

The Warriors of Love Method™ for Men

Coaching Curriculum Overview

This is the core structure we follow in our 1:1 or group journey together. It's based on the book: "The Warriors of Love Method – The Superpower Guide for Men", and tailored to your unique life.

Each step builds on the last. Your energy, your self-love, your truth — it all starts here.

1. Awaken Your Energy — Activate Your Superpower

Book Reference: Chapter 2 – Energy and the Inner Superpower

- Understand energy as life-force and how it works in you
- Learn to recognize and work with your Chi
- Begin feeling your inner Superpower daily
- Identify fear, the inner critic, and energetic leaks

2. The Do's & Don'ts — Framing the Path

Book Reference: Chapter 3 – Do's and Don'ts

- Clarify what supports your growth and what doesn't
- Define your own "Right View" — what you're walking toward
- Set aside habits that drain life-force
- Anchor in compassionate discipline

3. Compassion as Your Foundation

Book Reference: Chapter 4 – Compassion

- Learn what compassion *is* (and isn't)
- Practice inner compassion: the foundation for outer change
- Understand reactive vs receptive states
- Train the three directions of compassion

4. Define Your Path: Purpose & Intentions

Book Reference: Chapter 5 – Vision, Intention, and the Definition of Success

- Define your own service-based *Definition of Success*
- Write your 10 key *Intentions*
- Clarify your deeper *Purpose*
- Align with who you want to become

5. Build Your System

Book Reference: Chapter 6 – The System

- Set up a system (not goals) that fits your life
- Co-create a daily routine of sacred practices
- Anchor your mornings, evenings, and sacred micro-moments
- Understand that trust in self is built through daily action

6. Daily Self-Care & Health

Book Reference: Chapter 6 – The System

- Explore conscious exercise, nutrition, and sleep
- Define your diet with clarity and love
- Create rituals around eating, grooming, and movement
- Treat your body as your energetic instrument

7. Sexual Energy & Sacred Pleasure

Book Reference: Chapter 7 – Pleasure

- Master conscious ejaculation & sexual self-regulation
- Learn sacred self-pleasure rituals
- Practice presence-based touch
- Give loving pleasure to others with grounded energy

8. Meditation & Breathwork

Book Reference: Chapter 8 – Breathwork and Meditation

- Use the "Three Short Steps" to enter meditative state
- Practice calming, loving, and energetic meditations
- Integrate breath practices (e.g. box breath, 4–7–8)
- Learn to reset and access The State through breath

9. Energy Transformation

Book Reference: Chapter 9 – The State

- Use pleasure to transform difficult emotions
- Learn the *Pleasure Transformation Meditation*
- Stay centered and in flow even in chaos
- Transmute shadow into loving energy

10. The State — Full Body Radiance

Book Reference: Chapter 9 – The State

- Experience the deep energetic field of blissful presence
- Practice the *State Meditation*
- Sustain arousal and flow without tipping over
- Enter deeper connection with self and others

11. Compassionate Leadership

Book Reference: Chapter 10 – Compassionate Leadership

- Lead yourself with clarity, compassion, and power
- Understand relational intelligence (RI)
- Communicate from love, not reactivity
- Lead your life and relationships as a Warrior of Love

12. Integration — Walking the Path

Book Reference: Chapter 11 – Integration

- Refine your system for life
- Anchor long-term practice and recommit
- Design your own *Warrior of Love Way*
- Keep the flame alive — every day

Summary

This method is not a checklist.

It's a living rhythm.

It meets you where you are — and brings you into full alignment with your energy, your truth, and your love.

When you walk this path, you don't just transform yourself.

You transform your life, your relationships, and your world.

With love,

Nicolas 