How to approach and talk to girls anywhere and anytime

Version 0.3

This is the first released beta-Version of this document. I am doing this pre release to test the promotion and selling procedures.

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Preface

This guide is designed to be as useful and pragmatic as possible. Everything inside is personally thought through and tested by me. Tested in the sense, that I applied this stuff on myself and my clients. Over several years I tested and experienced a lot - this document is containing the very essence and parts of the core of my actual knowledge and skill.

I will not mention girls and women and their qualities very much. I am totally into female beauty, girls and woman and all their qualities, but this guide is a very practical guide – so I refer to girls and women mostly in the sense of “good female genes”. It is about building an abstract layer on which you can put your personal preferences.

I am not a native english speaker, so lots of my english language constructions will sound special and maybe improvable to you, also containing mistakes. On the other hand I am forced by my limited english languages means to keep it simple and understandable.

My native language is german. The german language is especially useful for penetrating the deep core of abstract understanding of the being itself and the world around. The results of improving human scientific, philosophical, cultural and technological output using german language is everywhere around you: Book printing, the car, philosophy, rocket science, quantum physics, classical music, mass psychology, communism, psychoanalysis, homeopathy, the Austrian School of Economics - mean parts of this stuff were created by thinking in german language.

So, with this guide you get a piece of german state of the art technology.

Insight 1

I suppose, you are a man and you want to get to know more girls and women - especially the ones you are attracted to by sight. You see them everywhere - during daytime on the street, in public transport, stores etc. Of course also at nighttime in bars and clubs.

Logically und superficially viewed it should be very easy just to go to them and start and conversation - to find out if you want to get involved with her sexually and if this is possible. I am very sure that the most of you also thought about doing this, but only very rarely took action.

When I am using the word “you” and I am making some assumptions, I am refering to generalized experiences of me and others. I am not talking especially about you, and if my descriptions doesn’t fit to you personally, please ignore it. I don’t want to put you somewhere where you not are and do not belong.
If you observe yourself more closely in this situations, you will discover that you are thinking something like "She looks sexy, but I don't think, she is interested in me because of .... And I also have no time now, I have to do this and this". Basically you are talking yourself out of a situation that might require some (uncomfortable) action executed by you. This is second protection layer you have to break through - if you want to change the way things are in the moment regarding apporaching and talking to girls and women you are attracted to.

When I am describing how things are working, labeling them and drawing conlusions, I do not assuming that I am writing and confessing something like "The Truth". As a human being with limited cognition abilities I cannot process everything and I am forced to build heuristic models. This is all I am doing: Constructing heuristic models of reality with the intention to make them useful for navigating through the reality of being a human in this world. Use this models, if you find them appliable for making the right decisions for you.

I mentioned the second protection layer before. The first protection layer is something you break through by a decision backopped with dedication: I will improve my interactions with girls and women and I am willing to put some efforts, time and ressources into this. I am also willing to change some of my assumptions regarding the mechanics of the human mating process.

This was an example. Do it for yourself now.

**Exercise 1**

**Make the decision** to improve your capabilites in talking to girls and women anytime and anywhere significantly. Do it in written form. Make some contract with yourself. And sign it when you are ready to do so. Describe why you want to do it. Describe where you want to get away from. Describe where you want to be. Be ambitious and realistic.

If you continue on this path, you will notice in some days and weeks that your first version of this contract need some improvements. So, repeat the process in some days and weeks.

**Insight 2**

I suppose you put some breaches in the first protection layer and that you noticed and identified some aspects of the second protecting layer. To do this, just notice the girls and women around you. Some of them will attract you. When this happen, you can watch and notice the effects of the second protection layer in your mind.

Let's approach now the third protection layer. This is where the fun starts:

**Make the conscious decision** to approach and talk to girl or woman you feel attracted to. Supposed you are like the most man, some unconfortable feelings like fear kick in. Now it is getting very real.

The second protection layer is basically protecting you from feeling the uncomfortable body sensations generated by the third protecting layer. This body sensations are very, very real and some overwhelming for the most man. These body sensations are grounded and hardcoded in our biological bodies:
We are human beings. This means also, that the core of our existence is based on mammal instincts. Of course we are more than that: We communicate in complex symbols, we think logically (about ourselves), we develop abstract concepts and ethics, we search in ourselves by meditation and religious practise and we definitely dominate this planet by applying technology. But - a lot of what is happening into us is run by mammal instincts. We can ignore and deny this, but this won't change the fact.

This means that we are hardcoded to propagate ourselves in the best possible way. And there is no way around your sexual drive. It is hardcoded into you. We feel the urge to find the best female genes and use them for our personal reproduction. Main indicator good female genes for us is youthful female beauty.

A man is hardcoded to go for the best genes around. Other man are hardcode to this, too. The good and best female genes are a rare ressource. Men start to compete for them. This can lead to ressource conflicts, also known as fights. Fights can be deadly and the instincual fear is signalising your body to be cautious. Also it prepares your body for fighting by releasing adrenalin and other stuff into your system.

So - if you experience this feelings into you, it is perfectly normal. Nearly every male is experiencing this. There is nothing wrong with you if you are feeling this. The coolness of some men regarding initiating contacts with females is nearly always accompanied by this body sensations. They just handle it different and more effective, and most of them trained this a lot. So - if you compare yourself to this special coolness of some other men - it is very propably they trained this a lot. And trainig is something you can do, too.

Exercise 2

Go out and seek good female genes.

If you find some - don't be too picky, probably you are not in the position to be picky - so being too picky is only the expression of your arrogant ignorance feeded by your unaccepted and unacknowledged fear - make the decison to approach and talk to her.

At this point you will notice the forth protection layer: You simply don't know how to initiate the conversation, what to say and how to say it. To overcome this is a little bit lengthy but easy, but not part of this exercise. Your plan for now is just go to her say: "Hi. How do you do?"

Let's repeat: You go out to some public place. You search for good females genes - woman or are a girl you feel atracted to or you find attractive. Find one that is not moving, so you have some time to observe yourself. Make the decision to go to her and initiate a conversation by saying "Hi. How do you do?".

Very important: It is not part of this exercise to execute this action. For now you don't have to do it. All you need to do is to make the decision to do it - and observe yourself. Observe consciously the third protection layer in action. That's all. This exercise is about to get to know your enemy.

Repeat this exercise until you experienced the thid protection layer several times and you are feeling familiar with it. Idealy it lost some of its threat. If you got to this point, wait one day or some days and repeat it.

If you do not feeling anything by just making the decision, force yourself to go to her. Then propably you will feel something.
Insight 3
Going for the best available female genes has aspects of competition between men. There are other important aspects, but this aspect is key. Human females are also hardcoded to seek for the best genes around. In fact they search for the winner. They scan their surroundings very carefully and eager for this genes. To represent this genes and get your genes into the pool in the best possible way has aspects of competition.

The good news:
Most men base the development of the necessary skills to chance. It happen for them or not. They base of their model of the mating process on traditional and mostly misleading social half-truths. They also consider female propositions like “when things just happen it is the most authentic and best” as useful advice.

By applying strategically models about the human mating process and psychological training and also leaving behind the mentioned half-truths you have the possibility of being way ahead of 90%, 95% or 99% of the other man.

Recapitulation 1
You can improve your skills in approaching and talking to girls and women significantly by training. When you start this process you will experience protection layers. Definitely real biological and psychological barriers. Can you agree to the basic statement?

“Can you agree to the basic statement?” I am not talking about the details and I don’t want to initiate a discussion about them. I just want you to agree with the basic statement. The reason I want you to agree to this statement is: I want to give you a simple but effective mind model to be able to operate effectively in the real world. It is not about being “right” or intellectual shiny. It is about being effective by thinking effective.

Maybe you can find something in your own words to describe this in way that fits better for you. Keep it simple - this is about building foundations and basic models, not about losing yourself in unnecessary complex discussion.

If you definitely do not agree - maybe this guide not helpful for you.

This is about skill. It is not about knowledge and being right. It is about growing skill by applying knowledge. Practise, exercises and training is key. Can you agree to this basic statement?

Some people break through the mentioned barriers more or less easy most of the time by just making the decision. Other people need more elaborate preparations. Where are you?

The two exercises are important to get a concrete and real notion of the protection layers. It is not about describing and analysing them, it is about feeling and seeing them. An analogy: You know the difference between describing and analysing sex and feeling sex by practicing it.

Insight 4
Female human bodies are hardcoded to seek for the best male gene around - for the purpose of propagation. When a female and alive human body - I am not talking about mind processes, elaborated feelings and personality traits of an individual girl or woman - recognizes a male human body which represents this genes, the female body generates sexual attraction towards this male human body. Very simple and basic.
When this happens, several things happen inside the female body and the mind linked to it. The biological and mammal body of this individual female human being will cause the appearance of thoughts like “This man is somehow interesting” or “Maybe I want to sleep with him” in her mind. Other reactions can be submissive or bitchy behaviour or she simply starts to feel sexually aroused.

There is no way she can stop her body to notice and react this way. She can surpress and deny it and she will do this as long as she can - but she cannot override her hardcoded reaction to the male traits that represent the best possible genes.

When you are in contact with a beautiful, attractive or interesting woman or girl, you will feel sexual attraction to her. You can handle this, express this, deny it or whatever - but you can not or only barely stop the reaction of sexual attraction in your body. I suppose, you know what I mean.

So - a similar thing happens in them. It very important to know this. Media and society created the impression and the deeply ingrained belief in us that woman are somehow pure and good. They can be this, but mostly this is an illusion. In fact, they can be more sexual, libidinous, perverse and amoral than we want to know.

Exercise 3

In some days you will go out and approach and talk to girls and women with the intention to screen them for sexual purposes. You already learned about the third protection layer and experienced the feelings it causes to you. This exercise is a preparation for breaking through this.

You now know that the third protection layer generate this feeling to warn you about the possibility of a maybe deadly fight (most of the time this does not happen in modern society, but your body do not know this, yet), when you approach a girl or woman with sexual intentions.

In this exercise you will approach and talk to girls and women, but without this sexual intentions. This exercise prepares your body to talk to strangers and get accostumed with this. It also gets you to accostumed to execute a training plan. You set a goal for yourself and accomplish it. This is very important.

The exercise itself is very easy: You go out to some public place and ask for some totally acceptable information. "Excuse me, where I can find a post office?". "Excuse me, what time it is?". "You know a shop where I can buy some candles." You get the point.

You ask, listen to the answer, a polite "thank you" and good bye. Nothing more, nothing less. By this you remove the sexual intention out of the action and your body won't react as strong, but gets accostumed to talk to strange girls and women.

You do this several times in a row. Ten times in half an hour. Fifteen times in hour. This is very important. Probably you will experience something very interesting while you are doing this exercise:

The first approaches will be somehow strange. You asks something, but you do not really want to know. What you really want is practising communication skills. Maybe you have to force yourself a little bit and you will feel a little bit silly. You have to go through this. This is nothing compared to what is still laying ahead of you, but is very, very important to do this very first step. Everything else is based on this.

After doing this kind of approach several times in row you will notice a change in your feelings. By going through this small initial blockages your body released some little dosages of rewarding chemical substances. Probably you will feel somehow high or
better. This effect can be compared to bungee jumping or the runners high. If everything goes somehow smooth, you also will notice that the girls and women react "better" to you. This is because the ability of being competent in communication is one of the (secondary) male traits female bodies are scanning for.

Resuming:

1. Go to a public place
2. Ask a social acceptable question to a girl or woman you like somehow.
3. Repeat this several times in a row - until you feel the difference.
4. Continue this for a while while you are feeling the difference.

When you accomplished this "mission" - repeat it several times in the next days. This will prepare your body for the next step.

Insight 5

Recomandations

"Sperm wars" by Robin Baker
"Attraction isn't a choice" by David DeAngelo
"Alpha Relational Dynamics" by Rion Williams
The goal setting stuff from Brian Tracy