Speed Seduction Mastery Project
Module 1 Week 2

Welcome to Mission Two.

Essentially, this mission is about warming up by being friendly.

If you wait until you see a beautiful woman before you suddenly switch on and feel like talking, who's in control of that capability in your brain? They are.

We want to take ownership and control—not of the other person, but of ourselves.

So, this mission is about being friendly.

Let me give you an example of how it worked for me.

About 25 years ago, I had a student who had paid me a nice chunk of change for coaching. We were walking near my home in Marina del Rey when I saw a rather elderly and frail woman drop her groceries. She began to berate herself, saying, "I'm such a clumsy idiot."

I bent down and said, "No, you're not an idiot. You just dropped your groceries. That's all, dear. Let me help you pick them up."

I helped her gather her groceries and then said, "Have a great day."

She smiled. I could see she felt warmth in her heart, and I felt warmth for her as well.

My student looked at me and said, "What were you doing talking to that old bat? She's not hot."

I said, "It's not about that. It's about recognizing that everyone's a human being."

No matter how you're feeling on any particular day, remember that the other person is a human being. They deserve compassion. They deserve to be treated with just a little bit of loving-kindness.

Ironically, this also makes you subtly more attractive.

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I won't get into the Buddhist concepts behind it right now, but if you're interested, post your questions in the community and I'll explain more. That's just a side note.

Now let me teach you what I call the “80/20 Rule” for grounding yourself in your body.

One of the things that will automatically keep you out of fight, flight, freeze, or fawn—the four F’s—is regulating your physiology and your breathing.

We want to get you grounded in your body.

The more grounded you are physically, the less you'll be chattering away inside your own head. The less interference there is, the more mental bandwidth you have available to create genuine connections with other people.

Here's the exercise.

First, stand in front of a mirror and put about 20% of your attention on the feeling of your feet touching the ground. Feel your feet pressing into your shoes or into the floor. Just become aware of what that feels like.

Then, when you go out and have friendly conversations with people, experiment.

For one person, keep 20% of your attention on your feet.

Notice how that feels.

Then, for the next four or five people, don't ground yourself. Notice how that experience feels different. Pay attention to what changes in you and what you notice about the other person.

Post your notes and your results in the community area so I can comment, and so your fellow students can comment as well. I encourage you to do that every week.

Now that you're prepared and grounded, what do you actually do?

How do you greet people in a warm, friendly way—even if you're shy, quiet, or introverted?

It's very simple.

Talk to people without having an outcome in mind.

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Talk to everyone.

It can be as simple as making eye contact, feeling your feet on the ground, and saying slowly, "Wow... I hope you're having a great day."

Say it slowly.

Say it with a little warmth in your heart.

When people rush and say something like, "Hope you have a great day," or, "I noticed you're so pretty"- which is not what I'm telling you to do - they unintentionally communicate that they're expecting rejection.

When you rush, you subconsciously tell the other person that you're anxious and trying to get the interaction over with as quickly as possible.

So, here's your assignment.

For this week, simply go out and talk to five people.

Just start five conversations.

They don't have to be difficult or complex.

They can be as simple as:

"I hope you're having a great day."

Or a simple compliment like:

"Wow, I really like the way you put your colors together."

As you do the exercise, notice:

- How you felt before the interaction.
- How the other person responded.
- How you felt during the interaction.
- How you felt afterward.

Mission Two is really simple, but it's an important building block.

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