

The Four Elements of the Sex God Method

The Four Elements of the Sex God Method system are:

**DOMINANCE
EMOTION
VARIETY
IMMERSION**

The Four Elements together are referred to as **DEVI**, with each Element being represented by its first letter.

The DEVI model is the core of The Sex God Method.

Read this chapter carefully, because it will totally change the way that you think about sex.

DEVI incorporates the Four Principles of Sexuality, especially the first one, Psychological over Physical Stimulation.

The first Element:

DOMINANCE

Dominance is the foundation of all male sexual power. As explained before, the desire to be dominated by an alpha male is one of the deepest desires of every woman. In the absence of Dominance, there is no sexual excitement.



Females crave Dominance; it is your job as a man to give it to them. This is easy to know logically; it is much harder to incorporate it into your core unconscious belief system. To illustrate the importance of Dominance, think of some types of men that women find attractive. Dangerous guys. Guys with power. Military guys. Athletes. **Behind virtually every attractive man, you will see a core of Dominance.**

Not only is Dominance important, it is fundamental. This means that, a base level of Dominance is required to achieve success in the other three sexual Elements. For this reason, Dominance should be the first area of focus if you are a sexual novice.

The way in which I discovered the importance of Dominance was through one of my first girlfriends. I had slowly been getting more dominant and realizing that girls were turned on by dominant guys, but the real breakthrough came one day with her in bed. We hadn't seen each other for a while, and she was horny. That night we went out to a club together. She wore a skintight black dress, with black heels that screamed "fuck me." We spent the night drinking and dancing together, with her rubbing her ass harder and harder against my crotch as we danced deep into the night.

When we got back to my apartment, I was so turned on I couldn't control myself. I kissed her roughly, and threw her down on the bed. To my surprise, she didn't protest, she loved it. I jumped on her, and starting treating her more and more roughly. I slapped her ass, I fingered her roughly, I put my dick in her face and told her to suck it. At every point I



expected her to tell me to stop, but every time I treated her more roughly, she got more turned on. She was talking dirty, and this girl was the master of talking dirty. At one point while I was fucking her from behind, she panted “Fuck me Dan, make me your bitch, make me scream so that everyone knows that I’m your bitch.” And I did. I railed the shit out of her doggy style for half an hour, and afterwards she told me it was the best sex she ever had. It was the best sex that I had ever had too. We both passed out afterwards, exhausted and sexually fulfilled.

The funny thing was, the next morning she woke up and noticed that she was bleeding from her vagina. I’d fucked her so hard that I’d ruptured something internally inside her, and she was in serious pain. Obviously, I’d fucked her way too hard for it to be physically pleasurable by itself. What I did to her would have been incredibly painful had it not been during sex. Yet, because she had the psychological stimulation of being dominated, she couldn’t even feel the pain at the time. It felt intensely pleasurable.

Now this is an extreme case, but it did teach me a couple of important things. First, that Dominance is a huge turn on for women. They need it and crave it. This girl was unusually sexually uninhibited and could say it to me. However, most girls are too inhibited to ask for it or even know consciously that they want it (even though they do).

Secondly, it taught me the importance of psychological over physical stimulation. Even though that night I had provided horrible physical stimulation to the point where it should



have been painful, the psychological stimulation I provided was so good that it overrode the physical aspects.

EMOTION

I have been in many different sexual relationships. Some of these relationships were simple one night stands, some were friends with benefits arrangements, some were exclusive relationships, and some were open relationships. One thing that I have learned is that the sex is always better in relationships with an emotional investment.

This is because sex and Emotion are deeply intertwined. I have found that the more intense the emotions before and during sex, the more intensely pleasurable and satisfying the sex will be. This is true for men, but it is doubly true for women because they are capable of even greater emotional highs and lows than we are.

My major breakthrough in this Element came with my current primary girlfriend. We'd been steadily getting more emotionally involved with each other over time, and in a moment of peak sexual arousal she let an "I love you" slip. At the time, I didn't respond, because I had been taught by others not to tell a girl that I loved her.

The problem was that I knew I loved this girl, and it intuitively felt wrong to hold it in. I decided to throw caution to the wind, and tell her that I loved her also. Of course, I did this during sex.



Holding her tightly against me and looking into her eyes, I asked her how much she liked me when she was almost about to cum. “I like you a lot,” she managed to get out, as I fucked her slowly. “No,” I said, “that’s not what I’m looking for. How much do you like me?” I had to ask her this seven or eight times. I knew she wanted to tell me that she loved me, she was just afraid that I would freak out. Finally, with a combination of verbal coaxing and deep thrusting, I got it out of her; “I love you,” she finally whispered.

“I love you too baby,” I said as I looked deep into her eyes, and started fucking her harder. She became so emotional she started crying, and she came like I never saw her cum before. This showed me clearly how strong emotions can intensify sex. While sex with my “friends-with-benefits” had not been bad, it had been shallow and unfulfilling. By adding strong emotions to my sex life, I was on a whole new playing field. This experience showed me the power of positive emotions during sex, but I have also had experiences which showed me that negative emotions also heighten sexual pleasure. Using these emotions for sexual purposes can backfire and is not for beginners, but in the right hands, negative emotions are just as powerful as positive ones.

In all your sexual relationships, you should work to heighten your partner’s emotional investment in you. This will intensify and deepen all your sexual experiences together.



VARIETY

When I consciously made the decision to become better in bed and develop my own system for sexual mastery, I did a lot of experimentation. Some of the stuff I did was amazing. A lot of it was crap. But, there were many things I did which really weren't extraordinarily bad or good in and of themselves. When I first tried them, the girl would respond strongly to them. But, when I repeated these techniques over the next few weeks, the girl responded less and less each time.

For example, the first time I fucked a girl with people watching was amazing. I intentionally left the door to my bedroom open, and my roommates each walked by and watched this girl give up her pussy right in front of them. I decided that public sex was the best thing since on-demand porn – I was never closing the door to my room again! But after I did it a few times, it began to lose its appeal. For one thing, my roommates didn't take as much interest in seeing me having sex the third and fourth times around. But more importantly, the girl herself began to like it less and less, to the point where she asked me if we could just close the door.

From this, I learned that **too much of a good thing is a bad thing**. I learned that Variety, the third Element of sex, is critical for sexual satisfaction. Variety is the reason why we expend so much effort to fuck a bunch of different girls, when we could get as much or more sex from one girl if we were monogamous. It is also the reason why a lot of sexual relationships get bland and boring over time. While having lots of partners is a way to achieve sexual Variety, it is



certainly not the only way, nor is it the best way. There are many ways to achieve Variety within a relationship, even a monogamous one.

I realized that what you want to remember in any sexual relationship is to always mix it up on every level. Sometimes you want to provide intensely dominant sex, sometimes intensely emotional. Sometimes you want to do lots of foreplay, sometimes you want to do none. Sometimes you want to make love to her gently, sometimes you want to make her sore for the next three days. By continually mixing it up in these and many other ways we will discuss later, you can keep the sex in your relationship fresh and exciting for a lifetime.

IMMERSION

Before I was conscious of the Four Elements of sexuality, I would at times notice that sex with one girl was inexplicably better for me than sex with other girls. This was not related to how physically attractive the girl was, and sometimes not even to how much Dominance, Emotion, or Variety we had in our sex together. For example, early in my sexual development I had a friend with benefits arrangement for a few months when I hooked up with another girl I met in a nightclub. In my mind, I knew the club girl was hotter and better in bed than my friend, but somehow the sex with her wasn't as good. At that stage in my development, I needed a lot of comfort and was unable to let myself go fully with new girls.



Later on as I became more sexually experienced, I noticed this same phenomenon in girls. Even when I did everything else right in bed with a girl, it wouldn't work because she couldn't let herself go and just enjoy the experience. But later on in the relationship, when we had more comfort and trust in each other, the sex got much better even though nothing else had really changed.

From this I learned the importance of the fourth Element of sexuality: Immersion. **In order for the sex to be good, both you and your partner have to be able to let yourselves go.** You have to let go of all logical thoughts and exist solely through feelings, Emotion and desire. You need to have complete stillness of mind with no disrupting thoughts. This is easy in theory, but in practice it can be hard to just shut your brain off if you are not used to doing it.

The biggest causes of disrupting thoughts in bed are insecurities and worries. In the Sex God Method you will learn ways to minimize these disrupting thoughts. For now though, it is enough to know that Immersion is the absence of disrupting thoughts during sex, and the absence of inhibitions of desires and emotions.



DEVI GRAPHS – AN EASY WAY TO UNDERSTAND THE SEX GOD METHOD

The Sex God Method is a dynamic system. The basic idea behind it is that all Four Elements are critical to sexual mastery. Although there is a usual order in which to escalate the Elements, it is possible to escalate them in any order or combination.

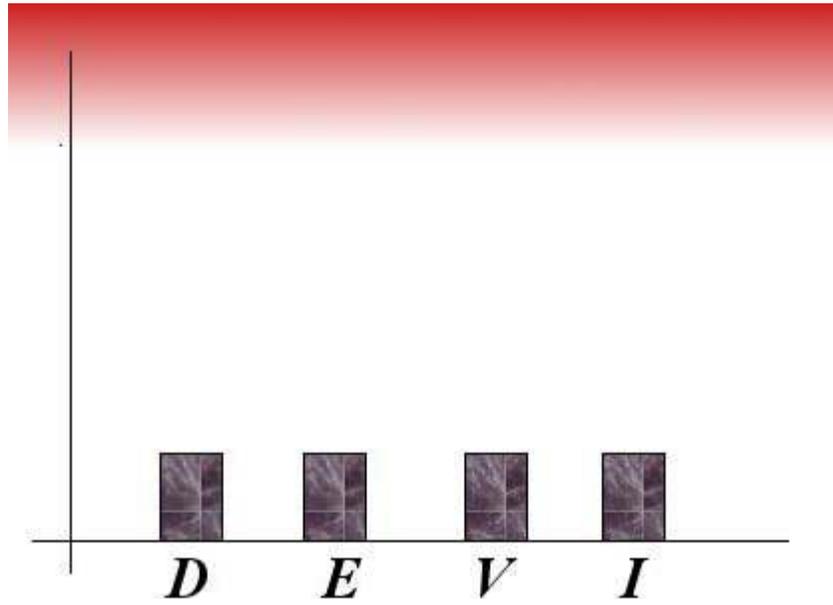
A guiding principle to use when modeling your sexual encounters with DEVI is that of the weakest link. **This principle states that if any of your sexual Elements is substantially below the others, the quality of your sex will be limited to how much progress you have made in this Element.**

Later on, you will learn when you can break this rule and make your sex temporarily unbalanced in the short term, but in the long term you want to escalate each sexual Element in a balanced way. To improve yourself in bed, reflect on your behavior and determine which sexual Element you are weakest in. Then, concentrate your efforts on improving this Element.

To describe sexual situations in terms of the Sex God Method, this book will often use bar graphs. In these graphs, D will stand for Dominance, E for Emotion, V for Variety, and I for Immersion. In each Element, the higher the bar is, the more appeal the person or situation has in that Element.

For example:

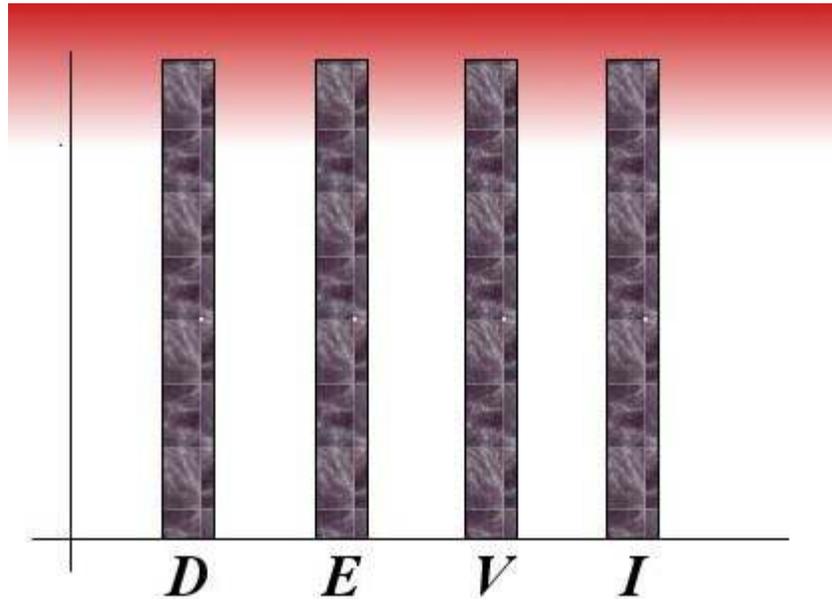




A bedroom novice.



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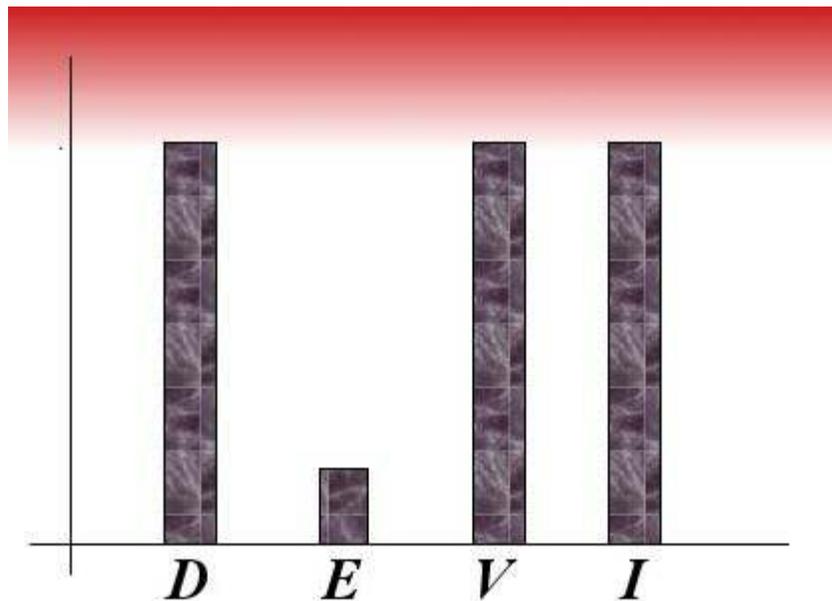


A theoretically perfect sexual master.



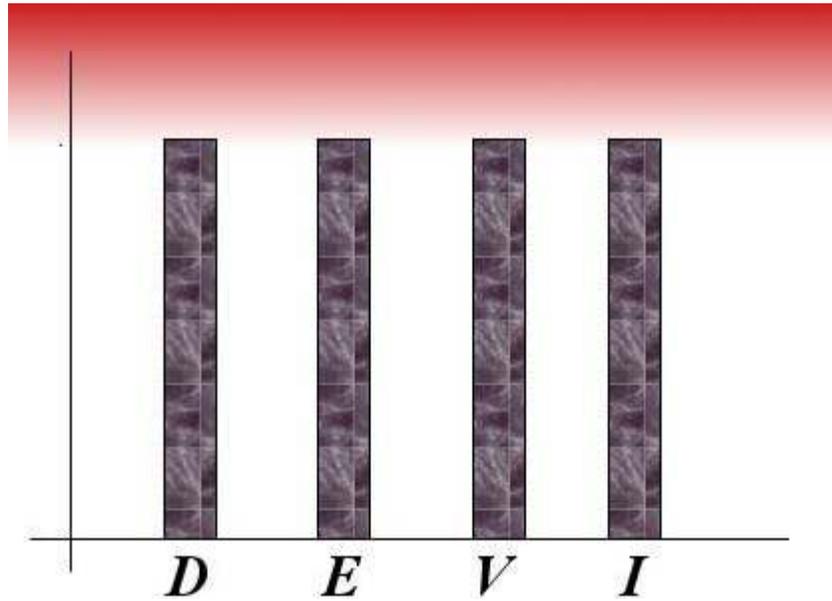
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Let's go back to our archetypes of bad sexual lovers from Chapter 3 for a moment, and diagnose their problems through DEVI graphs. Recall, The Emotionless Robot, who does everything else right, but is unable to feel strong emotions or evoke and sustain strong emotions in the girl.



You can see that his graph is unbalanced, with Emotion being the weak link. In this case, becoming more skilled in the other Elements won't do this guy any good. If he wants to become better in bed, he should concentrate on injecting more Emotion into his sex life.





This will balance his graph, and eliminate the weak link in his DEVI chain.

[Find Out Why 97.4% Of Men Suck In Bed](#)



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