A practical manual from choosing the right partner to happy relationships.

Dr. Vladimir Savchenko

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1.Lesson – 3 components of a relationship

In this book we will talk about man and his interpersonal relationships, it is good to rule out misunderstandings from the very beginning. I will gradually offer definitions of the terms used so that we speak the same language.

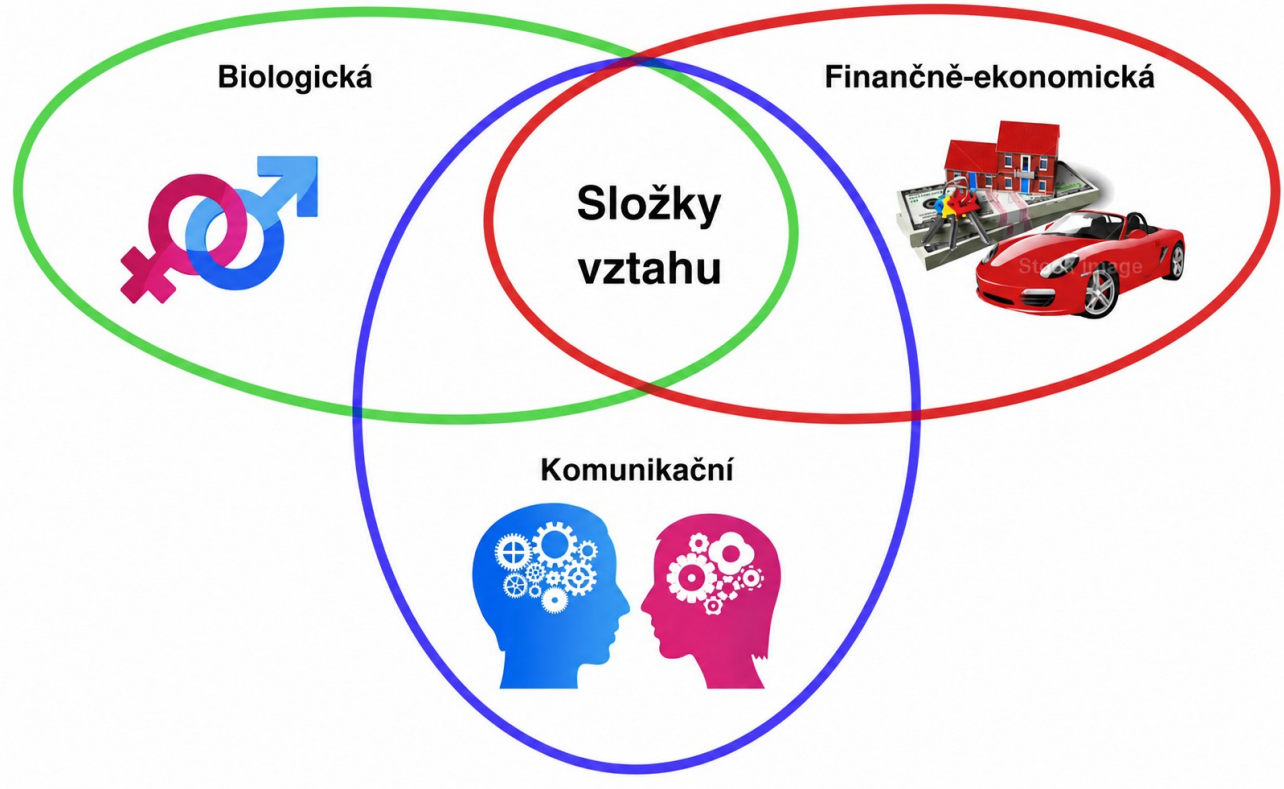
Here is the 1st definition:

Man and woman are two complementary spiritual-biological beings influenced by upbringing and culture.

For our pragmatic needs, we will initially focus on our biological and psycho-emotional needs. I realize that the spiritual component also has a great influence on us, but we will deal with it later. Our soul, or spiritual Self, temporarily lives in a biological body, which is subject to certain biological laws and is controlled by biological instincts known to us, such as food, sexual, parental instincts, self-preservation instincts, hierarchy instincts, etc.

A person's upbringing and cultural environment are conditioned by communication and relationships. We constantly communicate with different people and, based on our needs, we create partnerships, parental, friendly, work and other relationships.

Partners and family need somewhere to live and eat. People also like to visit restaurants, shops, entertainment venues, etc. In order to pay for these necessities of life, they go to work and earn money.



Now we have subtly named the 3 basic components for creating a relationship. These 3 components are an integral part of a relationship in any environment. Starting from a tribe in the jungle to a royal family. Furthermore, they are uncompromisingly manifested in any human relationships, regardless of what these relationships are – happy, unhappy, sick, joyful, romantic or profitable.

By the biological component I mean the relationship between a man and a woman as between a male and a female of the species Homo Sapiens. We have already said that the body is governed by instincts to preserve its existence. Food, sexual, parental instincts, etc. It is in communication and relationships that we can satisfy these instincts pleasantly and to the maximum (sharing a meal, the ritual of courtship and sex, the procreation of offspring and their upbringing). Now it is beginning to become clear to you that for most of our lives, reason overrides the instinctive needs of the body.

We will talk about instincts and their direct impact on our daily lives in the next part of the book. You will be surprised how the biological component influences our behavior, thinking, decision-making and relationships.

The second component is direct communication and the art of creating quality relationships. This requires psychological literacy. That is, knowledge of the definitions of basic concepts that we use in everyday communication. For example, the definition of a relationship, modesty, tolerance. What is truth, lie, upbringing, forgiveness, infidelity, etc. Knowledge of the definitions created by me eliminates misunderstanding in communication and is the sensory basis of any relationships. The law is: A psychologically literate, mentally healthy and emotionally mature person cannot be humiliated and offended. Psychological illiteracy of partners, spouses, parents is a frequent cause of misunderstanding, violence, breakups, depression, insecurity, irritability, anger and suicide. So psychological literacy is a necessary condition for quality communication and a happy relationship.

The third is the financial-economic and property component. Whether we like it or not, finances and property are unfortunately an integral part of a relationship. This includes housing, securing the daily needs of adults and children, financing children's education, a budget for the family's operation, and the purchase of various, often unnecessary, things. In short, this component cannot be avoided by a tribe in the jungle, a poor family, or a royal family. And as is known, this component is often the cause of breakups, destructive manipulation, blackmail, violence, and murder. We will learn more about the financial-economic component in the next part of the book, in the sense that family, partnership, marriage, and parenthood are always a

business project that must have a concept and financial and property background.

All three components are closely interconnected. Each has its own independent value and influence. All three directly contribute to the quality of relationships and also determine the behavior and reactions of partners.
Because of this close connection, it can sometimes be difficult to pinpoint where the problem lies in your relationship. Now, we'll go through each component in turn so that you can pinpoint exactly where the problem lies.

First, let's start with the biological component.In practically all other lessons, we will constantly return to this component to clearly demonstrate its direct influence on all spheres of our lives without exception.

At all times and in all societies, great attention has been paid to the upbringing of children. In the language of biology, what we call upbringing is nothing more than working with instincts, satisfying them, “humanizing” them and socializing them at the same time. This should be dealt with by the family, preschool and school institutions, as well as tradition and culture. Therefore, society invents various ways to educate and satisfy instincts in a civilized and not savage way. At the same time, it tries to make it as pleasant, interesting and attractive as possible.

For example, the food instinct. Since childhood, we are taught to eat from a plate and drink from a cup, to use cutlery, not to sip, not to caress, etc. A number of different restaurants and cafes are places where we not only quench our hunger or thirst, but also are places for aesthetic and cultural

spending of time. Television shows like "Bez navítky", "Prostřeno" or "Vořím, varíš, varíme" and many other shows have only one basic meaning - creative satisfaction of the food instinct. Or, on the contrary, a person turns the satisfaction of this instinct into entertainment or perversion. From all sorts of auditions and competitions such as who can eat more dumplings or drink more beer, etc. to primitive-perverted reality shows, where people are able to eat any disgusting thing for money.

The sexual instinct is similar. The more romance, emotions and passions are involved in its satisfaction, the more interesting the plot becomes – “With a strange woman in a strange room”, on hay in a barn, in a luxury hotel, on the seashore, etc. Unfortunately, most perversions have been invented by man precisely to satisfy the sexual instinct. We see this in porn films, crime series, in the news and in everyday life.

We should not forget to mention the instinct of hierarchy. It manifests itself in the family, work, army, religion, politics, etc. It has a huge influence on our behavior, reactions and feelings in interpersonal relationships. Bullying, obedience, a man under the slipper, a dominant or domineering woman, ambition - all these are manifestations of the instinct of hierarchy. We will talk about what the correct hierarchy in the family should look like in one of the next lessons.

On the other hand, there are various spiritual and religious practices, such as sexual abstinence, celibacy, vegetarianism, hunger strikes, various diets, etc. All this is nothing more than working with instincts with the aim of self-knowledge and self-improvement. In a word, all our current "civilized" life consists of satisfying instincts, through reason and material tools. The instincts themselves have practically not changed, only the conditions of our

existence and the ways of satisfying them have changed. This means that reason in most cases is only concerned with serving them.

Let's remember what the word instinct means... INSTINCT from the Latin Instinctus - urging. Instincts play an important role in the functioning of our physical body. They are essentially programs that are turned on and off during the day and night. These are turned on and off at certain ages of human life. Instincts do not care at all whether you live in the jungle in a tribe, or in luxurious civilized conditions, whether you live a spiritual or consumer life. They do not care whether you are rich or poor, a president or a garbage collector. Instincts simply mechanically function based on a certain biological program with the sole goal of maintaining the biological species Homo sapiens on Earth. It is possible to work with instincts consciously and use them to your advantage.

The turned-on instinct affects us in two ways:

- In the first case, instinct awakens in us a desire, feeling, or need to do something, but not the act itself.
- In the second case, the instinct that is turned on in us causes various emotional states (sometimes very strong) that influence our decision-making, our thoughts, beliefs, and behavior.

Let's look at specific examples:**FOOD INSTINCT**

The food instinct is triggered by a feeling of hunger. However, how we respond to this feeling of hunger and how we satisfy it depends on many factors.

For example, we can:

- Prepare something yourself.
- Going to an expensive restaurant or a cheap fast food place.

- If we don't have time, we will suffer until we relax and then eat ourselves to the point of bursting.
- If we have little money, we will save on food and eat poor quality food.
- If we don't have any money at all, we either start begging or looking for leftover food in the dumpster or we go stealing.
- If we practice vegetarianism, yoga, or other spiritual practices, our satisfaction of the food instinct will be different.

In all people, the food instinct manifests itself in the same way - in the feeling of hunger, but the ways of satisfying it, the actions and reactions associated with it, are individual for each person. Our relationships, economy, culture, traditions, rituals, art, advertising, money, etc. revolve around satisfying the food instinct (hunger).

Ways to satisfy the food instinct are well described in the British documentary "The Animal Called Man."

Next comes SEXUAL INSTINCT. Theincludes behavioral programs that are responsible for the processes of courtship, mating and reproduction. It most often manifests itself in the form of sexual attraction, desire or sexual hunger and lust. Each of us has experienced these feelings and desires at least once. The ways of satisfying them will be very diverse, from masturbation to rape with a criminal character. We see all this in the news, in romantic and crime films, or series. We read about it in art and classical literature, we watch it in the theater and in everyday life. The task of a woman's sexual instinct is, for example, to determine a man who is strong, healthy, materially and financially conquering and viable. It is his genes that are to be passed on to offspring according to the law of natural selection. A woman is programmed by nature to give birth to a child, care for and protect offspring. A man is responsible for the security and protection of the entire family. If such a man is found and the woman's instinct "approves" of him, she

automatically enters an emotional state known to all as infatuation or "love". Love at the biological level is a poeticization of the sexual instinct and turbulent hormones (love chemistry). If this state is strong and comes relatively quickly, it is very often called "love at first sight". This forces the woman to give birth to offspring from this man. Biologists claim that "love" is a temporary blindness, or a trick of nature, necessary for a man and a woman to produce offspring and thereby support the existence of the species Homo sapiens.

If instinct "approved" the choice and strong feelings, emotions, and experiences were triggered,**Then the mind partially or completely "turns off" so as not to interfere with the enjoyment of that pleasant "irrationality." Or better said: "a state of altered consciousness."**Anyone who has been in love at least once knows how pleasant this state is and how it affects a person's thoughts, behavior, reactions, and actions.

If you have fallen in love and circumstances are not in your favor, e.g. the man is married, drinks a lot, is currently unemployed, is a workaholic, gambler, thief, etc. and those around you do not approve of your choice or are against it (e.g. parents),**then reason will seek explanations and reasons that will defend the decision previously made by instinct.**
For example: I will still be with him because he is cheerful, rich, handsome, deep down he is good, because he loves me too, etc. (cross out the ones that do not apply). When we are together, get married, he will stop drinking, find a job, work less and devote himself more to me, stop stealing, play slot machines. He will be a good father because he likes animals (he has a parrot at home today). Or: his parents will give us an apartment, a car (money), we will go to live with him abroad, etc. (cross out the ones that do not apply)

As a result, the following applies:"Love is evil, you can even fall in love with a goat". The opinions of others, as well as any other factors that

hinder the implementation of the instinctive program, are either completely ignored or suppressed. And then a person believes that: “Love moves mountains”, “Love overcomes all difficulties!” “Love will win!” This is how it appears to us in this altered state of consciousness. But when this state passes (or its intensity decreases sharply), it turns out that no one moved any mountains, but we have a full complement of psychological, emotional, financial, property and other problems…

Speaking in the language of biology, love is the voice of instinct (emotions, feelings, experiences, needs, etc.), which reluctantly listens to the voice of reason. Moreover, love, as the voice of instinct, cannot think logically. Therefore, trusting the call of a loving heart makes sense only if your goal or desire is a maximum of short-term feelings, experiences and emotional excitement, especially sexual ones.

Where, to whom, under what conditions and with what consequences your heart overflowing with love may call you, many of you already know and we will talk about it later.

That is, the heart can also "deceive"!? Isn't it better to trust reason? Who "deceives" us more often - the heart or the mind?



A wise choice of a partner is based on accumulated knowledge, life experience, and your own and others' mistakes. Therefore, if your logical choice turned out badly,**Don't think that reason has deceived you, it has only been mistaken.**He was mistaken, for example, due to lack of information, incorrect beliefs, or psychological illiteracy, etc. The “heart in love” does not deceive us either. It does not promise us good relationships in the future, lifelong loyalty, orderliness, responsibility, respect, mutual help and support, that a man will be a good father, a faithful and loving husband. The same applies to women. The heart in love does not promise or guarantee any of this!

Whether we will have all this or not, as always, we will find out later. And if we want all this to be, then love alone, no matter how pure and noble, as life shows, is not enough. Exceptions are possible. In this complex material world, it is difficult to love a partner for a long time without psychological literacy and financial and economic support.

The only thing a "heart in love" promises and guarantees, is just a moment of bliss, or deep emotional and sentimental experiences that are celebrated in all romantic films, songs, poems and novels. If a woman's instinct has not "approved" of even one man from her surroundings, in women's terminology it means that she has not found the right one yet! Relationships, art, cinema, literature, economics, traditions, rituals, business, advertising, money, etc. revolve around satisfying the sexual and love needs of a person's sexual instinct.

Another instinct I would like to talk about is the HIERARCHICAL INSTINCT.

It manifests itself in the form of competition within the group and also in the form of a struggle for position and power. There is practically no sphere of

interpersonal relations where it would not manifest itself, either in a hidden or obvious form. The instinct of hierarchy always has the shape of a pyramid, for example, the Catholic Church - at the top is the Pope of Rome, then all the church ranks and at the very bottom are millions of believers. The same is true in: the army, politics, the spiritual sphere, business, the criminal world, the mafia environment, or in the family.



Instinkt hierarchie má vždy tvar pyramidy.

The instinct of hierarchy in humans manifests itself in the form of: rank potential, rank possibilities and rank ambitions. It is generally believed that these are more masculine attributes than feminine ones. This is connected with the fact that in men the manifestations of these attributes have a more pronounced character, so that it is immediately clear who is who. Our entire contemporary society is a playing field of hierarchical pyramids. Some play politics and have their own hierarchical pyramid, where they manifest their ambitions, potential and possibilities. Each of the groups (i.e. political parties) fights for a place at the top of the political pyramid. By reaching the political peak, the group and its leader (leader): increase their rank, gain control levers and power. This happens until another group (party) overthrows them and takes their place.

Other people realize themselves in military, business, mafia, sports, financial and other gambling pyramids.

But there is one hierarchical game that all men play, from the president, through the businessman, the worker to the homeless (the exception is homosexuals). All men go through this game and its name is relationships with women. This game has put many a successful and powerful military leader, politician, businessman or mafia boss on his shoulders. Not to mention the other men who have lost in this game. There are millions of them. I have already talked about the fact that it is not because men are stupider than women, it is because they enter into: sexual, partner, marital and work relationships**absolutely UNPREPARED for relationships with women!!!**

Thanks to this book, a man and a woman can correctly take their life positions, correctly determine their priorities and values in the structure of the game pyramid "relationships in partnership, marriage, family and with children". Only then can an interesting and exciting game begin in which there will be no winners or losers. There will be a strong man, a happy woman, a healthy and strong family, beloved and happy children and a strong state.

Around the instinct of hierarchyand the satisfaction of his ambitions revolves around ours: relationships, economics, art, cinema, literature, the film industry, business, traditions, culture, advertising, money, etc. We will talk in more detail about the hierarchical instinct in practically all the lessons of this book. We will also talk in particular about the female hierarchy.

Other instincts play an equally important role in our lives, such as: the instinct of self-preservation, the parental instinct, the instinct of a hunter, soldier, or

protector. Remember that through: desires, emotions, and needs, instincts influence a person's behavior and reactions.

The biological component of our relationships allows us to: look at the psychology of men and women differently, to see complicated, incomprehensible, and often painful relationships as simple and understandable.

Often, a person's behavior seems incomprehensible and contradictory to us because:

1. The same instinctive programs operate with different intensity in different people.
2. Instinctive programs cooperate with each other, with reason (education), with cultural traditions, with living conditions.

In conclusion of this lesson, I would like to point out that one thing that distinguishes us from animals is that animals follow their innate instincts exactly and satisfy them in the only natural way for them. But man can satisfy his instincts creatively, noblely, "spiritually", or destructively, pathologically and perversely.

To better understand all of this, I advise you to carefully observe which specific instincts are satisfied by a given behavior, reaction, emotion, feeling, action, etc. when watching movies, series, TV shows, talk shows, and various life situations. For example, start listening to the lyrics of songs and you will easily determine which instinct and its needs are being sung about.

Thanks to this, you will open a completely new level of perception of yourself, people and the world around you. Anyway, I recommend watching the 4 parts of the British documentary "The Beast Called Man" once again.

If you are interested in this lesson and are interested in other books, materials or personal consultation, visit www.savcenko.info.

2. Lesson – Basic models of men and sex with them.

Men are divided into those worthy of dignity and those unworthy of it. Women are divided into old and young.

In the last lesson, we said that there is one hierarchical game in which most men lose. This game is called a relationship with a woman. We also said that a relationship has 3 components. Biological, communicative and financial-property. Now we will look at how the biological component, specifically the instinct of hierarchy, manifests itself in relationships between a man and a woman and directly affects the communicative and financial components.

We already know that the instinct of hierarchy is always a pyramid, inside which there is an overt or covert struggle for power, dominance or a certain position. The higher the position a person has reached in this pyramid, the higher his rank. A high rank is able to significantly increase a person's material and financial capabilities, strengthen his power and influence, but at the same time it requires a high level of responsibility. The instinct of hierarchy is characteristic of both men and women, but as we know, it is more pronounced in men. Now let's look at how this is directly manifested in men.

There are three basic socio-biological models of men.

In the presence of each of them, a woman behaves absolutely differently. These are 3 different worlds for her. For example, the "price" of female sex is different for each of them. The model of a man also determines how a woman can handle his finances and property. And of course, each model of a man determines how a woman will communicate with him.

Now let's look at the programming of a man that determines his rank in a relationship with a woman. The first model is a man with a high rank.

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