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Secrets Of
A Loving,
Committed &
Unbreakable
Relationship

CARLOS CAVALLO

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BONUS 3: Bedroom Bond - 1

Welcome to Bedroom Bond, what I'm going to show you in this bonus program is how to really give him the kind of pleasure he wants as a man, and I'm talking about the kind of things that really not just your typical bedroom tricks that you pick up from some issue of Cosmopolitan.

Because to be quite honest, you need to understand that those magazines are in the business of selling you more of their magazines, so they're never going to give you information that will allow you to just go, "Oh okay, I know what I needed to know. I don't need to buy this magazine anymore."

That's not their purpose in life. They're trying to get you to come back for more, so their advice can be, let's just say, less than substantial.

What I'm going to give you here are the substantial tips you need to make a man just understand on a very deep level that you get him sexually. This is something that a lot of women understand is a fundamental part of a strong connection in the relationship, so let's get right into it.

Number 1: More exciting than a one-night stand

First of all, more exciting than a one-night stand. You want to be more exciting than a one-night stand, don't you? You want to have that level of intrigue and desire about you that makes him understand that any other woman would never be able to give him this.

Sex is a great opportunity for you. As a woman, it is an awesome opportunity. So first of all, learn what he likes, so you can give him exactly what he likes every single time.

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In a relationship, you have a very wonderful opportunity. You have the time to get it just right through practice. You can do it over and over and over again, fix and tweak it and make it better every time.

You can also try new things to enhance the pleasure. As you gain trust in your partner and trust in each other, you'll be able to try different things, new things, and really strike on the winning recipe, if you will, of pleasure that really gives you both what you need in the bedroom, so another woman simply won't have this chance to know his secrets like you do.

And not that it would ever get to this point, but a lot of women have discovered that even if their men have straight or entertained a notion of maybe leaving the relationship, when they realized that a new partner brings with it a whole bunch of baggage.

The novelty is one thing, but the reality is this woman won't have any understanding about him, won't know his body, won't know what he likes, what he doesn't like, won't have a comfortable rhythm with him, won't have any of the things you do, and that alone is enough to keep many guys faithful.

Just knowing that, "You know what, I really have it pretty good right now. We've cultivated a good sex life, and I don't need to stray just for the novelty because I'm treating that up a little bit, yes, but in the end, I'm getting much more," forget my pun, "than I would if I look at another relationship with another woman. I'm getting so much more because we've grown together and cultivated this together."

You become comfortable. It becomes much better, the sex actually does get better, and very few women take advantage of that dynamic. Another woman doesn't have the chance to learn all the secrets and know his secrets like you, and very few women actually take advantage of that. They don't make the effort to make him extra satisfied during sex.

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Maybe just satisfied seems to be enough, but really, extra satisfied, that's the zone of he's going to be totally addicted to you and entranced by you and he will do anything to stay with you, and that leaves the door open for him to look elsewhere for satisfaction, which is something, of course, we never wanted to do, or you never want to do.

So if you don't satisfy him sexually, what's the penalty for that? Well, I think I've made that clear already, but a one-night stand will still seem intriguing to him. It will still be intriguing to him.

What we're trying to do is take away the allure and the possibility that it's worth it to him in any way to stray off. It's another way of keeping him very cheat-proof if you will in the relationship. He may actually start to see your sex life as an example for your whole relationship if you don't satisfy him sexually.

What do I mean by that? It will mean, first of all, that you aren't worried about his satisfaction in bed. What does that mean to him? That's not good. That's not a good sign of a connected loving partner. He'll start to see other examples of you not caring about how he feels.

I'll give you an example. Let's just say he's had a long day at work, and I'm using kind of a traditional 50's kind of situation here, but let's say he comes from a long day of work, and you happen to get home first from your job.

You've got a lot of energy. Maybe you've been working part time or full time, but it's less stressful for whatever reason. Maybe your job is a little less stressful than his, and you've got the extra energy when you get home, but you don't make dinner for him or you don't attend to him after a long day at work.

Or another example might be just not letting him watch what he wants on TV. Maybe taking away some of that or distracting him from his leisure time. In short, the poor sex life will make other little annoyances like that seem like very big problems to him. It will distort other seemingly small things.

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An incident like this, like not making dinner for him or not noticing his stress level in some way and doing something about that, that will seem a lot bigger than it has to, and he'll focus on it a lot more.

It's the same thing with the little micro incidents of maybe not watching what he wants on TV or asking him to stay home when he was planning to go out with some friends, or those things that he wants to do to attend to himself because guys also need to kind of nurture themselves a little bit.

What will happen is it will reflect in your sex life because he'll will have that little undercurrent of "Ooh." That little sensation of "Gee man, what the hell? This sucks." He's going to have that going on instead of "Oh, you know what, she takes care of me, I'm going to take care of her."

That's called goodwill, and goodwill is something you have to breed and something you have to nurture within your relationship. So it goes without saying, if you don't satisfy a man sexually, it's going to affect the rest of the relationship, not that it wouldn't if it was the other way around, but it is definitely a very key focal point for men.

He will use that as something to find or pick at to kind of highlight other areas that he's not satisfied in the relationship, and that's not the kind of magnifying glass you want to have on your relationship with him.

The bottom line is, again, men need sex on a biological level. It's simply the way we are constructed. It has nothing to do with right or wrong, that he is an unfaithful creature by nature, or any of that. It's a very simple drive that can be taken care of very simply. He's hardwired to be a sexual creature and to procreate as often as possible.

The males of any species, if you want to talk about this in a very scientific terms, the male of any species is hardwired and set up in such a way to mate with as many females as possible to ensure that his offspring survives. If he's successful, then he gets to win the genetic lottery, and he gets to pass on his genes to the next generation.

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Because to do so would require a man with some savvy, some skills, some finesse, and in the animal kingdom, power. Now, that indicates that his genes would be worthy to go on to the next generation, to put it in a very bland scientific terms.

So you have to work with his inherent desire for sex. You can't work against it. You can't fight it. It's not going to change. No matter what you may want, you can't say, "You know what, I wish it would just stop raining on Thursdays. It's just the one day of the week I don't want it to rain. It shouldn't rain on Thursdays."

Well, that's a totally irrational request to make of the universe, much less the meteorological situation of our planet. You can't do it. It can't be, but we do this kind of thing all the time with our expectations of men in how they are. He is going to be the way he will be.

The reality is, if you don't work with his desire for sex, somebody else will. Somebody else will take care of what you won't, and like it or not, whether he deserves it or not doesn't matter. He simply must have this part of his life taken care of.

So back to basics, before and after basics. A man wants you to make the first move sometimes. This is really important. I see this even in my own relationship. It's something where I'm like, "Hmm, you know what, I feel like I'm taking all the initiative here. I'm the one who's expressing the sexual desire, and I need that expressed to me too so that I feel desirable and adequate as a man."

So we want you to make the first move sometimes. Guys expect typically to initiate sex. We just kind of get used to that, but he also wants you to surprise him sometimes, to take the lead, but don't just simply jump on him, it takes a little bit more finesse.

It takes a little bit more thought and careful application, but it's not hard. You just simply lead him a little bit, and here's how you can do it. You know what, pop out naked sometime when he doesn't expect it.

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Usually when you get ready to go to bed, you guys read your iPads, you go through your latest apps and news and you share some stories. You know what, when you usually walk out of the bathroom in your little nightie, for once, come out naked.

After you shower is a great time to do that or when he's sitting in the living room watching TV, and I'm assuming the situations are when you don't have kids together or anything like that, but just unexpected situations.

Make sure, of course, that he's not watching something important. Don't go popping naked out of the bathroom when he's watching the Super Bowl, especially if you have friends over so don't do that. Make sure you time it right.

Timing is a lot of it too. Sometimes women come to me with problems and they did the right thing, but their timing was really bad. They just kind of neglected to pay attention to the fact that they've set themselves up for failure by not timing it correctly.

Warm him up when you're out somewhere. When you're out in public, whisper something dirty in his ear. This is a very simple thing that is very effective, and I realize some women are a little embarrassed by it, but you've got to be able to go here to be real to kind of cut through all the BS and really express your sexual desire.

Saying something like, "You know what, I'm wet right now. Let's head to the bathroom." You don't have to actually go through with it. Whatever you decide to say or whatever you're proposing, you don't have to actually go through with it.

Of course, you should be prepared in case he decides to yank you to the bathroom, but you have basically just planted sex in his mind. That's the goal, and it's all the better if you can do it in a situation where you can't act on it, where you can't do anything about it at the moment. That's fine, because it will build up that sexual tension.

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The key here is to keep escalating with these whispers throughout the night, and get him a little bit hotter each time. It's a good thing that will basically just drive up the buying temperature, if you will, and give him that anticipation.

Even a nuzzle on his neck or ear as you pull away, and I mentioned this in the other part of the program, that's a great tease because what it does is it sets things up for "Oh my God, I want you, but we can't have each other right now." It's the old "oh we can't, we mustn't," as she's of course acting very into it.

So the number three thing you can do to take initiative on this is what I call the hot dream trick. Hot dream trick is a great way to get him to respond to you. Basically wake him up in the middle of the night or even in the morning. Be naked when you wake him up, and tell him you had a hot dream and you just can't get back to sleep.

Of course, just let it progress from there. Trust me, it will progress from there. It doesn't take much, and you can insinuate that the dream, of course, is about him or you and him, but in some way, it should be about him, and that way he associates the fact with, "Wow! She's having dreams about me, that's pretty damn hot. That's cool."

It's not a secret, men love oral sex, and so do women. Tease him about it before you actually do it, maybe even mime the act a little bit. Make a lick on a piece of food or even just on the air while you're out at a restaurant and just give him that little wink, wink at him and then push your cheek in and out with your tongue, that little gesture about a blowjob.

That sort of thing can actually really turn on a guy, and that's what he wants to see. He wants to see that you're thinking about sex independently because most guys do have the experience that most women appear to never think about sex until sex is actually happening.

In some cases this can actually be true, but not in the way that he expects. So get more aggressive, grab his belt when he walks by. Undo the belt and

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wink and walk into the bedroom. Kind of give him an idea of what's to come, "You know, come on, let's get going."

Or drop to your knees right there and look up at him. That, by the way, is incredibly sexually powerful to a man. It's like you're saying, "I'm submitting to you. I worship you, and this bulge in your pants is everything I want right now."

That's really sexually validating to a man. That's why you may see this happen a lot in porn. I don't know if it's a big trend or fad, but one of the big categories, if you will, in porn is this thing called POV. POV stands for point of view.

What it means is the camera person in this particular form of porn will use the camera from a man's point of view. I don't know if it's mounted on the helmet or how the heck he's holding it or how it's attached to him, maybe it's like stickered to his forehead, but it gives the person who's actually watching the porn the point of view of being the guy in the movie.

Because, first of all, no dude wants to see another dude having sex. It's really not what we want. What we want to imagine is us being the one to have that sex, and that's why that particular looking up at him from being on your knees in front of him works so well. You'll see that in a lot of porn because it's one of the common themes.

You'll see themes appear in porn that will tell you about what men's desires really are. When you see something repeating and happening more than once, it's because it's a common theme with men.

Hygiene, a little quick statement on hygiene, the obvious stuff is obviously keep things clean and obviously it's sometimes you can't control when things happen so you just have to do your best.

But you know what, duck into the shower before sex if you need to, or do the old what I called the baby wiper thing, which is have baby wipes around the house, in the bathroom.

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Even if you don't have kids, have them ready. They're great for freshening up, depending on what you did in the bathroom, and they also are great for a quick cleanup before you have some intimate contact.

Think of it like this, keep yourself groomed like you did when you first started having sex with him. Whenever I say that, women kind of smile and nod their heads like, "Yeah, I know, I know." Because it's one of the things that very often they don't do.

Whereas like guys, while we don't typically groom a lot there, although manscaping has become a lot more popular, we often don't, period, and we just need to be introduced to the concept.

But it's the same sort of thing, we often stop focusing on the things that are really important after a while because we assume, "Hey, we got the person, we don't have to work as hard." That's not true, by the way.

You can even get a wax to surprise him, like a complete wax, and no matter what they say, all guys are at least intrigued by the lack of pubic hair. It's not that we're trying to be creepy and imagine that you're, let's just say, too young of a girl.

That's not what it's about. It's just different. It's very bare, it's very revealing, it's very sexy in its own way, and it's just something quite honestly just different. In most cases anyway, it's not a creepy factor. I'm going to leave it at that. He's not going to complain. He's not going to complain about it, and it's a nice change every once in a while for him to get that. I don't know, but it's a little bonus.

Talk about sex afterwards. Do a little debrief. Tell him what you liked about what he did. It's very important, especially if you tried something new. Try to pick out a specific detail of something that you enjoyed.

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What this will do is it will give him confidence because it will stand out. He will remember this for next time, and guess what, he will repeat it, so make sure you're very specific and make sure it's something you really did enjoy.

Ask him if he liked something that you did. Have a specific thing picked out that's maybe a little different like, "Did you like that position, that thing I did with my tongue, where I put my fingers?" Whatever it is.

Always end with a promise of something that you're going to do next time. This is really a great technique that is much more beneficial than you might imagine. There's an old saying, it comes from show business. It goes basically, "Always leave them wanting more."

Now, what that does is it sets the other person up for basically wanting to get back together with you again, and that it's going to keep you in his mind. It's what I call a crystallization, that's the planting a seed in his head that you know is going to grow.

That thinking about you is your best bet to build up love, attention, attraction, affection, all the things that are positive and lead to everything from commitment to marriage, and even to the point of basically cheat-proofing your relationship. Keep him thinking about you.

You'll also notice that comedians do this sort of thing. How does a comedian end their act? They never end on a lame joke. They always wait until they have one last big joke, and what do they do? Right in the middle of them starting to laugh, they say, "Goodbye, it's been great being with you guys."

They end it like right there when everybody starts to laugh, so there's no change for anybody to be associating the downhill slide of a laugh with them finishing their act. They finish on the high note, or actually just before the high note, so that, what, you want more, and you're left with that association. It's consistent every single time.

Watch the comedians on *The Comedy Central* specials, and you'll see this happen every time. That's how comedians end their act, and there's a

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reason, because psychologically it sets us up to like them and to want more of them.

What do men really want you to do, but they don't tell you to do? Well, first of all, he likes it when you make noise. It's a turn on and it's a sign that he's pleasing you. It's feedback that he desperately wants and rarely ever gets, so he wants you to make noises. It's also good for his confidence because he knows he's being effective.

An easy way to teach him what you like is by giving him a couple of extra moans. In other words, when he does something good, moan or make some point of it. Make some sort of sound that lets him know, "Hey, guess what, you scored there. Do it again." That's what he's looking for. It's kind of an audio reference point.

If you can't be too loud because you've got kids or neighbors or whatever, you're living with roommates, whatever the situation may be, use positions that allow you to moan softly in his ear.

You can get very close. You can put your lips next to his ear and there you go. You can give the audio feedback without having to be loud. Or you know what, do it in the morning after the kids have gone to school, but find a way to do it. This is where you'll either work towards it or you won't.

He wants enthusiasm and passion. It's very important. That's the reality, he really wants enthusiasm and passion because that tells him it's real. He's dreading the day when sex will actually become a chore for you, and that's what he doesn't want, or a chore for him.

Show him that day won't come. That's what he wants to know. That the one thing that won't is that day that the enthusiasm and passion and the sex will just go down the tubes.

Do everything with enthusiasm. Show him your enthusiasm. Take charge if need be in the bedroom. Switch to a new position. Flip him over on his back or push him into a new position, do something like that. It's great, he'll love it.

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Surprise him if he seems disinterested. The easiest trick is, first of all, leave the bed. Just get up and walk over to a chair or table or whatever, and then backing him over, bend over it or put yourself in any position and have him come to you. That's a great way to kind of break it off and drive up his attention, his attraction and his sexual desire.

Don't forget to kiss on the mouth, and again, no kissing is one of the first signs that you're actually getting bored with each other so watch out for that. No kissing is a warning sign of some issues there, so you've got to watch out for it. Make sure kissing is in there.

Maintain eye contact to show him that you're actually enjoying yourself. An example is just to look up and smile at him when you're giving him a blowjob or when you're doing something else with him, just give him an eye contact that says, "Wow, I am totally into this. This is so cool."

It shows him that you're really into it because, again, most guys are suspicious of women's sexual desire. We want to know it's for real, just the same way you want to know if our feelings for you are for real.

He wants you to know his fantasies, but he's actually afraid to tell you what they are. It's usually for afraid of being creepy or whatever. Not because he's shy, he just simply doesn't know how you're going to react, and he doesn't want to be looked at or thought of as weird or creepy or whatever.

So get him to open up. First of all, realize he is a man, a man thinks about sex a lot. It's wired into us. I'll say it again and again, this is DNA, this is biology. You can't change it, it always will be.

You can't change it, but you can work with it, and yes, absolutely, he thinks about having sex with women other than you. He just thinks about it. It doesn't mean he's going to act on it, but he does think about it.

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If he's comfortable with you, he may even admit this, and it will come out as some sort of three-some fantasy or something like that. Just be aware of it and accept it. If you're going to get emotional and feel threatened by it, that says more about you than it does about his feelings for you in reality, because all men feel this and actually relatively a few ever act on it.

If you look at the percentage of times that men think about having sex with another woman and the actual times it actually happens, it's an unbelievably small number. It is such a small number that it's almost not worth mentioning.

But again, it's hardwired into a woman to think of that as being a threat to your relationship because that's one of the little ways that the crack might be explored to be broken open.

Like if there's a crack in a wall, it starts with that crack being chipped away at until the crack becomes a huge hole, and then it becomes divisive and then it actually means the end of the relationship.

Well, that's a justified perspective of what could happen, but the reality is actually quite different. The more you attend to that crack, the less likely you don't need to. Let's put it this way, just be aware of his nature and if you can accept it, that's actually more attractive.

If a man had a choice on two situations:

On one situation, you had Woman A who was very insecure, very conscious of his mental infidelity, if you want to call it that, I really can't, the fact that he thinks of other women and she lets it get to her and she gets jealous and she lashes out at him and makes snarky comments.

Then Woman B who basically goes, "Oh yeah, do you think she's hot? Yeah, she's pretty hot actually." And then she goes about her business, and actually she's not even bothered in the slightest about it. Deep down inside, Woman #2 is very, just instinctively, gut-level more attractive to us, that attitude is the essence of female independence and security.

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It's that confidence level that we're looking for in a woman that says, "I realize how you are, and I accept it. It doesn't mean I always like it, but I accept it. I'm not going to get all emotional about it because I know I've got options too. As much as you think about wanting to have sex with other women, guess what, I could easily have that much sex with other men in real life. So I've got the better side of the deal." It's kind of true.

If a man says he fantasizes about other women, it's actually a good sign. That means he's actually being honest with you. He's totally honest with you and not afraid of your jealousy or your mechanisms that you might get and jump in and say, "Oh-oh," and then have you freak out. He's not afraid of the freak out.

That's a good thing. That's actually a strength of character in a man that you want to have. You might think, "Oh, it just shows he's insensitive to my needs." No, not really. It means he gets it. He understands, and he's trying to be honest.

So again, he's a man, so getting to open him, number one, share your fantasies with him. Don't hold back on the wildness ratio. It's something I talk about. It's basically get as wild as you want with what you tell him because he has wild fantasies too. He will measure what you tell him and will tell you what he thinks are equally wild things.

Think of it as a one-to-one ratio. A man will match you for each one of those things. If that's what you want to get to and that's the information you want, just get as wild as you want, and just remember, he's going to measure what you tell him and match it with his own.

The number one rule here is that this has to be from your imagination. Never tell him about something that an ex did that really turned you on or something happened in the previous relationship. It's not cool.

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Or if you do tell him, leave your ex out of it and just tell him it's something you want to try. He doesn't want to know anything about your sexual history. Men are threatened by that, so leave it out. You can just leave it out of the equation.

Number two is experiment. Again, you can take the lead here. Tell him you want to try something, and then ask him what would he like to try. It's a two-way street. You want to go back and forth with these things and not make it one sided or leaning heavily towards one side.

The same thing applies here with the sharing of fantasies, he's only going to be as wild as you are. You're not going to say, "Honey, I'd like to have sex in the back of your car by the beach."

And he's like, "Wow! You know what, I'd really like to shoot a porn movie with you and distribute it to all my friends." He's not going to go way off the hook like that. He's going to basically match you on the level of the fantasy.

You do want him to open up and tell you. Don't be threatened by what he tells you. Prepare yourself a little bit if you think you might feel a little bit provoked or a little bit insecure about whatever he says, but prepare yourself in advance.

Number four, in terms of the things he really wants you to do but doesn't tell you, he wants you to keep it real. It's easy to get caught up in trying to be enthusiastic. Overdoing it is just as bad as not doing it at all. Sometimes when we can overreact in the situation.

He really doesn't want you to sound like a porn star saying really wild things. You don't have to scream in unbelievable ecstasy with every thrust. It doesn't have to be like that. In fact, it's really kind of weird and creepy.

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He's looking for authenticity in your response, but don't hold back at the same time, and that's where you get to it. He wants something that's a little more than the usual, but realistic, so just let out whatever your normal sex sounds are. Call out whatever comes to your mind. Say what comes to your mind as long as it's in the moment.

Think of it like an acting exercise that I once did. The teacher basically in this acting exercise tells his students to make a sound for each emotion or action and it has to be authentic. The teacher then turns off the lights and reads off an emotion or an action. The students then strive to make believable sounds to communicate that emotion.

Now, the sounds won't be believable unless the student actually feels that emotion or does that action. That's very important. With the lights out, if you're just listening to it and you're trying to perceive the relative level of authenticity, they've got to make it believable.

Practice this on your own if you want. Try to assume the state of mind during sex where you're genuinely emoting and expressing the physical pleasure and experience you're having physically through the sounds you make. You'd be amazed at what you can do.

Number five, he wants you to be hot. The brutal truth is, of course, that men are turned on by looks. They don't have to be supermodel looks. He sees hot women every single day, and yes, they turn him on. They do turn him on.

But does he compare you to hotter women? Well, yes, he does, or at least he thinks about being with them instead of with you. He's just thinking though. It doesn't mean he's going to act. It doesn't even mean he's ever make that decision.

And guess what, the reality is there is always somebody hotter than us, even if you're a total dish – dish, oh God, that's a dated term, isn't it – even if you're a total hottie, guess what, there's always somebody a little hotter. Even if he's hot, there's somebody that's always a little hotter than him.

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When we realize this or we really understand this on a gut level, it kind of changes the game in how we view other people. We are a little less threatened when we realize the truth that we fit in to a spectrum, and no matter what we may want or what we may think, there's always somebody more or less than us, and that's really kind of the lesson in itself.

So the good news is he doesn't want you to be a supermodel, but he does want you to try, not necessarily try to be a supermodel but try to look good, try to be hot, try to be feminine.

Those two things are very, very important to him, and if you are not trying to be attractive in any way to him or not trying to be girly and feminine with him, you're basically shooting yourself in the foot.

The triple crown of hotness is, number one, care about how you look. Wear a makeup. Even if you're just at home with him, just some on. Dress for your body type. Get as sexy as you can, but don't get skimpy. Get sexy, but not necessarily skimpy. He likes tight-form fitting clothes instead of short shorts.

Make sure you show off your best features. Every woman has something about her body that is better than something else. Sometimes it's your boobs. Sometimes it's butt. Sometimes it's your hips. Sometimes it's your arms or your legs or your calves, whatever it is. Maybe it's your lips, your hair, but use that thing to your advantage.

Sexy underwear, get a few pairs, you need them. They're good to have, and you need to wear it when he doesn't expect it. That's important.

Walk out in your laced panties while he's watching TV or eating dinner, doing something relatively unimportant, or wear it under your normal clothes and then strip for him or let him know, give him a little peek at the thong your wearing to start his imagination, the anticipation and the build up is enough.

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So number one in the triple crown of hotness is care about you look. Number two is keep fit. Yes, not everybody is a model, but he will notice your efforts, you have to be trying. If you're working out and dieting, let him know about it. Let him track your results with you. Let him see that the effort is there because that's all he really needs. It's very important.

Will he still notice fitter women? Yes, he will, but if you're making the effort, he will feel at ease about you and attracted to you. He'll compare you in his mind and think, "Yeah, that's my woman." He will compare in his mind and think that, "Yes, my woman isn't like that, but she's hot enough." And that is all he really needs.

He doesn't need the hottest woman, he just needs you to be hot enough, and hot enough in a man's mind is that you're trying and you're trying for him. That's pretty simple, isn't it?

Number three, let other guys notice you. Don't think that it's a bad thing for other men to notice you or that you're doing something slutty, you're not. You're actually kind of raising the stakes back up and heat level back into the game that may have cooled off for a little bit.

The ultimate measure of your hotness for him is what other guys think of you. Sad to say, but yeah, that's how most guys kind of judge it. If other men think you're hot, he's going to suddenly look at you with new eyes.

He's competitive about women. If other guys give you value for your attractiveness, he will give you more value in his own mind. It will raise your stock value. He will feel more attracted to you as a result.

If you can give away with it, then I highly recommend you sneak a little smile at the guy you made eye contact with and do it in a tasteful way, not in a lewd, trying to tease or lead him on.

THE CONNECTION CODE



You can even point it out to your guy if he doesn't notice it. Just say, "Oh my God, that guy just smiled at me." Don't start a fight, of course, if your guy is the kind that's a little aggro. Be a little aware of that, but hopefully that's not the kind of guy you're choosing.

You can even say hello to a guy you made eye contact with or start a conversation. It's something that my wife does regularly, and I know I'm not threatened by it because I know where it comes from. It just comes from friendliness.

But at the same time, it also kind of gets me going, "Hey, wait a minute here. There's another guy on my turf. I've got to protect it." I know this is not playing fair. But guess what, it will get his attention.

Let me be very honest with you and brutally honest, that if you're going to try and be fair and play fair and be nice for your whole life, you're going to find that most relationships will be a very big struggle.

Most relationships succeed on a certain level of playful energy, and you may interpret that to mean game playing, but that's not really it. It's just a playful, teasing energy that you have that allows things to go a little bit excited or a little bit heat them up a little bit.

It will raise your level of attractiveness in his mind, and that, if you ask me, is the ultimate measure here. What we're trying to shoot for is this one goal however you can get it as long as you're not hurting anybody in the process, and it's win-win, and this is by all accounts a win-win.

So there's the triple crown of hotness, take care of how you look, keep fit which is slightly different, it's the way he sees you putting energy into looking good, and then let other guys notice you because that will be something he notices as well, and it will raise your value to him.

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BONUS 3: Bedroom Bond - 2

So how do you get him to do what you want him to do? How do you get to influence him a little bit in terms of the bedroom?

Well, sex is a reciprocal relationship. There's no two ways about that. You can't expect to just get your own way, you have to get your own way by giving a little bit here as well as the other way around.

So doing what he wants during sex will seem much easier to you in this case. If he knows what you actually want, that's going to be a hell of a lot more easier for you to feel warm, trusting, open, giving to him if he is able to reciprocate, and the way he will reciprocate is he knows exactly what it is you want from him.

What he doesn't want is very simple, he doesn't want you to be a director in the bedroom. He doesn't want you being the one calling all the shots just like a movie director saying, "Okay, I need you to stand over here. Hit your marks on three minutes and five minutes."

He doesn't want directions for every single thing he's doing. He doesn't want to feel that controlled. He doesn't want you to tell him, "You're doing it wrong." No, not like that because that just makes him feel inadequate. It's very easy for him, in fact, to feel like he's not a worthy guy if he's not feeling adequate with his sexual ability.

Now, even if he sucks, even if this guy totally sucks in bed, you just can't say that. You just can't any more than you would want him or accept him to be able to do the same thing to you, so keep that in mind.

It's a very important give and take. You can't tell him things like, "Oh, you're doing it wrong. No, not like that." It's to find a positive way to communicate the things that you do want.

THE CONNECTION CODE



So what does he want? If you give him what he wants, he will gladly do anything you want. As a matter of fact, to a great degree, he's going to give you a lot more leeway in pleasing you because for a man, pleasing a woman in bed is one of his most important accomplishments.

It's the most important thing, in fact, he can do for you as his significant other, as the person he's in love with. Whatever it may be, it's all dependent on how effective he feels at giving you pleasure. It's a critical component of it, in fact. There's nothing else that substitutes that feeling of competence in the bedroom for him.

So what does he want? He wants, number one, gentle direction. Not harsh direction, not telling him strictly exactly what to do, but gentle direction. Gentle direction means simply encourage him when he does something right.

You can say, "Oh, that's good. Do that some more." Or some slightly non-verbal direction that doesn't have judgment or anything that might bruise his little shatterable male ego.

Gently place his hands where you want them. Another example is to gently push his head down when you want him to go down on you. Hey, guys have done this to women for years and years, it's time for you to try the same. He'll get the hint and he'll go along with it.

Number two of what he wants is to know your fantasies. Only tell him stuff that's realistic and doable. Nothing that's outlandish like you wish that he would look like Robert Redford for a night back in the good old days when Robert Redford really did look really good back in the 70's or whatever. You can't do that.

You can say something like, "You know what, I always wanted to try whatever." Here's the trick, act shy about telling him even if you actually aren't feeling shy about whatever it is you want to tell him.

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Every guy likes this coy kind of “Oh, I’m kind of embarrassed to tell you. I really don’t want to,” because he wants to be the first one to try this with you. It’s like getting to have a virgin all over again. He gets the thrill of sexual conquest by virtue of the experience that you never have with anybody else, and that’s important to him.

So only tell him stuff that’s realistic, but again, he wants to know what those fantasies are. He wants to know what it is you really do want. He also wants to be The Man. Here’s another little trick, let him hear you bragging about his sexual skill.

Hopefully, he has some. If he has some, then it’s enough to be bragging about, but it doesn’t hurt even if he doesn’t have any quite honestly. If he doesn’t have any, you may want to start looking at some workshops and some books. Maybe you can get and go together on some porn movies you can watch and things like that.

But the trick here is if he hears you talking about his sexual skill like this, it’s amazing what it will do. Even a comment like “he always gives me what I want” will work. It’s that simple. That’s very simple. It doesn’t even directly relate to any particular thing that he does, and it’s effective.

Just the comment like “he always gives me what I want,” and you can use those exact words and let him overhear you saying it. It will be awesome for him. That’s the kind of experience he wants. So again, gentle direction, being able to steer him in the right way without making him feel inadequate.

Number two, he wants to know what’s going on inside your head, what’s happening in there, what you want from him, what you expect from him, so he can meet those expectations because he genuinely does want to meet them.

Number three, he just wants to know that he’s The Man, he’s your man, he’s The Man for you. So in conclusion here, some of these may not be the most revelatory information, I’m going to admit that upfront, but it’s very simple because it always works.

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The problem is that we as human beings have gotten accustomed in this information age to looking for and expecting that there are some hidden secret out there that's going to tell us something we don't already know.

Like the secret to getting wealthy, do you want to learn how to be rich? Well, I'll tell you, number one, don't play the lottery. That's not how you get there. Number two is, guess what, it comes down to thinking a little bit more than the next guy who's only going to earn minimum wage for the rest of his life and doing more than that same person.

That's really all it comes down to, and if you keep progressing and you keep growing on that path, eventually wealth will not elude you. If you get more educated, learn more, do more, you will get more. It's a very simple process, but the lazy part of human nature takes over and you just want the shortcut. You think there's some trick to getting to that place.

The same thing applies to the bedroom. When it comes to pleasing a guy and all that, there's really no secret move you can do where you turn your tongue to the left and flick his earlobe just as you wet the side of his neck and you whisper, "Oh God, you're so great."

There's no trick like that, and especially nothing that works on all guys as you should be aware from the difference in connection styles among men. So stop looking for the secret magic bullet that does not exist and get down to basics and do the things you know do work.

It's a very simple process. It's like I used to say to the people I used to train when it came to martial arts, they always want to know, "Geez, how can I lose a little bit of these extra pounds?"

I would look at them kind of blankly and I would kind of tilt my head at them the way a dog looks at you when he's saying, "Are you serious?" I just would look at them and say, "Exercise more, eat a little less or eat a little smarter."

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That's it. That's the equation that has worked throughout history forever and ever, and we are still to this day looking for pills to do that work for us. I'm not trying to be a downer here. What I'm trying to do for you is wake you up to the reality that sits in front of you right now.

In conclusion, he's going to appreciate the efforts that you make to spice up the sex. He's only looking for a certain level of effort, and again, most women don't put that effort in.

Even if you don't get it right at first and blow his mind, it's not a big deal. There are things he probably wants to improve in his sex game too, and that's fine. He's just looking for the effort the same way you need it from him.

There is a process. You already know the general tricks here, but you just have to personalize them for him, customize them a little bit. Give them some distinct flavor that fits him as opposed to maybe previous boyfriends you had.

He's not like them in many ways and you have to find those subtleties because those subtleties are the key to not only opening his heart to you, but really engaging him on a whole new level. There are very subtle distinctions that connect people.

This is why they say that love is a process of growing together, and what they really mean is it's kind of like two plants that have been sitting in different pots but side by side, and as they grow, they just naturally intertwine, and it's a process, but after a while you can't separate those two plants anymore. You now would have to move them and re-pot them in the same pot.

The only thing to do is to keep trying to improve and then have fun while you're doing it. That's the biggest thing. Because sex should be fun, not work, and it should never be work. If it becomes work, guess what, you're going to avoid doing it, and you're going to have negative associations for it with that person.

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If you're not having fun, he'll notice, and he's not going to enjoy himself because, again, a man's primary focus is to give his woman pleasure.

So make sure that's fun, that's not work, and that you're focused on him as a real man, as a different man than the other man you've dated, and that you're really there and present with him, that you're truly transparent, that you're actually there with him.

Not trying to manage how he sees you, not trying to not appear fat, not trying to manage it too much, being open and really, unfortunately, for some people, vulnerable. It's that vulnerability thing that trips up so many people when it comes to forming a tighter connection.

Sex is one of the most important ways you can actually form a bond with a man. It may not be the primary method for many women, but it is for men because it's one place that a man allows himself that kind of exposure and that environment will also allow you to see more of himself, more of his emotions, more of who he is.

So there you go, that's the Bedroom Bond, and if you really want to get to the nitty-gritty, just remember the thing I told you at the very start, be more exciting than a simple one-night stand would be for him, and you can have him for a lifetime of one-night stands.

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