at times asked women that he has slept with since he had his breakthroughs when they knew they wanted to have sex with him.

“And consistently what they tell me is (that they knew) the moment I walked up, before I even opened my mouth. Things like, ‘I knew you wouldn’t be selfish with me in bed. It was on your face.’”

If Bryan were approaching you, or if you were watching him approach a woman, I seriously doubt that you would naturally intuit that same information.

Are you starting to get just how sensitive and aware women are of YOU? They can feel exactly where you’re coming from (your roots) before you even say a single word. And though they may never speak it, they will have that feeling in their body, too.

As Decker says, “Some of them are hoping we won’t even speak at all and just quit while we’re ahead.”

In the next two chapters you’ll see two great examples of how **our inner state is expressed through our outer body**. Like Bryan’s eyebrow example, you may find that there are all kinds of unconscious things that you do that will begin to shift as you start practicing deeper levels of Presence.

NOTES

[illegible]

CHAPTER 8: PRESENCE DEMO: DAN

Decker starts by talking about how women sense what it would be like to have sex with you based on how you're being when you approach them.

He references Kendra's example of the guy who approaches looking checked out, and how she could imagine him having sex with her without any regard for her experience.

If Ami were to imagine sleeping with the guy who was all "fluttery" with her, it might be a laughably sorry picture. On the other hand, if she were to imagine the second man, with the high level of Presence, she would probably find him sexy and masculine in bed.

You now know that women will often intuit how you'll be in bed based on how you're being with them when you approach. (Women will also get a sense of you as you go about your business in your daily life, whether you approach or even notice them or not.)

The more Presence you bring to your approach, the more they will be turned on because they unconsciously (and sometimes consciously!) connect that with what you'll be like sexually. Presence is far more powerful than just learning the right body language. As matter of fact, someone who is really Present can approach with poor body language and have women way more turned on than someone who isn't Present, but has picture perfect body language.



As Dan approaches, notice how Paul in the far right corner responds. Paul can literally feel what the women's experience of this approach might be like, even though Dan doesn't have a sense of it right at this moment.

*Note: You'll notice that before sharing their experience, our female coaches like to take a few moments to look deeper into each man after his approach.

Most women have a hard time expressing more than just the surface emotions about their experience of a man, so they say things such as "I don't know, I just didn't like him / he felt creepy / he didn't feel right," etc. But every woman can feel into a man. Our female coaches are simply trained experts at putting it into words.

Kendra and Ami have a lot to say about Dan's approach and what they felt. Notice that they were able to give Dan a wealth of feedback with him hardly speaking a word.

Ami notes that when Dan smiled he shifted his "**vibe**" from something that was really intense to something that was warm and welcoming.



Ami:

"The minute you smiled, I just felt the backs of my shoulders go back down. I can really feel you Present now in a way that feels really good and whole and very different than that intensity that you walked up with. And right now you feel really charming and accessible and I'm really enjoying this feeling."

Now, this doesn't mean that you should just make sure to smile when you approach and you'll have it all handled. This feedback was based on the women's experience of Dan specifically, and if this was your approach, they might have felt something vastly different.

Throughout this DVD you'll see lots of other guys getting feedback from the women. You should start to notice which guys you relate to the most, or who you think are the most like you. As these men get their insights, you'll get illumination into your own life.

Even though Dan really got how much of an impact his smile has when he approaches, he is also seeing for the first time that he has a certain covertness in the way he approaches that feels uncomfortable to women and thus closes them down. That is the water he's been swimming in.

Decker: "Whatever your way is of not having women feel connected to you, there is some positive intention behind it - trying to make sure they're comfortable, trying to make sure they're not uncomfortable. And the way we go about it, in ways we don't even realize we're doing, can close them down."

Even though Dan's approach initially resulted in the women feeling uncomfortable, that certainly wasn't his intention. Any man who truly wants to connect with women doesn't want them to feel uncomfortable. In fact, men will often go out of their way to try to make women feel comfortable and as a result, women will feel the effort that they're putting into that and start to feel really uncomfortable. It's as if they're wondering, "Why are you trying to so hard to make me feel comfortable? Is there something I SHOULD be on guard about?"

Later on, we'll cover more information about owning your space as it relates to this topic.

Exercise:



- Take a moment
- Take a few full breaths.
- Crouch down, get some awareness in your lower body, feel your legs and your feet on the ground.

This creates a subtle shift in your body, and your awareness of your body, so that women will feel you more present and aware of yourself when you approach them. As a result, they often feel more turned on and comfortable with you.



Kendra says: *"If you have awareness and start 'moving yourself against that grain,' the likelihood is that you'll hit whatever it is that's having you unconsciously do that."*

I'll translate. The women felt a quality of covertness in Dan's approach. Now that Dan can see this previously unconscious way of being, he has awareness about it. He can start to "move against the grain" of that behavior by paying really close attention every time he starts to do his covert thing and by choosing, in that moment, not to act that way. This will probably feel uncomfortable to him at first.

Any time you start to resist an established behavior, it will feel uncomfortable. The reason it is uncomfortable is because you are now moving against the grain of the unconscious emotions or beliefs that have you exhibit that behavior in the first place.

It is only by exploring that feeling of discomfort that you can start to notice the unconscious beliefs that are running you and find out where they are coming from. All of a sudden you are like a fish realizing that it is swimming in a very particular *flavor* of water that it may never have noticed before.

And as I mentioned earlier, now you finally have choice to change that behavior and feel a sense of freedom in your interactions that previously may have not seemed possible.

The more you move against the grain of your subconscious tendencies and stay aware of your own internal responses, the faster you can create dramatic changes in your life.

Exercise: Think honestly about what kind of vibe you give off. How do women experience you? What about other men? (Consider asking some people who are close to you that you can count on to be straightforward and honest with you.) There is nothing that you have to do with that information for now, just start to notice what water you might be swimming in.

[illegible]

CHAPTER 9: PRESENCE DEMO: DAVID

Notice how different David's inner game challenges are from Dan's. This is just one example of how this work is so personal and unique to each man. By watching these men go through this process, you'll begin to see how everything that unfolds in an interaction with a woman has its roots in Presence.



The reflection that Kendra and Ami give David is super subtle, and very powerful. Both women talk about where David felt most accessible to them.

David was putting a lot of energy into performing and trying to get his approach and words just right. When a man is trying to "do it just right," he is basically squeezing off the natural valve to his genuine personality, his creative self-expression and his unique essence.

It can come as a surprise to men that women will often feel cheated when we are trying to do it right. Women can sense that we have rich and unique personalities that we are hiding in the hope of not doing it wrong.

They can feel when you're letting your true self shine, and they love it when you feel real and accessible to them.

Here is what Ami had to say about David:

"When it was offered that perhaps there was a little mistake, you almost had a childlike component of, 'Oh yeah, I messed up.' And that was where you felt accessible. There's this weird thing where women thrive on feeling those moments of 'Oh, I made a mistake.'

On a personal note, I can't tell you how many times I've messed up in little ways and had women absolutely melt as a result. Looking back at those moments, I'm clear that I had no intention of trying to do anything right or wrong, but whatever I was doing, it definitely didn't turn out the way I had meant it to. And yet a common response I got from women was, "Oh my God, you are so cute."

Bryan:

"In other words, it speaks more about a guy when he didn't do it right and how he handles that, than when he's 'doing it right' all the time. And when you had some humor about it, their trust went up."

As David gets what Bryan is talking about he suddenly drops into that exact emotional state. Kendra and Ami instantly feel the shift and respond by laughing and talking. Bryan asks Ami, "How are you experiencing him now?"



Ami: *"My body just got really warm. I really liked that."*

Caring About HER Experience

"Women will experience a shift in their bodies based on how you're being." - Decker

You just saw it happen right here.

Decker:

"You can't fake this - it won't work. You have to actually care what their experience was. That's the bitch of this."

We have noticed that men experience a lot of difficulty in relating with women when they don't really care about what a woman's experience is. This may occur for several reasons:

- They are too nervous about being accepted or rejected to have the space to really care.
- They are too caught up in trying to get something to be able to shift their focus from themselves to her.
- They are trying so hard to do it right that they can't get outside themselves enough to care.
- They don't really get that a woman is another human being and that they can actually relate with her that way.

At this point on the video Kendra makes a great statement about the power of curiosity.



"Imagine you're a child in a big grassy field on a warm sunny spring day and you notice a big rock sitting on the grass. You walk over to the rock because you're truly curious to roll it over and discover the world of things that live beneath it. There is no hesitancy or sense of doubt as you approach, only joy and discovery. A pure sense of curiosity to see what things lay beneath the surface of this other world."

Imagine, as a grown man, approaching a group of women with this same curiosity: an eagerness to discover who they are and what lies beneath their surface. Not because you want to get something from them, but because the discovery of their inner world brings you fascination, joy, and turn-on. When you approach women this way, they experience this feeling of sincere joy, interest, and curiosity from you and welcome you.

Now imagine that this sincere and authentic curiosity is what has these women open to you and feel safety, joy, turn-on, and a real desire to share their inner world with you. Your curiosity invites their state of openness*, which in turn deepens your curiosity, which in turn further deepens their openness. When you really tap into this state, your connection with a woman can accelerate dramatically to the point of an almost instantaneous attraction.

When David approaches a second time, he is more in touch with his curiosity and, as you can see, Ami's response is much softer. However, as Kendra points out, what is still holding David back is indicated by his very "controlled, figuring things out" gestures.

Below is a transcription of the last moments of David's pod work.

Decker:

"They're always gonna go for what's next for us. That's the beauty of this work. Wherever you're at, even if you're way beyond some other guy who's just starting, they're gonna see what's next for you. And they both lit up when you asked the question. And I want you guys to start feeling this, you at home to start feeling this, the energy went up, things got a little more vibrant . . . and you got a little more vulnerable . . . AND you were still inside of 'wanting to do it right.' You see that? (David: Yes.) And you start to see the cost of it? (David: Yes, completely.) And you see how that may actually impact you with your lover? (David: Yes.) That's what I wanted to hear. Great work."

David did some great work. Notice that while the women responded immediately to the changes he made, they also started to focus on where else he was holding himself back. Why? Because there is always more than one place where we lose our power with women. And even if you are years beyond others guys, you'll always have new sticking points to work on and new levels to attain.

This is what it is to be human - get used to it or it's gonna be a rough ride. You'll find that if you stick with this kind of work, you'll start to notice that while the old patterns and beliefs that held you back may not go away completely, they have lost their previous hold on you. It can feel as if you have climbed up a mountain and the storm that once raged over your life is now far below you, distantly rumbling every now and then, with no real power over you anymore.

David can now see how his desire to get it just right was actually causing his relationships to feel constrained. By bringing a sense of childlike curiosity and humor to his interactions, his interactions will flow and unfold more naturally.

-POD WORK-

Pod work usually consists of one or more women, a participant who is seeking feedback and reflection, plus an AMP facilitator. As you view the pod work based on the previous section, watch for how what these men are dealing with relates to your own life.

CHAPTER 10: WHY WE CAN'T HIDE OUR FEELINGS

First of all let me introduce you to the facilitator of this pod, Aaron Pava.

MEET THE AMP FACILITATOR: AARON



He's one of the few guys I know who's had a gorgeous, vivacious woman he'd never met before slam him up against the wall at a party and tongue him just by the way he looked at her, no words exchanged.

Aaron is one of the most Present motherfuckers I've ever met, pardon my French.

Sandhya's first comment for Victor was that she noticed that she wasn't breathing. Then she realized that it was because Victor was barely breathing, and it was causing her not to breathe!



Even though Sandhya took on Victor's feelings in this moment, it doesn't mean Victor had a particularly powerful Presence. It just shows that women are so sensitive that they can actually feel what's going on with you in their own bodies. It is so natural for women to do this that it sometimes takes them a while to realize that what they are feeling is not them but YOU.

That is how women know if they like being in our presence or not - because they either like or don't like the way they feel in their bodies around us!

If you can truly get this concept, you'll be way ahead of the game.

Sandhya:

"I noticed that as you approached I became aware of you pretty quickly and then I realized I wasn't breathing. And I took a breath and then I wondered if you were breathing?"

Victor:

"Yeah, I noticed that. My breathing kind of stopped."



Sandhya:

"And then I felt somewhat disconnected from you and I noticed when you started breathing again and I relaxed."

Alexis:

"What I really felt is sadness. I just noticed myself Present to sadness and it had me curious if there was sadness in you."

Victor:

"There is."

Alexis goes on to talk about how Victor can own his sadness.* Victor responds with a valid question.

Victor:

"Is sadness what I really want to be bringing with women as I interact with them? Because I don't want my interaction with them to be a negative experience. I want it to be a fun and joyful experience for both of us and not something sad and heavy."



Alexis:

"What I want to offer to you is that if you try and start bringing fun, it's a great thing to play with, but as long as it is on top of the sadness, it will never land, it will never really work. Because what's Present for you is sadness and it won't be at all moments. But working with what's actually real for you, this creates more connection than if you tried to be cheerful."

Let's take a closer look at this. As you watch this pod, you really can see that Victor carries a sense of sadness in his expression. Have you ever interacted with someone who was smiling but you could tell they weren't really happy? Women can pick this up from a mile away.

This is why you can have all of the outer game techniques in the world, but if you don't have your inner game handled, women will be able to sense that the way you are presenting yourself doesn't match what you really feel inside. The end result will be that they won't trust you, because they can feel that the way you're showing up is a cover for the way you're feeling instead of in alignment with it.

Imagine a scenario where Victor interacted with some women and didn't try to hide his sadness. What would that look like? You'll soon be seeing another pod called "Dealing With Body Armor" in which there is a great example of how a man can own his sadness (or any other feeling) while still being fully Present with women.

This can be a new concept for you so I want to define it again:

Own your sadness: Fully experiencing your sadness, without "collapsing" into it. We'll go into this in more depth later.

CHAPTER 11: POD #2: ACCESSING MORE OF YOUR POWER

This pod is being facilitated by Jerry Candelaria.

MEET THE AMP FACILITATOR: JERRY



Jerry is a juggernaut of personal transformation. He's the guy that Decker and Bryan studied with for several years, and he has handed both of them their asses on a platter on more than one occasion.

He's a pillar of several powerful leadership communities and has personally coached literally **thousands of people** to achieve major, life-altering breakthroughs.

He can sense your habitual patterns and methods of closure from a mile away and help you start to see those places in a way that has you laughing and relaxing. Plus, he *really* cares about men having breakthroughs and having what they want with women.

Jerry says: "The tools and aspects of yourself you discover here don't just stop when you meet a woman. They become even more useful as time goes on, so much so that they can build the foundation for an extraordinary relationship, like my marriage of 12 years.

Besides, just imagine what my two young boys are learning about how to be with women. Trust me, after watching me with their mother, they'll never have to learn this stuff in a course."

Michael first gets feedback from Shelly. She says she feels a softness in his Presence and notices the way that he physically sways his body to deal with the tension of the approach. She speaks to a distinct lack of sexual attraction to him.

Ami says that his nervous movements created a few different feelings for her. The first was soft and comfortable in her body that had her feeling very amicable. Then she noticed that as he stood there she felt a nervousness rising.



Ami:

"I could feel the ease of your approach and then the tension of just being with us. That contributed to my feeling of neutrality with you, and that created some sadness in me."

Shelly:

"My desire is for this basic, animalistic sexual drive that I'm totally missing in your being and I want that to be Present."

Michael expresses that he can actually feel that animalistic drive in his stomach, and he also feels that he is containing it. Ami feels him holding it back as well.

When the women talk about sexual potency, it doesn't mean that they just want a man who can really give it to them in the sack - what they're referring to is the way a man is connected to his own sexuality. This relates to the earlier example that Decker gave to Dan (in the first demo) about how women will imagine what a man is like in bed by the way he approaches.

Jerry takes Michael through a short and simple process that helps him access more of his masculine power. Let's think about this for a second. As men, our biological wiring is designed to have us be able to switch from the role of provider to protector whenever it is necessary to fight for our survival or the survival of those we care about.

Exercise: Imagine if you were instantly transported from where you are right now, into a situation where it was kill or be killed, where you had to save someone that you cared for or risk your life for a cause that you believe in. If you were in a situation like that, would you be able to access the primal part of you that would be necessary to survive?

It's like going from your old dial-up Internet connection to a cable connection, but within your own body. You're already hardwired to do it; it's just a matter of switching the connection. In its simplest form, that is what Jerry is doing here with Michael. In our AMP intensive we go into much greater depth in order to help create lasting change in men, but this gives Michael a sense of what is possible at a basic level.

If you think it is beyond you to deeply access your masculine, think again. After just this quick exercise with Jerry, Michael is able to create a dramatically different response from the women.

Go ahead and hit the pause button right before Ami smiles. The angle isn't the best but you can still see and feel the difference in Michael's face and body. There is an unwavering solidity in his presence that is definitely new.



Ami: "It was great. It was solid. I just felt this thrust of your being in a way that was ... attractive. It has me speechless in a good way."

CHAPTER 12: DEALING WITH BODY ARMOR

In this pod, Jason is facilitating as Scott approaches Alexis and Ami. Here's the lowdown on Jason.

MEET THE AMP FACILITATOR: JASON



Jason is the kind of man that others look at and say, "Now there's a guy who's got his shit together."

One of the first things that women notice about Jason is that they instantly trust him. They don't feel an agenda. Jason lives this kind of work and women can feel it in his presence. The results speak for themselves.

Jason: "I was recently at a party where I was talking with this gorgeous woman. We had been in conversation for just a few minutes when she suddenly stopped the conversation and said, 'I can't believe how present you are with me right now. Thank you.'"

Originally from the East Coast, Jason is a specialist in corporate leadership and team development. He has two degrees in psychology.

Below, we have a loose transcription of Scott's pod work. Lots of men can probably relate to his way of being here, so it is incredibly valuable to see how this affects women.



Ami:

"I'm getting really mad, actually. I feel like your attention is on me, but it's on me as an object. I don't feel like a human, I don't feel like a person, I don't feel like you see me. I don't feel like you see Alexis and I'm bummed about that. And as her friend and her partner here, I feel the intensity of the way you're giving me attention. I'm a human. I'm a woman right here, I'm flesh and blood. You don't know anything about me."

Alexis:

"So you're just waiting for some feedback from us, which makes sense since that's the exercise, and I have a desire to feel your heart because otherwise there's no place for me to connect with you. And your gaze becomes a stare rather of a point of connection. So for us to feel better, comfortable, more trusting to want to be in connection with you, I have a desire for you to feel your heart more and then I can feel connected to you."

After Scott gets some feedback from Jason and the women, here is what Ami and Alexis have to say about his second approach. Notice that you can clearly see the change on their faces even before they speak.

Ami:

"I felt so much more of you in that walkup. It felt like, 'Here comes a guy who's got some stuff, and he's got some curiosity and he's got some Presence.' And so for me I felt my curiosity, like, 'So what's going on with you? How's life for you?' That was the full-bodied experience."

Alexis:

"Your smile felt really good. This is my interpretation: that the smile was arising out of a sea of heaviness, that you were making an effort to smile and bring yourself forward. I found myself appreciating the effort and I still felt the heaviness there."



Ami:

"It was exactly that (effort) that I liked. I could feel you coming home (to where you live) like, 'I've had a hard day and I'm still gonna come with a smile. I'm making an effort to be this way.' And there's some heaviness there. It just felt so real and so 'now' for you."

Scott:


"I challenged myself to be very genuine. My personal critic said, 'Be genuine. You got some great feedback, be genuine now with that.'"

This is the end of Disc 1.

Foundations of Inner Game I: The Power of Presence Training Manual DVD 2

CULTIVATING PRESENCE

Let's start by bringing it back to the basics again.

<p>OUTER GAME</p>  <p>INNER GAME</p>	<p>We started out in Disc 1 by talking about how Inner Game and outer game work together. A lot of guys don't understand how intertwined our entire game is as a whole.</p> <p>Every single thing that happens with your outer game is completely and permanently connected to your Inner Game. Just like on the Celtic tree, the top is interconnected with the bottom in a continuous circle. Our inner thoughts and feelings directly influence our outer actions and reactions, and vice versa.</p> <p>Then we introduced the Holarchy, our Inner Game Training Model, with Presence as the first stage.</p>
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As Decker says: "Women are giving us the keys to the kingdom over and over again, and most guys don't really listen to it." The more Present a man learns to be, the more he can connect with a woman on the deepest levels, whether it is for an approach that will turn into a night of hot sex and nothing more or an entire lifetime with your ideal woman. In order to do this, it means first getting deeply in touch with your own self. The deeper you can connect with who you are, the more women will feel a desire to connect with you.

Let's take the extreme example of how this is portrayed in the entertainment industry. Take a frame from "Last of the Mohicans", any James Bond movie, or even Peter Parker's character in the Spiderman movies. When the knockout beauty is melting in the presence of the wilderness rebel man, the secret spy, or the good-natured, kickass superhero, it's not because of his long flowing Indian hair, his chiseled masculine features, or his tight Spandex spider suit.

Women melt because these men emit a vibe of deeply knowing themselves, who they are, what they stand for, and what they are here to do in the world. And as you watch one of these scenes, you can feel why a woman would be so profoundly impacted by a man like this. It just makes sense to you, because a part of you can feel that there is a certain human truth to it.

In the real world, it is a rare man who knows himself as deeply as these heroes who are portrayed in the movies. That's one of the reasons why people love to go to these movies - it is such a refreshing glimpse

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of human greatness.

When a man can create even a mini-version of that in reality, and know himself that deeply, he is refreshing and deeply desirable to women.

You can learn to be that kind of man - you are already on the path - but you can't fake it. You have to want to discover who you are and what your purpose is for your own sake, and success with women becomes a byproduct of that.

CHAPTER 13: POSITIONS OF PRESENCE

At the end of Disc 1 you got to see a few different pods where men were getting feedback. As you could see, what the women said to each man was completely different and couldn't be applied to all men.

Every pod you watch can give you a deeper insight into yourself, but because it is personal and unique for every man, you can't just take one man's feedback and apply it to yourself and expect to get the same results. That is one of the biggest problems with learning outer game techniques.

When it comes to outer game, Decker says: *"Can you start to see how ridiculous that gets? You end up just putting layer upon layer upon layer of 'trying to do it right' where it's not even fun anymore. If it's coming from that layered artificial place then there won't be anywhere near as much juice in it, no connection."*

Bryan:

"And that's why the real access to that is excavating more of who you are. Clearing away any of the obstacles that have been preventing your natural expression from coming through. You can't fake it; you can't steal it from someone else, so it's gotta be something you discover for yourself."



Presence has three conceptual positions: me, you, and we.

It's easiest to understand the first position by first getting what it means to not be Present. You've probably heard phrases like "checked out" or "highway hypnosis." Presence is what it means to wake up out of that. Because most people spend their lives checked out, the experience of cultivating Presence often feels like waking up out of a foggy dream and feeling a new clarity of perception and a deeper connection with others.

Don't expect that experience right away, but if you stick with this it will come, and once you get a taste of it you'll never want to go back. Like in the movie "The Matrix," consider that you are learning to wake up and move out of the "social Matrix" so that you can freely navigate through any circle of people and feel completely at ease with yourself.

In the first position of Presence you are aware of your body, you're not thinking about something from the past or anything in the future, you are fully aware of yourself in this moment **(Referred to as "ME" in the diagram below to make it easier to conceptualize).**

Most guys would generally have no interest in getting into a state like this. It even sounds like something some guru from India might say during his mediation class. And yeah, he might. But here's the point:

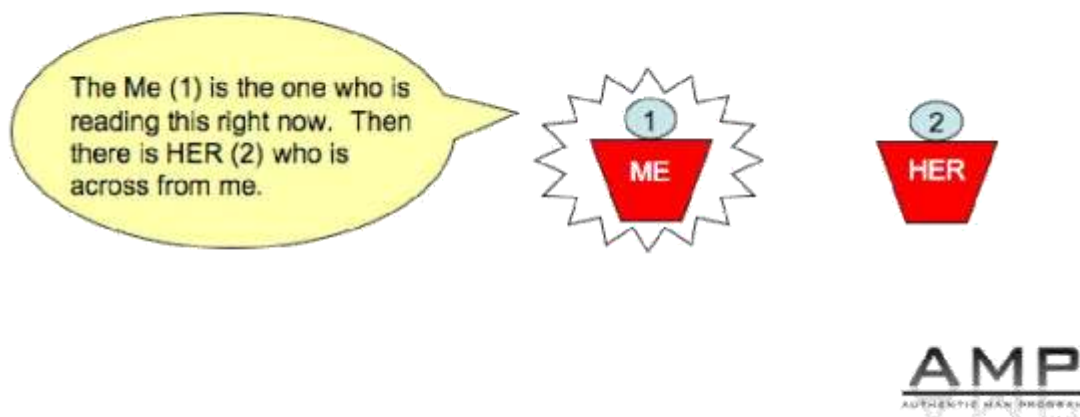
Presence is one of the most powerful aphrodisiacs there is. If you want to vastly improve your relating with women, this is the most direct, natural, healthy, fun and rewarding way to do it.

The second stage of Presence is about the “you” (referred to as “HER” in the diagram below to make it easier to conceptualize) and the Third Position is “We.” The “We” is the dynamic that gets created between you and a woman. Imagine that you are an outside observer of the interaction between you and a woman. The observer experiences you and her together and can see the dynamic between you.

The third position helps you see how things are going between you and a woman. The best part is that this allows you to adjust the dynamic right in the moment.

To better understand all three positions it will help you to read the following sentences in the word bubbles aloud:

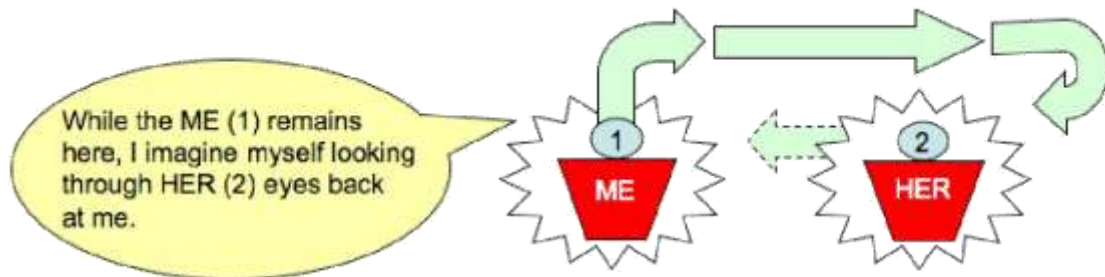
Presence, 1st Position: “I” (or “ME”)



Here are some examples of what I might notice about being fully within “Me”:

- My back feels a little tight.
- I feel interested in what I’m reading right now.
- I’m feeling curious about what comes next.
- I’m feeling excited by this new information.
- I can hear the conversations of the people around me.
- I am aware of the presence of the people around me.
- I can see the people around me.

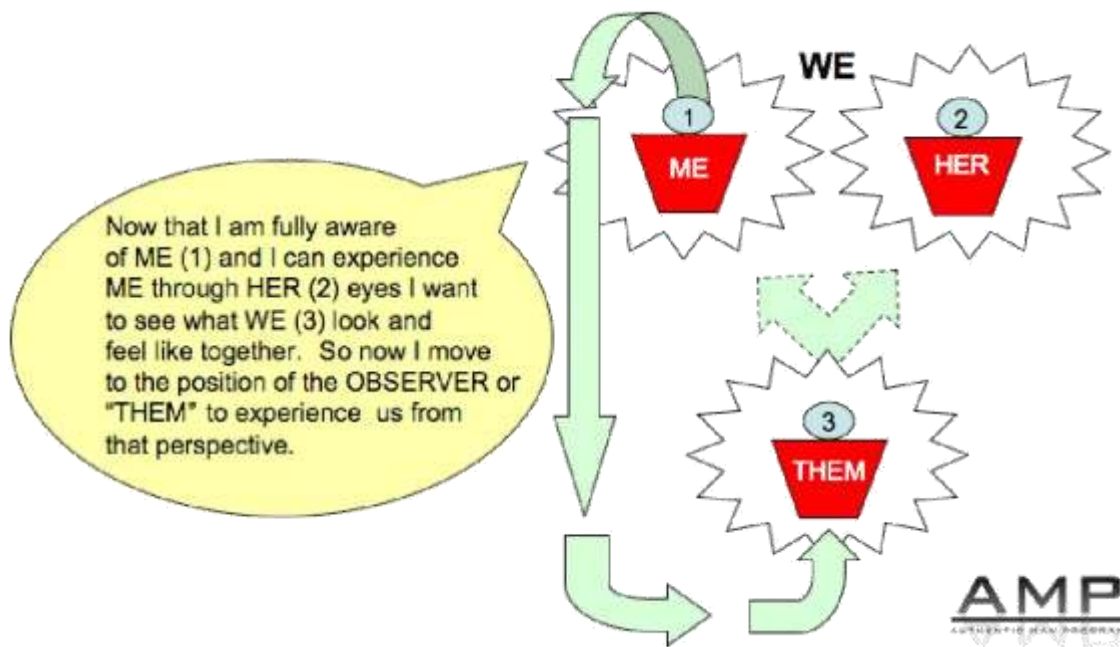
Presence, 2nd Position: “You” (or “Her”)



Here are some examples of what I might notice looking at “Me” through her experience of “Me”:

- I can see that “Me” seems agitated, uncomfortable or really relaxed.
- I notice that “Me” seems a little tense.
- I see that “Me” is very focused on what I am reading.
- I sense that she is aware of “Me” and can feel my attention on her.
- I feel that she has an emotional heaviness.
- I feel that she would welcome my presence.

Presence: 3rd Position



Here are some examples of what I might notice about looking at "US" through A THIRD PERSON'S experience of "US" (or "WE"):

- There is some tension between us.
- She seems agitated with me.
- I'm leaning into her personal space.
- She keeps looking away every time I try to make eye contact.
- I seem very focused on getting her attention.

Or

- We seem really comfortable with each other.
- We are both leaning in toward each other.
- Her eyes keep scanning my body.
- She hasn't looked away once, as if no one else is here.
- My hands hang loose and comfortable at my sides.
- I appear solid and comfortable in my body.

CHAPTER 14: 1ST POSITION: "I" IN YOUR BODY



The process that Decker leads the audience through is an example of how you can become more deeply aware of your body. The more aware you are of your body, the more women can feel you in your body, thus the term "fully embodied man." Women like fully embodied men!

If you played this section right through without closing your eyes and following along, go back and do the exercise now. Just listen for when Decker says, "Open your eyes."

Decker talks about how to relax and scan your body for areas that feel kind of numb. If this feels like a foreign concept to you, don't worry, you're not alone. This takes a little bit of practice, but once you get it, you will have much more access to moving through blocks, shutdown, and blowout with women faster than you ever thought possible.

If you find an area of yourself that feels numb, it is an indication that you have subconsciously chosen to numb out a part of yourself in order to not feel it. This is an internal safety mechanism that usually goes into effect early in your life. The only problem is that once the reason for numbing out is gone, we rarely know how to reclaim that part of ourselves, and again, women can feel that.



Unlike the AMP women, most women will not think to themselves, "Oh, I don't feel him in his lower body." But they **will** feel that you are not bringing your full self on some level and as a result of that, they will experience less attraction for you.

Even if your outer game is flawless, women will still give the "something just felt off" report to their girlfriends later on.

CHAPTER 15: PRESENCE DEMO: JASON

Jason approaches Kendra and Ami. After the approach you can see that they take a moment to really feel into Jason.

Women you will meet at bars and parties, on the street, or through friends will be able to feel that you are holding back with the same sensitivity. But again, most women don't have the words for it beyond vague descriptions like "it didn't feel right," or "something's off about him," etc.



It's interesting that as Decker lowered his hand to identify the place where Jason holds back, both women responded at the exact same time because they could both feel exactly where Jason's "stop" was. (Go ahead and rewind and play this moment a few times to see how the two women call out the same spot where they felt Jason holding back).

Remember, if you can't feel yourself in a part of your body, women will feel a disconnection from you there as well, but with far more sensitivity. Because both Kendra and Ami felt that Jason was less connected to his chest area, Decker uses a specific exercise that will bring more Presence to that part of his body and have the women be able to feel him more there. This is all ultimately a part of Jason becoming more complete and whole, first for himself, then for the women who experience him.

Stretching, exercise, and using your voice allow you to be more Present in your body. This particular practice involves all three aspects. It is a stretch plus a vocal projection, and it takes some physical effort.

As soon as Jason is done he is already feeling more loose and relaxed in his chest. And the women are already feeling the difference.

Bryan notes that before the exercise Jason had more of a "muted, disempowered heart connection," and now he has access to more of a "fierce love."



Kendra makes a really solid point when she says: "I don't know a woman that sometimes doesn't just want to be fucked. And if you don't have that capacity...."

Ami says: *"It's like (there is) the animal (masculinity) and the heart (lover) and never the two shall meet. And I can just feel how that exercise opened up a channel between those two. That can be really profound in sex because I've had intimate encounters with men where it's one or the other and while they can both be interesting, neither are keepers. And I'm going to respond differently in both situations. I'll meet the animal and I'll meet the lover but WOW, when the two are right there... I'm staying. That's where I want to be."*

CHAPTER 16: PRESENCE DEMO: RORY

Rory starts by telling Decker that in relationships women tell him that his heart isn't open. Upon approaching the women he receives the feedback that they feel a lot of sadness from him. Kendra comments that she can feel Rory's sadness in her throat.

This is interesting to note because later when Rory does have a breakthrough in connecting with that sadness, Ami has an experience of feeling something moving up and out from her throat.

These two images below are several minutes apart.



When you watch the DVD and compare these two moments, you can really start to see for yourself how incredibly subtle and accurate women's physical intuition is about men.

That is why learning how to have her feel great in her body when she is around you is so valuable. And the best part about this is that **it involves learning how to feel great in your own body first...** and Presence is the foundation that gets you there!

Bryan talks about stuck or unprocessed emotions. Think about it for a minute. If there is an emotion or feeling that you don't want to experience, it involves a certain amount of clamping down on that feeling so that it doesn't come through. When you do this, it's like bending a garden hose to turn off the water or simply closing off a valve so that nothing leaks through.

This may be effective if your goal is to suppress an emotion, but the cost of holding back this emotion is that you inevitably also hold back a lot of who you are.

Not only can women feel you holding yourself back, but they will often get angry or frustrated because they are only getting a trickle (if anything) of who you really are. What they really want is for you to open up the valve and show up BIG and WHOLE for them.

It makes sense that we hold our emotions back - it's what many of us have been taught to do all of our lives. But when we can't feel ourselves, women can't feel us either.

The results are that women don't trust us, we have limited relationships, and we even create disease and breakdown in our bodies from the stress of clamping down on things that naturally want to flow out.

Bryan's story of how he learned to un-dam his own emotions demonstrates a critical piece of the path towards wholeness.



As Bryan chose to further explore his emotions and let the floodgates open, he found himself going through a process where he trained himself to open up to his emotions instead of shutting down to them. As a result, emotions would come up, flow through him and be released.

IMPORTANT: Does this mean that as a result of this work, you will become an inconsolable wuss, lose all your friends, and never get picked first for the good teams at recess? **No.**

There is a very fine and important distinction here about:

"Owning Your Emotions" vs. **"Collapsing Into Your Emotions"**

The first one is **incredibly sexy** to women.

The second one is **incredibly un-sexy** to women.

When you own your emotions you allow yourself to fully feel whatever emotions arise, while remaining totally centered and aware of who you are. This means that you could literally be crying, even sobbing, and still feel totally solid and have women melt in your Presence. This is rare and valuable because it requires an emotional strength that women recognize and value.

When your emotions own you, or you collapse into your emotions, women experience you as you losing yourself, giving up, and no longer being Present. This is where you cross over into the wuss zone.

Owning his emotions is a practice that Bryan engages in regularly because it keeps his Presence sharp, his mind clear, his body healthy and his ability to feel into himself, the world around him, and the women he interacts with strong.

Remember, this isn't how Bryan has always been - this is something that he has cultivated for himself. Later on, when he talks about polarity*, you'll see how he used to approach women. (It's painfully amusing to watch him re-enact his earlier days.)

As Decker coaches Rory to connect with his emotions, you can see how Rory tries to escape them by explaining his emotions rather than feeling them. This is a common way for men to avoid their emotions. Even when Bryan and Decker call him out, Rory still slips right back into this unconscious pattern. As Decker says, *"The desire to explain our emotions feels compulsive."*

A lot of guys have a fear of feeling out of control. One of the simplest ways to develop your Inner Emotional Game is to simply acknowledge the feeling. In Rory's case it would mean saying, "I feel sad."



Notice what a hard time Rory has not just saying it but actually feeling it. In fact, notice YOUR OWN reaction to even just this subject matter of understanding and expressing your emotions. How does it make you feel? Do you notice any resistance to expressing any emotion in particular? Sadness? Fear? Anger? What about happiness?

We all have social masks that help us hide our deeper emotions. Rory's social mask is to joke around.

In the space below, write as much as you can about your primary social mask:

Decker coaches Rory on how to get in touch with his sadness. When he is finally able to notice what happens, you can hear how profoundly moved Ami is when she speaks. This is also where she references that she felt something within her move up and through her throat.

Kendra acknowledges that for Rory, there is a fine line between being a joker and expressing his true emotions, and to her there is something really beautiful about that. As she finishes saying this, Decker asks Rory to breathe, and as Rory does so, he goes back to the more emotional side of the line. Notice how Kendra lights up when he does this.

This is not trivial stuff. Women light up when they can feel you connected to your emotions... **even if it's sadness.**



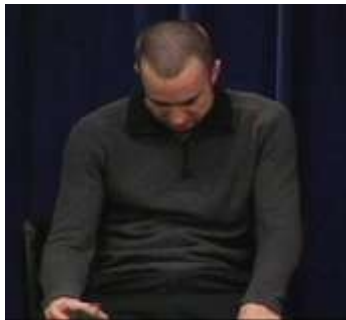
CHAPTER 17: CAN YOU BE TOO PRESENT?

Understandably, guys already have questions about how a man can feel his sadness and not be consumed by it. Bryan again distinguishes between fully feeling into your sadness versus collapsing into it.

“I can be fully open and crying and feeling all my sadness (masculine & attractive)



or I can be depressed and feeling sorry for myself (collapsed & unattractive).”



You could be in a bar crying your eyes out, and if you do it from the place of owning your emotions, you may very well have women approaching you who are intrigued, turned on, and suddenly in love with your vulnerable strength... **and you can't fake it.**

Decker:

“I'll tell you, the longer you dam it up, the more it will feel like it is going to take you over. If you're not Present and you're acting like you're not feeling something that you actually are, you get quirker and quirker and more and more faded away where she doesn't even notice you or whatever your style (of shutdown) is... it has a cost.”

You can't DO Presence. It's a state of BEING that can only be cultivated.

Trying to do Presence will always result in lack of Presence.

Imagine that Presence is like water. There is no substance on earth like water. You can make a lot of things, but you cannot MAKE water.

In the same way, you cannot MAKE Presence. It's something that you have to tap into. In the same way that water gives life to everything living on the planet, Presence gives life to everything in relating and connecting with women.

And remember, Presence is only the first level of the Holarchy. Learning what to do with your Presence once you cultivate it is a critical piece of where all this will take you.

CHAPTER 18: 2ND POSITION: “YOU” OWNING YOUR SPACE

We’ve covered the “I”: being Present to yourself, your body, and your emotions. Now we’re covering the “You.”

The bar/party/club/social scene can feel like a chaotic and complicated place, but when you just **drop in** and get really Present you can be magnetic. Bryan recalls a time when he was with Decker in a bar and women would purposely veer out of their way to bump into Decker, even though Decker was dressed like a slob.

When Bryan started to understand what Decker was doing, it completely changed the way he approached and met women.

Before that time, he would approach and then stand there as he waited for an appropriate moment to enter the women’s conversation. He was either ignored, because they felt his Presence was so minimal that it was easier to ignore him, or they literally just didn’t notice him.

What Bryan was doing wrong at that time was that he was not “owning his space.” Bryan demonstrates this with Ami and Kendra.



If you ever meet anyone by the name of Mick Jagger, Bono, Lenny Kravitz, Bruce Springsteen, or anyone else who regularly entertains 40,000 people at once, you will experience someone who massively owns their space. In Bryan’s case, the space he was owning was barely that of his own body, if that, and as a result, women would not even acknowledge him.

Bryan does another approach as he focuses on radiating a larger Presence. This time Kendra and Ami naturally complete their conversation and turn to him. Try this for yourself, but before you do, make sure that you are expanding your awareness into the space around you.

A simple yet powerful exercise is to imagine you are filling the space with your awareness by visualizing yourself reaching out and simultaneously touching the four walls of the space you are in.

Let’s digress for a moment here and talk about how to practice getting into the “You” in 2nd position. A lot of guys are intimidated by beautiful women and for that reason it can be hard getting into 2nd position and genuinely seeing the world through their eyes.

A great place to start is with senior citizens, because they generally feel the least threatening. Let’s say that you’re on the bus and you see an elderly woman sitting across from you.

Can you get what it would be like to be her and share her experience of the world right in this moment?

- Everything moves faster than it used to.
- You get tired more easily and things weigh more.
- People are dressing in all kinds of strange new fashions.
- You don't understand technology very well.
- A lot of your friends and almost all of your family have passed away.
- The young man (you) across the aisle keeps looking at you.
- Your grandchildren are the light of your life.
- You don't remember things so well anymore.
- Your feet hurt.
- You're looking forward to being safe and relaxed in your own home.

Do you get it? If you could really get all these things about this woman, you would have a completely different relationship to her even before you started speaking to her. In a subtle yet noticeable way, you would feel more connected to her and she would feel it too.

Ok, how about a beautiful woman at a bar now?

Can you get what it would be like to be her and share her experience of the world, right in the moment you see her?

- You feel annoyed, or perhaps flattered, at all the men staring at your breasts.
- You feel safer tucked in close with your friends.
- You wish someone would come and talk to you.
- In middle school you were an ugly duckling that had to wear an eye patch and everyone made fun of you.
- You're afraid that you're not good enough to be with these other girls.
- You don't know if you'll ever find a man who will really make you happy.

CHAPTER 19: OWNING YOUR SPACE

Keep in mind that you cannot jump to second or third position (“YOU” and “WE”) without already taking first position (“I”). If Decker had gotten Bryan more into his body, Kendra and Ami would have been able to feel his Presence from twice as far away.

Decker takes five volunteers on stage. First they hold their Presence skin deep at best. Can you imagine a time when you didn’t want other people to be aware of your Presence, when you wanted to disappear or be invisible?

Again, one of the easiest ways to understand Presence is by first learning what it is not. So by getting a sense of how you close down your Presence, you can begin to get a sense of how you can open it up.

Can you remember a time when you saw a person that you didn’t want to see? We’ve all had that experience where we say to ourselves, “Oh shit, not them!” In that moment, can you remember how you unconsciously tried to make yourself disappear? You were literally trying to take your Presence and pull it inside yourself as tightly as you could in order to not be noticed.

There is a historically referenced phenomenon that occurs when highly trained soldiers in enemy territory find themselves surrounded. In order to survive, they find a spot to stand or sit and then pull their Presence inside of themselves so deeply that they virtually become invisible.

Did they really become invisible like in the movies? No, but to the perception of others their Presence became so distant that they simply didn’t register on the internal radar of others around them and they went completely unnoticed. Guys who have had experiences of feeling invisible in social environments can generally confirm this phenomenon.

Exercise:

Really put your attention on closing down your Presence. How deep inside yourself can you pull it in? If you saw someone you didn’t want to see or were trying to hide from soldiers in enemy territory, how far inside yourself could you pull it?

Once you discover how you close down, you can use that information to open up.



**Go ahead and try it.
Write down your insights in the space below:**

In what ways and in what situations in your life do you minimize your Presence?



Now imagine going from this state of withdrawn Presence to a state of radiating Presence. Imagine that you are now a rock star and you are doing the complete opposite of the soldier behind enemy lines. You are now maximizing your Presence as far as you can expand. If it helps, imagine it like the “Big Bang” theory of how the universe was created. Visualize and feel yourself moving outward in all directions at once. How far outward can you actually feel yourself expanding? Just go a little at a time.

As you do this, your gaze will become wider and more spacious. Interestingly, you cannot fake a gaze that is truly wide and spacious. It can only be created by going into the state of expanding your Presence.

Kendra reiterates the importance of learning how you close your own Presence down, because that is the key to how you personally open it up. There will be a unique way to do this for every guy. You cannot go to a friend, explain your experience to him, and expect that he can take that information and use it to become more Present.

Your experience will be totally unique to you, which is why it is important to engage in this exercise in order to discover it for yourself.

Decker talks about how, when he first started discovering this, it actually had nothing to do with women. He was in college and would notice that when he was in crowded lecture halls surrounded by hundreds of other people, the professor would speak directly to him for up to 10 minutes at a time. It would actually start to get uncomfortable for Decker as other students looked at him with expressions of “WTF?”

As he would go to more classes and social events, the same thing would occur over and over again. People kept feeling drawn to him and connected with him. **If you can start to recognize where you close down in the moment, you can use that to instantly open up instead.** And when that openness shows up, it is magnetic.

CHAPTER 20: BRINGING MORE OF YOURSELF

Immediately upon his approach, Sandhya pinpoints that even though Amjad has a great smile, there is a nervous quality behind it that distracts her from connecting with him.

Alexis reports that she didn't even feel Amjad's Presence until he was already standing right in front of her.

Her desire for Amjad is that she wants to be able to feel his Presence from where he started walking towards them.

Alexis:

"The gentleness and quality of your smile, it was like instantly, 'He wants me to feel safe, he's trying really hard, he will never be more than a friend and he's not going to be able to keep my interest.'"



Aaron, the AMP facilitator, takes Amjad through a simple process of becoming more aware of himself, more aware of the women, and owning his space.

During his second approach Sandhya has a moment where she feels really connected to Amjad. Alexis comments that this time Amjad's smile is the same, yet there is something behind it that just feels really different to her.

Sometimes all it takes is putting your attention in a different place. There is an old quote that says, "Where your attention goes, your energy flows." This kind of work happens on a really subtle level, but this doesn't mean it's insignificant, quite the opposite.

CHAPTER 21: WHY WE CAN'T HIDE OUR EMOTIONS



Sandhya enjoys Rory's lighthearted humor but immediately sees the sadness that he carries beneath it. Sandhya then makes a really interesting point when she says:

"That sadness is an avenue of connection. It doesn't need to be something removed from your Presence."

Shelly also experiences sadness from Rory, but she feels angry in the moments where Rory looks away. This can be a surprising thing for a man to hear. Women can become frustrated, sad, angry, or disappointed when a man takes his Presence away or becomes disengaged.

It doesn't matter who you are, what you look like, or what your age is; it all pales in comparison to how you make a woman feel when you bring your full Presence.

Women can feel us the same way tuning forks resonate with each other.



Watch as Sandhya says, *"I noticed I felt some sadness."* Without even realizing it, she puts her hand in the same place that Kendra and Ami both said they felt it.



We can't say it enough: women can feel where you hold yourself back or resist feeling. They may not have the words for it, but they will feel it in their bodies and will instantly determine what kind of relationship they are open to having with you as a result.

Shelly references something that Rory said earlier on: *"You said 'standing here without communicating,' and that's not the case. You're actually communicating quite a lot."*

There is no such thing as not communicating. Every single thing that you do comes from a constant stream of internal beliefs about **how to be**. These beliefs show up in the form of **what you do** even if what you are doing looks like doing nothing. So, in short, you are always communicating.



Rory:

"I'm wondering about your intuition. Maybe women know it subconsciously, but you're doing it consciously."

Shelly:

"A lot of women have a lot of intuition and can feel what's in the space."

Sandhya:

"A lot of women are really dialed in and feeling what's Present, and they might not be completely consciously aware of it (points to her head) but they are down here (points to her stomach) really feeling it. And where the pain or the anger comes up for us is when there's not a willingness to be with what's so. If the sadness is what's real for you and if you're wanting to go somewhere else or put on a happy face or pretend it's not there, that's a big elephant in the room. We intuitively feel in our gut, something is off, and we might get angry or we don't trust. We have our different ways of reacting."

Aaron (AMP Facilitator):

"Not all women are going to be consciously speaking and saying it, but they're definitely going to be reacting to it. They're feeling it and there is going to be a reaction to it, it just might not be as clear as this level of communication."

CHAPTER 22: GETTING FROM YOUR HEAD INTO YOUR BODY

MEET THE AMP FACILITATOR: MARC



Marc Scheff is facilitating this pod with Chip and Ami. Here's what Marc has to say about how this work has served his life.

"In the past I've sold myself short, made compromises, and held back. I wasn't really whole and that's why I was in relationships that didn't really serve me."

Marc speaks about his current relationship: *"When we first got together I had been doing a lot of this work. I was in a place of being super present and feeling incredibly whole within myself. And that's when I met this stunningly beautiful artist / lawyer."*

"The way it shows up in my relationship is that I have pretty much everything I want. There's no jealousy, it's a sense of feeling totally grounded, and that allows me to be in all kinds of conversations with her without getting looped up in confusion, games, or collapse."

"I don't feel like there's anything I can't ask for or request in my relationship. That limiting way of thinking just doesn't exist for me anymore. I really get that this is a result of the work I've been doing with AMP and I also get that I've generated this for myself."

"But get this - she was an exceptional woman before I even met her. It's only because I was in this place that I could be open to a partner who plays life as big as she does."

"The wholeness that I experience in my relationship has also transferred into my career. I used to do web programming and design and it was quickly transitioning into very lucrative corporate management work."

"Since taking AMP, I left my high paying job with a great future to pursue what was really true to my heart. Once I took that action, my dream job doing art in the video gaming industry AND a great paycheck have shown up. Plus I am now organizing social and artistic events, facilitating groups to explore their creativity, and doing my own live painting performances. I feel that this sense of wholeness is allowing me to ask for what I truly want to be doing, and I'm doing it."

"I wouldn't have had the sense to make this transition if I didn't understand the depth and importance of developing my 'wholeness.'"

From the beginning, you can see that Ami is glowing. Chip is an AMP grad and has been working hard over the months since his course. This is a great example of Presence because, like most of us, Chip is no GQ model, yet the response he is able to create with Ami is more than what a lot of GQ models could actually pull off.



From a guy's perspective, it may be hard to understand that looks aren't that important, but for women, Presence truly is far more significant.

(If you're unsure about any of this information, I suggest you let a woman you trust read this training manual and see what she has to say.)

Here are some of the phrases Ami used:

- That was really fun
- Noticed you way back there
- Came with a lot of Presence
- Felt a mounting curiosity
- Gaze is so steady
- Body feels connected in a way that mine felt really relaxed

However, while Chip's approach was solid, he got stuck when he stood there before her. Ami and Marc both notice that Chip is largely up in his head. The solution is for him to get into his body.

Marc makes a really good catch when he notices that Chip tends to get into his body and then snap right back into his head.

Marc:

"You've got a lot of energy down there and you put a cap on it. The challenge is to stay down (in your body) with the breath. Stay down in your balls. Just breathe. You're a fucking alpha male in the jungle, survival mode, and you're just you. There are no apologies. There's no need for anything, you're just you and here you are. You're Present. Just relax into that too, you don't have to hold yourself a certain way because you're just here."

When a man gets into his body, he can experience a feeling of rawness. The trick is to maintain that feeling. When men do this, women feel it and respond to it.



Marc leads Chip through a physical resistance and breathing process. Without the context of what is really going on here, a lot of guys would probably feel a little intimidated by a process like this. There is a vulnerable edge to this because you are accessing a very authentic state.

Let's think about it this way: take the movies "Fight Club" or "300." Imagine the guys in those movies doing this kind of exercise. Can you visualize the degree to which those (urban) warriors would take on an exercise like this? **It would be really intense.** And as simple as this little exercise is, they would probably fucking love it.

When you do this work, you are tapping into your masculine power, and that's what women want. As Chip approaches for the second time, you have to watch closely to see the subtleness in the shift, but whether **you** can see it or not is irrelevant, because Ami can.



Ami:

"I don't know what they did, but this time your curiosity felt like it came with... Wait, I'm not going to interpret, I just like being here right now. I feel more 'me' right now. I felt a lot less attention on getting anything right. I had a desire in the first round to ask you what you were desiring and when you walked up this time that was the first thing I got - 'There's some desire in that man!' And it felt very relieving, very unattached. I didn't feel like I was something to consume."

Nice work, Chip.

CHAPTER 23: POD #4: BEING RIGHT WITH YOUR DESIRE

Here is Jason approaching Ami and Shelly. Jason asked, *"What was your experience when I came up to you?"* And Ami replied, *"Your curiosity right now feels really nice."*

Now, we could have given that question to a hundred different guys and Ami probably would have had a hundred different experiences of how it felt. That's because it's not about the words. What Ami is responding to is not Jason's words, but how he is being - where he is coming from internally when he asks that question.

Ami's experience was that he actually cared about *her* experience and was open to feedback about it.



Shelly's experience of Jason's approach was that it actually closed her heart. In other words, she felt herself close down in Jason's Presence because he was bringing something that felt a little unsafe to her. She sensed that he wanted something sexual and she could feel his desire, but didn't feel that he was connected to his heart.

This language may seem flowery or feminine, but look deeper than that.

There is a very subtle, yet tangible experience that a man creates for a woman when he is aware of what he is feeling, and is connected to his own body. Women will tell us in subtle or not so subtle ways where they feel disconnected from us. If we are wise enough to listen, we are taking the "keys to the kingdom" that they are offering us.

And here's the kicker: there is no other way to truly gain access to the kingdom, i.e. to have a woman fall in love with you or feel incredibly attracted to you. You cannot force or fake your way in. Even if your game is good enough to create emotional reactions from her, it won't last because you cannot maintain what is not real.

Men who have done a lot of this work find a powerful balance between their full masculine Presence and their authentic vulnerable openness. This definitely does not mean putting women on a pedestal or being supplicating in any way.

Although Ami didn't mind that Jason had a sexual vibe, like Shelly, she didn't feel that it particularly opened her heart.

Ami:

"For me, an attraction is a full thing. A man can create that response in my body, but I'm not going to go farther with a man if he doesn't create that in my heart too."

Here is an analogy to help you understand it better:

Imagine a flower that has its basic needs met; it has soil and water. If that flower is bathed in sunlight, it will thrive.

If that flower is cut off from the light of the sun, it will begin to wither.

If there is a period of dark and the petals wither, they will re-awaken when touched by the light of the sun.

Consider that a woman is like a flower. She is naturally drawn to the light of the sun, which, for her, is feeling a man in his heart. Just like a flower in the sun, this causes a chemical reaction in her body where she instantly brightens and becomes more alive.

It was exactly at this point - when Jason felt his heart - that Shelly suddenly exclaimed:



***"Oh, I just suddenly felt your heart again! And I can see a glistening in your eyes!
Oh! Thank you!"***

Why would Shelly say thank you?

Shelly had an experience of relief and joy because she suddenly felt (like the flower) as if she gained access to *the very thing that gives her life*. It has a huge impact when a man lets a woman feel his heart. This is a massively important concept to understand, whether you are approaching a woman for the very first time or you have been in a relationship for years.

You don't have to be in love with a woman to do this. It comes first from Presence, and second from Appreciation (which we cover in depth in our next DVD, [The Power of Appreciation](#)).

Now, this doesn't mean that in order to have a successful interaction with a woman you need to be in this place . . . but what if you were?

As the camera turns to Jason you can see that his eyes are red and glistening.

Let's talk about this. Is Jason a total ninny who spends most of his time wishfully thinking about women and never gets invited on cool hunting trips with the other guys?

Actually, the opposite is true. Jason is an AMP graduate and one of the most solid men in our community. Since he completed AMP, his relationships with men have become more real and his experiences with women rival the pages of Penthouse Forum.

As they continue to talk, Ami mentions how excited she is for Jason to take his Presence to the next level. Shelly agrees and then something really great happens.

Ami says (about Shelly):

"Look at her nose crinkle."

Jason:

"Her whole face is red. That's great. There's just this little part on your temple that isn't red and that's it."

You probably know by now that Ami doesn't hide her feelings. If you can, forward the DVD to the very last clear image before the flash frame.

Now, watch the video and notice for yourself the way Ami turns and looks at Shelly.

It's a look of amazement.



In The Power of Appreciation we teach a concept called "speaking the moment," which Jason expertly employs here.

We teach men to be so Present with women that they can describe "in the moment" aspects of the women as they interact with them. It's not easy to let go of all the thoughts that constantly bombard us in order to be fully aware of the person in front of us. This is an exceptionally rare and valuable gift to any woman. It is a treat for a woman to get such a clear experience of a man this aware and in his power.

Jerry:

"This is a man who got to an edge and opened up to the most vulnerable place with the women, but he didn't lose any of his solidity."

Jason:

"I got totally served in that. It was something they said just at the very end, which was that unifying or being right with both my heart's desire and my sexual desire at the same time has been missing for me. So I can bring one or the other, but I don't consistently bring both at the same time. And that's the going in and out of being Present with them that they were pointing to."

ADDENDUM

At the end of Jason's pod, the camera kept rolling while a participant asked Ami and Shelly a question about feedback from women.

Shelly:

"You will find that when women give you feedback, you will hear the same feedback from many different women."

Ami:


"And you get irritated. You hit that part in the relationship that says, 'Oh, it's the same thing again, women are all like that.' Wherever you have 'women are all like that,' it might be 'I do this repeatedly with women. And I create the same scenario over and over and over.'"

Interesting stuff, huh?

Foundations of Inner Game I: The Power of Presence

Training Manual for DVD 3

Ok guys, here we are, back for part three. One of the best ways to learn something is through repetition. So let's knock the railroad spike a little deeper into that tree stump, shall we?

<p>OUTER GAME</p>  <p>INNER GAME</p>	<p>So in DVD 1 we covered the Celtic tree of life and how outer game and Inner Game intrinsically work together. Just like a real tree, the health and the life of this living organism comes from its roots. As Bryan says, <i>"If you're coming from the top down, it's gonna feel like a lot of work."</i></p> <p>Let's think about why it would take a lot of work. Say you're a shy guy and you start learning outer game techniques in order to become more confident with women. First of all, way to go! You are taking action in your life and going for what you want, and that alone will bring you some results.</p>
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Solid From The Inside Out

If you want to feel comfortable in your own skin - balanced, playful, and real - and have women recognize that quality in you from across the room and feel instantly attracted to you because of it, then what you really want is to be **solid from the inside out**. It will take you much longer to get to that place if you're working exclusively on your outer game, and it may never happen at all.

Why? Because outer game is a surface skill. It's damn near impossible to take a physical pose (body language, for example) and have it change who you *really* are at a deep core level. Yes, some guys may eventually get there using the top-down approach, but there is a much faster, more enjoyable, and natural route.

Another problem with the top-down approach is that, until it eventually changes who you are on the inside, which might never happen, it may seem like you are expending a lot of effort or being fake. Guys who use a lot of outer game techniques which aren't really congruent with who they are often appear like they are "posturing" (acting, mimicking, posing).

The AMP Holarchy is a 5-stage training model that can help you achieve anything that you would hope to get through the study of outer game. And once you have a solid connection and understanding of each level, outer game is not even necessary. It's just icing on the cake.

A lot of it will simply arise naturally as the outward expression of your Inner Game.

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The Holarchy: Diagnose Your Sticking Points



As Decker says, *"This model is a diagnostic (tool)."* You can look at anything that goes wrong (or right) in your interaction with a woman and use the Holarchy to pinpoint exactly why it happened and how you can be more aware of it next time.

In DVD 2 you learned how you can cultivate your Presence to create more attraction with women. The process, as Bryan says, *"is about excavating more of who you are."*

When most men are attracted to a woman, whether they've studied outer game or not, we tend to throw on the protective sheet of "cool," or the insulating coat of "nice guy," or the "I couldn't care less" shield. Guys put these layers on top of who they really are to keep themselves from being vulnerable, seen and potentially hurt.

Vulnerability Takes Courage

What takes strength and courage? An obvious example is a soldier risking his life in battle. But take that same guy, put him in front of a woman and ask him to make himself emotionally vulnerable - will he still be just as strong? That takes a completely different kind of courage. Women know this and they can instantly sense when a man's got it. And I have yet to meet a woman who doesn't melt in the presence of it.

This is as authentic as it gets and this is as alpha as it gets. (In Foundations of Inner Game IV: The Power of Wholeness, you'll learn more about that.)

In this DVD, you'll start to learn the first steps to get you there by learning about how your natural masculine Presence interacts with her femininity to create what we call **magnetic attraction**.

CHAPTER 24: PRESENCE: 3RD POSITION

Creating Polarity With Women: Like Peanut Butter and Jelly, Baby

The 3rd position of Presence includes seeing the actual dynamic of attraction between two people. It's beyond just finding someone of the opposite sex aesthetically beautiful - "Wow, you're hot." It's also referred to as polarity; like two opposite electrical charges, positive and negative, yin and yang, peanut butter and jelly, cookies and milk.

It is two different energies that complement each other, creating an upward spiral where the masculine empowers the feminine, which empowers the masculine, which further empowers the feminine, and so on.

The best way to understand it is to imagine yourself in a kitchen. (Even if you don't like p.b. & j., just roll with this example.) You're in the kitchen and you're making a sandwich and you get some bread and you get some peanut butter. You spread the peanut butter on the bread and then you decide that it needs something else. So you look through the fridge and the cupboards and you find a few different things.

What's gonna be the perfect match here? Peanut butter and butter? *No.* Peanut butter and salsa? *Definitely not.* Peanut butter and marmalade? *Closer, but still no.*

Are you starting to see that there is a chemistry you get to create here? But it only happens by first accepting that what you've already got on your sandwich is peanut butter and nothing in the kitchen (or the world) is gonna change that.

No science, pill, smooth talking, fancy clothes, courses, or coaching that you can get will change who she is.

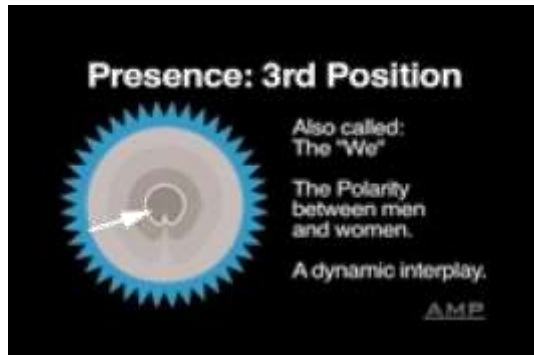
What you **can** do is find the perfect complement within yourself (jelly) to her particular flavor (peanut butter) in that moment and watch how she suddenly opens right up - like the perfect chemistry.

(Much more on this in Foundations of Inner Game II: The Power of Appreciation. Get it here:

<http://www.authenticmanprogram.com/POA>.

Sparks begin to fly when you have polarity between a man and a woman. This is something that happens naturally once you learn to feel what polarity is like.

Polarity In Action



Let's take a quick look at how polarity is created, as feminine radiance draws forth a man's masculine Presence. You're at dinner with your girlfriend or wife and there is another woman there who is being extremely feminine - expressive, giggling, making lots of facial expressions, and batting her eyes. It's not just an idea: "Oh, she's feminine, I'm gonna look at her."

You can actually experience, in those moments, a tangible pull that you can't help but feel. Even if you're being good because you know you'll get in trouble if you look, there is a part of you that is pulled in this woman's direction. The more expressive she gets, the more difficult it is to not look over there. Why? Because your Presence is naturally attracted to her radiance.

On the flip side - good news, our Presence is naturally ATTRACTIVE to her radiance.

The Flirtatious Female Cop – Hapless Victim of Polarity



Decker talks about one of his clients, a female police officer. She was a highly masculine woman who would regularly arrest men and put them in the back of her cruiser as part of her job. When she had a man in her custody that was extremely in his masculine, she would start "batting her eyes, blushing, kinda flirting, and polarizing into her feminine." Even though the man may have been a dangerous criminal, it was irrelevant. She was having an involuntary response to that much masculine Presence; it automatically polarized her into extreme femininity.

Her radiance brings out our Presence

AND

Our Presence brings out her radiance.

This is Polarity.

Bryan gives a great example of a moment from DVD 1. As Ami talks about a man she had an encounter with who was extremely Present, notice how she becomes more and more radiant. In fact, even though Bryan says her experience happened several weeks before this recording, we actually found out later that it was closer to several months. And yet, it still lights her up like it happened ten minutes ago.



Notice how much brighter, energetic, feminine, flowing and happy Ami becomes as she recalls the feelings she experienced - how she polarizes into her feminine.



Notice how engaged all the men are in shot of the audience. Can you feel why? This is that upward spiral we're talking about. Our Presence draws out her radiance, which draws out our Presence.

In the next clip Ami recalls a man who approached her with a serious lack of Presence. She remembers that experience just as well but she definitely doesn't enjoy talking about it.

Notice the difference in Ami as she talks about her experience of a man with Presence and a man with a lack of Presence. The difference is pretty dramatic.



Ami makes a massively important comment here:

"There is a way I know myself and I know my femininity at its sort of neutral, 'I am by myself' space. And when I am around a man who is deeply open to his Presence and his polarity and his masculinity, I just notice where my femininity gets, as Bryan was saying, just gets a little bit out of hand in a way that I enjoy. Because the space is such that I can trust that I can get that way."

This is why Presence is so much more important than how you look, what you say, or what your body language is. Once you cultivate that deep connectedness to your own Presence, women will begin to experience what Ami is talking about with **you**.

Ami goes on to share the opposite side of the experience:

"If the masculinity feels not so polarized, I start taking charge and I can get really bossy and I can get really analytical and I can tell you what we should all be doing and I hate that state in my body."

CHAPTER 25: PRESENCE DEMO: VICTOR



The exercise that Victor is about to experience is more than just a game. The woman says a color and Victor's job is to echo it back to the point where it seems as if they are speaking at the same time. Doing this well involves being extremely Present with a woman. While it may not seem like such a big deal now, when you see the response this creates in Kendra in a few minutes you'll see the value of this.

Decker:

"I want you to get that color the exact moment that she is saying it. As close as you can get it without getting tight or trying too hard, just by virtue of you being right there with her. Let that game be what motivates you to tune in with her even more."

Victor already notices that he feels much more in sync and in harmony with Kendra, and Kendra speaks to feeling a "a tangible space that's just us."

Decker:

"If you can create that kind of bubble on a date it's like the whole restaurant doesn't exist - it's just you two. The whole world fades away except for you and her. And the next level to get even more of a spark is to include all of yourself, including any 'turn-on' you can feel. If she was making love with you, there's a place where you're 'adoring' and you're not fully 'claiming her,'" he tells Victor.



Decker gives his own example of how he does this. First, notice Decker's Presence as he simply says, "come here" and "begin." There is nothing commanding about it, but it still carries a significant weight. Again, while he is not *commanding* her, he is fully claiming her.

Furthermore, notice that he is allowing himself to experience a bold sense of being turned on by Kendra, while maintaining a solid Presence that is so keenly aware of both of them that he can speak the words she is saying at the exact same time. Not a small task, and yet this can be learned faster than you might think.

Women In The Vicinity Can Get Turned On By Polarity

After the second "orange" you can hear Ami cooing in the background as she is feeling the increasing polarity between Decker and Kendra. It's another great example of women being drawn to masculine Presence even if they are not the focus of the Presence.



Victor catches on quickly and after a just a few colors he drops into sync so deeply with Kendra that she is actually “blown out” by the unexpected impact of the connection that she confuses colors with numbers!

You can’t do it exactly the way that Decker or Victor did and expect to get the same results. You’ve got to pay attention to your own way of closing down your full Presence with women so that you can feel into your way of opening up your full Presence with women.

CHAPTER 26: DEPTH VS. BREADTH

So how do you use this on a date or in public?

Decker:

"It's a lot of fun to go out in public and even approach a group of women and say, 'hey, y'all wanna play a game?' I've never had them say no. You can even get them to play games with each other. But every time you go out, you're gonna start to feel that dynamic where your attention, Presence is drawn and as soon as you feel it you can practice dropping in, feeling your feet on the ground, getting more still. The moment I do that I have people suddenly really noticing me, or women going toward the bathroom and knocking into me. All kinds of crazy stuff starts to happen."

Decker talks about the classic "short attention span party girl." She is someone you're drawn to and yet you can't even get a word in before her attention is drawn elsewhere. She's all over the place.

Decker:

"My experience of that, in a bar, in relationships, in communities, if a woman gets used to no depth... If what she's wanting is Presence and she's getting no depth (deep connectedness), over and over again... If it's shallow... she'll start to look for breadth (horizontal fulfillment). So if she doesn't feel profoundly connected with you, she's going to start looking for connection horizontally by connecting with everyone in the entire place in hopes of feeling a deeper connection for a moment."

Short attention span party girls are the way they are because they do not experience a lot of men with depth. You can actually start bringing depth and if you do it right, it's like a vortex that sucks them in. Decker has experienced women who tell him they feel like they can't look away from him, like they are in a tractor beam.

Kendra adds an important perspective to this. Even though all women have the tendency to test men, Kendra notices that if she tests a man and his Presence remains solid and intact, her desire to challenge him tends to go away and almost feels silly.

Would You Scold a Cat for Meowing?

Women are highly emotional creatures, and as men, we'd often prefer it if they could just be a little more logical. That's not to say there aren't women who are, but the point is that it is the sensitivity of their emotions that allows them to be so beautifully radiant.

Even though a lot of men are intimidated, angered, frustrated or resigned when it comes to the emotional tendencies of women, this is what makes them women and we couldn't have the women that we love so much without it. If we know how to ride that wave, we can often bring them back to themselves at their most beautifully radiant, and this is where most women desire to be.

When women get caught up in their emotions, men often have the tendency to make them wrong for it. This is like scolding a cat for meowing. There is no point in getting frustrated; it's just how they express themselves.

What most men don't realize is that if they simply stay fully Present with women when they are feeling a lot of emotions, women will feel the comfort to go through their emotional process and come back to their full radiant selves, and have you to thank for it.

Men who can stay Present through a woman's range of emotions are highly desirable.

So, can you mess this up? Sure, you can mess pretty much anything up. This is a learning process and whether you've already spent time learning about outer game techniques or not, you've probably got lots of great crash and burn stories as it is.

This is no different - there is no magic pill, sorry. Like anything else, this work will take some practice. But the good news is that you'll be practicing things that will take you closer to the kind of life you want to have and not further from it. So do yourself a favor and get involved in our online forum. The value you'll get in terms of connections, support, authentic wingmen, and knowledge is priceless.

You Can't Force Presence



One of the most common mistakes guys make is to try and force their Presence. Forcing Presence can make women feel like you've got bulging eyes that are hyper-aware of everything. It's tiring for you and often makes her feel kinda weird.

There is a learning process to anything and everything you take on. We've all got great stories of where we're riding it like a pro surfer and stories where we ate it, big time. If you have a few face plants, don't worry, it's all part of the big picture.

Remember, the best way to learn Presence is by learning what Presence is not. Any time you crash and burn, you can refer to the AMP Holarchy and see exactly what you were missing. Every blowout is a great next step on the path to understanding and cultivating your own Presence.

Being Present is an experience where you tap into a state of being relaxed, settled, and fully here.. That is the kind of Presence that invites women's self-expression.

Kendra highlights one of the most interesting aspects of polarity.

Polarity Can Be Uncomfortable

Kendra:

“There’s something that feels really good about Polarity, but it has this slight quality of discomfort to it. And as willing as you are to be with that discomfort, she’ll be able to be with it.”

It basically comes down to learning to enjoy that discomfort.

When I was younger I used to hate feeling sore from sports or working out. But as I got older, there was something about feeling sore that actually felt really good, like I was more alive and really using my body. Now, when I haven’t worked out in a while, I start to miss the soreness and the solidity that I feel when I have really worked hard.

While you may experience discomfort with the intensity of polarity, you can learn to love it, miss it, and even seek it out in your interactions with women.

CHAPTER 27: PRESENCE DEMO: PAUL

Decker starts off by sharing a really personal example about creating Polarity with a lover.

Decker asks Paul to unhook his thumbs from his pockets. If you're in a social situation and you don't know what to do with your hands, it's a sign that you're not Present. When you're fully Present in your body and in the moment, you'll find that your hands naturally become engaged in your conversation or just hang comfortably.

Even standing there with Ami is uncomfortable for Paul. Right away Decker acknowledges that Paul has a "niceness, that's a little constraining and managed."

Kendra interjects - what she feels in her body is an "ache and a longing" to have Paul "be with" her.

When a woman is interacting with a man who is so shutdown that she cannot feel his Presence, she may feel a sense of loss. She may also feel sadness, anger, frustration or annoyance. Ultimately, what all of these things come down to is the woman wanting to fully feel a man's Presence.



Countless men have grown up afraid of fully bringing their Presence because they fear it will be rejected. In order to try to stop that from happening, they often create layers between who they are (the roots of the tree) and how they show up.

These layers prevent women from actually feeling these men.

When men get negative feedback from women about this, they often use it as more evidence for why they should keep their true Presence repressed.

Do you see the irony of this?

The very thing we are protecting is the very thing women want.

Both Kendra and Ami are feeling the depth of Paul's layers of protection, and they are "aching and longing" to truly feel the real Paul, rather than the emotional guards he has put in place to keep himself safe.

Paul is no exception. We all do this to one degree or another.

For women, the experience of interacting with a man who has layers of emotional guards over his real self can be like walking into a giant house and trying to have a conversation with a person who is all the way at the back of the house. Women may feel frustration, anger or loneliness because the Presence they are interacting with is so distant.

Here's the kicker. Just as they are wrapping up:

Decker says, "Do you have any questions?" Paul responds: "I can't think of anything."

Now go back and carefully watch the moment after Paul says this. In fact, go ahead and pause the DVD and look at the expressions on both Decker's and Ami's faces. What do you see?



Paul's true self expression just came right to the surface. For the first time in this pod, his real emotions and his expression were in alignment. Up to that moment, Ami had been looking quite somber around Paul because she felt his Presence was so far removed from her.

Now, Decker and Ami **are both literally beaming with love for Paul.**

Why? Because even though Paul's Presence carries a deep sadness, he is finally allowing himself to be seen, and as a result, Decker and Ami feel a connection.

What's next for Paul is to cultivate his ability to access this sadness without collapsing into it as he is currently doing. From that place his interactions with women have the potential to go far beyond what he may have ever imagined was possible.

Great work, Paul.

CHAPTER 28: SEX AND POLARITY

Decker wraps up his thoughts for Paul by acknowledging that there is more work to be done here. But as you can clearly see, the benefits of this for him and for any man go far beyond just memorizing a new line or buying her flowers.



Kendra states that it takes way more energy to hold our true selves back than it does to be ourselves. But because we are scared to do so, we waste huge amounts of energy constricting our authentic selves from coming forth. Conversely, the more you let yourself come out of your shell, the more enjoyable your interactions and your life become.

Decker:

"Ideally, you guys are gonna find a place where you desire to be Present to your own experience because you actually give a shit about yourself, woman or no woman. The degree to which you do so is the degree to which you'll be showing up more anywhere you go in your life. And then there's a lot of fun to be had. The dynamic this creates and makes available is really juicy, really beautiful... and sex, flirting, all of that, is never the same again. Tune into the advanced course for more on that."

Kendra:

"My experience of having a partner who can be Present in those arenas and in the sexual arena is that it's beyond anything that I ever imagined. And it's the kind of relationship where I want to give everything to that man."

CHAPTER 29: PRESENCE KILLERS

One of the easiest ways to kill Presence is by trying to make something happen instead of just allowing things to unfold naturally. For example, when you are interacting with a woman, if you are trying to be Present in order to have her like you more (as opposed to just being Present), that can kill Presence.

There are two other common ways that guys really kill their Presence when they approach a woman. When you think about it, it should be the most natural thing in the world to just go up to a woman you are very attracted to and meet her. Yet, for some reason just the concept (perhaps even in reading this sentence) sends jolts of fear into the hearts of many men. It can be terrifying.

Interestingly, as previously mentioned, guys who have done a lot of yoga or martial arts training seem to take to this work more easily than other men. What that these guys have done, often without even realizing it, is cultivated the ability to be with a lot of sensation without collapsing into it or freaking out about it.

How We Get Blown Out By Women #1: Distraction

It is easy to get blown out by too much sensation. When a woman is putting out a lot of feminine juju, many guys feel as if their circuits get overloaded and every brilliant thing they could have, should have, definitely would have said felt a million miles away.

Presence is ultimately a practice of learning to be with more sensation. The two primary ways that we prevent ourselves from experiencing this sensation are Distraction and Contraction.

Distraction is where you'll do some repetitive motion that serves as an unconscious diversion from feeling overwhelmed by the sensations you're experiencing.

All of these are ways of distracting yourself:

- Tapping your foot
- Fidgeting
- Looking around
- Talking really fast

It's a way of "masturbating" your energy off because you either can't or don't want to hold it.

The Bad News: *Women will often feel what it is that you're not willing to feel.*

The Good News: *By feeling it fully, you create more Presence and attraction.*

If you did the exercise of drumming on your thighs while sitting in an uncomfortable position, then you saw how doing a repetitive motion/rhythm really does distract you. If you're doing it to avoid feeling something, she's going to feel it instead and it will result in less attraction between you.



How do you distract yourself from the intensity of what you're feeling in the presence of women?

Exercise: Take a moment and reflect on a few interactions you've had with women in the past where you were distracted. How did you distract yourself? Were you talking non-stop? Constantly moving? Peeling the label of your beer bottle? It can be even more subtle than these examples. What can you recall?

How We Get Blown Out By Women #2: Contraction

Contraction means creating tension somewhere in your body in order to avoid uncomfortable feelings. Some guys have been holding that tightness in their body for so long that they don't even realize that it is not that way for everyone.

This exercise really nails what happens with contraction. As you press your knuckles together and keep the tension going you'll start to notice that you begin to "numb out."



Consider that we do this on an internal and unconscious level. Our insides literally tighten up and it chokes off our creativity. When we are relaxed and at ease, our creativity flows naturally in a damn joyful way.

Where in your body do you contract around women?

Exercise: Take a moment to reflect on past interactions you've had with women. Or, imagine a situation that would normally be stressful for you. Where are you holding tension in your body? This is where you squelch attraction.

CHAPTER 30: POD WORK: CREATION RELAXATION AND DEPTH

Benedict's pod is being facilitated by John.

MEET THE AMP FACILITATOR: JOHN

A common statement that John hears from women is, "Wow, you're a guy who really knows who he is and what he wants."

John says, *"I feel there is such an easeful and relaxing way of being when I'm not being anyone but myself. There's way less self-consciousness and inhibition and much more playfulness and spontaneity."*

After 7 years in high-tech project management and marketing, John moved from Vancouver to pursue his passion in a graduate program of body/mind psychology.

Sandhya's feedback for Benedict is that his gaze is very direct, intense, and piercing. And while she liked his intensity on one level, she also felt as if it was too much. Her response is a perfect example of what happens when we try to do Presence.

Sandhya:

*"You were so intensely connecting with me that it was almost too strong (with the rapidness of your response). I wanted to bring a sort of playful element. You were so intensely connecting with **me** that it was like a part of **you** went bye-bye. I wanted that sort of live-spark to be Present in the space as well."*



John notices that Benedict is an "in your body kind of guy," yet when he interacts with Sandhya all of his Presence goes from his body to his head as he focuses on doing it right. This constricts Benedict's natural flow of being with Sandhya. John offers an exercise to get him more into his body and out of his head.

As the camera moves downward, you can see that this exercise allows Benedict to tense almost every major muscle in his body, and afterwards, he is instantly more Present in his body.

Now Sandhya feels Benedict more. *"You're less in your head; more spacious, open, and relaxed ...which I felt gave me more room to play in. There was still some of the abruptness in your response, but with more play and ease and being in the moment...and I was able to play more in that."*



Benedict:

"I felt my entire body. I felt like I wasn't trancing out and I was like, 'Oh, we're in the moment, like I'm right here and you're right there.'"

John:

"You had a couple flash moments there where you realized 'Oh, I'm not actually staying connected.' That's what actually invited her, when you were opening more to what was happening in your own body... she felt more connected to you."

CHAPTER 30: CREATING THE BUBBLE

Here Jason is working with Shelly again. From the beginning he is really Present with her.



Shelly asks Jason to drop his chin a little bit. At first he doesn't really get why but as he does this he instantly realizes how it completely changes her experience. Looking at this from 2nd position (Shelly's experience), Jason completely understands that the way he was holding his chin gave him an air of defying Shelly or looking down his nose at her.

Jason seems sincerely grateful for this feedback. He may have been doing this unconscious action for decades and now that he is aware of it, it doesn't have to limit his interactions with other women as it did with Shelly. Again, while this may have been just Shelly's experience, we have found that, often, different women will consistently have the same experience of a man.

If you want to get a real understanding of the unconscious actions you consistently do that limit your interactions with women and you'd like to get the kind of insightful feedback from women that you see these guys getting, consider taking the Authentic Man Program Intensive:

<http://www.AuthenticManProgram.com/Course>

Notice how just a subtle change in how we are being powerfully changes women's experience of us?

Because Jason is doing so well, Shelly challenges him with some pretty obscure colors during the exercise they do. Notice her response after the exercise is complete:

Shelly:

"It was fun. It was playful and joyful for me and very connected. And I felt you go with me in my wild musings of chartreuse and gold."

The difference between Benedict's pod and Jason's pod is that Benedict started off trying to do it right, while Jason started off without an attachment to doing it right, he was simply enjoying the process. The results speak for themselves.

This doesn't mean that you have to be reciting numbers or colors with a woman in order to feel connected. This is simply an exercise to get you into a mindset where you can be Present and let the experience between the two of you unfold naturally.

Presence creates the kind of interactions with a woman where you could finish her word, sentence, or thought, because you are so connected to her. By now, you can probably understand the degree to which that will impact her and how she feels about you.

Exercise: Try this exercise with a woman in your life so you can experience getting into that state yourself. Once you've got it down, you can take this way of being into your other interactions with women. Keep in mind that you can always take this exercise to a deeper level.

CHAPTER 32: TRYING TO FORCE PRESENCE



Shelly:

"I noticed this really sweet connection at the beginning and then as I was speaking the numbers, your voice was so low and quiet that I wanted more energy. I started feeling some fire rising in my belly a little bit and my own power coming out and wanting to be met in that. I feel a lack in this area (circles her hand over his solar plexus), and a real sweet tenderness in your heart. I really enjoyed that."

Jason:

"I noticed a lot of times as you were saying numbers, your eyebrows were kind of going up and it felt like there was a lot of thinking and a lot of trying to get it right going on. It felt like you were trapped up here (in your head) and maybe not really connected to everything that was going on. And again, it felt like two people in separate spaces lobbing back and forth instead of dropping in and sort of sharing that space with her."

Wolfe:

"Interesting. I felt very invited too."

Shelly and Wolfe try it again. Unfortunately, the tape ended before we could finish the recording of this pod, but we felt that it was valuable to include it nonetheless.

Wolfe was sincerely giving his best - he's a great guy and happens to have exceptional outer game skills. And yet, this is another example of how, without the ability to drop into deep connection, our relationships can only be so fulfilling.

CHAPTER 33: MAINTAINING CONNECTION

Amjad is really connected with Shelly in this exercise.

Shelly:

"I noticed that you dropped in really quickly to saying it almost with me. And I felt really connected to you and then you faltered once in saying the right number. And I felt a disconnect happen (from you)."

Amjad:

"I'm surprised by how quickly I dropped in and I got excited about it and happy and that's why I faltered."

Jason:

"That's what Decker was talking about earlier... you started noticing, 'Oh, I'm getting really Present now!'"

Amjad:

"Exactly, I became too aware of my Presence."



Remember, there is nothing in this world like Presence – just like there is nothing in this world like water - and therefore it has its own qualities. Its qualities are so simple and so pure that if you just add one other element to it, it is no longer *really* water. Just as if you add another element to Presence, it is no longer *really* Presence.

It can only exist in its most pure and simple form. And just like water gives life, Presence is what gives life to connecting with others. As soon as you start thinking about being Present, you are no longer Present. I know it's very subtle, but the more you work with this, the more you'll get it. Hey, if you can learn to ride a bike, you can do this.

When Shelly and Amjad finish this next round, notice what happens the moment they finish. Do you see them continue to silently enjoy their connection?

Jason:

"What did you notice, Shelly?"

Shelly:

"I dunno, I'm just feeling connected right now. Am I supposed to say words?"

Jason:

"I think that's a very good sign!"

CHAPTER 34: FINAL THOUGHTS

Decker shares his final thoughts on “The Power of Presence” with the audience.

Decker: *“I just want to acknowledge that the work that men are doing around having the kind of relating they want with women, for many of you, almost more than I even expected, it’s not JUST about trying to get laid, it’s not JUST about an ego boost with women.*

You all feel intuitively that there’s something much deeper at stake here, where women are an opportunity for you to see a place where you’re not being fully yourself, where there’s an opportunity for you to get more in touch with who you really are. And bring that in a way that has more love in your life, more love in the life of everyone you interact with. Stay tuned for Foundations of Inner Game II: The Power of Appreciation. Thank you.”



***** Addendum *****

Where It All Goes From Here

Thanks for being on the first leg of this journey. I truly hope that it has given you insights and realizations that will bring a new level of richness to your life. In our courses, sometimes guys who have experience in outer game will often ask, “Will this fuck up my game?”

The answer is, “Yes, it may fuck up your game... **the same way that taking the training wheels off your first bike will fuck up your balance... for a little while.**”

The question for you is this. After discovering an entirely new level of balance and the freedom of life beyond training wheels... do you really think you’ll want to go back?

As you know, this is first level of the 5-stage training model. The next level is The Power of Appreciation, and after that, The Power of Integrity.

Everything that you’ve just learned transitions directly into what is to come.

With Presence alone, you can create Attraction, but Attraction is fleeting. It is appreciation that cements relationships and moves interactions forward.

Congratulations on taking your first step down the path.....

In The Power of Appreciation, it's ALL ABOUT CONNECTION.

- Have you experienced the frustration of having women flake on you? It's because you need to feel *an emotional connection that you can't fake*. We show you how to create deep, profound, emotional connections that will be imprinted in her memory, and have her wanting more and more of you
- How to artfully and effortlessly navigate a woman's tests. (This is absolutely critical for moving things forward with her.)
- She'll feel so safe to open up and fully express herself that your sex life will go through the **roof**.
- Have you ever felt the anxiety from not knowing what to say, or how to keep a conversation going? No more. We show you how to access your natural curiosity to tap into **a never-ending source of engaging dialogue** that will have you going deeper and deeper together...
- We'll share a special method for Deep Listening that will set you apart from the other men.

And that's just the tip of the iceberg!

GLOSSARY

Gettin' in there: Deeply investigating the issues that hold you back.

Grounded: When you feel centered and solid. Women can feel when a man is in this state. It feels much safer and comfortable for them and can create intense turn on.

In your body: When a man is fully grounded, he is in his body. He feels much clearer and powerful to those around him, as opposed to feeling foggy, unaware and in his head.

Nothing to get: Not needing anything outside of yourself in order for you to feel whole or complete.

Open: The experience of feeling relaxed and allowing others to show up however they are, without judgment, criticism, or pushing them away. The result of being open is that it often has other people around you to feel comfortable, safe, turned on or welcoming towards you.

Own your sadness: To fully experience one's sadness without collapsing.

Pickup artist (PUA): A man who has studied social dynamics for the purpose of being more successful with women, and chooses to be known among his peers for that success.

Pickup community: A community of men who have studied and developed the art of social dynamics with women.

Radiant: When a woman is fully in her feminine, or a man in his masculine. It doesn't always mean that that a person is feeling happy - someone can be sad, angry, loving, fearful or turned on, and still be incredibly radiant.

Show up: How a person acts, but in a bigger way. At its simplest, how we show up is how other people experience us. Think about other people in your life. People can show up in different ways, such as - contrived, solid, subtly defensive, super friendly, needy, or welcoming. (Most people are totally unaware of how they show up.) How we show up is not something that we can see for ourselves, only other people can tell us (reflect back to us) how we show up. We need other people to objectively share with us how we show up in order to get an accurate understanding of how the world experiences us. When it comes to being able to see our true selves, the only real mirror is other people.

Shutdown: The opposite of openness. It is very subtle, and yet it will dramatically change everything in your interactions. It's when you feel yourself closing off to another person. It is often accompanied by feelings or thoughts of judgment, anxiety, criticism or insecurity. There is usually a sensation in the body that can be felt when you close down. You can learn to develop your awareness of this feeling and use it to open back up. When you are in this state of being shut down, other people will often feel that you're not open to considering any other way of being or relating with the world around you.

Vibe: The feeling that other people get from us - "That guy has a really welcoming vibe." It can also be the feeling we get being in a particular place - "That bar has kind of a dark vibe to it."