

Insider **SEX** Secrets

Gold Member Newsletter

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How To Get More Sex, Better Sex, More Stamina And The Ultimate Sex Life

From: Jack Grave

Yes, that is a big claim.

But it's very much possible, and here's how...

It all starts from a shift in thinking.

A shift that, honestly, I've only truly understood very recently.

It's been a big "aha" moment for me.

And here's what it is...

What you focus on grows.

What you spend your time focusing on will grow in your life.

Let me explain what I mean...

If you spend all your time complaining and frustrated at the fact that your sex life sucks, that your lover isn't passionate, that you don't get enough sex, that you can't last long enough, or some other problem...

Then guess what's going to happen?

You're going to experience more of that.

Now this isn't because of some "new-age B.S."

This is how the human brain works.

The subconscious mind can't distinguish between positive and



negative, it just experiences whatever it is shown.

The subconscious mind is like a servo mechanism.

It moves towards whatever target you display in front of it.

So if you place a target of “not having sex, not lasting longer, relationships problems, etc.” in front of it, it’s going to work to generate more of it.

It’s just how the human mind works.

For example, if you spend all of your time worrying about not lasting long in bed for example, how can you ever hope to start lasting long in bed?

Focusing on not lasting long in bed creates anxiety, fear and frustration (which are often linked with premature ejaculation and erectile dysfunction).

And not only that, why would you be motivated to improve if all you’re focusing on is what isn’t working?

What if instead you started focusing on and visualizing yourself lasting long in bed?

What if you started PRACTISING seeing yourself lasting long in bed?

What would happen to your mind?

It would start to shift.

It would start to get excited at the prospect of having a better sex life, to enjoy sex more and to last longer.

And you know what would happen next?

It would start figuring out ways to make it happen, because you’re now focused on the solution rather than the problem.

It may seem like a subtle distinction but it’s so important.

“Complainers”, for example, love to focus on what isn’t working.

And here’s why...

It makes them feel significant when they complain to others about their problem because it gets them attention.

And it gives them a sense of connection with themselves when they beat themselves up and when they share their problems with others.

Isn’t that true?

When you go to your friends and you tell them about something amazing you’ve done how do they normally react?

Unless you’re surrounded by an exceptional group of people most friends aren’t that excited when someone else does something incredible.

They might be courteous and say “well done”, because that’s the right thing to do.

But there’s no real emotional bond there.

But what about if you take a complaint to your friends and you talk about how something isn’t working out...

That’s when they’ll all commiserate and try and make you feel better.

It’s a great way to feel connected to others – sharing a problem.

Can you see how someone might become addicted to their problems rather than their solutions?

The obvious problem is that it doesn’t improve the quality of your life when you live in your problems.

So you need to make sure you don’t fall into the same trap.

Learn to LOVE to focusing on what you want.

Love every aspect of the things you want.



Create conscious rituals of focusing on what you want.

Because without conscious direction your mind will seek out the problems, because, for the reasons I just shared, having a problem fulfills a lot of needs – it allows you to connect and feel significant.

And so left to its own devices your mind will seek out and indulge in problems.

Don't let this happen.

Instead create rituals and habits where you consistently focus on the results you want.

THIS is the secret to living the ultimate sex life of your dreams.

Instead of focusing on what's not working, focus on what you want.

And make it a regular focus through constant practice.

When you start focusing on what you do want and experience it in your mind as if it's already happened, you'll soon find yourself attracting more of what you've been visualizing into your reality.

Now, I know to the hardcore "scientists and sceptics" this might sound like B.S.

And for a long time I thought the same way.

"Show me the science proving this theory" is what I would say.

But here's the thing, unfortunately this whole theory of how what you focus on expands can't be scientifically validated.

Because whatever you believe about the theory becomes a self-fulfilling prophecy.

If you believe it won't work your mind will find a way to validate that.

If you believe it will work your mind will find a way to validate that.

Remember, the subconscious mind moves towards the images you put in front of it.

So instead I ask you to think about it like this...

What's your outcome?

What do you want in life?

Do you want a scientifically valid theory or do you want the best possible sex life of your dreams?

Now I'm not saying the latter has no science whatsoever to support it, but it's a different focus, isn't it.

Trying to constantly disprove methods and figure out why "this won't work for me, because of x, y, z reason" will produce a very different result to someone who relentlessly focuses on the OUTCOME they want.

And this, by the way, is the big difference between those who achieve massive breakthroughs in the quality of their sex lives and those who don't.

Those who do achieve breakthroughs are outcome focused.

They know what they want and they spend a lot of time thinking about what they want.

They don't spend all their time going around trying to disprove techniques, find ways why they don't work, scientifically disproving them or developing elaborate reasons why they themselves will never succeed.

They focus on what they want and make it happen.

So you too have to ask yourself...

"What's my outcome?"

"Do I want to live an extraordinary sex life or do I want be a sceptic?"

It sounds dumb when you look at like this, but most people really do choose the latter.



They would rather be skeptical of any chance to possibly better their lives, because it allows them to connect with themselves and others and it means they don't have to put themselves on the line and get their hopes up and potentially fail in the process.

But again, what result does that produce?

Well, it definitely doesn't produce an extraordinary sex life.

Instead it produces a life of mediocrity and often resentment.

So yet again I ask you...

What's your outcome?

What do you really, deeply want?

And once you identify that, spend a lot of time thinking about it and see it as real.

Develop a DAILY ritual where you read your goal / dream out loud.

Visualize yourself experiencing it daily.

Notice all the tiny distinctions of what it looks like to live that dream life.

And put yourself in a peak physical state when you're experiencing your dream goals.

Perhaps create a positive mantra or affirmation that reinforces what you want.

And say it with passion to really get yourself in the right state of mind so that you become immersed in what you want to make real.

Keep doing this over and over again, every day, with increasing intensity and soon you'll develop CERTAINTY that you really can make your dreams happen.

You'll go from being skeptical to feeling like you really can turn things around.

Instead of being focused on what's not working you'll be deeply immersed in your dream and you'll be finding distinctions every day to get you closer and closer to it.

You'll be complaining less, struggling less and enjoying life more.

And things that previously you may have considered "failures" will now be learning experiences.

Now, when you try something new, to help you last longer in bed for example, and it doesn't work out, instead of beating yourself up and feeling bad you'll feel grateful because now you have one more distinction of what doesn't work, taking you one step closer to what does work.

It's a different way of thinking this.

But this only happens when you're immersed in the dream you want to make real.

Can you see now how this is so different to that of complaining and being skeptical?

Don't get me wrong, being skeptical still has its place – you don't want to let yourself be taken advantage of, but being overly skeptical can rob you of some incredible opportunities to fast-track your progress towards your goals.

Being goal orientated and knowing exactly what you want takes courage, especially if you've been skeptical for a long time, but trust in the process.

If you remain focused on your dreams and you trust in yourself to make wise decisions along the way – you'll get the dream sex life you want much faster than by being skeptical and not trusting any one or any method.

I honestly believe that what I've just outlined is CRUCIAL to massive success with sex, women and life.

Stay focused on what you want, immerse yourself in it with daily rituals that support that focus and with that foundation any technique I teach you in this newsletter or other programs will be like adding rocket fuel to your success.





Hair



Stroking a woman's hair is a very powerful tool for helping arouse and seduce.

What makes it especially powerful is that it's a "low rejection starting point".

That means that if you go to stroke the end of a woman's hair and it's clear she's not interested in you or not in the mood, then you can quickly stop without dealing with much or any embarrassment.

Compare that to what happens when you go to kiss a woman and the situation is clearly different.

If you go to kiss a woman and you're uncertain how she'll respond and she ends up rejecting the kiss, well that's a big and obvious rejection and it's hard to then turn that situation around once she's already rejected you.

With the hair, however, if she doesn't seem comfortable with that, because it's not an obvious rejection there's still scope to try again later, because she hasn't really given you a firm "no".

Ok, so with that said, what's the best way to stimulate a woman's hair?

It's simple.

Start slow and at the bottom with gentle strokes and work your way up.

If she's receptive, then after some time the next logical progression is either to kiss her lips or neck.

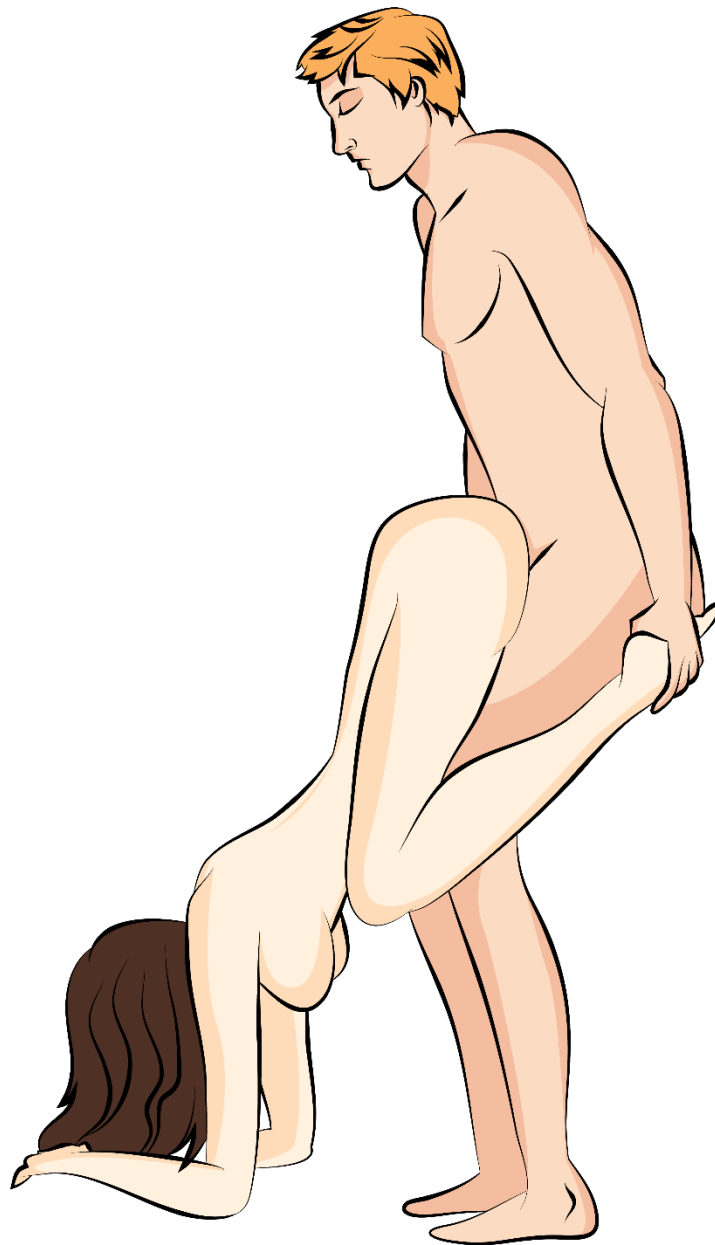
From them on feel free to stroke her hair or even grab it with increasing intensity.





Sex Position Of The Month

The Wheelbarrow



I've included this one this month because it's a challenge.

And sometimes a challenge can make for some real fun.

Getting into it doesn't require any extra explanation other than by looking at the diagram, but I will tell you that this position is incredibly pleasurable.

Go ahead and give it a try.





Low Cost

High Pleasure
Date Idea

Play A Board Game Together



Now yes, this isn't an adrenaline-fueled date like sky-diving or white water rafting, but here's where the value is in this type of date...

The connection you make.

Unlike going to the movies or watching a movie at home, here you actually get to talk to your partner.

And not only that, you have something to talk about, because you're playing a game together.

Now the game you choose to play is important.

Judge your partner wisely and pick a game that you know she'll enjoy.

But at the same time, don't put too much pressure on yourself to pick the perfect game, because the real fun comes from the EXPERIENCE of playing the game and not the game itself.

Remember this is a date where the purpose is to connect with your partner, not to evaluate the next cutting-edge board game.

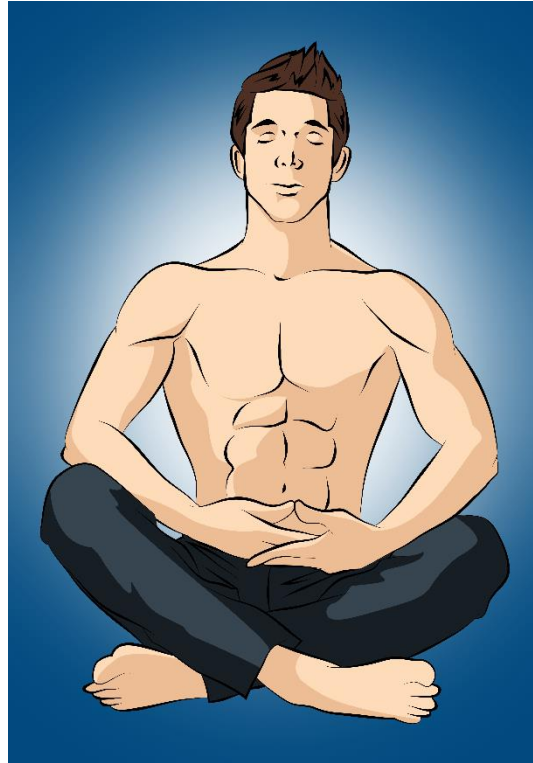
The game is just a vehicle to communicate and connect.

Don't overthink this, here are some great games you could play – puzzles, jenga, scrabble, dominoes, backgammon, checkers, boggle. These are all classic games and there are many more modern games that you can pick up that also work great as two player games.





Breathing Technique



Breathing has a very profound impact on your body.

If you've ever seen anyone have a panic attack you'll know that the first thing they always get instructed to do is breathe.

Why is that?

Because breathing effects your emotional state.

Take short, sharp, shallow breaths and you'll start to feel uptight.

Take slow, long deep breaths and you'll start to feel more relaxed and confident.

How you breathe is a valuable tool therefore to manipulate your emotional state.

And, as I'm sure you know, your emotional state has a direct effect on your overall stamina in bed.

We all know that if you're nervous and engulfed in anxiety it's a lot more difficult to get and stay fully hard and to avoid premature ejaculation.

Whereas when we're feeling relaxed and confident it's much easier to get hard, stay hard and delay our orgasm.

This is why breathing is such a powerful tool.

By becoming conscious of our breathing during sex and directing ourselves to breathe deeper and slower breaths we give our body the resources it needs to last longer and feel stronger.

Give this a try the next time you're making love.

Make a conscious effort to focus on and direct your breathing to give yourself more power and confidence and you'll be surprised at just how much longer you can last.





Dating Techniques

Focus On Connection And Contribution



How do most men approach the idea of dating?

For most men going out and meeting women is a nerve-wracking experience.

It means potential rejection, judgement, struggling with what to say, taking risks, facing the unknown, feeling helpless and all sorts of negative things.

Then, if these guys do end up mustering the courage to go talk to a woman, all this fear comes

through in their communication and they come across as nervous and lacking confidence.

As a result, they don't achieve as much success as they'd like.

Which then, in turn, reinforces their fears creating a negative cycle of failure with women.

Here's how to solve this problem...



And this solution aligns nicely with what I've been sharing so far in this month's newsletter...

Shift your focus.

Instead of focusing on failure and all the things that could go wrong focus on connection and contribution.

Focus on developing a connection with the woman and focus on what you can give to her.

And when I say give I don't mean in terms of physical gifts.

I'm talking about lighting up her day.

Love connecting with her.

Make her laugh.

Tease her.

Flirt with her.

Challenge her.

Break her pattern.

Shift the focus from yourself and how you're being evaluated, to her.

Make the conversation about her.

Make the communication about her.

Again, not in a "worshipping" way, but in a way that you're genuinely interested in connecting with her.

Now, as you do this, notice what happens...

Your attention has been moved away from you evaluating how you're performing to instead focusing on what you can contribute.

How do you think that affects your emotional state?

The answer is that it makes you substantially less nervous and anxious.

Nervousness and anxiety comes from when you feel like you're being evaluated.

Confidence comes from being focused on something great than yourself.

And what do women universally find attractive?

Confidence.

Not fake, contrived confidence.

Authentic and real confidence that comes from you genuinely being focused on her and not yourself.

So, is this all tying together?

If you want more success with women you need to be confident.

In order to be confident you must shift your focus to connection and contribution rather than self-evaluation.

Therefore one of the keys to success with women is to become focused on giving in the moment rather than on "finding the right words to say, how you're performing, what to do to appear attractive or of higher status and so on".

You'll be amazed at just how much difference this makes.





Passionate Relationship

Nurture Polarity



Men and women are fundamentally different.

And you know what creates passion and juice in a relationship?

When these differences are magnified in a positive way.

When the masculine and feminine intertwine.

And when there's a big difference, a.k.a. polarity, between the masculine and the feminine.

Now, what is the masculine and feminine?

Well, I first learned about this concept from David Deida.

And to paraphrase his work...

The masculine is the mostly goal-orientated, mission focused energy that is about achieving, breaking through and reaching peace.

The feminine is about flow, experience and oscillating emotions.

Characteristics of the masculine are to make decisions, set goals, organize and solve problems.

Characteristics of the feminine are to discuss, connect and talk about problems.

The two are very different.

And men and women can display traits of both.

However, most men tend to be masculine focused and most women tend to be feminine focused.



Now, most PASSIONATE relationships exist when there is a strong polarity between the two...

For example when the man steps up and makes decisions and the woman trusts the man to let him take her.

Or when the woman experiences drifting and flowing of emotion, while the man stands firm as a rock as support for his woman.

These types of situations create POLARITY.

The dance between masculine and feminine.

And when this polarity exists, ATTRACTION HAPPENS.

Sparks fly, electricity is felt and passionate sex occurs.

However, this is often a rare occurrence in relationships – at least long term relationships.

Over time couples tends to encourage each other to be more like them.

The men want their women to be more organized and have more direction in their life.

And the women want their men to talk more about their problems and be more in touch with their emotions.

Now, while there is a place for both men and women to develop their opposite polarities, if this is done to too greater extent what eventually ends up happening is the polarity disappears.

And what then happens what you have is two FRIENDS who are hanging out.

They might kiss and be nice to each other, but all the passion VANISHES.

This, in my opinion, is the most common cause of relationships losing the passion...

Couples aren't aware of this concept of polarity, and as a result they pressure their partners to change and be more like them...

And while it has a positive intention, it ends up KILLING the passion.

Don't make this mistake yourself.

And if you've been able to relate to this pattern, then don't worry – this can quickly be rectified.

If you're a naturally masculine man, then reconnect with your masculine essence.

Get comfortable making decisions.

Be her rock.

Become strong.

Love with an open heart and strength.

All these things you can start doing immediately.

And when your woman starts to sense your strength and masculine energy, she'll want to open and love you like never before.

But you have to lead the way.

Don't interpret what I've said as a tool to criticize her for not doing things right.

If you want to make a change then be a role model.

Take the first step and realize that there may be some obstacles and resistance to change.

It may take a bit of time for you to earn her trust and for her to feel like she really can unleash her feminine essence.

You yourself must trust in this process and as you do, very quickly your relationship will transform.





Your Questions Answered

In this section I answer questions sent in by members. If you'd personally like a question answered in this section then please send a message to support@stillbloom.com with the subject line "NEWSLETTER QUESTION".

Question: From Deep J. "What's the trick for lasting longer in bed?"

Answer: Naturally I get asked this question all the time.

I expect it, of course, since creating one of the best-selling programs on the subject ([Ejaculation Guru](#)).

The first thing I recommend you do is check out that program.

It'll explain all the steps necessary to going from however long you last in bed at the moment, to being able to last 30 minutes or longer.

But I do still want to share something you can take away here in answer to that question...

Here's one tip that aligns nicely with what I've shared so far in this newsletter...

Control your focus.

What you focus on during sex makes a huge difference.

If you're focusing on yourself and how you're performing and being evaluated you're inevitably going to feel nervous and therefore ironically are less likely to perform to your maximum ability.

On top of that, if you're nervous you're more likely to experience premature ejaculation.

Now, on the other hand if you focus on what you can GIVE to your lover.

And your entire focus becomes about how you can make her feel great, then you'll find that nerves dissolve, because sex is no longer about you, it's about her.

And as your nerves disappear you'll find it a lot easier to last longer.

Becoming a master of controlling and channeling your focus is a very powerful tool for lasting longer in bed.

Question: From Anon. "My penis is only 4.3' long. How can I make it bigger? I'm so embarrassed she won't like it?"

Answer: I also get asked versions of this question all the time.

And here's the answer I tend to give...

Before exploring options relating to penis enlargement, first develop your love-making skills.

Yes, there are penis enlargement techniques out there, but let's evaluate what you really want first?

What's your outcome, to satisfy your lover or to have a big penis?

You may want both, but let's prioritize...

Because here's the truth...

There are many men out there with big penises who fail to satisfy their lovers and get CHEATED on.

A big penis isn't the cure-all to all sexual problems.

It can feel that way if you don't have a huge penis, but it's just not the case.

Think about this...

If you consistently give your lover multiple intense orgasms and she regularly comes to you begging to have sex with her, are you still going to be worrying about penis size?

I doubt it.

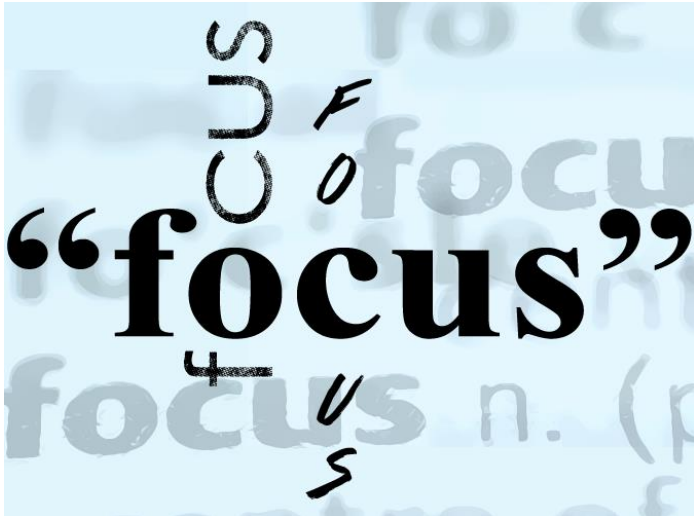
So my first recommended steps are to learn what it takes to satisfy your lover in bed.

Reading this newsletter is obviously a great starting point, but beyond that, make sure you check out [this video](#) for more tips from me on the subject.





More Focus?



Ok, I feel like I may be flogging a dead horse with this one but I want to share some final distinctions on this, because when you finally “get this” you’ll be rapidly propelled to massive success.

Now, as part of being a so called “sex guru” I get to spend a lot of time with people who are struggling to get results and with some amazing people who are getting incredible results.

And in doing so I get to observe some very interesting patterns.

And after you see enough people, that’s really what it comes down to...

Patterns of “success” and patterns of “failure”.

The people who are struggling and don’t get breakthroughs exhibit predictable patterns and the people who’ve achieved the breakthroughs they wanted exhibit very different patterns.

I personally find studying these patterns FASCINATING.

The idea that doing just a few things differently can lead to massive differences in results is super-interesting to me.

Anyway, the point is that I want to share this distinction.

And as you might have guessed, it relates to focus.

Here’s what people who fail to achieve consistently focus on...

“Everything but their vision of what they want”

People who consistently struggle are always focused on their problems, what other people have done wrong, why they can’t succeed, their own limitations, bad timing, etc.

In all honestly, most of the time they don’t even know what they want.

So they get pulled in various directions with vague desires and often feel unhappy and unsuccessful, mostly because they don’t know where they’re trying to get.

And then if they do know where they’re trying to get, they spend too little time actually focusing on



it and working towards their goal and too much time on ineffective actions or irrelevant problems.

Now let's look at what those who do achieve a breakthrough do...

And by the way, when I say "breakthrough", that could mean more sex, more stamina, more sexual satisfaction, more passion, more dates – it also means success in any other part of your life.

With that said, what do the people who do achieve breakthroughs have in common?

They focus on results.

They know their outcome, their vision, their dreams and everything they do is aligned towards making that happen.

They know exactly what they want, when they want it, what type of sex life they want, what type of dating life, what type of relationship, the quality of sex, their stamina...

All of it.

They know exactly what they want.

Now to some that might sound surprising.

Doesn't that take away from the excitement of life if you know exactly what's going to happen?

Well, not exactly.

You see, if you allow yourself to drift through life, literally ANYTHING could happen.

You could luck across an incredible life-enriching experience.

But you could also not.

And chances are that you won't.

Not unless you're conscious putting yourself in places where that's like to happen, but that would be a conscious decision anyway, wouldn't it?

Knowing what you want massively increases the likelihood of getting what you want.

And if life-enriching experiences is what you're after, for example, then set the goal to make it happen.

Intend to have an incredible life-enriching experiencing and make it a conscious focus.

Then it'll be much more likely to happen than just by "following the flow".

Listen, by following the flow the most likely thing that will happen is you'll become part of someone ELSE'S life plan.

Not that there's anything wrong with that, but wouldn't YOU like to be the one deciding your life plan?

Now, deciding what you want is one thing, but developing laser-like focus is another.

Spending an hour or two one evening deciding what you want is not enough to suddenly transform your whole life.

It's a good start, don't get me wrong.

But the human mind is so easily distracted and thrown off course.

If you want to GUARANTEE you make your dream a reality you need to be aligning your conscious



and subconscious mind with your dreams on a DAILY basis.

That means creating a daily ritual where you put yourself in a peak emotional state and deeply immerse yourself in your goals.

Personally I recommend doing this as soon as you wake up – to help get you immediately focused and help you more effectively prioritize your daily actions in line with your long-term goals.

Now, what exactly should this daily ritual involve?

Well, honestly that's unique to you.

Some like to re-write their goals out over and over again.

Some like to meditate and visualize their goals.

Some like to use affirmations read out loud with passion.

Some like to use a combination.

It's up to you.

Personally I recommend you experiment with all of them to figure out which works best for you.

This could take a little bit of practice, but once in the habit, you'll be doing this for LIFE, because the

positive impact on the quality of your life will be so profound.

Speaking of habits...

Here's how to guarantee you make this into a habit.

Commit to do this every day for the next 30 days.

Commit to focus on your goals for just 5 minutes every day at the start of your day for 30 days.

Write out or print out a sheet of paper with 30 boxes on it and check off each day as you complete it.

At the top of the paper write specifically what you're committing to doing.

And then also state what will be the consequences if you DON'T follow through on this – e.g. give X amount of money to your least liked charity.

Then, if possible, give this to someone who'll hold you mercilessly accountable.

If you do all this I can almost guarantee you'll follow through on it.

And as I've just mentioned – once you've done this for 30 days, you'll be doing this for LIFE, because the impact is so clearly visible and profound.

