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Crash Course *on* Masculine Power

**What Naturals Know about Attracting
Women that Pick-Up Artists Don't**

Jay Julio

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**What Naturals Know About Attracting
Women That Pick-Up Artists Don't**

by Jay Julio

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Crash Course on Masculine Power

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Part 1:

A Different Approach

“Why be a Pick-Up Artist when you can be a Natural?” I ask time and time again.

Before I reveal the principles and exercises to do just that, let me share the honest confession of a woman when describing what her experience was like to come into contact with a man who displayed “Masculine Power”.

Here's what she says:

“Very occasionally I have found myself intensely affected by the mere presence of a particular man – so intensely affected that it has taken every ounce of self-control to appear unmoved.

“The effect is extreme, both physically and psychologically. Primal. Overwhelming. It feels as though the man has godlike power – the power of a man; masculine power. You feel totally held by this power. The desire to be taken by the man is so intense that it is frightening.

“It can be difficult to breathe, or difficult to remain standing, let alone maintain a conversation. Bone dry mouth, zero appetite,

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heart all over the place, the fear that you might faint, shaking like a leaf, body positively screaming to be taken, a reckless willingness and primal desire to do whatever that man wants.

"The masculine power of the man – you feel that power with every fiber of your being. Melting in a white-hot inferno of desire, out of your senses, so far out of control psychologically that you can't even imagine being in control, totally in his power.

"You feel owned by the man, totally his, totally submissive."

Physically and psychologically overwhelmed by just his presence? His affect was so intense that it made it difficult for her to breathe and remain standing? Feeling his power with every fiber of her being?

It felt as if he had a godlike power?

And all this without him even saying a single word and perhaps without even looking at her?

What is this power?

And more importantly, how can you develop it in yourself?

The Secret of Masculine Power

First...

Developing Masculine Power has NOTHING to do with women.

It has nothing to do with doing the "right thing".

It has nothing to do with techniques, tricks, or gimmicks.

In fact, it really has nothing to do with picking-up or attracting women.

No!

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That's just an effect or a BENEFIT you receive after developing it.

See, it's really about freeing and then directing your mind and how it relates to "the world" and every other mind you come into contact with, which naturally includes women.

This is about living. I mean, really living and experiencing your life by absorbing as much from every moment as possible.

Simply, it's about learning to "be".

What that means is developing your mind and learning to guide your thoughts so that you experience your life at a heightened 'state of consciousness', which registers with women as Masculine Power.

This may, at first, sound metaphysical or "woo-woo", but I assure you, by the time you're done reading, you'll recognize it as practical on every level.

Now, when you learn to "be" — or to live, to exist, to move through the world — within this state of Masculine Power, women automatically and naturally gravitate to the energy you create around yourself.

You don't have to actively do anything like using silly routines, patterns, pickup lines, etc.

It's passive as far as the effort you have to put into it for the purpose of affecting a woman; she just has to come into your presence and she'll naturally key into your 'vibe'.

Here's the basic tools and principles on how it works:

The Nature of the Great Unfoldment

Before you can develop your Masculine Power, the very first thing you have to acknowledge and understand is the Nature of the Great Unfoldment and what your connection is with it.

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The Great Unfoldment is the scene or action that's happening or "unfolding" before you during every moment of your waking life.

It's the 'outside world' of ongoing events that your senses perceive.

And whether you recognize it yet or not, your presence plays a part and alters the way in which the scene unfolds. Your presence influences everyone that you come into contact with the moment you enter their awareness.

This is happening all the time and it has been happening for your entire life.

And once you begin to understand how you currently influence the Unfoldment, you also begin to notice other ways you are capable of influencing it.

But let's leave the philosophy out of it as much as possible. Let's stick to the practical applications on how to develop the power to influence the Unfoldment in such a way that it unfolds according to your design.

So let's cut straight to the practical tools and the abilities you need to develop before you can effectively do that.

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Part 2:

The Tools of Masculine Power

In Western culture, it seems the majority of people have no true concept of what power really is. Often, they mistake it for wealth, political influence, high status, dominance, having others "submit" to them, etc.

But if none of these things, what is true power?

The real meaning of power is this:

Having the ability to influence the Unfoldment in such a way that it conforms to your intentions or desires. Some would call this "creating your own reality".

To fully understand what that means, let's define each tool you need and then I'll share an illustration, revealing how they work in unity:

Awareness

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Awareness is the scope of how much of the Unfoldment you are able to perceive at any given moment. Visually, this includes it's "width", "height", and "depth" — or the panorama.

Receptivity

Receptivity is the ability to stay fully connected to the Unfoldment during each and every moment. A high receptivity means there are little to no gaps of "going inside" that cancel or blank out the "stream" of the Unfoldment that your senses are registering.

Attention

Attention is the portion of your awareness of the Unfoldment that you consider to be the most interesting, important, or relevant. It may be divided between both fields (focus and periphery) or it may be given completely to either one.

Focus

Focus is the foreground field of your attention as it relates to your awareness of the Unfoldment. It's what your eyes are directly focusing on.

Periphery

Periphery is the background field of your attention as it relates to your awareness of the Unfoldment. It's what you notice without having to focus directly on it: movements, shapes, colors, and especially intentions or non-verbal cues.

A Shift

A Shift is an act of moving or "shifting" attention from one subject or object to another, either with your focused awareness, your peripheral awareness, or from one to the other.

A Blank

A Blank is a "break" in receptivity; an unconscious response to not knowing how to act or react. During that moment, all your attention goes "inside" and the connection to the "outside" is severed

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so that the "stream" is no longer received. Often, it takes the form of things like a stutter, an um, nervous laughter, averted eyes, "freezing-up", a vacant stare, etc.

A Tag

A tag is a subject or object that you've consciously given your peripheral attention to. Most times, it's something you plan to eventually shift into your focused attention.

A Recognition

A (sexual) Recognition is the mutual understanding or acknowledgement of attraction made through eye contact where you and a woman both realize each other as sexual beings.

Masculine Power (or Character)

Masculine Power is the ability to use these tools to influence the Unfoldment while and as it's unfolding in the direction that you silently intend for it to play out. When functioning, people sense a strong "aura" about you. It shines through in the ease of your movements and it radiates in the music of your voice.

The key to Masculine Power lies in the quality of your receptivity. Without blanking, sexual recognition becomes inevitable when your eyes connect with a woman. But naturally, doing this well involves the use of the other tools.

Essentially, these are the tools of a hunter, fighter, or warrior. But don't we all know that the greatest warriors tend to be the most desirable lovers?

There's a reason for that.

So Let's Put the Picture Together

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Now that the tools have been laid out, let me put them together using a "bird's eye view" example so you can see how they all work together...

Say you walk out of a building onto a semi-populated street.

You tune your RECEPTIVITY onto the Unfoldment by expanding your AWARENESS to take in as much of the extended environment or panorama as possible with a divided ATTENTION.

This means:

Some of your attention is given to your FOCUS; you see the cars parked along the street. Meanwhile at the very same time, perhaps more than half of your attention is given to your PERIPHERY; you notice: an old man to your right walking in your direction, a "tough guy" strutting down the sidewalk on the other side of the street, a few other people too far off and not worth giving any real amount of attention to yet... and a possible hot babe to your left — which is great because that's the way you're turning.

As you start to walk down the sidewalk, the chick is walking in your direction a block away. Perhaps you lessen the attention you give to your focus so you can give more attention to your periphery; you TAG the possible babe. But you don't look directly at her; you just make sure that your focus is still receptive as you continue to look straight ahead, perhaps at a billboard.

By giving enough peripheral attention to the babe, you notice the exact moment you come into her awareness and how she responds. It's subtle, but you get the message. And since your focus is receptive (it's continuing to receive the stream of the Unfoldment), she continues looking at you.

You notice this all within your purposely directed peripheral awareness.

She may not be aware that you're aware that she's looking, but she notices that you are focused. In other words, there are no blanks in your receptivity.

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Still looking at the billboard while noticing her looking at you in your periphery, you decide she's close enough to give her more of your attention so you now consciously or deliberately SHIFT your focus directly onto her and look her in the eye.

Essentially, you've just replaced your peripheral attention with your focused attention.

She's still too far away to see her eye clearly, but you notice she recognizes that she's in your focus. (It really is amazing how far away we can notice these subtle things!)

As you draw closer, you continue making eye contact and she continues to hold it, so you decrease your peripheral awareness, to give more focused attention to her.

During the entire Unfoldment, what you're looking for is RECOGNITION; that moment when she knows without a doubt that you're looking at her and you know she's looking at you.

And since you've been fully receptive during the entire time since you entered her awareness, at recognition, you see the sexual spark.

And yes, she is a total babe! This doesn't get you frantically excited, however. You just continue looking, in awe of how much you like what you see.

She's about 10 seconds away from you now and you've already communicated something more powerful to her than you could have in 20 minutes of conversation after using a cold approach.

9 - 8 - 7 - 6 - 5 - 4 - 3 seconds away.

Still maintaining eye contact, you say: "Hi."

"HI!!!" she says enthusiastically.

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Now, Look at the Same Scene without Masculine Power

The exact same scene is originally unfolding...

You walk out of the building, but this time you're BLANKING, thinking about how you should have paid your bills yesterday. You're not giving any attention to your environment.

In fact, you're distracted by your inner thoughts and worries.

Your eyes are defocused and you look at the sidewalk as you mentally calculate your bills in your head.

Suddenly something grabs your attention...

You instantly look up, snapping your head back. It's a hot babe and she's 20 seconds away from you. "Wow, she's hot! I should talk to her. But should I use Routine A or Routine B? No, not Routine B. And Routine A is better for coffee shops. So how should I demonstrate higher value? Maybe I should neg her." you think.

But this line of thinking is just a form of blanking. Your receptivity is already fragmenting.

So as you chatter away with yourself inside your head, you're still unconsciously looking at her. But you snap out of it when you suddenly realize she's 10 seconds away and looking at you too!

Instantly, you BLANK by quickly looking down in hopes that she didn't notice. Of course, she did. But you're too busy thinking to even notice it. "I'll go with a neg," you finally decide.

Then, when she's 3 seconds away, you look back up and say, "Hey! I like your shoes. I think my grandma has a pair just like them."

She just rolls her eyes and keeps walking. Meanwhile you were COMPLETELY unaware of what really went down, so you conclude, "That neg doesn't work! It was the neg's fault. I just need to learn a better opener."

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Part 3:

Registering On Women's Radars

What's the difference here?

In the first case, from the moment she noticed you to the moment you were face to face, her interest and curiosity were building.

It was ON the entire time just because you were receptive, receiving a seamless stream of the Unfoldment.

And in the second case, the moment you blanked — even though it was at a distance — it registered with her and she wrote you off right then and there.

It was already OVER before you even came into earshot!

Truly, success or failure (especially in street situations) begins long, LONG before you "open".

Now, let me ask you this:

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Have you ever seen a submarine movie?

You know, they have those circular radars that, when another submarine comes into a certain range, a red light representing it moves along beeping as it flashes?

Well, women really do have radars for men much like this.

Guys who exhibit Masculine Power show up on it flashing very brightly, others flash dimly, while the majority don't even register at all — they're like small fish, and fish don't register on submarine radars.

Only powerful vessels do.

And what determines how you register on women's radars is in direct proportion to your quality of receptivity!

There are a few things I've observed about women. I might even say that I KNOW them to be true based upon direct experience:

- 1) They notice very, VERY quickly how a man directs his attention fields.
- 2) They are immediately interested in a man who has great receptivity.
- 3) They instantly write-off a guy who lets blanks form in his receptivity, especially the sooner and more frequently they appear in relation to his awareness of her presence.
- 4) They are highly attracted to a man who they know has them in his peripheral attention but is slow or deliberate to move them into his focused attention.
- 5) They understand that a man who directs his attention fields will generally be aware of what she's feeling and more receptive to how she's really responding internally at any given time. I think that's what women really mean when they say they want a "sensitive" guy. "Tuned-in" would be a better word for it.

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Now, remember the woman describing the man with Masculine Power in the beginning quote as being "godlike"?

Why was that?

First, what is God?

Don't we often view God as a creator?

And if you look at the first illustration above, isn't it quite clear that being fully receptive to the Unfoldment IS creating? It's creating and molding your reality through the use of unwavering receptivity and directed attention.

In a sense, you create or guide the Unfoldment with the raw material of the scene, which includes the woman being "totally held by your power" of attention.

Having said that, let's finally move onto the HOW TO, the principles and exercises...

The Principles of Masculine Power

Let me just make it clear that I'm talking specifically about social environments here.

Naturally, if you're vegging out, watching TV and there's no real need or reason to be alert or aware of your environment, relax.

But if you're going to a social environment or even just going out to the grocery store or something, here's what you want to keep in mind:

1) Be Aware of Both Attention Fields

Wherever you go, find a focus point directly in front of you. Don't stare into space or jump your attention all over the place. Fix your focus on an object in the distance. At the very same time, notice

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what's unfolding in the environment surrounding you through your peripheral awareness.

As you look straight in front of you, take as much care that your receptivity is unbroken and no blanks appear.

See, if you're distracted and not really focusing on anything in particular or you're shifting your attention all over the place, the moment someone enters your awareness, the tendency is generally to blank and quickly and unconsciously shift your attention onto them.

Not good. Chances are they'll pick it up and in their mind, you are paranoid or at best, untactful.

2) Notice the Moment Women "Unfold"

This means noticing women's presence from the very moment it's possible to be aware of them — without necessarily shifting your focus directly onto them.

Of course, if they unfold close to your focus point, that's okay. Just make sure the shift of attention isn't abrupt or intrusive.

The thing is, if you're distracted, someone can unfold long before they enter your conscious awareness. For example, take the extreme case of looking at the sidewalk as you walk.

A woman will have been aware of your presence and even have observed you for a while long before you notice her. In fact, she'll already have gotten a good read on you, which won't be favorable if it took you that long to become aware of her.

And the longer it takes for you to notice a woman, the greater the amount of your power to influence the Unfoldment you sacrifice.

3) Notice the Moment Women Focus On You

No matter how great a distance, if you notice a woman focuses on you, you can establish eye contact without coming off "weird"... like you may if YOU initiated it from the same distance.

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Usually the only time this is going to happen is if you two are the only ones in an open environment. Of course, there are exceptions.

Most times, it's best to give her some attention in your peripheral awareness as you draw closer until you notice she moves you into her focus. Then that's the ideal time to shift her into your focused awareness by looking her in the eye.

When you make eye contact, your receptivity must be seamless. If you blank at any time like looking away, nervously shifting, or staring, she will notice and it's over.

But if you remain receptive to her eye throughout the Unfoldment, you'll experience a recognition.

Then a few things could happen:

She may break the eye contact. In which case, continue looking to see if she looks back. If she does, wait for the second recognition, which should be sexual, before you break the silence.

Or she may continue looking and holding the eye contact. If she does, ideally, wait for her to break the silence. If she's got the courage to "stare you down" without breaking the silence, she's highly sexual. So let her show you some more. Otherwise, if it becomes uncomfortable or the moment's going to pass, break it yourself with a "Hi!"

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Part 4:

The Applications: Developing the Skills

Obviously, timing plays a huge role. And the only way to get the timing "right" is to break the process down by developing the various tools individually.

It's a natural process, which means once you stop blanking, the timing will be self-evident. You won't have to think about it. After all, thinking about it or hesitating just takes your attention off of the Unfoldment and closes your awareness so you can no longer recognize the appropriate moments.

See, the problems are never with the eye contact.

Eye contact problems usually seem to be due to something before the eyes meet. Sometimes, a long time before that moment even presents itself, as you may have recognized in the earlier illustrations.

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It's really a matter of ironing out the blanks from your receptivity the moment a woman enters your aware. That's why learning to divide and focus your attention is needed.

So here's the practical exercises which will help you develop the skills you need, one step at a time...

Exercise #1: Cultivating Seamless Receptivity

Stand or sit in front of a mirror, just a few inches away from it.

Then pick your right eye and look at it. Look at the colors and shapes in the iris and then look directly into your pupil.

It's important that you do this without blinking.

Remember, the entire point of this exercise is to build-up your ability of seamless receptivity, which means that you stop yourself from blanking.

It can be helpful to imagine that the person in the mirror (you, obviously) is going to attack you and you want to be prepared for that moment. If you blink or blank, you just gave your opponent the opportunity to make his killer blow.

Now, what you want to do is be receptive for as long as you can. Obviously, in the beginning, you're going to blank and perhaps feel the urge to look away. Yes, this can feel a little weird and uncomfortable at first.

But guess what?

That's also the feeling you're likely sending to women when you look them in the eye. You want to eliminate that by continuing with this exercise until it becomes easy, effortlessly, and you feel completely comfortable doing it.

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Exercise #2: Taking in Both Attention Fields Simultaneously

Go for a walk, preferably somewhere where you're less likely to pass people, as that may distract you.

As you're walking, look straight ahead as far as you can and focus on an object in the distance, like a house.

Next, at the same time, give your peripheral attention to an object several yards ahead of you, off to the side, like a tree or something.

What you want to do is follow the tree with your peripheral attention WHILE continuing to focus on the distant house with your focused attention. After you pass the tree, simply give your peripheral attention to another one ahead of you.

Depending on the sun, you can also use your shadow too.

Practice this until it becomes easy to "turn it on" whenever you want.

Next, try to include another object on the other side of your peripheral awareness. This means you'll still be focusing forward on the house, but you'll have two different trees on both sides that your peripheral attention is receiving as you pass them by.

Two is enough, but you can keep adding objects. The more you can take in, the more people you will be able to include in your peripheral awareness at the same time, like when you walk into a coffee shop for example or even sitting in a group setting.

Exercise #3: Dividing Attention Between Both Fields

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Find a calm place, with an environment preferably distanced from loud city noises, where birds (or any group of animals) congregate.

Sit down or stand so the birds are in your general panorama.

Next, look for some landmark on the horizon or something to focus on in the distance.

When you pick one, focus on it.

While continuing to focus on the object you selected, expand your peripheral awareness so you tag or include the entire flock of birds in your peripheral awareness.

Now, start noticing whenever a bird makes any major movements, commotions, or flies away. Basically, you give your peripheral attention to what's most noticeable the moment it unfolds while you maintain your focus on the object.

As soon as you responded to it, check whether or not you sacrificed your focused attention in order to give your peripheral attention enough space to receive what you tagged?

Work at it until you can remain focused on an object and easily notice all movement in your peripheral awareness, without blanking or "going inside" to juggle these two back and forth.

If you commute or do highway driving, that's a great place to practice this as well... as long as there's not too much stimulation (or things happening) in your periphery.

Exercise #4: Noticing Responses in Your Periphery

Like in the last two exercises, find a focus somewhere in front of you as you walk. But this time, instead of trees or objects, you give your peripheral attention to everyone that passes you.

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A semi-busy mall or a populated street is a great place to practice.

If you've become good at Exercise #2 and Exercise #3, you'll now be able to observe how women (people) respond to your presence as if you were looking directly at them, but using your peripheral awareness ONLY.

They shouldn't be able to know for sure that you're attention is on them unless you react to something they do without shifting them into your focused attention (which actually has it's uses).

The point is not to look at them or make eye contact.

No, the entire point of this exercise is to see how good you can get at staying focused and reading someone's response using your periphery attention...

WITHOUT responding to them.

The urge is to look or think about looking (which may cause you to feel slightly panicked). But it is exactly THAT impulse you want to find and eliminate or get control over!

That's key!

So don't even think about making eye contact with a woman passing you by until you notice that all apprehension and anxiety have vanished completely.

Then you'll be truly ready. This, of course, is the most difficult step to take.

Exercise #5: Keying-In to Sexual Recognition

Chances are, if you've followed each exercise and developed your skill, sometime during the phase when you're practicing Exercise #4, you'll likely start cueing-in to the very subtle movements or

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intentions women make the moment they notice you come into their awareness or proximity INSTEAD of feeling anxious.

This exercise is an extension of the last one.

The transition will happen naturally when your skill reaches a certain point, when you STOP even thinking about what you should do. And instead, your mind (or attention) is focused on receiving the Unfoldment ONLY.

So when you can start noticing women responding to you in your peripheral awareness, you know you're on the right track.

I won't go too deep into the psychology right now. But let's face it, women love fighters. Perhaps it goes back to their need for male protection before we became civilized.

And fighters have highly developed receptivities and attention fields. After all, they wouldn't last long if they didn't.

Now, most guys, when they first see a woman, aren't in that focused state perceived as Masculine Power — if ever. In fact, they're responding to the woman by getting nervous and blanking by "going inside".

They're thinking about what they're going to do or they're feeling nervous because they don't know what they're going to do instead of remaining receptive... and NOT thinking.

So when you remain receptive and divide your attention, women are going to notice that immediately and look at you.

You're going to notice this in your periphery. And when you do, shift your focused attention onto their left eye (the right side one from your perspective), making sure your receptivity is seamless.

Look for recognition. If you didn't blank, you should notice a "sexual light" in their eye.

When you see that "sexual glint" in their eye, raise a glass because that moment will be your graduation!

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For when you reach this skill level, you'll fully realize the reason WHY it truly doesn't matter what you actually say. What's really important is remaining connected to the Unfoldment from the moment a woman notices you.

There's no better way to "demonstrate higher value" than to remain receptive to the Unfoldment.

And the longer you can remain receptive after the silence is broken, the further and faster things will progress.

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