



## Introduction

What if you had the power flip an imaginary trigger, a trigger which when pulled, instantly gave you a rock-hard erection?

And no, I'm not talking about a special "blue pill", I'm talking about an ability to make a decision and make it happen.

Just like you could decide right now to do something as simple pick up some food and put it in your mouth...

Imagine if you could just *decide* to get a full rock-hard erection and then have it happen almost instantly after that.

How would that feel?

Especially if right now you struggle sometimes, if not regularly to get and keep full rock-hard erections... How would that change your sex life?

I imagine it would *transform* it.

Well in this guide you're going to discover how to create such a trigger.

Every man has the power to create such as a trigger and today you can get started in created your very own.

Let's get started...

*Jack Grave*

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## What Causes An Erection

Before we get into the specifics of triggering an erection on your command we need to cover some ground work and fundamentals.

You first have to understand what causes an erection.

What you need to understand is that an erection is the result of several steps that occur within us.

Normally the process goes as follows...

#1 – External stimulus

#2 – Our processing of that stimulus

#3 – Biochemical message from brain to genitals

#4 – Erection occurs

This process works like a very unique chain.

If step #3 fails an erection isn't possible no matter what happens in steps #2 and #1.

And if step #2 fails an erection isn't possible no matter what happens in step #1.

That might sound a bit abstract right now, so let me cover this in detail.

Step number 3 is important.

It involves the use of your nervous system.

When your mind wants an erection that message gets sent to the genitals to create an erection.

In some cases, however, this process fails.

This is most often happens as a result of very old age, very bad health or a specific disease.

It's also what most people blame when they have problems with getting or keeping an erection.

They assume that they must have some kind of physical problem that stops them from having it.

However, it turns out that this reason is rarely the main cause of failing erections amongst men suffering from erectile dysfunction.

I'd estimate that this is the real source of the problem in about only 10% of causes of impotence or erectile dysfunction.

My main point of proof here is that there are countless examples of exceptionally old men being fully capable of getting and keeping full erections.

I'm not ruling it out as a possibility for causing you to have less than 100% full erections (which I assume is true for you if you're reading this), but it's important to not fall into the trap of thinking that you have an unfixable physical problem before addressing other more likely causes.

OK, so assuming that your messaging process within the body is working fine, then we move onto step #2...

Our processing of an external stimulus.

In 90% of cases when guys are struggling to get erections, this is the problem.

There's something going through your head that stops you from being able to get fully hard.

And here's my proof of this point...

If in the last 6 months you've been able to at least once achieve a full erection, 100% naturally, whether it be whilst watching porn, masturbating or even when you awoke during the night or first thing in the morning...

Then this means you have the physical *capability* to achieve a full erection.

That's been proven by the fact you've had one.

Therefore if you have the capability to achieve an erection in one situation, why shouldn't you be able to achieve it in another situation?

The only possible reason could be that there's something going on in your head that causes a different message to be sent to your genitals other than to get an erection.

Think about it.

That is literally the only possible reason.

The fact that you've been able to get hard proves that your nervous system has the ability to deliver the message and create an erection.

Therefore the only thing that can be stopping an erection from happening is if that message isn't being sent from the brain in certain situations.

This leads directly into the next section...



## Why Erections Fail

The main reason guys fail to get erections when they want them is because their brain sends mixed messages within their body.

Also, what you've got to realize is that these messages are sent on an *unconscious* level.

Remember back to when you were a teenager and you'd see a super-hot girl or you'd see some porn for the first time.

You didn't have to consciously tell yourself "can I have an erection please".

Of course not.

It just happened naturally.

But what did happen was your brain *unconsciously* sent a message to your body telling you to get hard.

You probably remember times when you didn't even want to get hard but it happened anyway.

Why?

Again, because it's your *subconscious* that determines whether you get hard or not.

My point in telling you all this is to let you know that it'll never be enough to consciously wish for an erection.

You have to get your subconscious to send the message.

And this requires subconscious *programming*.

Much like what happens within the Stamina System you need to work directly with your subconscious rather than your conscious mind.

And failing to do so is why erections fail.

If you want an erection but you're not getting one, it's because part of your subconscious is sending a message telling your body not to get hard.

So what's the most common reason for this happening?

Well the biggest one is nerves.

Fear, anxiety and nervousness can kill an erection just as much as it can kill your ability to last long in bed.

One of the reasons for this is that when you experience fear adrenaline is released into your bloodstream.

And adrenaline kills erections.

Adrenaline is part of the body's natural "fight or flight" response where it empowers the body to do whatever it takes to avoid impending danger.

And when your body is experiencing the "fight or flight" response having an erection is definitely not necessary.

Therefore it kills an erection.

Unfortunately this same hormone, adrenaline, that's been designed to help us in situations of imminent danger, doesn't help us when we get nervous about sex.

Therefore if you want to be able to trigger rock-hard erections you need to eliminate nervousness during sex.

Inside the Stamina System a lot of this will happen anyway, but I wanted to point it out here, because it's important for you to understand.

## How To Create An Erection

OK, so we know what stops erections from happening and we know that it's most often what goes through our head that determines whether or not we end up getting hard.

So what can we conclude from all this?

That if we want to get an erection we need to get our *subconscious* to send the right message to our genitals telling it to get hard.

And considering we can't just consciously say to ourselves "get hard" how can we do it?

Well the simplest way and the way I recommend you employ is to *recreate the experience that caused you to get hard*.

Earlier I mentioned that the first step in the erection process is external stimulus.

External stimulus just means something in the outside world that triggers us.

This could be looking at a beautiful woman, watching porn or being in bed with a woman we're attracted to.

Now what you'll have noticed is that step #2 - our processing of that stimulus comes *after* the external stimulus itself in the process.

This is an important distinction.

What this really means is that **no matter what actually happens externally, whether or not we get hard comes down to how we *interpret* the situation and *not* the situation itself.**

Meaning... that if up until now you've been blaming some type of situation, such as a specific thing your lover does, for the reason you're not getting hard, then you now know better...

Because ultimately with the right techniques you can get virtually *any* external situation to trigger you to get hard.

Now it probably wouldn't be practical to be getting hard in a lot of situations, but the physical ability is there, because it's your subconscious that triggers your erection and not the external event.

It just so happens that our minds are pre-wired to trigger erections in response to certain visual and physical stimuli, but this does have the power to be retrained.

Anyway, that was a slight detour, but valuable information nonetheless.

My main point is that it's inside your mind that erections get triggered and not anywhere else.

Therefore if you can master how to get your mind to trigger an erection, you'll be able to get hard whenever you want.

The question then is... How do you do that?

How do you cause your mind to trigger an erection?

Well, the easiest way to do it is to figure out what *already* triggers an erection within you and then recreate that same experience in your mind.

And as you read this, it's important to notice the wording.

You need to recreate the *experience in your mind*.

If, for example, you have the ability to get hard when masturbating alone, then it's probably not going to be practical to have to do that same thing when you want to get hard with a woman you want to have sex with.

But what you *can* do is recreate the experience in your mind.

And to do that you have to understand the following...

## How We Experience Events In Our Mind

How we experience something can be broken down into three key factors...

#1 – What we see inside our heads

#2 – What we say to ourselves

#3 – How we carry ourselves (our physiology)

The combination of these 3 things determines how we experience any particular event.

I should point out that often these things happen *subconsciously*.

We often don't realize the things we're visualizing or saying to ourselves, but they have a real tangible impact on our emotional and physiological state and therefore also our ability to get hard.

Let's explore this with the help of an example...

Let's say you have the ability to get hard while watching porn by yourself.

And remember that it's not the actual experience that determines whether we get hard, it's how we interpret it.

OK, so let's take this situation of watching porn as an example.

Let's break down how a guy might process the external stimulus of porn in order to get hard using the 3 different factors...

### #1 – What we see in our heads

In order to get hard a guy may visualize himself being the pornstar having intercourse and he may see himself being fully hard and enjoying the feeling of thrusting and being inside a woman.

### #2 – What we say to ourselves

In order to get hard a guy may say positive and encouraging things to himself.

They'd probably all be too explicit to write here, but they'd be along the lines of "oh yeh, I'm loving this, this feels amazing, I love f#@%ing you" and so on.

### #3 - How we carry ourselves (our physiology)

In order to get hard a guy may have a certain level of positive tension in his body.

His legs may be tense, his thighs may be tense and he may be breathing in a particular manner that makes him feel confident and aroused.



Now as I've just described these 3 factors I'd like to point out something.

Everything I've just described has been nothing but experiences inside of this guy's head.

While watching porn may have triggered him to think and act this way, but ultimately what's actually causing the erection is what's going on in his mind and body.

Isn't that interesting?

It's very important to grasp this idea, because the next step is going to use this concept to your advantage.

See, right now this guy may only be able to get hard with the assistance of porn, but what this guy doesn't realize is that he has the power to recreate the experience we've just walked through whenever he wants.

But before we get to that, let's work with another example.

Let's look at an example of how a lot of guys who struggle to get hard respond to sexual situations...

## #1 – What we see in our heads

A guy probably fails to get hard because he sees himself failing to get hard and instead being flaccid. He sees a disappointed look on his lover's face and he creates images of his lover evaluating his performance negatively.

## #2 – What we say to ourselves

A guy probably fails to get hard because he says things like “I hope I can get hard, I really need to get hard this time, it’s really important that I impress her and do a good job” all said with a vocal tone of hope, rather than confidence or certainty.

## #3 - How we carry ourselves (our physiology)

A guy probably fails to get hard because he carries himself with a failing posture. He’s probably slumped, low in energy and not physically excited about what’s to come.

Now, as I walk through this example of someone who *fails* to get hard can you see all the differences between this example and the example of someone when they can get hard?

There’s a very clear difference between what’s going on in their head and body in the two examples.

And it’s *this* difference that causes guys to fail to get hard and *not* the external circumstance.

Once again, let me point this out...

In both these examples, although there is an external situation triggering these thought patterns, ultimately they are all experienced within their head and body.

So let me ask you a very interesting question...

What if this guy who we've used for the examples responded to sex in the same way that he currently responds to porn?

What if instead of worrying about his performance he visualized himself being hard and enjoying being inside his lover thrusting hard?

What if instead of hopelessly saying things like "I hope I get hard" he excitedly said things like "I can't wait to f#@% this woman"?

And what if instead of carrying himself in a failing or losing manner, he carried himself with confidence, excitement and pride?

The outcome would be entirely different, right?

Instead of failing to get hard in a sexual situation that same guy would be able to get fully hard and enjoy sex.

And there's absolutely no reason why he couldn't do that.

*This* is the key to triggering erections whenever you want.

The key is to apply the patterns that *already* trigger an erection within you in situations where you'd like to trigger them in the future.

There's no reason why you can't change how you respond to situations.

There's no reason why you can't choose to experience situations that previously made you nervous and killed your erections instead in ways that make you excited and fully hard.

It *all* comes down to how you experience the situations inside of your mind.

## Identify What Already Makes You Hard

OK, now that you have a thorough understanding of what creates, triggers and kills erections we now need to work on what's unique to you.

You need to identify your individual and unique triggers for getting hard.

And like I said earlier, if you've been able to get hard naturally at *any* point within the last 6 months, whether that be while watching porn, masturbating or just when you awake during the night or in the morning, then you have the power to recreate that erection.

All you need to do is identify what's unique about how you interpret that situation and then recreate it and apply to situations where you'd like to get hard in the future.

So let's do an exercise to help work this out with you.

Remember there are 3 factors through which we create an experience in our subconscious...

#1 – What we see in our heads

#2 – What we say to ourselves

#3 - How we carry ourselves (our physiology)

You need to work out how that works for you.

So let's do that now.

Grab a pen and paper or open up a word processing program.

Then copy down the three headings, leaving some space under each.

Now, when you've done that, think back to the last time you had a good erection.

Take yourself back to that moment in time.

Associate yourself to that moment.

It may take a minute or so to do this.

Really immerse yourself into that moment.

Then, once you're there, start taking notes on each of the 3 factors...

Under #1 write down what you were visualizing in your head when you were fully hard.

What images did you see? What movies did you see? How did they look? Were they vivid, in color, bright, close to you, moving fast?

Write down as much as you can think of, because this will be a valuable resource for you later on.

And by the way, If at any point during this exercise you struggle think of ideas then just ask yourself “what if I *could* remember what I was saying, seeing or doing?” this will help open up your mind and overcome any blocks or objections.

OK, then, when you’re finished with that, under #2 write down what you were saying to yourself and how you were saying it.

So write down any specific phrases you repeated. Typically there will be something you’ll say to yourself over and over again. What did you say? How did you say it? What was your vocal tone, speech speed and volume like?

Take as many notes as you can.

Then, when you’ve done that, under #3 write down how you were carrying yourself physically.

What was unique about how you were carrying yourself? How were you breathing? What kind of tension did you have in your body?

Alright then.

Now what you have is your “recipe” for triggering an erection.

You can take virtually any external experience now and if you were to respond to that experience in the way you’ve just

written down then you'd be able to almost instantly trigger an erection.



## How To Use Your “Recipe” To Trigger An Erection

We humans have a complex psychology.

We have a lot of forces at play that try and keep us the same as we’ve always been.

Things like the identity we have for ourselves restrict our behaviors and many of our behaviors we act out purely out of habit.

Therefore if you want to be able to get hard whenever you want, you’re going to have to overcome these forces.

See, based on everything I’ve shared I’ve already given you the *potential* to create an erection in any situation.

If you’ve gone through the exercise then you now know exactly what it takes to get hard on command.

All you need to do is act out the three factors or your “recipe” for getting hard.

Interestingly though, your challenge will be overcoming your habits and identity.

Here’s what I mean by that...

If for example you’ve given yourself an identity of being shy, and your “recipe” involves you acting in a confident way because that’s how you act when you’re aroused, then this

means you're going to have to address your identity in order to act out what it takes for you to be aroused when with a woman.

The good news is that changing your identity is easier than it sounds.

And it becomes easy when you realize that you are not your behaviors.

To stick with the example of a "shy" person...

Someone who considers themselves shy often does so because they've acted shy a lot in the past.

However, if you take that same person and ask them if they've ever been in situations when they've been confident they'll almost always, especially if you probe them, be able to recall situations in which they were confident.

Perhaps it could be within in a particular hobby or at a particular sport or line or work or something else and within that scenario they are confident.

Therefore if they can act confident in one situation giving themselves the label of being shy is inaccurate and restrictive.

There's nothing being wrong with being shy of course, the only time it's wrong is if it stops you from achieving an outcome that you want.

My point here is that it becomes easy to change your identity when you realize that all it is is a label you've given yourself.

Therefore if what it takes for you to get hard requires you to act differently to what your old identity allowed, it's time to change or relax your old identity.

Doing this is going to be your first obstacle and I've just described one way to overcome it.

Your second obstacle is going to be habit.

If you've been getting nervous before and during sex for a while now it's probably going to be a habitual emotional response for you to do the same in the future.

If you want to get and keep rock-hard erections you need to replace that habitual response with that of your proven recipe for getting hard.

Unfortunately, replacing long-term habits can be hard.

Having said, doing this is far from impossible.

It does take dedication and drive, but it's very much possible.

So how do you do it?

Number 1, you need to *decide* to change.

You need to commit that you want to change and you're going to make it happen.

And when you appreciate all the benefits that come from being able to get and stay hard, doing this shouldn't be too difficult.

Secondly, you need to *practice* your new habit.

To replace a bad habit either you need a lot of emotional intensity (which will come from drive) or you need repetition.

You need to install your new habit.

Now one way to do this is to have lots of sex and each time try and consciously think differently, but this is the difficult way to do it, because you'll be with your lover and it'll be hard to maintain your focus.

The best way to give yourself practice is through visualization.

And this is all based on the following principle...

*Your subconscious mind cannot tell the difference between reality and something you vividly imagine.*

Therefore if you want to install a change, all you need to do is vividly run yourself through the experience you'd like to change your response to and see yourself responding to that situation in the way you'd like to.

So, with the example of trying to install a new way of responding to sex...

Take some time to visualize yourself in a sexual situation.

Take some times to relax, immerse yourself and really become associated to your visualization.

Then, once you're fully associated, play out in your mind how you'd ideally like the situation to unfold.

See yourself reacting and responding to the situation in a way that makes you hard.

See yourself responding to the sexual situation with your recipe for arousal instead of your old response.

See what you see in your head, what you say to yourself and how you carry yourself physically.

Then, rinse and repeat.

Perform this process over and over again.

Each time try and increase the intensity and clarity of your visualization.

The more intense and clear your visualization the more effectively you'll be able to install your new response because it'll seem more real to your subconscious mind.

And eventually in real life you'll begin responding differently.

Instead of focusing on the things that make you nervous, saying things to yourself that make you nervous and acting all nervous...

You'll respond with your pre-planned and rehearsed recipe for arousal.

And as a result... you'll be able to get and stay hard throughout sex.

Now how long this process of change takes depends on a lot of different factors.

It depends on the intensity with which you practice visualization, it depends how often you practice it, it depends on how big the change is that you need to make, it depends on your ability to get an identity that matches the response necessary to get hard when you want, and so on.

So I can't give you a set time period.

But what I can tell you is that with a high level of commitment and regularly visualizing installing your new habitual response to sex (trying to do it as close to daily as possible), within about a month your ability to get hard will completely transform.

And think about it.

There's every reason why this will work for you.

Let me quickly remind you how the entire process works...

What you've done is figured out what causes you to get and stay hard naturally and then applied that to situations in which you want to get hard, but previously haven't been able to.

And then you've used the proven process of visualization to create a habit by which you naturally begin to respond to situations where previously you got nervous and failed to get hard, instead with excitement and arousal and a full erection.

Follow the steps outlined in this guide and you'll be able to quite literally *trigger* rock-hard erections.

## Final Thoughts

I've given you a lot to think about in this guide.

I've covered a lot of different psychological principles in a densely packed and tightly edited format.

It may take some re-reading to fully grasp everything, but if you're not 100% clear on the steps necessary to help you get and stay as hard as you want it's essential you do that...

Because what I've revealed here is the secret to being able to get and stay as hard as you want throughout sex, even if right now you often struggle to do so.

My main point throughout has been that as long as you have the physical capability to get hard, then with the right approach you have the ability to recreate that erection.

And in this guide I've outlined exactly how to do it.

So go ahead and put what you've discovered into use now and start enjoying a more satisfying and enjoyable sex life.

Talk soon,

*Jack Grave*

PS – If the idea of being able to create “switch” which you are able to flip and get hard literally on your command is something you'd like to learn more about and explore



further, I've created a video that reveals even more than what I've been able to cover in this guide.

To discover more techniques to creating and keeping rock-hard erections on your command in a free video I've prepared for you, just click the image below...



**Secret Erection Technique Pharmaceutical Companies Don't Want You To Know**

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