



# FOUNDATIONS OF INNER GAME III

## THE POWER OF INTEGRITY: INSPIRING HER TRUST

### \*\*\*HOW TO GET THE MOST OUT OF THIS MANUAL\*\*\*

Welcome to the training manual for the Foundations of Inner Game III: Power of Integrity.

We've designed this manual as a supplement to the DVDs. In it, we'll provide you with exercises and information that will help you integrate the material and tie it to the specifics of YOUR life circumstances.

As you have probably noticed, our work is very experiential, more so than most. So the more you can get interactive with this stuff, the deeper your integration is going to be! Our intention and desire is that you actually **ENGAGE WITH THIS MATERIAL so that it can directly impact your life.**

Our recommendation is that you print out this Training Manual, read it along with the Videos, and actually **do the exercises** in this program as you go.

## Introduction

Dear Friend,

Garrison here.

To be completely honest, it wasn't until I started to really understand Integrity that the first two foundations of Inner Game (Presence and Appreciation) really came together.

I'd long considered myself a man of particularly high Integrity. I always did what I said I'd do, I was highly accountable, responsible, punctual, etc... Growing up, my father even had a little note posted to one of his filing cabinets with this motto:

**"Don't Tell Me. Show Me."**

I lived according to that motto, so I thought I had Integrity covered.

But after spending a significant amount of time doing this work, I started to notice some cracks in the veneer... particularly with women.

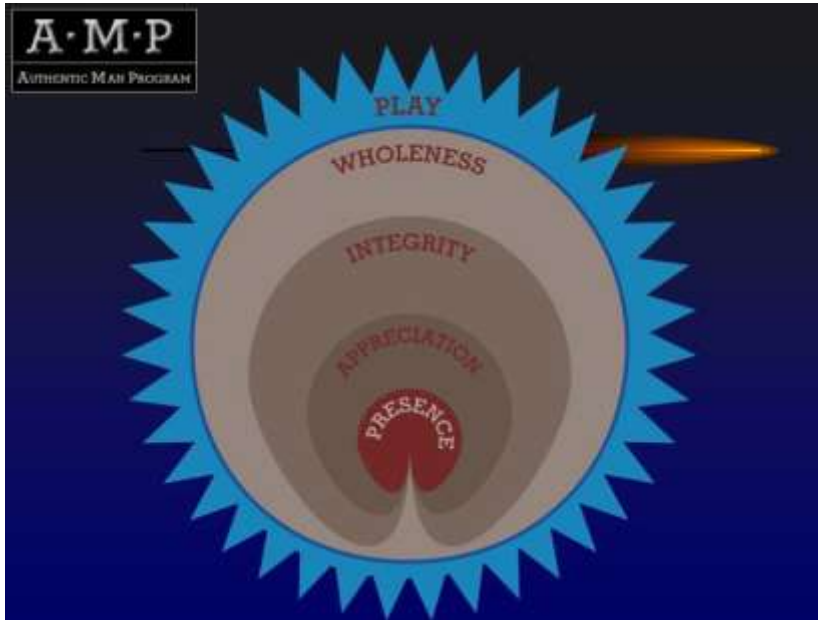
***"If I had so much Integrity, how come I knew what I really wanted with her and yet still wasn't asking for it?"***

Coming from my old point of view, I didn't think there was anything all that sexy about Integrity. Man, has that changed. In fact, now I see Integrity as **the single biggest piece** in creating some of the sexiest, wild and exciting experiences of my life - especially with women that I've just met.

In this training manual I'll be going through each chapter of the DVD's and giving you the simple "Here's The Deal" breakdown of what we're talking about. I'll also give you some exercises so you can start develop a new level of Integrity in your own life.

**Actually doing the exercises that we recommend is the best way to ensure that you get real value from this product.**

## Here is a brief review of the AMP Holarchy:



**Presence** is first, followed by **Appreciation**, followed by **Integrity**.

They are in this particular order for a reason. Without Presence there is no access to Appreciation. And without Appreciation, you can't have real Integrity.

To make it simpler for you, think of it this way:

First underwear (Presence),

Then pants (Appreciation),

Then shoes (Integrity: OK, now you're ready to go somewhere!)

If you get these things out of order or try to skip a step you're going to have a hard time trying to put it all together.

## DISC 1: TRUTH AS AN APHRODISIAC

### CHAPTER 1: ALIGNING WITH YOUR VALUES

**Integrity:** Adherence to a code of values; incorruptibility; you can't be swayed from what you stand for.

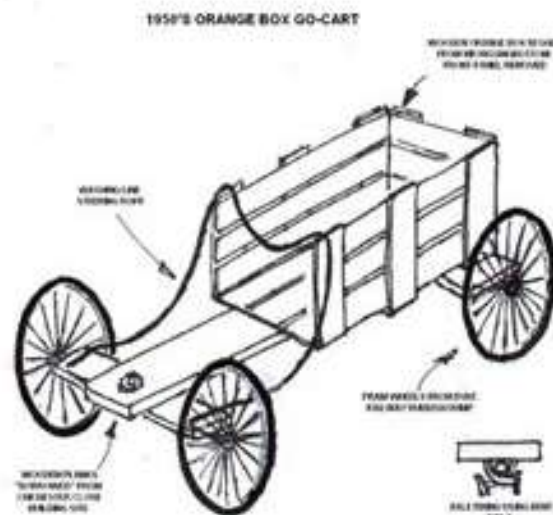


**Decker:** "That's what has you guys here - the possibility of having an **extraordinary life with the opposite sex**. You've had glimpses of it, or at least an intuition of it, of what's possible, enough to have you here. Can that be taught? We're finding, **yes**, when you're willing to take it down to **small enough pieces** of what's actually going on. Yes, **it can be taught.**"

When **you're less attached to the outcome** of an interaction and more **connected to your own personal truth** you start to have access to a whole new way of being that women find innately attractive.

And, of course, getting personalized feedback about your ability to do that is critical. One of the things that makes our work so valuable to men is that **women can actually feel where a man is out of alignment within himself**. That is how women experience lack of Integrity in men.

Imagine that you build yourself a go-cart.



It actually takes more fine-tuning than one would think to get the wheels lined up just right. If the wheels are even slightly off you'd be able to tell that something just doesn't feel quite right. You can feel it in your body. It's distracting. There's something about the mechanism that just doesn't feel good.

**Women experience the same thing** in men who aren't living with Integrity. They just don't feel quite right; they feel misaligned and off-center. And just like a poorly aligned set of wheels, to a woman there's just something frustrating and untrustworthy about that man. When women can't trust the mechanism (the masculine), they can't be as feminine as most of us men would like them to be.

As we move through the following chapters, you'll see many examples of where men fall out of Integrity (alignment) and the degree to which women can see and feel it, and what we can do about it.

### EXERCISE #1: WHAT DO YOU WANT?

*Make a list of all the things that you want in your relationships with women. It doesn't matter how wild, sexy, taboo or unconventional they are. Just list them anyways. See how many things you can come up with. This is a first step towards you getting clearer about your desires.*

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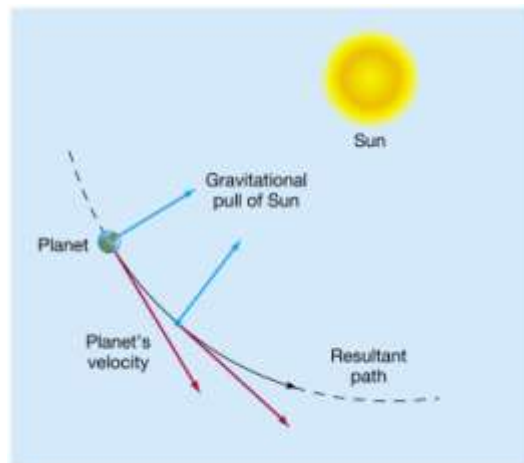
## CHAPTER 2: FINDING YOUR OWN CODE OF VALUES

No one can tell you what your values are. However, women will always see the places where you are not “congruent” with those values. When you are in alignment with your values, it will show up in your interactions with women, because you will naturally talk about what you CARE about, rather than just B.S.ing or pretending to be interested in the conversation.



**Decker:** *“I started noticing this when I first had a shift around my own Integrity. I had women responding, “Ahhhh! It’s so good to finally have a real conversation.”*

Shana gives an example from her own life. As a woman, she feels a desire to be at the center of her man’s attention. Imagine it like the gravitational pull of the sun on the earth.



By nature, she gives off a constant gravitational pull to draw his attention towards her, but if he ever becomes less connected to his purpose, mission, or sense of self, he may **succumb to HER pull**, and as a result the harmony of the relationship becomes disrupted, he goes up in a ball of flames, and her attraction to him is instantly gone.

This is the nature of the masculine and feminine. They both have to maintain their “opposite polarity” because if one ever lets go completely and gets pulled into the other then it disrupts the flow of the connection. And **what keeps this in alignment is Integrity** - holding true to your masculine nature.

## **She May Be Angry With You, But Actually Respect You MORE**

Decker gives the classic “Denzel Washington” example of “appreciating” a woman, but at the same time making choices that are in alignment with his Integrity.

Most men are afraid that their woman (including a woman that they have only known for 5 minutes) may get upset if they don’t do what she wants. This isn’t necessarily a bad thing.

She may not like that she’s not getting what she wants, but it has far more value to her that she trusts you to make a powerful choice in alignment with your truth.

Don’t worry if you still don’t completely understand this information. Just keep reading and let it sink in. You’re doing just fine.

## **Be More Committed to Your Truth Than to the Relationship – or Else You’ll Ruin Both**

**I’ve made this mistake so many times in my own life** because I was afraid that I’d lose a girl if I didn’t give her what she wanted. I didn’t realize at the time that she really wanted to see how strong I would show up. When I didn’t show up strong, in most cases she would lose trust in me and the relationship, or connection would fall apart (even after I’d given her what she said she wanted!)

Decker explains that a man should be more committed to his truth and passion than he is to his woman. This doesn’t mean he’s not committed to her - it just means that there is something much bigger that he believes in, that he is willing to sacrifice everything for. Women find this incredibly attractive. As Bryan points out at the end of this chapter, the women are “glowing,” in response to this conversation.



### EXERCISE #2: WHAT DO YOU CARE ABOUT?

*Take a moment to reflect deeply on what's truly important to you. What are you passionate about? What do you really care about? Would you make a significant sacrifice in some way for this particular thing? Is there something you would you be willing to die for? (Continue on another page if necessary.)*

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## CHAPTER 3: OWNING YOUR EXPERIENCE

Decker shares a great example of **owning his truth** when he talks about starting a conversation with a beautiful but seemingly hostile woman:

Decker: "Wow, I feel afraid every time I notice you. Are you... dangerous?"



And she completely opened up to him.

What was he bringing that created this response?



- 1) **He was being Present** to the sensations in his own body... and what he felt inside was FEAR.
- 2) As he EMBRACED that fear, welcomed it, and actually even chose to ENJOY it, **he was “being a Yes,” Appreciating** his own sensations.
- 3) He was willing to vulnerably SHARE his authentic experience with her (**Integrity**).
- 4) **He was “being a Yes” or Appreciating** HER, without judging or dismissing her as a bitchy “ice queen.”
- 5) **He wasn’t attached to her response** as he shared his experience (**Integrity**).
- 6) And he was able to do all of this in a playful, uplifting way.

**Decker:** *“She could feel that she could be wherever she was at, ‘send me spikes’, and I wasn’t going to Collapse. Integrity is about taking responsibility for your experience.”*

By Taking Responsibility, Decker means that his sense of internal “okayness” was not affected by how she responded to him. If she blew him off, he might be sad, or maybe just curious – but **he doesn’t let it affect his internal sense of self-worth.**

You’re probably thinking, “Great! Easier said than done!” But here’s the bottom line: the mindset necessary to come from this place needs to be developed LONG BEFORE you ever set foot into that social environment. That’s why this stuff really *isn’t about women at all*, but it’s about our relationship to **ourselves**. Keep reading for more on how to embody this level of non-attachment yourself.

So, take the simplicity and purity of Decker’s example and see where you can apply this to your own life.

As you can see, when Leo gets up on stage, the practice of “owning your truth” is quite a bit harder than it looks.



Shana gives a great example of speaking her truth when Leo initially declines to do a second round. She simply states, “I feel disappointed” instead of going through all of the complex explanation that Leo is accustomed to providing. Notice how powerfully Shana impacts Leo by simply sharing her truth.

## CHAPTER 4: OWNING YOUR DESIRE

This chapter provides a great example of **how to deal with awkwardness**.

This guy shared about a first date that was feeling really awkward. He actually *poured gasoline on the fire* by trying to fix it and make it go away.



Had he ***relaxed into the awkwardness*** without trying to resist it (“being a ‘yes’ -- Appreciation) and then found access to what was really true for him (Integrity), he could have turned it into a completely different direction.

As Bryan role-plays how he would have dealt with this moment, you can feel how the audience responds with a sense of joyful relief.



The irony is this:

### **We Often Create the Exact Thing We’re Trying To Avoid.**

By trying to resist something, we often end up giving it more power by putting our attention on it.

What the participant really wanted was for his date to feel open and relaxed and feminine in his presence. His example of saying “You’re shy, aren’t you?” was a covert way of expressing what he **DIDN’T** want. All he accomplished was to make her feel more self-conscious about being shy, creating more separation between them.

It's much riskier to share something like, "I really want to get to know you more." Owning what you want always feels more vulnerable than talking about what you don't want.

And for this reason:

- Owning what you want demonstrates Integrity and feels good to women.
- Veiling your true intentions and hoping the other person will change as a result of **expressing what you don't want** feels creepy to women.

Keep in mind that this applies to all of the relationships in a man's life, not just with women.

When we're not in Integrity, and not vulnerably owning our truth, there is inevitably a lot of "processing" and "talking around" things.

#### GARRISON'S PERSONAL SHARE:



In my relationships of the past I **withheld my personal feelings** *like a drowning man holding onto an anvil.*

Yeah, it sucked.

As the relationship would progress I would sink deeper and deeper into my own emotional ocean, feeling more and more like I was drowning and eventually I would have to get out of the relationship.

At the time of this writing **I've got a girlfriend** who totally **blows me away**... she's amazing. And through what I've learned about the first 3 foundations (especially Integrity) I'm "owning my truth" and sharing everything with her that I would have held back in the past.

As a result I feel far more free, real, solid, clean, masculine and powerful... and **the relationship has absolutely flourished.**

I'm not saying it's not edgy or even uncomfortable at times, but **I would much prefer to be alone living my truth than in a relationship and living a lie.** And so far 100% of the time my truth has done nothing but make the relationship stronger.

Of course, we all have our own values, and for me, if she wasn't available to hear my truth, then she's probably not a good fit for me. I don't want to compromise my Integrity, or what's true for me, in order to be with a woman.



Garrison and Carolyn

Shana talks about how she'll tense up when her man acknowledges his attraction to another woman, but because she knows that he's sharing with his truth, it actually brings her a sense of relief.



**Decker:** *“It’s difficult for us as men to own our truth - every place you do that in the exercise is a place to notice where you create more mischief and hardship in your life than you need to.”*

## **INTEGRITY OF LANGUAGE: Don’t Talk Out of Your Ass**

You’re “talking out of your ass” anytime you “go unconscious” and say things that just aren’t true.

**Example:** When a telemarketer calls you and before you end the conversation you say, “Talk to you later,” when that’s obviously not true.

It seems pretty clear-cut, but it’s often challenging to break this ingrained habit.

All the little ways you talk out of your ass to fill in the space detracts from the power and significance of your words. Women will be impacted by this as soon as you start talking to them.

By looking at your ingrained patterns of speaking, we’re highlighting one of the little places where your “constructed identity” and “social masks” have been running the show. This may sound like a lot to take on all at once, but by following this program, you’ll start unscrewing all the little bolts, one by one... and eventually the veneer will come down.

### **Exercise: No More Talking Out of Your Ass**

Over the course of a day, make a list of all the ways you notice yourself ‘talking out of your ass.’ Even consider asking a friend to keep an eye out and tell you when you say things that just aren’t true, or that have no purpose. Noticing how you speak may seem like an insignificant thing, but when you really take on this exercise, it can lead to actually **dismantling a false part of your own identity**. Be rigorous with yourself, this little exercise could change your life. If you’re an Inner Circle member, post to the AMP forum about what you’re learning!



“Kendra, when you \_\_\_\_\_ I experienced \_\_\_\_\_.”

**Robert (participant):** “Kendra, when you gave a man a hug today, I felt vulnerable and close to you as though it was a hug from me.” (This can’t be argued because he’s only sharing his own experience and not telling Kendra how she is.)

Ok, I’ll admit the way Robert expressed it here is a bit flowery but, the fact is, he was OWNING HIS TRUTH.

Here are some simple examples to help you get the difference between owning your truth, and acting like you are the authority on someone else.

**NOT OWNING TRUTH**

**VULNERABLY, POWERFULLY OWNING TRUTH**

You seemed cold and bitchy.  
You’re an attention hog.  
You’re shy, aren’t you?  
I feel like you’re being mean.

**VS.** I felt intimidated.  
**VS.** I’m feeling left out.  
**VS.** Wow, I notice I feel a bit awkward right now.  
**VS.** I’m feeling hurt.

Notice how much easier it is to “**put it on her,**” rather than own your own experience. Reversing this habit takes practice.

I don’t mind saying this over and over again because that’s what it took for **ME** to get it, so here it is again:

- **When your EMOTIONS own YOU** – you’re relating from a very weak place. Attraction dies.
- **When YOU own your EMOTIONS** – you’re relating from a very powerful place. Attraction **LIVES**.

## ON 'OWNING YOUR TRUTH'

Owning your truth is HUGE. This is something that will show up in your interactions not just with women, but with friends, family, co-workers, etc...I could write a whole book on this, and perhaps I should, but for now, what you need to know is:

- Understand that “owning your truth” isn’t necessarily about just the “**words**.” You can say “I’m feeling left out” with a tonality that is suggesting that it’s THEIR FAULT that you’re feeling that way. This is a sneaky way of not owning your truth.
- According to Decker, “if you’re owning your truth... **it can’t be argued**.” This is a great test. For example, when Decker said, “I feel scared when I look at you”...this was him VULNERABLY owning his truth, and it was INARGUABLE. If he said, “I feel like you’re putting up an ice queen shield,” it’s open to being ARGUED, which means it’s NOT owning his truth.
- As in the above example, a lot of people will PRETEND they’re owning their truth by beginning with an “I” statement, as in, “I feel like you...” It SOUNDS like it’s owning your truth, but it’s almost always about the OTHER PERSON.

So, check whether what you’re sharing with the other person is arguable, or whether it’s YOUR own experience, which can’t be argued.

## EXERCISE: OWNING YOUR EXPERIENCE

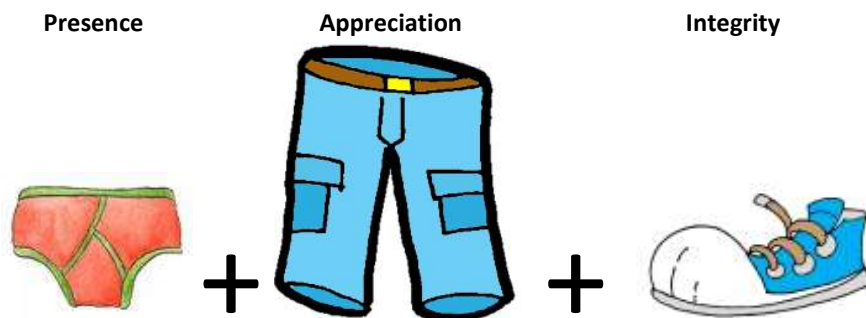
*Make a list of the different relationships in your life and write down how you feel when you’re with each of these people. NOT **what’s wrong with them** - write from a place of **OWNING your own experience**. This will help you to simply NOTICE that experience, without being OWNED by it. Start with your parents (the root of MANY of our challenges with women!) The more you become accustomed to operating in this way, the more you will be able to feel a sense of freedom in your relating with women.*

<u>Person</u>	<u>How You Feel When You’re With Them</u>
MOM	
DAD	

## CHAPTER 6: HOW TO INSPIRE TRUST

“So what happens if there is an obstacle with woman that you keep stumbling over time after time? What happens if you notice that women just don’t trust you, over and over again? It’s easy to point a finger and say “She’s like this...” or “Women are like that,” but the one common denominator in this situation is... you.

The main mistake that most guys make with the first 3 foundations of inner game is that they skip from Presence to Integrity (step 1: underwear then step 3: shoes) and pass over Appreciation (Step 2: pants). However Integrity doesn’t work without first having Appreciation...



The women pick up on this issue right away with the participant in this chapter. He wants his girl to trust him more, and he’s pissed and frustrated about it. He feels he’s in Integrity by expressing his desire. However, what he hasn’t done is to be in **full Appreciation** of what his woman is experiencing. As a result she’s not going to experience more trust for him. He’s accessing his Integrity, but without Appreciation, and Kendra and Shana can feel it from over 30 feet away.



**Decker:** “If there’s any place we’re not loving her where she’s at, she’s not surrendering open. She may **ACCOMMODATE** you, but if you want pure, unadulterated love and trust, that whole spectrum - you have to be a yes to where she’s at (Appreciation) and **THEN** bring what you are wanting (Integrity).”

I was recently thinking about Mermaids. I believe it was Odysseus (from Greek mythology) who has sailors tie him to the mast of his ship because he knew if he heard the beautiful songs off the mermaids he would lose control and steer his ship towards them, into the rocks.

This myth of Mermaids is a perfect example the dynamic of the Masculine and Feminine and the critical element of Masculine **Integrity**. When a man is pulled away from his mission or purpose by the feminine, he is failing the Integrity test.

Women are always testing for your Integrity.

**Shana:** *"It doesn't matter how conscious you are. I did it the other night."*

#### PERSONAL STORY FROM GARRISON: MY GIRLFRIEND THE MERMAID

This was a real moment from my relationship with my girlfriend. I thought I'd share it with you because it was very "telling" about the nature of the feminine and the importance of masculine Integrity.

The other day my girlfriend had slept over. It was the morning and I had to get to work. Funny how she always tends to get seductive and sexy just as I need to switch gears into being productive! She started beckoning me back into the bedroom.

**Her:** *"Come back in here so I can \_\_\_\_\_ <insert sexy activity here>"*

**Me:** (Tempted, but holding strong) *Sorry babe, I'd love to but it's time for work."*

**Her:** *"I love teasing you."*

**Me:** *"I love telling you 'no'."*

**Her:** *"... I love that, too."*

The fact is, if I had stayed with her, she may have gotten what she wanted, but would have actually been disappointed to know that she was with a man who could have been so easily swayed from his purpose. Over time, failing little tests like this build up and to her no longer trusting you. How ironic that my girlfriend has a tattoo of a mermaid.

Of course, there are times when I do get swayed from my purpose by a woman (whether she's seductive, upset, sad, angry, bitchy, or whatever). I'll immediately notice that that I feel like I've fallen off my path.

Can you relate?



## Masculine/Feminine



I love this image because it's a perfect example of Integrity and composure. The man is clearly impacted by her presence, but he's neither posturing (rigid, withheld, overcompensating) nor collapsing (losing himself to the mermaids will).

### EXERCISE:

*Where are the places in your life where you've failed the Mermaid test? She sang you her beautiful Mermaid song and the next thing you knew you were crashed on the rocks. It could have been when she was being seductive, tearful, angry or even cute. Write down three times you failed the test. Write down three times you passed the test.*

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## CHAPTERS 7 & 8: PODWORK, SPEAKING YOUR TRUTH: ROUND 1

As you can see, it's hard for Klaus to get into his emotions and really be Present to what he's feeling. This is the way it is for most guys, and it's not their fault.



In a perfect world, learning to express yourself would be right beside math and social studies in grade school. However, until all that time comes around, this takes a little practice, just like riding a bike.

### BRYAN'S "HIGH-HORSE RANT"

It amazes and dismays me that they don't teach basic relating skills in school. Considering that study after study clarifies that the single biggest indicator for happiness is the quality of our relationships, yet we are simply just expected to "pick it up along the way," with no formal training.

Especially in today's society, where your ability to get a job arguably rests more on your relating skills than your functional skills. We are rarely taught as children how to authentically express our emotions, "passive aggressive behavior," "codependent relationships," "owning your truth," etc...

My suspicion about part of the reason why more emphasis isn't put on such an important topic is that it's because children would start "calling their parents out" on ways that they are being subtly (or not-so-subtly) emotionally abusive, and the parents would complain to the school system...

As it turns out, I find myself coaching high-level executives on exactly these tools, which is scary considering that these people shape the lives of so many others with such a lack of facility in interpersonal communication.

Ok, I'll get off my high horse. It's something I feel strongly about (one of my **core values**), in case you couldn't tell.

-Bryan

## LEARNING TO FEEL THE INTELLIGENCE OF YOUR BODY

David working with Shana to get more clarity about what he's feeling in his body.

### Check this out:

Imagine that your emotional awareness is like the blade of a knife. For most men, the blade of that knife is pretty damn dull. But every time David focuses on what he's feeling, he's **SHARPENING** his emotional awareness more and more.

Next, Shana takes David into the sensations **BENEATH** the emotions. This gives him **more access** to what he's feeling – which will lead to more understanding of himself and deeper connections with others.



**Shana:** "How did the discouragement and sadness feel in your body?"

**David:** "I felt my heart close and my belly tighten up."

**Shana:** "Feeling the attraction is actually feeling what's actually happening in your body."



When you're feeling what's happening in your body, even if it is sadness, anger or anxiety **it allows HER to feel YOU as well**. The difference, however, between you resisting or you allowing those feelings is that when you resist them she can usually tell what it is that you're resisting. When you allow those feelings she doesn't experience sadness, anger or anxiety... she just experiences intense sensation when she is around you.

### EXERCISE: NOTICING YOUR RESPONSE TO ATTRACTIVE WOMEN

*Go to a place where you're around women you are attracted to. Sit quietly in close proximity to one or more of them. Notice the sensations that come up in your body. Don't worry about your thoughts; let them pass through your mind as you concentrate on feeling the sensations in your body. See how much you can allow your experience to just happen. Write down what you notice yourself feeling.*

*Do certain sensations keep coming up with different women? Are other sensations new? As you sharpen your ability to sense what is happening in your inner experience, you'll have much more ability to feel and speak your truth.*

## CHAPTER 9: WOMEN'S PANEL: WHY MEN GET "LJBF'D"

Ah, yes. The universally dreaded "Let's Just Be Friends" line.

The first question is from a guy in the audience who wants to know why it happens that men get stuck in the "friend zone."



Shana offers a valuable story: She had known her future husband for over 2 years before they ever got together. She just wasn't feeling anything in him that compelled her to see him as more than a friend. Until one day she was meeting him in a café, and as soon as he when he walked in **she could instantly feel something totally different about him**. But it wasn't that she had changed, or that things had just naturally shifted the way the seasons do... he had been doing this kind of work (the kinds of exercises you're doing in the AMP Foundations of Inner Game).

And, like a cup collecting the consistent drip of water, it had just gotten to the tipping point where the glass had finally overflowed and she could finally feel him in a new way.



**Shana:** *“Once he sank into his body and was living in his body (Presence) and owning his desire and turn on, and had really started to trust himself more (Integrity)... that was the moment it shifted for me.”*

When Shana’s man walked into the café that day, she fell in love with him. He didn’t need anything from her. He had learned to fully feel his attraction for her (Appreciation) and could share it with her regardless of whether she ever felt the same way (Integrity).



Even if women haven’t felt much attraction for a man before, when he shows up this strong (and permeable) it creates a powerful attraction.

**Final note:** When you can share those feelings and sensations without **needing them to be reciprocated** by the other person, you’re operating from what we call “center” – your Integrity.

**Kendra quotes from a Poem by Rainer Maria Rilke:**

*“In love we need to learn only this, letting each other go - for holding on comes easily we do not need to learn it.”*

## THE “GO TO YOUR OWN PERSONAL HELL” EXERCISE

This is a very powerful exercise that can help you eradicate neediness and “approval-seeking behavior.”

Start to get clear about what your blocks are in feeling, owning and sharing your truth with women.

For example, if you expressed your desire, attraction and turn-on for a woman, what would be **the worst thing** about her not feeling the same way? Start to explore these feelings. This is powerful, because by doing so, you’re actually VENTURING INTO THE PLACES THAT YOU’RE UNWILLING TO FEEL.

As you explore these places, you may find that they’re not so unbearable after all, and that, in fact, it’s not so scary to go there. This will create a new sense of freedom to relate with women, because you won’t have to PREVENT this situation from happening.

So, take a moment now and write down the places where you can feel yourself **needing reciprocation** in your relationships, and what the WORST-CASE-SCENARIO would be for you. Actually walk yourself through what you’d be thinking, feeling, seeing, hearing. And describe here what your experience is:

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Is this the worst it can get? Go back and see if you can make it any worse. NOW, as you take yourself through the experience, Really GET: WHAT You’re Feeling Right Now is what you have been resisting. Is it as bad as you thought it would be?

## DISC 2: NAVIGATING THE FEMININE STORM



*Quick review:* In disc 1 you learned that Integrity has to do with:

- 1) Taking responsibility for your experience.
- 2) Aligning your life with your values.
- 3) Being truthful with yourself.

In disc 2 we show you how **being fully centered in yourself inspires devotion from women.**

**Decker:** *“When you know you can be fully centered in yourself, no matter what comes at you, or from whom, it’s a whole different ball game. There’s so much fun you can have with anyone, in any situation.”*

## CHAPTER 10: COLLAPSING AND POSTURING

**Composure** is like walking the razor’s edge of your own Integrity. If you aren’t maintaining Composure, you are either Collapsing or Posturing.

Note: Composure doesn’t mean being stoic, a tough guy, or incapable from being impacted by another person. That’s just posturing, guys! More on that later.

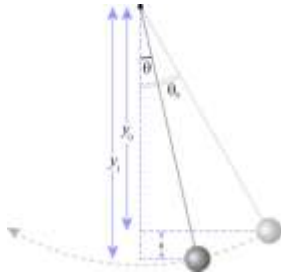


Men who are truly in Composure don't get thrown off so easily, so they can take more risks, be more creative, spontaneous, and even provocative.

When guys start to practice Integrity and they realize they've been trying to prove themselves or impress women their entire lives (Collapsing), it's fairly natural that they tend to swing all the way to the other side, and overcompensate into Posturing: "I don't care what she thinks, 'forget her!', etc."



**Decker:** "Posturing can communicate a lot of weakness."



It's the classic example of the pendulum. You feel yourself swinging too far to the left (Collapse) so you compensate by swinging all the way to the right (Posture). Posturing is equally as painful as collapsing because of the separation it creates with women). Eventually, men who are willing to do the work will find themselves coming **closer and closer to the center**... which is **Composure**.

An example of classic Collapse is "me too-ing": "Oh, yeah, me too."

Shana talks about how her tendency is to "mother" men who do this with her.

**Shana:** "I want to mother him... 'It's gonna be OK.' or I just want to get away from him."

You're screwed either way.

Kendra talks about how she gets angry and wants to push men around just to get a response that he'll "stand up/show up."

**Decker:** "From Composure... I can have a lot of fun. When they get "Grrrr," and they want to test, that's where I can have the most fun."

In Decker's example with the motorcycle helmet, he further illustrates the ideas of Posture and Collapse. Decker was doing a radio interview with a fairly sexy talk show host. At the end of the evening they were flirting a bit and as they were both getting ready to leave, Decker offered her a ride on his motorcycle. "I can't," she says "I don't have a helmet."

Decker: "No problem, I've got an extra one with me."

**Woman:** "Oh, you brought an extra helmet huh? You thought you were gonna pick me up?"

Here are some different ways that Decker could have handled her test:

- **Collapse:** Explaining himself: "No, no really I was at a barbeque today and I brought a friend so I had an extra helmet." Even though this was true, you can feel how fast attraction would die if he started explaining himself to her.





- Posture: “*Fine, be that way. I don’t care if you come or not. Do whatever you want.*” This reaction is just another form of communicating weakness. Attraction dies.



- Composure. Appreciating where she is at – understanding, “*Oh, she’s testing me.*” From here there’s infinite possibility to have fun with the response from a place of not resisting her. Composure means that you know your truth well enough that it doesn’t need to be supported, justified or defended.



One of **millions** of possible responses from Composure:

- Maybe I did. Maybe I wanted to sweep you off your feet and I’ve got the entire day planned out.
- Would that be so bad if that was fully and completely my intention?
- What is it you really want to know?
- Absolutely.

Remember, the best thing about Composure is that no matter how she tests you, you can have fun with it and play with it in a way that honors both of you.

As Decker polls the audience you can see that guys either fall on the side of Posturing or Collapse.

### **The Key to Truly Engaging Conversations**

You'll find out all kinds of amazing things about people when you actually stop to check in with them instead of just operating in the default mode that most people live in.

Her: "How are you today?"

You: "Well, that depends. What has you ask?"

This isn't about challenging them, or even being suspicious of them - but from a place of Composure and curiosity, an exchange of mundane pleasantries just got interesting.

You can PLAY with other people when they are "going through the motions," and actually create memorable experiences for both of you, simply by bringing more awareness to your interactions.

### **You May Never Use It – But Practicing It Will Change Your Life.**

People who study martial arts seem to actually get into fewer fights because they carry themselves in a way that lets other people know that they can defend themselves. They give off the vibe that they can handle anything that comes at them. So guess what? Nothing comes at them.

Now, you can't fake that sense of confidence in your ability to defend yourself. Composure is the same way. You can't fake it. You actually have to be ABLE to handle anything that comes at you. This is what allows your body to naturally relax in ways that it couldn't before... and precisely because you can't fake it, women will notice it from across the room.

#### **EXERCISE: DO YOU TEND TO POSTURE... OR COLLAPSE?**

If you're not sure, you can ask your friends—often it's WAY more obvious to those around us than to ourselves.

You may want to explore exaggerating that tendency, so you can get more awareness of your particular way of losing center.

**The next step** is to discover how you get tense, tight, or stressed in your body when you lose your Composure. Start to recognize the **sensations you feel** when this happens – is it tightness in your chest and shallow breathing, or a knot in your stomach and tension across your shoulders? Whatever it is, it will serve as your "red flag" that you've lost composure.

## CHAPTER 11: WHAT'S YOUR STYLE OF LOSING COMPOSURE?

What's the particular flavor of the feminine that has you lose Composure? Here are a few examples from some of the participants.

### EXAMPLE OF COLLAPSE: Leo

When a woman is really glowing, Leo disassociates, becomes vague, cloudy, and can't think straight. This is the classic "deer in the headlights," or, "Leo has officially left the building," kind of experience. Most of us have likely experienced this several times in our lives. For many guys, this is their particular style of losing composure.



### EXAMPLE OF POSTURING: Jason

When "she's a yes" (meaning that everything is going well and there are no issues between them), Jason says he feels like: "everything is good and **this is proof that I'm good.**"

This is key for understanding where Jason loses his composure, because, inevitably, she will be a "NO" as soon as there is some issue, breakdown, miscommunication, upset, etc.



When that happens he skips from Presence to Integrity and **completely bypasses Appreciation**. That results in Posturing. "Well, screw you. I don't need any of this shit. If you can't get your act together than we shouldn't be together."

### EXAMPLE OF COLLAPSE: Amjad

When a woman comes at Amjad in a highly emotional, attacking manner, he shuts down and becomes an overly accommodating nice guy, trying to make things better. His edge is to practice setting a boundary, not out of reaction, but out of respect for himself.

(How ironic the phone rang when it did!)



## CHAPTER 12: PREPARING FOR THE 'FEMININE STORM'

Here we are, preparing to walk the razor's edge between Collapsing and Posturing in the most intense of moments.

Lots of guys will watch this and start to realize that they've lived their entire lives in Collapse, trying to appease or placate women in some form, anticipating her boundaries for her.

When guys realize they've just been trying to impress women their entire lives it's common to flip all the way over to the other extreme. They begin to Posture and think that they are being Composed... They're not.

In fact, a lot of guys teaching "men's dating advice" make the mistake of thinking that Composure is indifference.

When guys are Posturing, it just covers up the fact that they really do care. The fact is this:

### **Women DO Have An Impact On Us!**

Case in point: You wouldn't be studying this right now if women didn't have an impact on you, nor would there be an enormous industry of dating advice if that wasn't the case. So first off, accept that women have a huge impact on us.

Secondly, start to realize that not only is it OK to allow yourself to be impacted by women... it's actually **CRITICAL** to having authentic, flourishing relationships with women. Again, **guys confuse being impacted by a woman as a form of Collapse.**

**Bryan's says:** I saw examples of this when I shared via email about the grieving process of going through a recent breakup with my girlfriend. Most of the emails I got back were supportive, but a handful were like, "Dude, you're a pussy. Stop propagating your drama all over the internet. Suck it up and move on!" They were confusing emotional composure with emotional collapse. A breakup is an intense emotional experience and those strong sensations **have** to go somewhere. You can either repress them (Posture) let them flatten you (Collapse) or own them by feeling them completely and letting them wash through you (Composure).

### **Your Relationships With Other Men**

Statistics say that in the United States **the average number of close confidantes most men have is 0.75.**

Most guys don't have **even one** very close friend to get real with.

As Bryan asks the audience to share with each other, take a look at the men here:



I included this piece in the video because I want you to see that there is a community of intelligent, good guys who are looking to be real with each other and identify their own bullshit.

### Exercise: Who Are Your Boys?

*It has been said that looking at the people closest to you in your life is like looking into the future, because those are the people who you are becoming. There is no greater indication as to who you are than your closest associations. Write down the names of the 4 closest male friends in your life.*

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*As you look at that list, notice your internal response. Are you satisfied? Dissatisfied? Do you feel stuck? Alone? Trapped? Or do you feel free? Supported? Connected?*

**Are you completely inspired by becoming what these men represent? Is what these guys represent in alignment with your values (Integrity)?**

**If not, why not? And what are you going to do about it?**

Remember, **you are who you associate with**. It may require you being PROACTIVE about choosing relationships in your life that are supportive, empowering and uplifting.

And it's worth repeating: One of the biggest factors in the quality of men's relationships with women is the nature of their relationships with other men. If you're missing solid relationships with other men, take advantage of **the AMP Inner Circle Online Forum**, if you aren't active on there already. If you need to check on the status of your membership on the forum, send an email to:

[customerservice@authenticmanprogram.com](mailto:customerservice@authenticmanprogram.com)

## CHAPTER 13 & 14: GIRLS GONE WILD!

So, back to the analogy of the black belt who never gets into a fight. You COULD say he never uses his skills... but the fact is, those skills are “in effect” all the time. Black belts conduct themselves differently on the outside because they know they can handle anything that comes at them, and other people feel that.

It works the same with women. When you’re coming from a place of Composure, women will feel that you can handle anything they can throw at you. **Composure creates respect from other men and attraction and trust from women.**

And one of the most challenging places where men lose Composure is **in the feminine storm. What’s the feminine storm, you ask? Well, it sounds a lot like it really is. We talk a lot about “feminine radiance” in our work. As you know by now, radiance doesn’t mean “sunshine and puppies.” A woman can be venomous, bitter, sad, scared, angry or pissed and still be in her full feminine radiance. When her full radiance, (especially when it is not the way you necessarily want it) is aimed directly at you, you have just entered the feminine storm.**



In one of our Inner Circle newsletters, Senior AMP coach Shelly Birger wrote:

***“Let’s not forget that as women we’ve signed some weird cosmic contract to mess with you until you step up and become your best self. It’s up to you how you’ll choose to respond to that. Will you embrace our feedback and use it to grow? Or will you throw your hands up and label us all “crazy bitches”?***

Women are experts at seeing and triggering exactly the places where we are most unsure of ourselves. They do this because they want to test for your solidness and they’re hoping, more than anything, that you’ll be strong in these places... and so **they go for the raw nerve!**

This exercise feels foreign at first to most men and yet when they can find their Composure in the midst of this feminine storm they have achieved a level of solidity and stability that is incredibly attractive to women.

Here is the purpose of this exercise. You may have heard the old saying about “Broadway” (the most famous theater district in the world): “If you can make it there, you can make it anywhere.” When it

comes to having successful, powerful relationships with women, if you can stand in the torrent of her full feminine storm and still maintain composure... you're doing pretty well!

Now each man has a different set of inner blocks to overcome in order to truly find inner peace in the center of the most violent storm. However, as you watch our participants go through their own experiences, start to notice what this may bring up for you and where you would need to grow in order to become really comfortable. Remember, awareness = choice.

**As we go through each round of exercises imagine yourself in the position of these participants.**

### Steve

You can tell that Steve is challenged by this, but that's normal. As men we've spent our entire lives avoiding this kind of experience the same way we'd avoid touching an exposed electrical cable.

You can see Steve looks away, tenses his face, tightens his jaw, and distances himself from what's happening by making jokes.

**Alexis:** *"You were easy, you were so easy, because you were an upset waiting to happen."*

**Decker:** *"If you're not in your center she's going to throw you and that's where you get into that [downward] spiral together... If you don't have Composure you're not going to have as much fun or as much flirting or as much edgy attractive banter, even when you're first meeting a women... **because you're an upset waiting to happen.**"*



What Decker and Alexis are teaching Steve is how he can learn to be with the intensity of his sensations so that he can learn to find balance and "Composure" in the midst of intense female upset, what we're calling the feminine storm.

Decker is showing Steve how he can actually **be ENERGIZED** by the very thing that's triggering him, however in order to do that it takes:

- 1) **Learning to relax** and
- 2) **Developing the emotional capacity** to handle what Alexis is throwing at him.

Even though Steve does better in his second round, Alexis can feel that he's "gone away" a little bit. Steve acknowledges he was "thinking about whales." While I laugh every time I see this clip, it's still Steve's way of **separating himself from the experience** in order to avoid the intensity of it.

As long as he does this he probably won't find the comfort with women he wants so badly.

## CHAPTER 15 PODWORK: LEARNING TO BE WITH INTENSE SENSATION

Here's the same exercise with Paul. As you can see, Paul is **really willing to do the work** and have a breakthrough.



If Paul were shutting down and going cold it would have been really obvious. As you can see, **Paul still remains emotionally available and is impacted by Kendra**. It's important to note that in no way does this mean that he is Collapsing. This is what's so hard for most guys to understand, they think if they are impacted by a woman it makes them less of a man.

**Kendra:** *"You can cry and be totally in Composure."*

### Paul "Loses It"

Paul "loses it" at one point, and you can literally see **the moment Paul's eyes glaze over** and become more distant. This is a very subtle, and may now seem significant to you, but women can instantly feel it.



I love what Paul says here:

**Paul:** *"I felt like a sail on a ship that was full of whales and I was just trying to maintain."*



Composure is to be impacted by her feminine radiance without falling down (Collapse) and without remaining so stiff that you cannot feel it (Posture). Paul's analogy of the "sail on a ship that was full of holes" is perfect. He's feeling the impact and at the same time letting it flow through him without getting blown away or falling apart.

Given a little more time and experience, Paul could quickly become very solid and composed with this kind of feminine charge. From there **he would be able to go into just about any situation with a woman** knowing that he has the emotional capacity to **deal with anything she could throw at him**.

We do a similar version of this exercise in our AMP Intensive Courses. If you want the raw, real experience of being challenged by radiant women who are demanding the most authentic and solid you, you can apply for a slot in our next course, here:

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

## CHP 16: BREAKING THROUGH UNCONSCIOUS HABITS

Scott is an example of a guy who has a lot of **unconscious patterns** that are **LEAKING HIS INTEGRITY** the way water leaks out of a bucket full of holes.

In this pod, notice how defensive Scott is. He's got a lot of unconscious, fidgety quirks such as:

- raising his eyebrows
- unconscious nodding of his head
- lots of stops and starts when he talks, etc



### **Habitual, Fidgety Quirks Come From *Resisting Feeling Intense Sensations***

In resisting the sensations and feelings he's experiencing in his body, Scott's losing Composure. The 3-step "Foundations of Inner Game" process would address this:

**Step 1: Presence** - Start to NOTICE (become aware of) those feelings and sensations.

**Step 2: Appreciation** – Be willing to FULLY EXPERIENCE those feelings and sensations.

**Step 3: Integrity** – EXPRESS those feelings and sensations, and act in alignment with what you're committed to.

This isn't for just Scott - **we all have our own quirks** that tend to separate us from other people. For Scott specifically, the cost is that he doesn't feel settled in himself - and women instantly notice.

The exercise that Decker takes the audience through in this chapter will **help you start to embody Integrity**. You can't approach this material merely as an intellectual experience - the work of AMP is about **embodiment**. We want you to **feel integrity in your bones** so that it isn't just an idea that you have... it's who you are.

If you didn't do the exercise please go back and try it out.

Ok, so back to Scott. Decker offers him an opportunity to try out an experience of not so rigidly controlling himself and holding back his self-expression. As you can see, this is a big edge for Scott. Even during his role-playing with Kendra he says: *"I'm trying to tell you how I feel,"* instead of just telling her how he feels.

Decker gives him coaching to be able to do this and gives a really powerful example of vulnerably sharing his emotional truth.

Decker demonstrates the contrast between Scott's timid, held back way of being and the passionate, raw, real and vulnerable authentic masculine. The latter is much edgier – and this form of expression is what women are dying to feel in a man.



I don't suggest you just start wearing your emotions on your sleeve, but start feeling and expressing what's true for you little by little. This will lead to more ease, aliveness and enjoyment in all your relationships.

### **Scott Is "Far Bigger" Than He's Letting Himself Be.**

And... we all are.

Bottom line: A man who can express depth of feeling is much healthier, happier and freer in all parts of his life. And while that is a joy and a relief for him, it is also intensely "attractive" to women.

## EXERCISE: THE WHOLENESS RECIPE

**NOTE: THIS EXERCISE CAN CHANGE YOUR LIFE.**

1. Ask people you know and trust whether you have any habits or quirks that have them feel disconnected from you.

These may be:

- **Physical** - holding tension in jaw/forehead, repetitive movements (shuffling, fidgeting).
- **Conversational** - interrupting, stammering, “talking out of your ass,” “fuzzifying” (umms, ahhs, like’s, etc.), “captive audience” (see [PoA](#) for an explanation of this).
- **Emotional** - inability to hold eye contact, “reporting” vs. “sharing” your experience (again, see [PoA](#) for explanation), needy/clingy behaviors.

Most of us have habitual patterns of unconscious behavior that usually relate to **RESISTANCE TO FEELING SENSATIONS**.

They’re almost always annoying to be around, and kill attraction and connection.

So, ask the people you’re closest to point these out, **IN THE MOMENT**, when they see these patterns happening.

2. As you **gain awareness** from others and also notice it yourself, ask yourself:

**What am I resisting feeling?**

3. Take yourself through the foundations by becoming Present to the sensation, embrace what you’re experiencing (Appreciation), and practice expressing, in moment, what you’re feeling (Integrity). Whether you express this to another person, or write it in a journal is less important as simply acknowledging it and “creating space” for it to be there.

**This is one of our AMP home-cooked recipes for Foundation #4: WHOLENESS.**

## CHAPTER 17: PODWORK: THE RAT HOLE OF SELF JUDGEMENT

This is the “Share Your Passion” Exercise. If you’re not connected to and able to express what you’re passionate about, then that’s a sign that you’re not in touch with your VALUES (covered in Disc 1, Chapter 2).



Look, here’s the deal with this pod. When a guy is **truly passionate** about what he’s up to, he doesn’t have to use a lot of words to explain it, and people can feel it. As Matthew does so much explaining (pre-amble) of what he’s passionate about, he loses Kendra’s attention and interest. She wants to be able to feel his **passion** - instead she gets an intellectual breakdown.

### How You Do One Thing Is How You Do Everything

Bryan gives the example of a hologram. If you cut up a holographic image, you’ll actually see the complete image in each little piece of the hologram. Our lives work the same way. When it comes to expressing our passion, it allows a woman to see into how we live every aspect of our life, especially how we are in bed.

#### EXERCISE: SPEAK YOUR PASSION

Being able to SPEAK YOUR PASSION is critical for stepping into your most badass, authentic self. If you FEEL passionate but can’t EXPRESS it, you’re limiting yourself and your ability to be a powerful leader in the world.

And if you have trouble expressing what you are passionate about, you are probably not totally clear about it.

So, go back to Chapter 2’s exercise about “finding your passion,” and take one of the topics that you’re passionate about.

Can you describe it so that **a woman can feel your passion** in her body?

**Hint:** This involves you being able to **feel it in YOUR body**. Try sharing your passion with some women you know. Watch their response and ask them for feedback (NOT their advice) about their experience of you.

Lots of women will simply try to “be nice” and say “it was fine.” Don’t listen so much to what they say; watch more for how they respond. That will tell you far more. To invite out more of her response, you can ask her, “What did you want to feel more (or less) of?”

If you want to work with a woman who will give you razor-sharp, honest feedback and coaching I can’t recommend enough our female AMP coaches. If you’re a member of the AMP Inner Game Training Program, you’re eligible for a **free coaching session, and you can practice this exercise** with them. Set up your free session by sending an email to [coaching@authenticmanprogram.com](mailto:coaching@authenticmanprogram.com).

## CHAPTER 18: WHY WE DON’T TALK ABOUT CONFIDENCE

Question: Isn’t creating more attraction about having more confidence? Well, from one perspective yes. But Decker emphasizes that the keys to confidence and power aren’t found in FOCUSING on Confidence and Power - they’re found by focusing on ENJOYING YOUR LIFE.

**Decker:** *“I don’t hear people who are really confident talk about confidence that much.... Same thing with powerful people—they don’t talk about power. They’re too busy enjoying their lives. They’re too busy enjoying who they really are and enjoying other people.”*

Decker tells a story about meeting a woman who doesn’t seem to be particularly impressed by him.



He doesn’t really care about that. What he knows is that **he likes her and enjoys her**. It would be nice if she felt the same, but he’s clear that he simply likes, liking her. He continues to pursue her. Finally one day she says to him:

Her: *“You’re so... confident. I’m rejecting you left and right and you just keep calling me.”*

Decker: *“I’m not confident. I’m not expecting that you’re even going to want to see me again.”*

She slaps his arm: **“That IS confidence!”**

His “confidence” doesn’t stem from trying to “be confident” - Decker tells the audience: “Confidence didn’t cross my mind. **What crossed my mind was genuine desire.**”

### EXERCISE: FOLLOW YOUR DESIRE

Consider how your life would be different if you made your choices from a place of DESIRE. What if you **let your desire lead you** and you simply trusted it to guide your choices? Write down how this would impact you in some specific areas of your life.

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## CHP 19: SETTING BOUNDARIES WITH COMPOSURE

It's not uncommon for guys to skip from Presence to Integrity. That's when you would hear someone say something like, "I can't be spoken to like that!" A comment like this is often a reaction that involves going from Presence to Integrity and skipping Appreciation. When you miss a critical foundation like Appreciation, your words and actions become very self serving and you disconnect from the women (or anyone) you are interacting with. The purpose of this work is to stay connected even in the face of the very things that trigger you. Appreciation is the bridge.

When you have Appreciation as a foundation you can easily set boundaries in a powerful, grounded and even sexy way.

Decker gives an example of being with his girlfriend at the beginning of a date and she starts to get jabby with him, trying to push his buttons: "No, no. We're not going there." When you listen to Decker give this example, you'll instantly get a sense of just how powerful this is.



To get the full context of how he says this, see the video. The point is that from Appreciation you can own what you want in a way that is **graceful, powerful and full of Appreciation at the same time.**

## A Test of Integrity and Setting Boundaries

A short time ago, my girlfriend and I were going through a situation that I thought would lead to the end of our relationship.

To watch the video with all the details, visit the video blog entry here:

[http://www.authenticmanprogram.com/downloads/integrity\\_video.php](http://www.authenticmanprogram.com/downloads/integrity_video.php)



I literally felt like my guts were on fire. But the truth is that the more I let go into the sensations the more clear I felt in my head. Like Bryan mentioned earlier on, this was emotional composure.

When I finally spoke with my girl on the phone, I still **felt like I'd drunk a cup of liquid Drano** but I found that I could be in a place where I was clear headed. I was Present, I could feel my Appreciation and I could hear my Integrity coming through loud and clear.

## Do You *Posture* or *Collapse* When Setting Boundaries?

Do you have trouble saying "No"? Do you go out of your way to accommodate people, make concessions, or consistently put up with disrespectful behavior? (Collapsing)

Or are you more likely to set boundaries from fear, react harshly and be met with resistance by the people in your life? (Posturing)

This is the fine line between Appreciation and Integrity.

## EXERCISE: WHERE DO YOU SUCK AT SETTING BOUNDARIES?

Write the names of the people in your life where you either:

1) Fail to create boundaries, or

2) Overcompensate, and try to CONTROL your experience with boundaries?

- *At Work (with the boss, coworkers, clients)?* \_\_\_\_\_
- *With family members (esp. Mom and Dad)?* \_\_\_\_\_
- *With Friends* \_\_\_\_\_
- *With Women* \_\_\_\_\_
- *Other* \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CHAPTER 20: WOMEN'S PANEL: DEEPENING THE CONNECTION:

An audience member asks: "How far do you think that deep connection should go if it's just casual?" A lot of guys are afraid to hurt women by allowing a deep connection to develop if they know it's not going to be a long-term relationship.

Men aren't the only ones who have a hard time vulnerably sharing their truth and desires. Women also have a hard time with this. Ami gives a brilliant example of how she would be straightforward to a man. As you listen to what Ami says on the DVD's, ask yourself when the last time was, if ever, you heard a woman being this straight forward and loving with you. Ami delivers a great example (in her own style) of Presence, Appreciation and Integrity all together. If you think this is powerful, consider how amazing it would be for a woman to receive something as solid and real from you.





Listen closely to the clarity in her communication and underlying commitment to her truth. This is a great example of high-level Appreciation and Integrity that you can model in your own life.

#### NOTE FROM BRYAN:

How far should a casual connection go? Incidentally, I have a very long thread detailing my own personal story of struggling with **how much responsibility to take for a woman's sexual opening** on the AMP Inner Circle online forum, here: <http://tinyurl.com/5lplgl>

If you don't remember your forum login info or you need to restart your membership, send an email to [customerservice@authenticmanprogram.com](mailto:customerservice@authenticmanprogram.com) and we'll hook you up.

### DVD 3: INSPIRING HER TRUST

#### CHAPTER 21: SPEAKING FROM A DEEPER PLACE

We're taking this exercise one level deeper now. And Amjad knocks it out of the park.

In service of Amjad, Shana first gets a feel for how the women in his life challenge him. Then, she embodies that and plays it out with Amjad so that he can learn to find his ground in the midst of this personalized feminine storm. As you can see, it stirs things up.



Amjad felt sad for Shana in that moment, which shows that **he was actually being impacted** and **getting what was really going on for her**, instead of shielding himself (Posturing) or crumbling under the pressure (Collapsing).



As Amjad shares his experience with Shana, she instantly melts.

**Decker:** *"I get excited to think about what happens when you're interacting with a woman and you share your heart that way."*

**Shana:** *"My heart melted."*



And remember, this stuff applies to whether you've just met her or you've known her for years.

There is a distinct difference between saying *"I feel sad for you,"* from a place of making her wrong and saying the exact same thing from a place of **being permeable** and **actually experiencing the sadness she's feeling with her**.

When you know that you can be fully centered no matter what comes at you, then there will be no woman, no matter how sexy, hot, cold or scary, that you won't feel comfortable approaching.

**EXERCISE: TAKING "SECOND POSITION" DURING EMOTIONAL INTENSITY**

Think back to a time when someone directed a very charged emotional expression at you (anger, sadness, etc).

What do you sincerely think they were feeling at that moment? Were they scared, sad, angry, disappointed, frustrated? What might it have been like to be them?

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If you can start to "get their world," without reacting to the charge, and reflect back to them how they are feeling, it can make a huge impact on all your relationships and move you towards more wholeness.

## CHAPTER 22: CREATING A RIDE

Ok, this is where all this “solidness” and “centeredness” and Composure stuff gets REALLY FUN.

From this place, you can take women on a roller coaster “ride” of your own design and planning. You can put attention on the **quality of her experience with you** – and **craft an experience for her to “let go” into**, as she lets you take the reins and guide her.

Most guys take women on some pretty “gimpy-ass rides.” They don’t take the experience of the woman into account, or else they defer to what she wants to do, rather than stepping up and getting creative.

Creating a “ride” for a woman applies to:

- How much (or how little) you tell her about what you have planned for her...
- How you guide the conversation
- Where you take her
- How, where and when you touch her
- Your sexual adventurousness and creativity in the bedroom

If she trusts you, she’ll follow you anywhere, into even the most wild, exhilarating adventures... completely letting go and surrendering to the ride you create for her.

These have been some of the most rewarding experiences of my life, hands down.

Of course...

### **She Won’t Take Your Ride If She Doesn’t Trust You**

Your ability to **inspire trust** determines whether she’s gonna take your ride.

It’s understandable why a lot of guys don’t get this. Sure, we’re not going to steal from her or read her diary, so what’s not to trust?

We want women to be feminine and radiant and inspired. We want them to be sexy and free and glowing with happiness when they’re around us.

**Men with Integrity bring that out in women.**

As a result, women love being around men with high levels of integrity because it helps them access their true feminine selves. With most men they aren’t able access that, so **it’s a gift and a relief to women** to be with a man who brings that out in her. And, of course, we reap the rewards by getting to enjoy her juicy, beautiful femininity!



### EXERCISE: WHAT KIND OF A RIDE DO YOU CREATE FOR WOMEN?

How would you describe the quality of the experience you create for women? Really take “second position” (through HER eyes, her body sensations, her feelings, etc) with these women, and imagine what it’s like to be with you. Is it relaxing? Boring? Exhilarating? Challenging? Stimulating? Stressful?

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If you’re feeling bold, check your assumptions by asking some ex-girlfriends about the quality of their experience with you. Ask them how much they enjoyed their day-to-day experience with you and how it compared to other men they’ve dated. This isn’t about comparing yourself to them, but helping her to articulate more clearly what it is that you offer and where you could be bringing more of yourself.

Yes, this takes balls and you may end up with information that will greatly impact your life. You get AMP bonus points for taking this one on.

## CHAPTER 23: PODWORK: CREATING BOUNDARIES ON YOUR RIDE

This chapter is about how you can ‘artfully create boundaries’ in your relationships and interactions.

Recently, I picked up my girlfriend at the airport. When we got to the parking lot, we began kissing next to my car. We were interrupted by a female voice... “Excuse me...”

We both looked up to see a woman in her mid-50s standing behind us with her bags. It was obvious that she wanted us to move so she could get into her driver’s side door. Without missing a beat I replied...

***“I’m sorry. I’m only interested in kissing her right now.”***

I was implying that this older women wanted me to kiss her, and we all laughed and felt uplifted by the joke. In fact, my girlfriend laughed for about 5 solid minutes afterwards, glowing with adoration. By the next day she had already gushed to a good number of her friends... (and mine) about this moment.

I was able to create an experience for both these women, by remaining non-reactive and in touch with my creativity, and not just “going through the motions.” If I had been less centered, the ride I created would have been much less creative:

***“Uh, oh, uh. Sorry about that, we’ll get out of your way...”***

This is also an example of meeting her energy, without resisting it, and turning it back around in a creative way.

In this exercise Decker gives you a physical demonstration of what you are learning to do here energetically. This is a tangible example where you can physically feel yourself working with the energy that we’re talking about.

Remember, composure means “walking the razor’s edge.” On both sides of the razor’s edge are forms of losing composure.

Collapse: Do you react and then get resentful or burdened?



Posture: Do you over react and keep her “way out there”?



If you can’t find your Composure then she either has to 1) bulldoze you or she has to 2) tone herself down because you can’t be as self-expressed (both disappointments to her). However, when you find your own artistry she can fully be herself and know that **you can dance with whatever she sends your way.**

As the participant really gets the exercise, here's Shana's response:

**Shana:** *"I felt my heart being connected with."*

All the way from your first interaction to being married for 50 years, this form of Composure allows you to:

- Be firm but stay in relationship.
- Be able to be with conflict and conflicting energies.
- Stay personable and human (avoid getting robotic).

You can see this in the simple example that Decker gives as he plays with Shana. It might take many repetitions of going to into this space before you feel it naturally...

**Shana:** 'How's your night going?'

**Decker:** "What has you ask that?"

**Shana:** "I dunno, I just wanted to see... I dunno...."

All of a sudden the whole conversation dropped several levels deeper and became so much more interesting and different.

Remember this isn't about the words. **If you get caught up in the words then you've already lost the game.** This is all about where you're coming from internally.

**EXERCISE: WHERE DO YOU "GO THROUGH THE MOTIONS" IN YOUR LIFE?**

Think about your day-to-day interactions. When have you gone on "autopilot?"

**Example:** When you're at the check out counter at the grocery store and the clerk says, "How are you today?" How did you respond last time?

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And how could you have made this a more memorable interaction for yourself and the clerk?

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By practicing staying Present and creating memorable experiences for yourself and others in your day-to-day life, you'll be FAR MORE SKILLED in creating memorable "rides" for the women you're dating.

## CHAPTER 24: INSPIRING TRUST

What inspires trust with women and why?

One of the most raw and powerful aspects of this work is getting to hear from women about their honest experience of you. You get to hear exactly the ways they feel trust for you, and the ways they don't. This might mean simply sharing how their bodies feel when they are interacting with you. Or it might be some intuitive sense of a way that they couldn't rely on you.

Again, this isn't about being trustworthy in the sense of not being malicious, like robbing or physically assaulting her.

This is about whether she can trust that **your words, feelings and actions are aligned**. If they aren't, then she's in for a bumpy, uncertain, jerky, ride like a shopping cart with a bad wheel. It's that feeling that something is misaligned and it doesn't feel quite right. She can feel it even more keenly than you can, and as a result she's not going to be able to let go and relax in your company.



When you aren't aligned in this way, women can instantly feel it.

We invited 5 men from the audience to come up and have the women vote for who they trusted the most.



## So What Inspired Trust In the Women?

The women chose a participant named Art.



**Shana** felt good because of the way Art held her gaze. She felt that she could bring all of her emotions and he wouldn't freak out. She felt that he was solid and grounded, yet she could feel his heart through his stillness. That is what had her trust him.

**Sandhya** felt that his stance and the way he stood communicated his Presence stronger than the others. She felt he had a steadiness and centeredness that felt to her like a *"safe space into which I can step and bring myself."*

**Kendra** felt that the quality of each woman's words was being completely received by him. She felt like he was being touched by their words without being swayed.

Kendra makes an important distinction: all the men who came up were trustable, but there are ways of conducting that trust-ability that not all of them had access to. The purpose of our work is to help men **access their innate trust-ability.**

We brought up Michael who got no votes.





On a scale of one to 10 the women give Michael a trust-ability level of: 3.5 out of 10.

As Michael shares how he's feeling, the women's level rises to a unanimous 5.

Bryan then guides him into what he likes about himself. As Michael experiences more connection with himself, the women start to feel more trust for him.

Then Bryan takes Michael into a chest opening exercise and again the women's trust goes up, this time to 7-8.

Note how much the women's level of trust can change in just a few minutes through doing this work.

## STORY FROM BRYAN:

### SHE COULDN'T TRUST ME IF I WASN'T FEELING MY LEGS

I love being with sensitive women, because it challenges me to bring my best as a man.

My most recent girlfriend was **extremely sensitive**, and often as we were hanging out (driving around, making dinner, etc) she would ask me to put attention on my legs. You see, I tend to go "up into my head" and lose myself in my thoughts, losing awareness of my body.

As soon as I brought awareness down into my legs, **she would sigh with relief and relax, and even get turned on!** What a trip!

I appreciated it every time she requested this because being more Present is something I am continually committed to (Integrity). This helped me come "out of my head" more and be more consistently "embodied" in all parts of my life.

While most women don't know how to ask you to be more Present, that doesn't mean that you're not impacting them.

Bryan tells his story of meeting a woman at a bar who is clear that she wouldn't go home with him that night. The woman changed her mind because of Bryan's integrity.

Bryan remained solid and composed without Collapsing or Posturing in the face of her critical gaze test. What would have happened if he felt unsure in that moment? She would have instantly declined the invitation. However, Bryan was clear about his truth and there was nothing for him to fake, hide or manipulate.

Later, Gary asks Bryan about the level of trust with this woman in the morning. She was disappointed because she really liked Bryan and she was interested in a relationship, and Bryan wasn't interested in a relationship. Does this change anything about Bryan's Integrity? Not at all.

She can be disappointed and still feel trust. In fact, she was disappointed that Bryan didn't want to be in a relationship because she did trust Bryan and that is a rare thing for a woman to find. She had found something that she wanted to keep.

### **A Story About Why Women Test**

Decker shares his story about the zany spiritual guy who lifts up a woman and starts spinning her around. She squeals with laughter, trusting, gleefully brightening up the whole room... it's the feminine surrender that all men want.

Enter the wooden column. And CRACK! Right into the column goes her head. It was the classic betrayal of trust. He's not present and she gets hurt. She would have been better off not going on that ride. All a woman needs is one event like that for her to realize that she has to be on her guard with men.



She learns that she can't just trust and let herself be taken care of by men. That's why women feel they have to test and scrutinize men until they see and feel that they can trust and let go.

So be it. This is nature at work. The best thing you can do is understand what's behind the tests that women throw at you, and practice grounding in the first three foundations.

## Afraid of Hurting Women



**Joe:** *"I oftentimes don't want to create a ride for a woman because I don't know how it's going to end up." I'd rather mediate or moderate my proximity to them, and what I'd like is to get closer to people and still not be able to hurt them..."*

A lot of really good guys can relate to how Joe feels. But when Decker asks the women if they feel closer to Joe after hearing his words here's what they have to say:



**Kendra:** *"I feel pissed."*

**Shana:** *"Yeah, I feel sad and pissed. **There is no way in life that there is not the potential of hurt.**"*

**Decker:** *"Here's the dilemma: you don't want to hurt her, AND, you don't want to be some sterile jerk managing her experience and anticipating her boundaries for her instead of respecting her as another person who can handle herself."*

If you practice staying Present, having regard for her as another human being (Appreciation), while respecting her as an adult who can make her own choices, and being forthright about what YOU want (Integrity), you don't have to manage her experience for her.

## CHAPTER 26: WOMEN'S PANEL: ADVANCED RELATING

Decker makes a powerful assertion about having your heart broken open:

**Decker:** *“Cracking wide open, feeling more emotion than you’re accustomed to, dropping all the bullshit. When you’re willing to do that - no Posturing, no putting on airs, and being really vulnerable - that’s when some of the hottest, most intense sex can actually happen and flow in its full expression.”*

### **Bryan’s Note:**

Following what Decker said here, I can say that my deepest, most powerful sexual experiences were with both of us in tears. And this could only happen if I’m allowing myself to have my heart impacted by her, to be feeling not just turn-on, but love as well...

## How to Deal With People On A Different Path

Most people who haven’t proactively worked on bringing more Integrity and awareness to their lives live a life of reaction, posturing, collapse, etc....

Shana talks about how her parents are so far from being in Integrity with what their truth is. She can see where they are in pain and disconnected from themselves and how much they have allowed their relationship to fall out of Integrity.

### YOU CAN’T FORCE A FLOWER TO BLOOM

As you begin to “see the matrix” through doing this work, you may realize that many of the people you love are still stuck, **completely oblivious and unaware of the habitual, reactive patterns that run their lives**. It’s common for people to try and MAKE OTHERS SEE what they see, but I have found that while this can work sometimes, my ATTACHMENT to having them see from my perspective can often **GET IN THE WAY** of them waking up to these realizations for themselves.

I have come to simply trust the process of each individual’s unfolding... just as **you can’t force a flower to bloom**, when it’s time, it’s time. In the meantime, being forthright and owning your experience is one of your most powerful tools.

For example, while Shana may not try to make her parents see where they’re unconscious or reactive, she may **vulnerably share her experience** of being with them, while taking responsibility for the impact that she feels (not making it about them or making them wrong).

For example, *“When you two talk to each other like that, I notice myself close off, I feel pain in my chest, and I feel resistance to coming back on the holidays like this.”*

This can at least invite her parents to check in with THEMSELVES about whether their way of being is creating the kind of results they actually want.

## The Importance of Owning What YOU Want

**Participant Question:** “Are women really that shy about asking for what they want in bed, and by the way, it’s not about me.”



So first, yes, women can be that shy – but the bigger issue here is why are women in Gary’s life responding to him in a way that leaves him with that question?

**Kendra:** “You may want to give her the space for whatever she wants, but you’ve got to be fully grounded with what **YOU** want at the same time. **That creates the space for her to have what she wants.** She’s feeling the Integrity in your being that has her open to you.”

Listen, women want you to lead. They don’t want you to ask them what they want. It turns them on far more to be with a man who is turned on by what he wants. Decker shares the classic example of “your birthday” and “her birthday.”

**Your birthday:** She says she’ll do anything you want. Sounds GREAT!

**Her birthday:** You tell her you’ll do anything she wants. Sounds terrible!

Remember, women want to be taken on a RIDE. They don’t want to have to CREATE it themselves.

*Final note:* Notice how Decker acknowledges the women here. You can model this.

## CHP 27: PARTICIPANT INSIGHTS

**Chip** learned that he can **allow himself to feel his desire** and get “outside his head,” and he’s already seeing the difference it’s making with women.

**Jason** now sees how he can **allow whatever naturally arises in his relationship to come up** because it will deepen his relationships with women – he doesn’t have to work hard to avoid drama.

Jason also makes a great analogy that women are the “sound and fury” of a great orchestra and his job as the man is to simply hold the silence between the notes.

**Michael** sees how difficult it has been for him to feel the tension of attraction with a woman. The sensations in his body became so uncomfortable that he would break the tension and kill the attraction. He NOW sees that he can **allow that tension to grow** and deepen the connection instead of hitting the eject button.

**Daniel** had his sex life profoundly impacted by owning what he wanted in bed with a woman and **learned to access more of his masculine desire**.



**Exercise:** Write down what you learned about your own life through seeing the participants go through their own insights, challenges, and breakthroughs.

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## CHAPTER 28: ACKNOWLEDGEMENTS

As Jason acknowledges the women, keep in mind how much energy, vulnerability and love for men our female AMP coaches put into this work.

In order for these women to open their hearts to so many men for an entire weekend it takes a lot of strength, courage, vulnerability and a commitment that's very rare in our society.



If you've gotten this far in the training manual then you should know that the kind of man that these women are attracted to are clearly the kind of men who have enough commitment to their own growth to be here doing this work.

So on behalf of the women, we thank you for doing this work.

**Brad:** *"I wasn't even aware that this kind of work was being done. This is important work."*



**Decker's final comments:** *"I'm deeply inspired by the idea of you **letting this be a beginning** for you to cultivate the relationships you really want and having the impact on women and the world that you really want."*



*"This is the power of Integrity. From here it moves into the Power of Wholeness and you becoming more complete in knowing that there's **nothing to lose, nowhere to get and only more beauty, play and connection to create.** Thank you."*

Thanks for being here and exploring what that I've found to be the most impactful, freeing and exciting path to inner change that I know of.

A handwritten signature in blue ink, which appears to read 'G. Cohen'.

Garrison Cohen  
VP Development  
Authentic Man Program



## Next Step

The Foundations series (I, II, and III) has been our “best crack” at delivering to you the knowledge necessary for a solid “Foundation of Inner Game” without the benefit of personalized, individualized feedback.

If you wish to take your personal evolution and your success with women to the next level (WHOLENESS), your next step with AMP is to seek resources that offer you PERSONAL ATTENTION – whether this is doing personal coaching with one of our female AMP coaches ([coaching@authenticmanprogram.com](mailto:coaching@authenticmanprogram.com)), or, if you’re ready to get the kind of life-changing feedback you saw the participants receiving this weekend, check out our 3 day AMP Intensive.

This video was NOT filmed at one of our AMP Intensives. That course is limited to 12 participants, and it is deeper, more intense, personalized and often emotional experience. You can find out more about our AMP Intensives at: <http://www.AuthenticManProgram.com/course>



# Guru of Integrity

## CD Transcript

G: Welcome to our recording on the subject of Integrity. I'm Garrison Cohen, and if you're anything like me, or most guys out in the world, you might think there's not a whole lot about Integrity that's all that sexy. However, you may be as surprised as I was to find out that Integrity is not only supremely sexy in a relationship, but from the very moment a woman notices you. So I'm here with Aaron Pava, who's one of our AMP facilitators, and our resident expert on Integrity, and you'll find out shortly why. Hey, Aaron.

Aaron: Hi, Garrison.

G: Thanks for being here, I'm glad we finally put something together where we could do this.

Aaron: Absolutely.

G: And I'm also thrilled that Annalisa, one of our female AMP coaches is here with us, so you can hear exactly what a sexy, passionate, radiant woman has to say as well. Hello.

Annalisa: Hi Garrison.

(they all laugh)

G: So let's get started, and let's just start with kind of an overview - what is Integrity really? You know, when I was growing up, Integrity, to me, was, you know, like, structural Integrity of a car. Or Integrity where you just do what you say you're gonna do, or just showing up on time. But when it comes to a relationship, and attraction, and women - what is Integrity really?

Aaron: Well, what I would say is that Integrity, essentially, is aligning yourself with your values. When I think about what Integrity is for me, oftentimes it relates to my own purpose. And I currently do work that is inspiring and empowering for me. That wasn't always the case. Right? There was a time where I was doing IT work, and I was doing it, it was paying well, and I knew what I was doing in my job. And I would go out on the weekends, hang out with my women friends, my guy friends, go out to bars, and I definitely was one of those guys who had lots of those close 'let's be friends' relationships. As I began to really get more inside of who I am, what my own purpose is, you know - what do I want to contribute to the world, what's my gift? I found that I was generating more attraction and I was having more relationships, meeting more women, I felt more sexually powerful, more grounded in who I am. And the more people I had around me that were able to reflect my gifts. And who I am when I really show up. It began to

'true me up.' You know what I mean by 'true up'? Like, everything lines up in the center. You feel more grounded, more present.

G: I've never heard that expression before, but it's great. 'True me up.'

Aaron: That phenomenon of being trued up, being centered, really began to create that attraction. Really began to create the types of relationships that I wanted to have with women. And that were more intimacy focused, or sexually focused, and getting out of the 'just friends' phenomenon.

G: So what I'm hearing so far is that you started off in a career that wasn't something that you were ultimately passionate about - and by the way, if you're in IT work, and you are passionate about that, then perfect - you're doing great.

Aaron: Absolutely. In fact, just to jump in on that, I still do some of that work; I only do the kind of work that does fully light me up, that I feel is a contribution, that I feel empowers other people, inspires other people, and that I do that - is totally right for me. Just like - any type of work, if you're lit up about it - or no type of work, if that's what your thing is, as long as it feels totally right and true for you. And that's what I think we're talking about when we say knowing your values, knowing your purpose.

G: Right, right. That's great, so - knowing your purpose, doing the work that inspires you, and you also talked about being around people that had a higher bar, that represented the kind of people you wanted to be around. It's also a big part of it as well. You've got a group of friends and you feel that the people that are in your community are either keeping you at a baseline, or bringing you down. Then you may actually wanna say, and look for yourself, 'is this where I really wanna be?' and are there people I can have in my community that actually lift me up?

**BOOK RECOMMENDATION:  
WAY OF THE SUPERIOR MAN, BY DAVID DEIDA**

If this stuff about life purpose resonates for you (or even if it doesn't, for that matter), DEFINITELY check out Way of the Superior Man. This has been one of the most profoundly influential books of my life, and is one of the best resources out there on how to live your life giving your deepest gifts to the world. - Bryan

Annalisa: Just to speak to that, I think our circle of friends is often a reflection of who we are, and so if you find yourself in a circle of friends that don't have Integrity, it's an opportunity to look at what your values are and whether you're living in alignment with that. And oftentimes, when people are making shifts in their lives, it naturally leads to shifts in their social circles. And a great way to do it is if you want to make a shift in your life, find a different social circle first. It's exactly like you said, you find the people you want to be like and spend time around them.

G: And so, for you, Analisa - Aaron was talking about - he was doing IT work, not what he was passionate about, he made a shift, got into a community of friends that really raised the bar for him, and started living for much more what he knew was true for him. And from your experience, if you compare a man who's in a career, or - even if he's in a career that he doesn't want, I think as long as a man has a purpose, even outside of that career, something that he's really passionate about, that really speaks. But all that aside, what's the experience that you have with a man who is passionate, is passionate about what he's up to in his life?

Annalisa: Um...I'm having trouble answering because it just seems so obvious. Of course I'm gonna want to spend time with a man who's passionate about what he's doing with his life - passion is contagious, and it feels better to be around someone who's lit up about what he's up to. It really doesn't matter what it is, it could be the IT guy who's totally passionate about the code that he wrote this week. That's awesome. That lights me up, that makes me energized just from being around him and that makes me wanna be around him more.

G: And what about the man who isn't passionate about what he's doing in his life? What impact does that have on you?

Annalisa: Well, sometimes it makes me angry. Sometimes it's like wanting to give him a wake-up call, shake him a little bit, like, 'what are you doing? If you're not passionate about what you're doing, then go find something you're passionate about - you know, wake up! Because we're here. We're here and we're alive, and if you're gonna waste your life doing stuff you're not really passionate about, then I don't wanna spend time with you, I don't wanna waste my time with you.

G: And what about when you're out. And you meet a man. Can you tell if there's something in his life that he's passionate about just through your interaction with him, even if you don't talk about what he's up to in his life?

Annalisa: Absolutely. And I wanted to say this earlier, it doesn't have to relate to career. I mean, it's really as simple as 'are you passionate about life?' And for some people, for some men, just bringing home, just providing for their family is their purpose, and it doesn't have anything to do with the job they're at. And that's really in Integrity for them, and they're passionate about their families, and that would translate to the same thing. So it's not that it has to be this, 'I'm inspired and passionate about what I'm up to in the world.' That's great. And it doesn't have to be that. Absolutely, it's palpable, when I meet a man, whether he's on track for what his values are or whether he's off track. Whether he's 'trued-up' as Aaron said, whether all of the pieces of him are in one line of the center of his body.

G: And if you're talking with a man, you can feel, in his Presence, if he's passionate about something in his life. How can you tell? 'Cause it may seem obvious to women, but to men it's

completely invisible. What is it that you feel or experience that has you know if a man is passionate or not?

Annalisa: Well, what I said a minute ago about all of the pieces of his body being aligned up the center of his body, it actually does speak to that, there's a level of embodiment that happens when a man is in Integrity that it just feels like his spine is stacked up one vertebrae on top of each other. There's no weaving, or evading anything - it's very straight in his body, not stiff- there's flexibility there, but its Integrity in its more foundational form, in its more structural form, it shows up in the body that way.

G: That, I think, may have been one of the best descriptions I've ever heard of how a woman experiences a man who's embodying Integrity. What do you think about that, Aaron?

Aaron: Well, the bottom line is that it feels better. It just feels better. It feels good to be in Integrity.

Annalisa: And we can feel that, as women. When you feel better, we feel better.

G: And there it goes, down to just it's simplest essence of what's really going on. And that's what's happening. When I was a kid, I remember my father was teaching me how to play pool, and he was teaching me how to hit the cue ball, and one of the descriptions he had was - the way he described hitting it - he said, 'imagine a big, thick, juicy piece of chocolate cake falling off the edge of the table and going 'thunk' on the floor. And he said, 'hit it like that'. So it's just this solid 'thunk' of a hit, and I always remembered that description, and as we're talking about Integrity, there's this certain 'thunk' to Integrity. There's something that's just solid and thick and... there... about Integrity. And I recently realized, you know, I was looking at my life, and I've always considered myself highly integrous, you know - I show up on time, I do what I say, I keep my commitments - but then I started to look at my relationships with women, and I show up on time and I keep my commitments, and I do what I say I'm gonna do, and I was like, 'yea, I'm Integrity. Aren't I?' And then I started to look deeper, and I started to look at, 'huh. Am I really telling the truth? Am I really saying what's there for me?' And I started to realize there were all these places where I really wasn't in Integrity. I mean, I was doing all the standard stuff, show up on my time, do what I say - all that. But when it came to, 'okay, here's what I'm feeling, how come I'm not sharing that?' 'Here's what I really want. How come I'm not saying that?' And I started to realize that I'm way the hell out of Integrity, and so I started taking on as a practice - 'okay, this could potentially end the relationship, but I don't think I want to be in a relationship where I can't absolutely speak my truth. From the very beginning. And so, every time I would date a woman, I would just say absolutely everything that I knew was true for me. And I kind of expected that some women would be like, 'okay, well, that's not really true for me, and that's not really what I'm looking for,' and that would kind of be the end of it. And surprisingly, that rarely happened. What I found would happen would be women would either say, 'wow. that's hot!' and they'd say, like, 'okay.' Or they'd say, 'well, that's not really my truth, but I'm kind of

inspired by what your truth is so okay.’ And then, every once in awhile, a woman would say, ‘no. that’s not really where I’m at, that’s not really what I’m looking for.’ And then we would kind of part ways or stay friends or whatever, but I started to feel that in my relationships, and in my interactions with women, there was a much higher level of Integrity, and as a result of that... What it was that I really wanted and desired, in my relationships, and what I was looking for at this particular time in my life - it was %100 more accessible, because I was just being bold enough to say, ‘here’s the truth for me.’

Aaron: That’s really great. That was really great. And in some sense, it’s an advanced practice. In order to be able to really express what’s true for you, you need to first be in touch with what’s true for you. And that, for a lot of guys, for a lot of women, that could be a big jump. So if you’re feeling sexually attracted to somebody, to pretend that you’re not sexually attracted - that is not being in Integrity. That shows up in the communication, in the connection, right? And that’s what she’s picking up on, she’s feeling that you’re not aligned. You’re feeling one thing, and you’re pretending, or faking it or avoiding what’s actually so. You don’t need to say - most guys, we get turned on what? 8? 10,000 times in a day? You don’t need to tell every woman that she really sparked you up and you wanna - tell her what you want, right? It wouldn’t be appropriate, and it’s not necessary, and it’s not what you actually desire. What’s important is that you’re not acting inconsistent with those desires. If you’re feeling attracted to someone, or even fear, it might be just to let them in, maybe not even with words... that you’re feeling that. Have that brief moment. Don’t go anywhere else with it, and I think you’ll begin to find yourself - and I know this is true for me - it becomes way more intimate, drops a few more levels deeper, and you have more access to oneself. To that type of connection.

Annalisa: I’m glad you said that. I think so many times, I interact with men who aren’t willing to be with their emotions, whether it’s turn-on or anger or fear and that brings them out of Integrity, if they’re not willing to feel it. It doesn’t mean they have to say anything about it or do anything about it, but I can feel when a man’s not willing to feel what he’s feeling and it has me lose trust, and it has me not want to be with him. Because if he can’t be with his own feelings, then how could he possibly be with mine?

Aaron: That should be, like, underlined right there.

G: That’s a perfect transition to one of the exercises in the DVDs. And one of the first ones was about men coming up onstage, working with Decker and one of the women, and sharing with the women what it is they’re actually feeling. And a lot of men have a hard time separating their judgments from their feelings. And can you talk a little bit about how that exercise applies to what we’re saying here?

Aaron: Well, that’s great, because the judgments are a perfect gateway into your feelings, right? Judgments are my commentary on the feelings, the emotions that I’m having. Expressed in a particular light. In the DVDs you see the men begin to express, ‘oh- she’s a bitch,’ or whatever it

is. Or I have fear that she is. That can be argued, right? There's no factual basis to it. That's a judgment based on an emotional experience that guy is having. None of that can be argued. That was a factual experience that happened to me. The judgment is what gave me access to be able to understand what was going on with me, and that's really the practice here.

G: The judgment being that your mind translated all of that into, 'oh-she must be a bitch.'

Aaron: Correct.

G: And so you're talking about being able to separate your judgment from what the real experience was.

Aaron: Yea. We're not even saying, 'don't have the judgments.' I don't know anyone that could teach you not to have judgments. The judgments are a doorway. They're an access point.

Annalisa: And the way to use them as a doorway is that whenever you notice the judgments- because like Aaron said, we're all - it's a human trait, our minds are there to create judgments, it's not a bad thing, it's just what we do. So one way to get access to that is to ask, 'well, what let's me know that?' 'What let me know that she was a bitch?' What, in my body, was happening right before the thought, 'oh, she's a bitch,' came to my mind? 'Okay, right, my heart was racing, I felt that chill go up my body,' and so it's a tool that you can use to backtrack and actually train yourself to have more awareness of your body through following the judgments back to their origin.

G: That's brilliant. I love the way you guys just explained that. It actually makes a lot of sense. So what does that make available for a man when he can go through that process?

Aaron: For me what it makes available is intimacy, which is something I'm really passionate about. Human beings connecting with human beings, and creating together. For me, as a creator, and someone who's passionate about that, that's what it makes more available. If who you are is about inspiration, and that's what you really care about, it's gonna make more inspiration available for you. If who you are is someone who wants to have a family, it's gonna have a family be available to you. And if you wanna have closer relationships to your kids, it's gonna make that more available to you.

G: And so what you're saying is what's available to you as a result of being able to notice your judgments, being able to follow those back down to the feelings in your body, and then realize that. Let's start off with a basic building block of that as well. Say you're out at a café or a club or a bar or a party or just somewhere out in your life, and you meet a woman, and you do, you have that experience. How does that process - of being able to notice what you're feeling allow you to create something wouldn't have been possible previously with that woman. In that moment.

Annalisa: Can I answer that?

G: Please.

Annalisa: It goes back to what I said about being willing to feel what you're actually feeling, and in order to do that, you need to notice what you're feeling first. And a lot of times, we're so quick to jump to judgments because they feel safer than actually feeling what we're feeling, that it's a practice to get you back into your body, and back present to what's so in the moment, and to say yes to it, and then to fully own it. To be in Integrity with it. All without having to say anything or do anything with it. That, in and of itself, will create more attraction with the woman that you're seeing in the café.

G: Okay. I see a woman. She walks in, averts her eyes, I notice all these sensations inside of me. And then all these sensations get processed and I say in my head, 'oh, she's kind of a bitch.' Now what I'm hearing you say is that instead of going all the way through the process and just ending up back in my head, where it's 'oh, she's a bitch,' what I do is notice, 'oh, I'm feeling these sensations in my body. If I resist those sensations, then I am also resisting her. But if I allow those sensations to just be there, own those sensations, as we say, and just simply let them be, which can be vulnerable, but just have an Appreciation for like, 'wow, I'm having a lot of sensation right now,' and just let it be that and nothing else, then the whole concept of 'she's a bitch,' never comes into my mind, and therefore, I'm not guided away from her, I'm still feeling open to her, but I'm just noticing all these sensations.

Annalisa: Well, the judgment's going to happen. Let's be honest about that. Because – like I said, that's what the mind is there for, but that doesn't mean that we have to give the judgment the weight of truth. And ultimately, whenever a man walks into a café and sees a woman, and the thought goes through his head, 'oh, she must be a bitch,' it's not about her. And the practice allows you to bring it back into yourself, and have more... focus of control over the situation. It's not about her, it has nothing to do with her, whatever sensations are happening in your body, whatever judgments are happening in your mind, it's all about you. And as soon as you make it about her, then you're no longer seeing her as a human being, you're no longer seeing her as the rich possibility of who she actually is. You've slapped a label on her. And that, in and of itself now, has robbed you of any possibility of any real interaction with her, 'cause you've already decided who she is and what she's gonna be. She's the bitch.

G: That's brilliant. Let me say that back more accurately. Anytime we notice ourselves having a judgment, it means that that judgment is coming from feelings and sensations we're having, and so as soon as we have that judgment, notice what those feelings and sensations are and just... own those feelings or sensations. And then continue forward. Let go of the judgment. And that's where the power is. In fact, what's amazing about this is that every single time you have a



judgment, you have an opportunity to find the feelings connected to that judgment, and that's where your power is.

Annalisa: Well said.

G: Back at ya. So great. Let's move forward here and what I'd love is to - I'd love to hear some stories at this point, about maybe some places where you could give an example of where Integrity has shown up.

Aaron: Sure. One of the things that just came to mind as we were talking about owning your experience, it brings to mind a story for me about smoking cigarettes. I used to smoke - almost chain-smoke, I mean more than a pack a day - this is years ago - and when did I have a desire to have a cigarette. It was in cafes. Now I thought that that meant it was because of coffee. Coffee and cigarettes, right? But as I began to have more awareness about it, I began to notice things like the beautiful woman coming in the café. My fear about approaching her, or my own judgments or uncomfortability, all the places where I couldn't be with my own experience. And a cigarette was a great way for me to instantly not feel what I was feeling. I also noticed this in bars when I'd have a drink. I'd feel that nervousness, or feel where I couldn't connect, and I'd find myself walking to the bar. Like, I just want to... placate that experience, I just want to knock that experience out. I don't want to feel my own experience! This is place where I'm not loving myself. This is the place where I want to check out. This is the place where I'm hurting, this is the place I'm afraid to be with right now. And just ride it out, I'd ride it out for like, 2, 3 minutes, breathe through it, relax, and then fully return to myself, you know? Be able to share that experience, be more connected. Do exactly what we were talking about a few moments ago.

G: Right, so like the example we were just giving, you had a judgment that you needed a cigarette, and when you started to follow, 'well, wait, if that's a judgment, what are the feelings connected to that judgment?' And you started to look at what the feelings were and started to own what those feelings were about. So that's a fascinating example. And, for you listening, start to notice how that can apply to your own experience. Especially as it applies to women. Where is it that you notice yourself having judgments about women- 'oh, she's out of my league,' 'oh, she's not pretty enough.' What could some other judgments be?

Aaron: Well, judgments could often be about the other person. Or they could be self-judgments. I know that, for me, that's generally how they come across. How I relate to my judgments. 'oh, you know- I'm not in shape,' you know, whatever - 'I don't feel good today,' you know, 'I'm tired.' Now again - beginning practice - you're in a grocery store, you see a woman that you want to approach, all that stuff comes up for you. Whatever- I would think that- really consider what comes up for you, or begin to notice what comes up for you in the moment. And feel what that feels like in your body. You'll have a thought. It's connected to your body. Your brain is just one giant nerve ending, where all the nerve endings connect into one area, right? You're gonna feel that in a muscle, you're gonna feel it in some area of your body. So you have a thought - it'll

be connected to that sensation, get in touch with that sensation. And if you can get in touch with it, it'll begin to give you that access to be able to share it, or not to, or, if not share it, at least own it for yourself. And the owning of that experience will give you more access to connection.

G: That's a great example. And I remember a few months ago, that I was in the supermarket, just doing some shopping for food, and in the produce section - it's always the produce section, why is it always the produce section? But there she is...

Annalisa: That's where the fruits are.

G: Something about the organic-ness of the produce section - but there she is, in front of the radishes - I mean, just a stunning beauty and when I say stunning beauty, whatever your type is, she was just my type, and I think I had just come from the gym, and you know, I hadn't shaved in a day or two, and I needed a shower, and - but I remember creating a lot of reasons why I couldn't approach her, and as I think about that right now, if I were to actually say, 'okay, here are all these reasons, these are all these self-judgments, what is it that I'm really feeling?' And then I would just feel into that. Now I could say, 'I'm feeling afraid, I'm feeling self-conscious, I'm feeling insecure,' but even below that, it's just like, 'okay, I'm feeling all this sensation, and if I just focus on that sensation... and just be with that - don't make it right, don't make it wrong, it's just like, 'oh- there's all that.' And then just appreciate her, 'Wow. Stunning.' From that place, I can actually feel myself becoming more comfortable. Feeling more access to myself, and be able to just go up and connect. Now something like this, for a lot of men, this can take a lot of practice in just feeling into this and taking action from that place. But if you take action from your head, it's just so much more difficult.

Annalisa: I would say that - I would challenge our listeners to just start the practice with the noticing. And actually noticing the changes that will happen just from that alone. I bet if you had fully gotten into your body in that supermarket situation with the stunning beauty, and noticed all of those sensations happening, and just been with that for a minute? I wouldn't be surprised if all of a sudden she noticed you. And nothing more needs to happen than that. It's just that instant moment of connection. I've found that I walk around and I notice men in the supermarket, and I notice ones that are most in their bodies, and the ones who are completely in alignment with that spine that I was talking about. So it's not even that any action has to come from it. The practice itself, just by itself, I'm betting will have an impact in your relating with women.

G: Beautiful. So, are there any particular scenes in movies that you recall where there's sort of like, the Denzel Washington example where this scene in that movie is a great example of Integrity, and here's why. As a woman, I really respond to this scene. Here's what it means to me and that's how I relate to that. That's also a possibility.

Annalisa: One that just came to mind is from The Princess Bride. And, in the very beginning, before Buttercup becomes a princess, and she and the farmboy are in the kitchen, and she asks- she's like, 'Farmboy! Fetch me that pitcher,' and he grabs it for her and hands it to her, and says, 'as you wish,' as he's handing it to her. And in his eyes, and every other part of his body, was saying, 'I want you and I love you,' and all his words were saying was 'as you wish.' But the completeness of his longing and desire for her was so strong that - first of all he was just really hot - but also it had the woman realize that what he was actually saying was 'I love you,' and even though there was the class difference, and everything else that happened after that from the movie, it was him being so in Integrity with what he wanted and being willing to feel it and own it, without actually having to go to her and say, 'but I love you, and ' you know, it was just a simple gesture. 'As you wish.' Here's the pitcher.

G: That's a great example, and I have a question for you about that for you - and by the way, I think that movie has sold more pints of Haagen-Dazs than any other entertainment thing.

Annalisa: Haagen-Dazs?

G: Alright, maybe I'll cut that part - I just, I relate to so many women just going home, buying ice cream and sitting and watching that movie, just eating ice cream all night because it's such a classic for woman. Alright, that's getting cut. Alright - so you said in that movie he was 'really hot.' And I gotta admit- the guy's got it going on. Let's say for a moment that he wasn't hot, but everything else completely applied - the way he related to her, the words he said, what he embodied with his Integrity... how do you think that would also come across?

Annalisa: I don't think what made him hot was how he looked. It wasn't his physique, 'cause I've seen the same actor in other films afterwards and been like, 'eh.' It wasn't his physique, it was the - it was how we was in his body and how he portrayed that particular role.

G: So he could've been - now in that movie, even just as an actor, he's made up to look damn good. But let's say, just for theory - that he was replaced by...

Annalisa: Andre the Giant.

G: Yea, sure. Let's say Andre the Giant. Or that little genius guy that's always yelling, 'inconceivable!' Like that actor plays his role, but embodies all the same stuff.

Annalisa: I think the attraction would still be there for me. Absolutely. You know, some of the best actors are not traditionally attractive. And I think acting is one of those things where in order to be really good at it, you have to fully feel the emotions and be in your body. And all the greatest actors know how to do that. And they're not traditionally... handsome. From a physique perspective. But that's not what matters to me.

G: Awesome. And can you just make a quick statement - to the men who are listening right now - about how it doesn't have to do with looks, and what it does have to do with. Just like, speak to the men directly.

A: Attraction, for me, really doesn't have to do with a physique. It has to do with being present; it has to do with owning your feelings. It has to do with being willing to feel what you're feeling. I've met a lot of physically attractive men that I wasn't attracted to. That I wasn't turned on by. Because that was lacking. And I've had some of the best sex of my life, and some of the most beautiful, intimate moments of my life, with men who are, by society's standards, unattractive physically. You know? Balding, bad teeth, old, young, big, small, it doesn't matter. That is not what attraction is about for me. It's about how willing are you to fully be there with me? How much are you willing to feel? Which allows me to feel that much and more.

G: Thank you.

Annalisa: Thanks for having me.

G: Annalisa, it has been a real pleasure having you a part of this recording. Thank you so much, I really enjoyed you being here with us.

Annalisa: Thanks, it was fun. Thank you both.

G: Aaron, thank you as well. You really brought a lot to this. I'm excited about this recording.

Aaron: Me too, this was really great. It's been a lot of fun.

G: Alright. Thanks everyone.