

# The Four Gifts

## Introduction: Love Is Natural, But So Is Losing It

Falling in love is easy. Staying in love is a skill.

Biology gives us a head start, but it also sets us up to stop. We fall in love easily because our bodies are wired for it. But just as easily, we fall out of love—often without knowing why.

This isn't because we're broken. It's because we're human.

Your body has ancient programs built into it. These programs evolved to help our ancestors survive and pass on their genes. In the past, those instincts made sense. But today, they can sabotage the very thing we long for most: a love that lasts.

This book is about learning to recognize those old programs—and gently outgrow them.

It's about learning how your brain chemistry affects how you feel about your partner—and how you can take back the steering wheel.

You'll learn about the three natural phases of love:

- 1 **Infatuation** – the rush of early attraction
- 2 **Bonding** – the calm of family building
- 3 **Disillusionment** – the phase where most couples struggle

And you'll learn how to move beyond that final stage instead of getting stuck there.

To do this, we'll introduce you to the **Four Gifts**—practices that help you work with your own biology rather than be ruled by it.

This isn't about becoming perfect. It's about becoming *conscious*.

You can't control your DNA—but you can rise above it.

You can build a relationship that evolves with you.

Let's begin.

## Our Inheritance and Its Limits

We say we want lasting love, yet many relationships quietly fall apart after a few years. Why?

It's not because we're weak. It's because we're running ancient code.

For most of human history, survival—not happiness—was the main goal of our biology.

Our ancestors lived in dangerous times. Disease, war, and famine were common. The people who passed on their genes weren't necessarily the ones who were happiest in love—they were the ones who had the most children who survived.

One strategy that worked well for survival was **genetic diversity**.

This meant spreading out risk across multiple partners and children with different genetic traits. From biology's point of view, it didn't matter whether people stayed in love—it only mattered that enough children survived to pass on their genes.

Imagine a small village hundreds of years ago. One family has four children with the same two parents. Another family has four children from four different fathers. If a plague hits the village, and certain genetics are vulnerable to it, all the children in the first family might die. But the second family, with different genes, is more likely to have at least one child survive.

That's the logic your DNA evolved around: survival through diversity—not happiness through stability.

So while our hearts long for lasting love, our biology is often pushing us toward change.

We feel excitement in the beginning, affection for a time... then boredom, frustration, or emptiness. And we may start feeling that pull toward someone new.

These feelings aren't your fault. They're ancient. But they aren't your destiny either.

You don't have to follow an old program just because it once served a different world.

You can write a new one—one that honors your desires for deep connection, trust, and lasting devotion.

That's what this book is about.

## **The Three Stages of Love**

Most relationships follow a pattern—one so common it feels almost invisible.

First, we fall in love and feel electrified. Then things settle into comfort. Eventually, something shifts... and the connection begins to fade.

Why does this happen?

It turns out love has phases—natural ones. They aren't your fault. They're part of how human bonding evolved over thousands of years.

Knowing them can help you recognize what's happening—not just to your partner, but inside yourself. And once you see the pattern, you can learn to grow past it.

Here are the three core stages that many relationships cycle through:

### **1. Infatuation – The Spark**

This is the beginning. The honeymoon phase.

Your brain is flooded with a chemical called **PEA**, which gives you energy, excitement, and emotional intensity. Everything about your partner feels new and important. Even their flaws seem charming. You crave their presence and can't stop thinking about them.

Infatuation feels magical. But it's also designed by nature to be temporary.

### **2. Bonding – The Comfort**

After a few months, the fireworks settle. Another chemical, **oxytocin**, takes center stage.

Oxytocin is often called the “bonding hormone.” It helps create feelings of

trust, comfort, and affection. This phase is calmer and deeper. It's what allows people to build homes, raise children, and support one another long-term.

It's no longer about excitement—it's about connection.

But just as this stage stabilizes, another shift begins.

### **3. Discontent – The Drift**

After a year or two, many couples start feeling distant. That warm feeling begins to fade. You may feel frustrated or tired, or find yourself drawn to someone new. Instead of seeing quirks as endearing, you see them as annoyances. You might fight more. Or say less. Or just go quiet.

What's happening?

This stage is shaped by a new wave of brain chemistry—particularly **cortisol** (stress) and **prolactin** (withdrawal). These changes can make people irritable, disconnected, or emotionally numb. You might not even be sure what's wrong—only that something's missing.

For many couples, this is where the relationship ends... or becomes a quiet life of compromise without joy.

But this doesn't have to be the end of the story.

Once you understand the chemistry behind these phases, you can begin to work with them—consciously, lovingly. That's where the Four Gifts come in. They give you the tools to stay connected through the phases—and even begin creating new ones.

This book isn't just about understanding love. It's about building one that grows.

## **Stage One – The Chemistry of Infatuation**

At the beginning of a relationship, something powerful takes over. Your thoughts circle around one person. Your heart races when they text. You lose track of time talking, laughing, touching. It feels like fate. It feels

like fire. And it is—biologically speaking.

This stage is known as **infatuation**.

It's not just emotion—it's chemistry. And one molecule plays a major role: **PEA** (phenylethylamine).

PEA is sometimes called the “love drug.” It makes you feel excited, focused, and emotionally charged. It's closely related to stimulants like amphetamines, which is why new love can feel addictive. Your brain is encouraging you to bond quickly—before logic or caution can step in.

Infatuation creates the conditions for intimacy and reproduction. It heightens attraction, lowers fear, and makes you want to merge. But it's not built to last forever.

After a few months—typically 3 to 6—PEA levels start to drop. The rush fades. And when it does, you begin to see your partner more clearly. That's when the real relationship begins.

For some, the drop feels like falling out of love. But in truth, it's just the end of a chemical high.

If the relationship is built on more than infatuation, a second phase can begin.

But first, it helps to recognize the purpose and limits of this first stage:

- **It's meant to connect, not sustain.**
- **It feels urgent, but it's temporary.**
- **It hides flaws and amplifies fantasy.**

This doesn't mean infatuation is bad. It's beautiful. It's a beginning. But if you mistake it for love itself, you'll keep chasing the feeling... and missing the deeper bond that comes next.

## **Stage Two – Bonding**

After the fire of infatuation fades, something gentler emerges.

Your brain begins releasing a new chemical: **oxytocin**—the bonding

molecule.

This shift isn't an accident. It's biology doing its job.

In evolutionary terms, oxytocin helped parents stay connected long enough to raise a child past its most vulnerable years. It brought stability, loyalty, and care.

**It created the space for love to take root—soft, strong, and deeply human.**

Even today, oxytocin helps couples feel safe, supported, and emotionally close.

It turns chemistry into commitment. It transforms attraction into a team.

But oxytocin, like PEA, has its limits.

It doesn't last forever on its own. And it doesn't guarantee connection. Life gets stressful. Routines creep in. And underneath it all, our old biological program starts whispering again:

*“Is this enough? Should we move on? Should we start over with someone new?”*

That's the real challenge.

To stay in love over time—not just committed, but fulfilled—we have to do two things:

- 1 Protect oxytocin**, the foundation of trust, safety, and emotional bonding
- 2 Learn how to reawaken small doses of PEA**, the spark of attraction and delight

We'll talk about how to rekindle PEA later in the book.

But first, let's make sure the heart of your connection is safe.

**Let's talk about how to protect the oxytocin state—before it begins to fade.**

## **Stage Three – When the Bond Is Under Attack**

Even the strongest connection can begin to strain under pressure. Not because the love is gone, but because **life gets hard**—and your biology has its own hidden agenda.

Let's look at what really happens.

## **Stress and Ancient Programming**

Modern relationships face daily stress: work, money, raising kids, unresolved emotions.

But beneath all that is something older: your **genetic programming**.

Once your biology believes reproduction has happened—or that enough time has passed—it quietly shifts strategy.

From nature's point of view, **sticking with one partner forever doesn't increase genetic diversity**.

And so, the ancient program begins to nudge us toward dissatisfaction:

- We become more reactive
- We start noticing flaws instead of beauty
- We wonder if something better might be out there

This isn't failure. It's instinct.

But instinct alone can't build a love that lasts.

It also changes our chemistry—subtly at first, then profoundly.

## **Cortisol and Prolactin: The Turning Point**

As stress rises and emotional connection gets neglected, your body begins producing more **cortisol**—the primary stress hormone.

Cortisol prepares you for danger, not closeness. It makes you:

- Irritable and impatient
- Quick to argue or escalate

- Less able to empathize or connect

If this state continues long enough, another chemical shows up: **prolactin**. Prolactin rises with chronic, unresolved stress. Instead of heat, it brings cold:

- Emotional withdrawal
- Low or absent sex drive
- Numbness, silence, or quiet despair

Cortisol makes us want to fight.  
Prolactin makes us want to give up.

And when these two dominate, something vital begins to fade.

### **The Drop in Oxytocin**

When you're flooded with stress chemistry, your body deprioritizes **oxytocin**—the bonding hormone.

Without oxytocin, even the person you once loved most can start to feel distant, irritating, or invisible.

It's not that the connection is gone—it's that the *feeling* of connection can no longer reach you.

And that's when the old program whispers again:

*"Maybe this isn't love anymore. Maybe someone else would make you feel alive again."*

If someone new enters your life, your brain may respond with a flood of **PEA**—the infatuation chemical from the beginning.

It feels electric, magical, undeniable. But in truth, it's just the loop starting over.

### **But It Doesn't Have to Be This Way**

This isn't about blame. It's about seeing clearly.

Once you understand this cycle, you can interrupt it.



You can:

- Lower cortisol
- Reduce prolactin
- Protect your oxytocin state
- And later, reawaken PEA—without needing someone new

Because lifelong love isn't an accident.

It's a practice. A chemistry you can care for. A pattern you can rewrite.

And it starts with the first of the Four Gifts.

## **Gift One: Calming the Storm – How to Lower Cortisol**

We all get stressed. That's part of life.

But when stress builds up and stays too long, it changes how we feel about everything—including our partner.

That's because stress isn't just a feeling. It's a **chemical event**. And the main chemical behind it is **cortisol**.

### **What Is Cortisol?**

Cortisol is your body's emergency hormone. It helps you survive danger by making you alert, focused, and ready to act.

That's great if you're facing a real threat—like a fire, or an oncoming car.

But in a relationship? Too much cortisol does damage.

It makes you:

- Impatient and irritable
- Quick to argue or escalate
- Less able to empathize or connect

When cortisol is running the show, you can't connect.

You're in survival mode—not relationship mode.

## Why It Matters

If you've ever had a pointless argument and thought,

*"Why did I say that?"*

or

*"I don't even remember what started this..."*

That's cortisol in action.

It shrinks your sense of perspective. It shuts down your empathy. It makes the little things feel big, and the big things feel impossible.

And worst of all, **it drives oxytocin down.**

The longer cortisol stays high, the harder it is to feel close, safe, or warm with your partner.

That's why learning how to manage cortisol is the first step toward lasting connection.

## What Triggers Cortisol?

Cortisol often gets triggered by things we barely notice:

- **Low blood sugar** (you're hungry, so you snap)
- **Fatigue** (you're exhausted, and patience disappears)
- **Conflict or pressure** (your brain thinks it's under attack—even during a simple conversation)

The result? One moment you're fine, and the next you're in a full-blown fight.

## What You Can Do

Here are four simple ways to keep cortisol low—or help it drop quickly:

**1. Never argue hungry.**

Seriously. If you or your partner haven't eaten in a while, take a break and grab a snack before you talk.

Low blood sugar triggers cortisol. Cortisol triggers fights.

A banana might save your relationship.

## **2. Sleep earlier, not just longer.**

The body makes cortisol to help you wake up—especially if your blood sugar is low.

If you sleep late, you may be waking into a **cortisol spike**, not restful calm.

Try waking earlier and eating a healthy breakfast to smooth the start of your day.

## **3. Pause the conversation.**

If you're in a cortisol spike, don't try to "solve" anything. You can't think straight.

Instead, try saying:

*"I'm probably just stressed right now. Let's pause and come back to this after a break."*

This isn't avoidance—it's **wisdom**. Once cortisol fades (usually within an hour or two), real connection becomes possible again.

## **4. Go for a walk. Alone.**

Moving your body helps flush cortisol out of your system.

Even 10–15 minutes outside can reset your nervous system.

## **One More Thing: Cortisol Is Contagious**

If your partner is in a stress spiral, you might start to feel it too.

Don't take the bait. Don't match their tone. Don't try to reason with them while they're reactive.

Instead, step back—calm your system. That calm may help them calm too.

Remember: cortisol makes people act unlike themselves.

Trust that the real version of you both will come back when the storm

passes.

## A Note About Half-Lives

Every chemical in your body has a **half-life**—the time it takes for its levels to drop by half.

**Cortisol's half-life is about 1–2 hours for most people.**

That means even after the trigger is gone, the effects can linger:

- After 2 hours: 50% remains
- After 4 hours: 25%
- **Even after 8 hours: cortisol may still be in your system**

Now imagine this:

You get hit with one stressful event in the morning. Two hours later, another. Then another.

Each new spike stacks on top of what's already there.

The result?

**You can be in a cortisol state all day—without ever fully recovering.**

And for some people, the situation is even trickier.

Due to **genetic differences**, some people **don't break down cortisol efficiently**.

Their half-life may be longer—sometimes much longer—than average.

This can make stress feel *sticky*, like it clings to you even after things calm down.

If that's you, it's not a weakness. It's chemistry.

And it just means your practices matter even more.

By contrast, **prolactin**—the hormone that rises from long-term stress—has an even slower half-life (about **3 hours or more**), and can affect your connection for a day or longer.

That's why it's so important to catch stress early, give it space to clear, and learn how to **protect your nervous system before damage is done**.

## The Real Goal

This isn't about avoiding conflict forever. It's about learning **when not to fight**.

Cortisol is like a chemical storm.

And the first gift of lasting love is learning how to wait it out—without doing damage along the way.

Once you learn how to manage cortisol, you create space for something better:

**clarity, connection... and oxytocin.**

But first, we need to talk about what happens when stress stays too long, and your system starts to shut down.

That's where **Gift Two: Lowering Prolactin** begins.

## Gift Two: Melting the Ice – How to Lower Prolactin

When cortisol stays high for too long, your body may begin shifting into a different pattern—

one that tries to protect itself by turning down emotional intensity.

This isn't a failure. It's an ancient safety mechanism.

But if we don't recognize it, we can get stuck in it... even after the danger is gone.

Why does this happen?

Because **chronic cortisol is toxic**.

Over time, it:

- **Suppresses the immune system** (*people can get sick more often*)
- **Shrinks the brain's memory center** (especially the hippocampus)
- **Increases anxiety and depression**
- **Erodes physical resilience** (muscle weakens, energy drops, body

stores more fat as a survival response)

- **Disrupts hormones that regulate sleep, hunger, and energy**

If this internal storm goes on too long, the system begins to compensate. The result is a shift in chemistry—a kind of emotional dimmer switch.

That chemical is called **prolactin**.

## **What Is Prolactin?**

Prolactin isn't about panic—it's about **numbness**.

Where cortisol makes you fight or flee, prolactin puts you in emotional hibernation.

It's your body's way of saying,

*"This is too much. Let's pause everything until it's safe again."*

When prolactin is high, you may feel:

- Disconnected or emotionally flat
- Uninterested in intimacy
- Quiet, withdrawn, or like you're just "going through the motions"

In short: it becomes hard to care—even about someone you once loved deeply.

## **Why It Happens**

Prolactin often rises after **long-term, unresolved stress**—the kind that feels heavy and stuck.

If you've been carrying emotional weight for a long time, and nothing seems to change, your system may downshift into this "freeze" mode as a kind of protection.

This isn't about laziness or lack of love.

It's what happens when we've been under pressure for too long.

That may simply mean your system needs rest, rhythm, or repair.

## **Prolactin's Long Shadow**

Prolactin has a **long half-life—about 3 hours or more**.

That means it stays in your system much longer than cortisol, and its effects linger.

If you're constantly stressed, constantly tired, or constantly disconnected from your partner, **you may be in a state of low-level prolactin all the time**—a kind of quiet fog that never fully lifts.

But it doesn't have to stay that way.

## **How to Lower Prolactin**

Here are four practical ways to gently bring your system back online:

### **1. Resolve, don't just suppress**

What's the stress that never goes away? The one you don't talk about? It might be something external (money, illness, responsibility) or internal (guilt, grief, shame).

Start by naming it. Then ask:

*"What's one small thing I can do to begin shifting this?"*

Even small action dissolves helplessness—and that's what lowers prolactin.

**Need help sorting it out? Try the Axiom Counselor, our free app.**

It gently guides you to uncover hidden beliefs and emotional patterns that keep stress running in the background. Sometimes the thing you can't fix isn't a problem—it's a belief.

You'll find it at [www.spiritualsecretagent.com](http://www.spiritualsecretagent.com), under "Get the App."

## 2. Wake early. Move gently.

Oversleeping can raise prolactin. So can staying in bed too long after waking.

You don't need to become a morning warrior. Just try this:

- Set your alarm to a consistent time
- Get sunlight in your eyes soon after waking
- Move your body—stretch, walk, anything

These small signals tell your system: *“We’re back. We’re engaged. We’re alive.”*

## 3. Reclaim intimacy—without pressure

One of the most powerful spikes in prolactin happens after **orgasm**, especially in men.

This can lead to a temporary shutdown of sexual desire and emotional closeness.

You don't have to give up sex. But you might try something different.

Some couples explore **Karezza**—a form of intimacy where orgasm isn't the goal.

It's about closeness, not climax. Presence, not performance.

It's not for everyone. But for many, it restores affection and dissolves that post-intimacy distance.

Try asking:

*“What helps us feel close... without pressure?”*

That question alone can begin to shift the chemistry.

## 4. Try cold water. Try coffee. Try light.

- **Cold exposure** (cold showers or ending a warm one cold) can reduce prolactin



- **Coffee** can help too—but be mindful, as it may raise cortisol in sensitive people
- **Bright light**—especially early in the day—signals your system to move out of withdrawal

It's not about finding the perfect hack.  
It's about signaling safety, vitality, and return.

## The Real Goal

Prolactin doesn't mean you're broken.  
It just means you've been under pressure for a while.

This second gift is about **restarting the system gently**—with compassion, rhythm, and presence.

**Once prolactin and cortisol are both lowered**, you'll start to feel the early signs of emotional return:

- A desire to connect
- A spark of warmth
- A willingness to reach out

That's the sign you're ready for the third gift:  
**Sustaining the bond that holds you together—oxytocin.**

## Gift Three: Sustaining Oxytocin — Keeping the Bond Alive

When people talk about “staying in love,” they're really talking about **oxytocin**.

Oxytocin is the hormone of connection.  
It's what makes you feel safe holding hands.  
It's what makes a partner's flaws feel endearing instead of irritating.  
It's what turns good relationships into great ones—and what keeps love

steady when life gets hard.

But oxytocin isn't loud.

It doesn't come with fireworks or butterflies.

It's quiet. Warm. Subtle. A sense of "home" in someone's presence.

That makes it beautiful.

It also makes it **fragile**—especially in a stressful world.

If we want love to last, we have to learn how to **protect oxytocin... and keep it flowing.**

### **What Does Oxytocin Do?**

When oxytocin is high, people tend to become more:

- Kind and patient
- Emotionally generous
- Forgiving and cooperative
- Trusting and open to connection

Oxytocin is what helps you stay bonded—not just physically, but emotionally and spiritually.

It's what allows you to go through hard things **together.**

When oxytocin is low, everything feels harder.

You may feel distant. Critical. Guarded. Irritated by things that used to seem small.

This isn't a moral failure. It's a shift in chemistry.

And chemistry can be cared for.

### **What Hurts Oxytocin?**

Several things can quietly erode oxytocin over time:

- **Neglect** (going too long without touch or quality time)

- **Unresolved stress** (especially if cortisol is still high)
- **Emotional withdrawal** (which can be triggered by prolactin)
- **Routine without renewal** (same life, no new affection)

Oxytocin doesn't need constant romance.

But it does need **ongoing signals of safety, affection, and connection**.

Let's learn how to offer those signals—on purpose.

## **How to Sustain Oxytocin**

Here are five ways to keep the bond alive:

### **1. Touch often—without agenda**

Oxytocin rises through touch. Not just sexual touch—**any loving contact**.

- Hugs that last more than 20 seconds
- Stroking hair
- Holding hands
- Gentle back scratches
- Cuddling without distraction

You don't have to say the perfect thing. Sometimes a shoulder squeeze says more than words.

The rule of thumb?

**Don't let too many hours pass without some kind of affection.** Even small moments keep the connection warm.

### **2. Grooming behaviors**

In the animal world, grooming is how trust and bonding are built.

We may not pick bugs out of each other's fur—but we still do things that

say:

*“You matter to me more than food, sex, or rest right now.”*

- Making tea or breakfast for someone
- Massaging their neck
- Picking lint off their jacket
- Sitting down just to be near them, with no agenda

These small gestures matter. They’re how we say, again and again: *“I see you. I care.”*

### **3. Eye contact and shared stillness**

Oxytocin rises when we see and are seen.

Try sitting quietly together and just making eye contact for 30 seconds. No phone. No words. Just presence.

This may feel strange at first. That’s okay. The point isn’t to “perform.” It’s to connect.

Stillness + presence = safety. And safety is where love breathes.

### **4. Rituals of connection**

Build small daily or weekly rituals that say *“we’re in this together.”*

- A shared morning stretch
- A nightly walk
- Lighting a candle before dinner
- Whispering gratitudes before sleep

These tiny anchors become sacred over time.

Even 2 minutes of intentional ritual can create hours of emotional stability.

## 5. Reduce the oxytocin leaks

Sometimes, it's not about doing more. It's about **protecting what's already there**.

- Don't let phones interrupt your time together
- Don't weaponize silence
- Don't rehash every stressor while oxytocin is still fragile
- Don't take each other's presence for granted

When oxytocin is low, the relationship feels cold.  
But when it's steady, even boring days feel warm.

### The Real Goal

Oxytocin is the invisible thread that holds love together.  
It doesn't shout. It doesn't chase. It simply **waits to be nourished**.

This third gift is about **keeping that thread strong**—by protecting the small moments that build trust, safety, and care.

And once oxytocin is flowing again, there's one more secret to long-term love:

How to rekindle the spark of infatuation—**on purpose**—without needing someone new.

That's the fourth and final gift... **Reawakening PEA**.

## Gift Four: Rekindling PEA – Bringing Back the Spark

PEA (phenylethylamine) is the neurochemical of early infatuation. It gives us novelty, desire, and energy. We don't need to chase it in new relationships—we can **generate it intentionally**.

**How PEA works:**

- Boosts dopamine (novelty), norepinephrine (alertness), and testosterone (desire)
- Temporarily lowers serotonin to prioritize seeking over settling
- Creates emotional “lift” and excitement

### **How to Rekindle It:**

- 1 **Create novelty together:** try new places, new activities, surprise each other
- 2 **Generate excitement:** go dancing, explore nature, take playful risks
- 3 **Use emotional transference:** share experiences that get your hearts beating

### **Try This: A Full-Spectrum PEA Date**

Dress up in your finest clothes. Rent a motorcycle and ride to a restaurant you’ve never been to—preferably exotic cuisine. After dinner, hold hands and take turns walking each other with closed eyes, gently disoriented but safe. Then drive to a place with a beautiful view that’s private. Gaze into each other’s eyes. Remember how you felt when you first met. Then go home and see where the night leads. Use this as inspiration, not a checklist. The point is to feel new again—together.

### **What Blocks PEA:**

- Resentment
- Repetition without renewal

That’s why **the first three gifts come first.**

## **Closing Reflection: The End of the Cycle—The Beginning of a Kingdom**

You’ve made it.

You now understand what few people ever learn—not just how relationships rise and fall, but why.

You’ve seen the full arc:

- The chemical spark that draws us together

- The bonding that steadies us
- The stress that threatens us
- The shutdown that separates us
- And finally... the practices that help us come back to one another—on purpose

These are not just facts.  
They are gifts.  
And you now hold them all.

So what happens next?

That depends on you.

Will you use these tools to revive a relationship that's gone dim?  
Will you build new love on deeper soil than you had before?  
Will you teach your children—explicitly or through example—that long-term love is possible?

Whatever your path, the message is the same:

You are whole—even when you feel worn down.  
You are worthy of love—especially when it feels furthest away.  
And your chemistry? It's not your fate. It's your instrument.

This isn't manipulation. It's stewardship.  
And now, you can play it well.

Take a breath.  
Hold your partner's hand.  
Let love be simple again.

**You've earned it...**

But the story doesn't end here.

## **From the Fire of Love to the Forge of Kingship**

When a man rises into his **Kingship**, something rekindles in the women beside him, his **Queen**.

Women in partnership with a man on the path of the Healthy Masculine often report the return of desire, admiration, and **spark**—not because he became someone new, but because he returned to who he truly is.

When a man matures into his own strength, it's not just the relationship that heals—

the polarity returns.

## ***An Invitation to Kingship* — The Path of the Noble Man**

This book is not about dominance.

It's not about ruling others.

It's about *ruling yourself*.

It's about **inner authority**—the kind that doesn't need to shout to be heard.  
You'll learn to identify which archetype most fits your nature:

- The **Team Player** – grounded in loyalty and contribution
- The **Leader** – designed to organize, guide, and protect
- The **Lone Wolf** – a visionary who walks between worlds

You'll learn how to:

- Step forward with confidence
- Work as a team player without submission
- Lead without domination
- Walk alone without becoming isolated

Because Kingship isn't about being on top.  
It's about being solid. Present. Unshakeable in the places that matter.

A **King** isn't someone who demands power.  
A **King** is someone others instinctively trust when the storm hits.

And if you didn't grow up with that example?  
You can become it—for yourself, your partner, your children, and the world.

## **A Note to Women**

While *An Invitation to Kingship* is written by a man for men, its insights are just as useful if you:

- Are a single mother raising boys to men



- Want to recognize a noble man as a partner and father
- Are navigating a male-dominated workspace
- Are curious about how healthy masculine development works—and how to support it without shrinking yourself

**Your adventure continues...**

# Appendices

## Appendix A: Game Theory of Relationships

In 1980, Professor Robert Axelrod held a now-famous tournament where computer programs competed in a simple game of cooperation or betrayal. Each program had to decide whether to act nicely (cooperate) or selfishly (betray) in a series of repeated interactions with other programs.

### The Three Core Outcomes

- 1 **Mutual Cooperation:** Both players are nice → Both gain a small reward.
- 2 **Predator/Prey:** One is selfish, the other nice → Selfish player gains big, nice player loses.
- 3 **Mutual Betrayal (Tit-for-Tat):** Both are selfish → No one gains.

### The Winning Strategy

The winner wasn't the most aggressive, but the most balanced. The victorious strategy followed five simple rules:

- 1 **Start nice.**
- 2 **If the other is nice, stay nice.**

- 3 If the other betrays, retaliate once.
- 4 If they return to kindness, forgive.
- 5 After 3 mutual betrayals, try kindness again.

**Simplified:**

- Start nice
- Be provokable
- Be forgiving

### **The Four Games in Intimate Relationships**

<b>Game Type</b>	<b>Oxytocin / Cortisol / Prolactin Balance</b>	<b>Description</b>
1. Cooperative	Oxytocin + Oxytocin	Mutual generosity, love, and goodwill. The goal.
2. Predator/Prey	Cortisol + Prolactin	One partner dominates, the other collapses.
3. Tit for Tat	Cortisol + Cortisol	Mutual defensiveness, retaliation, ongoing conflict.
4. The Big Chill	Prolactin + Prolactin	Resignation, disconnection, quiet despair.

Provokability becomes the skill of responding when something hurts you—without collapsing or overreacting. Learning to be lovingly assertive is how we stay in Game 1.

## **Appendix B: The Origins of Connection – Oxytocin and Birth**

Oxytocin is not just the molecule of love—it is the chemical signal for bonding, trust, and connection. And the very first time we experience

**it is... birth.**

## **Oxytocin and Childbirth**

**In a natural birth, both mother and infant are flooded with oxytocin. This surge helps:**

- **Initiate bonding**
- **Encourage milk production**
- **Create the first emotional imprint between mother and child**

## **Modern Disruptions**

- **Cesarean sections (C-sections)**
- **Heavy anesthesia during labor**
- **Separation of mother and child after birth**

**These factors can block the oxytocin spike, meaning the child may grow up with underdeveloped oxytocin pathways.**

## **Later in Life: Can It Be Fixed?**

**Some people never had their oxytocin system properly turned on. Others had it shut down by trauma, such as:**

- **War**
- **Abuse**
- **Abandonment**

**PTSD is one of the most powerful oxytocin suppressors. It rewires the nervous system toward distrust and hypervigilance.**

## **Possible Solutions**

- **Oxytocin nasal spray (actual oxytocin—not homeopathic)**
- **Karezza bonding practices (see Gift Three)**

- Consistent, safe affection
- Axiom Counselor: for rewriting trauma-based beliefs

For many, rebuilding trust isn't just psychological. It's neurological. And it can be repaired.

## Appendix C: Why We Bicker and How to Stop

Have you ever found yourself restarting a fight... even after it was over?

You forgot what you were fighting about—so you ask your partner to remind you. Just to get it going again. Why?

### The Cortisol-Prolactin Loop

- Cortisol = stress, anger, fight
- Prolactin = resignation, shutdown

When people feel hopeless (prolactin), they may subconsciously provoke a fight to feel anger (cortisol) instead—because anger feels more alive than numbness.

It's not about the topic anymore. It's an attempt to feel something.

### Why Make-Up Sex Happens

Anger (cortisol) suppresses prolactin. When prolactin drops, sex drive returns. This explains the strange intimacy that sometimes follows a fight.

### The Way Out

- Recognize the pattern
- Don't re-enter arguments just to feel alive

- **Take space, eat, rest**
- **Choose real connection over cortisol-fueled conflict**

**Understanding the loop gives you power to leave it behind.**