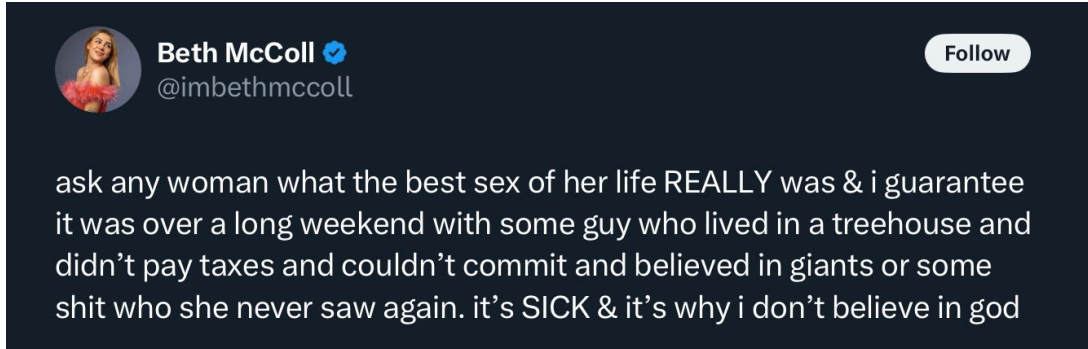


# *Mr. Loop's Finishing School for the Aspiring Treehouse Guy*

## *Spring 2025 Syllabus*



### **What Is This?**

This is a document containing a syllabus for a currently imaginary course on how to be a treehouse guy.

### **To Be Clear**

I am ***opposed*** to guys being unable to commit, or ghosting, or behaving dishonestly or deceptively in general.

I am ***opposed\**** to guys not paying their taxes.

I am ***neutral*** on guys believing in giants or some shit.

I am ***supportive*** of women having the best sex of their life.

### **Epistemic Status**

Strong opinions informed by a decade of demonstrating welcomed and wanted behaviors as a treehouse guy while single and dating and in relationships. Take what you like, leave the rest.

*\*maybe a little tax fraud as a treat*

# **I. SOVEREIGNTY**

## **1. Mindsets**

- I create the life I want.
- I take full responsibility for all parts of my life.
- I am not harmed when someone slights me or rejects me.
- I do not need to convince anyone of anything. I know who I am.

## **2. Routines**

- I treat every woman with the same respect and kindness I would show to my partner.
- I channel my emotions in order to know and integrate their messages. I do not outsource my well-being to others.
- I approach anyone I want to date confidently and directly. I am detached from their decisions.
- I distance myself from negative and disrespectful energies. I do not abandon myself in order to please someone else.

## **3. Exercises**

- I have sought educational material to help me in the areas mentioned above where I struggle.
- I have written a list of the values and qualities which are most important to me.
- I have conversations with other men who non-judgmentally listen to what's on my mind and offer reflections, and vice-versa.
- I have reflected on my previous relationships and surfaced the lessons that those relationships taught me.

## **II. PRESENCE**

### **1. Mindsets**

- I belong to the present moment.
- My mind and my body are united in awareness of the present moment.
- I welcome every experience and sensation without resistance and with discernment.
- I desire the life I am living right now.

### **2. Routines**

- I listen with my full attention.
- I return to my breath when I notice I am not present.
- I express gratitude for the pleasant things in my sensory awareness.
- I spend time in silence to practice being in the present moment.

### **III. INTIMACY**

#### **1. Mindsets**

- My energy is reflected in my partner. When I bring positive energy to her, she reflects it back to me.
- I am attuned to my partner's body, simultaneously leading our intimate interactions and dropping into flow with her.
- I desire my partner, and I am desirable.
- I have a lot to offer my partner and a lot to give to her.

#### **2. Routines**

- I prioritize my health and fitness such that my energy and my body are gifts that I offer to my partner.
- I take initiative with my partner and I pay attention to her responses.
- I know how my partner receives love and I generously offer her my love through my words and actions.
- I express my desires to my partner and I am detached from her responses to my desires.