

The #1 Way to Lead Women into Deeper Pleasure

PRESENCE

— over —

PERFORMANCE

Stop trying to
be “Good in Bed”
- learn what she
actually craves.

LAYLA MARTIN

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Stop trying to
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-learn to give her
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This is only the beginning.



CHAPTER ONE

Why Being “Good in Bed” is the Wrong Goal

How Performance Kills Pleasure (and What to Do Instead)

Most men have been taught that great sex is something you do, not something you feel.

From a young age, you’ve likely been handed the same list of how-to’s over and over again:

- “Be confident”
- “Know what you’re doing”
- “Take control”
- “Last long enough”
- “Get her to orgasm”

But underneath ALL of that is one core message: Your value in bed is based on how well you perform. So if you’ve ever wondered why you enter into sex carrying an invisible (but wildly overwhelming) feeling of pressure...

Well, this is why.

Even men who appear incredibly confident and are hugely successful and powerful on the outside... Often still carry this internal pressure on the inside.

Because they were never taught how to actually feel during sex.

As a man, you were taught how to think about sex: Achieve, perform, and create a desired outcome. And yes, some of these things absolutely create the delicious, electric temporary excitement you know and love.

But they also come at the expense of the one thing that creates even deeper pleasure and intimacy: Presence.

The moment sex becomes a performance, your attention, body, and sensation leave the actual experience of it.

You begin monitoring instead of naturally responding, analyzing instead of connecting, and mentally tracking things like:

- What should I do next?
- Is she enjoying herself?
- Am I lasting long enough?
- Can I get her to orgasm?



This kind of pressure (that you literally might not even realize you're bringing into sex) changes the entire experience...

For both you and your partner.

It causes you to speed up subconsciously, pulls you into your head, and disconnects you from your body. And when those things sneak into ANY experience, but especially a sexual one...

It becomes even harder to feel pleasure and connect with the person right in front of you.

In other words, the harder you try to be “good in bed,” the harder it becomes to access the very things that actually create amazing sex:

- aliveness
- connection
- attunement
- relaxation

...and most importantly, deep enough presence to experience what's happening in the moment instead of trying to control it.

And this level of presence doesn't only make sex more incredible for you. Whether she consciously realizes it or not, a woman can feel the difference, too.

Her body knows when you're with her physically but mentally somewhere else.



Her nervous system knows when your attention is focused on outcome and “doing it right” instead of connecting with her.

But the opposite is also true:

She can also feel when you’re actually with her: deeply grounded in yourself and not trying to prove anything.

This is the exact paradox most men are never taught:

The more pressure you put on yourself to create incredible sex... The more difficult it becomes to create the conditions required for incredible sex to happen in the first place.

Pleasure can’t thrive under pressure and connection can’t deepen through performance.

There’s a reason the experiences people remember the most aren’t moments everything was technically “perfect”...

They’re moments that felt deeply real.

And when you learn how to apply this to sex by fully relaxing into the experience (rather than trying to manufacture it ;)...

Everything changes.





CHAPTER TWO

When Sex Becomes a Performance

Why Trying Harder Creates More Disconnection and Less Pleasure

There's a reason that "trying harder" is usually the exact thing that creates disconnection in the bedroom:

Because most men are so conditioned for performance mode, they no longer even realize when they enter it.

And here's the catch: it's not always obvious, meaning it doesn't always look like nerves or anxiety.

It can also show up in a way that looks like deep confidence, control, and focus...

But regardless of how performance looks for you specifically, it can be felt by your partner.

Men have become so deeply conditioned to "do" sex over their lifetimes that they stop even noticing how mentally active they are during sex.

You've been taught to be constantly striving to create the right reactions, maintain chemistry, and lead perfectly...

All things that pull you out of your body and into your thoughts, disconnecting you from both your experience of sex and hers.

And I get it, you might be asking yourself right now:

But Layla, what does it actually look like to be relating to sex from the outside instead of from within it?

The reality is that the signs can be SO subtle you might not even notice them, things like:

- over-focusing on technique
- struggling to slow down and connect
- mentally jumping ahead
- needing visible reassurance
- disconnecting from your own pleasure
- trying to “make something happen”
- becoming goal-oriented around orgasm
- staying in control rather than relaxing into the moment

But what no one tells you is that underneath most of these behaviors is the exact same deeper fear:



What if I'm not enough?

THAT is what a woman's body and nervous system is constantly responding to: The energy underneath your actions.

Since sex is not only physical, it's also emotional and energetic, the fear of not being enough doesn't just create tension within you...

It also creates tension outside of you.

The kind that impacts the way people experience you in all areas, including love and sex.

That's why even sexual experiences that technically "check all the boxes" for pleasure...

Can still feel unsatisfying and flat without:

- depth
- polarity
- openness
- presence
- connection

But here's the best news in this entire guide:

The moment you stop treating sex like something you have to succeed at... You create space to actually feel the experience instead of managing it.

(And she feels that too ;)





CHAPTER TWO

The 3 Shifts Women Respond to Instantly

3 Masculine Skills that Change the Experience of Sex and Intimacy

If you truly want to understand what creates the outrageous sex and connection you both crave...

You have to change the question.

Instead of asking: “How do I impress her? How do I do it right?”

I want you to start asking: “How do I actually connect with her?”

Women respond to something much deeper than perfect technique, often before they even consciously realize it.

There are two things a woman’s body and nervous system instantly sense: Your energy and your presence.

This is exactly why it’s the men who create the deepest attraction, polarity, intimacy, and trust...

That experience the most toe-curling, unforgettable sex.

(Instead of the men who try the hardest ;)

When a man knows how to stay connected, to himself, the moment, and his partner, everything changes.

A woman's body responds differently by:

- softening
- opening
- trusting
- receiving

And spoiler alert: none of these things have to do with you doing it “right.”

Instead, they have to do with how safe and connected she experiences you to be. Some men can technically do “less” in sex and relationships and still create deeper intimacy through their energy and presence.

Once you learn and understand the 3 shifts I'm sharing below, intimacy will stop feeling like something you have to perform...

And become something SO much more profound:

An experience you can actually *feel*.



3 Masculine Skills that Change the Experience of Sex and Intimacy



01: PRESENCE

Are you actually in the moment... or are you trapped inside your head?

Presence is the foundation of everything she craves (AND everything you're learning in this guide ;)

Without it, even the absolute best, top-tier sex tips in the entire world will feel deeply disconnected.

Presence is what allows your partner to feel you physically... But also emotionally and energetically.

When your presence leaves the present moment, connection weakens immediately, whether you're consciously aware of it or not.

You stop responding naturally and in real time...

Because you're no longer actually *experiencing* your partner in real time.

Signs You're Mentally Somewhere Else During Sex

You notice yourself:

- anticipating
- analyzing
- planning
- monitoring reactions
- worrying
- trying to control the outcome

Signs You're Truly Present During Sex

You notice yourself feeling things like:

- breath
- sensation
- pleasure
- the rhythm of the experience
- the emotional connection
- the ability to slow down

The things on the second list are what create the strongest chemistry in the first place. Why?

Because they show a woman she's not being managed, handled, or performed for... She's being met, felt, and experienced.





02: ATTUNEMENT

Can you truly feel her... instead of just touching her?

You've likely been taught to focus almost entirely on action during sex:

What to do, how to do it, and when to do it.

But attunement is something very different.

Attunement is your ability to actually feel and be responsive to another person...

Instead of just mechanically moving through an experience.

It's the difference between touching her body and feeling her responses.

The reality is that women are constantly communicating through subtle signals, things like:

- breath

- softness
- movement
- contraction
- sound
- eye contact
- emotional energy
- tension

That's why when you learn how to become deeply attuned, sex stops feeling scripted... And starts becoming truly relational and dynamic.

Instead of trying to "do the right move," you begin responding to what's actually happening in the moment:

You notice when she relaxes, when she tenses, and when she pulls away slightly... And you notice when she craves more intensity, softness, slowness, or connection.

This kind of attunement is the key to creating a completely different experience for a woman, both in love and in sex.

But the one thing attunement is NOT:

Becoming hyper-focused on pleasing her or abandoning yourself to read her.

True attunement, the kind that transforms sex and relationships, only happens when you stay connected to yourself *while* staying connected to her.





03: LEADERSHIP

Are you able to guide the experiences you have with her... without forcing it?

I want to be super clear on something:

Leadership in love and relationships is not about dominance, control, or performing confidence.

Leadership in intimacy is about groundedness, direction, and steadiness.

It's your ability to stay relaxed, connected, and intentional...

Instead of collapsing into hesitation, pressure, or overthinking.

When you're capable of calmly guiding a woman's experience with you, her nervous system can feel it. And what most men don't know is that leadership in intimacy is often surprisingly simple.

It can look like:

- slowing things down instead of rushing through them
- staying present in the moment instead of reactive
- taking initiative without force or pressure
- creating safety without becoming passive
- remaining connected when vulnerability appears

This level of leadership with a woman matters for so many reasons, but the most important one is this:

Women carry huge amounts of pressure, vigilance, emotional labor, and mental overload.

When your energy and leadership remains grounded and present...

It allows her to fully surrender into the experience.

This is one of the biggest shifts men discover when they move beyond performance:

Great sex is not created by trying harder, it's created by becoming more connected.





CHAPTER FOUR

How to Put Presence into Practice

Part 1: Bringing Presence into Connection

By now you've learned the kind of connection and chemistry you crave...

Can't be created through MORE mental effort.

And yes, understanding this is the first step...

But the real shift happens when you begin to actually experience presence with your partner.

Below is one of my favorite 10-minute partnered practices for deeper presence.

It's designed to help you understand what it actually feels like to:

- slow down your experience
- reconnect with your body
- create intimacy differently

The 10-Minute Partnered Presence Practice:



The goal of this practice is simple: No goal.

As you move through the steps with your partner, don't try to force something to happen or create a certain response.

(Yes, really!)

Instead, focus on connection, presence, breath, and sensation.

This practice is perfect to try during intimacy or foreplay... But you can also do it outside the bedroom in everyday life using simple touch.

Remember: the important part isn't what you do, it's how you do it ;)

STEP 1: Drop Into the Moment

Slowing down and being present means you can no longer rely on things like momentum or intensity alone...

You have to actually feel.

So before touching your partner, pause, arrive in the moment, and notice what's happening in your body:

What areas do you feel tension, pressure, or urgency?

Notice if your mind immediately starts trying to figure out:

- what you should do next
- how to create chemistry
- how to make it “good” for her
- how to create the “perfect” experience

But instead of following those thoughts, continue to bring your attention back to the sensation you feel in the moment.



STEP 2: Touch Slower Than You Normally Would

Most men move way too quickly to actually feel what's happening.

As you continue the practice, intentionally slow your touch down... way down.

Not in a forced way, but in a way that allows you and your partner both to experience what's happening in real time.

As you touch her, intentionally take note of things like:

- the temperature of her skin
- the texture of her body
- the rhythm developing between you
- your own physical sensations

But instead of trying to create a reaction as you notice these things, become deeply curious.

What happens when you:

Stay connected instead of rushing?

Stop trying to “get somewhere”?

Make touch more about how it feels instead of where it leads?



STEP 3: Pay Attention to Her Responses

One of the biggest shifts you can make in intimacy:

Learning how to notice a woman's responses without trying to manage them.

Instead of: "How do I get the reaction I want?"

Ask yourself: "What is actually happening right now?"

Give yourself space and time to just observe, noticing:

- her breath
- her body language
- moments of softening or tension
- emotional openness
- changes in energy
- subtle movements

As you notice these things, also take note of whether you get the urge to immediately do something about them.

If you do, instead of acting on it, focus on staying connected, curious, and present.

When she learns her natural responses are safe with you, her nervous system and body will relax, open, and soften even more.



STEP 4: Let the Experience Be Enough

If you've spent years subconsciously measuring the success of sex through outcome...

This may be the hardest part for you (and just so you know, it is for a lot of men ;)

While you're in this practice, make a conscious effort to let go of needing the experience to become anything specific.

You don't have to create some perfectly spiritual or mind-blowing moment...

You just have to actually stay with the moment that's in front of you.

The more you do this, the more you'll stop relating to sex as something to achieve...

And the more you can sink into it as something you get to truly experience.





How to Put Presence into Practice

Part 2: Presence Begins with You

You don't need a partner to begin practicing presence...

You can start reconnecting with your body and pleasure on your own (and it's a damn powerful thing to do ;)

For most men, disconnection has become so normal that they don't even notice it anymore.

But when you're disconnected from yourself...

It becomes impossible to stay deeply connected to someone else.

Below is one of my favorite 10-minute solo practices for deeper presence, designed to help you:

- rewire your sexual patterns
- reconnect with your body
- experience what it's like to slow down

The 10-Minute Solo Presence Practice



The goal of this practice: There isn't one.

Move through the steps without trying to “achieve” anything or force an outcome...

Instead, focus on learning how to stay connected to yourself instead of escaping the moment.

Remember: You've likely spent your entire life conditioning yourself away from presence.

This practice will help you begin returning to it.

STEP 1: Slow Everything Down

Before you begin touching yourself, pause and take a few deep breaths.

Notice, without judging, any urges you have to:

- get started quickly
- move toward intensity
- seek release
- escape into fantasy
- distract yourself mentally
- force something to happen

Continue bringing your attention back to your body, breathing, and sensation, as many times as it takes.

By slowing down enough to actually experience what's happening in your body...

You can practice being here in the moment instead of somewhere else in your mind.



STEP 2: Stay Connected to Sensation

As you begin slow touch, take note of where you instinctively speed up.

You may even notice the exact moments where your attention leaves the experience or your mind tries to take over.

So many men have learned to experience pleasure almost entirely through fantasy, visual stimulation, or mental escape.

Presence asks you to show up differently...

To stay connected to what's happening in your body.

Instead of performing or following a mental storyline, you feel everything.

And even though it's going to feel unfamiliar at first...

This ability to finally connect with sensation is the exact doorway back to deeper connection with yourself and your partner.



STEP 3: Notice the Urge to Chase Outcome

As you continue the practice, begin paying attention to how often your mind shifts into:

- craving more intensity
- wanting deeper release
- trying to reach orgasm faster

There's nothing wrong with ANY of these things.

But when you become focused only on reaching the finish line, you unknowingly disconnect from the experience itself.

So instead of chasing climax, notice your urges to do so...

But consciously practice staying with sensation and noticing what actually feels good when you take the urgency away.

You might experience things like:

- deeper relaxation
- more sensation
- more emotion
- heightened awareness
- more calmness
- increased sensitivity



STEP 4: Let Presence Be Enough

If you've spent years unconsciously relating to pleasure through achievement or release...

This is probably going to feel like the hardest part:

Staying connected without needing the experience to become anything more.

This means that even just for 10 minutes, you remove pressure, performance, and the urge to prove yourself...

And replace it with breath, sensation, and awareness.

Because what ultimately transforms intimacy is learning how to stay connected to yourself...

Instead of abandoning yourself the moment intensity appears.





CHAPTER FIVE

...This Was Never Just About Sex

How This Work Changes Your Life Far Beyond the Bedroom

Presence doesn't only transform the way you experience intimacy...

It transforms the kind of man you become.

That's why none of what you've learned in this guide is ONLY about sex.

Yes, it all absolutely changes the experiences you have in the bedroom by unlocking:

- deeper connection and intimacy
- stronger chemistry
- increased pleasure and sensation
- more sexual confidence

...but what this work is really about goes so much deeper than that.

Because the moment you finally stop relating to intimacy through performance and pressure...

Is the same moment you transform the way you relate to life itself.

Relationships, self-trust, leadership, and purpose all begin to show up differently.

This is usually one of the most unexpected parts of this work (and most rewarding ;)

You might've come into this journey wanting better sex and more confidence in bed...

But what you'll actually walk away with is a completely different way of experiencing yourself and the world around you.

After spending most of your life being conditioned away from:

- emotional presence
- vulnerability
- your body and pleasure
- profound connection

...when you learn to actually experience yourself and others deeply, it impacts every area of your life.

The truth is that presence isn't just a sexual skill:

It's a leadership skill, a relational skill, an emotional skill.



It's the ability to stay grounded and connected during intimacy, conflict, high emotion, uncertainty...

All the moments you would normally shut down, avoid, or disconnect inside of.

And others (especially women!) can feel this in you.

The ability to stay present and connected instead of collapsing, controlling, or completely checking out...

Transforms the way women experience you naturally.

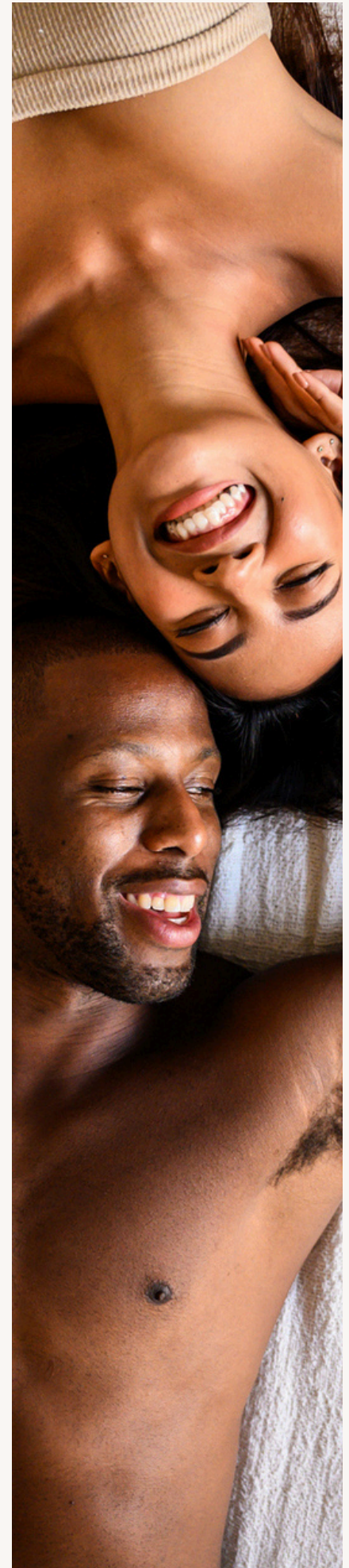
That's why this work is never about becoming a "perfect" man; it's about becoming a deeply connected one who can be:

- present instead of performative
- connected instead of in control
- engaged instead of avoidant

Once you experience the difference presence makes, you realize this path was never just been about sex.

Instead, it was about learning how to fully show up in your body, your relationships, your leadership...

And your *life*.





CHAPTER SIX

Taking it to the Next Level

This is only the beginning.

By now you've realized that what you've learned in this guide...

Is *only* the beginning of what's available to you.

Most men never find out what becomes possible when you move beyond pressure and performance...

And into presence, emotional depth, leadership, and genuine relational connection.

But when you learn how to relate to yourself, your relationships, your sexuality, and your purpose in a deeper way...

Your entire life changes.

If you were never taught how to:

- Stay connected during intimacy
- Lead without force

- Feel fully present in your body
- Create emotional safety and attraction
- Build real confidence instead of performance
- Experience deeper pleasure and connection

...I created Men's Sexual Mastery for you.

Inside this powerful training, you'll learn guided practices and practical tools to help you:

- Feel more grounded and self-assured
- Create deeper attraction and desire with your partner
- Strengthen your presence in and out of the bedroom
- Experience more pleasure, stamina, and connection
- Release pressure, insecurity, and performative patterns
- And become the kind of man women naturally respond to

Masculine presence and confidence doesn't come from pretending to be someone you're not...

It comes from being deeply connected to who you are.

If you're ready to continue going deeper into this work:



**CLICK HERE TO JOIN
MEN'S SEXUAL MASTERY**