

60 Years of Challenge



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The Secrets of Micro-Escalation and Escalating The Vibe



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An Important Message from Sixty

Starting in June 2008 on the mASF forum over at fastseduction.com I started writing about a concept I called “micro-escalation”. The concept of micro-escalation consisted of escalating the vibe with a woman to create attraction, sexual tension and move the seduction forward in a subtle way.

My definition of micro-escalation:

Instead of making ONE big verbal or physical move to escalate the seduction, you should use a series of small non-verbal moves. For example, you should focus on holding seductive eye contact, moving closer, talking slower and listening versus worrying about big moves like lunging at her for a kiss.

While obviously none of these ideas or moves used by themselves is original, I made a specific point of emphasizing in all of my articles that the main benefit of this strategy was the following:

By not saying or doing anything at first besides slowly escalating the vibe it made it almost impossible for a woman to resist you verbally or reject you physically. Thus giving you time to escalate and create attraction before she even knew what you were up to. In other word the concept I had labeled micro-escalation was in a way “rejection proof”.

Not only did I say that escalating the vibe was rejection proof I also made it clear that using these micro-escalation increases sexual tension and creates attraction.

I also pointed out that micro-escalation was really great news for guys who were afraid to escalate by going for big moves like a kiss because all of these moves were very small, thus under the radar.

Another insight from that time period included a concept called “seductive listening” which gave you the option of seducing her with micro-escalations while both talking and listening.

To give the reader insight into how the idea was originally developed over at fast seduction, I have decided to put together a special report on the subject of micro-escalation and give it away for free. I hope you all enjoy the special report and learn something new about seduction.

Best,

Sixty Years of Challenge

Learn More Free Seduction & Relationship Secrets:

60yearsofchallenge.com

What is Micro-Escalation

Date: November 10th, 2008 09:30:17 PM (EST)

Group: alt.seduction.fast.general

Author: 60 years of challenge

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I don't talk much anymore. I just listen. Everything I use to seduce is non-verbal. For example I only use non-verbal statements of interest like moving closer. The person who is talking is the person who is qualifying. By not talking much you are the one screening her.

Of course when you listen to her you want to make sure to use 'seductive listening' versus the "I'm just so happy to be here" facial expression. It's much easier to escalate the vibe when listening versus talking, but you should be able to be seductive doing both.

Going for the Kiss Makes Me Nervous

Here is a common scenario. You are sitting and talking with a cute girl. You assume she probably likes you because she hasn't left and she keeps asking you questions. So now all you can think about is "I need to escalate". You start to get really nervous. For most guys escalation means only one thing, going for a kiss. It's no secret guys constantly worry "*How can I kiss her?*"

There is no need to worry about going for the kiss because there are so many micro-escalations you can use to seduce her besides kissing. You can start with very small moves.

So what exactly is micro-escalation?

Shutting up. That is an escalation. Look in her eyes. That is an escalation. Stare at her lips. That is an escalation. Move closer to her. That is an escalation. Leave your hand on her lower back for a few seconds and then take it away. That is an escalation.

An additional benefit is just by using these micro-escalations you will be perceived as more attractive to women. When you tell guys that using seductive eye contact is an escalation (and that it's attractive) they get really excited because they understand that what they are doing will help them get closer to their goal. [My Original Post](#)

Micro-Escalations Create Sexual Tension

Date: September 13th, 2008 01:11:06 AM (EDT)

Group: alt.seduction.fast.advanced

Author: 60 years of challenge

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“None of these non-verbal seductive micro-escalations break rapport, but they definitely create sexual tension” - Sixty

When it comes to attracting women your main tool for seducing her is to assume attraction and create sexual tension through small, seductive non-verbal escalations that make you attractive just by using them.

For example the following escalations are attractive, show confidence, and create sexual tension. Things like seductive eye contact, shutting up, and looking at her lips. You can also build sexual tension by using pauses, seductive listening, moving closer and visualizing kissing her.

All of these non-verbal seductive micro-escalations create sexual tension and keep the vibe from becoming social. She may suspect you are up to something but you have given her no excuse to reject you.

[My Original Post from mASE](#)

Nothing Verbal to Reject or Physical to Resist

Date: January 2nd, 2009 11:46:39 AM (EST)

Group: alt.seduction.fast.general

Author: 60 years of challenge

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If you are scared to escalate the solution is to realize that escalation in itself is attractive. Meaning you are both escalating and creating attraction at the same time.

My saying “Escalation is Attractive” basically means there is little downside to escalating. It's not about whether she accepts your escalation or not. The mere fact that you escalated the vibe, because it shows confidence, makes you more attractive than you were a few seconds ago. In other words there is really no risk.

Guys think if they escalate they can no longer be a challenge because she will already know you like her. This is why we use non-verbal micro-escalations like vibe which are almost impossible for her to resist.

By escalating with your vibe there is nothing verbal for her to reject. For example if you say “can I get your number?” she might say no. In addition, there is nothing physical for her to resist

either. For example if out of nowhere you lunge at her for a kiss she can just turn her head away making the situation awkward.

You want to start the interaction by only escalating the vibe and then use one kino move. For example grab her hand and make the attraction official. [My Original Post From mASF](#)

It's Rejection Proof

Date: December 8th, 2008 08:22:19 PM (EST)

Group: alt.seduction.fast.general

Author: 60 years of challenge

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In my experience it's definitely better to start by using non-verbal statements of interest like seductive eye contact, touch, and moving closer versus using verbal statements of interest. However, this is not an indirect method. You still show her you are interested, but you do it non-verbally.

The main advantage is there can be no verbal rejection of vibe. It's all happening on a different channel of communication. For example let's assume you move closer to her (which is a non-verbal statement of interest) but she takes a step back. Despite this temporary setback, escalating in this manner keeps the logic of why she is resisting you from becoming real in her mind.

In other words, because her resistance has not been verbalized it's almost like it never happened. For example, if you blurt out "we should exchange numbers" or "you are cute" as your first sign that you are interested she can simply reject you. She can say "why don't you give me your number" or give you some other excuse.

This idea is similar to when an orbiter finally caves by blurting out "what's going on with us" and gets the let's just be friends speech.

Now his rejection is out in the open. It has become official and real. He has little chance of turning that frame around and getting the girl. As such, he was much better off keeping his big mouth shut and escalating the vibe with her non-verbally instead.

Whenever you make verbal statements of interest like giving compliments you run the risk of getting verbal resistance. This is bad because even if she does like you this "I'm resisting him" frame becomes real. It becomes real because she is the one verbalizing it.

By showing your interest non-verbally you can get away with many more points of resistance in the back and forth dance of seduction. In contrast, you do not have as much leeway with constant resistance to your verbal escalations or physical displays of interest.

Plus you can tell way more about her real interest in you with moves like moving closer or holding seductive eye contact. That's because when you escalate verbally or physically she will sometimes resist you (even if she likes you) so she doesn't seem promiscuous. Especially if her friends or co-workers are watching her.

Using non-verbal statements of interest (escalating vibe) gives you unlimited escalation opportunities with the same girl. No matter what happens, it's almost as if you have never been officially rejected.

There are many examples of how talking can lead to bad things. As such, never ask a question you don't know the answer to. [My Original Post from mASF](#)

Generating Attraction by Escalating the Vibe

Date: January 3rd, 2009 05:05:23 PM (EST)

Group: alt.seduction.fast.general

Author: 60 years of challenge

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You can generate attraction and seduce women just by escalating the vibe. For example, holding eye contact, sexual visualizations and talking slowly. Or just shut up and get her talking while you look at her seductively. This is what I refer to as seductive listening. It's your sexual vibe not your talking or touching that creates the initial attraction.

The best part is by escalating the vibe she has nothing verbal to reject or physical to resist. There is no risk of rejection. That's great news all you guys who are afraid to reveal your interest verbally and escalate physically.

In contrast verbal escalations such as verbal statements of interest (compliments) or sex talk can be verbally rejected.

You can create all the sexual tension you need with small escalations. You can calibrate much better with small escalations. And there is less verbal rejection and physical resistance when you micro-escalate.

The only thing you have to do is calibrate to how she reacts to things like your seductive eye contact. After escalating the vibe if she chooses to stay talking to a man with such an obvious "masculine presence"

and "sexual aura" you know you have a good lead on your hands. Believe me women know exactly what your intentions are when you escalate the vibe. You don't have to tell them verbally or physically.

The next step after escalating the vibe is to solidify the connection you are building physically. If she stays with you after you escalate the vibe you should definitely touch her.

Don't worry you can still micro-escalate physically. For example move closer and brush against her. Does she move back or stay? Grab her hand for a few seconds and let go. Does she look nervous out or is she comfortable with you?

These physical escalations are also attractive so they generate even more interest. Again in this system both the attraction and the escalation are happening at the exact same time. As such proper calibration to her reactions is key. [My Original Post from mASF](#)

Micro-Escalations Are Attractive

Date: December 8th, 2008 09:13:20 PM (EST)

Group: alt.seduction.fast.general

Author: 60 years of challenge

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There is no waiting. You escalate right away non-verbally. You move closer. Does she stay or move back? You look at her seductively. Does she hold your gaze or look away? You shut up and go silent. Does she restart the conversation or use the silence as an excuse to ignore you?

Even if there is some resistance to these micro-escalations, which are attractive, it hasn't been verbalized. You are still in the game. Contrast that with a guy who's first statement of interest is verbal (you are cute) or physical (going for a kiss).

Because he didn't escalate the vibe and calibrate her reaction to it he didn't know the answer to the question (can I kiss you) before he asked it. When you ask verbal questions you get verbal answers, and most of the time it's not the answer you were looking for. Now you are already in damage control.

Let's say you want to isolate a girl from her friends. If you say "let's go grab a quiet spot where we can talk" she can just say no. Instead just grab her hand and lead her off. If she let's go of your hand and doesn't comply, the resistance still wasn't verbalized. You can try again in a few minutes without looking needy. [My Original Post from Masf](#)

Escalation is Attractive

Date: August 9th, 2008 11:19:38 AM (EDT)

Group: alt.seduction.fast.general

Author: 60 years of challenge

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There are many things that can create attraction. The seduction community has provided us with an endless supply of tools to choose from. But in the end each man has to decide what he wants to create attraction for him. That's because he inevitably will focus on that when interacting with women.

For example if a guy thinks it's his value stories or his cocky-funny attitude that creates attraction, then those things will be his main focus in his interactions with women. Even worse is a guy has no idea what creates attraction for him so he just wings it.

I believe that my escalations create attraction, so I concentrate on that. My initial focus is on escalating the vibe. It's really just a mindset. If you believe escalation will create attraction for you it will. Sure, I might tease women and qualify them. I'm also pretty interesting and I've been told I tell a good story. I like to dress good. All these things get can get me in the door and give me an opportunity to seduce her.

But I would be a complete fool to think that these things were doing the majority of the work for me. When it comes to creating attraction, it is escalation of the vibe that is doing the heavy lifting.

A lot of guys ask me how can escalation create attraction. To some people it makes no sense. Escalation is attractive because escalation

shows confidence and women still rank confidence as a very attractive quality in a man.

I use escalation for everything. I fully believe I can use my micro-escalations to create sexual tension and be a challenge. Yes, you can escalate the vibe and still be a challenge.

You really only need one tool when out seducing women. Escalation.

[My Original Post from Masf](#)

Micro-Escalation & Calibration

Subject: Re: "Maybe but you'd have to work for it"

Date: December 16th, 2008 08:16:00 PM (EST)

Group: alt.seduction.fast.general

Author: 60 years of challenge

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Keep Quiet

Instead of talking so much let the dance of seduction play itself out on the non-verbal level. In other words let her "physical" reactions be your guide of what to do next. Remember verbal resistance is not an official rejection.

In other words, ignore everything she says in those situations. She could be using push-pull on you, prizing herself or not want to look promiscuous. We really can't be sure.

Guys who put too much stock in what a woman says are usually too sensitive anyway. The only way to find out the truth about her interest level is to micro-escalate non-verbally and calibrate her reaction.

For example she says or looks at you like "you're weird" but she lets you touch her. Which reaction is the real reflection of her interest level? Your ego is not always going to get what it is looking for from her on the verbal level. You don't always get verbal reassurance and confirmation from women that you are liked. Again, let her physical reactions to you be your guide.

You get more opportunities to overcome her physical resistance because it's happening on a non-verbal channel. You only get so many verbal rejections before it becomes real to her. The reason it becomes real is because it's been verbalized. [My Original Post From mASF](#)

Seductive Listening

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Author: 60 Years of Challenge

Subject: Summer 08' Notes

Date: July.1.2008

Seductive Listening

It's harder to be SEDUCTIVE when you are talking a lot. Although you should get good at being seductive while both TALKING and LISTENING. I personally haven't seen many guys that look seductive while listening.

As soon as I can I want to switch to asking questions via a screening frame where she is talking (qualifying herself) and I am listening. I don't feel like entertaining and talking all night. Plus no matter how cool or funny your stories are women would rather talk about themselves and their lives. Go figure.

Of course I don't sit there and listen to her whine about her job and jerk boyfriend like a chump. Instead I lead the conversation in a direction where the underlying meaning of the interaction is SHE is qualifying to ME.

At a certain point you want to stop trying so hard and ask her questions from a screening frame. Let her talk.

How to Seduce Her While Listening

- Hold seductive eye contact while you listen
- Relax, lower your eyelids and talk slower
- Look at her like you are about to kiss her

Try Not To:

- Interrupt her story with a better one
- Have a tease for everything she says
- Feel it's your job to fill the silence
- Listen to whining and complaining or give advice
- Have that look on your face that screams "I'm just so damn happy to be here"

Escalation of Vibe

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Escalate Vibe

To escalate the vibe you will want to use your eyes, lips and voice. Escalating the vibe is easier to do when you are not talking so please try to shut up. Don't worry, if you use my method of seductive listening she will feel like she is being screened by you.

You can start escalating right away by escalating the vibe. Vibe is the best escalation because it moves the interaction forward without showing definite interest like touching or giving her compliments does.

By escalating with vibe she has nothing verbal to reject and nothing physical to resist. It's just a sexual vibe. The best part is it keeps the game of seduction interesting and challenging for her. Is he flirting with me or not? It can be hard to know for sure.

Escalating with vibe also helps guys who want to balance showing some interest but not too much.

How to Escalate The Vibe

- Seductive Eye Contact
- Low Eyelids
- Sexy Voice
- Say Nothing
- Look at her Lips

With practice you can eventually get really good at creating sexual tension using no words or touch, just vibe. In fact you can even put her in a trance with just your presence.

When you escalate the sexual vibe women become attracted, thus nervous. As such they will usually say or do something silly. When this happens simply give her a seductive look (don't bail her out with words) and instantly the frame becomes you are qualifying her. It's that easy.

Simplify your game by eliminating unnecessary stuff. For example, thinking - I need to isolate before I can escalate. You don't need to get her isolated from her friends to escalate the vibe. You two are already in your own "bubble" making isolation unnecessary.

When you escalate the vibe sexually don't be surprised if you get tested. For example she may look at you like you're acting weird or scare you out of being seductive by implying you are being creepy.

Don't worry too much about these reactions. In most cases she is just trying to break the sexual tension because she is becoming attracted to you. The best option is to simply ignore it or give her a seductive look and then turn your head away slowly. Don't go back to being social.

If you remember only one thing from this guide it's to never verbalize or react to what happens when you escalate vibe.

And never forget...

You will get many more chances to succeed with non-verbal micro-escalations than using the common verbal or physical escalations.

Best,

[Sixty Years of Challenge](#)

If you have any questions please email me at icemethod@yahoo.com

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The Complete Game System

Want to learn more about what you just read and take your game to the next level?

[Preview & Read Sixty's Complete Game System Click Here](#)



I am about to show you how to create attraction automatically, no matter how you look. I have finally agreed to reveal my secret system for getting beautiful women into bed (the first night you meet them) that is so under the radar you can never be called out for using it.

I am going to show you step by step how I use sexual tension to create attraction and still get women to qualify to me. And I do it all without saying hardly one word. This book explains the future of seduction to you right now. This is the secret material that all the other seduction companies will soon be copying and trying to teach themselves. Of course it will be a watered down version

with lots of mental masturbation thrown in to make it confusing and hard to learn.

The Seduction Community Will Never Be the Same



This is hands down the only thing I've come across in this whole community that I would call helpful. RSD's Blueprint and some of Juggler's stuff is valid but there is too much trash in them that you have to sort through to make the big leaps. This guy is the truth!

Guys are throwing out phrases like “best book ever” and “you only need to read this” I’ve already gotten hundreds of emails with the same question...“Sixty, does this really work?”

I have also been getting emails from these so called “seduction gurus” offering me to name my price if I give them a license to use the material in this system in their products. No thanks guys. Come up with your own stuff.

The other seduction companies DO NOT want you to have this book. What are they so afraid of? Many things. First of all my Complete Game System makes seducing women and having successful relationships with beautiful women so ridiculously easy there is really no need for you rely on them anymore

This IS the Last Book You Ever Need to Read

“Sixty is the guy I will be warning my daughters about. Not people like Mystery, Style, or Mehow”

It's no secret these guys try and keep you trapped in a never ending cycle of buying new stuff. They make their money by making seduction complicated for you to learn. The truth is seduction is NOT complicated. Look, I cut through all the clutter and make learning this stuff really easy so you can actually go out and have a life.

Be honest. How much time do you spend learning seduction? Whatever the number, it's probably way too much. Look we all know learning about this stuff is fun (and addicting) but it's time to stop all the mental masturbation and finally learn what actually works.

Hundreds of guys have already learned my system and are having success with women like never before. These are the guys that have already tried everything else. The guys who were about to give up on the dating community. This program has completely changed their lives.

I purchased your Complete Game Revision System couple of weeks ago. Last weekend I went out again and did 4 approaches. Anyway, to cut a long story short, I made out with 2 girls and hooked up with one of them in the bathroom at the club. That's the first time I've ever done that! Totally due to your method! Can't wait to get out there and practice it more! – Andrew P.



[Preview & Read Sexty's Complete Game System Click Here](#)