

Insider **SEX** Secrets

Gold Member Newsletter

November 2015

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Reverse Engineering The Perfect Sex Life

From: Jack Grave

People are funny.

We say we want something...

Like more sex, better sex, more stamina, greater ability to make her orgasm, better quality women for our dates, more passion in our relationship.

In fact, who DOESN'T want these things?

But how many people actually achieve that?

How many people create the kind of transformations they want and experience extraordinarily high quality sex lives?

Not many.

So why is that?

People obviously want these things, but why doesn't it happen?

Well the answer is simple.

It comes down to fear.

Fear of the unknown, fear of failure and fear of rejection.

See, if someone was actually to make a dramatic change in their life it would mean trying out different things and exiting their comfort zones.

And what happens when you do that?

It's UNKNOWN.



On a subconscious level your mind has no reference points for what's going to happen.

And we as humans are programmed to fear the unknown.

Think back to caveman times, from which most of our internal "hard-wiring" still exists (because in evolutionary terms it really hasn't been that long since we evolved from that situation)...

In those times trying out something new could be deadly.

Just saying hello to a stranger from a neighboring tribe could erupt into a huge battle.

And venturing out into the forest...

Well that could mean getting attacked by any number of animals.

The only time people ended up doing that was when there was a NEED (for example if they were hungry and knew they had to eat).

That's what would drive people to take on the unknown... because they HAD to.

But if given the choice...

You bet your ass no self-respecting caveman is going to go out and start "pro-actively expanding his comfort zone".

The rewards just weren't there.

And in today's world our programming operates very much the same way.

Most of us LOVE our routines and predictability.

That, by the way, is also why most people stay in relationships that aren't fulfilling – or choose not to fix them...

Because the fear of the unknown of changing their relationship hugely outweighs the pain they experience every day.

So how do we break this pattern of human behavior?

While it's certainly true that the majority of people live their lives trapped in their comfort zones, there are also examples of people who break through and experience dramatic transformations in the quality of their lives, relationships and sex lives.

What are these people doing differently?

Well here's the answer...

They're using conscious intervention to overcome their fears.

See, if left to its own devices a human prefers to stay within their own comfort zone.

But if given a good enough REASON to leave it – that's when we'll exit our comfort zone and that's when we'll break through to the next level.

So... You have to give YOURSELF that reason.

You have to inspire yourself enough to leave your comfort zone and instead move towards your vision.

You need to inspire yourself to the point where you're so in love with making your dreams a reality that this love for your dreams substantially outweighs any fears you have.

See, if you become truly inspired about having the most passionate, fun, fulfilling and sex-filled relationship (or love-life) you possibly can...



If you fall in LOVE with the idea of making your woman the happiest woman who ever LIVED...

Then your fears become irrelevant.

Having a tough conversation...

Not a problem.

Doing something you don't enjoy for her benefit...

Not an issue.

Having to go out and invest in yourself, read books and develop skills necessary to become the perfect man and lover...

A no-brainer decision.

Can you see how your approach changes when you adopt this new mindset?

When you fall in love with your vision for greatness, whatever that may be for you personally, all the problems and reasons you think have been holding you back become irrelevant.

Is she not being co-operative?

It doesn't matter, because everything she does and every way she acts and feels is FEEDBACK to what you're doing.

See, with this pro-active mindset if your woman isn't happy it's not because she isn't a happy person.

If your lover can't orgasm in bed it's not because she's "that type of woman who doesn't orgasm easily".

No.

This is a result of what YOU are doing.

Take responsibility.

Even if it really isn't your responsibility, assume it anyway.

Because how can you ever create your dream life and relationship if you assume you're not responsible for the results in your own life?

Again, it's a different mindset.

But you only start thinking this way when you really fall in love with the vision you want to create.

So what vision do you want to create?

Take a moment to think about it.

Don't worry about practicalities or being "realistic". Take a few minutes to just DREAM.

If anything was possible, if you knew you couldn't fail, what kind of love life would you like to have?

What specifically would that look like?

Get inspired.

How would you like to make love?

What kind of reaction would you like to get from your lover?

If anything was possible what would type of dream love life would you like to have?

It's really key to forget about "what's possible" at this point in time.

Thinking about "what's possible" engages your fears and your existing beliefs.

We don't want to that.

We want to dream as if anything was possible.



Go ahead.

Try out this little experiment of “dreaming” as I’ve just described.

I’m being serious.

Actually go ahead and DO this.

Take a few minutes and just DREAM about what your ideal love life would be like if anything was possible.

Done?

Okay good.

Do you feel different?

Having taken the time to actually deeply associate to what you really want creates a totally different experience in your mind and body, doesn’t it? Most of us are so caught up in all of our existing problems and our “to do lists” that we never allow ourselves to fully dream.

Dreaming is crucial, because it gives you the DRIVE to take action and leave your comfort zone as we’ve talked about so much.

So what’s next?

You know what your dream sex life looks like.

What now?

Well the next step is to create a ritual to reinforce this.

You may feel all bubbly and excited right now having dreamed about what’s really possible, but how are you going to feel tomorrow?

Chances are by the time tomorrow comes you’ll be wrapped up in all your usual routines and you’ll be dealing with the same problems you always are.

DON’T LET THIS HAPPEN.

This is exactly why most people don’t experience dramatic life transformations.

Everyone dreams once in a while, but how many people **CONDITION** themselves on a regular basis and create habits or rituals for engaging and associating with their dreams?

The answer is very few.

But it’s these very few who are the ones that experience extraordinary lives.

If you’ve been following my material for a while you’ll know I’m a big believer in morning rituals.

The very first thing I suggest ANYONE do in the morning is spend some time being grateful for what they have and dreaming about what they want to create for their lives.

This gets you out of “to do’s” and limitations, fears and anything else holding you back, and gets you focused on what you really want.

And when you get focused on what you want – **THAT’S** when you become 10x more likely to actually create it.

So commit to create a daily ritual.

Commit for the next 30 days to spend 5 minutes at a **MINIMUM** dreaming about your ideal sex life.

See it as real.

See it as if it were actually happening.



Picture all the tiny details.

Watch it all unfold.

Ok.

So what's the next step?

Well, now that you've done that you need to make these dreams REAL.

How do you do that?

Simple.

Reverse-engineering.



Now that you know what you want you just have to pick apart how to get it.

Making your dreams a reality is more than possible.

Don't get me wrong, it may take some time, it may involve a fair amount of work, it may involve facing some tough challenges and fears, but truthfully the actual steps are normally pretty easy.

We just rarely allow ourselves to see the steps because we so rarely allow ourselves to fully dream.

If you can get clear and specific about what you really want, how to get there becomes a lot more obvious.

In fact, if it's a sex-related goal you've set, you may be surprised to discover that you already know many of the strategies needed to get your goal (this will be especially true if you're familiar with a lot of my work), it could be that you just never acknowledged what you already knew.

Now, assuming the answers haven't yet availed themselves to you, what do you do?

Simple.

You COPY SOMEONE WHO'S ALREADY GOT THE RESULTS YOU WANT.

Again, if it's sex-related, you're in the right place.

In this newsletter and in all my programs I reveal techniques and strategies that will help you quickly experience extraordinary results in the bedroom.

Want to last longer in bed?

Don't try and figure out the secret yourself.

Just COPY MY TECHNIQUES.

I've already spent all the hours painstakingly trying to figure out how to do it.

Why put yourself through the same pain.

Just copy my techniques.

Now I have answers to a lot of the common questions relating to sex, but if I don't have one of the answers then go find them out.

Be pro-active.



When you're truly in love with the vision you want to create you'll figure out a way to find out the necessary information.

So go make it happen.

My point is this...

In 99% of cases someone will already have walked the path you want to walk.

There are people who've gone from lasting only 10 seconds to over 30 minutes in bed...

There are people who've gone from being complete losers in bed to hearing women say "that was the best sex of my life".

There are people who've gone from the edge of divorce to their wives falling passionately in love with them again.

And there are people who were once scared to start a conversation with a woman who now see multiple girlfriends in a week.

These paths have been walked.

And unless what you want is exceptionally unique, there will be someone out there who has gone out and already got the results you want.

Why go through countless hours of pain and struggle trying to figure it out for yourself what to do when you can just go out and copy a successful person?

Find out what they did – aka "reverse-engineer" what actions they took to get the results you want.

And then COPY them.

Feel free to test other methods and techniques out, but to start with just outright copy them.

Copy their strategies and techniques.

Obviously don't do anything dumb or illegal.

But the reason I emphasize the idea of copying is because most people like to put their own special spin on things.

People are so used to their own habits that when presented with a "success formula" they kind of half-try it, don't get the results and then blame the formula.

Don't make that mistake.

To begin with just outright copy a proven success formula, and then after you've tried that feel free to test out your own techniques against it.

And that's it.

Ok, I've dumped a lot on you there so let that all ruminate as we continue with this month's newsletter, but make sure you come back to this and create some clear action steps for yourself to follow to make this more than just an interesting read.

Make this the newsletter that gives you an enormous breakthrough.

Okay, moving on...





Exogenous Zone Of The Month

Inner Thigh



This is a VERY powerful tool for female stimulation.

The inner thigh is the gateway to the vagina.

Think for a moment what that represents...

It's the final step before penetration.

That gives it a very special meaning.

And if you go for it too soon, you'll get an icy cold response because she knows that if she welcomes your approach she's effectively saying "yes" to sex.

But assuming she IS warmed up.

Playing around her inner thigh with your fingers or manhood is the **ULTIMATE TEASE**.

Since this represents the final step before penetration she can't help but visualize and experience the next step of what's going to happen.

In other words, when you stimulate this area it's **INEVITABLE** for her to be thinking about sex.

So here's a huge takeaway...

Make her **WAIT FOR IT**.

Once she's thinking about and wanting sex, the longer you play around with her inner thigh and make her wait the more she'll start thinking about and **OBSESSING** over sex.

This is called **BUILDING ANTICIPATION**.

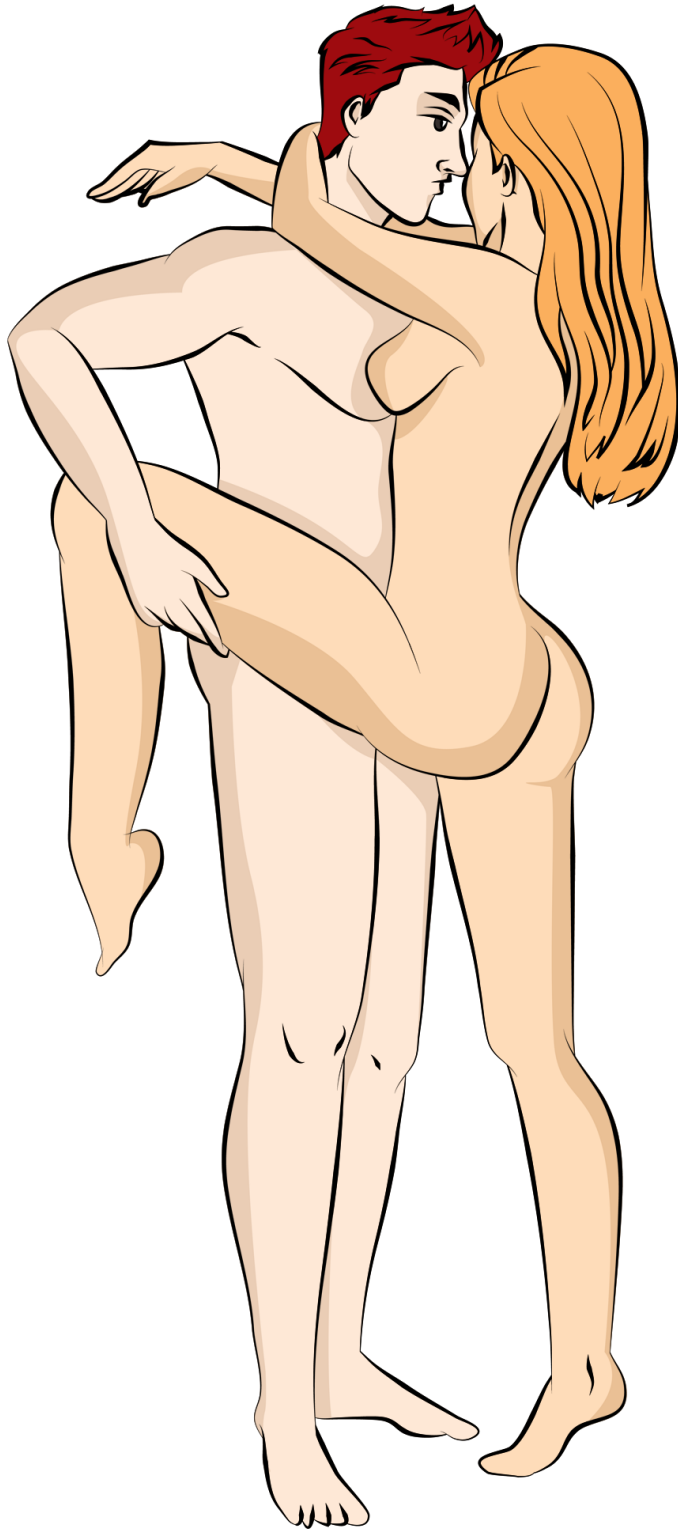
And the more anticipation you build, the easier it will be to bring her to orgasm when you finally do enter her. So if you want to give her an easy yet incredibly intense orgasm, then take notice of how you carefully stimulate her inner thigh.





Sex Position Of The Month

Leg Up



This month I wanted to provide a simple sex position, yet still different to all the standard ones most couples rotate between.

Most people don't realise the power of this sex position.

Not only does it enable you to stimulate your partner in a totally different way...

It's just plain fun.

It feels great.

And you get to really bond with her.

You get to look her directly in the eyes and you get to wrap your arms around her.

Not every woman will go for a standing up position, but if you keep the connection present while giving it a shot you'll be surprised at just how open she is to the idea.

Give it a try.





Low Cost

High Pleasure

Date Idea

Volunteer



Want a dating experience that'll set you apart from every other guy?

Then take your date and go do some volunteering with her.

Here's why this works so well...

Firstly, it demonstrates to her that you have a caring side.

If you're a fairly rigid, quiet, focused guy who sometimes struggles with conversation, this type of date will



communicate to her that you also have a soft side.

And when you communicate to a woman that you're a strong man who owns himself, while at the same time can deeply love (as demonstrated by this type of date) – virtually ANY woman will feel an intense attraction for you.

Secondly, it's a meaningful experience. Not only do you get to date, but you get to make a real contribution to society and your community.

Thirdly, it'll probably involve you spending a lot of time together. And because you have something to work on, rather than just being face-to-face like at a restaurant, you don't need to worry about being a perfect conversationalist.

You'll get the chance to talk to her, but if you can't think of anything to say it won't be an awkward silence

because you've also got something to do.

The one caveat with this type of date is that it helps if you know what kind of volunteering you're going into.

The last thing you want to do is take her to go volunteering and be split up on different tasks, only to return to her several hours later having not seen her for all that time.

Also you don't want to end up in some type of group situation where you have to compete for her attention among other guys.

Now, don't let this stop you from giving this type of date a try – just be aware of these factors, because when executed well this can be an incredibly fun date, that is meaningful, enhances attraction and costs you nothing.





How To Masturbate

I get asked questions like this a lot...

Should I masturbate?

Should I not masturbate?

How should I masturbate?

And these questions are asked in relation to stamina.

The real intention of the question is to figure out if they can do anything to help their stamina.

And the truth is that you can.

The way you masturbate DOES affect how long you last in bed.

Think of it like this...

Masturbation is **CONDITIONING** for your sex life.

So if you've spent your childhood (or you still do this) masturbating quickly and in fear of being interrupted, is it realistic to then expect yourself to be able to last for hours in the bedroom?

The answer is a definite **NO**.

While there will always be exceptions, a lot of premature ejaculation is brought on through poor conditioning.

So if you want to last long in bed and overcome premature ejaculation you need to start conditioning yourself for long lasting sex.

Stop seeing masturbation as a separate activity to sex.

While it is clearly different, realize and start appreciating the link.

If and when you do masturbate, don't just do so furiously for the purpose of achieving orgasm...

Take your time.

And also, begin to pay closer attention to your arousal levels throughout masturbation.

Train yourself to see orgasm approaching sooner and sooner so you can learn to take corrective action before you hit "the point of no return".

Learning to observe your arousal levels is an essential skill to mastering your stamina in bed.

And the easiest place to learn this skill is during masturbation where you have full control of stimulation.

Here's an extra tip to help you with this...

If you don't already, experiment with using lubrication while masturbating.

This will create a feeling more similar to sex therefore will help you more effectively condition yourself and your body for when sex does actually happen.





Condition Away The Fear



Many people have a fear of public speaking.

In fact, for most people standing in front of a crowd causes a very real and tangible emotional response.

As soon as being placed in front of a crowd nerves flood their body, they become self-conscious and feel totally anxious.

When speaking for the first few times I would say this happens for 95%+ of people.

But ask anyone who used to be afraid of public speaking and now does a lot of it how they feel in front of a crowd, and most will tell you they no longer experience the fear.

What's happened?

By practicing public speaking in front of a crowd over and over again they **CONDITIONED** the fear away.

See, anxiety in front of a crowd is a very real and natural human response.



The jury's still out as to why this fear exists in so many people, but in my opinion it's because of a heightened risk of rejection.

If you speak to a crowd of people the chances of one of them rejecting with you is very high and therefore people get a fear of doing it.

Anyway, here's my point with bringing all of this up.

This fear is a natural human response to being placed in front of crowd, right?

Yet there are people who once experienced this fear who no longer experienced this fear.

Well, what makes these people so special?

They kept doing it until the fear went away.

They **CONDITIONED** away the fear.

Well, it turns out you can do exactly the same thing for talking to **WOMEN**.

If you get nervous when you approach a woman to start a conversation, don't worry, that's perfectly natural.

Most men experience the very same fear.

But guess how the guys who are super successful with women got over that fear?

The same way any successful public speaker gets over their fear of public speaking.

By doing it **OVER AND OVER AGAIN**.

Listen, feeling nervous when talking to a woman for the very first time is a predictable male response.

But it **CAN** be conditioned away through repetition and practice.

Isn't that interesting to think about?

Talking to women doesn't have to be a nerve-wracking experience for the rest of your life.

In fact, it can become incredibly **FUN**.

But in order to get to that point you have to go through the same conditioning every other guy does.

And yes, that takes some balls.

Yes, you will get nervous and not want to do it.

And yes, you may experience some rejection in the process.

But you'll come out of it with a new-found confidence like nothing you've ever experienced before.

Just imagine being able to approach a woman **WITHOUT** experiencing any anxiety.

Imagine being able to walk up to a woman who you are incredibly attracted to, confidently starting a conversation, building attraction, walking away with her contact information to later secure a date and much more with her.

Doesn't that make the conditioning process all worth it?

It's a different way of thinking about success with women.

Few guys think this way and that's why few guys experience extraordinary success with women.





What's "Really" The Problem?



"If only she were more receptive"

"If only she were more passionate"

"If only she wasn't as focused on the kids"

"If only she enjoyed sex more"

"If only she was more adventurous"

"If only she orgasmed more easily"

These are just a few of the common complaints I hear from men about their partners.

And I want to take a moment to explore this and break it down.

Who's being blamed for the problems in this relationship?

The woman, obviously.

And who's therefore the one taking responsibility?

Well the man clearly isn't.

Now earlier on in this newsletter I already touched on how if you want extraordinary results you have to take FULL responsibility for everything in your life.

And that means that if you're in a relationship you have to take full responsibility for EVERYTHING.

So EVEN IF your woman matches all of the complaints just mentioned you should still take responsibility and assume YOU are the reason for the problem.

If your woman doesn't orgasm easily, isn't pro-actively engaging in your sex life, isn't focused enough on you, isn't adventurous enough and so on...

You need to assume YOU are somehow responsible for this.

Now that might sound like a strange thing to say and it might challenge your ego (which loves to blame others, doesn't it?), but ask yourself...

How could YOU be responsible for her not focusing enough on you and too much on the kids?

If you're finding that a tough question to answer then try this hypothetical question...

What if you WERE responsible for her not focusing enough on you?

What could YOU be doing to cause that situation?

Now, for someone that's been blaming their partner and refusing to take responsibility for a long time that can still be a difficult question to answer.

Many people's response might be to say...



“NOTHING – I’ve given her this, that and this and she still doesn’t care enough about our relationship”

To anyone who says that I’d love to speak to that person’s partner and ask them...

“Is your partner giving you EVERYTHING you could possibly want?”

“Is your partner fulfilling your needs 10 / 10 consistently?”

Remember, this is from HER perspective.

Does SHE feel her needs are being fulfilled?

It doesn’t matter how much you think you’re giving to her if what you’re giving isn’t what she wants.

This is why you hear stories of so many people saying “I gave them everything and they still left!”

Well did you REALLY give them everything?

Did you give them what THEY wanted?

See, if you do everything you can to demonstrate you love her; you buy her gifts, take her to dinner, surprise her with adventures – do countless elaborate things to demonstrate your love...

But she’s the kind of person that needs to HEAR the words “I love you” to feel loved...

And you never actually TELL her that you love her...

She’s not going to feel loved.

But chances are you’ll feel like you’re giving her everything and so get annoyed at HER for not feeling loved.

Do you see how this whole process unfolds?

You have to take responsibility for how SHE feels.

If she’s not happy then ask yourself what could YOU do differently to make her feel better?

If the sex isn’t how you’d like it to be, what could YOU do differently to turn the situation around?

The real problem is YOU.

And I don’t say that to make you feel bad about yourself, I say that in a way to CHALLENGE you to become better.

YOU are responsible for ALL the results in your life.

Next time you have an argument with your lover, because you’re convinced you’re right and she’s convinced she’s right...

Ask yourself...

Do I want to be right or do I want to have a happy relationship?

If you want a happy relationship then let her be the winner.

Don’t be a walkover, but respect her point of view and make her feel heard instead.

What happens then is that she’ll want to listen to YOUR point of view.

See, this whole “relationship game” is about being strategic.

What do you really, really want?

Get clear on the type of relationship you want, then assume whatever results you get are feedback.

Even if those results are how SHE’S acting.

Assume that’s feedback in response to YOUR actions, because it’s only your actions over which you have direct control.

And in response keep changing your actions until you start to experience the kind of dream relationship you’ve always wanted.





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 Anon. "What sex position makes it easiest for her to orgasm?"

Answer: Good question.

As you develop your skills you'll find that in ANY position it is possible to make her orgasm.

But if you're starting out in your journey, here's what I would recommend...

I would recommend any position where you can comfortably access her Clitoris with your hands.

A great one for this is the spooning position.

This is where you both lie on your sides, both facing the same direction and you enter her from behind.

From this position you can reach around with your hand and stimulate her Clitoris, while simultaneously thrusting in and out of her.

You can also switch up and easily stimulate her breasts.

Then, the more orgasm techniques you develop over time, the less you will become dependent on any one position or technique to satisfy her.

For more orgasm techniques check out [this video](#).

Question: From Brian L. "How do I get with a supermodel honey. I want to bed a dime. How do I do it?"

Answer: How do you attract a higher class of woman?

How do you attract the 10 / 10 woman?

Well there are two routes you can go down...

Firstly, you can hit the clubs night after night and make it your MISSION to master the skills to make it happen.

Many guys have done this, but it requires serious commitment.

Like any skill, it takes a lot of practice to learn and just one or two nights out ain't gonna cut it.

Regular consistent efforts as many times per week as possible approaching women cold, over and over again are required.



You have to become a Jedi at the cold approach, figure out all the subtleties – which includes much more than I could fit into a short answer here – until eventually you can start approaching the beautiful girl, capture her attention, build attraction and then escalate from there.

Again, what's involved in doing this goes beyond what I can fit in here.

The second route is to develop yourself and your life until you become WORTHY of such a woman.

Have you ever noticed how exceptionally attractive women tend to move in certain circles – such as with the rich, famous or successful?

Well if you want THAT level of woman, then you have to develop to that level YOURSELF.

Would you be comfortable hanging out at a celebrity's party or a billion dollar fundraiser?

If not start then developing yourself until the point that you would be.

You don't see a Miss Universe dating a homeless man do you?

Why not?

Well, while that's an extreme example, the point is that people tend to date within similar social circles.

I'm not saying it can't be done, but if you have absolutely nothing going for you and you don't care about the quality of your life, then is it realistic to expect a drop-dead gorgeous model who gets hit on 10+ times a day to choose you?

Raise your own standards and with it you'll raise the quality of women that are attracted to you.

What does that mean?

It means developing a deep purpose for your life.

Start adding as much value to other people's lives as possible.

Raise your standards in terms of personal appearance and hygiene (have you noticed how attractive women tend to date men who dress and groom well, even if the men themselves aren't that attractive? Take note of that).

Get out and socialize. Get comfortable with meeting new people and expand your social group.

Do all these things and soon you'll be AUTOMATICALLY attracting beautiful women.

Both approaches I just outlined work, a blend will be most effective, but either one is the answer to your question.





Uncertain Action



Here's a trait almost all successful people have in common...

They take action before they're completely certain.

Most people, when looking to make a change, will study a bunch of material, will then think about taking action, then will go back and study a bunch of material, will think about taking action, then go and study and repeat that process over and over again.

Now, studying up is obviously a good thing.

It can give you a dramatic boost in speed to achieving success.

The downside is that it can suck you in.

"Paralysis by analysis" as they say.

And this can hold a lot of people back.

Sometimes the best thing you can do is just take some freakin' action.

Sometimes action reveals more than any book ever can.

Approaching a woman for example...

I can give you lines, techniques, mindsets, and all sorts of stuff.

But nothing will improve your abilities more than walking up to women you've never spoken to before over and over again with an intention to get better every time.

The more you do it the better you'll get.

And with a bit of coaching along the way, you'll rocket yourself to success.

Same is true for having a tough conversation with your partner or trying out a new sex technique...

Just do it.

Give it a try.

If it fails you'll be able to come back again and try again.

Action reveals so much more than you expect it to.

Especially if you're stuck in a rut.

So I now challenge you...

Pick one "nugget" you've discovered in this month's newsletter and just go ahead and apply it.

Don't overthink it, don't and get it perfect, just DO IT.

I guarantee just the trying will reveal more than you could ever expect.



