

CHAPTER XIII:

SEX MAGIC

+

How To Put This System Into Action

It's a feeling we've all experienced.

You're standing at the bar and a girl walks past.

She's got bubble tits bursting out of her bra...

Legs bare...

And her perfect curves are squeezed into a skintight dress that has every guy there trying not to stare.

You can't take your eyes off her.

Suddenly she stops.

She's standing all alone in the center of the room.

She's looking around expectantly.

She has a look on her face that says:

I just spent 5 hours getting dolled up and making myself look like a pornstar, yet I haven't been approached by a single guy all night.

I wish someone would just man up and make a move!

It's getting late, I'm going to have to go to bed soon, and I don't want to have wasted all this effort I put in.

At this rate, I'll go home with the first okay-looking guy who comes up to me!

So what do you do?

We both know the answer...

Nothing.

You don't do a damn thing.

Instead you just stand there drooling over her perfect body, occasionally sipping your beer.

You'd do anything to get your hands on a woman like that.

But no matter how much you want to talk to her, you just can't do it.

You're frozen by fear.

Your body won't cooperate.

Here's the uncomfortable truth:

There's a world of difference between knowing what you "should" do and actually doing it.

It's fine to read books about how to talk to girls.

You think, "oh that's clever", or "yes, that's a good line, I should use that one next time."

From the comfort of your chair at home, it doesn't seem like such a big deal at all.

But it's a whole other thing to actually be in the situation, in real life...

We don't have much time left, so I'm going to cut right to the point:

Your fear of approaching women is the number one, and only thing, holding you back from having everything you desire.

Trust me on this.

I've been in this game for ten years.

If you *just* got over your fear of approaching...

If you *just* approached women regularly...

Then you could have everything you possibly wanted.

All the girlfriends...

All the sex...

All the adventures...

Everything.

It can all be yours if, and only if you will commit to ***consistently approaching***.

First, because the more girls you approach the better your odds of getting one.

(Duh.)

But also because with every approach you do...

And even with every rejection you get...

You learn a lesson.

And over time, once you've learned enough of these "lessons" and internalized them, it becomes **impossible to fail**.

So it's all about approaching.

That's the key.

And that's what we're going to talk about in this last, final and most important chapter...

HOW TO FINALLY GET YOURSELF TO APPROACH HOT WOMEN SO YOU CAN TRANSFORM AND SUCEED

Currently, you do not approach women.

And even if you're one of the few men who do, you probably aren't approaching *enough*.

But today, all that changes.

Because today I'm going to give you **secret knowledge** that is going to transform you on a subconscious level.

And I am going to show you how "program" yourself in a way that approaching hot girls becomes **easy and fun**.

This will NOT require "will-power".

It will **NOT** require "discipline"... "forcing yourself"... or "bravery".

It won't require "high energy" or "state".

Once you internalize the secrets revealed in this chapter...

Approaching a girl when you're feeling horny will be as natural to you as getting a glass of water to drink when you're feeling thirsty.

Approaching will be as fun and easy to you as playing your favorite video game...

Or pumping out a set of dumbbells curls at the gym.

The way we will do this is very "zen"...

It's not about forcing yourself to approach.

It's not about doing anything unnatural, or artificial.

Rather, it's about creating certain inner conditions that will make it more uncomfortable to *not* approach than it is to approach.

And when you do that, approaching happens naturally.

MAN IS RULED BY TWO GODS

Every man on this earth is governed by two primary drives, or “gods”:

The **survival drive**, and the **sex drive**.

The survival drive has placed in man the **fear of death**, as well as a closely related fear known as the **fear of the unknown**.

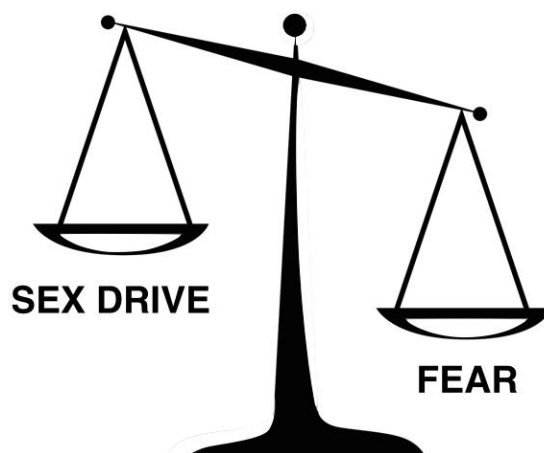
In success with women, fear of the unknown is your chief enemy.

It is fear of the unknown (rooted in fear of death) that prevents you from approaching

Without this fear, you could have everything you ever wanted.

These two drives, fear of the unknown and desire for sex, are always acting on man.

But in the vast majority of men, without special training, the fear of the unknown (rooted in fear of death) always outweighs the sex drive.



In short, the reason you can't approach is because your **fear** in that moment outweighs your **desire for sex**.

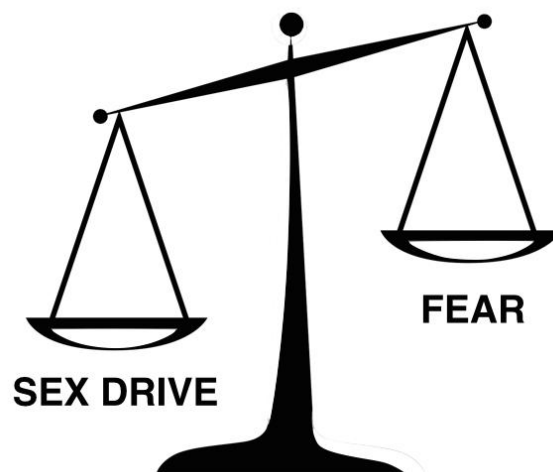
And this is entirely normal and healthy.

If it did not work this way, there would be total chaos.

Nevertheless, on an individual level, this must be changed if you wish to get any results whatsoever.

SEX ENERGY HAS TO BE STRONGER THAN FEAR ENERGY

For you to approach girls consistently, your **sex energy** must outweigh your **fear of approaching**.



This is **NOT** to say you should have no fear at all—which would be impossible (and actually undesirable).

But simply that if you build enough **sexual energy** in yourself (and stop it from “leaking out”), then you will actually **WANT** to approach.

You'll feel so horny that approaching becomes less uncomfortable than not approaching.

And you'll feel genuine joy and enjoyment from the act of approaching, whether it results in sex or not.

The key to this process of making desire outweigh fear is **semen retention**.

SEMEN RETENTION IS THE SECRET

“The reabsorption of semen by the blood is the strongest nourishment and, perhaps more than any other factor, it prompts the stimulus of power, the unrest of all forces toward the overcoming of resistances, the thirst for contradiction and resistance.”

— Nietzsche

For thousands of years, religious and mystical schools have taught about the possibility of using *semen retention* to attain union with the divine and bend reality to your will.

And semen retention can also be used for its original purpose—which is not only to reproduce, but to *attract mates* in the first place so that one is *able* to reproduce.

Sex energy is contained in semen

When you retain semen in your body, you will raise your level of sex energy and, with it, your ***animal magnetism***.

This will make you more attractive to women, through the influence of hormones, pheromones and other subtle emanations of your organism.

It will also give you the energy, the confidence, but above all the desire to approach women.

Semen retention makes you uncomfortable

And that's a good thing.

It's *supposed* to.

You're going to be tempted at all times to spill your seed through masturbation.

But if you can struggle against this desire...

And instead **channel it** into approaching real women...

You will quickly have more sexy young girlfriends than you know what to do with.

Benefits of semen retention

The longer you go without ejaculating, the greater the force of sex energy that's accumulated within you.

Sex energy gives you power, vitality, confidence, personal magnetism and various other abilities that you never knew or suspected you were capable of.

Your voice becomes deeper.

You find you're able to make calm, unwavering eye contact with women as you go about your day.

You have more energy, you wake up earlier, and you have less need for sleep.

You may even start to notice that girls check you out, make extended eye contact with you, and even approach you at bars and other social environments.

Not a magic pill

Semen retention is not a magic pill, of course.

You still need to dress well, eat well, sleep well, be hygienic, and keep yourself in good shape.

And above all, you still need to **approach**.

But it's as close to a magic pill for getting girls as anything there is.

WHY 99% OF MEN DO “SEMEN RETENTION” WRONG

What I’ve said so far is not “new”.

There are already millions of guys out there who practice semen retention for the benefits I’ve mentioned.

This movement is broadly known as “**NoFap**”.

NoFap is coming from the right place.

These guys have good intentions, and they’re on the right track.

However, there are a few major problems with how guys do NoFap.

Most of the men who do semen retention are doing it in a way that is not only wrong and useless, but even dangerous.

There is a Right Way, and a Wrong Way to do everything.

Most guys do semen retention the Wrong Way.

And so they get few or no benefits from it (apart from the occasional tantalizing “glimpse” of what’s possible).

In order to get the benefits of semen retention, you have to do it the Right Way.

That means having an accurate understanding of what it is you’re actually trying to accomplish here.

There is much more to this than just “not ejaculating”.

Semen retention is about subtle higher energies

It’s not just about physical matter.

There are energies and forms of “matter” which are so fine and subtle not even our most sensitive scientific instruments can measure them.

But they can be *felt*, internally.

They can be experienced.

And it is just these *higher energies* which we are attempting to get our body to produce more of, like a “chemical factory”, when we engage in semen retention.

Q: Is sexual abstinence useful for the work or not?

A: It is useful if there is abstinence in all centers.²⁵ If there is abstinence in one center and full liberty of imagination in the others, then there could be nothing worse. And still more, abstinence can be useful if a man knows what to do with the energy which he saves in this way. If he does not know what to do with it, nothing whatever can be gained by abstinence.

— Gurdjieff ²⁶

The energy of thought

Sexual transmutation is not just about retaining physical semen within the body.

It's also—and perhaps *even more importantly*—about preserving finer, higher energies which can't be seen with the physical body, which are related to the ***energy of thought***.

To make semen retention work, you need to maintain not only physical purity (i.e. by not ejaculating) but also **perfect purity of thought**.

This is precisely where most people go wrong, and why they get no results (or even negative results) from doing “nofap”.

²⁵ Gurdjieff divided man's organism into three centers: the moving-instinctive center, the emotional center, and the thinking center. Thus he is indicating here that abstaining from sex in a purely physical way is not enough; one also has to abstain from sexual thoughts, and even from sexual “emotions”.

²⁶ Quoted in *In Search Of The Miraculous: Fragments Of An Unknown Teaching* by P.D. Ouspensky

Subtle sex energy leaks out through thought

Whenever you have a sexual fantasy...

Whenever you indulge in a sexual thought for more than a moment...

Some subtle sex energy “leaks out” of your organism.

If a man doesn’t physically ejaculate, but continually dwells on thoughts of sex when he’s alone—that energy will leak out of his system.

He will not acquire the **animal magnetism** which sex transmutation would otherwise give him.

Because even if he’s not wasting his seed, the subtle energies are still “seeping out” of his organism through his consistent habitual sex thoughts.

Keeping sexual energy “hermetically sealed”

Maintaining purity of thoughts means that, along with not ejaculating, a man must also:

- not engage in sexual fantasies
- not look at pornographic images or videos (even for a moment)
- not even allow himself to think about sex, unless there’s a real physical woman in front of him

The esoteric meaning of the Hermetic Seal

A “Hermetic seal” is a type of sealing that makes something air-tight, so nothing can get in or out.

This type of seal got its name from Hermes Trismegistus, the famous ancient wizard, who was said to have been the first one to invent this technology.

But there is an *inner meaning*, as well as an outer meaning, to the idea of the Hermetic seal.

The secret meaning of this term is ***sealing oneself off from outside influence***, while at the same time, ***sealing in*** the sexual energy and other higher energies that are produced by your body, without letting them seep out.

This is indicated by Hermes as well as by the medieval alchemists, the ancient Taoist sex magicians, and all other initiates of occult knowledge as being the first and cardinal step to doing real magic and achieving supernatural powers.

You must maintain a Hermetic Seal within yourself.

To do sex transmutation properly, in a way that will give you the desired results, you must maintain a Hermetic seal.

This means:

1. Not ejaculating
2. Not indulging in any sexual thoughts whatsoever (unless you're with a real woman)

Discipline

Now, to do semen retention while *also* not even allowing yourself to think of sex requires a lot of discipline.

It is far more difficult to achieve than merely “not jerking off”.

Especially because the longer you go without ejaculating, the hornier you'll be and the more your mind is naturally going to dwell on thoughts of sex.

The problem would in fact be impossible if it were not for a very nice symmetry which is:

KEY CONCEPT:

The harder you find it to do semen retention, the faster and better will be your results from doing it.

LISTEN:

The whole benefit of sex transmutation isn't about just storing the physical semen or even the sex energy itself.

The benefits come from the ***inner struggle*** that's produced by this work.

This struggle inside you is what produces magnetism.

The inner struggle between “yes” and “no” produces friction.

And this friction creates inner fire... magnetism... love... and what the alchemists called “gold” (and what still others call “God”).

The benefits of sex transmutation come not from the sex energy you retain but from the inner struggle that the *attempt* to retain this energy produces.

It therefore follows that the harder you personally find this struggle, the better will be your results.

The iron law

This is an iron law, and it is a good example of the fact that at the deepest levels of reality, the universe is fundamentally just.

The more difficult a man's struggle, the greater will be his reward.

The more a man suffers in the present moment, the sweeter will be his pleasure in the future—and *vice versa*.

Low sex drive is not an advantage

Some guys have a low sex drive and consequently find it quite easy to do “nofap”.

But this does not mean they're more “advanced” than men who are horny.

Nor will they attain greater benefit simply because of the “time served” doing semen retention.

The key to this practice is not in the “time served” doing it but in the *intensity of the inner struggle it produces*.

In other words:

If it's difficult, that means you're doing it right.

And the *more* difficult it is, the better will be your results—assuming of course that you don't give into temptation.

The harder you find it to maintain mental purity in your private life, the easier it will be to talk to girls in your public life

If you constantly give into all your petty desires in your private life (masturbation, looking at porn, dwelling on sexual thoughts), then you'll find it very hard to approach when you're face to face with a real girl.

But if you struggle against these things and overcome them, this will produce within you a force, and when you're face to face with a pretty girl, approaching her will come naturally.

Additionally, you'll find women like you more.

They just seem to trust you and want to be around you.

Girls are like animals

Girls are more in touch with their emotions and they're more instinctive than men.

They have a better intuition, and a better sense of people's energy and intentions.

They're like animals in this way.

One thing you'll notice after doing semen retention for a long time is that animals seem to like you more.

They trust you.

They can sense you have good intentions.

And it's the same with girls.

Women are more animalistic than men, and like animals they are much more sensitive to these subtle energies.

THE “MAGIC POTION” FOR SEX ENERGY

We have said that semen retention is the secret to producing higher levels of sex energy.

But in fact, this is only one half of the secret.

The other half is to eat certain **foods, vitamins and minerals** which are known to speed up the body's production of this sex energy.

There's one particular “stack” of supplements which I've found works like magic to increase my testosterone and sex energy and make me more attractive to women.

(I originally found this in Tim Ferris's book *The 4-Hour Body*, which I strongly recommend...)

DISCLAIMER: Consult your physician before taking health supplements. Supplements can have side effects. This guide is not intended as a substitute for informed medical advice and you should not take any action before consulting with a healthcare professional.

Take the following twice a day, each morning upon waking and each night before going to bed:

1. Zinc (about 40mg per day)
2. Vitamin D (6,000-10,000 IU of Vitamin D per day, until you reach blood levels of 55 ng/mL)²⁷
3. Cod liver oil, largest safe dose possible²⁸
4. 1 large spoonful of grass-fed butter upon waking and before bed
5. Three brazil nuts upon waking and before bed
6. Copper (about 2.5mg per day)²⁹

Taking these supplements for testosterone will greatly enhance the benefits you get from semen retention and accelerate the results.

²⁷ 4,000 IU is widely considered the “safe upper limit”. However, doses up to 10,000 IU have not been shown to cause toxicity in healthy individuals according to [healthline.com](https://www.healthline.com). Tim Ferris (who I got this supplement stack from) recommends taking 6,000-10,000 IU of Vitamin D per day, until you reach blood levels of 55 ng/mL. I personally take 3,000 IU of vitamin D in the morning, and 3,000 IU at night, and that seems to work for me.

²⁸ There is no set recommendation for the amount of fish oil you can take. I take around 4,000-6,000mg per day (dividing between morning and night), and that seems to be fine (although it should be noted this is way above the recommended dose on the label, so I’m not recommending it to others.)

²⁹ Copper in itself is not necessary for sex energy. However, taking high amounts of zinc can cause a copper deficiency, which can result in things such as premature greying of the hair, so it’s important to take copper supplements to balance out the zinc. (Generally, it’s said you should be consuming around 1mg of copper for every 15mg of zinc.)

I now get the same energy from semen retention in about 2 weeks that it used to take me anywhere from 1-2 months to build up to—and I directly attribute that to getting this supplement stack dialed in.

Remember: if you're doing this right, it will be *hard*.

You will constantly be horny.

You will have a constant desire to “cheat” by watching porn.

But struggle against this temptation, **channel your horniness into approaching**, and you will soon find yourself sleeping with very beautiful girls.

DISCLAIMER: Consult your physician before taking health supplements. Supplements can have side effects. This guide is not intended as a substitute for informed medical advice and you should not take any action before consulting with a healthcare professional.

THE PROBLEM OF “WET DREAMS”

Many guys who do semen retention are constantly frustrated by wet dreams.

A wet dream is when you ejaculate while asleep.

If you masturbate regularly, you may not have had a wet dream since you were a teenager.

But when you start doing semen retention, wet dreams come back with a vengeance.

Your body is trying to expel the “excess” semen, and it will cause you to ejaculate in your sleep.

I used to be very frustrated by wet dreams, because it would kill all my “gains” from semen retention.

Suddenly, I would lose that confidence and glint in my eye I'd had from a few weeks of not ejaculating.

I wouldn't feel the same level of energy and desire to approach.

However, I found that by supplementing with the testosterone stack mentioned above, this stopped being a problem.

When doing sex transmutation, I still have a wet dream occasionally—once every few weeks, perhaps.

But because I'm taking tons of zinc, vitamin D, and so on—my body immediately produces a new surplus of sex energy and so wet dreams usually don't slow my progress down at all any more.

Another thing I should mention is that any time you ejaculate (whether from a wet dream, or after real sex), make sure to drink **lots and lots of water** afterwards.

After you fuck a girl, down 1-2 pints of water, then take another pint into the bedroom to sip on while you recharge.

If you do this, you'll find you're ready to go again very quickly—sometimes after just a few minutes.

Drinking lots of water massively lowers the refractory period.

And the same thing applies after you have a wet dream:

The next day, drink tons of water, and take the supplements, and your sex energy will come roaring back.

THE BOTTOM LINE

The key to success with women is to approach more.

And the secret to approaching more is *sex transmutation*.

That is, you accumulate a surplus of sex energy in your body through semen retention and mental purity, and then you *transmute* it by approaching women.

This process can be greatly accelerated by consuming certain vitamins and minerals listed above.

Lifting weights, eating healthy natural foods, drinking lots of water and getting plentiful sleep are also important.

If you follow the protocol in this chapter, you will have the energy and motivation to approach hot women.

And once you get in the habit of approaching women regularly, it gets addictive.

You'll even start to take a perverse pleasure in rejection once you realize that every rejection is a valuable learning experience.

Success then starts to become a self-sustaining process.

The more you approach, the better you get.

And the better you get, the more addicted to doing it you become.

You have now reached the end of this program, and you now have everything you need to attract a “perfect ten” girlfriend.

That said, bear in mind that getting your ideal girlfriend is usually an *iterative process*.

It's very unlikely that you're gonna go from having no girlfriend to having your dream girl right away.

More likely, you'll start out getting a girl who's okay, but not really what you're looking for.

So after a while, you'll leave her, and get a slightly hotter girl.

But you'll realize she's not quite what you want either, so you'll replace her with a slightly better girl (hotter, better personality, more compatible, etc).

With each iteration, you get closer and closer to your ideal, until eventually you meet that truly "wife-worthy" type of girl who you're crazy about.

That's how the process looks.

I wish you all the best in your journey to greater success with women.

I've had a lot of fun writing this, and I hope you've had fun reading it.

Before closing, I'd like conclude with a story...

THE MAGICIAN AND THE DEVIL

Once upon a time, there was a magician who wanted to awaken the hidden powers and forces he believed lay dormant within himself.

And so he started to practice sex magic (semen retention), and he began to unlock the secrets of the world.

But the world does not want its secrets to be known, and so the Devil (who is the prince of this world) placed obstacles in the magician's path to derail him.

At first, the Devil sent demons to torture the magician with visions of sexual ecstasy to tempt him into spilling his seed.

And for a time the magician's powers were greatly weakened as he struggled against these demons.

But eventually the magician found a way to outwit the demons so that their hallucinations could no longer influence him, and once again his powers and his knowledge began to increase.

This surprised the Devil, who realized that the magician was a worthy foe, and that he was going to have to go to greater lengths than usual to defeat him.

And so one day, the magician heard a knock on his door and when he answered it, there was an attractive young woman standing there.

She offered herself to the magician, and said that he could do anything he wanted to her.

But the magician realized the woman had been sent to him by the Devil, and he politely declined her offer and sent her on her way.

And so the Devil doubled down.

Each day, he sent a new woman to the magician's doorstep to offer her body to him, and each one was more beautiful than the last.

But each day, the magician politely declined the woman's offer.

And every time he refused to give into temptation, his power and his understanding of the universe's secrets were multiplied exponentially.

It was at this point that the Devil started to become seriously worried.

He realized that if he didn't get the better of the magician soon, eventually the magician's powers would exceed even his own.

And this frightened the Devil greatly, for it had never happened before.

One day the magician travelled up to a cloud where the Devil (who is also called the demiurge) was observing events down on earth.

And the magician appeared to the Devil as an enormous giant, miles high, who towered over him like a skyscraper.

The Devil went pale with fear, and his hands shook.

“Look you, Devil,” thundered the magician, laughing, “your days are numbered. My powers will soon be greater than your own. And when that time comes, there’ll be a new sheriff in this piece of shit town.”

Then the magician disappeared in a cloud of smoke as quickly as he’d arrived.

Now the Devil was really starting to panic.

And he began working day and night on a plan to find some way out of this dangerous situation he had somehow found himself in.

And so he commissioned all his demons and all his angels, and all his seraphim and cherubim, to create *the perfect mate* for the magician—a beautiful young virgin girl who the magician would find irresistible.

And so the Devil created the perfect woman, a girl who was more beautiful than any on earth, and who would never age.

And then he made her fall madly in love with the magician, and he sent her to appear on his doorstep.

When the magician saw the girl, he fell in love with her immediately.

And to the Devil’s delight, the magician and the girl embraced, and they immediately began to make love.

They continued to make love all day and all night, and soon the girl became pregnant, and she and the magician were married.

And the magician’s progress came to a halt. And his powers declined. And the secrets of the universe were once again hidden from him.

But the Devil was paranoid that the magician would eventually escape the trap he had laid for him.

And so he made the magician the master of all physical matter, and he gave the magician riches beyond the dreams of avarice, and he turned him into the king of all he surveyed.

Then the Devil sent the magician-king 333 wives and 333 concubines, in addition to his beloved young wife.

And he cast a spell on the girl so that she would not only be happy for the magician to possess these other women, but she herself would want to be an active and enthusiastic participant in such delights.

And the Devil's plan worked, and the magician-king was well-pleased by these diversions.

And finally the Devil could rest.

Some time later, the Devil came down to earth.

And after doing his rounds, he stopped by the magician-king's palace to talk with his old adversary.

The magician received him happily, and the two caught up like old friends.

As he was about to leave, the Devil mocked the magician for giving up so easily.

He said the magician could have penetrated to the secret nature of reality, and acquired knowledge and powers that rivaled not only his, the Devil's, but even those of God himself.

But the magician just laughed.

"You silly Devil," he said. "Don't you realize I never had the slightest interest in learning your secrets? I merely wanted a beautiful young wife, but I knew that you, being the Devil and therefore hating man's happiness, would try to stop me from getting what I wanted at all costs. Yet look! Not only did I prevent you from blocking my path, I tricked you into moving heaven and earth to give me all I desired, and more."

At this, the Devil smiled, and he was about to respond but he stopped himself from saying anything further, because he knew perhaps better than anyone that it's better to let sleeping dogs lie.