

# THE MYSTERY METHOD

HOW TO GET BEAUTIFUL WOMEN INTO BED

MYSTERY  
AND CHRIS ODOM



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**THE**  
**MYSTERY**  
**METHOD**



**THE**

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How to Get Beautiful  
Women into Bed



**BY MYSTERY**  
WITH CHRIS ODOM

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*I have dedicated my life to exploring  
and understanding humanity.*

*The Mystery Method is my humble yet ambitious attempt  
to solve the greatest mystery in the universe:*

**women.**

*This work is compassionately dedicated to them.*

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# FOREWORD

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“Hey, man.”

That’s how it always begins. And then he will say, in return, “Hey, man.”

And then one of us will say, “I’m tired.”

And the other will say, “I don’t feel like going out today.”

“Neither do I.”

That’s how it always begins—with feet, minds, hearts dragging. That’s never how it ends.

“We’ll just go get some food.”

“Okay, just something quick. I’m really tired.”

“We’ve covered that already.”

“And I look like shit.”

“I noticed.”

“Shut up.” Playful punch to the arm.

Pull in to the parking lot. It is sushi night. Every night is sushi night.

Two women walk past, probably college students. We try not to notice, but the smell of peach-scented moisturizer lingers in the air after them. It is too much for us. It sends us over the edge.

A smile creeps over his lips, color rises to his cheeks, his eyes begin to glitter mischievously.

“Is that your set or mine?” he asks.

“I thought we weren’t going to sarge tonight.”

“I know. But look at them. You’re Style. Fucking Style, man! What would the boys say if you just let them go like that?”

“Yeah, but you’re Mystery. You invented this shit. Let’s see your stuff. Let’s see if you still have it.”

They disappear into a Chinese restaurant.

“Oh well, they’re gone. Let’s go get some sushi.”

“This is even better. Now they’re not moving targets.”

“Okay, fine. I’ll do this quickly—for you, fucker.”

“I’ll be there in a few, to wing you.”

One of us begins the slow, reluctant, weary trudge into the Chinese restaurant. He pretends as if he’s walking to the bathroom, then suddenly pivots as he starts to pass the table with the girls. Deep breath. Smile. Head turns back over shoulder. Now it is time—time to toss a casual, offhand question their way, any of a number you can read about in this book.

The women respond with middling interest. This is to be expected. It is part of the game.

The next part is to pretend to leave but then, as an afterthought, make a small observation

comment or question. They take the bait. They always do. Now it is time to hook them—with the personality we've carefully cultivated, with the illusions we've spent months refining, with any number of other techniques that also lie in these pages—our master plan, now your master plan.

Hooked. They are hooked. Not like fish, but like new friends. This is the moment; this is what the game is all about. This is the high you get when these two complete strangers who you've approached don't want you to leave.

That's when the other will come in from outside, feigning innocence. Accomplishment intro him before he reaches the table. They approve. He introduces himself, displaying that winning personality cobbled from thousands of approaches. We sit down with them at the table, but only for a moment, we explain. The time constraint is key. We use it liberally.

It seems we are having Chinese tonight. Our meals are not ours to determine. We must go with the flow, the flow of peach moisturizer or fall-leaves perfume or vanilla talcum powder or rose-petal conditioner. This is what we do. This is what we must do. We are not just men, we are Venusian artists. It is our calling. These sweet-smelling beings are bored. They need adventure. They need our sparkling personalities and pre-scripted value demonstrations and comfort-building routines and last-minute-resistance stories and dual-induction massages and secret-spot orgasm techniques. We need their feminine energy. It's our gasoline.

No, we are not tired anymore. We are fully awake. Wide awake and in the game. This is life. This is living. This is what we were put on this earth for, making these two girls laugh. It is music from heaven. And learning to make that music is what this book is about.

We leave with phone numbers pressed into our palms.

At least that's what happened this time, because it's a true story. The most recent one. In the old days, we would have invited them out that night with us or at least followed up and called them. But now we are too busy. Our lives are already full of intrigues. We make them complicated on purpose. We see how ridiculous we can get—how far we can push the line of what is socially acceptable, sexually possible, romantically inconceivable. We enjoy the drama. We don't always enjoy the consequences. But we survive them to live and love another day.

Our lives weren't always like this. They were once free of consequences, free of drama, free of love, and free of women. But we weren't free. We were a slave to our desire, to the knowledge that there were guys out there who had dates and girlfriends and fun. We didn't. We watched them. We tried to figure out what they had and we didn't.

People yearn to be creative. They think that this means they must go into acting, writing, visual art, or music. But there are other arts. Cooking can be an art. So can boxing. Mystery's is social dynamics. He can play a room like Eric Clapton can play a guitar. Not like Jimi Hendrix, but like Eric Clapton.

When I learned this art, I studied at the feet of the masters. When Mystery learned it, he didn't know about masters. He didn't know there was an art. It was pure. He studied human behavior. For years. Until slowly he put it together. The charts. The diagrams. The algorithms. The technical terms. Every day, he wrapped his head around the puzzle of social interaction. Until he put together every piece. Elegantly. Neatly. Like Eric Clapton. And I don't even listen to Eric Clapton anymore. I think he's sometimes overrated. Mystery's not. Not yet. He will be one day, when pickup becomes the new workout and pumping emotions the new pumping iron.

Watching him work was the day my life changed, the day that I realized that the disease of loneliness had a cure.

That cure is the Mystery Method.



Welcome to your new lifestyle. Are you tired yet?

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—Neil Strauss

# PREFACE

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Nature will unapologetically weed your genes out of existence if you don't take action and learn how to attract women now.

Do I have your attention?

Good, because attracting women is a serious matter. You agree with this statement, or you wouldn't have picked up this book in the first place. But just because it's a matter of life and death doesn't mean the process of attracting women can't be superfun!

If you want to be a multimillionaire, you need a proven game plan for accumulating wealth, right? If you want to look like an Adonis, you need a proven game plan for sculpting your physique, too. Well, what if you want to have beautiful women, the kind you see in magazine spreads and music videos, on your arm and in your bed? In that case, the Mystery Method (MM) is your proven game plan for creating a lifestyle filled with unlimited choices. I created it, and if you'll allow me the privilege, I'll be your personal mentor to see that you learn it thoroughly.

It's no secret I've dated some of the most beautiful women in the world, and for that I make no apologies (although physical beauty is but one of many qualities I look for in a female companion). Now, I've never thought of myself as a pickup artist, nor should you, but it was always flattering. I have friends ask me how I acquired such stunning girlfriends. So, informally, I began to teach them my secret of attraction. Armed with this knowledge, soon they, too, had beautiful girlfriends.

*May the Venusian arts enrich your life,  
not define it.*

MYSTERY

Over the years, these informal discussions with friends evolved into dynamic seminars and action-packed workshops conducted "in the field." I literally brought men into nightclubs and other social settings and trained them on the spot in how to systematically approach and attract women. I personally have helped thousands of men all over the world learn what their dads never taught them.

That is why I am privileged to share with you more than ten years of experience in the science of social dynamics and the art of the cold-approach pickup. My goal with the Mystery Method is to accelerate your learning curve dramatically, saving you years of painful frustration and loneliness during the process.

Seek the path to Venusian arts mastery.

Love,

Mystery

**mystery@themysterymethod.com**

P.S. Make sure to check out my concluding letter [here](#) for details on how to best use this book to achieve the lifestyle with beautiful women that you want. Also, be sure to check out our company's Web site at [www.getattraction.com](http://www.getattraction.com).

*If you can't attract a woman, you are,  
by dictionary definition, sterile.*

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MYSTERY

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**THE**  
**MYSTERY**  
**METHOD**



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# 1.

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## THE MYSTERY BEHIND CASANOVA

If teachers and parents taught subjects in their order of importance to the males receiving the “wisdom,” history lessons wouldn’t invoke Greek philosophers and ancient mystics, presidents and kings, warriors and generals. They would focus instead on Casanova, history’s most accomplished and successful lover. He was born in Venice, Italy, in 1725, and he died in 1798, numbers that are less important than these: By his own account, over those seventy-three years, Casanova enjoyed erotic liaisons with 122 women during his travels across Europe as a clergyman, soldier, violinist, and magician. In eighteenth-century France, nobody had more game.

But Casanova didn’t seduce indiscriminately. He set his sights high and took to bed only those women whose value made them worthy of pickup. These were the perfect 10s and near 10s of the day: what a *Sports Illustrated* swimsuit model might have looked like at one of Mozart’s recitals floating from one social set to the next, glancing discreetly over a ruffled fan that obscured a plunging bustline, her hairdo intricately sculpted three feet high. They were women of extreme beauty with the highest social ranking, seemingly off-limits to anyone but royalty.

Forget Shakespeare’s sonnets, the Gettysburg Address, and *War and Peace*—if Casanova had left behind not just an autobiography (itself wildly popular to this day) but a step-by-step, detailed how-to guide to his sexual conquests, it would rank as the most sought-after text in history, next to Holy Scriptures.

What wouldn’t you or any man give to learn the secret of seducing beautiful women? Just look at the timeless appeal of the Kama Sutra—and then imagine a guide not to exotic sexual positions but to getting beautiful women attracted to you in the first place.

My name is Mystery, and I have written just such a guide, now in your hands. As the world’s premier pickup artist, I am the closest thing there is to a modern-day Casanova (although I have already “outnumbered” him). Like my predecessor, I absolutely adore women. In fact, I fall in love with all of them. But that doesn’t make me unique. What makes me unique is that because of the pickup techniques I have mastered, my love doesn’t go unrequited. And I’m here to show you how to achieve the same success.

## THE ALGORITHM FOR GETTING WOMEN

Not only were the Venusian arts (the arts of love) excluded from your curriculum—but they’re probably the only discipline teachers didn’t try to cram into your brain as you passed from childhood through adolescence and then into adulthood. Let’s face it, when you studied algebra at school, the only numbers you really cared about were the measurements of the girl in the tight sweater and the digits you needed to get her on the phone. Those numbers added up to something worth getting your hands on.

Enter the Mystery Method. If someone doesn’t have health and wants to get it, he or she will need to adopt an algorithm on how to do that—perhaps a new diet and workout regimen. If someone doesn’t have wealth and wants to get it, he or she will need to adopt an algorithm for wealth building—perhaps a new investment portfolio. Similarly, in relationships, if someone doesn’t have success and wants to get it, he or she will need to adopt the algorithm for success there. I invented that algorithm.

I am your teacher and this is your guidebook to discerning the patterns in dynamic social interactions and then using them to your advantage. This body of knowledge, called the science of social dynamics, has become my life’s work, particularly as it applies to the world of pickup. It’s about more than seduction and sexual conquest; it also encompasses making friends with men and women alike. But, make no mistake, it is first and foremost about getting laid more than you could ever have dreamed possible, assuming that’s what you want. And not just laid but, like Casanova, laid by those gorgeous women who have always seemed beyond reach. For him, it was members of the aristocracy; for you, I’m talking about the women you see walking runways in stiletto heels, on the arms of pro athletes and celebrities, and in the pages of *Playboy* and *Maxim*. You can have them. The Mystery Method can give them to you.

## MASTERING THE SCIENCE OF COURTSHIP

The Mystery Method provides a step-by-step game plan that structures “courtship”—which is the quaint, old-fashioned term for the sequence of events that results in guys getting laid—for success. Before me, no one had ever defined courtship as a predetermined structure having several phases. Through years of study and experimentation, I identified a process that begins when you meet a woman who interests you. From there, using a finely calibrated ability to influence (not manipulate—there’s a huge difference), which this book will help you develop, you build attraction with her. This concept is hugely important: Attraction comes before seduction. But attraction, while necessary, isn’t an end in itself. Next, you need to build comfort with this woman you’ve targeted. (As you’ll find out, both are equally necessary for reaching the end-game: sex.) As I teach “courtship,” the process of building attraction and comfort will probably transpire over several venues—say, a bar and a restaurant—en route to the final venue, which will likely be your bed, or a hotel room’s. That won’t happen, however, until you create arousal at the end of the comfort-building stage and then begin your sexual relationship by seducing her.

That’s what the Mystery Method does. What it is, is an advanced algorithm thirteen years in the making. I created it through years of trial and error, because I had to. When I was starting out there was no guidebook like the one you have now. I didn’t have the luxury of buying a book like this, or attending a seminar, or Googling “pickup artist” online. Armed with nothing but ignorance and desire, I went out into “the field,” because that’s where the girls were. Step-by-step, I learned first how to “open.” Once I learned how to open, I also discovered empirically that in public settings girls and beauty are seldom, if ever, alone. So then I had to get good at opening an entire group, and so on, until



my system for seducing women became comprehensive, battle-tested, and turnkey.

Honestly, had I read a guidebook like this when I was starting out, I would have saved myself about seven years of pain and confusion.

Since its conception, the Mystery Method has been modified by some of my closest friends, most of whom were former students of mine who got caught up to speed on my techniques and became great pickup artists in their own right. Just as my students have learned their craft from me, I have in turn learned much from them, and the insights they gained in the field have improved my own methodology. Like any system of self-improvement and personal transformation, the Mystery Method is constantly being improved. It will always be a work in progress because the people using it are constantly changing as well. To keep it up-to-date with the latest empirical data available, I make systematic improvements every six months, without fail. You can keep up with our refinements and new discoveries at [www.mysterymethod.com](http://www.mysterymethod.com).

## UNLOCK THE SECRET TO ATTRACTING BEAUTIFUL WOMEN

If you follow the Mystery Method, as outlined in this book, you literally should be able to seduce any woman you meet—no matter how attractive she is and no matter how far out of reach she seems—within four to ten hours, with the average seduction occurring within seven, leading to what I call the Seven-Hour Rule. (Bear in mind that those seven hours aren't necessarily continuous, although that can be. As I noted, usually taking courtship to seduction requires venue changes, which have to be accommodated through what are called time bridges. More on those later.)

Seducing any woman in seven hours . . . how is this possible? The reason the Mystery Method works, and works so quickly, is that it defines the natural process of courtship, from meeting to seduction that has applied to every love story you've ever heard about, or read, or experienced. It reflects universal truths and the natural course of events, and I've backward-engineered it from my own successes. I would go in, "build" a girlfriend, and then think, *OK, how did I do that?* That's how I figured out and unraveled the myriad of cognitive models that define courtship.

OK, you're probably thinking, *Of course I'd love to build attraction and comfort with a gorgeous woman, but every time I approach one I get shot down before I've finished my second or third sentence.* Here's the deal—and it's one of the most amazing secrets of the Mystery Method because it is so counterintuitive, running contrary to everything you've believed about attracting beautiful women your entire life. In order for you to be permitted the audience of a beautiful woman to attempt to attract her, you must first disqualify yourself from being considered a potential suitor by her. If you don't do that, she will assume **by your approach alone** that you're after her. And if you're after her, she knows that you perceive her as having high value. And if her value is high, the odds are that it's higher than yours. In other words, you will have low value, and you will be penalized, not only just for approaching her but also for being nice. At that point, you've already telegraphed that you're not worth it.

I will teach you how to avoid this trap using the Mystery Method. Instead of stumbling into a group of women blindly and immediately qualifying yourself as a potential suitor, you will learn how to win them over during those first few minutes, allowing you to demonstrate a higher value to them. The book will of course give you chapter and verse on demonstrating a higher value, from

“peacocking” (dressing outlandishly) and preselecting (displaying other women to the “target,” which often builds a jealousy plotline into your seduction), to social proof (showing that others in her social circle value you highly), to “negging” (making subtle-yet-negative statements that put your target off-guard and make her question her own value, increasing yours on a relative basis). There is even a special section on demonstrating higher value to, and then picking up, “hired guns,” a term describing anyone who is hired for her beauty, including exotic dancers, bartenders, go-go dancers, hostesses, and models.

In fact, throughout the entire book I fill in the meeting-to-sex structure of courtship with Venusian arts gambits, so that you can complete the objectives of each phase. But I go further still by adding a third layer to the book. I show you how to personalize your game, helping you create and then convey an identity whose stereotype works for you to presume higher value. The last thing I want to do is turn you into a generic cookie-cutter pickup artist. Using the Mystery Method, I picked up a supermodel who she sat with seven coworkers at a popular Hollywood sushi bar. While they paid the bill, I had only two or three minutes to interact. I immediately initiated a chat with her, disqualified myself from being considered a potential suitor, and systematically demonstrated my value to her, while not telegraphing interest. When my target’s group left, she decided to hang by the bar with two friends. To develop social proof, I opened an adjacent four-set—two girls, two guys—and disarmed the guys, who soon departed. With two women on my arms, I re-engaged my target, now in a three-set. Introducing my wing into the set to befriend and occupy my target’s friends for a moment, I moved her into isolation, escalated kino, and voila! I got my first supermodel.

Once you’ve mastered the techniques I outline here, you too can perform equally spectacular seductions!

## **BUILDING A MYSTERY**

I can do it for you because I’ve done it for myself. Believe it or not, when I was younger, I was actually an extremely shy person. No wonder I became fascinated by magic. I loved hiding behind it; it afforded me a social mask, protecting me in my interactions with people. Magic provided me with prescribed routines packing an emotional punch.

The turning point for me came in my late teens, when I traveled to Florida to perform a magic show on a cruise ship. Before I could even get scheduled on the ship, I found myself making more money performing intimate and interactive illusion in restaurants and lounges. In fact, I did so well at the restaurants that I never bothered to make it on board. More important, the experience taught me a series of essential concepts. For example, in that setting, you shouldn’t just walk up to a table of strangers and say, “Uh, hi. Would you like to see some magic?” The easiest thing for someone to say in that situation is no. So I had to come up with a series of techniques for being cool—that way, they would actually want me to be there. Then I had to internalize these rules that I developed, so that over repeated days of work I’d get better and better at it. Eventually, I found myself in possession of a really cool social skill set.

Then I came to realize that I could remove the magic from those routines and they would still pack a punch. I got good at developing stories and plotlines with which I could captivate a group, and that became the basis of forming routines and using canned material. I then started teaching these skills to my friends.

They mastered them, and so can you. If you’re thinking, *Yeah, that worked for you, but it will*

*never work for me; I'm a geek, don't worry.* I was a geek, too. The truth is, generally speaking, geeks are intelligent individuals who simply haven't yet applied that intelligence to social scenarios; hence they appear deficient in that area. Making matters worse, the society around us, at first glance, appears very chaotic. But when you look at all other human beings as beautiful, elegant biological machines embedded with sophisticated behavioral systems designed to align with others to maximize their chances for survival and replication, the task of understanding humanity and your place in it becomes surmountable.

Not only was I myself a geek, but I've also taught the Mystery Method to other geeks! And you know what? They're not geeks anymore, and neither will you be. With me as your friend and guide, you'll start uploading Venusian arts programming into your behavioral system and then practice and internalize it so you won't have to think about picking up. It will just happen naturally when the moment arises. By reading this book, all you're doing is hanging out with a guy who figured it out. I figured it out. I know how. I know for a fact that I know how because I have a girlfriend.

Along those same lines, this book also will work wonders for you if your relations with women have been hindered by your perception, true or not, that you're physically unattractive. In fact, you have less to worry about than the geek, because the "attraction circuits" of women are calibrated to find a man attractive not measured primarily by handsomeness or physique but rather by social value. It's not as much about looks as it is about conveying that you are the "tribal leader."

Allow me to explain. A woman's job is to survive and replicate. To achieve those ends, she will align herself with anyone who can assist her in that survival and replication. The more S-and-R value the person has, the merrier. So the powerful leader of a tribe might be old, fat, and bald, but aligning with him will greatly improve her chances of survival and replication because of his power to protect her. To use a more modern-day analogy, how many times have you seen a gorgeous woman with a brick-house body on the arm of an older, hunched-over man who looks like he would need a forklift to get it up? You and I both know that guy owns a nightclub or some apartment buildings. He sure as hell isn't working at a car wash.

So if you aren't the easiest guy on the eyes, I will show you how to become the "tribal leader" within your own family, community, and circle of friends. Even if it takes you several years to become one . . . that's what you have to be.

If you're not a geek and you're not physically unattractive, but you fail in your efforts to seduce women because you're shy, don't worry. I, too, was shy. One of the great things about the Mystery Method is that, initially at least, you can hide behind stock routines and canned material, using them as tools for social dynamic interaction and the enjoyment of performing lighthearted social experiments. In this way, I will show you how to educate yourself and attain social intelligence.

Being shy just means that you're scared to interact with other people. If you feel lonely, if you feel bad, those emotions exist for a purpose: to motivate you to improve your chances of survival and replication. You do that by aligning with other human beings who have S-and-R value. You're designed for social dynamic interaction; your brain is hardwired for you to be a social robot. Rooted in evolutionary behavioral psychology, the Mystery Method will help you align with your brain's design and work to break free of your shyness, improving your life dramatically.

Like I said, I was very shy as a kid. Yet step-by-step, through countless approaches, I met more people and I started discovering the patterns of interaction—that there is a natural sequence of events that takes place in every such interaction. The more I learned about it, the more prepared I was, the less fear I had. That's what this book does: It prepares you to improve your life when you're ready, in a way and at a pace that's comfortable for and unique to you.

That brings me, full circle, to my final point of this chapter: Why do I choose Casanova for my role model, as opposed to, say, Don Juan? After all, Don Juan is famous (or notorious, depending on your perspective) for having slept with thousands of women, while Casanova only had 122, by his own account. But the reason that I favor Casanova and he is still today so popular—his very name is now synonymous with seduction—is because he was picky. Casanova, on the one hand, had really nice, classy women. The fictional character Don Juan, on the other hand, was more like the literary equivalent of Wilt Chamberlain—he basically screwed anything that moved. So given the choice, I've had fewer women than I could have had because I say no far more than I say yes.

On that note, read on and join me as we begin on your journey to pickup mastery.

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## 2.

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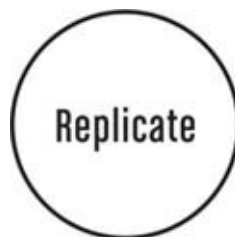
### THE ULTIMATE PURPOSE OF LIFE



Without survival, there is no life.

All life on earth has been designed by evolutionary processes to replicate. This is nature's long-established **engine of survival**.

### THE PENULTIMATE PURPOSE OF LIFE



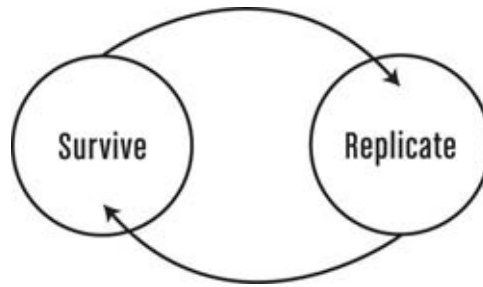
While your primary purpose in life is to survive, your secondary purpose is to replicate. For humans, natural selection has favored a method of replication that allows for genetic variation. Just as a superior basketball player limited by lousy teammates must escape and join a better team in order to win, so, too, must a superior gene *escape* from its inferior *gene-mates* and be given a chance to join a better *genetic team* for its continued survival. This method of *escape* is called crossbreeding.

Over successive generations, crossbreeding ultimately has allowed you—that is, your genes—to *anticipate* changes in a dynamic physical and social environment, thereby increasing your chances for survival.

Put simply, replication is a means of *continued survival*.

---

## YOUR PURPOSE IN THIS LIFE



You are a biological machine. Your motives in this life are simple but not simplistic: to live and love. In order to crossbreed successfully, you must acknowledge that, in the absence of revolutionary and unforeseeable medical advancements, one day you will die.

### *Question:*

**Without calculating—just by feeling—how many DAYS do you think the average American lives?**

- A. *Tens of thousands of days?*
- B. *Hundreds of thousands of days?*
- C. *Millions of days?*
- D. *Billions of days?*

**DO NOT** continue until you have chosen A, B, C, or D.

### *Answer:*

**(A) Tens of thousands of days.  
In fact, only 28,251, to be exact.\***

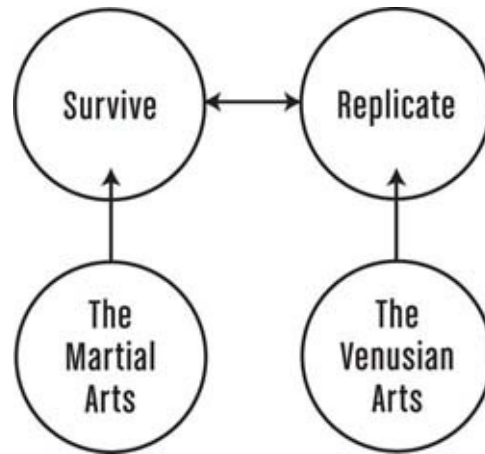
You have, on average, 28,251 days to live out your life. This assumes you are smart enough to *survive* this long. Even if you live to be one hundred, that still only gives you 36,500 days.

The universe requires only two things from you: that you survive and that you replicate. Your challenge is to replicate before your limited life span naturally expires. The most logical course of action is simple:

- ◆ Acknowledge the need to accelerate the learning curve through disciplined focus.
- ◆ Obtain useful S-and-R strategies from others.

- ◆ Through practice and training, internalize this knowledge into your automated motor response for practical real-life application.
- 

There are many ways to help you survive. One such way is to learn the martial arts. There are also many ways to help you replicate. One such way is to learn the Venusian arts.



**The martial arts** (the Art of War) are really the arts of self-defense. They are disciplines that aid in *survival*.

◆ **MARTIAL:**

*[Roman god of war] Of, relating to, or suited for war or a warrior*

**The Venusian arts** (the Art of Love) are the arts of picking up a woman you had not previously met and successfully beginning an intimate relationship with her. This is a discipline that aids in *replication*.

◆ **VENUSIAN:**

*Of or relating to the planet Venus, Roman goddess of love and beauty*

## TRAINING FOR SURVIVAL OR REPLICATION?

There is more to winning a fight than simply punching first, and as any martial artist knows, the naturally stronger person does not always win. Preparation and training can mean the difference between **survival** and dying.

Similarly, successfully beginning a sexual relationship requires more than just good looks. Expertly executing a good game plan that arrays all necessary variables can mean the difference between successful **replication** and having your genes unapologetically weeded out of existence.

Although opposites, the martial and Venusian arts also possess many parallels:

- ◆ Both are disciplines in dynamic social interaction, and each is, for many, a way of life.
- ◆ Both rank proficiency, through colored belts for martial artists and colored charms hung on black cords for Venusian artists.
- ◆ Each also embodies a comprehensive mental component that is expressed through physicality.

The difference is that in the martial arts social interactions are sometimes best avoided. In the Venusian arts social interaction is a prerequisite to success.

Bruce Lee's fighting style Jeet Kune Do (Way of the Intercepting Fist) is a martial art. Similarly, Mystery's MM (the Mystery Method) is a Venusian art. Bruce Lee was a legendary martial artist, perhaps the greatest of all time. Yet his life's accomplishments suggest that for him, martial arts were only half of a greater whole. It's no secret Bruce also identified with other—socially rewarding—pursuits. He was a great actor and celebrity. He was a great leader and a great role model. He was a great teacher and a great father. He was defined as more than *a martial artist*. Defined by his most social roles, he was also *a Venusian artist* . . . and a good one.

## DYNAMIC SOCIAL HOMEOSTASIS

All social animals, including people, live under constant pressure from two competing interests: protecting themselves *from* others and aligning themselves *with* others. When these two interests are balanced, the result is **dynamic social homeostasis**.

Replication could not occur on any scale if men and women overprotected themselves by never leaving home. At the same time, the Venusian arts would be unnecessary if men and women were completely naive and didn't worry about protecting themselves and their loved ones from new encounters. If you have too much or too little of either protection *or* alignment, you have failed to achieve dynamic social homeostasis, lessening your probability of surviving or replicating successfully.

What drives us toward dynamic social homeostasis in the first place? Three millimeters of convoluted gray matter, separating us from the apes, called the cerebral cortex. That is, through natural selection, evolution has *designed* your mind to emote powerfully and in ways that contribute directly to both survival and replication. "Emote" refers specifically to a behavioral concept; that is, your *emotions* carry out an evolutionarily validated strategy that aims to keep you striving toward the perfectly balanced state.

This becomes more important all the time because of the population explosion. Today we have to be more socially intelligent than ever before in human history. After all, human beings' greatest danger on the planet is no longer predators devouring them or a raging waterfall drowning them—it's other human beings beating them in the game of life. Our interactions with other people are as much part of our environment as rivers and trees, and we've adapted and evolved to navigate the uncharted waters with increasingly sophisticated emotional circuitry. The job of these circuits is to push us back toward homeostasis when we drift too far from it.

## A BIOLOGICAL MACHINE



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