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*If there's no time for the things you love,  
then do the things you love exist  
anywhere in time?*

*If they don't exist anywhere in time,  
then are you having any thing  
you love in your life?*

*If not, why not change time?*

— Richard French

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# How to Find Love – The “Five-Date” Method

By Arthur Cronos

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## Table of Contents

<b>Preface .....</b>	<b>7</b>
<b>Introduction .....</b>	<b>8</b>
<b>The Purpose of this Book .....</b>	<b>10</b>
Who .....	10
What .....	12
When .....	15
Why .....	17
Where .....	21
How .....	22
<b>The Three Questions of Love .....</b>	<b>23</b>
The First Question – How do you Find Love? .....	23
The Second Question – How do you Get Along? .....	25
The Third Question – How do you Make Love Last? .....	26
First Step -- Answering the First Question of Love .....	27
<b>How Does this Method Work? .....</b>	<b>28</b>
<b>The Human Brain(s) and Unconscious Mind .....</b>	<b>32</b>
How your Nervous System is Constructed .....	32
How your Mind Goofs .....	40
Scarcity Equals Valuable .....	42
Must and Can't Travel Together .....	42
Havingness Tends to Remain Constant .....	43
Trends Tend to Continue .....	45
The Trap We Get Into .....	45
Common Mistake #1 .....	47
Solving the Wrong Problem .....	49
There Is No Shortage of Women or Men .....	49
Re-Programming Your Vision .....	51
The Law of Attraction? .....	53
Western Science .....	53
Focus on a *New* Project .....	56

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<b><i>The Simple Steps to Success</i></b> .....	<b>58</b>
Rule Number 1: Date Five Times a Week.....	58
Rule Number 2: It Doesn't Matter Who You Choose .....	59
Begin Where You Are .....	59
Rule Number 3: Improve Your Selection Over Time .....	60
Rule Number 4: Stay Out of Bed .....	61
Common Mistakes.....	62
Rule Number 5: Keep On 'Till You Stop .....	64
The Journey .....	65
Why Does this Always Happen to Me? .....	65
What REALLY Turns You On?.....	68
Using Therapy.....	70
<b><i>Where Are They?</i></b> .....	<b>73</b>
Finding via People You Already Know .....	73
Finding via Chance Encounters.....	74
Go Somewhere Where People are Dawdling.....	75
Go Up and Say Something .....	77
Bring Them Out with Open-Ended Questions .....	80
Reveal Things about Yourself .....	82
Leave Them Wanting More .....	83
Make Arrangements for the Next Step .....	83
Finding Romance via Joining Groups.....	85
Finding via Personals Ads .....	86
Online Dating Sites .....	88
Finding via Referrals .....	90
<b><i>The Encounter – Keeping it Safe</i></b> .....	<b>93</b>
How to Feel More Comfortable .....	94
Get Familiar with the Location .....	95
Use the Visualization Approach .....	95
Spotting Spots .....	95
How to Recognize your Date.....	96
How to Chat.....	97
How to Flirt.....	99
How to Escape – If Necessary.....	101
<b><i>Special Dating Information</i></b> .....	<b>103</b>
How to Write a Personals Ad .....	103

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## How to Find Love – The Five Date Method

Online Dating Sites .....	108
Dress Stereotypes for Success.....	110
Getting Over Being Shy .....	112
For Men Who Are Reading this Book .....	114
For Women Who Are Reading this Book.....	114
How to Get Along With Each Other After You Two Decide You Want To Explore Something Deeper .....	114
<b><i>The Musical Idiot.....</i></b>	<b>116</b>
<b><i>About the Author .....</i></b>	<b>119</b>
Arthur Cronos Biography.....	119
Hypnotherapy.....	122
EFT ('Emotional Freedom Technique') .....	124
NLP ('Neuro-Linguistic Programming') .....	124
Eugene Gendlin's 'Focusing' .....	125
Tantra Yoga .....	126
If You Want Counseling .....	128
<b><i>Additional Resources.....</i></b>	<b>129</b>
Mobius Megatar & ZenTapper – unusual "Touch-Style" Guitars .	129
Being Happy Today.com.....	129
TantraShasta.com.....	129
Source School of Tantra Yoga.....	130
The Adventures of Bloggard.....	130
<b><i>Contact Information .....</i></b>	<b>131</b>

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## Preface

This method was developed from 1968 through 1988 by Arthur Cronos, and was first written in 1995.

(For a biography of Arthur Cronos, please see *The Adventures of Bloggard* at <http://bloggard.com>.)

This original method quickly and efficiently shows anyone who chooses to use it how to find love. The method relates to the ongoing human need to have romance in our lives. We hope you find it useful in *your* life. If you do find it useful, please do not violate US copyright law by giving printed or electronic copies to your friends; that would be both illegal and it would be rude.

Instead, please share this wonderful method by sending your friends to get their own copies on our website: <http://fivedatemethod.com>, or order direct through our office (contact info at end of this book).

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## Introduction

### CONGRATULATIONS!

You have taken a wise step in obtaining this special book. We live in an age where advertising tells us that our lives will become bliss if we only use this particular soap, wear those particular shoes, and have that particular hairstyle.

And that is completely false.

The important things in life are few: your health, your career and dreams, your financial stability, and your love life.

This book will describe a simple approach in helping your love life get to first base. This book will show you a step-by-step method in seeking and finding a sweetheart, new romance, and if you wish, the love of your life.

**After quite a bit of research I've discovered that this method works** just as well for men or for women, for straight men and women, and for gay men and women.

This makes the language a little tricky, but I'll do my best, and now and then you may have to translate. That is, if it says, 'get a man' and you want a woman, then just substitute 'get a woman.' I think you'll find it pretty easy

to do.

What may be even more important than the language is that this book will describe why your usual approach has often been doomed to fail, and how to proceed in a way that will actually work for you.

Although I will describe some theory about why finding a girlfriend or boyfriend is such a problem, bear in mind that the theory is just to help you understand why the common approaches of most people often fail.

In the end, the theory doesn't matter. The instructions given here are practical, and KNOWN TO WORK. It worked for me, and since it was written, over a number of years hundreds of men and women have reported that this approach works for them as well.

The only thing required to make the method work ... is to use the method.

Thank you for your interest in learning the Five-Date method. Please buckle your seat belt, and have an enjoyable ride. But do pay attention. There will be a test later.

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## The Purpose of this Book

Here's a quick overview, to see if this book is for you, and your situation ...

### Who

There are some people who do not need this book.

When I was in high school, I had a friend named Jerry LeFevre who was a couple of years older than me, and I always looked up to him. And I was always amazed because he had absolutely no problem finding women. He \*always\* had a girlfriend, and even later in college, it was exactly the same way.

I used to ask him how he did it, but he couldn't really tell me. He'd developed the skills somehow along the way, had no difficulty, and he seemed to think it should simply be that easy for me, too. But it wasn't.

So Jerry LeFevre wouldn't need this book.

And so, for example, if you're a guy who can easily and always find a lady friend, probably you don't need this book ... unless the ones you're finding don't seem to exactly provide what you were hoping to find. If you find plenty, but it's not satisfying, then you can use the information here to learn how to find what you really want.

If you're a woman who's always got guys around, but

you don't like the ones you're seeing, then perhaps this book is for you, because it will enable you to get clear about what you're looking for, so you can spend your time more productively and find the kind of man you actually want.

If you often find yourself lonely, this book is for you.

Because with the information here, you can change that.

In fact, if you apply the method, if you wish you can be \*drowning\* in members of the opposite sex in two to five weeks. That's how well, and how quickly, it generally begins to work, for people who try it.

If you are very shy, this book will provide you with some simple exercises that will easily enable you to get past being shy.

If you simply haven't learned how to meet women or men yet, then this method will quickly teach you how to develop the skills that you can use for the rest of your life. Usually we might think this would be only a young person who doesn't have these skills yet. However, for myself, I was 26 before I stumbled across this approach, and I've known many others who are 30, 40, 50, and 60 years old who haven't learned how to meet a man or a woman yet.

So if you haven't learned these skills yet, here's a real good way to learn them once and for all.

If you find yourself choosing the wrong person

repeatedly – “Why are the [men/women] I meet always so [insert your particular complaint here]?” – and if you find yourself wailing about this to your friends ... you’re in the right place. Try the method given here, and begin choosing better.

If your life is ... boring.

If your life is boring, then perhaps you’d like a boyfriend or a girlfriend. This book will show you how to find one, or as many as you’d like.

If you have a boyfriend or girlfriend, but you’re not happy, and you’d like to end it off, but you’re afraid it may be difficult to find another ... then this book is for you.

In short, this book is for anybody who wants to learn more about how to find love, to find a man or a woman, to find a sweetheart ... and how to go about selecting the kind of lover and friend you’d really like to have.

In short, this book is for anyone who finds themselves lonely more than they’d like.

## **What**

What is this book going to show you?

What will this book, and the method here, do for you?

Here we have to back up a little.

Because the answer can vary a bit, depending upon what your goal is.

Just as an automobile can take you either to Los Angeles or to Cleveland, so this method can take you to more than one place.

For example, if you're just looking to "get laid," that is, you just want to find a sexual partner, with no commitment and no long-term meaningful relationship, then that's your business.

And the first step is going to be how to find a partner. And you can use the method given in this book to develop skills to meet men or women, because that's the first step in finding a partner for your sexual escapades.

Or, for example, perhaps you want to find your true "soulmate," meaning that you believe that there is one (or possibly more than one) special person out there which Divine Providence has created just for you and you alone. And in a case like that, then you're going to have to learn how to meet people, because your soulmate has pretty much got to be one of those people out there that you haven't met yet. So the sooner you get to meeting, the sooner you'll be spending time with your soulmate.

Or, for most of us, probably it's something in between.

For many people, including me, the ideal has been to find a lovely sweetheart whose company we enjoy, so we're not feeling lonely any more, and to enjoy a spiritual and sexual relationship with our sweetheart, to grow in love over time.

For some of us, we want to become married.

For others, maybe not so much.

But – whatever the destination may be – the \*first stop\* has got to be learning to meet people, so that we can meet our sweetheart-to-be.

If you stay in your room, the odds of your sweetheart showing up grow dim. It is possible, but not very likely, and usually not very quick. Like finding a job, it's absolutely possible that it may just come knocking on your door. But usually, going out and looking around produces better results. That's just the way the world works.

Plus ... consider this:

If you have “mixed feelings” about the search, you may unconsciously get in your own way. For example, if you'd like a sweetheart, but you're timid or shy about meeting people, then staying in your room and saying “the right person will show up” can simply be an easy way to shy away from your fears.

Sure, it will sound great inside your head. But does it work?

Probably not so much.

Because if you're not actually doing anything to pursue your desire, then you are acting out a “counter-intention” to your desire. Only acting in accordance with your desire gives your unconscious mind the message and the guidance that now we are seeking love.

So, what will this book do for you?

It will provide a method that \*steps around\* the usual barriers that get in our way, and will show you a new and different approach to learning how to meet people.

Because the first step to finding love is meeting people.

No matter how you define the love you want, the first step to finding love will be learning how to meet people.

## **When**

There are times in your life that are appropriate for finding love.

And there are times in your life when you'll tend not to persist.

In developmental psychology, you can find a number of theories about the stages of human growth. One theory which will be useful here was developed by Abraham Maslow in 1943, and it has come to be called his "Hierarchy of Need."

Basically, this theory states that there are five stages of motivation that we all experience. And when the most basic "needs" are satisfied, then and only then, will we naturally place our attention upon the next level of needs.

This makes pretty good common sense.

For example, the basic level is "Physiological" and it means: do you have a roof over your head, food to eat, warm clothing to wear? Because if you don't, then most

likely you'll naturally think a lot more about handling these things right now than about taking a date to a movie next Saturday night. Right?

The next level is "Safety," and it includes the things that make your life safe and predictable, like having a job so you can expect to have food money next week as well as right now. It also includes the things like your body being secure by living in a safe neighborhood, and your family being safe from bears and vandals, and your home being sound and not in danger of falling down.

The next level is "Love/Belonging," and here (for the first time) we can begin to think about friends and having fun, about spending family time, and about sexual intimacy. If you've just moved to a new town, and you found a place to stay, and you got a new job, and all that kind of thing is handled, then it's just natural now to begin to think about making some friends, and only now are you really going to have much attention free for finding love and romance, right?

So the answer to the question "When?" for most of us will resolve very simply. The time for love is only after food and water and income and a safe place to stay, and the expectation of these same things next week as well.

If these basics aren't handled in your life, you're not ready to pursue love. Handle them first, and then use the method in this book.

Now, just for completeness, I'll mention that Abraham

Maslow's hierarchy goes on to state that, after we have some friends and some love in our life, then and only then will our attention begin to naturally go to what he calls "Esteem" needs, which means thinking about achievement, gaining the respect of others, and continuing to build our confidence as we make our way in the world.

And, as a final level, Maslow describes a level called "Self Actualization," which means beginning to attain some of your highest potential as a human being. For a doctor it may mean extending medicine in some new way. For a guitar-builder it may mean developing some new method of building a guitar. For a skier, it may mean accomplishing some new personal best. For Mother Theresa it meant helping the world's poor.

## **Why**

In the early part of my life, I was as clumsy at romance as anyone you've ever known. In fact, I was the world's worst Romeo.

And then one day, I was sitting in a college student union building, and I was in a glum mood, because I'd just realized that I knew absolutely nothing about how to meet women. I knew nothing about how to set up dates. Not a clue.

And I was just thinking how it was weird, because (I realized) I had actually learned a lot of things in my life

so far ... so how come I'd never learned how to meet women?

And then, just as as I raised a cup of coffee to my lips, I had a sudden epiphany.

I thought, for the first time, "Why couldn't I simply \*learn\* how to meet women?"

You see, before, I'd always thought about getting a woman, finding love, getting a *good* woman, meeting some women, finding a girlfriend ... and never, ever, ever had it occurred to me to take on the project of LEARNING HOW.

And as I began to think about \*learning\* I suddenly had this weird brainstorm.

It was an idea about how to go about it ... backwards. Completely backwards to the ways I'd tried in the past.

And my idea was so weird – and yet I couldn't see why it wouldn't work – so I decided to try it.

And it worked like gangbusters.

Soon I was \*drowning\* in women.

And it was simply because I changed my focus onto the weird learning procedure that had come to me. Instead of obsessing about *getting* a girlfriend, I backed up and focused on *\*learning\** and, as a result, I learned fast and easy, I was soon drowning in women, and I'd had fun along the way.

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Which was a great change, because my old way gave me nothing but regrets, fears, anger, frustration, and loneliness!

Wow!

What a change!

I told my buddies about it. They tried it. It worked for them.

I told my women friends about it. They tried it. It worked for them.

I told my gay and lesbian friends about it. They tried it. It worked for them.

And that weird, completely-backwards, original method that came to me forty years ago as I sat in that student union building, with a coffee cup halfway to my lips, is exactly what's being given to you here today.

Oh, I've expanded it since then, and you'll find lots of additional helpful information. But the core is the same simple "Five-Date" method, and when you try it, you will discover just like I did, that by simply focusing on this learning method it will automatically transform your internal state ... that you will change the way you feel inside, that you will quickly develop new skills, and that you will discover that there are \*hundreds\* of potential sweethearts all around you even if you saw none there before ... and if you follow the method you can be drowning in dates within two to five weeks.

This method can help you regardless of how you view your love-life, whether it is love and romance, the mating game, getting laid, finding your karmic soul-mate, or getting married.

In my personal viewpoint, sex without commitment is a hollow experience; love is enduring and enriching; seduction is a trivial pursuit; romance is a spice that glorifies the day; and family gives life a deep meaning.

However, you need not share my views. You could be more materialistic or more spiritual than I am, and the information here will still apply because this book is written for any man or woman who no longer wants to be without a partner in life.

In another time and place, I can share some information about how to get along, and how to deepen your relationships, and how to progress into love.

But the first step is *\*finding\**, and this method will enable you to quickly develop skills to find partners easily, and it's fun!

In other words, in this book what I'd like to share is an outstanding, practical method for finding your special woman or man, or as many as you want.

As we proceed, we're going to examine *WHY* the usual approaches to getting a boyfriend or girlfriend usually fail. To do so, we'll discuss how the mind works. You don't really have to agree with the theory presented here;

it's just to help you understand why the usual approaches don't work very well.

When we get to the practical how-to part, the steps will work for you whether you agree with the theory or not.

So the short answer to “Why?” is this:

This is the book I wish I'd had in high school and college. I'm grateful that I stumbled across this method when I was 26, but it would have been even better to have known it years before.

Regardless of your age – high school, or senior citizen – if you've not already learned how to meet partners, so as to progress into love, this is the method I will share with you now, and this is the method that will quickly work for you.

## **Where**

This method will work anywhere.

That said, you have a natural advantage if you live in a larger metropolitan area, simply because there's a larger population to draw from. And you also have a natural advantage if you're in a school or a job which throws you into contact with lots of people every day.

But if you live in a rural area ... no problem.

You'll have to drive a bit further. No car? Use the bus or get a bicycle. If you want to find love, you'll need some mobility to go a-looking.

Live in Antartica?

Consider moving.

Anywhere other than Antarctica? It will work fine.

### **How**

The question of “How?” ... that’s what the rest of the book is about.

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## **The Three Questions of Love**

All my life I have been fascinated (obsessed, astounded) by two things.

One is Romance.

And the other is Mind, and how we can change and restructure our experience of life and living.

Of these two, Romance always seemed the more mysterious.

But, along the way, I have been extremely fortunate, because answers have been shown to me. Although I've made my own original contributions to how to go about creating a wonderful love life, these ideas have always been based upon something that just came to me.

After all this time, it seems clear that there are really only three Questions of Love ...

### **The First Question – How do you Find Love?**

As a young man, in spite of being fascinated by love and romance, I was the the world's worst Romeo: I was shy, backward, clumsy, tongue-tied, and generally incompetent.

This is the story I told you earlier, how at age 26, sitting in a college student union building, I was musing and realized that I knew pretty much nothing about how to meet women. (And of course, for a young heterosexual man, love is to be found in a woman, a lover, a sweetheart, and therefore the first step is: *how to find a woman?*)

And this seemed odd, because I'd learned many things in my life up to that date. But I realized to my surprise, that I'd never actually thought about how to go about \*learning\* how to meet women. And then immediately I had that epiphany, and thought of a way to go about learning, and it was completely backwards to the usual way of looking for a sweetheart.

And this bright idea was based upon a concept I'd learned some years before, called "Havingness," which is essentially one's innate "level of familiar expectation."

Now since that time, I've realized that you can just as easily explain it using other approaches that we've all heard about.

For example, for people who like using the "Law of Attraction" it will make perfect sense that this method will transform your results.

Or you can explain it using the "Psychocybernetics"

approach so popular about 30 years ago, or you can explain it using the things we learn about “Visualization.”

Or you can explain it using mainstream western psychology under the description of “Set and Setting”

But whichever theory you like or don’t like, it doesn’t matter. Each theory is just a ‘visual aid’ to help you see how it might work, and you don’t have to believe any of these theories. You just try doing the method, and watch it work.

Hallelujah!

### **The Second Question – How do you Get Along?**

When I was 50, a chiropractor named Michael Curtin in Marin county, in a men’s group, said two short sentences, about how men and women basically want different things.

It transformed my understanding of how to go about getting along with women.

I’m not 100% perfect, but it sure was a thousand percent improvement over my old methods!

Since then I’ve found other relationship gurus that have

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expanded my understanding, and I coach men and women effectively about how to get along better. (See “Additional Resources” at end of book.)

But I owe it all to those two sentences that Dr. Michael Curtin said on that evening, as we sat in folding chairs, talking about women.

### **The Third Question – How do you Make Love Last?**

Many years ago, I was married, and it lasted about three years.

And then I had a 20-year relationship with another woman.

And in each case, I watched love grow, and then I watched love (and desire) fade. And I tried everything I knew how to do, to change it, and I couldn't stop it fading away.

I now believe that had I known about Tantra Yoga, and how it can enable you to intentionally recreate the excitement, desire, and intimacy of when you first fall in love ... I believe in my heart that I could have done better by those women, and perhaps we'd still be together even today.

But with the best of intentions, those relationships

faded. And that's as it was, as life flowered and unfolded, and maybe it's for the best.

But now I have learned about Tantra Yoga, and I've experienced the life-transforming effect upon my own existence, and heard first-hand of hundreds of transformations in the lives of other men and women, of all ages, all occupations, singles, couples.

I think that Tantra Yoga provides an answer to the question: "How do you make love last?"

And to this generous Universe which brings these lovely truths, from the bottom of my heart, I feel grateful.

### **First Step -- Answering the First Question of Love**

In this book, the method given will answer the first question of love –

**You will learn how to find love.**

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## How Does this Method Work?

Theories are funny things.

Sometimes we get caught up in theories and overlook getting the job done.

So I'll be frank and say that the theory doesn't matter to your love life. But I've also noticed that, when I understand the reasoning, I find it easier to understand a process. And maybe you're that way, too.

However, people are different.

Some people are very scientific.

Some people are very intuitive.

Some like Western medicine.

Others like acupuncture and herbs.

So I'm going to provide a couple of different theories.

They use completely different metaphors for explaining how the Five-Date method can help you change your love life. If you already understand one of these theories, then that's an easy way to help you to understand why the Five-Date method works so powerfully and so quickly.

But first, I want to tell you a little story.

When I was seventeen in high school, I didn't want to play football, because I was clumsy and not very strong and I was scared of it.

So I thought: "I'll be in the band!"

So for all the wrong reasons, I went to sign up to be in the band. And the band director Mr. Brooks had me tap out some rhythms on a music stand, and declared that I would be a first-rate rudimental snare-drummer.

As it turned out I did become a first-rate rudimental snare-drummer, but the point is that I then went to my stepfather – who was a medical doctor named Dr. Strickland in our hometown of Henrietta, Texas – I asked him if I could have lessons.

He agreed.

I liked this plan of getting lessons even more because it meant I got to drive the family car to the next town over, because that's where the nearest drum teacher lived.

Cool beans!

And then, in my very first lesson, that drum teacher told me something really, really weird.

"Now I don't want you to \*hit\* the drum," he said. "Instead, I want you to imagine you're using the stick to dip noodles out of a pot."

I gaped and said nothing. He nodded.

"That's right," he said. "Just pretend that the snare

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drum in front of you is a big pot of water with noodles cooking. And just dip the tip of the stick into the pot and lift out a few noodles.” He demonstrated with an exaggerated arm motion.

I tried it.

Of course, the tip of the stick actually hits the head of the drum when you’re reaching in to dip out your noodles, but the fact is that you work your shoulders and arms completely different when you think “dip in and pick up noodles” than when you think “hit the drum.”

When you think “dip in and pick up noodles” you move your shoulders and arms in a very fluid, round motion that’s very smooth, and you have absolutely no attention on smacking the thing.

And, when it comes to learning how to control the drum sticks, this turns out to be a good thing. Because when you learn to move your shoulders and arms, and wrists and hands in this smooth and controlled, relaxed manner ... it leads to learning how to really play well.

So what’s the point?

The point is that: in many activities, how you think – even if it’s weird – will determine how you act.

And how you act will determine what results you’ll get.

So realize that how you *think* actually determines the *results* you’ll get.

And even if the “theory” about how you should think

is weird or wacky, please test the theory. Because in the case of finding romance and love, you will discover that *there is a certain way to think ...* and this leads to a certain way you'll automatically act ... and *that's what brings the results.*

So in the theories which follow, don't worry much about the theory. Just pick one you like.

If you already subscribe to one of these theories, it's easy – just find the one you like and let it help you to understand what's happening, and why this method works.

But remember, even if you don't think about theory at all ... if you'll simply do the method as it's given ... you'll get the good results.

And you'll change internally.

This will happen automatically, as a side effect of doing the learning method.

And after you learn this method, for ever after, for the rest of your life, if at any time you want to find romance, you'll know exactly what to do.

Is that cool or what?

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## **The Human Brain(s) and Unconscious Mind**

First we'll take a look at how our brain and nervous system is built, and then we'll take a look at what that means for your conscious and your unconscious mind.

### **How your Nervous System is Constructed**

This theory may or may not seem radical to you. It is based on two theories presented by Carl Sagan and Julien Jaynes. You don't have to accept this theory for my method to help you get a girlfriend or boyfriend, but I think you'll discover that the theory fits observable facts. So, first, let's back up a little bit.

When NASA sends a rocket into space, they outfit it with three computers, which do all calculations separately. This way, if one computer fails, its answer is different from the other two, and the scientists know to believe the two that agree.

The human mind is constructed somewhat the same way, except that we have FOUR computers or brains. The first brain becomes obvious when you look at how creatures develop along the evolution line.

Amebas and simple creatures first begin to develop locomotion along the edges, and begin to develop sensory devices on the forward-moving end. This helps them to survive, and the survivors leave progeny, and the modifications are carried down through time.

By the time evolution builds up to worms and insects, the creatures have developed a tube running front to back, which digests food and discards what it can't use.

Insects become hard on the outside, and so develop exterior skeletons. This helps them move around, supporting their bulk against gravity.

As legs and sensory organs develop further, so do nerves to connect them so they work together, and the main pathway of these nerves runs front to back along with the digestive tube.

Next in evolution come reptiles. Reptiles develop a interior skeleton, with a spinal column of flexible bone running front to back along with the main nerve channel and the digestive tube. The hard plates on the outside become smaller and multiply, becoming scaly skin. These modifications permit them to grow larger than insects, supporting their bulk against gravity, much like a complicated tent with structural posts inside.

In the reptile, the first brain develops. We now have a complex nervous system, because survival behavior is more complex. On the front end of the main nerve channel, near the complex sensory organs in the head, extra nerve tissue develops, like a knob on top of a stick. This is the reptile brain. It is hard-wired, meaning its program is built into the tissue, so the reptile emerges from the egg already programmed. Baby snakes can track prey with their eyes the moment they get their heads free of the egg.

The reptile brain contains information about operating the complex body, plus information about dominance and submission. Dominance and submission programs aid survival by making the reptile fight to procreate, and run when whipped. Unlike insects who will just stay there while they are eaten, the reptile will escape to fight another day. This advanced program helps reptiles to survive better than insects do.

But remember, the reptile's program is hard-wired, built into the tissue of the primitive reptile brain; learning cannot modify the reptile's programming.

Now here's a funny thing about how evolution works. As each new creature mutates (by accident) into something that survives better (and thus leaves more progeny to spread the mutation), the old system does not vanish! The old system remains in the body, continuing to operate, even though there's a new and improved system also working.

Next in evolution we come to mammals. Here we have a reptile who has mutated so that it can burn food inside the body and generate heat, and thus it can continue to move around when the weather turns cold. (A reptile's speed goes down with the temperature, and at cold temperatures their nervous system transmits very slowly, so they move slowly or not at all.)

The mammal achieves this mutation by building more gray matter on top of the knob at the top of the spinal column nerve channel. This gray matter regulates

internal chemical processes and thus regulates temperature. So the mammal can keep on moving swiftly, even when it's chilly. And you can bet, on those cold nights, they reproduce more and leave more progeny to carry on the news, and they do their reproduction inside the body where it's warm.

This is the mammal brain, this new glob of gray matter, and it's somewhat programmable. Why? I don't know. Perhaps successful heat regulation requires some learning, like don't stick your hand in the (hot) fire and come in out of the (cold) rain. May be fire *keep out!* and rain *come in!*, are just too complicated to develop as pre-wired programs!

Also, we can notice that mammals show activity that appears to be what we call emotion. Your dog can appear pleased, or worried, or angry. The lizard couldn't do that.

So we notice that the mammal mind has to do with motion and e-motion; it has to do with all the warm and cold feelings. The words in our language reflect these mammal truths, because we mammals can't help but perceive in this way.

A basic type of learning, that happens specifically in the mammal brain, is called *Pavlov's conditioning* (after Mr. Pavlov, who first researched it).

In his famous experiments, he'd ring a bell and then feed the dog.

As you know, dogs begin to lick their chops and often

slobber on the floor when they realize food is coming. And so, after just a few rounds of “Ring the Bell” plus “Feed the Dog,” the dog caught on, and the dog would start licking his chops and slobbering as soon as he heard the bell.

Dr. Pavlov called this new response (to the bell), a “conditioned response.”

And specifically, Pavlov’s conditioning response operates on the mammal, emotional, feeling mind. This is an emotional type of learning, where you learn by reward or punishment following an activity. It’s *ouch!* that teaches us caution with sharp objects, and *yummy-yummy!* teaches us to eat dessert.

But remember that beneath the mammal mind is still the reptile mind, so sex and war, dominance and submission tendencies are hard-wired into your dog, and into you. And conditioning is a learned behavior learned *on top* of the pre-existing reptile program.

Pavlovian conditioning can operate by accident, and so learning can happen which is baloney, but still very real to you. If a guy’s Aunt Mabel always pinched his cheeks so hard it hurt, and she wore her hair in a tight black bun, he will probably never be attracted to a woman named Mabel nor to that particular hair style.

As mammals continued to mutate toward greater survival, achieved by more complex structure, we see an increased growth of gray matter on top of the basic mammal mind. A bird, surviving by flight, has to be

mostly muscle and nervous system, and can't spare much weight for more brain. That's why birds are still close to reptiles; they have basic heat regulation and little else. And they aren't as smart as your dog, who has learned complex pack behaviors which modify the dominance and submission program, and who has learned complex hunting behaviors, and who can even understand a few words of your language, as long as you teach him by Pavlovian conditioning (meaning you reward him when he does something you want, and you punish him when he's naughty.)

As larger and larger brains are built, at some point there's a weight problem. Skulls up to the point of the primate are basically egg shaped. But if an egg-shaped primate skull were thick enough to protect the brain from smashing, the skull would be so thick and heavy that it would be hard to hold it up.

And so, in good architectural fashion, the skull grows a reinforcing ridge down into the middle of the up-growing brain, much like you put a center wall inside a house to help hold up the roof. The new gray matter inside a primate's skull is divided into two separate globs, each sitting on top of the mammal brain, but talking to each other only through two holes in the wall, two holes the size of small coins.

Here comes the clever part. These two new brains are almost completely programmable, but evolution's survival rates have determined that we program the two to compute differently. In other words, our ancestors

who (by accident) developed the two brains to operate differently then survived better than others, and left more descendants. And we are those descendants.

The Left Brain uses logic, is linear, allows us to string words together, and uses the Right Brain as a slave to process visual information from the right eye.

The Right Brain uses pictures, is global, allows us to visualize complete visions all at once, and uses the Left Brain as a slave to process visual information from the left eye.

In computer terms, the Left Brain is serial, processing one bit of information at a time, and the Right Brain is parallel, processing whole pictures at a time.

We can read experiments of people who have had brain injuries that severed the small connections between the two brains. It appears that the two brains operate simultaneously, each on its own, to come up with a conclusion. And they can come up with different answers!

In one experiment, a brain-severed guy named Tom was asked to reach behind a screen with his left hand and pick up the object hidden there, which was a hairbrush. He was then asked to name the object. Now here's the catch: The left hand is connected into the Right Brain, so the Right Brain knew it was a hairbrush. But the Left Brain, which does all the talking in language, was completely guessing. Tom would say, "A pencil? A bag? A hammer?" And at every guess, the

Right Brain, which knew the answer but doesn't operate the vocal chords, would shake Tom's head from side to side to say no.

This tendency of the two brains to come to different conclusions also operates in all of us. For example, in your Left Brain a guy may know it's a fact that Sylvia is a worthless tramp who will cause him grief; but when he sees her across the room, his Right Brain thinks, "... oh, wow! what a sexy woman!" Poor guy. There's going to be trouble.

So we actually have FOUR different brains, all calculating at the same time, but using different methods:

The reptile brain contains our hard-wired tendencies to sex and war, dominance and submission, and these are promoting our survival as well as a hard-wired system can do.

The mammal brain contains our Pavlovian accidents learned, and these are promoting our survival as well as automatic avoidance and approach behaviors can do.

The left-side verbal brain processes logical statements, and promotes our survival as well as logic acting on uncertain statements can do.

And the right-side visual brain processes picture information, and promotes our survival as well as a picture-book story can do.

If all four brains come to the same conclusion, we can

be pretty certain it's safe to proceed.

But any one of the brains can calculate and come up with a different answer!

For example, there then occurs an internal disagreement, so that you don't know what to do at all. Or maybe you think you know, but you're trembling.

The fact that there are different brains using different methods is why there are different methods of therapy, and sometimes one method works better than another, but not always. Different therapies tend to work on one brain or another. This is why intelligent behaviorists argue with intelligent psychoanalysts. They may both be correct, sometimes.

But now let's leave these hazards of life to examine one specific error, which is common, and which is the main reason why even a smart person can wind up being lonely.

### **How your Mind Goofs**

Because this is a written book using language, we'll logically examine how the four brains come to create an error amongst themselves, and how the error can persist. We'll look at it logically, but you will also need to IMAGINE and VISUALIZE how this works, because you could say, in a way, that the error occurs BETWEEN the brains.

In other words, maybe you know a lot of the right things to do, but if even ONE of your brains is coming

up with a conflicting and different answer, problems can get in your way.

And once you have problems, here's the catch: The problem of having no girlfriend or boyfriend *tends to become a self-fulfilling, self-defeating prophecy* or problem.

For example, perhaps you have negative feelings: perhaps you're down because of a previous break-up, or perhaps you're just feeling lonesome and feeling unattractive and unloved.

Next, these feelings (mammal brain) pre-dispose you to certain perceptions: you'll be emotionally sensitive (Pavlovian conditioning) to any picture suggesting rejection, further pain of loneliness, or the frustration of failing to solve the problem. These types of pictures can quickly arise in the visual brain.

And in the verbal brain, you may be vocalizing your feelings, saying in your inner dialogue: "*Oh, what's the use? I won't meet anybody nice.*"

Now if this is the inner dialogue, and the inner pictures, you will naturally take sensible actions ... which in this case would be avoiding further pain or loneliness by withdrawing from the troublesome area, and by finding quick reasons why this person or that person should not be approached.

So because you have certain feelings, you have certain perceptions, which lead you to take certain actions.

And they're the wrong actions.

And then you get more of the same bad feelings, and the whole error stays in place.

In this book, we're going to explain a simple system that acts to take you outside of this self-defeating cycle. We're going to go Left Brain, verbal mind to explain how the system works. Later on, your Right Brain, that is your visual brain, will see it working when you try it. Your Pavlovian, Mammalian Brain will then experience the pleasure of success. (And probably your Reptile Brain will urge you to have sex or start a fight.)

I'm not sure exactly why the following statement seems true to humans, but we all feel that it's true:

### **Scarcity Equals Valuable**

We have a powerful tendency to see things this way. When a thing is scarce, such as gold or diamonds, we think it's valuable. I suppose if diamonds were as common as crabgrass, we'd be kicking them out of our way, complaining bitterly how they reflect the bright sun in our eyes!

### **Must and Can't Travel Together**

For some reason, when we feel we **MUST** do something, we often feel somehow that we **CAN'T** do it. And when we feel we **CAN'T** do something, we often feel strongly that we **MUST** do it. It's just automatic.

Why? I don't know for sure. But that's the way the mind works. I **MUST** get a job, but I **CAN'T** get a job. I **CAN'T** get a girlfriend, but I **MUST** get a girlfriend.

Perhaps it's just that when we feel stymied (CAN'T), we tend to pour on the emotional coal (MUST), because we painfully feel what we lack most keenly. And perhaps feeling these things together many times in our lives, we become conditioned to feel them together automatically, as Pavlov would say.

And remember, the mind and the brains and the nervous system works only and always on association. When I ask you “What’s the opposite of white?” and you answer that it’s black, you have arrived at that answer only and always because in your mind you’ve *associated* white and black. Your mind is not actually going to an opposite; it can’t. It’s going to an association to give you the answer.

So if you have any “stuff” about an area, enough stuff to make you feel desperate, then the odds are very high that you will have an associated memory or belief about how you cannot get what you want, and ...

... you will observe that the feelings of MUST and then the feelings of CAN'T tend to arise together.

### **Havingness Tends to Remain Constant**

By havingness I mean how much of something you can comfortably experience.

You will notice that certain people always have zero money. They are always poor. I would say that their havingness of money was low. They may complain, but all the things they say seem to fit together, and in their

view of the world and the way it works, it just naturally follows that they have no money. Maybe it's their fault or maybe it's the fault of Martians, but it just naturally follows that in the world they describe they would have no money.

Now here's the funny part. If you have ever seen one of these people somehow by accident come into a goodly sum of money, what's the most probable outcome? They will, in a very short time, have somehow managed to get rid of the money. They will again have no money, and they will be telling the same story as before about how the world works.

Their havingness of money is low. They see the world in a certain way, and therefore they act in a certain way, and get certain consequences, and so they continue to see the world in that certain way. And this tends to continue, and so they continue in their familiar ways (even if they're complaining), and they're constantly experiencing a certain amount of money, no more.

Certain other people always seem to have lots of money. If they go broke and you come back a year later, usually they've got lots of money again.

Their havingness of money is high. They see the world in a certain way, and it's familiar for them to experience a lot of money, and they act in ways that make it likely that a lot of money will come to them.

Donald Trump is like that. The guy went bankrupt five times. Each time, not long after, he was rolling in money

again.

### **Trends Tend to Continue**

Trends tend to continue. The raving drunk downtown is probably not going to be a suburban bank manager tomorrow. Most likely he'll be a raving drunk downtown.

There may be good reasons why a person has a high havingness level for money, for alcohol, for women, or for status. But for our purposes, it doesn't matter why. Havingness is simply a convenient way to think about an individual's level of tolerance, or his level of familiar expectation about a given thing.

Havingness tends to remain constant. Trends usually continue.

In our method, we're going to concentrate on your havingness level on women, or on men. As you will see, this key unlocks the trap.

### **The Trap We Get Into**

Let's describe the trap that commonly befalls us. For this example, let's assume you're a guy, and that you don't have a girlfriend.

First, there aren't any girlfriends in your life, so they're scarce, right? That means they're valuable -- so, very, very valuable, right?

Already we're feeling like we can't get one! Why? Because MUST and CAN'T arise automatically together. Girlfriends are so scarce, they're very valuable, so maybe

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we CAN'T get one! But that makes us automatically feel like we MUST get one!

They're so scarce! And we MUST get a girlfriend, because we're so very, very lonely because they're so very, very scarce. GOT TO get a girlfriend, a scarce valuable girlfriend. But I CAN'T get a girlfriend, a scarce valuable girlfriend; In fact, I'll NEVER get a girlfriend; there aren't any good women; I never meet any women; I never have any luck; *there are no women!*

Conditioned feelings are now reinforcing your view that there are very few women, and you have a powerful compulsion to get one somehow, but you feel overwhelmed and fearful and depressed because it appears so difficult. You are not in the best state of mind for moving forward, and you are not in the best state of mind for seeing the problem clearly.

Your havingness is low, and trends tend to continue.

And why does this trend tend to continue? Because once you have programmed your perception, that's the way you see.

And once you see it a certain way (an absolute error on your part), you tend to do all the wrong things:

You will stay at home tonight and watch television. (And no women will by accident wander through your apartment.)

You will spot a woman in a coffeehouse, but you'll feel real shy, and while you're dithering internally, she'll finish

her coffee and leave. (And you never knew she was wondering who you were.)

You will work yourself up into frenzy and go down to the supermarket and try to strike up conversations, but after you get shot down the third time you'll buy chocolate ice cream and go home to sulk. (And never discover that number five was the one who wanted to go out with you.)

You'll get a date by accident, but when you go out you realize with great sadness that she's not nearly as wonderful as lovely Judy whom you broke up with after three years of near-bliss, so you don't call this one back. (And never discover how great she is once she gets over being shy.)

Have you ever noticed that, after you break up with somebody, nobody else seems as good?

That's for the obvious reason that it takes a while to get to know somebody, and until you do, no stranger can seem as good as somebody you knew well. How could they?

But the self-reinforcing nature of perception is that you think there are no good women, and you gloom around and remain blind to possibilities.

### **Common Mistake #1**

The COMMONEST SINGLE MISTAKE that lonely folks make is ... being stubbornly blind to obvious opportunities. Go visit a woman friend after they break

up, and follow her around. “Why don’t you ask John out?” you ask.

“Oh, he’s too stuck up,” she says.

“Well, maybe a little,” you admit, “but look at that guy over there! Why don’t you go ask him out?”

“I don’t think he’s so cute,” she says, miserably.

“Well what about that dude with the jacket over there?”

“Oh, he’d never go out with me.”

“The guy with the tank-top?”

“I think he’s got a girlfriend,” she says, “no way!”

It's astounding. A man or woman who has no sweetheart becomes incredibly *picky!* And it's all baloney. It's all just made-up stuff being generated by the mind to keep the status-quo in place, which in this case means: no sweetheart!

So in our example above, what's really happening is that her havingness level is quite low, and her MUST brings up her CAN'T, and her strong desire makes men appear so valuable as to be incredibly scarce, and she just can't help but see it that way.

This is also what happens to you.

Your powerful, emotion-charged perception colors your view of the world and misleads your actions. Your choices seem sensible (to your colored vision), but you do the wrong things, and so fulfill your own prophecy.

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## **Solving the Wrong Problem**

In order to start seeing the problem correctly, please accept this fact: When you have no sweetheart, *it tends to be self-defeating to try to get a sweetheart.*

Whether you like ANY of the above theory or not, please remember this one sentence:

Because of the way the mind is built, when you have no sweetheart, it tends to be self-defeating to try to get a sweetheart.

So what do we do?

Simple.

Stop trying to solve the problem of getting a sweetheart.

Instead, we will solve a different problem. We can, for example, repair our low havingness level.

Or we can simply undertake a new \*learning\* project.

Either way, we'll be focusing our attention differently, and because of our different focus, we'll no longer automatically be pulling in all our pre-existing "stuff" that will get in the way, and we'll make rapid progress.

Can it actually be that simple?

Actually, it can.

## **There Is No Shortage of Women or Men**

When you think about it, there is no real shortage of people on the planet. This is obvious. There are thirteen

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billion people on the planet. Half of them are women, and the other half are men.

That's a *\*lot\** of people.

We have some scarce resources on this planet, but people are not a scarce resource ... we've got *plenty* of people!

So if you've heard yourself thinking – “There are no [men/women] around here.” – a quick tip: something's wrong in your thinking.

But don't feel bad. Almost *\*everybody\** falls into this thinking error, and it keeps us absolutely blind. And the Five-Date method will quickly and automatically take you *\*outside\** of this error of thinking. You'll simply begin thinking differently.

And, all those people on the planet, even when you set aside everybody who is too young or too old or who lives far away, if you live in any metropolitan area, several hundred thousand women are available in your vicinity. If you live on a farm, maybe you'll have to drive up the road, and maybe there are only fifty thousand within a day's drive.

That's plenty!

There is no shortage of women or men on the planet! So where's the shortage?

The scarcity is in your head!

So we will now stop trying to fix the problem of no

women or the problem of no men. No such problem really exists, and that's why we can never fix it.

Instead we will concentrate on increasing your havingness level. Oddly enough this is extremely easy to do, and leads to having lots of choices of great women or men in our life, quite often rather quickly. And lonely goes adios.

In other words, in all the times we've had this problem of being lonely, we've been trying to solve the wrong problem! And that's why the solution has always been so difficult!

### **Re-Programming Your Vision**

There's an older book called *Psycho-Cybernetics* which makes a great case for methodically visualizing things you want to happen, because the target-seeking function of the mind works on pictures, whether they have really happened or not.

We're going to do something like that, but even MORE powerful. We are going to let our mind see, with our actual eyes, that we are going out with plenty of dates, so that the mind CANNOT HELP BUT SEE that there are PLENTY of dates, plenty of men or women, plenty of sweethearts.

This will absolutely cause our havingness level to rise, and we will quickly find ourselves feeling very comfortable with experiencing new men or women in our lives, and our expectation level will also quickly

change.

When your perceptions change, you will automatically see things differently, and you will consequently act differently, and consequently things will come to pass differently.

Now when you try this system, the way you actually experience it is hopefulness. Then you get caught up in the mechanics, meeting people and starting to go out on dates. This is kind of fun and exciting and interesting, but initially you probably won't fall in love. You may go on a few dates that are a little boring.

But you will stop feeling so lonesome, and you'll quickly see this is working. Although you may feel a little fearful or anxious along the way, you'll also start to feel more self-confident and you'll kind of wonder why you felt so gloomy before.

And then it will start to seem kind of easy. It may seem obvious, and you wonder why it seemed so difficult before. (This change is because you are changing the way you perceive, so naturally it looks different!)

And then ... it will start to seem like magic. Wonderful men or women will start falling out of the sky. They're everywhere! They're everywhere!

And somewhere along the line, if you're like most humans, you'll probably fall in love.

## **The Law of Attraction?**

If you've ever studied the so-called "Law of Attraction," you will immediately perceive another way to look at this problem and its solution.

In the first case – where you're perceiving that there are no men or women available – you are picturing scarcity and failure. Because the mind is a target-seeking mechanism, and your unconscious mind attempts to help you by supplying whatever you picture, the unconscious mind will absolutely lead you to do all the actions that then result in no man or woman in your life.

It will help you out in exactly the way you're picturing, whether that's what you really wanted or not.

And as you'll remember from your study of the Law of Attraction, the fact that you're picturing this scarcity of men or women with a lot of emotion, that makes it even more powerful at creating exactly what you're picturing ... which is no man or woman in your life. You picture it, often and with detail and with emotion ... you'll automatically be given the actions by your unconscious mind that will result in your getting exactly what you've been picturing. No man in your life. No woman in your life. Bummer.

## **Western Science**

Some years ago, I read about an interesting experiment.

There are two ropes dangling down from the ceiling, and they come down to about shoulder-height. They're about

10-12 feet apart.

The goal is to tie the end of one rope to the end of the other rope.

But when you hold one rope and walk toward the other rope, you run out of rope before you are close enough to grab the second rope.

“OK, no problem,” the experimenter cheerfully says, “I’ll give you some tools to help you solve the problem.”

And then he gives you a hammer and a pair of pliers.

Now, try as you like, using a hammer and a pair of pliers won’t help a bit.

However, as soon as you stop thinking about a hammer or a pair of pliers, and simply imagine either one of them as a *weight*, then the solution becomes easy:

Just fasten the weight (either the hammer or the pliers) onto the end of one rope, start it swinging, walk and grab the other rope, and walk back to catch the first rope on its swing. Now you have both ropes in your two hands.

Remove the weight (the hammer or the pliers) and tie the two rope ends together. Presto. Done.

Now the interesting thing is that almost nobody can solve this problem on their own.

And it’s because of something that mainstream psychology calls “set and setting.”

This just means that once your mind is picturing in a certain way, it’s hard to stop picturing that same way.

Meaning that when you see the hammer and you know it's used to hit things, and now you've *defined* the hammer object as a thing to hit with.

And because you “know” what it is – a thing to hit with – you cannot easily see that it's also something else ... a *weight*.

If the experimenter had simply given you a two-pound weight, you'd easily solve the problem, but the fact that it's a hammer misleads you by leading your thought down the wrong path way, away from the solution. And few of us can see outside our own vision!

In the case of dating, once you have set up – through your own past experiences – that there is a scarcity of men or of women, or perhaps you've had some emotional experiences that made you shy, or maybe nobody ever gave you any suggestion about how to move forward, and you never learned on your own – no matter how it came about, once you've arrived at “There are no men,” or “There are no women,” then your thoughts forever and always begin with these “facts.”

The fact that the facts are obvious baloney won't matter, because you'll never think of that. Usually, we don't examine what we already “know.”

So no matter whether you think about western science, psychotherapy, psychocybernetics, visualization, the Law of Attraction, or the simple “Havingness” theory given above ... they all lead to the same conclusion:

You can get stuck in believing that there are no men or no

women. You can develop bad habits which don't serve you in meeting men or women. And you can become fearful or develop the belief that you aren't very good at meeting men or women.

And, unless you try something different, a person can stay stuck in that unrewarding situation ... for the rest of a lifetime.

Bummer.

But the answer is simple.

Here it is –

If what you've been doing isn't working ... do something different.

And that's what we're going to do ... something different.

### **Focus on a \*New\* Project**

Instead of focusing on “getting a girlfriend” or “getting a boyfriend” which is where we're stuck ... instead we'll focus on “learning how this works” ... and we can focus on “remedying our low havingness level.”

You can think about it either way.

And either way, if you just follow the program, you'll win.

This simple change of approach makes all the difference.

Within two to five weeks, you'll be drowning in men or women.

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So let's get to it!

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## The Simple Steps to Success

First of all, in this system I want you to know we're going to try real hard to avoid being REASONABLE. Being reasonable means going along with the same old program that gets you short-changed and leads to the same old dead-end.

Remember: If you always do what you've always done, you'll always have what you've always had.

### Rule Number 1: Date Five Times a Week

You're going to need a little bit of money, or some creativity, to go out five times each week, but a coffee-date counts or a walk around the lagoon, or meeting at lunch, or going to hear a lecture, or going to the art museum. In fact, simplicity and variety will be more fun and easier on you than a major production every night.

The system might work dating only four or three times a week, but only choose this if your work schedule prohibits you going out. The system is KNOWN TO WORK if you undertake to go out FIVE times a week.

It's not very reasonable, but we're not trying to be reasonable here; we're trying to get results, and five times a week is KNOWN TO WORK.

And in fact, we want you to *stop being reasonable*. We want to *try being unreasonable*. Reasonable got you where you are. Unreasonable will take you someplace different.

This is the first rule. And it was people who initially

tried this system who began calling it the Five-Date System, and that's how it got its name.

So step one is to vow to go out on a date five times each week.

### **Rule Number 2: It Doesn't Matter Who You Choose**

Now this is radical! Initially it doesn't matter whom you go out with! Remember, your purpose is to remedy your low havingness on girlfriends or boyfriends, and so it really doesn't matter where you begin.

### **Begin Where You Are**

No matter where you are in the scale of things, that's where you start. In other words, you begin where you are.

Remember the lonely guy who was so incredibly picky that he never chose anybody and so he never moved forward at all?

You are going to stubbornly refuse to be that guy.

Your initial target is just to get up to five outings a week, as quickly as you can. So feel free to cheat! Let's say you're a guy, and you've only arranged to go out with three women. OK, ask your sister, or one of your buddies out to do something. (You may not want to tell your buddy that he's one of your five dates for the week!)

What if only one of the women is a real date, meaning

somebody you met (at the laundromat) and you asked her if she'd like to go get a cup of coffee (during the dry cycle)?

What if the other four are: (a) your roommate's girlfriend (keep it clean!); (b) your childhood friend Suzie; (c) your landlady; and (d) your mother!

It doesn't matter!

Just swing into going out five times a week with ANYBODY, and do it now!

### **Rule Number 3: Improve Your Selection Over Time**

As you become more skillful at MEETING people over time, you'll have a greater selection from which to choose your five dates each week. So great! Choose the five you feel most attractive.

And let's say that four of the most attractive ones say yes, then make up the fifth from somebody else.

But, isn't this USING people? Maybe yes, in a way, but it's not going to harm anyone as long as you are tactful and honest. Don't tell your date you're applying this system. Don't lead someone on and then let them feel disappointment. Also realize that it's fun going out, and it's fun for them being asked to go out, and casual outings can be very pleasant for company and fun even when you don't get married later. Right?

Now let me tell you a funny thing. The people that you don't really have a romantic interest in, when you're not

trying to GET SOMEWHERE, and when they don't have to be somebody perfect for you to fall in love, in a case like that you will often discover that you're having an enjoyable time together.

Maybe this person isn't really very attractive, according to your taste, but maybe they're kind of fun. Maybe that one's kind of serious and critical, but has a wry sense of humor and knows everything in the world about where to go hear the best jazz combos. Maybe that one's too fat for you, but wants to cook you Lasagna that makes your mouth turn flips!

Although you have a goal and agenda, why not enjoy your program? Why not enjoy these people? Why not let them enjoy your company?

#### **Rule Number 4: Stay Out of Bed**

As you engage in this program, you are going to meet more and more attractive men or women, and it's going to become more and more possible to slip into the sack.

Don't do it. Because first of all AIDS and other STDs can still kill or completely destroys people's lives.

Secondly, if this person turns out to be somebody you're not serious about (and several of them have to be, right?), now you've got to get OUT of the relationship, and that's always a mess. Unless your self-esteem is low, and you feel bolstered by watching somebody cry, or unless you're a spiteful and hateful person with a mean streak, there's little to recommend the situation of

having to break it off.

As an example, suppose you're a guy, and if you're sleeping with Alice, she'll raise hell that you're going out with Betty, Carmen, Dorothy, and Evelyn! But if you're not sleeping with Alice, it usually won't be an issue. Here's a true fact about nearly everyone: The exact moment when fidelity becomes an issue is when you take off your clothes and do the deed.

Fourthly, sex causes bonding. It's built into the hormones of the body. And you don't want to stop the expansion of your program until ... until when? I say the time to stop your program is when you are damned certain you've met somebody that you'd be a FOOL to let slip away.

### **Common Mistakes**

Due to *good* reasons, that your mind invents, the most common mistake your mind makes is being misled by your perceptions of the emotional trap of feeling alone. As a result you do NOT GO OUT AT ALL. The second common mistake might happen after you get going. It's very common to start this program and it's going great and you quickly meet an attractive woman or man and you decide that's great, and you stop seeing anybody else and you STOP YOUR PROCESS.

You stopped your process of finding your beloved when you've met the first ONE attractive person.

Well, there are lots of attractive women and men in the

world, and turning off your own personal survey to find the one you really want, just because you met ONE who's sort of attractive, well it's just not a good idea. You're being too hasty.

And right at first, especially when you first start discovering more attractive women or men showing up every day, this is a very easy mistake to make. After all, except for the naturally popular, levelheaded, totally sane and balanced minority of persons, most of us tend to flip out when we find ourself, for the first time in our lives, just wallowing in hog heaven!

The biggest mistake to make now is to stop what's working.

So how do you tell the difference between

- (a) the correct time to stop and to live happily ever after with the one you really want, and
- (b) the premature abandonment of your successful program because you've got hooked up with one that's pretty damned attractive?

I think the best way is to wait until you're regularly seeing one (of your weekly five) who you think is pretty damned terrific, and you've spent enough time to know him or her pretty well, you've seen her in different situations (trouble as well as fun), and it just comes to you that you'd be a FOOL to let them get away.

Other than that, how do you REALLY know when to select ONE?

Beats me. This is the only end-point standard I've ever found.

But isn't this a wonderful dilemma to experience?

### **Rule Number 5: Keep On 'Till You Stop**

Just continue your process. You will know it's in full swing when wonderful men or women seem to drop from the sky, and when you start to wonder if this one or that one (whom you get to know rather well) is a keeper.

When these things begin to occur, you know your havingness level is high. In fact, if you ask yourself, Can I easily experience [women/men]? you will discover that the answer is now: Yes!

You may now wish to cut back on your dates per week. This will save you money, and you'll be able to get more work done.

Your level, once set high by this process, will tend to stay high unless you program it low by not going out much. Of course few people who are actively going out and having fun will suddenly just stop. But if you let your activity dwindle over a period of time and you catch yourself thinking or feeling that there just aren't very many women or men out there, then you know it's time to crank it up.

Those who have tried this system report that sometimes they starting dating one person exclusively, but if that doesn't work out, well it's time to start up the

system again.

It's hardly a burden at all.

And when to stop? Again, the only guideline I have ever found is simply this –

I say the time to stop your program is when you are damned certain you've met somebody that you'd be a FOOL to let slip away. When one day you realize that this is true, probably that's the day to stop your program.

### **The Journey**

On a road trip, before heading out in a cloud of dust, it's wise to decide whether you're going to Cleveland or Los Angeles. So, you might as well plan ahead.

In the same way, before setting out to get a girlfriend or boyfriend it pays off to think carefully about what type of woman or man you REALLY want because if you succeed in getting all connected to an inappropriate person, your lack of planning is not really such a great solution. Oopsy.

Since it's no more difficult to get the right one for you, then the smart thing is to set out a plan, that is, to write a list of the traits you want in a partner. It's okay to ask for what you might think of as impossible at first but you will soon see that everything you really want in a partner you are certainly worthy of getting.

### **Why Does this Always Happen to Me?**

Sit down with pencil and paper or your computer.

Now think back over other relationships you've had in the past.

Make a list of those men's names or those women's names, as complete as you can, of all these relationships, even if very brief.

With each and every person you have had relationship, write:

*The trouble with (person's name) was that he/she*

---

*The trouble with (person's name) was that he/she*

---

*The trouble with (person's name) was that he/she*

---

Now, looking at your list of relationships, think about the problems that you encountered. It doesn't matter whose fault it was. It doesn't matter whether it's kind, or fair, just write down every hassle or problem that you were aware of. Then look over the list to find the problems that come up for you repeatedly.

If there was a particular issue with just ONE person, it's probably not so important. What we want here is the REPEATING problems you've experienced with men or women.

For example, if they're always leaving you for somebody else. Or they won't make a commitment. Or they always want to make love every damn minute. Or they always seem empty-headed.

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We don't really care whether you're being fair or just, or even if it was your own damn fault and you know it. We just want to take a preliminary look to see if there are some obvious patterns, repeating over time, which cause you discontent.

And suppose you do find some repeated issues?

For example, perhaps they always seem not very bright. If this happens over and over again, it probably means that you are in the habit of CHOOSING people who are not very bright.

If you do find a pattern like this, then ask yourself: Why would I repeatedly choose such a person? What is so attractive to me about such a person? Is there some sort of payoff? Maybe even a sick or stupid payoff? Are they easier to get? Perhaps they challenge me less? Perhaps I can talk fast and avoid the discomfort of baring my soul?

I'm not trying to suggest major therapy here, but it would be a good idea to see if there's a noticeable pattern which repeats, then to assume that you're repeatedly making some sort of choice which leads to that pattern, and then to question whether you wish to go on making that same choice this next time.

Or perhaps, maybe now would be a good time to change what type of person you are looking for, just a little bit. Just to find out what happens.

One fellow, who always wound up with women who later seemed not very smart, realized that he was

choosing such women to pursue, because (a) he felt he couldn't get the really smart women, and (b) he felt he could control these less-intelligent women by out-smarting them. (I'm not so sure he was really controlling them.)

Because he felt timid, and too exposed when dealing with bright women, he chose less bright women. Then, when he had them, he'd complain bitterly about how dumb they were.

Once he realized he was creating this situation over and over again, he decided to try seeking very intelligent women. He knew he'd know which ones they were because he knew he'd feel timid and unsure, and he'd find them a little threatening.

By taking an experimental attitude, just to see how it would go, he found that he could get highly intelligent women just as easy, and although he had to be more forthcoming about his feelings, he wound up sharing more with them and having more fun.

You have completed this exercise when you find a repetitive pattern and decide whether you wish to continue it again, or whether you wish to do it a little differently this time.

### **What REALLY Turns You On?**

Next, with your pencil and paper or keyboard, make two columns and label one *What I really liked* and label the other *What made me crazy*. Now you think about your

opposite-sex parent. For example, a man will think about his mother. Now he will list every quality about his mother, no matter how unimportant it may seem, that she had that he found pleasing and that he found displeasing.

A woman making this list, of course, will list her father.

When this list seems complete, do the same thing on another piece of paper, but this time review your relationships list, and think about all those women or men, and jot down the things that you liked and disliked about them. For example, maybe you really liked somebody's blue eyes, or that their hair smelled nice, or that they knew all about algebra, or that they never said anything mean. Whatever these things are, list them.

Once this list seems complete, you want to look it over to see if certain things repeat, especially whether there are some common items between your romance list and your parent list.

You may also find some things which are listed on the plus list AND on the minus list, like if somebody is always making jokes and that usually makes you happy but it bugs you when you're trying to talk about something serious.

Often, the items that turn up several times are YOUR key points to search for. For example, if you're turned on over and over by blue eyes, and you can never get along with anybody who yells at you, why not focus on finding somebody with blue eyes who doesn't yell?

Many people do have a handful of things that are quite predictable, but most of us never become aware of these key attributes. Yet in many ways, our mind and our body react automatically, so why not consciously choose the people you will find attractive?

### **Using Therapy**

If you do find that you are experiencing the same scenes over and over again, and you can't seem to figure out why, it may make sense to try therapy. Group therapy is sometimes less expensive, and often focuses more on some how to change rather than on understanding your entire life.

Note that understanding your whole life and developing an exquisite understanding of why you have a problem is sort of interesting, but doesn't necessarily lead to \*fixing\* the problem.

The basic working formula for a great life is this –

- Use Therapy to Clear Old Baggage. This gives Freedom.
- Use Training to Learn Methods. This gives you Skills.

If you would enjoy ongoing group therapy, then Transactional Analysis often receives good report from people who wish to change the way they inter-relate with others, but there are many other excellent therapies.

If you want individual therapy, consider a therapist like

myself ...

I'm a certified hypnotherapist, and in sessions I use other methods as well, including EFT ('Emotional Freedom Technique'), NLP ('Neuro-Linguistic Programming'), and something called "Focusing." Any and all of these can be used to locate and discharge past upsets, or "re-wire" them into better strategies that work better and improve the way you feel as well.

As a therapist, my specialty is fast clearing of emotional baggage and current-time upsets. Telephone sessions are available, and if you want to book an appointment to discuss whether my 'Rapid Results Counseling'™ might work for you, see the Contact Information at the end of the book.

In addition, for singles and couples, I offer coaching in Tantra Yoga, which can be great for developing multiple orgasms (women), ejaculatory control (men), and learning how to create intimacy and love in your relationship, once you've found somebody.

And for women, where appropriate I offer private sessions for sexual healing, expansion of body/mind awareness, and expansion of pleasure thresholds.

For any of these services, contact me to discuss whether these methods might be useful in your case.

And, if you've chosen to obtain some sort of therapy to help you clear out emotional baggage or current-time upsets – regardless of what therapy you might choose to use – there's one thing you probably want to avoid. You

probably don't want to go to therapy INSTEAD of getting out and meeting people.

The Five-Date method as given above requires you to go out, but it does not require you to get romantically entangled or in over your head.

You can use the Five-Date method as a way to have some fun, to stop feeling so lonely, to take charge of building up your own self-esteem, to gain by experimentation and to practice some skills in getting along.

If you think you shouldn't fall in love right now, no problem, just enjoy the process and take plenty of time to see who that romantic stranger really is.

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## Where Are They?

The previous information has consisted of *Analysis* and *Strategy*. In other words, making an over-all plan for how to proceed about getting a girlfriend or a boyfriend.

Now, we'll turn to *Tactics*, meaning specific methods to help us transform our plan into reality.

In the Five-Date System, you take a specific strategy for stepping outside the trap.

We've explained WHY it works the way it does, but the necessary procedure remains: you need to go out five times a week. In order to do this, week after week if necessary, you will need some workable approaches to recruiting dates!

Here are some simple tactics known to work ...

## Finding via People You Already Know

Obviously the place to start is your own address book. Make a list, jot down the names of women you could take out. You will have a strong tendency to want to leave out this one and that one, for *good* reasons that your mind will invent and which will seem reasonable. Don't be reasonable! Please don't be reasonable!

Write EVERYBODY down on the list. You want your eyes to see that there are options in front of you, and an easy way to make this a reality is to write these options on a piece of paper in front of your eyes. It's hard for the mind to argue with the evidence of your senses.

You're going to choose the best shots on this list, and you will never get to some of the people on the list, so don't worry about putting everybody on the list!

Next, you probably know many more people already, who aren't in your address book. So write down the people in stores where you shop, people at work, customers and vendors, and so forth.

Later on in the Referral Tactic, we'll describe how to multiply this list.

Also don't forget people you used to know, but whom you rarely see these days.

Now you should have a long list of people you know who are *possibilities* for going out. Just call them and suggest a coffee date or lunch, or any old thing. It's really not a big deal; JUST DO IT!

### **Finding via Chance Encounters**

This is the dreaded Pick-Up Tactic.

Most people feel that it's the most difficult, because it takes more nerve, you strike out more often, and sometimes you can feel embarrassed.

In our society, usually the guy is supposed to make advances, but women sometimes just say that to themselves to get off the hook. If you're female and you balk, it's only yourself that you cheat. If you say, "My mama taught me that a real lady never..." then you're being reasonable and maybe your mama didn't really know everything about how to find women. After all,

have you found *everything* she said to be correct?

(“My mother told me to be good,” said a friend, “but she’s been wrong before.”)

In actuality, ladies, if you will try picking up men, you will find that as long as you don’t come on too aggressive, many men are receptive.

Like riding a bicycle, it's not difficult when you know how, and it's quite fun. But how do you learn how to do it?

Basically the steps are:

### **Go Someplace Where People are Dawdling**

By “dawdling” I mean they’re not intensely working at something.

You want a place where they’re not rushing away, but not someplace where they’re trapped and can't move away.

For example: A laundromat could work, but if a woman there is doing her laundry, when a guy starts up a conversation, he’ll want to be extremely casual about it because she may be hesitant to get involved. Why? Because if he isn’t fun what can she do except run away and leave her laundry?

A supermarket can be good, as it offers safety to people to move away (but they don’t move fast with those carts).

A bus can work but is difficult because if someone

talks with you, there are other people listening in. You have to be really friendly and engaging to pick somebody up in a bus.

Upscale clothing stores are not too bad because it's easy to strike up conversations, and there are plenty of things to talk about, as you're both examining garments. Guys, you can always hold up two shirts, and ask a nearby woman, "Which of these would look better on me?" Women, you can always hijack some guy by simply grabbing his arm and asking him to stand there while you hold some garments up to him, "because you're about the same size as my cousin Billy."

Bars can be good IF YOU LIKE BARS. Some people report that bars may not be the best places to meet people. Basically you should ask yourself: Do I want the kind of person who hangs around in bars? If so, great! But if you don't like to drink, then you probably won't enjoy people who do. So substitute coffee houses.

Parties are a natural; so if you have any friends, who throw parties, tell them point-blank you want to be invited. If they don't want to go out of their way to introduce you to men or women they know, find a way to make it worth their while.

You can also throw a party, being sure to invite people you know, and ask them to invite people you don't know! One group of women I know regularly has a monthly group cooking party. Their basic rule is that each woman must invite all the men friends she knows (but doesn't

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want to keep!)

And don't forget the one-time events, such as Computer Fair, Renaissance Pleasure Fair, Street Fairs, and such. And then there are Farmer's Markets, Book Faire's, PTA meetings if you're a single parent, high-school and college games, amateur theatre productions (to watch or to participate). Just grab the newspaper and look to see what's happening. Remember, you really don't give a hoot about whether you're interested in the event .. instead, ask yourself whether you might like to meet somebody who *\*is\** interested in the event!

Once you get into the habit of getting out of the house regularly you'll eventually notice that there are a lot of men and women out there. Now all you got to do is meet them.

### **Go Up and Say Something**

Again, oddly enough, it really doesn't matter much what you say. If they like your looks, anything you say will be well received. If they don't like your looks, they'll just be trying to figure how to escape a conversation. It's just that simple.

Do your looks matter? Yes and no. No, in that you don't really have to be great looking or have a great body. Yes, in that you really do need to do the best job possible with the looks you have, meaning be clean and trimmed, wearing clean and attractive clothing that fits you.

For any look such as tall and thin versus short and

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plump, there are thousands of men or women who like that look. So you won't be much held back by your basic looks. Being honest, we must say that if you will go to the trouble of working out and building a gorgeous body, you will be more attractive. But even if you don't, the looks you have will be attractive to thousands.

However, being dirty and unkempt with ill-matched and ill-fitting clothes, run-down dirty shoes, ratty hair and green teeth reduces your percentage quickly.

Even if the style in your age group is to dress down, be wise enough to examine whether YOU look good in the style. It's possible that some people look good in that style but not you, in which case don't let the style tell you how to dress.

For example, I have a young punk woman friend who looks rotten in black; she's just too plump and her skin has a healthy reddish cast that looks boiled when dressed in black. So she dresses punk in navy blue and looks a knockout!

Remember: You want to look your best, but it doesn't matter much what you actually say!

The easiest thing for openers is to make a comment on something in the environment, or on something they are wearing or holding, followed by a question to engage them in the conversation. Example: "What a BEAUTIFUL blue sky! I just love it when the air's so clear. What kind of job do YOU have, that lets you outside on a day like this?"

Or: “What an interesting ring! The blue color is so deep. Wherever did you find it? Does it have a special meaning for you?”

Again, it probably doesn't matter exactly what you say, but it should be something they can find easy to agree with. It's best not to say anything critical of them, or of anybody else in the environment unless you're certain they would agree.

If they like your looks, they'll be open to overlook any clumsiness because if they like your looks, they'll be interested to talk to you. Any positive response you receive is good.

If they don't like your looks, they'll be looking for a way to terminate the overture, so be sensitive to any discomfort. If they cut you short in a rude fashion, you can (a) laugh and move away; or (b) sincerely say “Sorry, I didn't mean to impinge upon you,” and move away. But in any event, don't try to make it right, don't try harder, don't keep the conversation going, and do move away. Basically, you have asked the non-verbal question, “Do you want to talk?” If they said no, move on.

Men, you'll find that very attractive women are sometimes more rude than seems necessary; it could be they're jerks, or it could be that they've learned it can take lots of effort to cool off certain men with whom they are not attracted.

A more common response that you will see is a brief answer, somewhat guarded. That means they're thinking

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it over. If you can really project super-friendly, turn on the charm and full speed ahead to engage them in the conversation, being ready to withdraw if they decide you're too much. More often if you're like most of us, and don't feel stuffed to the gills with charm, it can work to your advantage to back off a little, but smile, then come back again. And any clumsiness you display will probably work to your advantage; it shows you're sincere.

Sometimes a very sincere approach can work wonders, such as, "You're an attractive woman/man. May I sit at your table?"

I know a fellow who met his wife in a music class by saying when she walked past: "Wow, you smell great!" It was me.

### **Bring Them Out with Open-Ended Questions**

Basically, you're going to blather about anything that pops into your head, asking them questions so they will blather about themselves. Honestly! This is how it's done!

What you DON'T want are Yes or No questions like "Do you like the color blue?" A better question would be: "The color blue always relaxes me and reminds me of pottery vases full of flowers. What does it make you think of?"

The actual keys seem to be: Blather and ask open-ended questions.

It will help tremendously if you will accept that you are going to look like a fool at least sometimes; in fact, one way to progress rapidly is to think like this: If I'm going to look dorky several times, why not get out there and look dorky a few times and get it over with?

Naturally, if you have selected places where they could escape, then it follows that you can escape if you exceed your own acceptable dork level! But if you'll just allow it to be less than perfect a few times, your emotions and concerns will subside and you will come to feel it doesn't matter. By the way, take on the concept that IT REALLY DOESN'T MATTER. And once that happens, you will be more at ease, and in fact you will blather more relaxed and effectively.

So go ahead and try it: Blather and ask open-ended questions.

Examples of open-ended questions:

- Do you think the President knows what he's doing?
- What did you think about what (celebrity) did last week?
- What do you think about (the current season)?
- Have you noticed anything ... different ... about the Post Office lately? (When they say, "no," ask them for details about how it went at the post office the last time they went there.)

- What is it that makes lines so slow at the (government office)?
- I've been reading about this "Law of Attraction," do you think there's really anything to it?
- Have you ever seen a ghost? (If "yes" then ask, "How did it happen?".and if they say "no," then ask, "What was the weirdest thing you ever did see?")
- Why do you suppose different people think so differently?
- I've been having an argument with my cousin. She says blue is the prettiest color, and I think it's green. What do you think?

As you can see these questions make almost no sense at all, and don't matter a hoot in a windstorm.

But ... that's all it takes.

### **Reveal Things about Yourself**

In several of the recent examples, you'll notice you say something about yourself right before asking a question. By revealing something about yourself, you set the stage for them to reveal things about themselves.

Obviously, it's better to reveal your poetic heart by saying you're relaxed and visualizing vases of flowers. It wouldn't work so well to say the color blue made you want to puke and you always remember the blue car that ran over your dog.

One especially disarming thing to reveal about yourself is that, if you're nervous, it's okay to say so. Sometimes they may ask what about, and it's okay to be honest and say you just feel clumsy because she's so pretty or he seems so self-confident.

### **Leave Them Wanting More**

It's better to withdraw too early than to stay one minute too much. Say you have to go do something now, but it was really pleasant talking with them. In other words, compliment them on being so fun or pleasant.

### **Make Arrangements for the Next Step**

Obviously, if you don't find him or her attractive at all after talking a while, you may want the next step to be *Adios!* In that case, after you make your excuse and give the compliment, just go on your way.

But if you want to follow up, it's going to be either

- (a) get a phone number for later follow-up; or
- (b) ask for a date for a specific thing.

If he or she is not so enthusiastic and you think a date might be declined, the phone number is safer. Then you can call and develop more common interests. Of course anyone will feel much safer with you calling them than showing up for a date, and most people probably have the option of giving you a work or cell number if they're uncomfortable about giving you a home number.

In this case, you say how much fun you've had and

you'd like to continue this conversation. "Can I give you a call tomorrow and chat a bit more?"

While you are asking this question, you should be poised and ready to write it down by the end of the question. By means of your body language you are demonstrating that he or she is giving you the phone number; most people find such body language highly compelling.

Another twist on getting a phone number is to write down your own phone number, with your name, and tear that part off and hand it to them saying, "Here's my number. Would you give me a call?" Now you poise your pencil above the paper and say, "Or better yet, may I call you?"

If you have business cards, they work very well for this purpose, as they reassure the person. Just write your home number down and hand it to them. (This shows you are open, thus encouraging them to be open.) The business card is reassuring, as it gives credence to who you say you are.

Also, if someone turns you down on giving a phone number, you might as well give them yours. It's a long shot, but sometimes pays off. (And gives them a face-saving way of letting you end off the conversation.)

If they've been positive or shown signs of being pretty friendly, and you want to ask for a date, it's best to think up something less formal, somewhat short in time, and the more unique the better, and ask to get together with

full specifics: “You know, since you’re reading poetry today, I wonder ... you know the library just around the corner? I saw in the paper they’re having a poetry reading tomorrow afternoon with the famous poet William Blake, Junior. I wonder if you’d like to drop in with me for a little while.”

### **Finding Romance via Joining Groups**

When you join a group, most of the tension of the *Pick-Up Tactic* evaporates because you automatically have a general introduction and at least one thing in common.

Any classroom situation is good, especially the period after the class. And don’t forget, in addition to regular University classes, there are extension classes, trade association workshops, conventions in your own town, health club and yoga classes, dance classes (in your arms immediately!), Alternative University classes, cooking classes, and all the seminars listed in weekly newspapers or the Sunday Events Section.

In some areas Church events are hard to beat. And if you’re not very religious, don’t be confused, many of the people going there are going in hopes of meeting someone, because I have come to realize that some of these folks are not so darn religious either, thank the Lord!

Jewish Community Centers generally have tons of events, nearly all of them better than staying home with your computer or television. You don’t have to be Jewish.

There are clubs and organizations, like bird watching clubs, Deco clubs, singles organizations, the Vegetarian Society, ecology organizations, and more. Any will do. Just pick anything that interests you then join a co-ed organization or club that focuses on that thing. Presto!

Check them out, introduce yourself and then proceed just like in the *Pick-Up Tactic*.

### **Finding via Personals Ads**

About thirty years ago, personals ads swept the country.

Why? Because they worked.

And although personals ads are often no longer the first choice, in some cases if you find a paper or magazine that features personal ads, you might want to check it out, because you can easily use personals to meet as many people as you wish, and have a lot of fun.

And nowadays, there might be less competition, if you find personals ads to use.

Although online dating sites are more popular now, let's still discuss personals ads first, because it's easier to see a couple of the key principles of "advertising yourself" in a clear fashion.

And to start that discussion ... first, it's important that you realize that personal ads are BACKWARDS from the way you usually meet people. For example, suppose you walked into a party and there were sixty people in the room, half women, half men. In general, out of thirty random people mostly your own age, how many

would be immediately strongly attractive?

Most people would answer this question by saying three or four.

But suppose you went around and talked to all thirty, about how many would be somewhat interesting to talk to? Most people would answer this question probably about ten.

So notice that lots more people are interesting to talk to than are za-za-zoom to look at. That's just how chemistry works.

Now in the normal course of events, you see somebody and get an immediate reading on whether you think they look attractive, and only then do you talk to them and quite often they are interesting as well (but not always).

Personals are the other way around. After you place an ad and receive letters or voicemail phone calls, you will talk to them to see if they are interesting. Maybe ten out of thirty are.

Then you'll arrange to meet them. And you'll discover that although they are interesting, only about three or four are really attractive to you. In other words, more than half the times when you meet women or men who sound interesting on the phone, when you finally meet them there may be no chemistry.

Don't let that throw you off; that's just how it is, and you won't know until you DO meet them. As something

entertaining to do, going out to meet a man or woman at the coffee house is lots better than watching old *Law and Order* reruns.

Personals are also useful if you find shyness much of a problem; usually you'll find yourself less shy after chatting with him or her over the phone.

We will return to this subject below, when we discuss how to write a personals ad.

### **Online Dating Sites**

Online dating sites are very similar to personals ads, except ... there are pictures ... you can say lots more ... and you initially chat by email for a while and then have a phone conversation. Do you like his or her voice? Do you like what he or she has to say?

On our website (<http://fivedatemethod.com/onlinedating>) we offer a course that teaches in great detail how the online dating sites work, and how to work the online dating sites to get the best results.

However, because that's a very large subject, we lack space in this book to discuss it in detail. For our course "Mastering Match.com and Online Dating Sites" please see —

<http://fivedatemethod.com/onlinedating>

And for now, here are the most basic essentials about online dating sites.

1. Get a good photo, and having several is even better.
2. Consider your screen name carefully, and choose something that would appeal to the kind of person you wish to attract. NOTE: This means that you should have your specification of who you want all completed before you set up your online profile, because you have to choose your screen name \*first\* and it usually cannot be changed later! So if you've not done your exercises yet about what you are seeking, do those exercises first, so you know who to appeal to, and thus what screen name to choose.
3. Secret Technique – If you're a guy, then you may have to sign up \*as a woman\* FIRST. Make up a fictional name, and don't bother filling in the profile much. You're not going to actually use this profile. You'll use it only if you need to "be a woman" to search to look at the other men. Because it's really useful to first check out the competition. And then all you have to do is beat those guys. Simply do better: better photos, better capsule summary, more appealing screen name. When you see how poor the competition is, you'll be greatly encouraged! Likewise, if you're a woman, peek at the other women's profiles first, and you may have to create a temporary profile as a man first. See how that works?
4. Look at the same-sex and opposite-sex ads that

appeal to you, and see about how long they are and what they talk about; now, make your own ad about that same length, and say similar kinds of things.

To learn how to completely work the Online Dating Sites, consider getting our complete book “Mastering Match.com and the Online Dating Sites” –

<http://fivedatemethod.com/onlinedating>

### **Finding via Referrals**

This must be one of the best-kept secrets in America.

You go through your address book and list every friend you know (and usually there are many other people to add who never made it into your address book), and you call them.

You chat for a while, and then you say something like, “I’d like to ask your advice about a personal matter, and I wonder if you could meet me tomorrow for lunch?”

Do not let them stampede you into doing your spiel on the phone, because it won’t work. Tell them it’s kind of personal, and you’d feel more comfortable meeting face-to-face. You might reassure them it has nothing to do with him or her personally; you just want their advice on something. Press to get a face-to-face meeting. If you can’t get a face-to-face meeting now then ask if you could call them later when their schedule is less busy. Do not run your spiel on the phone. It won’t work, and you’ve used up that particular resource person.

When you do meet, chat for a while, and then you say something like, “I wanted to ask for suggestions on a personal matter. I've decided I want to meet some nice men/women. You've always struck me as an insightful person, and I wonder if you could suggest some new ways for me to meet new men/women?”

Then listen carefully, because they may have some good ideas.

Jot these down.

Whatever their ideas are, don't argue about them or knock them in any way, because after this discussion, here comes the most important step, as you say something like, “I wonder if you personally might know of any nice men/women that you could introduce me to ...”

Then be quiet, and let them see what they can come up with. Don't talk as long as they're thinking. Just stay silent.

If they come up with anybody, ask if they would call the person and mention you, get an OK to pass a phone number along to you, and so forth.

You probably know about a hundred people, or more. Everybody you know also knows lots of other people, and more than half the people you meet over lunch will give you one or more referrals.

So in the worst case, if you'll meet with each of the people you know, you'll be introduced to over fifty new

women or men.

And that's the easiest way to meet somebody – when you've been introduced.

Now just because this method has more steps than some of the others, don't put it last.

It's one of the best methods there is.

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## **The Encounter – Keeping it Safe**

Now that you have systems for finding any number of men or women -- how do you handle the actual meetings?

Meeting a new man or woman can be scary for both of you. It's not just shy people who feel this; even boisterous and overbearing dolts can experience strong nervousness when meeting a stranger.

The best defense involves preparation and thinking ahead. In this case, the first thing to plan is your escape route. I mean, suppose you are not attracted at all, and you are ready to get out of there. How will you do it?

For example, suppose you set up your first meeting like this: You pick her up in a limousine and take her to your house, where you have a mariachi band, wandering musicians and jugglers, and a catered dinner. Well, if you don't hit it off, it may feel clumsy and it may be difficult to get out of there, especially since it's your house.

This example of how not to do it shows us the key factors:

Don't meet at your house or her house.

Don't launch any activity that takes a long time, such as dinner, or any entertainment activity. Don't go on a long hike together.

Make it on neutral ground, in a place where EITHER

of you can quickly excuse yourself if uncomfortable. Coffeehouses and little dessert cafes are good.

Don't lock yourself into picking them up, or being picked up. Arrange so that you can each separately go to the place you'll meet, and you can each separately find your way home again.

Don't arrange it so either person has an expectation of going on to a whole evening.

This careful thought pays a dividend: The man or woman you are meeting will possibly feel shy too, and they will notice and appreciate that the encounter will feel safe for them too.

Now, you might be thinking ahead, and ask the question, What if we get along like gangbusters how can I turn it into a longer date?

Generally, the better policy is: Don't.

It's always better to leave them wanting a little more than having had too much of you. And besides, it's always possible to think it's going great, but maybe the other person doesn't actually share your rosy view! Better to meet, then get away and think it over, giving them the same opportunity, and then call and set up a real date later.

### **How to Feel More Comfortable**

As you practice these systems, they will naturally become more and more comfortable, but what can you do at first?

## **Get Familiar with the Location**

Familiarity breeds comfort and ease, so one of the best ways to feel more comfortable at your meeting is to meet at someplace you know pretty well. The next best thing is to go to the place ahead of time, just to get more familiar with it.

## **Use the Visualization Approach**

In the privacy of your own home, sit in a comfortable chair, close your eyes, and relax. Then in your mind walk into the meeting place. Pay particular attention to imagining smells, textures, and the sensations in your body. Imagine you are meeting this new person, and go through some conversations in your mind. Try it in different ways, and imagine him or her super-attractive and then as real ugly. Imagine yourself and see yourself handling it all in stride. Imagine yourself relaxed.

Just as practice carries over for athletes and accomplished group leaders, what you're doing here is rehearsing, just as an actor does and be sure to include rehearsing your comfortable, self confident, relaxed emotions as well.

## **Spotting Spots**

This technique works very well, and is done when you actually arrive at the place. However you should practice doing this ahead of time as it takes a little skill. I call it Spotting Spots.

In this exercise you have to pretend to be two people.

One is yourself, and the other is your coach. As the coach, you pick some spot in the room, like a bright reflection on a door-handle, and you say to yourself, “Look at that spot.”

Then, being yourself, you look at the spot and really get that you are looking at the spot as you have been asked to do. When you have looked at it, you say to the coach, “uh-huh” or something to signify that you’ve looked at it.

Now as the coach, you must strongly acknowledge that you have done what was asked, saying something like “very good.”

Now you repeat, selecting some other point.

Choose points near, and points far, but mainly IN the room where you want to feel more comfortable.

As you do this, you will begin to feel more comfortable, and in actual fact, it can make you feel very, very good. When this happens, you just say (as the coach) “that’s it” to indicate that the exercise is done.

Naturally, to avoid the appearance of seeming crazy, don’t do all this stuff aloud. Internal dialogue works better.

### **How to Recognize your Date**

When you make the date, just ask, "How will I recognize you?" Then, describe yourself. Take out a little insurance by wearing or carrying something a little unusual to make sure THEY can recognize YOU. For

example, if you ride a motorcycle, take your helmet. Or carry a bright yellow book of poetry (this method also allows you to create a pre-chosen first impression, you clever rascal!)

### **How to Chat**

If you have difficulty talking with strangers, you can practice beforehand with people you know. Just walk up to some friend and begin a pointless conversation.

Keep it going as long as possible. Hint: The more light-hearted fun you have with the conversation, the better it will go. Feel free to say things that are absolutely stupid. Be open to laughing at your own foibles.

If you feel nervousness when talking to strangers, that in itself is an instant subject you can talk about. You will generally do better admitting you're nervous, than trying to appear to be Mr. Cool James Bond or The First Lady of America. For one thing, when you say that you're nervous, or you admit you don't know what to say, you make the other person feel instantly much safer. And what a nice thing for you to do for them!

The main key to chatting is to say any old thing, even something stupid, and to ask open-ended questions that require a detailed answer. For example, "Yesterday I read something that said that self-esteem goes up when you attempt things that frighten you, and that self-esteem goes down when you shrink from doing things you're afraid of. I can't decide whether I think its true or not. Do you suppose there's any truth in it?"

Feel free to tell (true) stories about your past and anecdotes, but remember you want to spend a lot of time LISTENING.

Since you want to spend a lot of time listening, wouldn't it be useful if you knew some ways to keep them talking once they start talking? And if you could keep them talking that would be an easy way for you to keep the conversation going, wouldn't it?

You are certainly in luck, because here are three ways to keep somebody talking:

- (1) Gently and subtly nod your head as they speak.
- (2) Softly and quietly murmur "um-hm" as he or she talks.
- (3) Just remain quiet and look at them in a calm, friendly manner. This last one's the most difficult for most people, and done wrong it has some risk of appearing to be a psycho-weirdo. It's just that when you remain silent, most often the other person will go on.

Remember, assuming you don't go overboard, if you reveal yourself, most people will reveal themselves. And that's what you want.

About the best advice you can be given is to leap in there and plug away. Now that you have systems so that you can do this over and over as long as you like, you will grow comfortable over time. And if you totally blow it with this person, well there are several thousand

others, aren't there?

### **How to Flirt**

Flirting consists of four things. All of them are basically a communication that says "I'm interested! Are you?"

1. First, looking frankly interested, such as sitting alertly and looking alertly at them. Looking into their face and eyes.
2. Second, other body language consisting of courting gestures. This includes preening gestures such as smoothing back the hair or tie for men and shaking back the hair and arranging skirt for women. It includes stances of dominance and submission, such as a man standing with feet a little wider than usual, and chest elevated; or such as a woman tilting her head to the side and glancing up from below her hair. The funny thing about body language is that, we all understand it instantly, but most of us are unconscious about it.

If you wish to become conscious about body language, so that you can use and read it more effectively, then go downtown and sit watching people in conversations, but far enough away so you can't hear them; then just imagine they are actors in a second-rate movie and just imagine the things they are saying that go with the way

they are holding or moving their bodies. After just a little bit of this, you will realize you are directly reading body language, and the next time you want to communicate in body language, just imagine you are one of those actors in the movie and act out!

Another way to tune in more to body language is to turn on the old movie channel, and turn the sound very low. Then when the romantic scenes come on, watch the man and the woman actors carefully. These are professionals who have studied body language carefully, and often they will show you LOTS of ways to use body language.

3. Third, speaking in double-entendres, where your meaning could be ordinary, or the same words could have a sensual meaning instead. For example, “Wow, this summer weather. I'm just burning up; how about you?”

Do not over-do this. The light touch works best. And for certain, you almost never use crude stuff (unless you want somebody really crude as the love of your life).

4. Fourth, frank disclosure, such as, “God, you've got me hot just looking at you. Do you mind if we go over to my house and get married?” You might want to save this for later.

## How to Escape – If Necessary

Probably within fifteen or twenty minutes, you will have come to a decision that you have (a) no interest whatsoever, or (b) you think you might be interested for further exploration.

If you're interested, you want to say something like, "I've got to go to (an appointment, see my friend Joe, return some library books), but I'm really enjoying this conversation with you and I'd like to see you again."

Pause here just in case she wants to level with you that she never wants to see you again. But if she doesn't say that, you should either immediately ask for a date, or ask permission to call her to ask for a date later. For example, "Tomorrow is the big race at Laguna Seca, and it'll be real loud and dangerous. Want to go watch it?" Or, "Could I think up something fun for us to do and call you tomorrow?"

Then you listen to see how you did.

By the way, if you get turned down (and at least sometimes you will get turned down), it is best to be calm and say something like, "Well, OK, then in that case, thank you very much for meeting with me, I enjoyed the opportunity to meet you."

That's if you're interested. But suppose that you've decided that you DON'T have any interest. How do you get out?

You really have two choices. One is you can pretend

you have to go and do something else and you'd like to call them. It's the similar script as if you DO intend to call them. Then you don't call them. They will figure it out, and you don't hurt anyone's feelings.

The other choice is to say you have to go, and say something like, "I've very much enjoyed this conversation, and I appreciate the opportunity I've had to meet you. I have to say, however, that although you're a charming person, I don't feel much chemistry at all, and I think it might be wasting your time for us to pursue this much more, you know what I mean?"

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## **Special Dating Information**

I hope you have taken this book seriously because it's extremely easy to ignore anything requiring effort, and it is easy to be swayed by negative feelings. And after all, it's easy to make this system fail, and then for sure it wouldn't be threatening or a bother or too much work.

To make the system fail, all you need to do is ignore it and do nothing. But then of course if you just continue doing what you've been doing, you'll probably have just what you've been having. So if you want to make a change in your life, you'll have to change what you do.

I assure you, hundreds of people have tried the method given in this book, and they report that it works, works well, works quickly, gets results, and will put more fun into your life.

The basic system has been given earlier; the remainder of this chapter is comprised of miscellaneous information that might be useful to you in implementing your Five-Date plan.

We hope you will take this system seriously.

The system is simple, but if you'll follow it, you have nothing to lose but lonely.

## **How to Write a Personals Ad**

Personals ads can be used in some newspapers and on several 'online dating' sites. For simplicity we'll use a newspaper for a description, but they work about the

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same way.

Even if you're going to use an online dating site rather than a personals ad, start here for the "capsule description," because after your screenname and your photos, it's the most powerful thing in an online profile, and takes the most careful thought.

Step one, buy a paper and read the ads placed by your same sex. If you're a man, read the ads placed by men.

First, notice about how long they generally are. You will probably create an ad of about the same length. Super-short ads often don't provide the reader with enough information to be attracted to contact you. Super-long ads waste your money and can make you seem too full of yourself.

Next, go through and look at the headlines. Most of the effectiveness of your ad will come directly from the headline, because that's the part that makes somebody read your ad or not. So look over the headlines, and decide which kinds seem good to you. Now is the time to pull out your notes of the kind of person you want to attract.

While you're looking over the headlines, ask yourself which kinds of headlines would attract the kind of person you want.

One common error people make is to write an ad to satisfy their own funny bone, or to make themselves sound good in their own mind, but what you really want is to carefully consider what will attract the person you

want.

Next, analyze the content of the ads. Your ad should describe you enough to display your attractive features; that's your sales presentation. And it's worth spending time to list your own strongest attributes, good points, unusual skills or attitudes.

In addition, if you have any features that some people may find objectionable, such as too chubby or too thin for some people, it's wise to at least allude to this characteristic. For example, if you're overweight, you might say your height and weight, Rubenesque, overweight, chubby, or something. Why?

Because why waste your time talking to people who WON'T be attracted to you? So you're better off to wash them out in the ad. You are qualifying them. Only the people who qualify will get past the ad.

Next, in the content of your ad, you should spell out the key things you are looking for in a partner. For example, if you discover that you have spent your whole life ONLY attracted to blue-eyed blonds, then ask for a blue-eyed blond. On the other hand, if your exercise about what you really want uncovered nothing whatsoever about hair and eye-color, don't ask for blonds just because you think it's cool.

Be sure to \*push away\* the people you absolutely don't want. For example, personally I just won't invest time in somebody who's insane or busy with lots of "drama." (I define "insane" as often engaging in activity where the

person is working against their own best interest.)

So, in an advertisement or a profile, would I say, “Don’t be insane?”

No, that would be rude, and it I don’t look very attractive saying that, either.

Instead, a nice way that still gives the information is something like this – “I offer sanity and low drama, and seek the same.” This way you’re talking about \*yourself\* and not being critical of the world, but the message still comes across loud and clear. The result? Non-sane and high-drama folks will tend to pass your advertisement by ... which is just what you want to have happen.

Does it matter whether you list your own characteristics before their characteristics? I don’t know for certain. I've done it both ways and didn’t notice much difference in how well it worked. So you decide for yourself.

But theoretical grounds suggest you would describe yourself first, because first (from \*their\* point of view) it’s an advertisement about \*you.\*

Last, it might be good to remember that when people respond to your ad, treat them with respect; after all, you’re starting out in their debt. These people have taken the time to write or call.

When you call them up, identify yourself and express your appreciation for their responding to your ad. It's also good to immediately compliment something in their response, so they start out hearing something positive

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from you.

Chat for a while, and get to know them at least a little on the phone before proposing a meeting. This getting to know you period is a good idea because –

- (a) you might discover just in talking to them on the phone that you have no interest; or
- (b) they might decide the same thing; and
- (c) you have to give them a little time to switch gears because they probably weren't expecting your call this particular minute. They may have been doing advanced Algebra when you called, and they need to shift their attention to Romance.

When you have chatted enough to determine that you are interested in meeting, just say something like, “I’m enjoying talking with you and I think it might be fun to meet you. Would you be open to meeting me for a coffee?”

Spell out something specific, and I often recommend meeting for coffee. It’s non-threatening, has few features of a date and thus doesn’t scare anyone, and everybody realizes that if someone met you at the coffee-house, they can if necessary choose a quick retreat. And vice-versa.

If you decide that you don’t want to meet again, you have different ways of handling it.

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For example, you can say how much you enjoyed getting together, and you have to do something else now and Thank You so very much!

If you are standing up as you say this, the other person will also stand up, you shake hands, and then you simply walk away.

If they press, and ask whether you'd like to see them, you could say, "That might be nice. Shall we talk again?" (And then no matter what they say, you simply don't call them again.)

Or in some cases you may want to be very frank.

In a case like that you might say something like, "It's been really fun meeting you, and I thank you, but I don't think we're quite the match as we thought we'd be. Best of luck on your search, and thank you for your kindness in meeting with me."

Smile your very hugest smile, standing up, and shaking their hand. And then simply walk away.

This would be fairly safe to say and the phrasing works rather well. I suggest you try it. It's less abrupt than, "I'm just not attracted to you." Happy advertising!

### **Online Dating Sites**

Online dating sites work about the same as classified ads; except ... there are pictures ... you can say lots more ... and you initially chat by email rather than the phone.

On our website (<http://fivedatemethod.com/onlinedating>) we describe a course that teaches in great detail how the online dating sites work, and how to work the online dating sites.

However, because this is a very large subject, we lack space in this book to discuss it in detail. For our course “Mastering Match.com and Online Dating Sites” please see —

<http://fivedatemethod.com/onlinedating>

And for now, here are the most basic essentials about writing your profile for online dating sites.

Three more tips:

1. Get a good photo, and having several is even better. (I know. I said that last time, but did you listen? Get a photo, okay?)
2. Start the conversation by sending an email, and give a compliment. Don't make the email too long and complicated, but ask a question or two. This will give them the impulse to answer, and email back.
3. Some of your emails will not get answered. That's OK. Plenty of other fish in the sea. But some of them may not get answered \*now\* because they're seeing somebody, and might get answered \*later\*, so keep them in your favorites.

To learn how to completely work the Online Dating Sites, with sample emails, and additional “texting” methods, consider getting our complete book

“Mastering Match.com and the Online Dating Sites” –

<http://fivedatemethod.com/onlinedating>

### **Dress Stereotypes for Success**

In many parts of America, men are never taught anything at all about how to dress for success. Movie stars may make certain looks popular. When I was very young it was an actor named James Dean. But just because James Dean looks good in jeans doesn't mean you do.

And many women learn from magazines like Cosmo. Now the editors of Cosmo are very clever, but the things they teach frankly make men likely to want to bed you, but not particularly want to love and cherish you. Oopsy.

Let's consider ... this season's popular colors.

In actual fact, you should choose the color of your clothing by how your hair, eyes, and skin look against that color. As an example, only a few people actually look good wearing black or white, yet because many striking movie stars DO look good, these colors remain popular and lots of people wear them.

All this sounds like news to you? OK, go get a black jacket or shirt and get a blue. Hold the garment below your chin and look in the mirror. If your skin looks pasty or washed out MORE when you hold up the black garment, then you probably shouldn't wear black. Similarly, if your skin has much red in it, you will look

too red when wearing black, white, or yellow, including yellowish brown colors. Try to find cool browns and tans containing some blue instead of yellow.

If this makes no sense at all to you, you may want to hire a professional, or rope some stylish friend into helping you.

Now about cuts of clothes ...

A simple approach to TYPE of clothes is to think about all the possible STEREOTYPES you could reasonably project, given your personality and your nature. For example, if you are a somewhat scholarly, guy you could project the tweedy-professor stereotype, or you might project the trim jock with wire-rim glasses stereotype, or you might project the longhaired intellectual stereotype.

So why would you want to dress as a stereotype at all? Here's why: When somebody sizes you up for the first time, they ARE going to plug you into some stereotype, so why not take control of which one they will pick?

This works well, and gives you an immediate handle on what sorts of garments to choose. Treat it as a costume!

As a final suggestion, realize that any adjectives you might use to describe your clothes will tend to be applied to YOU. For example, if you choose and wear solid colors, people will unconsciously perceive you as solid.

If you wear bright colors, people will perceive you as colorful. If you button up your blouse or shirt collar,

you will be perceived as a buttoned-up person. If you have a jacket worn open, you will be perceived as open. If every collar and button is closed, you'll be perceived as closed.

By the way, this mode of perception is also applied heavily to the way you stand and move (again body language). If your head is level, you'll be levelheaded. If you often tilt your head, you'll be seen as having an angle in mind. If you slouch, you ARE a slouch.

And so on.

You may well question why this should be; I know I do. But if you think along these lines, you can get a quick handle on what types of clothing to pick, and which colors you look best in.

### **Getting Over Being Shy**

If you ever find yourself immobilized by shyness, you're not alone. And here's an excellent exercise you can do to get over it. It also gives you a safe way to practice talking to people as described earlier in the dreaded Pick-Up technique.

Go to a place where there are lots of people of appropriate age for you. For example, the beach, college hangouts, perhaps a mall, where folks sit in open-air cafes. You want to find a place where people are mostly planted in one spot, rather than walking to get somewhere.

Now you walk up the way. As you pass each

appropriate person, say something. It really doesn't much matter what you say. "Great weather, huh!" is just fine, or "Nice Hat!" And then keep on walking!

That's safe enough, isn't it? Very little can go wrong; they're almost certain not to pull out a knife or a gun. Even if they're wild and call you a no-good coyote, you're already up the way, right?

Now when you've done this long enough to start feeling comfortable, try some variety in what you say. Now's a good chance to practice blathering! Just say different things off the top of your head.

Once you're comfortable with that, you walk back the way you came.

Now here's a funny thing: Because they've seen you before, they think they know you!

They will now be MUCH more open to chatting.

Try pausing, as if you might keep on walking, and chat about anything off the top of your head. Do this as long as you like.

Be careful about this exercise though; you may find yourself picking up a girlfriend or a boyfriend. (Happened to me.)

Just do the exercise whenever you like, until you get over being shy.

That's simple, isn't it?

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### **For Men Who Are Reading this Book**

Realize that women are a different species altogether; they are not like us. Some of the things they say make no sense to us; some of the obvious things we say they can never grasp.

For example, if your date says you are a self-centered person, it does no good whatsoever to explain why you are not. The correct response, in woman language, is “I’m afraid you’re right. I’ll try to be aware of this, but often fail. What do you think I should do about it?”

(And you might as well listen to what they say. Sometimes they hit on useful information for you.)

### **For Women Who Are Reading this Book**

Please realize that, even if you cannot see any sense in why men would want to get into a fight, or why they care about football, or why they would rather discuss cars than emotions, even if you see no sense in it, there’s a darn good reason.

I’ll try to tell you what it is, but I’m not sure I can really say it in woman language. It’s something like: *Men are shallow and excitable animals, with far less depth than you could ever imagine. Hormones make them that way, and although they talk in simplistic riddles, they are very handy in many other ways.*

(And you might as well try to appreciate them for what they are, because that’s what they are.)

### **How to Get Along With Each Other After You Two**

### **Decide You Want To Explore Something Deeper**

That is another adventure and the topic for another book! Watch for the publication of “Let’s Make a Deal,” soon!

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## The Musical Idiot

San Francisco, 1979: On Haight Street, the music store was originally called "Chickens that Sing Music." There Dave Harp offered a class called "Blues Harmonica for the Musical Idiot," and I signed up.

Dave used advanced technology: xeroxed lessons. I was impressed because, at my business, we'd thought ourselves thoroughly modern with a Gestetner mimeograph. So as to fit on one xerox sheet -- expensive, fifteen cents per page, those early copies -- he chopped the lesson up into different boxes, sometimes packed in sideways.

I still have these original xerox lessons, fading in a folder; Dave's gone on to create a publishing empire and lives in Vermont with his sweetheart and babies, and gives talks about meditation and music all around the country. But back then he taught Blues Harmonica.

One day, in my studio apartment, I'd heard the blues walking up the sidewalk, underneath my windows. Later, as it turned out, he hired my 'postering company' (The Thumbtack Bugle) and we put his posters up. But I digress. Let us return to Chickens that Sing Music.

So there we were, sitting in folding chairs in the music store, awaiting the beginning of class. In walked a woman with a lot of curly hair. I liked her looks, and

as she passed, I said, "Wow! You smell great!"

That is how I met my wife.

She wasn't much interested. After class, I walked her back to her place on Stanyan street, chatting about something. I didn't ask to walk her home, just started blathering as she left the front door, and then walked along chattering, and before long reached her flat.

It wasn't much, but it was a start. I made sure to go to the next few lessons. Sometimes she was there. Sometimes not. One week, I concocted some reason to importune her for a ride from point A to point B. I asked her out. She declined. I tried again later. She accepted.

She told me later that she'd been seeing a couple of other guys, and liked them both better than me, and on that date she'd planned to tell me thanks but no thanks for the future. But it was some Japanese restaurant on Union street, and the conversation went well, and saki and laughter decided her to delay turning me down.

And one thing led to another, and though she'd moved to Oakland, my motorcycle and I flew the Bay Bridge and through the freeways. Time was no barrier.

And then one day it dawned upon me that I would be a fool to let her ever escape. And so, fearful to the heels of my feet, I asked her to marry me in a moment. "Yes," she said.

I did learn to play blues harmonica -- blues harp, said

properly -- but I don't play the blues harp much these days. Time came and went. I was married for a time, and then I wasn't. For I *was* a fool; and I *did* let her escape. But that's another story.

— Arthur Cronos, 2005

(“The Musical Idiot” is adapted from my autobiography called ‘*The Adventures of Bloggard*’ which contains over 500 quick-reading ‘micro-stories,’ many funny, many thought-provoking, some poignant.

You’ll find *The Adventures of Bloggard* at —

<http://bloggard.com>)

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## About the Author



### Arthur Cronos Biography

I was born in Visalia, California in 1944, just as World War II was ending. My mother was an army nurse, and my father a dashing soldier, though not such a nice guy as it turned out.

They wisely split up, and my mother raised me as a single mom, as she worked as nurse for her brother, a medical doctor named Dr. Hurn in our tiny Texas hometown of Henrietta, Texas.

I grew up there and on my grandparents' farm

north of town, where I ran wild through the woods along the creek, and daydreamed of adventures to come.

I was shy and clumsy, kind of a sissy, and very backward with “girls,” until high-school and college had come and gone, and I’d gone into the world as a young man.

I’d learned hypnotism at age 13, and remained fascinated by mind (and by romance) for my whole life long, learning one thing after another, including rolfing, magic, meditation, writing stories and articles, and then became interested in small business, where I learned copywriting and computer programming and quite a lot more.

My degree was originally in psychology, but my love of writing led me to San Francisco State University, and after I’d given up on the school approach – I learned so much faster on my own – I stayed in San Francisco for many years of adventure and romance.

I ran a small bookkeeping business, then the world’s first ‘poster distribution service’ (The Thumbtack Bugle), which you’ll find described in the first two Guerilla Marketing books.

I got married to a lawyer and feminist named Lori Ingram, and for some years together we operated a famous answering service on Geary Boulevard

(‘Network Answering Service’), and then I went on to become a private detective for a short time, and then ran several voicemail businesses.

Some years ago I developed an unusual type of guitar which is played by touch, as if playing bass and guitar at the same time, and currently sell those via the internet. On my website at <http://megatar.com> you can see videos of musicians all around the world creating music of all kinds on the instruments we now manufacture.

The factory shop and my home is located in scenic Weed, California, on the slope of a volcano named Mt. Shasta which sits in my back yard. The air is fresh and the water is clean.

I have a small counseling practice with an office in the nearby City of Mt. Shasta.

I’m a certified hypnotherapist, and in sessions I use other methods as well, including EFT (‘Emotional Freedom Technique’), NLP (‘Neuro-Linguistic Programming’), and something called “Focusing.” Any and all of these can be used to locate and discharge past upsets, or “re-wire” them into better strategies that work better and improve the way you feel as well.

As a therapist, my specialty is fast clearing of emotional baggage and current-time upsets. Telephone sessions are available, and to book an appointment to discuss how my ‘Rapid Results Counseling’™ might work for you,

see the Contact Information at the end of the book.

In addition, for singles and couples, as a Certified Tantra Yoga Educator, I offer coaching in the spiritual/sexual pathway known as Tantra Yoga, which can be great for developing multiple orgasms (women), ejaculatory control (men), and learning how to create intimacy and love in your relationship, once you've found somebody.

And for women, where appropriate, I offer private sessions for sexual healing, expansion of body/mind awareness, and expansion of pleasure thresholds.

For any of these services, contact me to discuss whether these methods might be useful in your case.

### **Hypnotherapy**

Many people for a long time have believed that therapy had to take a long time to get results.

And many people for a long time believed that Freud invented 'talking therapy' because it was better.

But actually, Freud originally used hypnosis, and then he had a problem. Most people don't know that Freud had a cocaine habit, and in fact he ruined his gums and teeth.

In those days, false teeth were made of wood, and

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they didn't fit very well. And unfortunately, Doctor Sigmund Freud discovered that he could no longer talk clearly, and couldn't lead his clients into hypnotic trance any more!

So he changed to a new thing, that he could do, called 'free association' or 'talking therapy'. He didn't have to talk much at all; the patient did all the talking!

Freud stated that his new 'talking therapy' would only really be for rich people, because to get results would take 200-300 hours.

Unfortunately, he was wrong. Because for many people, it never produced any useful results at all.

How very unfortunate that he gave up his workable method (hypnosis) in favor of something that costs tens of thousands of dollars, and often works poorly.

Bummer.

But the good news is this ...

Modern hypnotherapy is one of the most reliable and fast-acting methods of therapy you can ever use.

Of course, you already know it's not the therapist who "heals" you. Rather it's you (and your subconscious mind) that reorganizes something inside you, so you can heal yourself.

You've heard of other folks experiencing miracles of healing?

You may discover that you can experience your own miracles of healing yourself. Lots of other people have. Why not you?

## **EFT ('Emotional Freedom Technique')**

A relatively new development, the Emotional Freedom Technique (usually called EFT) is a combination of 'touch' therapy and 'talk' therapy, and it has the ability to work surprisingly quickly to clear emotional disturbances, from the past or from current-time situations.

In addition, because most illness and body-malfunction is considered to have an emotional component, many people have reported that clearing up emotional upsets seems to have led to a better ability for their own body to heal itself.

While it is not legal in the United States to promise to heal anything, there have been many spontaneous reports of people who were suddenly able to heal physical ailments, and it seems to me to be very related to the clearing of the emotional underpinnings that were cleared by EFT.

## **NLP ('Neuro-Linguistic Programming')**

A very odd and brilliant man named Richard

Bandler was originally responsible for the development of what he called Neuro-Linguistic Programming. This just means using language to re-wire the thinking you use in your nervous system.

He and a Mr. Grinder had studied three unusually successful therapists – Milton Erickson, Virginia Satir, and Fritz Perls – and discovered that the three of them used some unusual methods.

These unusual methods were somewhat hypnotic in character, although in many cases, no formal trance needed to be induced. And these methods of examining one's repeating inner 'strategies' for handling life were found to be capable of quickly changing a person's ability to handle life more effectively.

Works fast, works powerfully. Good deal.

### **Eugene Gendlin's 'Focusing'**

In a study at the University of Chicago, Eugene Gendlin and some student assistants studied transcripts of successful and unsuccessful therapy sessions, in order to determine what it was that the therapists did that make therapy work.

Surprise, surprise!

Turns out it's not much what the therapist does, but a quality that is \*already in the client\* that can

predict in advance how much the client will get from therapy. And in fact, this quality can be taught.

It's a way of taking some time, and slowing down, and paying attention to the solutions your body actually already knows about your problems. I've learned how to use this method, and then learned how to guide people to develop this skill, which can actually become a part of your life, and leads to a feeling of "guidance" as you become able on a day to day basis to tune into your own inner knowing.

It may sound a little woo-woo, but it works, resolves daily problems, and it feels great!

### **Tantra Yoga**

Not that long ago, a woman I'd just met uttered the words "Tantra Yoga workshop with Charles Muir," and my mind instantly returned 30 years ago to when I'd briefly studied Tantra Yoga with Stan Russell and Deborah Roberts in the San Francisco Bay Area.

It had been mind-blowing, but then I'd lost my partner, and somehow let my knowledge fade away. But this time, when I heard the words, it was like a penny dropping into a vending machine, ka-ding!, and so I immediately signed up for the Beginners Weekend Workshop and also the first advanced Teacher's Training. My first experience was completely life-transforming, and this is described in

a *\*very\** uncensored report on my personal weblog <http://bloggard.com> (search on ‘Enter Tantra Yoga’).

Since then I’ve obtained my certification as a Tantra Yoga Educator from the Source School of Tantra Yoga. They’ve been teaching this knowledge for over 32 years, and I’ve since assisted at many additional seminars, where the participants repeatedly report life-transforming experiences that bring tears to my eyes every time I hear them.

If you want to learn how to tap into a spiritual/sexual method that originated centuries ago, and which you can use with a loved one to become more attuned and intimate, to become closer and to experience bliss, perhaps learning Tantra Yoga is for you.

Sure, you’ll learn some great sexual techniques, but the point is the amazing intimacy and closeness you will discover.

I wholeheartedly recommend the courses offered by Source School of Tantra, and I personally offer coaching for couples and singles on this subject, including how to develop multiple orgasms (women) and ejaculatory control (men), and how to create greater intimacy and bliss, as if creating your love new all over again.

(And for women, where appropriate, I offer private sessions for sexual healing, expansion of body/mind awareness, and expansion of pleasure thresholds.)

### **If You Want Counseling**

Simply contact me through the contact information following, to discuss whether phone counseling, face-to-face counseling, coaching, or private sessions might be of interest.

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## **Additional Resources**

### **Mobius Megatar & ZenTapper – unusual “Touch-Style” Guitars**

<http://megatar.com> and <http://zentapper.com>

Get free book that reveals new method to play guitar by touch, and see videos of musicians world-wide creating music using this revolutionary new approach.

### **Being Happy Today.com**

<http://beinghappytoday.com>

My counseling office in Mt. Shasta, California. Telephone sessions available. When you go to this site, sign up to receive for free via immediate download, my book called “How to Capture Happiness in an Unhappy World,” which explain in greater detail how the Unconscious Mind works.

### **TantraShasta.com**

<http://tantrashasta.com>

My site as a Tantra Yoga practitioner.

### **Source School of Tantra Yoga**

<http://sourcetantra.com>

Includes a listing of seminars and practitioners available around the USA and around the world. Get free CD revealing the principles and practices of Tantra Yoga.

### **The Adventures of Bloggard**

<http://bloggard.com>

Over 500 ‘micro-stories’ many of which are funny, many thought-provoking, and many poignant.

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## Contact Information

To purchase additional copies of “How to Find Love – the ‘Five-Date’ Method”, go to –

<http://fivedatemethod.com>

To purchase copies of “Mastering Match.com and Online Dating Services”, go to –

<http://fivedatemethod.com/onlinedating>

To contact the author, go to –

<http://beinghappytoday.com>

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*Powerline Press  
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Weed, CA 96094 USA  
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