



How to Open Women

*The Secret Truth of Feminine
Arousal and Orgasm*

BY ROB KANCLER, FOUNDER OF SOMA WISDOM

A COMPANION TO THE GUIDE

*“A woman’s sexual opening and orgasm are simply a natural process.
Nature does things because of conditions, not because of willpower or
tricks.”*

Important Caution

Anyone may find the practices and ideas in this resource useful, but they're shared with a clear understanding: neither the author, the publisher, nor any related organization is offering specific medical, psychological, emotional, sexual, or spiritual advice.

Nothing here is meant as a diagnosis, prescription, or recommendation for any medical or psychological condition. Every person's needs are different, and no resource can account for those individual factors.

If you have a health concern, especially one involving your sexual organs, consult a qualified professional before practicing what's described here.

WHERE WE LEFT OFF

Your penis needs a home.

That home is a woman.

The Guide gave you the frame for what that means, why it matters, and why having a home for your sexuality is good for you, good for her, and good for the life you make together.

This piece is about understanding women so that a woman can become that home for you.

If you do not understand women and their sexual nature, it is not possible for any woman to be the true home for your penis.

THE THESIS IS THIS

Women are naturally highly sexual and orgasmic in the right conditions.

She may not know these sides of herself at all. That does not mean they are not there.

What you are seeing in most women, most of the time, is not their sexuality per se.

It is what happens to sexuality in the absence of the conditions it needs.

Once you really get this, everything else makes way more sense.

It is in your best interest to know what those conditions are and how to create them with and for women, because your sex life and hers are the same sex life.

Her opening is not a favor you perform for her.

It is the condition of your own sexual life.

You are not choosing between what you want and what she needs. They resolve to the same thing.

You do not force it.

You do not perform it.

There is no specific move and no trick.

It happens from creating conditions.

Once those conditions are present, it happens on its own.

There are two things this rests on.

1. She has to take responsibility for her own opening.

It does not matter how skillful a man becomes. If the woman he is with is not taking responsibility for her own opening, he will not sustain a fulfilling sexual life.

This takes two adults creating a coherent meeting point. A man providing the conditions and a woman meeting them are both required, and neither substitutes for the other.

2. This is not something done to her or forced upon her.

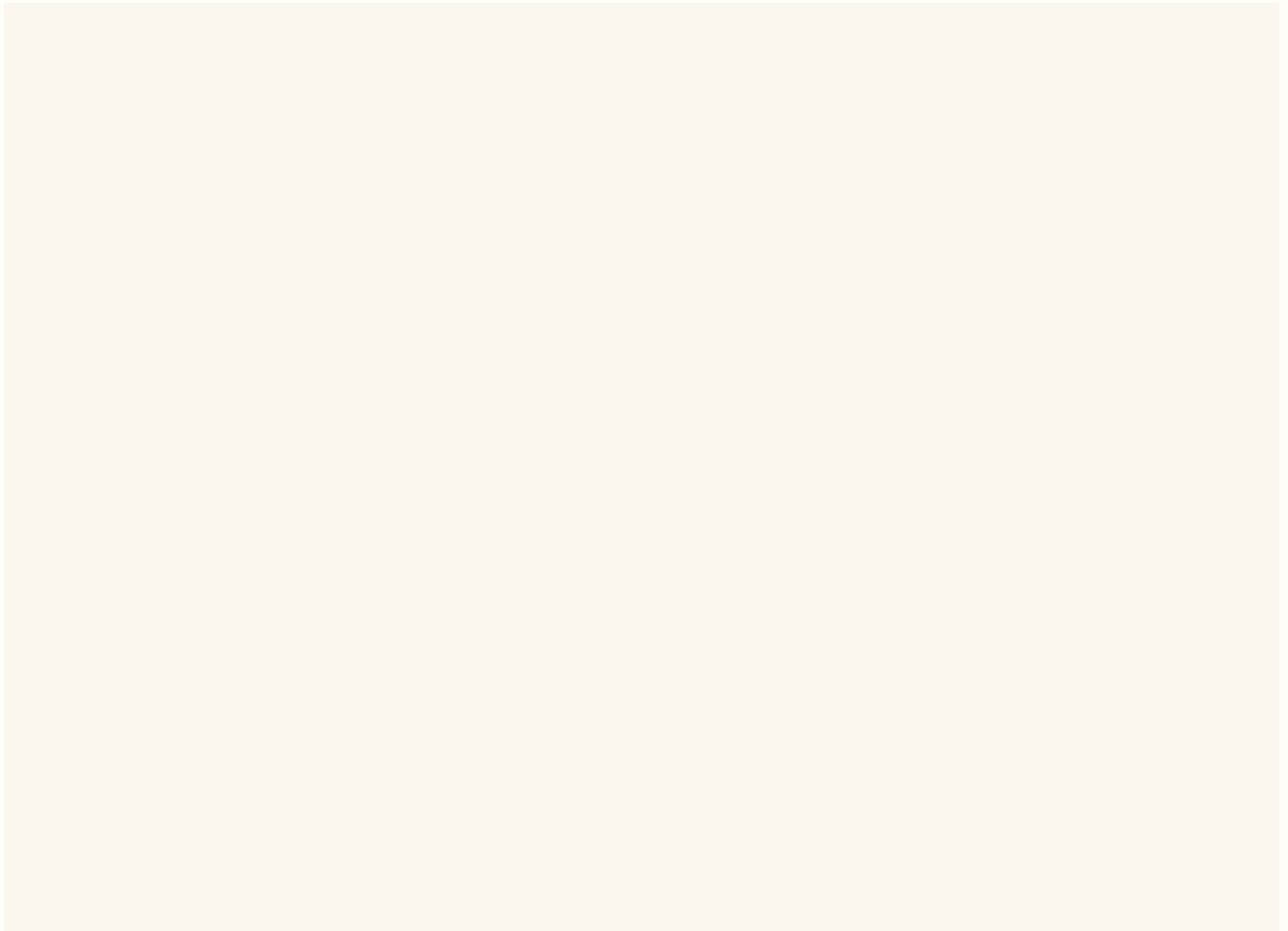
Yes, you are in a leadership position here. But the conditions are always co-created.

This is not about rescuing a woman, fixing her, or earning her opening through enough skill and effort. It is not built on the premise that women are passive recipients of what men do.

Her responsibility to show up is as real and as necessary as his.

What this asks of you is a man coming into right relationship with his own nature, and the embodiment that creates the conditions for something real to happen between two people.

The orientation underneath all of it is integrity, not entitlement.



BEFORE WE GO FURTHER

There are four situations to address before proceeding.

1. Untreated serious health conditions or psychiatric conditions.
2. Untreated serious self-medication or addiction.
3. Unresolved serious integrity issues: lies, cheating, affairs, or violence.
4. Insufficient consent, fertility-awareness, and sexual-health ethics.

If any of these are outstanding, address them before proceeding. It is not safe or advisable otherwise.

PART ONE

The Problem Beneath the Problem

Why the thing you came here to fix is almost never the thing that
is actually broken.

A GUIDING QUESTION

What do I need in order to take responsibility for the success of my sexual and romantic life?

And its inverse: what is getting in the way of me taking that responsibility?

Most men arrive at this work with a specific complaint.

Something is missing.

Something is not working.

Or something that used to work has stopped.

Maybe it is:

"I don't have anyone to have sex with."

"I'm not able to last as long as I'd like."

"My erection doesn't cooperate with my desires."

"I'm not confident in my sexual performance."

"I'm not able to fully satisfy her."

"She's just not interested."

"My partner isn't into what I'm into."

"We've lost the spark over time."

"We're too busy."

These are real experiences. They are also symptoms rather than causes.

The gap between where most men are and what they actually want is not primarily a technique gap. It is an awareness gap, a capacity gap, and a skills gap.

Most men have never been shown how to understand what is actually happening in their own body, her body, or the field between them.

They have not been taught how to create conditions.

They have not been taught how to feel what is happening instead of running a script.

They have not been taught how to hold their own desire without turning it into performance, pressure, pleasing, control, hiding, or resignation.

The result is that men try to solve a deeper problem at the surface.

They look for better moves, more confidence, a different partner, more novelty, more intensity, more communication, more patience, more effort.

Sometimes those things help. But they do not reach the actual level where a sexual life becomes alive, coherent, mutual, and sustainable.

That is why attempts at improvement so often do not hold.

The question is not merely:

“How do I get better at sex?”

The question is:

“What are the conditions that allow a woman to naturally open into her sexuality, and what do I need to become for those conditions to be real?”

Everything that follows is an answer to that question.

PART TWO

The Two Pathways

Arousal and orgasm do not run on one track. They run on two,
and the conditions each requires are close to opposite.

Two distinct pathways.

The body opens and activates in two different ways.

This is one of the most practically useful things in this piece, because these are the two roads a woman's opening actually travels. The conditions each one requires are not the same conditions. They are close to opposite.

I want to be clear about where this comes from. I did not dream it up on a meditation cushion.

As far as we can tell, this is what is practical and what seems to be true according to the latest science: the nervous system can organize arousal in two distinct autonomic patterns. One is settling, safety-based, and parasympathetic. The other is driving, charge-based, and sympathetic.

What I have not seen anywhere else is these pieces put together as two distinct roads into sexual opening. Two pathways with different conditions, different sequences, and different things required from a man who wants to learn how to actually hold them.

I have checked this model against neuroscientists, evolutionary biologists, somatic and tantric lineages, and thousands of hours of real experience with my own body, my relationships, and the people I have trained.

It keeps holding.

A man who does not know which road he is on is creating conditions at random and reading the result as something about her.

Most men who struggle sexually, and most men who assume they are doing fine but never get anywhere new, are blurring these two together without knowing it.

When you mix them, muddiness is what you get.

You cannot master a pathway you are always half-mixing with the other.

Ecstatic Conductivity

The trust-and-safety road.

The downward, subtle pathway.

The emotional-deepening pathway.

This path starts in parasympathetic safety.

Not aroused-and-relaxed. Actually, physiologically safe.

In nervous-system terms, it is a ventral-vagal state: threat detection down, muscular guarding down, the body no longer spending itself on holding the line.

From that safety, arousal is not pushed or generated.

It arises.

Diffusely, on its own, the way warmth spreads through a room once you stop the draft.

Control dissolves here, but gradually. No one's identity gets overwhelmed. It softens, layer by layer, as safety and turn-on compound on each other.

The ego relaxes, then dissolves. It releases itself because there is finally nothing left to hold on for.

From the inside, this pathway is expansion. Bliss. Fluidity. Emotional flow, often with real feeling moving through it, not because something is wrong, but because feeling is what moves when guarding lets go.

An unfolding rather than an overpowering.

The thing to understand: she is orgasmic.

That is the baseline nature of a woman's body under the right conditions.

But her identity, her habitual guarding, and her nervous system's learned vigilance will not let her be that way until the environment is safe enough to prove she does not have to hold the line anymore.

Your work on this pathway is not to do anything to her. It is to create the conditions under which the guarding can stand down, so that what is already there comes forward on its own.

You are not causing her arousal.

You are removing the reasons it has been suppressed.

One more thing about this road, because almost everyone has it backward

Most of us learned to associate arousal with the body *contracting*. Tightening toward a peak, narrowing toward a climax, driving to a finish.

That is arousal closing the body.

On this pathway, arousal does the opposite. It opens the body and keeps opening it.

The capacity to become intensely aroused while the body continues to soften and expand, rather than clench toward release, is not automatic. It is cultivated, in yourself first.

A man still running on peak-seeking and intensity-addiction cannot lead a woman somewhere he has never been.

Primal Horniness

The erotic-displacement road.

The upward, high-intensity pathway.

The sexual-charge pathway.

This one runs in the opposite direction entirely.

It starts in sympathetic dominance: drive, urgency, heat, charge building rather than safety settling.

Arousal is driven upward until control is overwhelmed and cognitive agency gives way under the intensity.

A forced reorganization.

Not gentle.

Not gradual.

The ego does not relax here. It is overwhelmed, collapses, and releases through that collapse.

And the parasympathetic opening, the softening, the flood, the release, comes *after* the surrender, not before it.

This pathway is often cathartic: tears, shaking, sound, large feeling discharging at once.

This is a woman being guided into a displacement of control where she turns into a horny animal who comes hard and wants to be taken, penetrated, claimed.

This is being fucked into surrender, in the fullest and most literal sense of the phrase.

Porn-brain fantasizes about this pathway and almost universally misunderstands it.

From the outside it looks like force, like a man simply overpowering a woman's resistance.

That is not what is happening. The difference matters enormously.

Done well, with real capacity and a genuinely safe container underneath the intensity, this is one of the most alive experiences a human being can have.

Done poorly, without the skill to hold that much charge, without the regulation to keep the container intact under pressure, it tips fast into trauma-adjacent territory, or curdles into something hedonistic and transactional.

This pathway is built entirely on intensity. Which means it requires more capacity from you, not less.

The stakes for doing it right are higher here, and so is the payoff.

THE TWO ROADS SIDE BY SIDE

	<i>Path One</i> ECSTATIC CONDUCTIVITY	<i>Path Two</i> PRIMAL HORNINESS
NERVOUS SYSTEM	Parasympathetic. Ventral-vagal safety.	Sympathetic dominance. Drive and charge.
DIRECTION	Downward, subtle.	Upward, high-intensity.
HOW AROUSAL SHOWS UP	It arises on its own, diffusely.	It is driven upward until it overwhelms.
WHAT HAPPENS TO CONTROL	Relaxes until it dissolves. Gradual, layer by layer.	Is overwhelmed until it collapses. Not gentle.
WHERE THE RELEASE SITS	Opening is the whole road.	The opening comes <i>after</i> the surrender.
FROM THE INSIDE	Expansion. Bliss. Fluidity. Emotional flow.	Catharsis. Tears, shaking, sound, big discharge.
WHAT IT ASKS OF YOU	The capacity to stay aroused while softening.	The capacity to hold enormous charge and keep the container intact.

What it means to learn them.

These are two different roads. They begin from different nervous-system organizations and ask different things of you.

If you blur them together, you lose the conditions that let either one fully happen.

Path One relaxes control until it dissolves.

Path Two overwhelms control until it collapses.

Both are built from the same underlying architecture:

- A temporary suspension of ego and habitual identity
- The completion of a real arousal-emotion-energy impulse rather than its interruption
- Increased conductivity through the system
- Returning with more life force than when you started, not less

At sufficient depth, they converge.

The fucking and the subtlety start happening at the same time, in the same encounter, in the same body. Dominance and surrender stop being separable categories. Who is doing what to whom becomes an irrelevant question, because identity itself has loosened enough that the distinction stops mattering.

Most people never experience this consistently, if at all. That is not a failure. It is a high-capacity state, and high-capacity states are earned.

The developmental sequence that works is the part almost everyone skips, because it looks slower than it is.

You learn each pathway in its pure form, separately, before blending them.

You get fluent in the subtle, safety-based opening on its own terms, with no charge mixed in to rescue you when you do not know what you are doing.

Then you get fluent in the intense, charge-based surrender on its own terms, with no retreating into gentleness when the intensity gets real.

Only once you can travel each pole cleanly and independently do they integrate.

Skip this, try to run both at once before mastering either, and you get the muddy blend most men live inside without noticing: a little safety, a little charge, never fully committed to either, never getting anywhere new.

That is the difference between a man who can actually create these conditions and a man who is guessing.

PART THREE

The Actual Mechanism

Your nervous system is the only bridge between your intentions
and reality.

Nervous system leadership.

Your nervous system is the only bridge between your intentions and reality. Not your intentions themselves. Not how much you want this. Not how well you have understood everything up to this point.

You cannot create the conditions for either pathway if you are not well regulated. Without body intelligence and the regulation it affords, you cannot travel either road with her. That is a mechanical fact about how nervous systems work.

Embodied safety and coregulation

Two nervous systems in proximity become resources for each other, for better or worse. This is coregulation, and it is embodied rather than verbal.

Her body will not feel safe because you tell her it is safe, or because she thinks she should feel safe. Telling and thinking happen in the part of her that is not running the actual show.

Safety is transmitted body to body, state to state, or it is not safety. It is a performance of safety, and her body will know the difference even if her mind does not.

Masculine leadership is nervous system leadership

The feminine, in this context, is receptive. It responds to conditions rather than generating them from nothing. Which means you need capacity, stability, and dynamic equilibrium in your own system in order to provide those conditions.

Your regulation leads hers. Hers supports yours in return, and that reciprocity is real. But it is more natural and more alive when the leadership runs from you first.

This is the actual meaning of masculine leadership in a sexual context. Not control, not dominance as a personality trait, but the capacity to hold a stable, spacious nervous system state that another person's system can locate and settle into.

If you cannot stay regulated through the full range of states either pathway requires, she will not have the conditions to travel them. That is the mechanism itself, not a metaphor for it.

Body intelligence.

You cannot do any of this from your thinking mind.

Most people's sex runs on cognition. On what they learned, on a plan, on managing themselves toward a result. People describe it as running a script. You have sex, you run the fuck.exe file. If you are being a good feminist, you run foreplay.exe first. Relatable?

Sex from the thinking mind is always going to be Limited Sex. Always.

Your body is not a brain taxi. It is not a vehicle the voice in your head drives toward an outcome so that you can succeed and avoid embarrassment.

Your thinking mind is earnest and eager, and young. Your body holds an intelligence that is billions of years old, refined and meticulously evolved, living in your instinct, your intuition, the very cells of your nervous system and tissues.

That number is not a flourish. The circuitry that runs rhythm and wave through your spine predates the brain that thinks about it. The systems that read your own internal state and another person's state have been running in mammals for two hundred million years.

Your capacity for language is maybe a few hundred thousand years old.

When your thinking mind tries to run sex, an infant is attempting to operate machinery it did not build and cannot see.

Next to your body, your cognition is an infant, nowhere near sophisticated enough to run something as complex and alive as what a Limitless Sexual encounter requires.

Attunement lives in the body, not the mind.

Your mind processes at one speed. Your body processes at another speed entirely. Faster, wider, more precise. Trying to attune from your head will not cut it if you want Limitless Sex.

That is not a spiritual point. It is a mechanical one, about which part of you is actually equipped to sense her.

Your mind still has a job

It is just not the job most men give it.

Your thinking mind is for orientation, not execution.

Use it to remember your training.

Use it to find your way back into your body.

Use it to hold the frame once you are in the water.

The moment it tries to dam the current or redirect the flow, you are back in Limited Sex and no attunement is available.

This shift, from running sex out of your head to letting it move out of your body, is most of the actual work. Attunement is the pillar where that shift shows up first, and where it either lands or it does not.

Limited Sex here is a man who is technically doing the right moves but is not actually with her. His body is executing a plan his head made. Nothing he is doing is landing where it needs to land, because he cannot feel where that is.

Limitless Sex here is a man whose body is receiving her before his mind has said anything about it. He knows where she is because he is with her, not because he figured it out. What he does next is a response, not a choice.

Take that presence and apply it to receiving her. Embodied listening. Being with what is actually there in her, instead of the story you walked in with.

This is the shift the whole thing hinges on, and it is what a real program of development is built to accomplish. On your own you can start. With structure and coaching, you can complete the transfer instead of hovering near it.

PART FOUR

Tactical Somatics

Practical skills for developing body intelligence during sex and intimacy. Not ideas to understand. Practices to run.

Each skill below closes with one concrete exercise. A specific way in, so you have somewhere to start.

Give your dick some space.

Much of what produces limited, transactional, performance-driven sex traces to outside-in self-esteem: not quite knowing you are inherently worthy of love and belonging, and compensating through what you have, what you can do, or what you can make happen.

The underlying sense of unworthiness generates adaptive strategies designed to earn safety and belonging from the outside in.

In sex specifically, this shows up as a drive to make her come, to be a stud, to be affirmed as good at this. A meaningful part of that is not desire. It is an attempt to resolve an old identity wound through performance.

That is commerce, and commerce produces Limited Sex.

I first experienced the alternative years ago in Berlin. When something sexual started happening, I felt the arousal come on and with it the entire weight of everything I was supposed to make happen. The performance. The pressure. The freight of proving something.

For some reason I rested back into myself and let those feelings have space to move through me and be experienced. I let my body be whatever it was in that moment instead of what I thought it needed to be in order to earn something. I observed my own arousal, sensations, and desires, and the impact they had on my lover.

The space I made filled with so much sexual charge that she lost all control.

Applied self-worth is the practice of approaching sex as if you already know you are enough. Not an affirmation you repeat. An embodied orientation you live inside.

What would it feel like to give your sexuality room to be exactly what it genuinely is, instead of performing what you think it needs to be?

THE PRACTICE

Next time you feel arousal come on with the freight of what you are supposed to make happen, rest back into yourself instead of leaning forward. Let your body be whatever it actually is in that moment. Observe your own sensation and impulse, and let her feel what happens when the pressure to perform is not in the room.

Your presence is a gift. You do not have to prove yourself into being worth something.

Slow down. Much further than you think.

The second skill is simple, and the simple things are always hardest to master.

Slow down. Go much slower than you are used to. This is how your consciousness catches up with reality.

Most men approach sex like running through dense woods at night, gradually going faster and faster, becoming more and more blind to what is happening inside and around them. Moving too fast creates overstimulation, and overstimulation means you sense very little. You go numb to the information, impulses, and pathways that make Limitless Sex possible.

Most people are having sex at a pace ten to thirty times faster than would serve them and their partner.

The alternative is what we call Essence Pace. The idea and the language come from Gay and Katie Hendricks, the godparents of the body-based transformation movement. The core of it: explore moving at a pace that allows your consciousness and body to open, and allows you to be present with yourself, your environment, and another person.

There is a real mechanism here.

When you rush, you force too much current through a wire too thin to carry it. It overheats and grounds out the fastest way it can, which, for a man, is usually straight out the dick. Slow down and the current can move, build, and circulate instead of dumping out the nearest exit.

Go slow enough to stay under the threshold where you lose presence. That place is where the pleasure and openness live. It is also where your nervous system learns.

And notice what the rushing actually is. It is not horniness. People badly misunderstand their own arousal here. They assume the frenetic urgency compelling them toward fiery passion is their sexual expression. It is not. It is a mislabeled habit rooted largely in a lack of openness and conductivity. An agitation in the body related to not having space for energy to flow.

THE PRACTICE

In your next intimate moment, deliberately move at a fraction of your default pace. A tenth, a twentieth. Whatever you were about to do next, do it much more slowly. Notice where your presence starts to slip, and stay just under that edge. If the urgency to speed up rises, treat it as data about openness, not a signal to obey.

This is not an instruction against hot, passionate, athletic sex. It is about calibrating to the pace that lets your sexual essence coordinate through your body, her body, and the circuit between you.

3 CONSCIOUSLY DIRECT ATTENTION

Fill the room.

The default posture of modern life, phone in hand, shoulders forward, attention pulled tight and inward and down, is not a neutral state. It is contraction, low resource, restricted range. It becomes the baseline men bring into bed, and it constrains everything that is possible.

Directing your attention outward changes this immediately. What is it like to let your attention expand to fill the entire room? To sense the walls, the floor beneath you, the actual edges of the physical space? This is what filling the room means, and what sensing your wings means. Broad, open awareness rather than a narrow tunnel focused on one point, one body part, one outcome.

THE PRACTICE

Stand or sit where you are and let your attention expand to fill the entire room. Feel yourself filling the space. Imagine you have wings unfurling behind you, taking up more room than you usually allow. Sense the walls, the floor, the edges. Do this for a minute before you touch her, and notice how everything downstream changes.

This shifts nervous system state quickly. It supports regulation, expands capacity, and changes the quality of your presence. She will feel it before you say a word.

Forget what sex is.

Almost everything you think you know about sex was installed by something other than your own direct experience. Pornography, religion, Hollywood, the culture at large, whatever your parents modeled or did not. That inheritance is corrupted, and it sits in your body, quietly shaping what you reach for and what you assume comes next.

Picture a man who grew up in a world where the only food anyone had ever seen was donuts.

Every time he got hungry he would reach for a donut, feel vaguely unsatisfied, and have no idea why. No concept that steak, or broccoli, or a ripe mango existed. To him, food is donuts.

That is where most people live with sex. They know the junk-food version intimately, reach for it on reflex, and have no idea there is anything else. You cannot want what you do not know exists, and you cannot find it while you are certain the donut is the whole menu.

The practice is agendalessness. Approach sex as though you have genuinely never seen it before.

The Avatar frame is useful: a human consciousness dropped fresh into an unfamiliar body, another unfamiliar body in front of it, no idea what any of this is or what you are supposed to do. What if you could delete the imprinting, so there is no cultural overlay telling you what this is meant to look like? What is the sexuality of a completely feral human being, before culture ever touched it?

I was in bed with a lover once, just looking at her body with that kind of emptiness and curiosity. Imagine David Attenborough narrating a nature documentary, studying a creature he had never encountered.

I am the creature. So is she.

I looked at her leg and something in me went: whoa. Intense sensation, arousal, impulse, all of it arising on its own, from being there in contact. I was blank, just present, leaving myself alone enough to find out what would come through an empty room.

I surfed the wave instead of doing sex.

Experience Reality

Most people move through intimacy in a managed, filtered relationship with what is actually there. They interact with a model of the moment instead of the moment itself.

Can you actually feel that the wall behind you is solid? That the person in front of you is genuinely, presently here? That your own body is real and alive under your hands? Ask yourself these three questions in the middle of intimacy. Not as concept. As a real check on what your senses are actually reporting.

This is not poetic. It is a concrete orienting practice with immediate consequences. The capacity to experience reality directly, rather than through abstraction, is in many ways what Tantra points toward. It is also foundational to the distinction between Limited and Limitless Sexuality.

Stop Doing

Performing sex, executing moves, hitting marks, managing toward an outcome, is the opposite of everything above. Stop doing means letting your authentic sexual expression move through you from embodied coherence rather than from a script.

This is not slowness or passivity. Your nervous system, regulated, is capable of enormous range and real intensity. The point is not to be muted. It is to be coherent. Genuinely in sync with your own energy and with what is actually happening between you and your partner, rather than performing a sequence or checking out of the process.

THE PRACTICE

Try the Avatar frame in bed. You are a consciousness dropped fresh into this body, and there is another body in front of you. You have never seen any of this before. Look at her leg, her hand, her breath, without any idea what is supposed to happen next.

Can you actually feel the room? Can you feel that she is here? Can you feel your own body under your hands?

Then catch one thing you were about to do because it was the next script move, a position, a technique, a rhythm, and do not do it. Wait for the actual impulse to arise from your body instead. Then follow that.

Whatever arises on its own, sensation, curiosity, impulse, is more interesting than the script.

The polarization many people experience between manic over-activation and checked-out numbness is a sign of dysregulation, not of range.

Here is where it ties together.

Nature does things because of conditions, not because of willpower.

A flower blossoms, a fruit ripens, healthy biology happens. All of it condition-dependent. You cannot argue a peach into ripening faster by wanting it badly enough.

A woman's deep opening and orgasmicness follow the same law any natural process follows. It depends on conditions inside an integrated system: her nervous system, your nervous system, the safety and history between you, the environment you are both in.

Your work is to create and maintain those conditions. Not to force the outcome those conditions make possible.

You cannot make the outcome happen. You can only tend to what makes it possible.

A woman being well-fucked is good for her.

It is good for the relationship.

It is good for you.

Not because she exists to provide you with sex, and not because her orgasm is a score. It is good because when a woman is genuinely opening into and enjoying her own sexuality, more of her is available. To herself, to you, to the life you are making together.

That changes what is possible between you.

A woman can become a home for your sexuality only when she is opening into and enjoying her own.

That is the thing you are learning to recognize, create, and sustain.

Once the foundation is in, the rest can land.

This piece and the Guide before it are the foundation. They are philosophical and foundational on purpose. Context has to come before technique or the technique has nowhere to live. Skills without a home become another script. Moves without a why become another performance.

That is why we start here.

And there is a lot of rest.

Most men do not come to this work because they wanted a philosophy of feminine sexuality. They came because something specific was not working.

She lost interest, or does not orgasm the way either of you want, or does not orgasm from intercourse at all. You want to last longer. You want stronger erections and more reliable stamina. You want to know where to touch her, what to say, how to actually give her the kind of orgasms she has read about and not had.

Then the layer past that. Her fuller orgasmic range: cervical, whole-body, energetic. Your own multi-orgasmic capacity. Getting out of the spill cycle and into the full range that is available to a man. Oral. Deep throat. Anal. The quality of intimacy that makes both of you actually want to have sex on a regular basis, not talk each other into it.

All of it is real. All of it is here. Not in this piece, but in the body of work this piece opens the door to. We teach it through the tantric way, the body-intelligent way, the limitless-sex way, and inside the work of becoming the kind of man for whom any of it can hold.

We sequence it this way on purpose. Strong medicine handed to someone without the frame gets misused every time. That is why the foundation comes first.

It is not withholding. It is care.

None of this works as information alone.

What sits between understanding this material and being able to live it is embodied practice. Time in your body, alone and with a partner, building body intelligence and working the five pillars: presence, attunement, openness, polarity, and coherence.

The free Wednesday call is where that practice gets coached. Past it are the seminars and retreats, Men of Substance and Your Limitless Sexual Future.

If what you actually want is a great sex life, I know. Everything past this is built for exactly that.

If what you actually want, underneath that, is to become the kind of man who lives a coherent life, where sex is one of the honest, alive, integrated parts of it and not the thing always slightly off, I want that for you more.

You can join the rest of us who are on that path.

— Rob Kancler

WHAT COMES NEXT

This piece gave you a more specific map. Living it still takes practice.

The free Wednesday call is where you can get coaching on it. Wednesdays, 10:00 AM Central, 90 minutes. Open to anyone. Bring what is alive for you. No cost, nothing to sign, the fastest way to find out whether this is real.

When you want to go further, the three-day live events are Your Limitless Sexual Future and Men of Substance.

[JOIN THE WEDNESDAY CALL](#)

STAY IN CONTACT WITH THE WORK

You are going to have questions when you start trying to live this with an actual woman. That is part of the process.

Our free WhatsApp community is the central place to stay connected. You will meet other people doing this work, get new teachings, hear about the free weekly Zoom calls, and have a place to bring what comes up.

[JOIN THE WHATSAPP COMMUNITY](#)

The free weekly call

Wednesdays, 10:00 AM Central, 90 minutes. Open to anyone. Bring what is alive for you. No cost, nothing to sign, the fastest way to find out whether this is real.

YLSF — Your Limitless Sexual Future

Three-day live events. Deep-dive intensives on the material this Guide points at.

Men of Substance

Three-day seminars. For men working on becoming the kind of man this work asks for.

Teacher training

For people called to carry this work.

Soma Society

Annual mastermind. The ongoing container for the people going all the way in.

“In over three decades of sitting with founders, leaders, teachers, and wisdom keepers at the highest levels, I have rarely encountered a body of work as original, as nuanced, as genuinely needed, and as personally embodied as what Rob carries.”

SATYEN RAJA, FOUNDER, WARRIORSAGE

“Every once in a while, you encounter a body of work that doesn’t simply add another perspective to the conversation but changes the conversation itself. Rob’s work has this potential and I could not be more excited about him opening it up to the public.”

ILAN STEPHANI, BEST-SELLING AUTHOR AND PUBLIC FIGURE

SOMA WISDOM · SOMAWISDOM.COM