

# Speed Seduction® Coaching Program



**“Getting Up to Speed  
with  
Speed Seduction®”**

**Lesson 5:  
Designing Your  
State of Mind**

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For the smart guy who refuses to resort to **bullying**, **begging**,  
**buying**, **bs** or **booze**, in his pursuit of happiness.

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## **Disclaimer**

The Speed Seduction® Coaching Program may contain viewpoints that may be considered controversial by certain audiences. It is intended as a powerful guide for self-respecting, intelligent men who are looking to avoid from "real-hate-shun-ships by default" and instead claim the happiness that they deserve.

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Hi, it's Ross Jeffries. Welcome once again to Up to Speed with Speed Seduction®. This is Module 5, "Designing Your State of Mind." This will be the last official module, but from time to time, we may be posting some bonus modules, so do look for those.

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Let's get going. You're going to really like this. One-third of Speed Seduction® is about you, the tools that create your state. Let's get to it.

Here's a gold key principle. Beautiful women create altered states of consciousness. What do I mean by a state? A state is the combination of your internal representations. We talked about that. That's what you visualize, the sounds you make, what you say to yourself, and your physiology, like the way you're breathing, your posture, your muscle tone, your movement, and the flows of sensation in your body.

On a deeper, more profound level, it's your beliefs about yourself, your sense of identity, your sense of capability, your sense of possibility, your sense of deservingness, and the meanings that you attribute to situations.

Many, if not all, of these can be outside of conscious awareness. Remember, when things operate outside of conscious awareness, they tend to have an irresistible and hypnotic power.

What do I mean by an altered state? That's a good question. Do I mean a mystic state of union with the Universe? Not necessarily. That could be an altered state. An altered state is simply a state in which the previous state you were in is no longer around and the learning, capability and ways of thinking you had a moment ago are no longer

available to you. That may not be a detriment. You may have a better set of ideas, beliefs or internal representations.

Altered states are not limited to drug experiences or visits by God or aliens. Altered states are what happen all the time anyway. One of the more profound understandings in Speed Seduction® is not that it's hypnotic but that most of our processes are hypnotic and that they take place outside of our conscious awareness and choice.

The real question is not, "Are you going to have an altered state?" The real question is, "Are you going to go into an altered state that's useful for you and serves your purposes?"

I've often said, "If you're going to build an autopilot, why not build an autopilot that flies the plane instead of crashes into the ground?" When you're in certain states, you're able to access learning or skills that are not available to you in other states.

Let's take a pretty common example. You probably know your phone number. If I said, "Recite your phone number," you would just do it. It's easy, piece of cake. Let's say I put you on a highway and you're going 70 miles per hour. All of a sudden, your engine quits, and there are flames leaping everywhere all throughout your car. You know you're a second away from dying.

If I ask you to recite your phone number then, you might not be able to get access to that information. One of the things I would like you to understand is that learning and skills are state dependent.

Another gold key principle is that your state can be design, controlled and created by you. You don't have to accept a "default state." A default state is a state that you typically go into because that's what force of habit has taught you to do. I don't want you to go into a default state.

I want to present the idea that you can design your state. I keep coming back to this notion of recipes. There's no such thing as competence. It's not a thing, like fluid in your body or oil in your car. You go to the mechanic, and he puts the dipstick in. He says, "You're a quart low on oil." You're not a quart low of confidence fluid and need more put in your tank.

Think in terms of recipes. Any state that you would like to create is just a combination at any given moment of the internal representation, physiology or flows of feeling in the body in a certain proportion in a certain sequence. If you want a changed state, change the recipe.

How do we change the recipe? We could pull one element out. If we're baking a cake, and we take out the heat from the oven, we're not going to get a cake. We could change the order of the recipe to see what happens. We could change the proportion of the ingredients.

What does this translate to for you? If you're making imagery in your mind of women rejecting you, you can shrink down the image and make it really small. Make a much bigger image in your mind of bigger things coming out the way you want them to. If you have a voice in your head that says, "You'll never get anywhere," sweeten the tonality.

I learned this from my teacher, Richard Bandler. It's the same thing, but it says, "You're such a fuck up. That girl will never like you. You're such a loser." There are a lot of different elements you can change in the recipe that produces your state.

A key idea is that what you can gain awareness of and the possibility of controlling your state. Even beyond controlling, you gain the possibility of playing with or designing it. I certainly think control is better than no control, but even better than control is design, play or fun.

When you were a kid, you played with Legos or Tinkertoys. You didn't do it for primarily a sense of control over the toys. You did it to build something to have fun. You can do the same thing with your state of mind.

Understand that it never just happens to you. You don't have approach anxiety. You are not shy as a human being. It's something that you've created outside of your conscious awareness. Therefore you can create something new, different and a lot more fun.

This is another gold key principle. Granted, beautiful women are going to create an altered state. Why not design the state you wish to be in? You could stop and say, "What would be most useful for me in terms of my internal representations, what I visualize, how I talk to myself, and the flow of feelings in my body? What would be most useful in terms of the way I feel in my clothes, the way my musculature feels, and the way I talk to myself on the inside and the outside?"

What beliefs would be most useful for you to have? Do you think it would be useful to have the belief that if one woman who's beautiful judges you as being inadequate, every beautiful woman is going to get the message telepathically, and you'll be cut off for life? Do you think that's useful? No, but many guys think about it that way. What are the internal representations and beliefs you would like to have?

What if you built the belief that you never get rejected? You just learn something about what you need to get where you want to go, you have fun, or you discover that the other person has good taste. Learning to create your own meanings and beliefs about things is also a powerful part of designing your state.

Here are some ways to create leverage with your state. People often come to me. They've been stuck for a long time. My job as a coach is not usually to answer the question they're asking. The question they're asking is limited by the very thinking that's keeping them trapped.

I often have to step back, look and say, “Where can I find leverage with this person?” As you grow in your role as a student of mine, in whatever capacity, you’ll want to do that. You’ll find that I’m very good at pointing out the leverage. There are a lot of things you can do. You can change the perceived meaning of the interaction.

I had a student come to me who was a Special Forces veteran. He said, “Ross, I’m terrified of talking to beautiful women. I’ve been shot at. I’ve jumped out of airplanes at very high altitudes and have only opened the parachute just as I’m about to hit the ground. I’ve been through explosions. I’ve rather be shot at than talk to a beautiful girl.”

I was weighing this up and thinking, “Getting shot at or talking to a beautiful girl?” It didn’t quite weigh up for me. In his mind, based on the representations he had built in his mind and the meaning that he attached to it, he was quite terrified. It was not a joke.

One of the things I try to do as a teacher is try to bring up a counter example to begin to get leverage into that person’s belief system. I said, “Let’s say there’s a beautiful woman standing across the room. You really want to talk to her. Could you talk to her?” He started to shake and said, “No, I couldn’t do it.”

I said, “What if there was an attacker sneaking up behind her, about to slit her throat with a knife? Could you talk to her then?” He said, “Hell, yes! I’d go over there, break the guy’s arm, and maybe even kill him on the way down to the ground. I’d tell her to look out.”

I said, “When there’s no physical danger and it’s just her, you’re terrified. When there’s someone with a knife, and someone could get hurt or you could have to hurt someone, you’ve got no fear. Does that make any sense?” He said, “That’s true. It doesn’t make any sense.”

It was the meaning that he attached to it. First of all, he assumed that he was going to get rejected, whatever that means, and that it would be a terrible thing. It would mean

that he was not attractive to any women. I turned it around and gave him a different meaning.

You can change the meaning that you create. The meaning I want to suggest is not that you know you're going to succeed, because that is equally as silly a prediction as knowing you're going to fail. You really don't know. You can have some probabilities. I would change the meaning of success or failure. I would say, "You're either going to enjoy the process of getting what you want, or you'll enjoy the process of learning what you need to get what you want or even better."

You're always going to extract something from it that's useful. We'll get to this a little bit later in the presentation when I talk about acceptance/extraction confidence.

You can change your physiology. Many guys who say they have approach anxiety or fear really don't. What they have is over-amping. If there were a disgusting, horribly fat woman of 500 pounds with cookie crumbs in her moustache and back boobs, and I said, "Go ahead and talk to her," most guys would say, "I can do it." They wouldn't want to, but they could.

With a really beautiful woman, it's not fear. It's over-amping. There is so much sexual energy running through the circuitry that the guy just can't think straight. Who could? The solution there is to work with the physiology to show them how to de-amp themselves and ground that sexual energy into the ground through their feet, shift their breathing, and shift their posture. With some people, it's the physiology that provides the leverage.

You can change the internal representations. I have something called the "orgasmic basketball bounce" where I get people to visualize the feeling, externalize it, turn it into a symbol, and shift it back into their body. It radically changes them. I don't have time to go through that here, but you can find it in my "Fear to Charisma" DVD. If you go to



[www.SpeedSeduction.biz](http://www.SpeedSeduction.biz), click on Products then click on “Fear to Charisma,” you’ll see that there.

You can shift, shut off, or lower the volume on the internal dialog. I often say to guys who have a voice that rags on them, “What if you were driving down the street and there was a little man sitting on your shoulder? Every time you’re about to make a turn, he would yell, ‘Look out!’ You’d probably get into an accident.”

This is from NLP through my teacher, Richard Bandler. You can turn down the volume or make the voice that rags on you really pleasant. Give it a confident tonality. The bottom line is that even with all of these tools, I’m not here with you. I can’t talk to you through this recorded medium. If you join my coaching club, I can do that quickly.

These are the four major areas in which I get leverage into a student’s experience. Probably at least one, if not more, will be of assistance to you. The challenge is that with some students, they’re working on the internal dialog, when in reality, it’s the physiology that needs to be shifted. This is the advantage of having a very experienced coach. I can look right away and know within five seconds which of these you need.

I want to give you some attitudes and realizations for success with women. Since I said that your state can be partially comprised of your attitudes, beliefs and realizations, if you shift those, you can really shift your state. Let’s go through these.

One of my beliefs, at least when it comes to the initial walk-up, and indeed all the time, is that 99% of the time, the worst that will happen is nothing will happen. A lot of times, good stuff will happen. Even if you take the universe at times when you don’t get what you want, 99% of the time when you approach women, the worst that will happen is that nothing will happen.

She won’t laugh at you or be mean. She’ll just ignore you. She won’t respond or nod her head and smile and walk on. The image that is conveyed by Hollywood is that beautiful women are just itching for a chance to reject men and be cruel and vicious. It’s fantasy.

It's no more real than the Hollywood version of what cops do in the real world. It's nonsense. There is some context in which women feel there is a license to be a cunt. Some women will get that way in a club. That's one of the reasons I don't go to clubs.

Here's another one. "I never get rejected. I only discover if a woman has good taste."

Here's a really good one. I shouldn't even be giving this next attitude away, but it's so powerful. If you put this into action, write this attitude down and think about it, then imagine your last 10 interactions with women and how they would have been different had this attitude been there, you'll see how powerful it is.

"I seldom take a woman's first response to me as written in stone. It's only just a reflection of what she's thinking, feeling or believing in that moment. It's almost always subject to change."

What does having this belief do? It makes me non-reactive. It allows me to realize that her first response may have nothing to do with me, and it makes that response something I don't have to fight. Instead, use the metaphor of aikido. I can use that response to move the person toward where I want. Unless you're grounded into this attitude, you won't be able to stand your ground when that kind of thing happens or move away when you need to.

Here's another one. "I'll either get what I want, or I'll enjoy the process of learning what I need to get what I want or even better." If that were really your attitude, it would shift how you responded to stepping into the unknown a little bit.

Here's another one. "She can do whatever she wants. I control and choose what I learn from every interaction and every situation. I control where my energy goes. Am I going to deflate like a balloon, or am I going to stay grounded and outward focused? I will decide what meaning and learning I extract from my interactions. She's not going to decide what it means. I will decide. She's not going to control where my feeling goes. She doesn't collapse me. I stay here no matter what she does."

That takes some energetic practice. If you really want to change, you want to pair the belief with an energetic practice, how you hold yourself, and what you do with the flow of feeling in your body.

Finally, I want you to take on this one. “When I don’t know what to do, I take a bold step forward.” Many times, guys say, “I just don’t know what to do in this situation.” Who says that not knowing what to do is a sign to do nothing or to stop? That’s not written in any sacred text, not that I believe texts are sacred. It’s not a law of physics.

What if you had the orientation that if you don’t know what to do with a woman, you’ll take a bold step forward? What if that was just the way you did things? It would be very hard to be anything other than a pretty fun person. You might not always get what you want, but you’ll always be moving forward in a way that at least you can learn something.

When you develop the confidence and toolset to really extract maximum learning, dissipate confusion, and transmute confusion into learning and clarity, that’s my Nail Your Inner Game program, which I’ll recommend at the end of this module. It will show you how to do all of that. For now, all I can do is give you a little bit of the pieces.

I want to give you the assignment of writing each of these assignments down. Then write down how your life with women would be different had you had these and how it will be different as you put these into play.

One of the bits of mischief that happens is that people teach you that you should have a lot of confidence. Confidence is what we call a nominalization in NLP. There’s no such thing as confidence. It’s a state. Being that it’s a state, it comes in different variations.

As you see here, there’s performance confidence, rehearsal confidence, acceptance/extraction confidence, and compassion confidence. What you need to do is find the right mix that works for you. Everybody is different.

What is performance confidence? It simply means that based on a history of doing things right, you have a reasonable expectation in your skill set that you'll do them right and effectively again. If you've done a tightrope walk 1,000 times flawlessly, odds are that you still have to stay alert but you're going to do it right 1,001 times. Performance confidence is based on many past successful experiences.

The problem with many guys who are stuck is that they want the performance confidence before they've done any performing or when they've only done very little performing. That's impossible. It's like saying two plus two makes five. You can't have confidence in your performance if you've never done any performing. It just doesn't work that way.

This is a big Gordian knot. I don't know if you know the story of the Gordian knot, but it was a knot that no one could untie. If anyone could untie it, they would be named king of all Greece. Alexander came along and just cut it with his sword.

The trap that guys get into is that they won't take a step forward unless they're guaranteed a perfect result. Of course you can't get any result, let alone a perfect one, unless you take a step forward. They wind up never taking a step forward and never getting any results. If you wind up never taking a step and never being certain, congratulations, you're a double failure. You've really fucked up your life, if that is the loop you're stuck in.

What most guys do to address this is just absorb more material. They figure, "If I just study more, then finally I'll be certain enough to take that step and know that it will come out perfect." It really doesn't work that way.

How do you know if you're suffering from that syndrome? Check your bookshelf, closet, basement or CD shelf. If you've got a lot of CDs, DVDs and programs on pick-up and seduction and notes from all of the seminars that you've gone to, but you still haven't done much of anything, you've got the syndrome. The solution is to aim at the right kind

of confidence. Recognize that you cannot have performance confidence until you've done the performing.

The right kind of confidence will also depend on where you are in your learning cycle. As you get enough trials and practice under your belt, you can start to have legitimate performance confidence. You want to avoid premature performance confidence seeking syndrome.

Let's talk about rehearsal confidence because I do believe in this. Rehearsal confidence means that you rehearse in vivid detail out loud what your responses will be. I've said many times that if you want a different response, rehearse it. You're going to rehearse how you'll sound, how you'll look, and what your movements will be. You'll rehearse responding and feeling a certain way.

There are some keys to a good effective rehearsal.

1. Repetition. You want to do it a lot.
2. An altered state. Before you do your rehearsal, I suggest you do some breathing. Energize yourself with some breathing and do a little progressive relaxation.
3. It has to be multi-modal. What do I mean by "multi-modal"? It's not enough to just do it in your head. You have to get up. You have to actually make the movements. Move the way you would move. Stand the way you would stand. Actually perform the gestures that you would perform. This encodes it into your neurology.

I believe in rehearsal confidence. I have several programs and products to help you with that. However, I do have a special gold key and warning. I've put this in red. I haven't done that in any other modules.

What I'm about to show you is really powerful, but I want to warn you about rehearsing too much. For guys who are afraid to take action or are looking for that perfection before they take a step, rehearsing can be a trap. You think that if you just rehearse enough,

you'll be perfect. No. Rehearsal will make you do better, but you're still not going to be perfect before you take the step.

Having said that, here's the gold key. If you really want to add punch to your visualizations, imagine it from a woman's perspective. First, imagine how you would look and how you would stand. Rehearse it out loud. Then imagine looking at yourself through her eyes.

Hear her on the inside say, "Damn, he's hot! I've got to meet him. I want to meet him." Then imagine the flow of feelings in her body as she feels that little bit of a desire to talk to you. It's not overwhelming, boiling lust because you'll burn out the circuits. It's just a little bit of, "Wow, I really want to meet this guy!" Then pull back and see her through your eyes. Shift perceptual positions. Now you're looking at her again through your perspective. See her smiling at you.

What are we doing here? We're changing perceptual positions. You're starting out seeing yourself from her perception, her eyes. It's like you're inside of her head, looking at you. I don't know exactly how it works, but it sort of keys the other person to respond in the way you want them to. First you want to rehearse the way you look and sound. Then slide into the other person's perceptual position.

Again, I give you the warning to not rehearse too much. Watch your rehearsal to action ratio. For every five points of rehearsal, there should be 20 or 30 points of taking action.

Let me tell you about the next kind of confidence that's very useful. Often, this is what you'll have to rely on in the beginning. It's what I call acceptance/extraction confidence. What does acceptance confidence mean? It basically comes down to accepting the facts and eliminating all of the drama.

It essentially means that you cannot know with certainty what any outcome will be. Even if you've done things 1,000 times right with your pick-up, you don't know what 1,001 will

bring you because women are random and chaotic. They have a structure, but that structure can be chaotically influenced by the smallest little element.

You never really know for sure, and that's okay. It's based on acknowledging that you don't know what's going to happen, that you don't like that you don't know what's going to happen, and making a decision. You acknowledge reality. You'd like to talk to the girl. You acknowledge that you don't know what's going to happen. You acknowledge that you don't like that you don't know. Then you make a choice. "I'm going to find out. Let's go find out what will happen."

Really this has to do with epistemology. Epistemology is the study of how we can know things. Can we know things just from figuring out in our heads, or ultimately is there some realm of human experience where we have to go out and experiment to know?

I want to suggest that empiricism is your epistemology. Empiricism says that ultimately the only way to find out about the world outside of ourselves is to experiment. It's a perspective that says you're going to let action and reality teach you what works rather than worrying, guessing or speculating. It's okay to form a theory. As you see, I form theories. But you have to let reality and action teach you what will work.

This is the most important little bit of leverage I can give you. It's not the kind of thing you would think about. It doesn't feel like super room-filling confidence, but you don't need to aim at that. This perspective that you will let action and reality teach you what works is a key to having a fun, fulfilling, thorough and varied life.

In this approach, we acknowledge that there are no answers. At best, there are ideas. It's only when the idea is acted upon that it becomes an answer. If you're looking for answers, no, at best you're going to find incredibly useful, accurate and powerful ideas. They only become answers when you act on them. You have to potentiate the idea into the reality of an answer through an action, not speculating, worrying, chewing on it or ruminating but through action.

You should write this down 100 times and number each one. “Without action, there are no answers, and there is no knowledge.” I mean it. Write it down. If you want your life with women to transform, write it down 100 times. Number each one. Sign and date it.

What does this mean? It means that not knowing what’s going to happen ceases to mean that you have to stop and wait. Not knowing what’s going to happen means you choose to go forward and there’s an opportunity to learn. You act in a way to find out. You change the meaning of not knowing.

You’re not going to claim that you do know. You’re going to accept that you don’t know and change what that means and change the decision, choice and action that follow. You’re sticking with facts. There’s no drama. You don’t say, “Oh, my god, Sally Jane!” You don’t spin around it.

You don’t start making representations on how women have always hurt you and why that woman treated you like crap and saying you were nice to her for a year and all she did was talk about her boyfriend. That’s all going to drop. You drop all that noise in the system and just focus in on the fact that you like to talk to the woman, you don’t know what’s going to happen, you don’t like that you don’t know, and you choose to go forward.

There’s something that happens. You get used to living this way. You may begin to get excited about not knowing. You may get really happy and enthusiastic about not knowing because it means you’re about to expand your definition of what you can do in the world. That is a cool thing.

Note what we’re not doing. We’re not building a super powerful, super dynamic 40-foot tall you. I do teach that with rehearsal confidence. For some of you, rehearsal confidence is not going to be useful.

We’re not aiming at optimal. We’re not aiming at what Tony Robbins talks about, peak states. Fuck that! You can’t go around in a peak state all the time. You’ll burn yourself



out and overwhelm a lot of people. Peak states involved a lot of noise sometimes. You just don't need to do it. We don't want optimal or super world meaning. We just want nominal, just what will work. Anything that's required to get us in a useful state, get our feet moving, and get the action going is what we want to do.

Note when you're seeking a solution that the most efficient one is the one you want, the one that requires the least energy and preparation to get the job done. Most of life just requires steady, day-to-day efficiency. It doesn't require heroism.

Sometimes it does. There is a place in life for heroism and super excellence. To me, what I'm doing here is heroic. I'm reaching out to people and saying, "I'm going to break your chains. I'm going to open your prison door." Hopefully you'll come back, and out of reciprocity, want to become my customer, give back to me, and keep getting from me. Maybe not. I think this is a heroic effort I'm undertaking. This is me at my best, doing what I love most.

Usually in life, you don't need to be heroic. You don't need super excellence or Olympic level performance. You just need steady efficiency from day to day. You're just going to talk to a woman. It's not some heroic, herculean feat. They're humans, like we are. Their plumbing is different, and the way they process the world is different, but they're still human.

Again, there's nothing wrong with being radiant and powerful. You will experience that. I guarantee it. But sometimes it's not what you want to aim at, and it's not necessary. You don't have to wait for it. It's not required.

The other part of acceptance confidence is extraction confidence. That just means that you have a very good strategy for learning from situations, even situations that may be confusing.

I should back up. I think one of the biggest challenges for guys starting out in this is not fear, frustration or loneliness. It's confusion. You try a tool, and it doesn't work 100% of

the way. It works maybe 70% or 90%. You can't quite figure out, "Is it working? Is it not working? Am I making progress? Am I falling backward?" That confusion can really keep you stuck. If you have a good strategy for learning and transmuting confusion into clarity, then you've got something going.

Again, I bring you back to this idea. I can and will determine what I learn and what I take from every person, situation, action, circumstance and choice in my life. When I say "take," I don't mean to take from others. I mean to take away or extract the value I take from it.

If you really want to get this mastered, I recommend my Nail Your Inner Game program. It's an extensive program all about this. It's one of my newer products. It's absolutely fantastic. We're getting rave reviews for that. It's everything you need for acceptance and extraction confidence.

Here's a really cool thing. Acceptance confidence can be yours right now. It doesn't require that you first have social skills or a history of doing things well because it's an attitude toward uncertainty. It simply welcomes uncertainty with the choice that you will learn something of value.

When you can walk through the world without needing a guarantee, you're ahead of 99% of the people in this world. Most people do not know how to handle uncertainty. They will kill someone rather than go through uncertainty. If anyone challenges their beliefs, they will kill that person rather than deal with the uncertainty of being challenged.

When you can walk through the world and be okay with being uncertain, there's something you very subtly radiate. It can't be deflected or competed with. It's not frightening or in any way slick or scary. It's an attitude toward life. I guess I would call it stealth charisma. People will not see it coming, and they'll never be able to quite put their finger on why you're attractive.

Finally, we have what I call compassion confidence. I believe that in life, you have to have double vision bifocals. You have to be able to see far away and close up. What do I mean by this? I don't mean literally.

In a sense, when you're dealing with people, you have to be able to see the outcome that you want to get with them. You have to see that there's something you would like, some emotion or behavior. Then you also have to take the broader view and remember that we're all humans. We're all in the same boat. You have to be able to do both.

There are many areas in life in which that kind of vision is useful. In business, you have to keep your eye on the horizon and see the broad vision. But then you have to look close up at the day-to-day vision and the potential problems that could come up. This ability to shift your view, vision or perspective, not physically but metaphorically is crucial for success. So many people get stuck in one or the other.

Compassion confidence is about a certain perception. I want to tell you what it's not. I'm not really a sentimental person. It's not about gushing with the white light of Jesus, no offense if you believe in Jesus. It's not a Hallmark card. Rather it's a perception that we're all in the same boat.

Here I have my birthday suit and last breath theory. If you think of the last woman who really intimidated you, what was she wearing the day she was born? The same thing you were, nothing. One day, one way or the other, I guarantee she will take her last breath, and she will die. That's common to all of us.

One day, death is going to come, and all of her tricks and all her stuff aren't going to matter. He's going to cut her right down. In between that, people are usually just trying to figure out how to make sense of it.

Compassion confidence is that somewhere in the back of your mind, you hold a little bit of that perspective that we're all in the same boat. The same hands are constantly

bringing us in and out of existence, shaping the clay of our consciousness at every moment then putting it back together again and reshaping it.

Cease to view people as separate from you, as objects, but rather view everything as an ongoing process being generated by the same whatever, whether you want to personify it as God, nature or expansion or contraction. If every once in a while you can slide into that world view or keep it in the back of your mind, it creates a different view toward people.

A few years back, I was hanging out with a student. It was late at night. We were coming out of this place. There were two girls waiting for a cab. I was just being funny. I said, "Look, there are two lovely ladies at the end of the evening waiting for a cab."

For some reason, with one of them, it went in the wrong way. I don't know why, but it did. She said, "Look, it's two fucking assholes who couldn't get laid, desperate to get some." It didn't phase me, but my student got very angry.

My student went to yell at them. I put my arm out and said, "No. They can do whatever they want. We always come from compassion. That woman is someone's daughter. She's someone's best friend. She's someone's sister. Somewhere, she's deeply loved." Everything changed in that moment. I ceased to view her as some girl I wanted to get laid with. I saw her as a human. I described the truth of her life.

In that moment, everything changed. She just got so friendly. They dropped all their shields and said, "We're so sorry, guys. There have been assholes all night, grabbing our asses and staring at our tits. What's your name?" I said, "I'm Mr. Wonderful," and we walked off.

I want you to contemplate this, freeze this presentation and really think about what I'm about to say. If you can walk through uncertainty without needing a guarantee, and you can give the other person radical permission, right down to the root of who you are, to

have their first response to you, then something very powerful and transformational might take place.

Most guys think that if they're trying out something new and being courageous, the woman owes them her support and should be nice to them. After all, look how brave they're being, taking a risk. No. That's not in any contract. No person signs a contract promising that they should support you and that they're going to give you emotional support and encouragement when they're trying on something new. It doesn't work that way.

If you can handle the uncertainty and give the other person complete permission, radical permission, to have their first response, then something magical can happen. Really mean it.

We're now coming to the close of this Up to Speed with Speed Seduction® course. I may add future modules or bonus modules, but I want to thank you. I recommend that you review each module at least three times. There's a lot of material here, and this is just the free stuff.

I really mean it when I say that as much as I've done my best to present a basic overview of the Speed Seduction® technology. This is the technology from 1997. This is getting you up to speed with the 2.0 course, the home study course from 1997. I haven't given you even an inkling, hardly anything, of what's in the more recent course, the 3.0 course, which I just came out with in October of 2008.

I recommend my Nail Your Inner Game program. You can see the link there. I recommend the Speed Seduction® 3.0 course. This is my first complete home study course in nearly 12 years.

As you can see, I'm a damn good teacher and a damn good coach. I love what I do. Try my coaching program. The first month is \$1. After that, it's \$97 a month. You can quit at

any time. You'll see what the idea is. Go to [www.RJCoaching.com](http://www.RJCoaching.com). You'll see what is offered there. Of course, my website, [www.SpeedSeduction.biz](http://www.SpeedSeduction.biz), has all of my products.

I want to thank you for taking this journey with me. I've put a lot of thought and effort into this. I welcome your feedback. Please feel free to pass this along. Post it on your website, put it on blogs, or put it on StumbleUpon or YouTube. I don't care. Just make sure you don't change anything, and always give it away for free.

Thanks. I look forward to continuing to be your teacher in whatever capacity you feel you want.