

Awakening The King Within Him

A STEP BY STEP GUIDE TO GETTING YOUR MAN ON THE PATH TO INNER WORK.



Hey – Dominick here.

The fact that you're reading this touches my heart. That's because the reason you're here is there's a man – or men – in your life that you care about enough to go the extra mile.

Whether it's your partner, husband, father, son, brother, uncle, cousin, co-worker, or friend... you have a remarkable ability to influence his desire to take the inner journey.

But, let's make one thing clear:

The responsibility for a man leveling up in his life is not on your shoulders, it is on him, as a man. You are not responsible for him. You do not need to carry his weight on your shoulders. But you can nudge him in the right direction. Here's a story of how a special woman nudged me in a way that forever changed the trajectory of my life.





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MY STORY

10 YEARS AGO I HIT A PERSONAL BOTTOM.

There was only one person in my life who I felt safe turning to: My dear friend Grace Gold. She was the only one to whom I could reveal my ugliest bits, and knew she would still be there to support me after.

Grace was, and still is, a master at speaking my language. Back then, she understood my inner world better than I did. She knew what motivated me and spoke directly to it.



She also knew my trigger points that would shut me down. She was Olympian level acrobatic in avoiding my invisible trip wires (navigating them like Catherine Zeta Jones in the movie Entrapment).

She made invitations to rise up by speaking to the King inside of me, and made me feel like I was embarking on a noble journey of self-discovery.

**These 4 Stages I offer you to influence the man
in your life, are straight from Grace's playbook:**





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Stage 1

BECOME THE SAFEST PERSON TO TALK TO (BEING UNSHOCKABLE)

My mentor, Lisa O'Neill, told me her #1 strategy to stay connected to her 4 young children is to be un-shockable.

Why un-shockable?

Because as she sees it, the biggest enemy to healthy relationships with her kids is them keeping SECRETS. Kids keep secrets because they fear emotional eruptions, punishments and parents taking things away from them. So naturally, they hide shit. Lisa has mastered absorbing the initial shock when her kids bring things to her like questions about sex, drugs and unchaperoned house parties.

On the inside = Tornado of emotions.

On the outside = A sea of tranquility.

THE RESULT

She has a transparent and honest relationship with her children that allows her to maintain an ongoing - and significant - influence in their lives.

Men, like children, also respond well to un-shockability.

Grace was un-shockable. The shit I told her about my life 10 years ago must've repulsed her. But she never let on to me on the outside. She got my full truth. She got my full trust. She pointed me in the right direction.

HER GUIDANCE CHANGED MY LIFE.





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Stage 2

MASTER HIS LANGUAGE (SPEAK THE QUEENS CODE)

If you've ever read the 5 Love Languages, you know the biggest mistake people in romantic relationships make is that they GIVE love the way THEY want it...not necessarily how their partner wants to receive it.

Everyone ends up confused, upset and misunderstood.

If you're reading this, chances are you have a heavy emotional investment in the man you're here for. That emotional investment has the potential to push you into speaking from a space of "ABOUT YOU" vs. a space where he can actually hear you.

So the first step here, is reminding yourself of what carrot you can dangle that he's most likely to chase.

Here are some quick Do's and Don'ts:

DO	DON'T
Speak to his potential	Speak to his flaws
Make invitations	Tell him he "should" or "needs to"
Allow him space to grapple and find his feelings.	Jump in and save him by trying to name his emotions for him.
Allow him time and space to go away and process.	Pressure him for action or a decision right now.
Play the long game	Expect immediate buy-in





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Stage 3

MAKE INVITATIONS (DROP BREADCRUMBS)

Make Invitations...Not Demands.

This distinction is essential.

Don't tell him what he should or shouldn't do. Drop a little breadcrumb for him (an invitation that's easy to gobble up). Step back, allow him space and see if he takes it. If he takes the breadcrumb, drop another. Keep calibrating, testing and leading.

Your ability to make this work goes back to what I shared in the beginning: The responsibility for a man leveling up is not on your shoulders, it is on his/ Make the invitation and release your attachment to the outcome.

Here are examples of how Grace used her own version of the Queen's Code to get me on my inner work path:

“

I know you're always working so hard on improving yourself at work, Dominick, and I love that about you. A few of my male entrepreneur friends (who I knew were multi-millionaires) swear by these two books (The 4 Hour Workweek and The Way of the Superior Man). I thought you might dig them.

“

I did the Landmark Forum a year ago, and tripled my income in one year. I attribute much of that to the confidence I gained and skills I learned from Landmark. If you're interested, I can send you the link or take you to a workshop.

(The Landmark Forum turned out to be the first personal program I ever did... and went on to do 2 more of their trainings).

Final word on making invitations:

Anticipate initial resistance from a man. Even if he knows he needs a better way, sometimes these fears – operating in his psyche – are scarier than staying stuck where he is:

1

He fears emasculation. Looking weak, admitting failure, being “called out,” are all opportunities for a man to lose his manhood, his identity. Going to therapy or paying for coaching can be perceived as admissions of “I can't do this myself. I have failed.”

2

He fears looking bad in front of other men. What would his friends or the men at work think if they found out he was going to therapy or a men's retreat? What would happen if he went to the men's retreat and broke down crying in front of the other men?

3

He fears getting this wrong too. If he invests the time, money and energy to go do this work, and he feels no better than he does now, than he'll feel even more stupid and helpless.





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Stage 4

RINSE AND REPEAT (PLAY THE LONG GAME)

Going back to the Landmark story, Grace failed in her first attempt to get me to do Landmark. It was 2009, and she was just finishing her 3 day weekend retreat with them. She invited me to the evening seminar, when I was promptly turned off by everyone and everything in the room, most notably the overbearing instructor and his obnoxious sales pitch.

Grace was wise – and persistent – enough to know that I needed this workshop, but the “sale” would have to come another way.

She let months pass before mentioning Landmark again to me. This time, casually referencing how she’d booked the most lucrative writing gig of her career (breadcrumb). This led me to asking probing questions about Landmark for the first time (me eating breadcrumb).

She kept dropping breadcrumbs for the remainder of the year, so by the end of 2009, I’d heard about her many successes culminating in the tripling of her income...right at the time I’d hit my own personal bottom.

Finally, after a full year with my head up my ass – and Grace’s divine patience - I was ready to take my first step.





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WANT MORE?

SUGGESTED EPISODES

Your #1 Enemy to Living a Powerful Life

The Making of a Sex Addict (Dominick's Story)

**7 Reasons You Need to Do Inner Work
With Other Men**

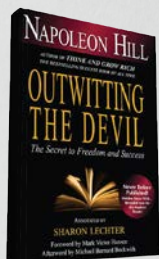
**Defining Your Manhood: The Essential
Questions**

**4 Years of Porn Abstinence: Dominick's
Uncomfortable Experiment**

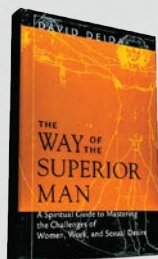
What We Hide from Women (Secret Stashes)

**Locker Room Talk (if Guys Actually Told
the Truth)**

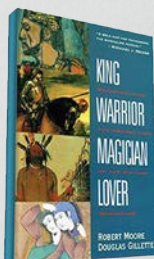
BOOKS



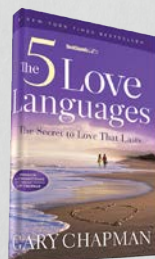
Outwitting the Devil
by Napoleon Hill



**The Way of the
Superior Man**
by David Deida



**King, Warrior,
Magician, Lover**
by Robert Moore



**The 5 Love
Languages**
by Gary Chapman



Design Your Future
by Dominick
Quartuccio

