

The Art of the Feel

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Published by /fit/



I already know that most of you won't believe this, because it will seem too easy. I know most of you will just troll me, get outright super pissed, or just try to counter my argument with what you believe is logic, but I'm going to try anyway, because it frustrates me to see so many guys wanting girls, and getting the whole thing wrong.

First of all, game theory, pick-up artistry and so on, is bullshit. It does work to an extent, but even the PUA world is starting to come to the same conclusions I learned a while ago, especially ones such as Real Social Dynamics. In 3-4 years, what I'm saying now, will be what you'll hear everywhere else, but you don't have to wait that long.

So here it goes, the truth, some of you don't want to hear, how incredibly, stupidly easy it is to get pretty much any girl, and relationship? Getting a relationship is an afterthought when you know this.

First off, a little about me. I'm 25, I've had sex with 20 chicks in total, and the only reason my number is that "low" (depending on who you are) is because I'm a very lazy man, if I had the inclination to, that number could have been much higher. I learned game, used it for some years, and then, to my great relief, found out there was a much more simpler way to get chicks, because all that game shit, overanalyzing and overthinking everything, was frankly starting to make me feel autistic, and even though I got results, I was starting to feel dead inside.

Let me start by saying that money, looks, the state of your fitness, or any other external factors, has no impact on picking up girls at all, except from the confidence you may derive from them. Confidence is good, not because it gets you girls (bear with me here, we're going down the rabbit hole) but because it gets you to TALK to girls, which naturally, is half the battle. Anyway, moving on...

What Game Theory does, the whole PUA scene, is to basically manipulate a woman's ego. Ego being defined as: self-image, thoughts, and a more shallow-intellectual level of perceiving the world. As oppose to deeper things, such as love, joy and in general the finer things of love. Basically, we

are talking about two things, the head, and the heart. Game theory hits the head, what I am going to teach you, is how to hit the heart. It is much more profound, much deeper, and even though it is VERY EFFECTIVE for relationships, it is even more so for just casual sex. It works whether you're a guy, or a girl, or gay, it does not have anything to do with gender, but is a universal truth.

So, what I'm going to teach you about is going to seem too simple. It's going to seem scary, and it's going to seem outright wrong. You'll have to accept that your mind will not believe it, and I'm not asking you to believe it. What I WILL ask you to, is to try it, is to actually try it out, and see what happens. That will prove it to you that it is true, and that will make it easier for you to do it more. Oh yeah, just to go even more overboard, not only will this get you what you desire in sex and relationships, this will also, as you get the hang of it more and more, make you happy. Yeah, I know, you're going to expect me to want money for this because of how thick I'm putting it on, but no, this is free. So, here we go.

I'm going to be using a word here called "Authentic". Whatever the literal meaning of the word might be to you or to the dictionary, disregard that, we're going to redefine its meaning for this subject. When I say authentic from now on, it is going to be defined as, acting on, or being true to, whatever you feel at that moment.

NOT WHAT YOU'RE THINKING.

<- Your mind is a database that has recorded everything that has happened around you for the previous years you have been alive, and is not much help when it comes to matters of love.

BUT WHAT YOU FEEL.

<- This is what we need to tap into. This is where we find something that we can connect with others on, this is where we find the most deadly weapon of all - authenticity.

So, firstly, what everyone is doing wrong.

When we want someone, what do we do? We start thinking about a plan to get them. We try to impress them, or seduce them, or whatever, but basically, we believe we can figure out with our brain what to do. Unaware of it or not, this comes from a deep insecurity that we are not good enough, and that we can't just go to the person, relax, be ourselves, and they will like us. Being authentic, although it is a very scary thing, is about being yourself - now before you flame the shit out of me - it is of course different than all the stuff you've heard before, because this actually works.

As I said, the normal mode is to believe that this can be FIXED WITH OUR MINDS. That you can think up a plan, micromanage, impress the person, make them like you, project this or that, the bad guy, the nice guy, the cool guy, whatever, pretend, fake it till you make it, all this. But this is very ineffective, and rarely works, and even when it does, no connection is formed between the two people; it's just two projections, two fakes being together. Whenever you are not being yourself, a girl will not be herself either, unless she is very authentic, in which case, you will not be able to get her by being fake.

This is where it is going to start like some semi-spiritual scientology bullshit, but I can't explain it any other way, again, I'm not asking you to believe anything, I'm just asking you to TRY it. So, our normal mode is to try and in the moment, real-time use our heads to manage our behavior in a way that will get the desired outcome. This as you may have noticed, does not work very well with chicks. The normal mode is in a way, not being natural, which is the same as authentic. When you are natural or authentic, you are simply true to what you feel, relaxed, and communicating from your heart, or your core, or yourself, or whatever you want to call it. You are you, and you are expressing yourself. This is what we want. When you are in the mind-mode, you are you, and then you are your conscious mind trying to put a fake "improved" persona over who you really are. You are not one, you are two. You are what you feel, and then you are your

overanalyzing micromanaging. This kills your vibe totally, and is very ineffective.

Okay, here it comes, the part you'll think is bullshit, but if you can bear with me on this, we can move on. Whenever you are authentic, natural, relaxed, and true to what you feel. You will be incredibly attractive - even and especially in emotions such as feeling INSECURE, NERVOUS, SAD, ANGRY, feeling plain BAD; and other things. So let me just repeat that.

You do not need to be confident to get girls.

Let me say that again, confidence is NOT needed to get you girls.

Did you really think it was? What do you imagine in a relationship? That both people are confident every day, no matter when they have inevitable shitty life events thrown in their face? Did you imagine that your girlfriend would break up with you the day you got fired? Maybe you did.

Now what women want, and what everyone else wants from you, is they want to FEEL that you are a person, a human being. They don't want some kind of fake projection of what you believe is how a cool person should act. Which I'm sure by now, you've found out doesn't work anyway. Trying to impress people, works just as bad as trying to not impress them, in general, trying, or doing, anything, does not work in social situations does. Being yourself, expressing yourself freely, and being true to your emotions, does this however.

So what is authenticity then? Well, you know that cool person in your life you've always looked up to who seems to just speak their mind, be cool with whatever emotion they're in, if they're angry they're angry, if they're sad they're sad, and they don't try to pretend being fantastic human beings, but admit their weaknesses, and their imperfections, and their flaws, and -yet- it only seems to make you like / respect them more?

You know that person who makes you feel relaxed, and good, and connects with you on a deeper level than everyone else, because they don't try to pretend anything, but they just talk to you,

without all kinds of ego shit, and ego battles, to see who's coolest? Well that person, inhabits the trait of authenticity. If you have such a person in your life, spend as much time with them as possible, it will help your growth immensely.

On the level of your ego, your mind, your self-image, you will never be good enough, there will always be something missing. I know you have a plan to fix yourself some day in the future, but it is not going to work, your mind is an empty hole that no matter what you put into it, will never be filled. But on the level of authenticity, no matter how much of an aspie, autistic, schizophrenic crazy son of a bitch, angry, emo butthurt basement dwelling faggot, fat fatty fatass, no matter what, on the level of authenticity, you are already perfect, and you are always, ALWAYS attractive on an EMOTIONAL level, something that COMMANDS the physical level, and is a HIGHER POWER than things such as ego, status, looks, and so on. On the level of authenticity, you are already perfect. That's why this is also a spiritual path of some sort, because the more you come in contact with your authentic self, the more happy you become, because, who wouldn't derive happiness from knowing they were already perfect?

It feels good man, it really does.

So, up next is some examples on what authenticity is in real life situations.

This is where shit gets real, and where I will lose 90% of you, but that's okay, the remaining 10% that stick, will have their lives changed forever. This is going to get deep, motherfucking deep /fit/. First I will give you some situations, and then I will tell you why it works.

Situation: You're at a party. You see this chick you want. Your mind goes into its usual "You suck, she'll never like you, blahblahblah"

You know how it is.

What is the conventional wisdom?

Chin up, good body language, go over there, say something impressive / cool whatever. Don't let her see what you feel, just micro-manage the shit out of it, think up stuff to say in the moment, look cool, whatever.

Now, assuming you actually do approach and do that, and your mind doesn't talk you out of it (it usually will) you are going to over there, say something, and expect a reaction. She may give you one, but after a while, all girls stop giving you the reaction you want (the hot girls, anyway) to see if you can actually go on without her constant approval pumping you up. This is where 99% of all guys lose it. You can still sleep with some girls this way, but it is very unfulfilling even when it does happen, it's almost a emotional slap in the face and you feel empty and hollow and rotten inside afterwards.

Now let me clarify again, authenticity IS NOT HONESTY: No no no. Honesty is saying whatever your mind is saying, and your mind is crazy, everyone's mind is insane in the world today, that's just the fact, so authenticity is NOT HONESTY!

Authenticity is FEELING. >tfw authenticity Yes yes. *nods*

So what do you do in the aforementioned situation then?

Well here's what you do. You let your mind babble on as it will anyway, and you stay true to what you feel. IF you feel like shit, THAT IS WHERE YOUR AUTHENTICITY IS AT THE MOMENT! THAT IS WHAT MAKES YOU ATTRACTIVE RIGHT NOW! THAT IS WHAT YOU HAVE!

You can get laid much more easily feeling like shit than you can get laid trying to make your mind think your way into how to do it. So you stay true to what you feel, go over there, say what feels right in that moment, and in that feeling, and you simply do that, you stick to that.

Again, this is going to piss many of you off, but

- THERE ARE NO RULES WHEN IT COMES TO SEX / LOVE / RELATIONSHIPS -

Every rule you've ever heard is bullshit. You can be insecure as fuck, and get LAID by being it.

So authenticity, and the work on being more authentic, is a very effortless thing, it is simply the rediscovering of the fact you knew as a child: That you are good enough as you are, and all you ever need to do, is be true to what you feel in that moment. Communicate from your heart basically. It requires no thinking, no effort, no doing, no anything, all it takes is to go with the flow of what you feel, and that's all. You feel like kissing her? You better kiss her. There is no right time to kiss a girl, except for the time when you FEEL like it.

The practice of being authenticity, is then, the easiest thing in the world right? No, there is a catch. Becoming more authentic means taking the "effort" out of your life, along with taking the "trying" out of social interactions and becoming more in tune with yourself.

This, unfortunately, is the scariest thing on the whole fucking planet.

You will have to go through an insubordinate amount of fear to become more authentic, because every time you are not authentic, it is because you have become afraid of what will happen if you are not. Here are a few good places to start.

- If someone makes a joke you don't think is funny, don't laugh at it.
- If someone says something that doesn't interest you at all, don't reply to it. (The reason something is not interesting, is because they are not being authentic, meaning, they are not being THEMSELVES, which is why you feel nothing, you are only helping people to become more authentic, you're not being a douchebag)
- If you feel like doing something, do it
- Adopt the attitude of, "I'm going to be myself, and I don't care if it alienates me from everyone else in the world, because at least I'll be alone and happy"

Of course you WON'T be alone, people will flock to you because they love authenticity, it's the only "REAL" thing left, in a now very fake world. But you need to have this attitude, because otherwise your mind is going to scare you away by saying things like "Don't do this man, nobody will like you, we were faking everything for a reason - for the reason that who you are naturally is not good enough, and people will hate you for it!"

So becoming more authentic, means going through a lot of fear, a lot of unease, a lot of anxiety, a lot of inner "shaking" that's the catch. But if you don't do it, your whole life is going to be a waste, a waste of being fake, and never feeling anything real.

And here it comes, the ONE THING that you must EXPERIENCE again and again to SOLIDIFY your authenticity. This is the piece la resistance, the crown of the work, the universal, quasi-spiritual truth of the universe.

For something to feel REAL, to be attractive, to have "value" to have "essence" "soul" "heart" for something to make you FEEL something, it has to be TRUE. TRUTH is beautiful, truth is attractive.

That means that, nobody cares whether you are angry, or sad, or insecure, or lonely, or happy, or confident. NOBODY. You are only attractive when you are confident because it is TRUE, as we all know, faking confidence is not attractive.

So the universal truth is that any behavior that is authentic, or true, has VALUE. Has HEART. SOUL. ATTRACTION. We are not concerned with WHAT you feel. But simply that you are TRUE to what you feel.

You won't believe this, and I'm not asking you to. I'm asking you to, slowly, start to change towards being more authentic, and if you are trolling Facebook or girls or whatever where there is no risk of any consequences if you fuck up, try to be fully authentic, fully yourself. You feel like an asshole? Be an asshole. You feel like you want to make her your princess forever & ever & ever? Be like that. Be true to whatever you feel in that moment. Because truth, being real, being authentic is

what makes you attractive. A true anger is more attractive than a false smile. A true hate has beauty, just like true love, because the basic criterion is there - that it is true, real.

Just to make sure I alienate all of you, here's the last piece of information until we get to the questions.

Being authentic is the path of Tantra, a path of meditation. If you do this - throw out all the habits of being fake and become more and more true, not only will you be a magnetic force for people, you will, also eventually, without making any effort, reach the state of enlightenment.

So yeah. This pretty much fixes everything. If you're not into spirituality, just forget I said that, and let me just assure you, that this shit will make you happy as well.

One last thing, people just want to FEEL you. They just want to connect with you, they want to feel that you are real, friends, girlfriends, girls, guys. They just want to feel something man. We go every day, being fake, unreal, unhappy, people just want to feel something, just a little light in the darkness, just a little connection, just a little reminder of who they really are, that's all they want, just a little truth. You can be that truth. You can help other people learn to accept themselves and be themselves, you can spread your light in the world.

But you have to do it for you.

People just want to feel you, feel that you are human, they don't want you to be perfect, they want you to be authentic. That's all they want, and you yourself, that's all you want. We just want to feel something. Life is so empty and cold and boring. When you are authentic, you awaken other peoples authenticity, sometimes it takes 5 minutes, sometimes 30 minutes, sometimes an hour, sometimes days, depending on how ego the person is and how disconnect they are from themselves.

But people just want to feel something man. Girls just want to be reminded of who they really are, they want someone to punch them right in the soul, that's all.

Q and A

>- If someone makes a joke you don't think is funny, don't laugh at it.

>- If someone says something that doesn't interest you at all, don't reply to it won't you come off as an asshole if you don't seem like you are paying attention?

People will mostly just assume you're cool when you do it. But again don't turn it into a gimmick; don't start ignoring people to be cool. But if someone says something, and there is no response in you, just stay quiet. Conserve your energy for when something real comes, if you keep wasting your energy on being fake, you're going to feel like shit and have no energy for when something real comes.

Some of us have been on 4chan for years. What if being true means being fucking nuts with amoral 4chan shit?

Again, what's in your mind is not what is authentic. Emotional range is pretty simple, happy, sad, unhappy, ecstatic, bored, lazy, and so on. Bond through your feelings, be natural to what you feel, you don't have to say everything on your mind. You don't hear a girl discussing with you about how she's thinking about getting married with you after having had sex with you once, because again, that's just crazy crazy crazy. Your mind is not who you are, it's who you think you are. And who you think you are, it's not going to make you happy. So, if you're crazy, be crazy. People can relate. I told my grandmother how much I fucking hate my mother and that I want to kill her, and she could relate to that, not because she agreed but because the emotion I felt when I say it, was the emotion of anger, sadness, grief, desperation, frustration, and she could feel that, because I was authentic, she understood me, she felt something. The only thing that is ever going to fuck you up with girls, is not being yourself, not being authentic. I know guys that tell rape jokes to girls and

sleep with them. Is it because they are trying to be cool? No, it's because that's the kind of humor they think is funny, that's them being authentic, and that is then what the girl think is funny.

What if I'm not sure what being myself is really like anymore?

You will never know who you are, because you are whatever you feel in this moment. That's why ego, or having "ideas" of who you are, always gets in the way of your happiness, because being you is always something that's new, fresh, something creative, something you create, in that moment, which is in alignment with what you feel. That's why people with big egos have boring lives, because they have killed their natural self, and have become nothing but a string of preset behaviors and responses to everything. They have become just a computer program, and have put out the spark of life and creativity that is who they really are.

When you do things like 'not responding when a joke isn't funny' or 'not talking about a boring subject' how do you respond to the inevitable pressure of not doing so?

For instance, someone makes a joke and you don't laugh - sometimes that makes them think you are offended instead. Or, they are telling you about a subject and you don't seem to respond a lot to it because it does not interest you. What if they take that as themselves being a boring person as a result? I have seen these things happen. Then I have to go and say that I'm not offended, I just didn't think it was funny (which makes them think I was offended) OR they are talking to me because they think I am cool but then when they do, I'm like not responding and sometimes that makes them feel letdown.

Also: Are you high right now?

You just wear out the pressure. There is no actual pressure; the only pressure is inside you from your mind trying to make you be fake. You have to sit it out, as time goes on, the pressure disappears more and more, and being authentic becomes more and more easy.

Again, people will rarely be offended. When you say something with no authenticity in it, no feeling

in it, it feels like shit to do so, and you're not really surprised when people don't reply. If you think about it, most people who do not reply to stuff that doesn't interest them, is the people you think are cool. But again, don't make it into a gimmick, it will not work. There are no rules, only authenticity works. They usually are boring, and sure it may hit them a little bit, but it will never make you look bad, they'll usually just assume you're better than them, which as much as your ego might like, don't let them treat you that way, because you will be inauthentic if you start pretending you are their superior, instead of being authentic.

And I'm not high, I have never even smoked weed in my life. I stick to beer, and vodka. Lots of vodka.

So saying

>I feel like I could kill my mother is okay, where as saying

>I feel like I could marry you comes off as crazy and is part of the mind, not the authentic you?

The line seems kinda blurry, can you elaborate a bit more?

Just do this, go with whatever you feel, all the way, no matter what, the only exception is, don't physically harm anyone.

An example

- You know when your friend, disses you in some ego way because he wants to feel cooler than you, and you have no comeback because you can't think of any good reply but you're pissed off?

Just say he's fucking annoying. Be angry, be true to what you feel, release the steam then and there, you don't need a good comeback, just tell him to shut the fuck up, or whatever is natural at that point. I know it sounds crazy for some of you, but try it. If you can't be authentically angry, you can't be authentically friendly.

Your only responsibility is to be yourself, and people will respect you for it. And the greatest mind

fuck of all is when you treat someone like shit, and he respects you for it. It's weird as fuck, and that's why I say, don't believe any of this, TRY IT, get EXPERIENCE with it.

OP, I like where you're going with this, and your concepts are interesting. Really, all you're instilling in people is confidence. Confidence in their actions and their feelings. Confidence in feeling insecure (however stupid that sounds) and confidence in being themselves. And that's great; just don't say that confidence is BS. Confidence gets you everywhere in life. Confidence is key; don't let anyone tell you otherwise.

Confidence is only good if you're feeling confident, and since everyone's trying to feel confident, being insecure, or other emotions, usually have much greater impact, because it connects much deeper with someone, because it is more real. Confidence is always temporary because nobody is ever happy with themselves all the time, so whenever someone feels confident, most people are just wondering what they are really like when they are not riding on that emotion, plus a girl will always try to make you reveal who you really are, and will eventually push you into a part of yourself where you are not confident.

Of course the word can be used with different meanings, but accepting yourself in every emotion by BEING yourself in every emotion, is also a kind of confidence you could say, but your weaknesses are infinitely more attractive than your strengths, because your strengths make other people feel inferior to you, while your weaknesses make other people feel that they can drop their guard and be themselves around you. A very, VERY attractive way of being.

I usually run out of things to say when I first start talking to girls. Are you saying I should just awkwardly hang around them and/or ignore them after the conversation runs out?

You're probably saying things you don't want to be saying in the first place, so first of all, say shit you want to say, ask them questions you want to know about. You're probably running out of things to say because the conversation is boring the shit out of you too.

Ask her something you can relate to; tell her whatever communicates who you are in this feeling in this moment. Talk something real with her. Be real, connect.

So your advice is to walk up to a girl at a party and tell her you feel really insecure about your body and that you'd much rather be at home working out? Motherfucker I need advice on how to be LESS spaghetti, not MORE.

Your spaghetti disappears once you get comfortable being in it, feeling it and accept the feeling of it. Then you can get laid even with spaghetti falling out of your sleeves, and when that happens, it disappears because you are no longer fighting it, and whatever you don't fight in yourself, disappears.

My girlfriend has depression, and as result feels sad a lot, is it good for her to embrace these sad, self-defeating feelings. To the point where she just cries all day?

I feel like her being on antidepressants isn't really her, even though she is so much happier and it's a chemical imbalance in her brain causing this.

To get out of a depression you usually have to go through the pain that is pulling you into the depression in the first place. However, if you are not actually going through the pain, and just thinking about it and crying, you are not getting anywhere.

So tell her that she has to actually face the pain, the sadness, go through it, no matter how much it hurts, and when she gets out on the other side, it will be gone. I was depressed for 3 years some 6 years ago, and that was how I got out of it.

Depression is not a chemical imbalance in the brain or negative thoughts or anything like that, it's old emotional pain from previous life experiences + childhood pain that accumulated to such an amount that it no longer can be ignored or suppressed, so, you have to go down in your shit, go through it and feel it all, which was what she didn't do when she originally suppressed it, and once she's felt through it all, it will be gone. She will probably cry and be uncomfortable while she goes

through it, but once she's gone through one emotion, it'll be gone forever, and it shouldn't take more than a week for all the pain to be gone and she no longer had that pain "pulling her down" into the "dark hole". What doesn't help however, is just mentally masturbating over how sad everything is, and AVOIDING feeling the pain and just crying. She has felt the emotions she once chose not to feel by pushing them down instead.

When you meet a girl just how many authentic questions do you feel compelled to ask? "You wanna fuck?" seems like the only genuine one and after that you got nothing to say.

"How are you doing?" or any of the filler talk appears non-essential so the only time you end up opening your mouth is for the primal shit anyways.

Find out yourself. And I'll bet you, just talking to her you won't actually just want to fuck. You can fantasize about someone, but when you start talking to them, you get to know what they are really like, and you might find you aren't even attracted to them, but if you are, if you like her "vibe" or personality, you'll find something to say, or maybe you'll just enjoy hearing her talk, but something will be there. Try it

Heya Thor, Aspiring novice /fit/izen here, was wondering if you had anything on willpower. See, I want to go about bettering myself, but frequently find myself not wanting to do workouts/talking to people ect. if it would be an uncomfortable situation. Beginner logic says according to authenticity; "I don't feel like doing this, and therefore won't do it." but that can't be the answer. If a person doesn't push themselves they don't grow.

So how does willpower factor into the equation?

It doesn't, authenticity is about letting go, not about contracting your anus, which willpower is about.

Let's say you wanted to get in shape.

The willpower approach: Force myself to do some shit I don't like.

The authentic approach- Do I feel like doing something with my body? Sure I do, I have too much energy and my body is restless. Cool, I'll try out some different sports, lifting, etc. until I find something I enjoy, something that has nothing to do with willpower, so I can just enjoy myself and get into shape as an afterthought.

Willpower is for people who are not wise enough to achieve their goals effortlessly. It's like inventing a sail for your boat and using the wind to get where you want, instead of rowing yourself into an early grave.

Wont going through the emotions, cause people to spiral into deeper depression and may eventually lead to suicide, if they don't start to try to analyze themselves and try to get rid of the bad thoughts?

No, although that's a really good question, since most people use that as an excuse not to do it. But going through the pain makes you comfortable with pain, you settle the score with it, become master of it. You conquer yourself.

From experience it just lingers until something distracts me from it, and then it comes back, I've tried to embrace it and let it out but nothing changes, why?

It takes time, sometimes you can't get the whole thing in one run, but basically, you have to go into it, feel it, focus your attention on it totally, almost as if you accepting it, absorbing it, or digesting it slowly, and just with it until it disappears.

Also, to anyone who wants to live more authentic, you are free to have my skype, facebook, gmail, whatever and i'll gladly talk to you about it and help you along the way.

I had no-one to help me along the way, and it was very, very hard at the beginning, i'm 25 years old now, and most of them were wasted being fake.

My skype is Zeniues, anyone who wants to chat at any time, just write to me there. It's authentic to me to talk about authenticity, because it's my own personal experience, so I will always enjoy talking about it, discussing it.