



MATURE  
MASCULINE  
**POWER**



DOCTOR **PAUL**

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## INTRODUCTION

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Since my finalizing in 1999 of the first unification theory of psychology, called mindOS, the operating system of the human mind, I have worked to help people of all walks of life with the technology.

Over those years I have come to take a special interest in the unique needs of men in the post-sexual-revolution era. Through association with some of the leaders of the menswork movement, I have seen growing numbers of men both in private practice and the community at large suffer feels of less and less empowerment in postmodern culture.

Men who know what their role in society and in the romance department in particular seem to be in dwindling numbers.

Perhaps one reason for that is the pressured put by society on their own fathers, men who in many cases were emotionally absent in their son's youths. The ravages of divorce and job loss have wrecked hardship on the modern male psyche, and far worse confusion on the psyches of their sons. And when in the modern age have you heard of the crucial importance of a GRANDFATHER? This is the man who teaches your own FATHER how to "father" YOU.

Well, I'd like to propose to you that if you want to feel empowered as a man again in this day and age, that can only come through work on your character maturity. And while there are numerous bodies of knowledge on character growth available, especially

through the tenets of organized religion and spiritual practice, some men also desire concrete, step-by-step instruction in easy language and with the aid of modern science.

See the body of knowledge I present to you as something that may work hand-in-hand with the spiritual practice you already have in place in your life. I simply want to make personal growth something for you that has two crucial features:

1. Ease of instruction, like a paint-by-numbers or a list of check-boxes.
2. Something that can be relied upon to give concrete, measurable results through science.

If you are familiar with the [mindOS™ technology](#), then you know that all of human behavior and challenges that come our way can be reduced to simple parts that can be analyzed.

I propose to you that there are TWO core features of masculine psychology that while not representing ALL there is to human character, certainly are the most pure, core masculine factors in your growth.

The first that I have to present to you is the workings of what is called your Personal Boundary—that invisible sphere around you that works exactly like the border of a country.

The second is the emotional energy called CONFIDENCE. Mastery of how to grow, manipulate, and effectively use this energy is what most laymen recognize as the core of

“manliness”. Even actor Sean Connery, when asked what his secret of attraction to the opposite sex is, claims it to be “confidence, confidence, and confidence.”

The chapters that follow will direct you through these core principles of mature masculine power. A detailed analysis of your personal boundary and your level of confidence will provide you with everything you need as a man to be radiating this power to the rest of the world, and using it effectively in your life.

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## CHAPTER 1: OBSERVING EGO

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This is one of the most core human skills, let alone the most necessary for having mature masculine power. There is something crucial about it that I have to tell you: without Observing Ego, human beings are NOT CAPABLE of growth, change, or maturity.

Around the time we begin our teen years, our ability to think abstractly becomes hard-wired in the brain in its final form. Observing Ego is an abstract concept that essentially amounts to being able to “step outside yourself and look back”—to make a judgment of how you are doing. If you are doing well, your Observing Ego says, “good job!” If you are getting poor results for your behavior, your Observing Ego says, “better change your approach; you’re not doing so well.”

Have you ever approached a woman you’d like to get to know and you said the most inane things, tripping over your own tongue? Then you weren’t using Observing Ego.

Have you ever been in an argument and it completely got out of hand? Maybe even reaching a fistfight level? Then you weren’t using Observing Ego.

Did you ever take a job that kind of looked good on paper, but a month after arriving, you said to yourself, “what was I thinking?” You weren’t using Observing Ego.

Let's say that I was in a verbal argument, and I have developed good Observing Ego ability in myself for months or years beforehand. I would be fighting away, but occasionally step outside myself to look back, and I'd say, "Gee, I'm angry."

But I keep fighting for awhile, and step outside myself to look back again, even as I argue. I say to myself, "Is this fight getting anywhere?" But I keep fighting awhile longer.

Then I step outside myself and say, "No, this fight isn't getting anywhere. So why don't I stop." And then I do. The fight is over, and I haven't lost anymore time, energy, and perhaps have saved myself or others a trip to the hospital.

Without Observing Ego, that verbal argument may have escalated out of control, or at the very least wasted much of my valuable time or energy.

Eighteenth century poet Robert Burns once wrote, "Oh would some gift of power give us, to see ourselves as others see us!"

What he means by that is that most of us go through life almost unaware of our behavior and the effect it has on others. If you keep in mind how very attuned to emotion and behavior women are in general, you'll see the crucial importance of Observing Ego to your romantic life.

So many guys out there work on their allure toward women—their "game"—and check out behaviors that have worked for other men, applying them to their own life. But then they go out there into the social field and often look ridiculous to women.

This notion of "pick-up lines" being some magic bullet for attracting women is both scientifically silly and looked on with ridicule by women. Part of the reason is that if a

man goes looking to make new love interests without any Observing Ego at all, he truly is “The Emperor with no clothes.”

**Observing Ego** is your skill that gives you the ability to fine-tune your social responses in “real-time”, altering what you do according to changes in the environment, or changes in the behavior of the person you are trying to communicate with.

I once knew a man who heard that it was seductive to touch a woman on the arm while talking to her, to demonstrate romantic interest. He'd also heard that it was a good idea to hug a woman in greeting and saying goodbye. So he went out to bars and clubs hugging strangers, and essentially grabbing women by the arm—to their great alarm.

On more than one occasion, I have had to intercede to stop him from getting arrested in fact. And we aren't friends anymore.

Problem was, he had no “social graces”—no ability to fine-tune his behavior in an elegant, political way that matched what was called for by the social environment. Boil it all down and you come to understand that all he needed to do is spend more time in a present-minded state that allows Observing Ego to happen.

There would be a “right time” and “right place” to hug a woman or touch her arm, but only after certain social conditions are met. Because this man was “living in his own world” and not checking out behaviors with others before executing them, he was always socially out of step with the people around him.

When you were in high school and groups of guys were labeled with names like “geek” or “dumb jock” or “burn-out”, the overall common characteristic was that they were all a

kind of social outcast, but for different reasons. The common cause of being a social outcast though is that they all lacked Observing Ego.

The “geek” was so lost in his internal intellectual meanderings that he was not “reading the crowd” for social cues, and tweaking his own behavior, dress, and demeanor to match those social requirements.

The “dumb jock” was so in tune with his body and physical behavior that he too was not in touch with the social requirements around him, especially with regard to finer points of intellectual conversation.

And the “burn-out” was so lost in his internal world of artistic expression that he was not in-line with the crowd’s social cues at dress, punctuality, and assertive interaction.

They all just needed Observing Ego that encourages change, growth, and social maturity.

If you have ever seen a James Bond movie, you’ve seen Pierce Brosnan or Sean Connery demonstrate perfect poise, grace, and bang-on verbal or physical response to social cues around them. Whether at a cocktail party or being chased by crazed villains, James Bond says and does the perfect thing at the perfect time to win the day. He does this all because he has a refined Observing Ego skill.

So how do you cultivate Observing Ego in yourself? You begin by remembering its definition: **“to step outside yourself, look back, make a judgment on your behavior in real-time, and CHANGE that behavior if it is called for.”**

Think on this definition for a very long time.

Done? If not, go back and think on it again. In thinking on Observing Ego, you are DEVELOPING Observing Ego. You are stepping outside yourself, looking back and asking, “Do I have good Observing Ego ability?”

Observing Ego is hard to cultivate if you tend to “get busy just to BE busy”, or get so caught up in work, partying, sports, or any other activity that you just don’t have time to reflect on yourself. Journaling is one activity that actually VALUES reflection on yourself, and is a good way to start.

Of course in the middle of an argument or an attempt to meet a woman you are attracted to, you can’t just pull out a journal. But a journal is a start on the IDEA of being more self-reflective in general.

Observing Ego can only happen when you are in a “present-minded state”. This means that if you “spend” much of your time obsessing over the past, living in past failures, or even in pleasant reminiscence, you aren’t capable of Observing Ego during that time. Likewise if you spend much of your time being a dreamer, living always in the future, or even WORRYING about the future, you aren’t in the present—the only place Observing Ego lives.

You must be in the present. When you see James Bond, or Russell Crowe as the Gladiator, or any suave action-hero managing his life or mission, they are quite present-minded and using their Observing Ego. They aren’t daydreaming about their vacation or fretting over the past.

Many books are written about the value of “the present”, and some of them are kind of fluffy or hokey spiritual voodoo. Keep things simple, practical, and real-world why don't you?

Journaling is one way to cultivate it. So is ordinary prayer or meditation. Even Yoga is a good way to get present-minded, but let me give you some practical ways to be more present-minded beyond these:

1. Simply make a **decision**, or BE decisive. You can't make decisions in the past or future—only in the present.
2. Take an **action**—ANY action. We can't take actions in the past or future—only in the present. Motivational speakers tend to chant the mantra of taking action without really knowing why that is so good for people to do. Now you know—actions can only be done in the present, and you have to be present-minded to do Observing Ego. So, action leads to Observing Ego growth.
3. Use your **five senses**. You can't smell something from the future, or hear something from the past—not with as vivid a sense as you can in the present moment. So cultivate your senses—notice things around you with all five senses—and you'll be automatically in a better place to use Observing Ego to kick off more mature masculine power in your life. Several self-help books

have encouraged people to be more attuned to their senses like an artist, like DaVinci for example. Now you know why—it cultivates your Observing Ego.

4. If you take notice of the senses as you engage a woman in conversation, you might even notice that you help HER develop her own Observing Ego. (which she will be thankful for) This is the beginnings of INTIMACY and “rapport.” **Intimacy** can only happen in the present moment—when two people are completely engaged in understanding and communicating with each other.

5. **Share a meal.** Doing so is one of the only things in life that engages all five senses, is a decision and action in itself, and usually, an intimate event.

If you have ever had a sense that your masculinity was in a weakened state, or that you were doing poorly with the opposite sex, you will find that you were not 1) being decisive 2) taking action 3) using your senses and taking note of them 4) truly connecting in an intimate way, or 5) spending too much time alone, not in such activities as shared meals. And you certainly weren't doing all of the above in one encounter.

Try some of these and discover more activities of your own that encourage more of a present-minded state of mind. You'll find that your ability to judge your own behavior and calmly adjust it to the politics of your social life improves. You'll soon notice more of

what it feels like to really BE James Bond or the Gladiator—full of poise, grace, decisiveness, political skill, empathy, rapport, and overall masculine power.

Observing Ego is certainly the beginnings of social graces, and politics, but there is much more to learn about elegant execution of these. The finer points of politics and power come from mastery of your second most powerful masculine character trait, which is the Personal Boundary.

Yet throughout your use of Observing Ego, there is one thing you must always remember to keep running in the background of your interactions with women. The story of Bluebeard.

Get the full version of Mature Masculine Power by visiting [DoctorPaul.net](http://www.doctorpaul.net)