



THE ALIGNED MAN

**WEEK 4**

THE ALIGNED MAN



**Sexual Mastery NYC**

# The Aligned Man

This is the practice that you have spent the last 3 weeks working towards. The Aligned Man is a practice that I created that allows you to see whether or not the energy in your body is in alignment on any subject or circumstance.

The 4 energy centers in your body: Dick, guts, heart and head are all powerful places that you can get true clarity and truth - allowing you to move powerfully in the world and know where you are going. No more questioning yourself.

Each of these centers holds specific types of energy. Your dick area holds the energy of passion and creation. Your guts hold power and intuition. Your heart is the energy of love and your head is logic.

Most boys are conditioned out of feeling and told that logic is paramount, but disconnecting from the wealth of wisdom in your body keeps you on the logical loop of fear. Questioning. Not knowing who you are, what you want in life and where you want to go. It forces you to rely on other for decisions, pushing you into the feminine.

I see one repetitive aspect in men who are powerful in their lives over and over - they are connected to their intuition.

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You can only have direction if you know what's true for you and you can only know what's true for you if you trust yourself. The Aligned Man is teaching you to move past the poisonous conditioning that you should not trust yourself, that you don't already have the answers or that the answers are outside of you.

When you trust yourself, you move powerfully in the world. You have direction. When you have direction - the feminine trusts you, which means your woman will surrender in deep love and devotion for you because your truth and direction allow her to feel safe enough to do this.

The Aligned Man practice is very simple once you have practiced and understood the foundational tools you were taught in weeks 1-3.

Begin with a topic, question or situation that you are unclear on. It could be anything from "why do I feel sad?" to "is this woman the one for me?" It can be absolutely anything.

Once you have your statement or question ready you are going to either ask each energy center in your body the question or you are going to show it a scene, then listen for feedback, an answer or clarity.

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Once you receive an answer, you ask yourself a very important question. Does this answer feel like it is coming from a place of fear or deep knowing?

If it is fear, you go deeper into the statement or question in this energy center until you find the place of deep knowing.

Write down your answer and then move from your dick to your guts. Ask the same question or show the same scene and listen. Repeating this process over through the heart and head. Always asking each, "does this feel like it's coming from fear or from deep knowing?"

Once you are complete with all 4 centers, read what you have written and look to see what is in or out of alignment.

If something is out of alignment, you then can use the tools of the felt sense, projection and subpersonalities to help move that part of you back into alignment by healing, upgrading or understanding it.