

Benefits & Superpowers of No Fap

A 30 DAY GUIDE + CHEATSHEET

DAY 0

THE FAPPER

YOU ARE MOST LIKELY FEELING DRAINED AND SLEEPY FROM OVER FAPPING. YOU NEED DISASTER RECOVERY TIME.

Cheat Code: Relaxation

You've tricked your mind & body that you have fulfilled your mission. Now give yourself some time to recover, you've over done it!



DAY 1-7

THE CIVILIAN

YOU ARE MOST LIKELY TO RELAPSE - YOUR MIND WILL PLAY TRICKS ON YOU

Cheat Code: Mindfulness Meditation

You'r mind doesn't know what is good for you. Fapping still feels like second nature. It's time to begin the journey of mastering your emotions. It will be a battle of mind over habit. Master your mind first. Touching your pecker won't help, STOP IT!



DAY 8-14

THE FIGHTER

YOU FEEL AN INCREASE IN VITALITY, MOTIVATION AND CHARGE.

Cheat Code: Sexual Transmutation

Find a different channel of expression for your sexual energy.

Sexual Transmutation is your key!

Channel it into things such as physical exercise. Otherwise you will find yourself fantasizing and wanting to edge. DON'T!



DAY 15-21

THE HERO

DEEPENING SENSE OF PRESENCE, POWER, AND AWARENESS.

Cheat Code: A Purpose And Life Vision

When you know what your purpose is you will naturally begin to do everything it takes to live through it. You begin to gravitate towards self improvement and develop an instinct for identifying where your energy is being wasted.

DAY 22-30

THE SUPERHERO

FULFILLMENT FROM WITHIN AND BEING MORE IN THE PRESENT MOMENT

Cheat Code: Go Out And Socialize

Here is when you will begin feeling more decisive, driven, perceptive, clear-headed in literally every aspect of your life. You are in complete non-neediness because your fullness comes from within.

Sound too good to be true but?

Now you can give and embody your true authentic self. And of course, you can now meet women from a completely different place of autonomy.



10 BENEFITS OF SEMEN RETENTION CHEATSHEET



1

FOCUS AND CLARITY OF MIND

On semen retention your brain will kick into another gear. You will find it effortless to put your mind to focus on any task you want. Things that were once perceived to be difficult are reported to be easier to understand due to clarity in ones thinking. Your ability to think deeper and understand complex concepts now becomes a little bit easier. TRUE STORY!



2

INCREASED CONFIDENCE AND MASCULINE ENERGY

Masculine energy is the most underestimated and misunderstood concepts in self-development. If harnessed correctly it can set you apart from the crowd and allow you to exercise a deeper sense of desire for the world around you. It plants the seed of confidence within you and allows you to move from a place of strength and being grounded. It is also 'key' in creating attraction towards the feminine energy, which brings us to point 3.



3

WOMEN WILL FIND YOU MORE ATTRACTIVE

Attraction between a man and woman works best when there is polarity. When you have more masculine energy you are most likely to attract the polar opposite, the feminine energy. Business skills are for the most part masculine skills (*in both men and women*). And sexual passion requires a clear polarity between your masculine core and your woman's feminine energy. By practicing semen retention you will notice an increase in your masculine energy.



4

YOU BECOME MORE CREATIVE

You will begin to notice that overtime a gradual attraction to more of the creative arts. Creative problem solving and your everyday hobbies will never be approached the same way again. Your brain begins to think beyond it's previously normal ways and limits and now has the energy to turn what was previously viewed as lust into what is now creativity.



5

MORE TIME & ENERGY

Semen retention radically boosts your testosterone levels and recycles vital nutrients back into your body. In ancient practices, sexual transmutation was known to be used and channeled into mastering the martial arts and achieving enlightenment for Zen masters. Furthermore, high testosterone level is linked with high energy, while low testosterone levels cause fatigue, loss of interest in sex, and erectile dysfunction. So in short, it is the path to enlightenment and more energy which allows in the pursuit of a greater purpose.



6

YOU REACH HIGHER LEVELS OF AWARENESS

What happens when you stop thinking about tits and asses 24/7? you naturally begin to have more space for awareness. One interesting phenomenon reported by many men is the sudden awareness of ones own body. *"Suddenly felt every single one of my toes when I walked and I was aware of every single one of my fingers when I typed on my laptop. At some point I actually thought that I could feel how my hair is growing. It was kind of creepy". Notice this and use it to your advantage in meditation practices.*



7

YOU BECOME MORE SOCIAL

With semen retention the increase of masculine energy occurs and the old uncomfortable feelings of being in a crowd slowly turns into excitement and pleasant anticipation. If you notice that you are wanting to be more outgoing, take advantage of it to meet people and experiment approaching woman that you typically wouldn't have approached before. You'll see that your social anxiety is slowly fading away.



8

ALLEVIATES DEPRESSION

Quite simply speaking, there are no magical claims when it comes to semen retention and depression. Over engaging in your desires through masturbating will overstimulate your body and overfeed it dopamine. Overtime, you will become more addicted to this self induced dopamine, which is technically a mild form of cocaine. You will become desensitized to simple pleasures that usually give you good feelings. Practicing semen retention crushes all of this problem dead in its tracks! Long periods of semen retention will reset your brain's ability to process dopamine and you will feel more motivated for life.



9

YOU LEARN HOW TO MASTER YOUR MIND

The urges of self-pleasuring are more powerful than many addictions. When you stop yourself from ejaculating, you make yourself stronger by excising 'self-control'. Once you take control of your unconscious desires you begin to pave the road to mastery over your mind and emotions. You stop being pulled impulsively by spontaneous feelings of the moment and you become more proactive in your everyday life rather than reactive. *Notable semen retention practitioners: Plato, Steve Jobs and Mike Tyson.*



10

YOU ARE MORE AWAKE IN THE MORNING

You'll notice that you'll need less sleep and that's naturally due to the increased energy you've gained. Due to semen retention, testosterone increases in the body which naturally increases energy levels and leads to better sleep and more energy in the morning. It's not a miracle or witchcraft, it's just simple biology. ;)





DAILY MOOD TRACKER

HOW ARE YOU DOING?

DAY		Awful	Bad	Meh	Good	Rad
1	1					
2	2					
3	3					
4	4					
5	5					
6	6					
7	7					
8	8					
9	9					
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