

The SPG™ – International Men's Circle Curriculum

6 Weeks – 2 Sessions per Week

The Superpower Guide for Men & The Advanced Expansion Method for Men

WEEK 1 — FOUNDATION & ENERGY ACTIVATION

Session 1: The Warrior's Path & The Right Energy State

- Welcome, orientation, group agreements, confidentiality
- What it means to be a Warrior of Love
- Life-force energy (Chi) as the root of power & presence
- Simple energy activation practices
- Homework: Daily grounding + breathwork routine

Session 2: Compassion as a Relationship Superpower

- Compassion defined (inner + outer)
- How compassion shapes your relationships, purpose, and masculinity
- Daily compassion training (awareness + helpful action)
- Homework: 3 daily compassionate actions, journal reflections

WEEK 2 — PURPOSE & ALIGNMENT

Session 3: Living in Alignment with Purpose

- Defining personal purpose (why you're here)
- Purpose as an anchor for energy and decision-making
- The link between mindfulness & staying on path
- Homework: Purpose statement (1-2 sentences)

Session 4: Mindfulness, Presence & Daily Discipline

- Mindfulness as the base of sexual energy leadership

- How to bring full presence to every interaction
- Creating a mindful daily structure
- Homework: 10-min mindfulness practice daily

WEEK 3 — MASTERY & BOUNDARIES

Session 5: Do's & Don'ts — The Warrior's Code

- Habits that build vs drain your power
- Common pitfalls: porn, addictions, over-giving, lack of boundaries
- Setting clear agreements with yourself
- Homework: Commit to one “Do” and one “Don’t” for 1 week

Session 6: The System — Your Daily Operating Manual

- How to set up a repeatable daily system for energy, mindset, and action
- Tracking progress & adjustments
- Homework: Personal system map

WEEK 4 — INTERNAL PRACTICES

Session 7: Visualizations for Energy & Purpose

- Why visualization works (science + lived experience)
- Key Warrior of Love visualizations
- Guided visualization practice
- Homework: Daily 5-min visualization

Session 8: Meditations & Breathwork for Energy Mastery

- Core meditation styles (stillness, compassion, energy flow)
- Breathwork sequences for sexual energy cultivation
- Homework: Morning breathwork + evening stillness

WEEK 5 — ADVANCED ENERGY EXPANSION

Session 9: Transforming Energy into Love

- Moving sexual energy up the body

- Offering your Chi to the world
- Partner & solo practices for energy transmutation
- Homework: Daily solo energy transmutation

Session 10: Advanced Expansion Techniques (from private book)

- Anatomy of arousal & energy flow in men
- Expansion without release training
- Safety, pacing, and long-term mastery
- Homework: 3–5 practice sessions/week

WEEK 6 — LEADERSHIP & INTEGRATION

Session 11: Leadership as a Warrior of Love

- Leading from love without losing power
- The balance of assertiveness & compassion
- Real-world applications (relationships, business, fatherhood)
- Homework: Lead one conversation/situation from WoL principles

Session 12: The Commitment & Next Steps

- Your Warrior of Love oath
- Integration plan: how to live the method beyond 6 weeks
- Invite into next cycle or advanced mentoring
- Celebration & accountability partner setup

This program is based on 'The Warriors of Love Method – The Superpower Guide for Men' and 'The Advanced Expansion Method for Men' by Nicolas Notini Wallin.