VIDEO 4

Surrender: The Missing Piece That Makes Her Come Hard

TRANSCRIPT



ORGASMS

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Alex: All right, so we've covered arousal and stimulation and I've given you a bunch of different ways to do it and, of course, as I said they are mutually potentiating, meaning the more you get her aroused, the more stimulated she's getting. Also you're stimulating her B-spot, her brain, and the more you stimulate her, the more it arouses her, and this builds and builds and builds.

Before I go on to surrender, let's go back to these questions really briefly…

Why are some women only able to have orgasms with a man that they deeply trust?

Well the answer is that that some women really feel like surrender is impossible with somebody who she's not super comfortable with.

Why do some women have much more powerful orgasms only when they cheat or when they're with a complete stranger, but when they're with a guy who really means something, who they're in love with or they think they could be in love with, who they've been dating for a long time and then they finally get together for that first time and have sex why can't she surrender with him, but she could with that one-night stand?

Why is that? Can you wrap your brain around why there's more at stake there, why it might be uncomfortable for her to let go in front of this guy that she likes more because she's afraid of his judgment? She's afraid of being less than perfect in front of him. She's afraid that she might blow it or she might make a weird face or weird fluids will come out and she'll smell bad, and she's worried about all the things that could go wrong.

She's so invested that it's harder… or it's her husband who she's been with for a long time and she's been sensitive to all of his criticism from all other areas, from the kitchen to the bedroom, every man is guilty of this with his wife. We're guilty of it with all the people we're closest to. We're far more critical of those we love than strangers and so she has reason to believe that surrender with you is dangerous.

Why is it that some women can only have orgasms alone while masturbating?

Well it's the same thing. They can't really surrender in front of anybody else.

Why is it some women never have orgasms at all?

Surrender is just plain hard for them because on some level they're a bit of a control freak. They really feel like they need to manage everything or shit could go wrong. Everything will go sideways if I'm not in control…

And they're not really sure what's at the other end of that arousal.

While mentally part of them is saying this arousal is good, I want more, I want more… part of them is freaked out by it, and that part of them that is freaked out by it, which may be deeply subconscious, is putting on the brakes. While she's pushing the gas, it's putting on the brakes.

Let's get into surrender…

A couple of ways that surrender can happen, one is through sexual trust, which again is a deep, deep part of the Revolutionary Sex book. I go pretty deeply into sexual trust.

Unattachment, which if you have any friends that are Buddhists they can talk to you for a long time about unattachment. Unattachment means not having high stakes in the outcome.

Overwhelm is another way to cause surrender. If a woman is overwhelmed by enough stimulation and arousal eventually surrender becomes moot because she completely loses it. She has to surrender.

Then feminine receptiveness, which again goes back to this idea of sexual polarity, where as a man you're leading and as she becomes more and more in her feminine space, in other words the more masculine you show up for her, and she begins to get more and more into the feminine space you're leading and she's being led, and then surrender happens very, very naturally because it becomes part of the dance that you're doing.

She's becoming more and more receptive to whatever it is you're doing and she's following and being led, and eventually you can lead her right through surrender and into orgasm.

Let's get into the how to. If there's anything in this whole thing that's difficult for men it's this, and it's not because it's difficult, it's just that it's hard to wrap you brain around, but once you have that ah-ha moment, once you get what I'm talking about here, and I'm hoping these “how to’s" will unlock that for you, this is really the easiest part in many ways. It can happen in a mere split second.

Sexual trust, here's how you do sexual trust, here's the doingness of it…

First of all, it's really about being unshakable in the bedroom. Now, when I say in the bedroom I mean with sex, right? I'm being like a PG movie here. I mean being unshakable about sex. You're not phased by it, you're cool with it, you get it, you're okay with it, and then she can trust your sexuality.

It begins with a zero judgment zone. The more you judge a woman, the more she's going to suspect you might judge her sexually. Obviously, the place were you really want to have zero judgments is in the space of sex happening, whether that's the bedroom or the kitchen counter, I don't know, but while you're in that sexual state anything you judge, even in a subtle way, she will detect and sexual trust will pop, but just know that all of those other judgments throughout the day also will effect this and particularly around her feminine. I see I have a little typo here, but total acceptance and acceptance of her feminine. I mean really acceptance, super duper acceptance. Acceptance and acceptance of her feminine.

This is really, really key and men blow this. By the way, women blow this all the time with men too. It's one of the biggest reasons why men begin to lose interest over time in their wife or the woman that they live with is because in some subtle way she's rejecting his masculine and so he doesn't really feel like being masculine when she's around.

Same thing… In some way, some subtle way without even realizing it, you can show some lack of acceptance or judgment for her feminine and then she's not going to want to bring that out around you and when she doesn't bring that out around you she's not going to feel sexual trust because sexual trust is all about her trusting that you can handle her feminine sexuality.

Feminine is a sexual adjective. It doesn't refer to her color or her height, right it refers to her sex.

Let's say you're out dancing and she's had a couple of drinks and you feel like she's maybe being a little wilder than you'd like and so you get out on the dance floor and she starts grinding her ass against you a little bit. You've got some friends there, it's a little embarrassing, you don't want your woman acting like that and you say something to her.

You've really blown it sexual-trust-wise. Now you may feel like, well I had to, I was embarrassed, or you may be the kind of guy that's like yeah my woman is grinding, this is great. Different men are going to have a different feelingness for what's acceptable and what isn't. Just know that any time she's in her feminine, like if she's dancing wild and it doesn't even have to be sexually, she could just be dancing wild, you have some judgment of her being wild like that her feelingness of that is "you can't handle my feminine."

She's not thinking that rationally. This is an animal part of her that's feeling that, and you're blowing sexual trust. You really need to watch that stuff and learn to appreciate her feminine. This is 1000 times more true during sex itself. You have to come to an acceptance and even an appreciation for the full range of her sexual expression during sex.

If you think she's making a funny noise while she's getting aroused and she gets that you think that, like you either say it out loud because you're a super-douche or she just picks up on it because of that emotional state resonance, sexual trust is blown. The really important piece of sexual trust is that she trusts you to find her feminine sexuality acceptable and not just acceptable, but hopefully beautiful, delicious, yummy, right?

Dealing with your own sexual shame is a big one for sexual trust because if you have shame around sex, how on earth is she going to bring her sex to you?

Now, the problem is some of us have some sexual shame. Most of us have some level of sexual shame so you could be really good at hiding it and that's probably a pretty good step, I mean that wouldn't suck… but obviously much better is not to be hiding it, but to just really be powerfully on display that sexual shame doesn't impact you.

There's 2 ways of doing that.

One is accepting all of the things that you're ashamed of, and not being ashamed of them anymore. Doing the work that it takes to not be ashamed of them.

Again, I have other programs where I go a lot more into how you deal with your sexual shame, but essentially speaking them out loud is a really good start, saying okay there's this weird thing that I'm into, here's what it is. Maybe start with a friend or a bartender, and work your way up to your woman— but to the degree that you can accept what's true about yourself sexually you will have less sexual shame.

The other thing is what I call alchemy, which is turning lead into gold, right, which is feeling your sexual shame come up and then instead of going “oh no sexual shame, must run!” letting yourself experience it, letting yourself feel it, and then feeling that way, which can be a turn on, like it's in there. It's in there for all humans and if you can feel your sexual shame without flinching, in other words, yes you feel shame, but you don't flinch away from it, that is very, very powerful stuff and it will build massive sexual trust.

A man who can do that gives women powerful orgasms for real.

Sexual confidence… On the one level it could be about competence and skills. When you really feel like I know exactly how to give her the most incredible sexual experience of her life, that sense of sexual confidence makes her feel sexual trust, like I can trust this guy with my sexuality.

Competence and skills is, if you’ve gone through a bunch of my products, you know you can give women effortless orgasms and that gives you competence and skills and that leads to sexual confidence. That's one way to do it. There's another piece, which is self trust, and if you don't have self trust, all the competence and skills in the world won't help you. You can know every technique in the book, but if you have a feelingness that you're not enough you don't have sexual confidence.

On the other hand, you might not have a whole lot of competence and skills, but you just really believe in yourself, you just think, “I'm the shit,” and that will give you the sexual confidence. The self trust is really the thing you need, usually the competence and the skills are what bring you to self trust.

Again, if you want to know a whole lot more about self trust take a look at Passionate Lover, Passionate Life. That program is largely around that aspect of sexuality.

We also have unattachment. This is another path to surrender.

Okay, so what's at stake? What's at stake? What is it that we'd be attached to? It's what's at stake that makes it difficult for a woman to surrender (assuming it is difficult for her).

What's at stake for you? Why is it important to you that she has an orgasm? Is it so you feel like a man? so you can feel like she won't cheat on you because you're doing a good job? what's at stake for you?

Why is it important to her that she has an orgasm? Because you'll be disappointed and she'll have to deal with that? Or she'll feel broken and weird, like she really wants to cum and she can't figure it out? It's like it's freaking her out… What's at stake?

Well, if there's something at stake then you're attached, so the answer to that is you've got to get rid of what's at stake and find acceptance in the moment, enjoying what is in the moment.

Instead of focusing on the outcome of orgasm, if you can get to accepting exactly what's happening and get rid of what's at stake, become unattached completely to the outcome of orgasm, surrender is then automatic.

It's really about being present and enjoying what is in the moment, what is happening, great arousal, delicious sex, the feeling of her body, her feeling your body, this beautiful exchange of intimacy and pleasure that is just sexual arousal and just intercourse… Just going down on her, just enjoying that, enjoying her going down on you, just enjoying what's happening without any attachment to how it's going to end.

Surrender becomes automatic if you can do that.

Here's the deal, there may be a lot at stake for her and you can use emotional state resonance powerfully, powerfully to demonstrate to her what it looks like to have nothing at stake.

In other words, if you're unattached and you really don't care one way or the other if she has an orgasm, you really can get to the that point where you're really just, “hey forget the orgasm, I like touching you, I like you touching me, let's just be here,” and she can feel that that is what's true through emotional state resonance. It allows her to go, ah and let go of attachment, which is surrender.

Again, if you could get any one of these things you can get all of it.

Overwhelm, again just overwhelming her senses with arousal. This is going to take passion. This is going to take passion. It's going to take, again, a little of our friend ESR. When you're passionate and she feels that passion through emotional state resonance, it's overwhelming because passion is whatever you're feeling, in this case probably sexual arousal and turn on at a very, very high level.

It's strong feeling, strong feeling, and it can be overwhelming for her. Then, really what you want to do is just open the floodgates of arousal and stimulation, just bringing arousal and stimulation to such a high level, with so much passion, that she's simply overwhelmed into surrender and to do this you're going to have to edge into your highest arousal state and lose yourself in it for long enough that she’ll lose herself.

Lose yourself in it for long enough that she'll lose herself, which leads to powerful orgasm.

Now it might occur to you, if you're a man, there's no problem with this Alex. If I lose myself for long enough in my highest arousal state I'm going to cum.

Again, a couple ways around this, one is to practice non-ejaculatory orgasm like I teach in Command & Control, which allows you to actually have orgasms, and this is the most powerful way I know to overwhelm her.

Now what she's experiencing in that emotional state resonance is actual orgasm. It's really hard for her not to have an orgasm while you're having an orgasm. Really, really hard for her not to experience an orgasm. It's very overwhelming for her.

The other way to do it, by the way, is to lose yourself for long enough, and powerfully enough, and passionately enough in your highest arousal state while not stimulating yourself at all. In other words losing yourself in going down on her.

One of the things that really separates men in terms of being really good at oral sex, being really good at going down on a woman, is the passion you bring, you're enjoyment of it. A man that really loves it and is willing to be passionate about it, she's going to feel that. She's going to feel that, and that is some powerful stuff.

That's overwhelm.

Feminine receptivity is probably the easiest by the way, probably the easiest, if you're comfortable with your masculinity and that gender role stuff.

This feminine receptivity is her inviting the masculine to drive her surrender for her. You take the wheel. I'm trusting you to take the wheel. You drive my surrender, then I don't have to surrender because you're going to take care of that shit for me. It wasn't my fault.

Leading and arousal. During the course of creating more and more arousal you continue this leading. You're driving her further and further into her feminine state, which she's going to love, which is more and more arousing for her, but it also increases her receptivity to you driving her surrender. Letting her please you, letting her please you, this is something that's hard for a lot of men because it's really about her compliance and obedience.

Obedience doesn't sound like something we as modern men do. “What do you mean she's going to be obedient?”

A lot of women are like, “what do you mean I'm going to be obedient?! Yeah, Alex what do you mean by that? I'm not just going to have compliance and obedience!”

Well, this is in a sexual context, this is a really strong reward for a woman in her feminine state. When she feels like she has pleased you, complied for you, like when you want her to do something during oral sex or when you want her to really do anything during sex at all that turns you on, like open your legs wider so I can get in deeper, or anything like that, and then she gets to do what you say, you are pleased by that.

You're like, “yes, mmm that feels good.”

That's a huge reward that brings her more and more into her feminine state.

When this compliance-obedience reward begins to happen it becomes easier and easier to continue leading her ... I just talked about this whole bullet, which is, is it okay to tell her what to do? Is it okay to tell a woman what to do and expect obedience? Is that okay with you? Is that okay in our modern world? Is that anti-feminism?

I don't think it is. By the way I consider myself a feminist. My definition of feminism, which is the original definition of it, is that men and women are of equal value, but they are certainly not the same thing, right?

It's easy to see that men and women are different. They're not equal. They're not the same thing. They're just of equal value, but we do things differently and we have different sex roles, clearly have different sex roles. Women carry babies to term and we just merely supply the seed. We are really insignificant in this act compared to the amazing miracles that they perform.

This part of procreation, this is how masculine and feminine interact. Assuming control as a gift. What I mean by this is that when you take control, when you assume control, for perfect clarity, I should say taking control is a gift. When you take control over her surrender it is a gift, it is a gift. Let me tell you, one of the things that David Deida talks about in “The Way Of The Superior Man,” and he's the guy that invented this whole idea of sexual polarity…

(He didn't invent it obviously, nature invented it, but he's the guy who invented the term sexual “sexual polarity,”) and he said, you know when you say to your woman, so honey do you want Chinese or Italian tonight? And she's like oh I don't care whatever you want honey, then you're like, no I don't care whatever you want…

You are just sexual repelling her. You are disgusting her. She doesn't want to make the decision.

It is a burden for her. It is gift to her when you say hey I'm thinking Italian tonight! And then if she says, oh yeah great Italian— great. But if she says, oh I'm not in the mood for Italian, like, okay you know what, how about Chinese?

What you're doing is, you're leading. You're assuming control and that is a gift to your woman because it allows her to relax, relax into her feminine.

When you take the wheel of her arousal it's like you're her chauffeur. She gets to relax into her feminine and then just guiding her through the door. The rest is just guiding her through the door and guiding her through the door could be verbal.

You assume control, she's giving control, and then you can say, “hey baby come for me now.” Just like that it works 50% of the time. Works 100% of the time if you’ve done all the rest of the work.

It could also be without any words, nonverbal, she can feel your intention of bringing her through in the way in which you're touching her and holding her, but just guiding her through the door.

This is so simple if you're okay with telling her what to do and you're creating this polarity. You can walk almost any woman through the door of surrender with virtually no problem and it's fast and it's easy, but it does take a certain amount of that other stuff, sexual trust, self trust, and all that stuff.

That in a nutshell ... there's a lot of information I just gave. What I want you to know is: The information is options.

You don't need all of it. You don't need all of it, you just need stimulation, arousal, surrender. Boom.

If you're having any difficulty whatsoever bringing your woman to orgasm it's going to be 1 of those 3 things. It's going to be 1 of those 3 things and it's going to be really easy to figure out which one it is.

Stimulation doesn't work before arousal. Once arousal's working stimulation will continue to increase arousal. If she's really, really turned on and she's having a ball, she's really aroused, and she's not having an orgasm, then surrender is the rest of it.

If she's not getting aroused enough to even look for surrender then look at the colors you can paint with because it's really not hard, it's really not hard. Remember that emotional state resonance and it’s super easy.

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