Secrets of
Speed Seduction
"Home Study Course Workbook"

How To Create An Instantaneous Sexual Attraction In Any Woman You Meet!!!

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Ross Jeffries

Now with Newsletters and Seminar Not

"Fight with all your strength, controlling your senses, attack your enemy directly, who is the destroyer of knowledge and realization"

...Bhagavad Gita

"Give me five minutes to talk away my face, and I'll bed the Queen of France."

...Voltaire

"I come to you with only words, Looks and money I have none. But should desire require it My words will bear me out!"

...Speed Seducer's Credo

INTRODUCTION-WHY SPEED SEDUCTION?

One of the toughest realities we have to face as men is, that for most of us, getting laid is a form of gambling, and the game is strongly rigged against us.

Think back to the last time you had a date. C'mon...it wasn't that long ago, was it?

Didn't you find yourself, either before or during the evening, wondering things like, "When should I make my move? Am I going to get some tonight? Will I get lucky?".

And that's the bottom line...for too many of us, dealing with women is a matter of luck, meaning it is something which is out of our control.

But hold on a second. What if you could design your own "game of chance" where YOU get to set the rules? What if you could play a poker game where you get to pick the cards you're dealt, you get to see her hand before you bet, and you get to borrow money from her to bet against her?

You'd play that game 24 hrs day, that's what.

And that is what Speed Seduction does: it puts you back in control by teaching you how to create, on a repeatable, predictable basis, the kind of results you want with the kind of women you want, where and when you want it.

Does this sound like an outrageous claim? I certainly hope so; it goes against the beliefs of our entire culture ; a culture that teaches you that "attraction" can't be created, that it just has to be a matter of "chemistry", that is either there or it isn't.

By the time you're done with this book, or the home study course of which it is a part, you'll be thoroughly convinced that our entire culture is totally full of shit. Even more important you'll be able to use this knowledge to give you an incredible edge over 99% of the population, not only when it comes to getting laid, but in every area of your life.

SPECIAL NOTE:

This book is designed as a WORKBOOK, to be used as part of my entire Speed Seduction Home Study Course. This means two things:

1. It's not designed to be passively read. You have to actively participate.

2. If you didn't acquire it as part of the entire course, which includes about 12 hours of audio tapes, among other things, you should seriously consider doing so.

One more thing. This book is divided in two sections: theory and practical application. If you want to jump ahead to the practical

application section, go ahead, feel free. Just make sure that later you go back and get the theory stuff down: you should understand what you're doing if you really want to get excellent at this stuff.

CHAPTER ONE:

THERE'S NO SUCH THING,

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THERE'S NO SUCH THING!!!!!

Ok. Here is the first key secret to understanding, not only Speed Seduction, but any form of influence or persuasion, in any area of life:

There's no such "thing" as love. There's no such "thing" as passion. There's no such "thing" as attraction, or chemistry, or lust.

I know, I know, you're saying. That's the problem...for most of you, most of the time, there's no such thing. There's just boredom, frustration, and playing with Mr. Winky.

But that's not what I'm talking about, so pay close attention. I'm not saying that people don't experience states of "attraction" or "chemistry" or "lust". What I am saying is that these states are processes that take place inside the human mind and body. Which means that they are states that....

CAN BE SUMMONED FORTH AND DIRECTED AT WILL!!!

Here's An Example: "Falling In Love" Exposed!!!!

Ok. Since I'm being pretty general and theoretical here let's get a bit more specific and talk about what every woman dreams about: falling in love.

Now, based on what I've said so far, do you think I believe "love" is based on some mysterious "chemistry" that flows between two people? Maybe it's caused by a butt-naked little angel named Cupid who shoots an arrow into your ass?

No. Here's how people fall in love: First, understand you do NOT fall in love with someone when you are in their presence. No. You fall in love when you're off by yourself, thinking about them afterwards. This is why it is so hypnotically powerful, because you are doing it to yourself, and people are always their own best hypnotists.

Here's how it happens: you go out with someone, maybe even one date. And then you go home, and your lying there, thinking about them. And, you form an image of them in your mind. And, as you do that, you start to list to yourself all the qualities about them that you like, "She's so _____, she's so____, she's really_____." Maybe then you picture you and them having lots of fun in all sorts of situations.

Then you get that warm, funny feeling right in your solar plexus, and then, the nail in your coffin, you say her name to yourself 2 or 3 times. If you're really a geek, maybe you even dance around the house singing it! Or you possibly go around bringing up her name in every conversation.

Sound familiar? Now, as you recall the times in your past when you did this, were you then able to stay cool, in control of yourself AND the relationship? Or were you calling her every day, always wanting to see her, and eager to kiss her ass, to the point where she, of course, dropped you?

Here's the point: "love" is a process people do to themselves! It's not a "thing" you trip over or a "hole" you fall into. And I know, even though I'm not there watching you, that as I described it here on paper, you recalled and went through that process yourself,

and recalled the feelings associated it. And if I can do it with you, on paper, when I'm not even there, then you can, if you know how, skillfully describe this (or any other) process to a woman in your presence, link it to yourself, and in a matter of minutes, cause her to....

UNDERGO THAT PROCESS AND FALL IN LOVE WITH YOU ON THE SPOT, DUMMY!!!!

Think about this for a second. The dumb process you did to yourself f can now be used to make her fawn all over you, repeatably and predictably!

Of course, the same thing applies to any other process you want her to run, or state you want her to experience, whether it's forgetting your competitor, (We'll show you how to do this later on with my infamous "Boyfriend Destroyer Pattern") or anything else you care to name. If she's done it or experienced it once before, you can get her to do it or experience it with you again!!!

How The Speed Seducer Thinks Things Differently

In light of that understanding, consider this for just a second. Let's say there's some juicy, super-hot, incredible babe you've lusted after for a long time. And, to further sweeten the scenario, let's say through prayer, good karma, and the intercession of the Pope, you've managed to get a date with her. Should you be asking yourself questions like, "Where should I take her? How should I dress?".

If you only ask yourself these totally unimportant questions, then you are a chump. No. From now on, you'll ask yourself the question I always get the men in my seminars to ask:

If I could create any states of mind I want in this woman, this evening, what states would I want her to experience with me? Ok? How about states of:

LUST *WANTON DESIRE* *UTTER FASCINATION* *FEROCIOUS HORNINESS* *HOPELESSLY IN LOVE* *SLAVISH OBEDIENCE* *ORAL FIXATION*

Not bad for starters, huh? If you can get a woman to experience these kind of states in your presence (and to think about you this way obsessively even when you're not around) do you think you are going to wind up with just a polite peck on the cheek, a handshake goodnight, and

a "let's just be friends", at the end of the evening? Or is she going to be all over you like flies on a mortician? You see, rather than thinking of how to get her to do all the behaviors you want from her, i.e., humping, sucking, etc, first think of what states of mind you want her to be in; states where it would be natural for her to do all those nasty things to and with you.

This brings us to a second key point that separates a Speed Seducer from the Average Frustrated Chump. You see, the AFC talks just to be flapping his lips, trying to be entertaining, or maybe, gulp, trying to get the girl to understand him. The Speed Seducer (and any good Master of Persuasion) knows that he must....

ALWAYS COMMUNICATE WITH A DIRECTION AND OUTCOME IN MIND!!!!

You see, some of what I'm going to show you in later chapters may cause you to think, "Will the girl understand what I'm saying to her?". And my response is: THE PURPOSE OF YOUR COMMUNICATION IS NOT TO GIVE HER AN UNDERSTANDING. THE PURPOSE OF YOUR COMMUNICATION IS TO GET YOU A RESULT!!!!.

That "result" is to put her in the state of lust, horniness, fascination, etc. that you want her in, because once she's in these states, it's natural for her to want to do all those nasty things to your body and to want you to do them to hers.

A Little Metaphor To Further Your Understanding

Once, I asked a Master Of Persuasion if he could give me a better understanding of how to influence women. He told me the following story:

"When I set out to influence a woman, I like to think of myself as a fisherman. Everything I do, every action I take is organized around landing that fish.

Now, I'll dangle the bait in the water, and then I'll watch to see what the fish does. And the fish will come up and smell the bait, and put it's mouth around the bait. And I'm watching to see what part of the bait the fish likes.

Now, right here is where most people make their mistake. You see, as soon as the fish bites down they start reeling in that line like crazy. But I never do that, because I consider that I only have a 10 pound fishing line to catch a 150 pound fish. So if the fish feels me pulling on the line, it's going to pull back and that line will S-N-A-P and no fish for me.

So what I do is stay right in front of that fish, and what I do is I start reeling myself to the fish. So as I walk up on that fish the fish doesn't feel any tug or pull on the line so it doesn't resist me. And it just seems natural to it as I get closer and closer to it. And the closer I get to it, the stronger my line is and the smaller the fish gets. Till by the time I'm right up to that fish with my net, I've got a 500 pound line for a 10 pound fish. And the fish feels so natural that it then just eliminates it's own resistance and thinks, "Hey this is right. This is natural. It's natural to jump in the boat, get skinned, gutted, fried up and eaten!"

Now, wasn't that a nice story? I want you to think well on it, because I don't want you to go making the same dumb mistakes I made when I was first learning Speed Seduction. Let me explain a bit. You see, when I first started out, I was so excited by the fact that I could get very hot-looking women sexually excited and turned on in just a few minutes every time, that I went right for the jugular every time out.

So, was I successful in getting these women hot and bothered? You bet. But did I get laid doing it? USUALLY NOT!!! Because I came on so strong, without softening them up first that...

I ONLY SUCCEEDED IN SCARING THEM OFF!!!

That's right. Yes, if you first do the sexual patterns I'll teach you, a woman will get very likely get nicely hot and bothered. But unless she is already a highly sexual person who will fuck at the drop of a hat, or she knows you quite well already, getting her aroused and turned on to you right of the bat is just going to scare her. She's just going to think...."God, I'm really getting hot, but I shouldn't be feeling this way. I don't even know this guy!". In other words, you're gonna tug the line so hard, it's going to S-N-A-P and your fish is going to swim away.

Remember, as you use the patterns I'm going to show you, there are considerations you have to keep in mind, like how well you already know the woman and what kind of bond you've already built with her; to what degree she already is a highly sexual person; and finally if she has any major trust/control issues.

Therefore, it's usually extremely important to first use the techniques I'll show you that create states of intense emotional connection, as if she's known you her whole life, before moving on to the sexual arousal stuff. When you create that kind of connection (you can do it in about 7 minutes using what I'll show you), you often don't even have to do the sexual stuff, since for most women that kind of connection is what sex is all about anyway. (Guys are different...sometimes I think we just want to dump loads!)

Patty Cake, Patty Cake, Baker's Man: Another Metaphor To Help You Understand

One useful way to think about Speed Seduction is to consider the process of baking a cake. First, before you even get out the recipe, you have to WANT to bake the cake. You have to BELIEVE you can bake the cake. Then, most importantly, you have to get up off your rear and...

GET BAKING, BUDDY!!!

The various patterns I'm going to be sharing with throughout this course can be considered to be recipes. In order to use a recipe

correctly you not only have to make sure you have the right ingredients, but you also have to make sure...

YOU USE THEM IN THE RIGHT ORDER OR SEQUENCE!!

As an example, you don't whip up the cake mix, stick it in the oven at 450 degrees for thirty minutes, and then, when you're done, beat in the egg!!

The same holds true for the various patterns I'm going to show you. You have to do them in the right sequence. The following sequence is the formula to get virtually any woman you want to be madly, passionately in love with you. It's what runs almost every pattern I'll teach you.

1. Get her attention

2. Establish states of her feeling an incredible bond and connection to you.

3. Creates states of horniness, arousal, attraction

4. Amplify those states, and link them to you.

Now, don't wince at all this. Some of these patterns are only three or four sentences along, and don't take more than 5 minutes to do!! The reason I'm taking such pains to explain is I want you to understand how what you're doing works, so you can improve upon it and come up with stuff even better!!

You see, the average Speed Seducer will just blindly memorize the words of a seduction pattern, without understanding what he's doing. And, in many cases this will work. He'll still beat out his untrained competition 9 times out of ten.

But the smart guy, the true, blue, deep in the guts Speed Seducer, will want to understand what he's doing. And he'll get so good at it that..

...THE GIRLS HE'S BANGING WILL BRING THEIR FEMALE FRIENDS AROUND JUST TO SHOW THEM WHAT THEY'VE GOT IT, AND HE'LL WIND UP NAILING THEM TOO!!

A Word About Softeners

One of the things that can be useful to you as you find yourself using these patterns in a very powerful way, is to make sure you soften what you do, by throwing in some fluff phrases.

For example, I'll often say things like, "You know, I hope you don't mind my asking this, but one of things I like to do is to find out about the person I'm getting to know, and I do that by asking questions about what's important to them. So as you look at me and think about what we're talking about, I'd just like to ask you:"

And then I get on to the pattern I'm going to use with her. Now, you'll find that by doing this you can get away with stuff that she'd normally might call you on.

Other softeners might be:

1. I know this might seem a little wild, but just for the sake of this playful discussion we're having...

2. I just want to say, and I hope you don't find this too intrusive.....

3. Would you mind if I just asked you, just for the sake of helping me to understand better....

All of these work because they pace any possible objection she might have to going along with you.

Rules and Attitudes Of Jeffries'' Speed Seduction

1. Always communicate with a direction or outcome in mind. When you talk to a woman, never do it just to be flapping your lips!! Think of the states you want her in and then use your skills to direct her there!!

2. First create states of fascination, connection, feeling an intense bond, before you move for the sexual stuff! Most women will not feel comfortable if you get them aroused first and S-N-A-P goes that fish line!

3. The purpose of your communication is not to give her an understanding; the purpose is to get you a result!! Speed Seduction works by manipulating and directing unconscious processes, NOT by getting her conscious agreement. Leave arguing and explaining to your competitors!!

4. Speed Seducing is fun!! If you aren't being directed by a playful attitude, then you aren't doing Speed Seduction!!!

5. Keep your skills a secret! Any technique works best if it is hidden an unexpected, so don't tell them that you know this stuff!!

6. Be a stainless steel fist in a velvet glove!! Always be as low key and understated as possible in the application of your skills. Not, "ha ha, I'm doing this to you", but, "gee, isn't it interesting how the mind works?".

7. Always go from least intrusive to most intrusive! Some of the techniques I'll show involve getting people to picture things inside their heads in a certain way. This is something you always want to do LAST, when they are already hot and horny and utterly fascinated by you, NEVER FIRST!!!

8. Never resist what a woman offers--turn it around and use it as leverage!! Any response a woman makes to your moves can be turned on her and used to get what you want, if you relax and DON'T ARGUE or ASK FOR EXPLANATIONS. We'll show you later how to utterly destroy a woman's objections and bullshit, using this principle.

9. Challenge is where the fun is!! What isn't yet working is the doorway to new power and understanding!!!

10. The less initial attraction she has for you, or the less sexual a person she is, the more you'll have to rely on juicing up her body feelings to get her to fuck you! You'll find that every woman varies; some just need the intense connection states to be pushed over the line; others you'll need to add in sub-modalities and anchoring; and still others will need an intense state description before they pounce on you!! Watch what responses you are getting and respond accordingly!

11. Use softeners liberally. By doing so, you'll be able to introduce the wildest topics, ask the most intrusive questions, and still seem like a respectful, normal guy, instead of a sex-crazed mind-fucker.

CHAPTER 2:
DO YOU HAVE WHAT IT TAKES TO BE A SPEED SEDUCER??

If you can answer "YES" to the following questions, then you can qualify to be a great Speed Seducer. Obviously you have an interest in Speed Seduction or you wouldn't be reading this book. So here come the real questions:

1. Do you sincerely wish to be able to seduce tons of gorgeous women, and have the power to create states of overwhelming lust and attraction in the hottest women around?

2. Do you want to start seeing these results in a matter of 2 or 3 weeks, or are you just reading for curiosity?

3. Are you willing to suspend your disbelief and try something new, FIRST, before you decide if it's possible?

4. Are you willing to give about half an hour a day, for the next 21 days, training in Speed Seduction, if it means a lifetime of power, confidence and astonishing success with the hottest women you can imagine?

If you've answered "YES" to these four questions, you are well on your way.

You see, the first requirement for greatness in anything, in any walk of life is....

THE RIGHT ATTITUDE!!!

With the right attitude you can turn around virtually any challenging area of your life and transform it into a TRIUMPH!!! Without the right attitude, even the best of tools are just useless deadweight.

The second requirement is KNOWING WHAT TO DO!! I will supply you with that. I'll take you by the hand and lead you step by step until you get so good at this you can make up your own stuff, test it in the real world, and then send it to me for future additions of this book!

But no one...and I mean NO ONE, can make you have that attitude. You just have to decide that this is it! No more living a mediocre life. No more just getting by when it comes to women! You want more than that. You deserve more than that. And, most important...

YOU WILL DO WHAT IT TAKES AND PAY THE PRICE TO GET MORE THAN THAT!!!

Now listen: Speed Seduction is designed to work. But, the first few times you try it, you might stumble a bit. That's normal. That's how we learn to do anything. (And don't feel bad because I stumbled for about a year in order to develop this into a science so you won't have to stumble much at all!)

And a further thing to consider: even when you get very good at these skills, sometimes, for whatever reason, you might run into a string of girls that you just get nowhere with.

It isn't your fault. It's not that you're doing anything at all wrong. It's just that...

SOME GIRLS ARE WALKING AROUND DEAD INSIDE!

You see, you can't get blood from a stone, money from a broke person, and you can't passion from a frigid, cold, turned-off pussy. In order to get her to remember states she's experienced before, and link them up with you, she has to have experienced them before at some time in her life.

Other girls are just so fucked up in the head, they aren't worth playing with!

But that's really not important. What's important is this: are you willing to go through the first few times of not quite getting it, or running into some ice-queens, in order to MASTER THESE SKILLS and enjoy a lifetime of fun with incredible women?

You see, in a sense, I'd like you to become like a pit bull when it comes to mastering the skills of Speed Seduction.

What does a pit bull do, once it grabs hold of something? It doesn't let go.

No sir. It'll hang on even when that something (or someone) weighs 10 times as much!! You can shake it, and slam it, and try to pry it off, but once it gets its jaws around you...

IT AIN'T LETTING GO!!!

Funny enough, but once you get this "pit bull" attitude, you can actually start to relax, loosen up, and enjoy the experience because you know that no matter what happens, you'll learn something you can use the next time out!! Paradoxically, that's when you start to win!! (Note: always look for paradoxes in life; there is tremendous power in paradox!)

So, to help you get this "pit bull" attitude, I'd like to put this book down and think a few minutes about what mastering Speed Seduction will do for you. Think of the kind of life it will let you enjoy with the kind of people you'd like to be with, and what it will mean as far as the way you feel about yourself, day after day, every day, when you've mastered it.

The other attitude you need to master, to get REALLY good at Speed Seduction is that...

BEING WITH YOU IS THE BEST POSSIBLE CHOICE ANY WOMAN CAN MAKE!!!!

See, if you come at the world with a sense of neediness, chances are the world is going to slap your hand. But if, however horny you might be, you really believe that you can please that woman like no one else (and trust me, once you know how to create those emotional highs for her using speed seduction, you'll see how true that is!), then, then, then my friend she is going to sense it and is going to...

BEG TO HAVE WHAT YOU'VE GOT!!!!

Finally, as a great Speed Seducer, you have to be willing to be a little outrageous, to step outside your normal bounds, and go out and CREATE YOUR OPPORTUNITIES!!! If for example, you see a woman you'd like to meet, but she's walking in the opposite direction, do you think, "Oh well. My timing's lousy? If only she were going my way!".

No. Not if you're a Speed Seducer. A Speed Seducer takes one look, decides to go for it, and then he turns around and...

HE'S AFTER THAT WOMAN LIKE STINK ON SHIT!!!!!

Ah, the power of creative outrageousness! Now, will all women appreciate your sense of adventure? Probably not. But look, don't worry about scaring off the meek one. Just focus on.....

ATTRACTING THE ONES WITH A ZEST FOR LIFE!!!!

Let's try a different metaphor. The Average Frustrated Chump is a sensible economy sedan. The Speed Seducer in his approach to women and life in general is.....

A NITRO-BURNING FUNNY CAR!!!!!

'Nuff Said.

A WORD ABOUT "MISTAKES"

Every experience is simply and opportunity to learn, expand and grow. There are no failures; only feedback. (I know sometimes "feedback" can feel like "failure".) It's only failure if you lay down and quit!!! Only you can determine how much power you're going to give a woman to stop you!!

CHAPTER THREE:
BASIC TOOLS OF SPEED SEDUCTION: EMBEDDED COMMANDS

One of the things you want to do when you use Speed Seduction, is to get a woman's mind moving in a certain direction it without

letting her know that that is what you're doing. Otherwise you're going to encounter a lot of resistance, and S-N-A-P goes the fishing line.

You see, very few people every want to feel like they are being manipulated. That's not to say that they can't be manipulated or don't want to be...they just don't want to feel that's what's happening.

Now, one of the basic tools to get anyone moving in the direction you want are commands. Consider commands to be the foot-soldier in your army of seduction.

Notice, I'm not talking about directly commanding a woman to do something. We know that would just get her to resist us. As an example, if you wanted a woman to feel an attraction to you, you could, if you were brain dead, try the direct approach by saying something like, "Debbie, as I talk to you, I command you to feel very attracted to me!".

Like as not, Debbie would either walk away or slap you and then walk away.

No. What you want to do is embed the command inside of a sentence, so that it has the effect you want, without her resisting.

In the above example, you could embed the command "FEEL VERY ATTRACTED", by saying something like, "You know, some people find, as they listen to someone who's very fascinating, that they can FEEL VERY ATTRACTED, Debbie.".

In this case, it seems like you're just talking about people in general, but her unconscious mind picks it up and applies it to her.

THIS IS THE START OF YOUR MOVING HER IN ANY DIRECTION YOU WANT HER TO GO!!!!

THE IMPORTANCE OF TONALITY

It's important to understand that a command isn't just a matter of wording, but the tone of voice you use.

In the English language, we have basically three kinds of sentences:

1. Statements
2. Questions
3. Commands

A statement is uttered with an even tonality. "John walked across the room."

A question ends with an up turn in tonality. "Who walked across the room?"

A command ends with a down turn in tonality, "John, walk across the room!". Make sure when you give your commands that you pause and then drop your tonality downward.

Weasel Phrases: Your Command Delivery Vehicle

Ok. There are many ways to embed commands in your language so a woman's unconscious mind hears and obeys, but she doesn't catch on consciously to what you're doing.

My favorite set-ups are what I call Weasel Phrases. Here are the most important and useful Weasel Phrases that will have you getting the hottest babes eager for your rod in minutes!! We'll use each one to embed the command, "feel incredibly turned on".

1. **When you.....** "When you" presupposes that the woman is going to do the thing or experience the state you describe, so it's no longer open to debate or doubt. "When you feel incredibly turned on do you find yourself compelled to act on it?"

2. **What would it be like if..** This weasel phrase is in effect, a command for the person to imagine the condition or occurrence named or described after it. "What would it be like if you were to feel incredibly turned on? "

3. **A person can...** By talking about a "person" it deflects any resistance on the part of the woman, since you really aren't talking about her. "A person can feel incredibly turned on, talking with someone they really, really like!"

4. **If you were to....** This is one of my favorite Weasel Phrases!! By saying, "if" it deflects resistance while directing the woman to imagine the experience, condition, feeling or situation you are describing. "If you were to feel incredibly turned on , do you think you might feel compelled to act on t?" (There's a second command hidden in that last sentence. Can you spot what it is?)

5. **As you...**This phrase assumes the woman will do the behavior or undergo the condition you describe. "As you feel incredibly turned on, can you feel how excited you're getting?"

6. **It's not necessary to...** An example of one of my super-weasel patterns, negation, which we'll get into later. By saying it isn't necessary, it eliminates any resistance, since you're saying they don't really have to do it (even though they will!). "It's not necessary to feel incredibly turned on, as you listen carefully to what I say!"

7. **You really shouldn't.....** Another negation pattern. Since you're saying they "shouldn't", it's not like you're trying to get them to do anything, aren't you? "You really shouldn't...feel incredibly turned on!!".

8. **You might find...** Useful as the start of an intensifying chain of phrases. It implies that they are going to experience what you describe as something that just happens, so it's not like you're commanding them to do it!! "You might find as you feel incredibly turned on,, it could lead to your acting on it!

9. **To the point where...** This phrase connects one thing your victim is experiencing with the next thing you want them to experience, so it's useful both as a connector and an amplifier. "You might find those pictures start to get bigger and brighter to the point where you feel incredibly turned on!".

10. **Invite you to notice.....** This has the same effect as "you might find" because it implies that what you describe is going to happen. Plus, "invite" has pleasant connotations of it being voluntary and polite! Ha! Super-manipulation, good buddy! "And I invite you to notice, how the warmth of my voice, can allow you to feel incredibly turned on!

11. **How surprised would you be to....** This implies that the event you describe is certainly going to happen, and the only question is how surprised she'll be by it! One of my absolute favorite weasel phrases, an example is: "How surprised will you be to find that you can feel incredibly turned on?

Wow! Aren't those just great? Are you starting to feel incredibly turned on yet? Whether you are or you are, remember that using these basic building blocks, you'll be able to create virtually any and all states you want to, very rapidly, in the women you really desire.

Now, let's jump up a level in power. When you combine the Weasel Phrase with a command verb, like "get", "become", "experience", "remember", etc, and then tack on the state, process or experience you want her to have, then...presto!. You've got your embedded command.

In fact, the formula is:

Weasel Phrases + Command Verbs + States, Processes or Experiences = Embedded Commands

(Example: What's it like when you become incredibly turned on?)

See? Actually it's quite simple. Practice a bit and you'll soon get the hang of it!!

Chapter 4:
THE POWER OF "HAVE YOU EVER"

Ok. Last chapter we had a look at weasel phrases. In this chapter, we're going to look at the power of the super-weasel phrase "HAVE YOU EVER". You're going to be seeing this phrase pop up time and again in the patterns I'll show you, so as you can see it's quite important.

Now remember, when you set out to influence, control and direct a woman's thinking, you don't want to make it seem like that's what you are doing, or else S-N-A-P goes that fishing line. This is why we seldom, if ever, give a direct command, because she might resist it.

Here's where the super-weasel phrase "HAVE YOU EVER" comes into play. Let's say I wanted a woman to experience a state of total fascination with me. (Fascination is a good place to start with...it's not quite as intense as total sexual arousal, but sets a woman up for that and anything else you want).

I could walk right up to her, introduce myself and then try to directly command her to feel fascinated by saying something like, "I command you to go inside yourself, remember a time you felt totally fascinated by a man, and then feel that way about me!".

It's not too likely that would work.

However, saying something like this can, has, and almost certainly will work (notice the embedded commands, which I've capitalized and put in boldface!)

> "Let me ask you question. Have you ever been totally fascinated with someone? Like maybe as you were there, looking at him, and you started to **LISTEN CAREFULLY**, it was like his voice just seemed to wrap itself around you, and the rest of your environment just disappeared, and your entire world, everything you saw, became what was right in front of you? And anything he described, you found that you could just **PICTURE IT CLEARLY**? So you know, if he were talk about a romantic walk, on a moonlit beach, with your perfect partner, you could **SEE YOURSELF** there with him, just enjoying what that would be like? "

Now, once you've got her fascinated, you'll want to move on from there to other states, but the point is that the fascination is now there to set her up for virtually anything. She won't be able to look away from you or see or notice anyone else in the room. I don't care if the best looking man in North America walked in booky-butt naked...you're the only one she's going to see. And since you dropped in a suggestion that she clearly picture anything you suggest, you've set her up to be an excellent trance subject, even if she normally wouldn't be!! Ha!!

This all works because the phrase "HAVE YOU EVER" only seems like a question. Actually, it is a COMMAND!! It's a COMMAND to go inside your memory, and find a time when you experienced the thing that he person who is talking to you is describing. But people don't consciously perceive it as a command, so they don't resist. This sets them up for anything!!

Ok? Does that make sense?

Here's the general formula for using "HAVE YOU EVER" and then I'll go on to demonstrate some specific applications:

1. Think of the state you'd like her to experience.

2. Start out by asking, "HAVE YOU EVER" and then name the state you want her to experience.

3. Begin to describe what it would be like to experience that state, and use this as an opportunity to drop in some embedded commands that would help her to experience that state.

4. Really get her into the feeling of what that's like.

5. Link it to yourself.

Ok? So now, let's show you another specific: getting her to feel a state of instantaneous, incredible connection to you!!!

Why Creating A Sense Of Incredible Connection Is Important

I realize I'm repeating myself here, but this is CRITICAL, so listen up: for most women, creating a sense of incredible connection and bonding is a required step before you get on to the sexual arousal stuff, and in fact, can be the introduction to a good sexual arousal pattern. You might find that this sense of connection is so important to women that simply generating it, without doing any of the more sexual stuff, is sufficient by itself to get her to go totally ga-ga over you.

You see, for most of us guys, sex is a matter of dumping our loads. We'd do it with rocks, trees, mud, anything.

For most women (at least most uninfected, non-diseased women) sex is very largely an expression of an emotional connection.

So, here are some great patterns to get you started. Here's one I like to use right away, when I first meet a woman, say at a party or a bar.

After making her laugh and introducing myself, and maybe a minute or two of fluff talk, I launch into the following:

You: Have you ever felt an **INSTANTANEOUS** connection with someone? (Point to yourself) Like maybe as you were there, looking at them, and you started to LISTEN INTENTLY, it was like there was a cord of LIGHT (gesture from your solar plexus to hers) going from you to them? And as that cord began to GLOW, WITH THE WARMTH of that connection, maybe you were even able to IMAGINE A TIME IN YOUR FUTURE (gesture either to your left or to your right...at this point it really doesn't matter), say six months from now, still FEELING THAT SENSE OF INCREDIBLE CONNECTION, and LOOKING BACK ON TODAY (point back to you) as having been the start of it?

Her: Oh yeah...

You: See, I think it's so funny how some people can JUST DO THAT and LET IT HAPPEN INSTANTANEOUSLY (snap your fingers) because for me t takes longer. But I do find that during the course of an evening, as you REALLY LISTEN to someone (point to yourself), and you START TO RECOGNIZE those values and qualities in them that you hold so dearly for yourself....pause....WITH ME that's when you can MAKE THAT CONNECTION and really FEEL THAT GROWING BOND.

Get the picture? See how we start out naming the state we want her to experience and then help her good old unconscious mind along by describing how to do it?

Of course, this general pattern works for the other great super weasel phrase...

"WHAT'S IT LIKE WHEN?"

(This, along with it's close relatives, "What would it be like if" and "What would it feel like if" all work the same.)

Here's a good, "What's it like when" to use as a horny message to leave on a woman's answering machine. Only do this AFTER you've gone out at least once, or already got her hot and horny on your first meeting.

"What's it like when you're so attracted to the sound of a man's voice, that whenever you find yourself really listening , it's like the warmth of that voice just starts to wrap itself around you, and spread all through your body, maybe to the point where you find yourself thinking about being with him in a..mmmmm...special way, in a way that would make you both feel.mmmm, you know? . So much so that as those pictures in your mind get bigger, and brighter and more intense, and those feelings.. mmm.. intensify you could just experience an overwhelming desire , a desire to be with him..to the point where you lust had to pick up the phone, and invite him over?"

Did you notice how this pattern totally directs her internal feelings and pictures by describing them in detail, and therefore directing her to focus in on how it would feel? A good understanding for you to have about any form of persuasion or influence is:

When Skillfully Done, There Isn't A Bit Of Difference Between Describing and Directing!!!!

Chapter 5: THE POWER OF NEGATION

It takes all types to run this world, and this next super-weasel pattern will help you deal with a type of woman who might otherwise drive you bonko! You know the type: someone who has to disagree or argue with everything you say. The technical term is "mismatcher" or "polarity responder", but the practical term is: bitch.

Anyway, negation allows you to play off her natural tendency to negate or gainsay everything that comes out of your mouth. It works by putting the word "not" or "don't" in front of the suggestion you want to embed. ("Shouldn't" "don't" and "can't" also can work just as well!). This is a perfect response to a woman who is resisting you by saying, "We really shouldn't be doing this!".

Your response, using negation would be something like (can you pick out the embedded commands? In this example, I've put them in italics)

"You're right. I shouldn't be pulling up your top. I shouldn't be sucking on your incredible breasts. And you don't have to feel the incredible pleasure you aren't experiencing that right now!"

As Bugs Bunny would say, ain't I a stinker?

Would you like to see a combination of quotes and negation?

What's that you say? You would?

Ok. Try this:

> My friend was shocked the other night, when a woman walked right up to him, looked him in the eye and said, "it's not important that you imagine me going down on you all night long!".

Can you see how these patterns can work together to multiply their power? Of course, as I said to a friend of mine "you don't have to imagine yourself six months from now, already having mastered these patterns, and looking back on today as having been the start of it!"

(Special Note: Chapters 6, 7, 8 all deal with what I call accelerators: patterns designed to create states of intense lust and arousal! Use with caution, and only after creating those wonderful states of absolute comfort and total, timeless connection!!!)

Chapter 6: USING THE POWER OF QUOTES AND OTHER STATE ACCELERATORS AND INTENSIFIERS

Ok. Let's say you've already managed to capture a woman's attention and direct her into a state of fascination, intense connection, or something of that sort. Now, you want to move things along by getting her hot and horny....moving her into a state of intense arousal.

Now, there are several tools to do that. One of my absolute favorites is the pattern called quotes.

Listen: quotes is not that unfamiliar to you already. Remember when you were a little kid, and saying "fuck" was a big deal, because it use to get you punished big time?

Personally, I used to get my mouth washed out with soap, so I hatched a scheme. Rather than say "fuck" directly, I'd tell my mom what some other foul-mouthed little kid down the block said. That way, it wasn't like I was saying it...I was just repeating something I'd heard.

So I boldly strode into the kitchen, approached dear old Mother, and said, "Mom! Mom! Tommy down the street said, "fuck" and "cocksucker"!" (Hey, I figured, since I was going for it, I might as well go for it!)

Of course Mom just said, "Nice try, kid" and slapped me silly, but that's not the point. The point is, with a little subtlety, you can use quotes as an accelerator or amplifier for the states of arousal you want a woman in.

Let's say for example you'd like for a woman to imagine you going down on her and her feeling really hot and horny. Those are pretty good pictures for a woman to be running in her mind, and feelings to be having when she's with you, wouldn't you agree?

Of course you would! So here's how to do it! After a general discussion of how the mind works, and using that to get her in states of intense fascination, connection, etc.,, you'd say something like this: (oh, by the way...notice the embedded commands are in boldface).

You: Some guys are so crude. I mean, I was raised to be at least a little respectful, but you wouldn't believe what I saw this dude do the other night!

Her: What?

You: He walks right up to this girl, looks her right in the eye and says, "Can you imagine me going down on you all night long, and you getting so hot and turned on that you were begging for it?"

Her: God!

You: I mean, can you believe that? Did he actually expect her to picture that all night long, and even become obsessed with those kind of thoughts?

Now, if you really want to play with her noggin' you could keep going from there. You could really get her dripping in her seat by saying something else like:

You: Now, see, if I was a girl, and someone tried something like that on me...I'd play right back with 'em. I'd look em in the eye and say, "Oh yeah? Well, you know that feeling you get just before you have an orgasm? When the pleasure is just like building and pulsing and pounding through your body? If you could imagine that feeling, could you feel it right now?

Isn't that great? Remember, quotes, like the other accelerator patterns I'll show you, should generally be used after you've established that sense of connection, etc. You can embed virtually any weasel pattern, phrase or series of commands inside quotes and keep it totally safe, since it isn't like you're saying it to her. You're only quoting what someone else said!!

Understand also that you can combine quotes with virtually any other pattern I teach, if for some reason you don't feel comfortable being direct. QUOTES DOES NOT HAVE TO BE LIMITED TO THE "SEXUAL AROUSAL"PATTERNS!!!!!!

So here's the general formula for using quotes:

1. Think of what it is you'd like to say to a woman, but couldn't say to her directly.

2. Start off by telling her something like, "You wouldn't believe what I heard this person say to someone! He walked right up to her and :

3. Stick in what it is you'd like to say.

4. Stick in a command to make her continue to think about it.

Simple, yes? Later, we'll show you how to integrate the use of quotes into other patterns, but now let's go to another accelerator

which is:

TALKING ABOUT ANOTHER PERSON'S EXPERIENCE!!!

Now, the difference here between this and quotes, is that with quotes, you're quoting what someone else said. With this pattern, you're talking about another person's EXPERIENCE as a way of getting your target hot and bothered.

Example:

What's the feeling of realizing you're really attracted to someone? My friend Kim was telling me that her roommate has this best friend, Dawn. And when Dawn starts to notice that growing attraction, it happens in a certain way.

Like first, as she looks at the guy, and starts to **REALLY PAY ATTENTION**, she just becomes aware of certain things...like the rhythm of her breathing, and the beating of her heart, and the out line of his face...so as she becomes aware of all these things, one particular feature of his face just starts to rivet her attention, so she becomes totally absorbed in the connection taking place.. and as that's all happening, it's like the warmth of his voice, the deep rich warmth of it, just starts to penetrate her consciousness, and spread all through her body, and as her heart beats faster and her breathing increases, that warmth just heats up into a fire, a fire spreading through her chest and down through her belly, a fire pounding and pulsating all through her, down to where she really longs to have it go, until that desire for him just **BECOMES UTTERLY OVERWHELMING**, and she just **SURRENDERS** to it completely.

Now, notice we aren't asking or demanding or suggesting that she directly experience all this. But by describing the experience of another (or even ourselves) she has to undergo the experience for herself!!! And please bear in mind we set her up to accept all this by FIRST creating states of intense connection!!!

So now you see how to use either quotes, or describe another person's experience to get women into the juiciest states of dripping wet arousal. Go use it on someone TONIGHT!!!

Chapter 7:
MORE ACCELERATORS: THE POWER OF SUB-MODALITIES

What better way to get a woman hot and bothered for you than to have her picturing mind-blowing sex with you? We've seen how to use embedded commands to get her to do this...now in this chapter I'll show you how to do it in some special ways that will tremendously magnify the power and vividness of those fantasies so she becomes utterly obsessed and compelled to act on them. Be warned...this is really dynamite!!

Watch Where You're Stepping: Thoughts Are Present

In my first book, "How To Get The Women You Desire Into Bed", I pointed out that there's an important distinction in how people make mental pictures. That distinction was that people can either see themselves in an image, or they can see what they actually saw at the time they had the experience. (Typically, you don't see yourself when you actually experience something unless you walk around with a mirror in front of you all day long!)

Now I'd like to teach you an even more important distinction which is this: people subjectively arrange their mental pictures in different locations in their head. This distinction also applies to where people seem to hear the internal voices in their heads.

An Important Exercise To Help You Understand

Let's give an example of the power of where you put your pictures in your mind.: stop a minute and think of someone you really,

really like. Someone you're very fond of. As you do this, and you see their image in your mind, take your finger and point to where you seem to see that image.

If this is a little hard for you, just imagine your mind is like a mental movie screen. Take note of where on the screen the image is. Up? Down? To the left? The right? Where the fucking hell is that image, bb? And, by the way, how big is it?

Ok, now...think of someone you don't like at all. Someone who, if you could, you'd sentence to spend eternity as Roseanne Barr's bicycle seat. Where do you see that person's image? How big is it?

Now...as you think of both images at the same time you'll really begin to notice that they are in different places in your mind, subjectively speaking. Notice what happens now as you try in vain to move the picture of the person you don't like into the same location as the picture of the person you do.

It doesn't want to go, does it? It's just like something is fighting it. Now why might all this be useful? Why might you want to know where a woman puts her pictures of falling in love? Why might you want to know where a woman puts her pictures of men who no longer mean anything to her? Hmm? Could it be that if you found out where in her mind a woman pictures falling in love, that you might want to somehow sneak a picture of you and her together in that place, doing nasty things, and then rig it up so that she sees those images obsessively?

Could it maybe also possibly be the case that if she's already dating someone, you'd like to be able to put his picture in the location of someone she's forgotten all about and lost all feeling for? If I could really show you how to do all that, would you mind that I ended that last sentence with a preposition, something my seventh grade grammar teacher Mrs. Edge would have slapped me for? (Whoops...I did it again!).

How To Find Out Where She Puts Her Pictures And What To Do With That Information Once You've Got It!!!

The best way to find out where a woman puts her mental pictures, is, of course, to ask. You should do this as part of an overall discussion of how interesting the mind is. Try a dialogue like this.

You: Did you know your mind puts pictures in different places, according to how you feel about them?

Her: What do you mean?

You: Well, look: think of someone who you really, really like a lot. Ok?

Her: Ok.

You: And now, if you were to just imagine your mind to be like a giant movie screen, and if you were to point to where on the screen you see the picture of that person, point to where you see it.

Her: (pointing) Ok.

You: Good. Now, if you think about someone who you don't like at all, or someone who you just think of as neutral, point to where you see that.

Her: (pointing) Ok.

You: Good. Now, watch..take the picture of the person you don't like, and try to move it into the same place as the picture of the person you do really like. It doesn't want to go, does it?

Alright. Get it? That's how you get her started. You can then move on to getting her to point to where she falls in love, forgets people, etc..

A Very, Very Important Note:

Now...bear something else in mind. Some women just aren't that effected by the pictures they have in their heads. Even if you do get them PICTURING sexual acts, it still doesn't get them all that turned on. For them, sounds and feelings are most powerful. So you can even have her hearing sounds in a way that gets her REALLY HOT, using sub-modalities. To do so, you'd say something like this:

You: Ok. Point to that space where you fall in love. Great. Now, as you **THINK ABOUT THAT SPACE AS I TALK TO YOU**...as you **ALLOW MY VOICE TO COME FROM THAT SPACE**, I just invite you to **NOTICE HOW THE DEEP RICH WARMTH** of that voice just starts to penetrate your thoughts, and start to spread all through you, and that sure feels great, doesn't it?

Now, later in this book we will show you some patterns that do just that, and more, but for now, here are some very important points to keep in mind:

1. Moving people's mental pictures is very, very powerful but also EXTREMELY INTRUSIVE!!!! It should only be done once you have really "snuck up on the fish" and the fish is already in a state of wanting to jump into the boat!!!

2. When you move a woman's mental pictures it is almost never advisable to directly command her to move them. So, don't say something like:

   "Now, take that picture of me, and put it right there in that place in your mind where you fall in love!!" ERRRRRRRRRRRR!!!! WRONG!!!!

   This would be more like it: "You know, sometimes I find that, when you spend time with someone, and you really start to experience that incredible bond, and feel totally comfortable, you can just start to (point to where she falls in love) picture being together with them in a special way, in that special place in your mind!"

   By the way, can you find the embedded commands? (Experience that incredible bond...feel totally comfortable....).

3. When you move a woman's mental picture's it's often advisable to add in a post-hypnotic suggestion to keep those pictures from moving back!!

   So, for example, let's say you've done a pattern we'll show you in a later chapter, that gets her to put her current boyfriend's picture into a location that makes him seem completely unimportant. To prevent it from popping back you'd say something like:

   Now, you may be surprised to find how common everyday things, like flipping the light switch, or walking in your front door, or stepping into the shower can remind you to keep those pictures down there! And the more they struggle and fight to come back, the smaller and darker they get...to the point where you just can't even see them anymore, ever again!

Notice here we've linked what we want her mind to do to some common, everyday event. If we linked it to every time Halley's comet passes by or the Mets win the World Series, we'd get nowhere.

Chapter 7 Review and Exercises

1. Find a friend (male or female) and elicit from them the location in their mind of someone they like and someone they don't. (Tell them it's all part of a psychology experiment you read about in a book). Note the differences in where they see these images. Then try and get them to move the picture of the person they like to the same place as the picture of the person they don't note the results.

2. Now...ask the same person from exercise one to think of one of those two people but DON'T tell you which one it is. Your job will be to guess by watching where his eyes go as he thinks. Almost always his eyes will go in the same place he pointed originally. So if he or she pointed up and to the left when as the place where they put someone they like, chances are that's where they will

look when they think of that person again.

Chapter 8:
MORE ACCELERATORS; DIRECTIVE AND CONVERSATIONAL ANCHORING

Have you ever heard the expression, "Don't re-invent the wheel?". Well the same idea applies strongly in Speed Seduction.

You see, building states of fascination, arousal, lust, etc. can be done very quickly; no doubt about that. But once you've built those states, why not make sure you have a way to turn them on again any time you want to, without having to go throw building them all over again?

In other words, if you initial investment of time in getting a woman in all these states is, say, 20 to 30 minutes, wouldn't it be great to be able to get her back into those states with a one word or a touch, or even a glance, in about one second?

Now that would really be Speed Seduction, wouldn't it?

Your basic tool for doing this is ANCHORING, and the principle of anchoring is simple: if you get a person in a certain state, and then combine that state with a touch or a sound, the person's brain will associate that state with that sound or touch, so later, if you produce that sound or touch, the person will go back into that state.

There are two basic types of anchoring.

Two Types Of Anchoring: Directive, Demonstration and Non-Directive, Conversational

Some of the very best "Speed Seduction" patterns are conversational: with these, you don't ever tell her to do anything, she just does it automatically by virtue of listening to you.

Other patterns (in the minority, but still powerful, to be sure!) do require that you direct her to do things. But even here it's not so much ordering as it is asking her to participate so you can demonstrate to her some interesting principle of the mind.

You can anchor using either one of these frames of doing things.

Conversational Anchoring:

One of the best and simplest and hardest to detect ways to anchor is to talk to someone about a certain state of mind, as we've shown you how to do using your favorite weasel patterns, HAVE YOU EVER or WHAT'S IT LIKE WHEN? Then, once you've finished describing that state or experience and the person is really experiencing it, you just reach over and touch them, and as you do so, you say, "Can you **feel that** (pause for a second) would be a wonderful experience to have?".

Now..let me explain this for a second. It's using something we call ambiguity. You see, when you ask the person, "can you feel that" as you touch them, at first their mind thinks you mean "can you feel this touch I'm giving you?" and of course they instantly think, "yes". But then, when you go on, after that split second pause, to add in, "would be a wonderful experience to have?" they then become a bit confused, and go back and associate all those wonderful feelings to that touch you just gave them. The link has instantly been made, unconsciously, so there's nothing they can do but feel those feelings whenever you touch them.

Directive, Demonstration Anchoring

Sometimes, the context of the pattern you're running allows you to be a little more direct. Sometimes, for example, I'll explain to a woman a little bit about what I do, and I'll use that opportunity to demonstrate (and install: remember there's no difference between description and directing, when it's done correctly?) anchoring on her.

Keep in mind that I've started out talking to her about other things to speak her curiosity and that I don't start by demonstrating

anchoring...that's too intense and too intrusive to start. (Remember the idea of a cake recipe...everything in the right order?) Keeping that in mind, you'd do something like this:

YOU: Can you remember a time when you were feeling.mmmm....absolute pleasure in your body? (note here that your voice tone has to match what you are describing!)

HER: Oh yeah.

YOU: Great...well, here's what I want you to do. Remember that time again, and see what you saw, hear what you heard and feel how it felt. And when those feelings reach their peak, just wiggle this little finger for me! (wiggle one of her pinky fingers). (Watch for the wiggle...when she gives it, reach over and touch her on the wrist or arm and say "**PERFECT**").

YOU: Great...now do it again...see what you saw, hear what you heard, and feel how it felt.. and when those feelings reach their peak, wiggle that finger.

(Watch for wiggle, and then repeat the touch and "**PERFECT**").

YOU: One more time..(put her through it once more!).

YOU: Good. Now, the theory behind anchoring is, that if you have someone in an intense state and you combine that state with a touch, every time you do the touch again they'll go back into the state. So, if were to say to you (notice the weasel phrase?), you know, I think we're having lots of fun talking here. In fact, it's so much fun, it can just feel **PERFECT** (reach over and touch her in the exact same place on wrist or arm), that sure would feel great, don't you?

Now, as I've pointed out in my original book, "How To Get The Women You Desire Into Bed!", once you've got the anchor established, you can fire it off anytime you want to, or just keep holding it to keep her in that state. You can further accelerate the state by using quotes, describing other people's experiences, or using sub-modalities.

Remember then: the key phrases/steps to anchor are:

<u>Conversational/Non-Directed Anchoring:</u>

1. Use "**have you ever**" or "**what's it like when**" or "**what's the feeling of**" to get her into the state you want to anchor.

2. Describe the state to intensify her experience.

3. As you finish your description, and her state peaks, reach over and touch her and as you do say, "**Can you feel that**...(pause) is an incredible experience to have?

4. Fire off or hold anchor as in Directed Anchoring.

<u>Directive, Demonstration Anchoring:</u>

1. Can you remember a time when you were feeling X?

2. Close your eyes. See what you saw, hear what you heard, feel how it felt.

3. At peak of her pleasure, reach out and touch.

4. Repeat 2 times.

5. Fire off anchor by repeating same touch. Hold it while talking to her, or let it go and refire it later.

6. Accelerate her state even more using quotes, sub-modalities or describing other people's experiences.

PART II: PRACTICAL APPLICATIONS:

This next section of the book deals with practical, real world application of all these patterns to the various situations you are likely to face. Bear in mind that the general sequence that any good pattern follows, involves these steps:

Step 1: Create a state of intense connection, time distortion, love, fascination, knowing you forever etc.

Tools to use for this: **"Have you ever"**, **"What's it like when"** and other weasel phrases; process descriptions, etc.

Step 2: Create states of arousal and lust by getting her focused in on pleasurable feelings in her body.

Tools to use for this: anchoring, quotes, sub-modalities, describing another person's experiences.

Step 3: Put on condom. You're about to get raped!!!

Chapter 9:
PATTERNS FOR POWERFUL CONNECTIONS

Did you ever instantly know that you'd be totally fascinated by something you were reading? I mean, maybe as you continued to read it, and notice the shape of the letters, the darkness of the ink, and the whiteness of the page, it allowed you to GO INSIDE, and remember a time when learning was easy and fun? ha ha. Just playing with you.

NOW, as I've said before and probably will continue to repeat, it's extremely important to first create those states of POWERFUL connection. When you do so, you'll find that oftentimes that's enough, that you won't even have to do the sexual stuff.

Just keep in mind that every girl is different. Some are inherently more suggestible than others; some are naturally hornier and looser sexually, and would fuck at the drop of a hat (or condom) in any case!.

Having said all that, let's look at a few really great patterns for creating those connections, using the incredibly powerful phenomena of time distortion. You'll see us use time distortion again in the Boyfriend Destroyer, but right now, let's look at my favorite, the:

Instantaneous/Timeless Connection Pattern, Variation #1

When to use pattern: This pattern far and away works the best within the first few minutes of meeting her. It's particularly good for girls who are really into New Age bullshit like astrology, tarot cards, ESP, UFO's and all that other crap. You can use it over the phone, in writing, or of course, as it works best, face to face!

Steps/Tools used: Weasel phrases, embedded commands and time distortion.

You: Have you ever felt an **INSTANTANEOUS** connection with someone? (Point to yourself) Like maybe as you were there, looking at them, and you started to **LISTEN INTENTLY**, it was like there was a cord of LIGHT (gesture from your solar plexus to hers) going from you to them?

And as that cord began to **GLOW, WITH THE WARMTH** of that connection, maybe you were even able to **IMAGINE A TIME IN YOUR FUTURE** (gesture either to your left or to your right...at this point it really doesn't matter), say six months from now, still **FEELING THAT SENSE OF INCREDIBLE CONNECTION**, and **LOOKING BACK ON TODAY** (point back to you) as having been the start of it?

Her: Oh yeah...

You: See, I think it's so funny how some people can **JUST DO THAT** and **LET IT HAPPEN INSTANTANEOUSLY** (snap your fingers) because for me it takes longer. But I do find that during the course of an evening, as you **REALLY LISTEN** to someone (point to yourself), and you **START TO RECOGNIZE** those values and qualities in them that you hold so dearly for yourself...pause....**WITH ME** that's when you can **MAKE THAT CONNECTION** and really **FEEL THAT GROWING BOND.**

Ok. Look familiar? It should, since we showed you this early on.

But here's a variation to use, because sometimes when you ask if they've felt an instantaneous connection, they'll say "NO!". So try this one instead, it's very similar:

Variation #2

Did you ever instantly know you were going to like and trust someone for a long, long time? (Point to yourself) Like maybe even though you only knew them a short while, it seemed like you had known them your whole life, as if there were a timeless connection between you and them? (gesture to her and then to you!) I mean, you know that feeling of incredible bonding, when all the barriers just drop, away and melt and you just feel so totally comfortable and at ease with them. And it's like maybe you were even able to imagine a time in your future, say years from now, still being incredibly connected to this person (point to yourself again) and looking back on today as having been the start of it?

I just think that's the neatest thing when a person can **GO INSIDE** and **INSTANTLY** recognize all those qualities and values in that other person, that **LETS THAT CONNECTION TAKE PLACE WITH SOMEONE**. .(pause) **ME,** it usually takes a bit longer.

Now, I like this variation quite nicely. I also think it would make a good reply to a woman's personal ad, or even a nice outgoing voice mail message for those systems where women call in to listen to you, and then decide if they want to make contact.

Would you like to see how I'd change the wording to fit that format? What's that you say..you would? Ok: here goes, with...

Variation #3:

Did you ever instantly know you were going to like and trust someone for a long, long time? Maybe you only knew them for a short while but it seemed that you had known them your whole life, as if there were a timeless connection between you and them? I'm wondering as you read this, if you can remember the feeling of that, and just how wonderful it was, because sometimes life has a way of making us remember those things, right prior to discovering that we can experience those feelings again with someone.

Me...well, I don't think that kind of thing can be forced. No essay or words or videotape can create it (insert her name here). Words and appearances are only expressions, the vehicles that contain the essence that moves us. It can only happen naturally as the expression of an energy between two people, but when it does...you know that feeling of incredible bonding, when all the barriers melt and drop away, and two people come together, fused into one spiritual essence, the mingling of energies feeding one to the other, building and increasing and intensifying, mingling into an expression of aliveness that words can initiate but never capture fully? It has instead to be indulged inside your own imagination...dwelled on, and toyed with, deep, deep inside you.

Speaking to you as a person who can experience that kind of connection, just how much can you look forward to enjoying that with someone who moves you in that way? As you remember what that would be like, and find those possibilities opening before you, in such a way that anything else blurs into insignificance, how powerfully will you feel that urge to call and find out more about this person who has so moved you, with just words on a page? As you find yourself wanting to meet with me, realize I can be reached at ( )_ _ _ _ _ _ _<— your number goes there, dum-dum!)

The Importance of Time Distortion

What these patterns all have in common is, they distort a woman's sense of time, and make it seem like she's already fallen for you, and has, in fact, felt that way for some time already. You see, if someone is resisting you, rather than trying to break through that resistance, the better thing is simply to go after it, or before it. Time distortion is an incredibly powerful weapon in your get laid arsenal, and after you've pulled it off a few times, you'll look back on learning it as having been one of the best things that ever happened to you, realizing that

reading this was the start of it. Wasn't it?

Whew! Talk about shifting your time senses around!!!

Other Great Openings For Incredible Connection

Ok. This next pattern doesn't use time distortion, but works quite powerfully nonetheless. I like it because it's very conversational, involves little or no directing her to do anything other than listen, and is about topics that women are really into and interested in any case!

Attraction Vs. Love

When to use pattern: On the date, or within the first 10 minutes of meeting her, after making general fluff talk.

Steps/Tools used: Weasel phrases, embedded commands.

You: Have you ever thought about the difference about between attraction and being in love?

Her: What do you mean?

You: Well, actually I think they take place in different settings. I mean attraction is what you experience when you're in the presence of that person, (point to yourself) and you're looking at them, and you maybe you think to yourself ...(pause) mmmm. And maybe you start to have certain.. (pause) thoughts, images and you know what that feels like, right?

Her: Sure.

You: But falling in love, well I think you do that when you're not even in that person's presence. I mean, can you remember a time when you just totally fell for someone?

Her: Yeah.

You: And as you sit there looking at me, thinking about what I'm saying, you can remember what it felt like, right?

Her: Sure.

You: Yeah, but here's how it happened. You spent some time with that person (gesture to yourself) and then you went home, and **you PICTURE THAT PERSON IN YOUR MIND** (as you do this, draw a frame around your own face! Ha! This sticks you in there!) right?

Her: Yes.

You: And then, maybe you **IMAGINE YOURSELF** in all sorts of situations with this person (point to yourself again) having lots of fun, and enjoying the kind of feelings and things you'd like to enjoy with them? Can you **REMEMBER HOW THAT FEELS**?

Her: Yeah

You: And then maybe you start to **LIST ALL THE QUALITIES** about him you really like: He's so smart, he's so funny, he's so fun to be with, whatever they were, whatever the things are you really **WANT AND ENJOY THAT** in someone (point to yourself again), right?

Her: Yeah

You: And then you get that feeling, right in the pit of your stomach, right in your solar plexus, that just starts to spread out

and let you know you really, **REALLY LOVE THIS PERSON**? (point to self again) I mean, can you feel that as I describe it to you?

Her: Oh yeah.

You: And then, here's the kicker...you **START SAYING HIS NAME OUT LOUD**. You start **BRINGING IT UP IN CONVERSATIONS WITH YOUR FRIENDS**, and maybe even you **DANCE AROUND THE HOUSE, SINGING IT** if you're a real goof? Right?

Her: Totally.

You: See, I think everything, including falling in love is a process. And when you **DO THAT PROCESS WITH SOMEONE,** (point to yourself) and really **LET IT HAPPEN**, that's when the magic takes over, the magic we're really all looking for. Of course sometimes that can take months, but the real magic is when it happens **INSTANTLY** and you know it right away. That's an incredible feeling, isn't it?

Now, this pattern is an incredible mind-fuck! What you're doing is describing the process, obtaining her agreement by asking, "Right?", making sure she's feeling what it's like, by asking, "Can you remember how that felt?" or "You remember that feeling, don't you?", and then linking it to you by your gestures, putting the picture frame around your face (damn that's clever...they NEVER catch that one!), and also just by virtue of her looking at you as she re-experiences these feelings. Finally, you're giving her a command at the end of the pattern to experience it instantly with you!

The other lovely thing about this pattern is, not only will she feel all those great feelings with you right away, but it programs her to think about you that way later on. So even though we're not technically using time distortion, this pattern does have a delayed reaction effect as well as it's immediate one.

Chapter 10:
FRIENDS INTO LOVERS PATTERNS

We've all had those situations where girls just want to be, gulp. "friends". The next four patterns I'll show you are designed to change that situation, and fast. The first two work by getting her very sexually aroused; the last two work by getting her to think about you in very loving ways. All of them work so well, it's scary, and none of them are detectable, so if one type (sexual) doesn't work, switch to another.

Sexual Arousal Friends Into Lovers, #1

When to use pattern: These pattern can be used on a woman who has been a long time friend but shown no sexual interest, or on a woman with whom you had a few dates way back when but never got anywhere. It works best in a casual setting, like over coffee.

Steps/tools used in pattern:

1. Use **"have you ever"** weasel phrase to set up state

2. Use **"quotes"** to accelerate state.

3. Use **"conversational anchoring"** to capture state.

4. As optional step, use describing another person's experience to really accelerate the state!!

You: Have ever you hung out with someone who you weren't really attracted to but then, for whatever mysterious reason, you just suddenly found that you started to **THINK THINGS DIFFERENTLY** and **SEE THEM IN A WHOLE NEW WAY**? (point to yourself)

I mean, I think sometimes people really don't know what they want, at least consciously...but then it's like YOUR CONSCIOUS MIND DIVES DOWN (gesture with both hands to indicate diving down)into your unconscious, and just (gesture with both to indicate coming back up) **BRINGS BACK UP ALL THOSE DESIRES AND IMAGES AND FEELINGS INTO YOUR MIND**.

I mean like my neighbor looks at me one day, and right out of the blue she takes me by the hands (take her by the hands) and says, "Can you **IMAGINE IF WE WERE MAKING OUT**, And I was kissing exactly the way you like to be kissed, touching you exactly the way you liked to be touched, and you were starting to **FEEL INCREDIBLY TURNED ON**, so turned on you had to have me.?"

Can you believe she said that? Now, see, if I had wanted to play back with her? I woulda said something like, "Oh yeah? Well you know that feeling you get just before you have an orgasm. When the pleasure is just building and pulsing and throbbing all through your body? If you could **IMAGINE THAT FEELING**, could you **FEEL THAT RIGHT NOW**? (squeeze her hands as you say this...you've now set up an incredibly powerful stacked up anchor!)

Optional: If you wish to further accelerate the state, talk about another person's experience, using the spiel from Chapter 9:

Like first, as she looks at the guy, and starts to **REALLY PAY ATTENTION**, she just becomes aware of certain things...like the rhythm of her breathing, and the beating of her heart, and the out line of his face...so as she becomes aware of all these things, one particular feature of his face just starts to rivet her attention, so she becomes totally absorbed in the connection taking place.. and as that's all happening, it's like the warmth of his voice, the deep rich warmth of it, just starts to penetrate her consciousness, and spread all through her body, and as her heart beats faster and her breathing increases, that warmth just heats up into a fire, spreading through her chest and down through her belly, as the pleasure of it just starts to pound and pulsate all through her, down to where she really longs to have it go, until that desire for him just **BECOMES UTTERLY OVERWHELMING**, and she just **SURRENDERS** to it completely.

Sexual Arousal Friends Into Lovers, Variation #2

Ok. Here's another option to try. It leads into the same state, but starts from a different place. And, if it seems to outrageous to you, remember how you can always put any of these patterns into quotes, and talk about how your friend was telling you this! (Notice the weasel phrase that starts it off!)

IF YOU WERE TO wake up one morning, and suddenly realize that you were deeply and profoundly in love with someone, how do you think your body would feel different, when you were near them?

How do you think you'd enjoy the warmth of their voice as they talk to you, the softness of their touch against your cheek, the look in their eyes as you looked at them, as that longing in you builds, the longing to be touched, exactly the way you like to be touched, kissed exactly the way you like to be kissed, until that passion built so strong inside you, and you were getting so turned on, that you were begging to be filled with him, in that way a woman can long to be filled?

(Note: If you see the need, throw in the spiel from example #1)

Falling In Love Pattern/Friends Into Lovers #1: DO YOU THINK I'M CHARACTER?

This next pattern is what I would have to call, for lack of a better term, a blinder pattern. What you're doing is getting her to associate massively pleasurable feelings to you like admiration and empathy, linking those to being in love, and then totally blinding her to any faults of character or appearance you might have. (Notice that this is what happens when a person really falls for someone anyway; they say love is blind , and we're just inducing that blindness by describing it! Remember? There's no difference between describing skillfully and directing?) This is a slam-doozy of a pattern and I'm very proud of myself. Make sure you use it on a girl who's known you for a few months at least.

You: do you think I'm a character? you know, I think I'm a character too, but I don't think I'm a mean character, I think I'm a

character with heart. a lot of people who are characters or who think of themselves as characters just do it as an excuse to be rude or mean.

But I'll tell you something, even though I've been through a lot of humiliation in my life, it's never made me mean. and I think humiliation can make people mean. I mean, don't get me wrong, I can be mean if I have to protect myself, but even when I was a small child, I always had that part in me that would think, what can I do to make this person treat me better, and if I can't do that, what can I do in myself so it doesn't hurt so bad.

And the thing is, I think that's something a person can **REALLY LOVE THAT ABOUT ME**, but sometimes it takes a long time for a woman to **SEE THAT IN ME**, and **REALLY CONNECT TO IT** cause I know I don't have a lot of the things that other guys do. I don't have a great body and I'm not really handsome, but when they do **SEE IT**, **and REALLY CONNECT TO IT**, then all these other things I don't have just fade into insignificance, as they just **CONNECT IN TO THIS**. I just wish it didn't take so long, that a special girl could **SEE IT RIGHT AWAY**.

Falling in Love/Friends Into Lovers #2: I THOUGHT I WAS IN LOVE

This pattern is based on the old "negative take away" so frequently used by car salesman. What happens is, as the contract is about to be signed, the salesman will look at the customer, take the contract in his two hands, and say something like, "You know, maybe this isn't the car. For you. Let's just forget this deal." And then he starts to tear the corner of the contract.

Of course, this triggers the opposite response in the customer, who then does his best to convince the salesman that, yes, he, the customer, really does want to buy the car!!!

Thus, by taking over the customer's resistance, and playing it out first, the salesman gets the customer to take on the salesman's' role! Her!

This pattern, therefore, basically works by telling the girl that you MISTAKENLY thought you were in love with her, but now realize it was a silly idea. You can use it as a booster to the "Do You Think I'm A Character Pattern!". Just do the "Character" pattern first, and this one an hour or so later! Here goes:

You: Can I make a confession? There was a time when I thought I was in love with you. I mean, I realize now, looking back on it, that I wasn't. It was just at that time I could **IMAGINE US HAVING SO MUCH FUN, IN SO MANY DIFFERENT SITUATIONS**, and just **GROWING CLOSER IN OUR MUTUAL RESPECT AND SUPPORTING AND HELPING EACH OTHER DOWN THROUGH THE YEARS**. I guess I was stupid to ever **THINK THAT THINGS COULD BE LIKE THAT**.

Chapter 11:
THE BOYFRIEND DESTROYER, PART II

When to use this pattern: This pattern is for use when you ask a woman out and she hits you with that famous line, "I have a boyfriend". It's purpose is to get her to meet you for coffee anyway, at which time you can play with her mind using any of the other patterns we'll give you.

It's also another example of one of my favorite types of patterns: time distortion!!!

Steps/tools used:

1. Trance phrases/time distortion to get past her resistance.

2. Trance phrases to get her imagining already having been with you and really enjoyed it.

3. Get her to repeat that train of thought.

4. Pitch for coffee date.

You: Well, look, I really enjoyed this, and I'd like to talk to you again sometime? Can I call you?

Her: Sorry...I have a boyfriend.

You: You have a boyfriend? Well, I have to admit I'm disappointed, I have to respect that you're in a relationship. But let me ask you a question. How surprised would you be to **FIND YOURSELF ACTUALLY LOOKING FORWARD TO SPENDING A LITTLE TIME WITH ME**? I mean maybe to the point where you could **IMAGINE US OVER COFFEE, LAUGHING AND HAVING THE BEST TIME**, and you starting **to FEEL REALLY COMFORTABLE WITH IT**? As you **THINK ABOUT IT LIKE THAT**, doesn't seem natural to meet like Monday or Tuesday for coffee?

The Boyfriend Destroyer: Part II

Note: Originally, I taught this pattern to be used if she brought up the boyfriend objection when you first asked her out. With all the other patterns I've shown you, I'd only use it now if she brought up the boyfriend as part of an objection to getting physical or after you'd been screwing for a few weeks.

Her: I'm sorry...I can't keep seeing you. I should have told you before, but I have a boyfriend.

(or, as you are making out like crazy)

Her: We really shouldn't be doing this. I have a boyfriend

You: But I'll tell you what really fascinates me. It's like, what's this guy's name you're going out with?

Her: Bill

You: Right, so you're going out with this guy, Bill (Point to your right palm) OK. And you think he's real cool, and you're enjoying it and all that...and then let's say for whatever reason you break up. You ever **BREAK UP WITH SOMEONE** (point to palm)and you go through that period of mulling it over, and maybe you **NOTICE THE PATTERNS IN HIM THAT RUINED YOUR LAST RELATIONSHIP**...or maybe you start to **LOOK AT HIM IN A WAY THAT REALLY MAKES HIM A LOT LESS ATTRACTIVE IN YOUR MIND**? However you would **JUST DO THAT**! I mean it's so weird how the mind does all this stuff, but what I'm curious about is, what would it be like for a person if that entire process that usually takes months, what would it be like if that entire process were to **TAKE PLACE INSTANTANEOUSLY** (snap your fingers in her face) in someone's mind? It'd be like (wave your hand in her face)

YOU COULDN'T SEE HIS PICTURE ANY MORE IN YOUR MIND. Every time you tried it'd be like something was just wiping it right out. And that's how you'd know that you'd already started to **FORGET ALL ABOUT HIM, TO MAKE HIM LESS IMPORTANT**.

Or you know, like, is there someone you used to date, but now there way out of your mind...you haven't even thought about them in a long time? Yeah? Well notice as you take your finger and point, where do you see there picture?

Right over there? Isn't that interesting? So if you were to, **FORGET ABOUT THIS GUY** (hold up your palm, push it to where she pointed), it'd be like he gets stuck in the same place. And of course you might think to yourself, "but I want to put him back".

You might think you might think that..until you **REALLY NOTICE** that from over there, from this perspective, you really can **SEE ALL THE THINGS** in him and about him you don't like...something that over time, would really cause you to dump him.

And when that happens it's a little sad, but it's also a nice thing, because it allows you to **CREATE AN OPENING FOR SOMEONE NEW**. (point to yourself) I know that's how it can **GO DOWN WITH ME** (point to your dickee!)

Chapter 12:
TOTAL FULFILLMENT IN A RELATIONSHIP

The Ultimate Fulfillment In A Relationship Pattern

Note: This pattern should be used only after you've been sleeping with her for a few weeks and really feel like you want to pursue something long term with her. The pattern works by eliciting from her highest values in a relationship and then finding out what is she needs to experience in order to know those values are being met. This takes out all the guess work and gives you a means to either make her feel totally fulfilled, or absolutely violated, whichever serves your aims best. Notice how you use expressed agreement as a softener. Also notice that you don't want her to name the qualities she's looking for in a man, but rather the values she'd get from the relationship; in other words what a man having those qualities allows her to experience. We'll break this pattern into three phases:

Phase One: Eliciting Her Relationship Values

You: What's important to you in a relationship?

Her: Oh, I don't know..I guess mutual admiration.

You: Gee..that is an important one. How do you know when you have mutual admiration.

Her: Well...I guess when I see things in him I really admire, that make me look up to him. And he expresses to me that there are things about me he really admires.

You: I agree...that's a powerful one. Well, what else important to you in a relationship?

Her: Oh... a sense of humor. (Note here she's gone off track by naming a quality she wants in the man. Here's how you steer her back to values in the relationship when this occurs:)

You: Well, I know that's an important quality for a person to have, but what does a person's having a sense of humor allow you to experience that you wouldn't other wise experience?

Her: Oh, that's easy, fun and enjoyment...really enjoying each other's company.

You: Of course...why be involved with someone if they aren't fun to be around?

Her: Right.

You: And what has to happen for you to know you've got mutual enjoyment with someone?

Her: Well, it's just of all the people you could choose to be with, you choose to be with them, and no matter what it is you do, even if that particular thing doesn't turn out as planned, like you go to a crummy play, or the weather's lousy or whatever, you still wind up having a really great time.

You: Wow...that would be great to be with someone like that. Well, what else is important to you in a relationship?

Her: Trust.

You: Wow...now that is an important one. How do you know when you have trust with someone?

Her: Well....they tell me the good stuff as well as the bad stuff..they'll let me know when they aren't happy with something I've said or done...and also they do what they say they're going to do when they say they are going to do it.

Phase Two: Ranking The Values From Most To Least Important

You: Of those three values, mutual admiration, really enjoying each other's company, and trust, which is the most important? Which would you absolutely have to have?

Her: Well...I'd really want to have them all...but...I'd have to say really enjoying each other's company.

You: Well...I could see that. Of mutual admiration and trust, which is most important?

Her: Mutual admiration.

Phase Three: Creating An Intense Pleasure State By Naming All Three Values In Order Of Importance

Note: This can be done after you've dropped the topic...from an hour later to weeks later. Say something like:

You: You know...I've been thinking that maybe we've really got the start of something here. And I think maybe it's something based on really enjoying each other's company, mutual admiration, and trust. (You'll see her go into a profound pleasure state...as this is peaking reach over and touch her and as you do so you say:) Can you **FEEL THAT** would be a really wonderful thing to experience?

Note: Now you have an extremely powerful anchor for her to experience ultimate satisfaction with you!!! Also, since you know her rules for creating the sense that she has these values with you, you now know exactly how to behave to really make her experience it with you. In the case above, if you're not happy with something she's done, you'll want to share it with her so she can experience **TRUST**, one of her highest values. And you'll know, if you go to an event that isn't too exciting, it will still be ok if you manage to have fun anyway. See what I mean?

Chapter 13:
ROSS'S ABSOLUTE FAVORITE PATTERN: THE BLAMMO

Note: This pattern can be done at any time...either on a date or at first meeting. The basic steps to the pattern are as follows:

Step 1: Use fluff talk and humor to make her feel comfortable, listen to her babble for a little bit.

Step 2: Use the Instantaneous Connection Patterns from Chapter 10 to get her to feel both an incredible connection and distort her time sense so it
seems like she's been deeply connected to you for months. This is an H-Bomb combination! (The H-Bomb uses fusion which can only be
ignited from the heat generated by atomic fission. That's why they have to use an A-Bomb to set off an H-Bomb. Isn't science wonderful?)

Step 3: Set her up for anchoring an intense pleasure state by first getting her to notice how everything happens with a pattern or structure.

Step 4: Elicit and anchor intense pleasure

Step 5: Fire off that anchor

Step 6: Find out her sub modality location for picturing falling in love.

Step 7: Accelerate her pleasure state by describing the warmth of your voice coming from that place and spreading all through her body.

Step 8: Super-accelerate her pleasure state by intensifying your description of that state and using quotes.

Step 9: Pounce or step back and let her pounce!!!

Got that? So here it is, picking up with step 3:

You: See? Everything has a structure to it. For example, think about someone you really like for a second? Ok? Got that? Now, point to where you seem to see that picture.

(Let her point)

You: Right there? Ok. Now think of someone who you really don't like at all. Ok? Point to where you see that. (Let her point..and by the way if she's one of those people who doesn't dislike anyone, then have her think of someone she could take or leave..who she's neutral about!)

You: Now watch...take that picture of the person you don't like..and try as hard as you can to move it over into the place where you see the picture of the person you do like.

(She'll discover that she can't do it)

You: See that? It doesn't want to go does it? Because you need a way to sort out who you really like (point to yourself...why miss an opportunity) from who you don't. Isn't that need?

Her: Yeah! Cool! Wow! (Or any other similar stupid female expostulation!)

You: Now see, there's another difference in the way you make pictures in your head. For example, you ever been on a roller coaster?

Her: Yeah!

You: Ok, watch. I want you to remember a time you were on a roller coaster, and I want you to see yourself sitting in the roller coaster car, riding up and down on the roller coaster. Just do that for a few seconds.

(Let her do this for a bit)

You: Ok...now we're gonna do it again, but this time, instead of seeing yourself, see what you'd actually see through your own eyes if you were there, going on that roller coaster ride.

(Let her do that)

You: Now, of those two, which one felt more real, actually gave you the feelings of being there?

Her: The second one!!

You: Of course..because you can see yourself in a memory, or see what you actually saw. When you see what you actually saw it really helps you to get the feelings of how it actually felt!

Her: Wow! This is fascinating!!!

You: Isn't it? Now look.....here's the next piece of this and it's called anchoring. So, here, try this...close your eyes... you remember a time when you were feeling exquisite pleasure in your body???

Her: mmmm...yes.

You: Ok. I want you to see what you saw, hear what you heard, and feel how it felt. And when those feelings of exquisite

pleasure really reach their peak, just wiggle your little finger for me.

(Watch to see she's really in state...her face will change, breathing quicken, etc. when she wiggles that finger, reach over, touch her wrist and say,:

You: Purrrfect. And just hang on for a minute to how good it feels to **FEEL PERFECT**. (Keep holding her wrist as she's experiencing this!)

You: Ok. Open eyes. Close em again. And go through it again...see what you saw, hear what you heard, feel how it felt. And when those feelings reach their peak, wiggle that finger. (Repeat the anchor process)

You: Ok, one more time (run her through it one more time)

You: Ok. Open your eyes. Now, the theory behind anchoring is, that if someone is in a certain state, and you combine that state with a touch or sound, when you repeat that touch they'll go back into that state. So if I were to say to you, you know, I find that when I spend time with someone, and I really start to **FEEL THAT SENSE OF INCREDIBLE CONNECTION**, maybe then you can just **FEEL PERFECT** (fire off the anchor by touching her wrist). And that feels great, doesn't it?

Her: Oh, yeah!

You: Isn't this interesting? Isn't the mind really cool? Now notice something else: you ever just fall head over heals in love with someone (point to yourself...never miss that opportunity!)

Her: Oh yeah!

You: Well, as you're remembering that time, point to where you see that picture!

(let her point it out)

You: Ok..and you're really feeling perfect right now, aren't you? (fire off that anchor again!)

Her: Oh yeah!

You: So watch...(point to where she falls in love) As you **THINK ABOUT THAT SPACE AS I TALK TO YOU**...as you **ALLOW MY VOICE TO COME FROM THAT SPACE**..you might find it's like you want **to CREATE AN OPENING FOR MY VOICE**..and opening that allows the deep, rich warmth of my voice to just penetrate your thoughts, and **SPREAD THAT WARMTH ALL THROUGH YOUR BODY**....that sure feels great, doesn't it?

Her: God, yes!!

(At this point you have two options for preceding. Either will work)

Option #1: Quotes

You: In fact, as **THE WARMTH OF THAT VOICE JUST TURNS TO A FIRE, SPREADING** through your chest and down through your body...as **YOUR HEART BEATS FASTER** and your **BREATHING INCREASES**, and you really **FEEL THAT TOTAL PERFECTION** (fire anchor again)...I just want to tell you I'm having a great time with you tonight. It sure is better that being with all those jerks out there. Cause I know some guys can be so crude. It's like the other night, I was in a bar...and this guy walks right up to a girl and he says:

"Can you **IMAGINE HOW GREAT IT WOULD FEEL** if I were going down on you, exactly the way you like it, all night long, and you were **SO HOT AND SO WET YOU WERE BEGGING TO HAVE ME INSIDE YOU**?" I can't believe how crude some guys can be!!!

Option #2: Describing Another Person's Experience

My friend Kim was telling me that her roommate has this best friend, Dawn. And when Dawn starts to notice that growing attraction, it happens in a certain way.

Like first, as she looks at the guy, and starts to **REALLY PAY ATTENTION**, she just becomes aware of certain things...like the rhythm of her breathing, and the beating of her heart, and the out line of his face...so as she becomes aware of all these things, one particular feature of his face just starts to rivet her attention, so she becomes totally absorbed in the connection taking place..and as that's all happening, it's like the warmth of his voice, the deep rich warmth of it, just starts to penetrate her consciousness, and spread all through her body, and as her heart beats faster and her breathing increases, that warmth just heats up into a fire, a fire spreading through her chest and down through her belly, a fire pounding and pulsating all through her, down to where she really longs to have it go, until that desire for him just **BECOMES UTTERLY OVERWHELMING**, and she just **SURRENDERS** to it completely.

Chapter 14 :
PATTERNS FOR SPECIAL CHALLENGES AND PROBLEMS

As powerful as the preceding Speed Seduction Patterns are, occasionally you're going to run into some trouble. This chapter is dedicated to patterns designed to powerfully resolve the special challenges you might sometimes face.

The Shock Pattern: When Nothing Else Is Working

Some times you'll find that you've done all of the patterns technically right, but you still don't get much of a response from a woman. In these situations, you have to get a bit more flexible, back up and try some different techniques.

Here for example, is a pattern I used to finally nail Melanie, a girl I'd known for some time. Now, the problem with Melanie was NOT that she was sexually excited by the stuff I was doing. It's just that I did the sexual stuff before the connection stuff, so I had to back up, drop the sexual stuff, and create the connection.

But, because she was naturally sharp anyway, and further was now on guard, it was difficult. The final thing I knew about her was she was a big mismatcher; in other words, even if she liked an idea, if she thought that she was at all having it forced on her, she'd automatically shut down to it, and resist it.
So, in her case, I decided to use two things:

1. SHOCK
2. NEGATION

Now, I'm not necessarily suggesting to follow everything I said to her, because the girl you're having problems with may not be like her. Bear in mind that I'd known her for some months, and we were now getting closer emotionally. So here's what I said, while we were just sitting in the park, talking.

Me: You know what? I'm going to tell you something, and you're not going to like it. You're not going to like it at all, but here it is:

I think it's time you and I started **FUCKING**....(pause) around, with the idea (pause) of your forming a strong understanding, which is that persuasion isn't about making someone feel something they don't really feel, it's about awakening and reminding them of some that's already there anyway; so I know you couldn't **IMAGINE HOW GREAT IT WOULD FEEL** if we were doing it exactly the way you like it; there's also no way you could **IMAGINE HOW GREAT IT WOULD IT WOULD FEEL** to have me licking and sucking you just the way you like it, but if you could; you might then

REALIZE that **FUCK IT (POINT TO YOUR DICK) IT JUST FEELS SO DAMN GOOD**, it doesn't matter who's doing it; the only thing you know is, **YOU WANT IT! (POINT TO YOUR DICK AGAIN!)**

Ok; you'll notice that I shocked the shit out of her by appearing to be blatant about wanting to fuck her, but then, I changed the meaning of that sentence by tacking on the words "around with the idea" and then pausing again, before telling her what the idea is. But this is getting her really hot to listen to the idea, because of her shock and confusion Had I just presented the idea about it not mattering who was making her feel what, it would not have had the impact.

Then, I further pace the way her mind works by telling her that I know she "couldn't" imagine all these things. That way she doesn't have to resist it because **I'VE ALREADY RESISTED IT FOR HER**!!

Aren't I a genius?

Patterns If And When You Get Caught!

In the beginning of your Speed Seduction efforts, some girls might catch on to what you are doing. These patterns should be used if that should occur. The first one is really just a confusion pattern, and works by making what you're saying so hard to follow that she gets amnesia for her objection!!!

If You Get Caught Pattern# 1: You're Fucking With My Mind!

You: I know it really can seem that way, but I think that's just because I talk about the way people **THINK ABOUT THINGS ANYWAY ON A REALLY DEEP LEVEL**, so because what I'm describing fits their inner experience so well, it may seem like I'm fucking with them, but really I'm just discussing what they know anyway. See, cause there's what you know, there's what you know you know, and there's what you know, but you don't know you know it. So when the things you know but don't know you know, become the things you know you know, you can just **THINK THINGS DIFFERENTLY**, you know?

If You Get Caught Pattern #2: You're Getting Everything You Want!

This pattern does two things: First, it shocks her by admitting that you ARE manipulating her, and then it re-directs her to view that as a good thing, because it means she's really going to be happy with you!

You: You're right. I am manipulating you, in fact it's my job to manipulate you to **FALL MADLY IN LOVE WITH ME**. And you're job is to see to it that I do it in a way where you **FEEL GREAT**, because **YOU'RE GETTING EVERYTHING YOU'VE ALWAYS WANTED, AND EVERYTHING YOU'VE ALWAYS DREAMED OF**. Like maybe in those times as a little girl when you dreamed about the kind of man you wanted, really wanted to be with (point to yourself) and the kind of life you wanted to share with him?

And maybe next time you think to yourself on the inside, (use a whiney tonality)"He's fucking with me...he's manipulating me", maybe it's only a sign to **GO INTO THE STATE** where you **REALIZE THAT WHAT'S IMPORTANT** isn't who's doing what to whom...what's important is that you really can **FEEL THE WAY YOU WANT TO FEEL WITH THE KIND OF PERSON YOU'VE ALWAYS WANTED TO FEEL IT WITH**. Can you **FEEL THAT** (reach out and touch her) is a change you really want to have?

The Amplifier!!!!

Sometimes you find that, no matter what pattern you run, a woman never really gets that "doggie dinner bowl look" that lets you know she really is turned on. Some of them are just so disassociated from their feelings, that you just can't get those strong responses.

This pattern should be used if you find that, after throwing a few patterns her way, you're still not detecting any strong response. It acts like a magnifying glass, amplifying anything else you suggest to her! Here it is;

You: Can you **REMEMBER THE FIRST TIME A GUY EVER GOT TO YOU**? I mean as you look at me and answer the question, can you **REMEMBER THAT FIRST TIME, WHEN YOU SAW A GUY AND YOU THOUGHT MMM**? Do you remember where you felt that?

Well, look, I think memory and experience are not the same, because actually we can remember things in a way that make them even more exciting than the actually experience. And everyone has that ability.

For example, just explore for a minute, as you remember again that first time a guy got to you, what you can do with the memory to make that more exciting. Like notice what happens as the picture gets bigger, or brighter, or move it closer, yeah..just like that..and you know that feels even better doesn't it?

YEAH? See, now the ability to make memories and images more exciting and more pleasant is a neat one, but here's the thing to realize, as you remember how good it felt when that guy got to you, you can even take ongoing experience and make that more exciting, so as you remember how to do that as we continue to talk tonight I'm just wondering how much you can enjoy feeling it happen?

The Jerk Destroyer

It's an unfortunate reality of existence that many women are attracted to what can only be called assholes: guys who are closed, distant and self-absorbed.

This pattern works by tying in to the woman's ultimate fantasy of being with a man who's strong, but also open emotionally. It totally blows her fuses and makes any jerk she's with now seem totally unimportant. You should use it only after you determine that she's indeed the jerk-loving type.

You: You know, if you ever meet a guy who's strong, who knows how to hang on to his own strength, and knows how to call you on your bullshit, yet at the same time open himself to you completely, and totally give of himself, it'll be the most mind-blowing experience of your life. I think it'll be like a diamond bullet...a diamond bullet shot right into your soul, that just spreads through your whole soul and **RE-ALIVENS and AWAKENS** you to pleasures and feelings you haven't even dared to dream bout. Can you **FEEL THAT...**would be just a mind-blowing experience.

And I'll tell you something.. I don't know what thoughts you've had of me or what thoughts you've dared to let yourself have of me, but when I'm with a woman like that, and they start to **PERCEIVE ALL THESE THINGS ARE POSSIBLE**, it's like wow. What a difference in the way they think, you know?

Chapter 15:
WRAP-UP AND GENERAL ADVICE

Well, I hope we haven't thrown too much at you here. These patterns, and the principles that drive them, are EXTRAORDINARILY powerful. And you find, I think, that you can apply them, with just some small modifications, to any area of life.

If you'll commit yourself to having fun while you experiment, then there's no limit to how far you can go. If you've bought this book as part of my complete Speed Seduction Home Study Course, then you can refer back to this book as you listen to the accompanying audio tapes or watch the video. If you haven't yet ordered your entire Speed Seduction Home Study Course, at the end of this book, you'll find an order coupon, offering a 10% discount. I'd highly advise you GO FOR IT!!!!!

I'd also like to invite you to share your challenges and successes with me as well as any new patterns you come up with. You can reach me at (310) 670-6547 or call Dr. Canipe at (703) 791-6421. Mail will reach me at (sandworm@earthlink.net):

Good luck, and remember: he who hesitates, masturbates!

Analogue Marking

The notion of analogue marking is taken from the field of neuro-linguistic programming, about which it seems appropriate to say a word or two here. NLP (not to be confused with Natural Language Processing, which uses the same acronym) was created in the seventies by Richard Bandler and John Grinder.

Bandler and Grinder took a close look at how certain successful therapists (Fritz Perls, Virginia Satir, and of course Milton H. Erickson to name a few) achieved what they did. After studying each person's approach, and amalgamating the results, NLP was born.

Essentially, analogue marking is a way of setting an embedded command apart from the rest of your utterance using some analogue non-verbal behaviour. This could consist of a change in tone or volume of voice, a gesture, a pause before the directive, etc; indeed any form of behaviour that is perceptible to the other person. On the written page, a line break may be used in the appropriate place to, or a picture or photograph inserted immediately before the directive. It is not necessary for this noticing to be accomplished on a conscious level; indeed, it is generally held that it is more effective if it does not intrude into consciousness.

Analogue marking is a meta-pattern, in that it is used in conjunction with the other verbal patterns mentioned. It is a way of coding verbal behaviour. For a bit more on this, I'd highly recommend 'Steps to an Ecology of Mind' by Gregory Bateson.

Binds

In essence, the double bind provides an illusory freedom of choice between two possible alternatives, neither of which is really consciously desired but both of which are necessary in some way.

A simple example is afforded by a child's reluctance to go to bed; instructed that they must go to bed at 8.00pm, they have the feeling of being coerced, and hence will resist. If the same children are asked 'Do you want to go to bed at quarter to eight or eight o'clock?', the vast majority respond by selecting of their own 'free will' the latter. It will be noticed that the primary advantage of a bind such as this is that it effectively channels and discharges resistance.

The following sections discuss various types of bind in varying detail.

1. Free Choice of Comparable Alternatives.

A fundamental characteristic of all binds is that there is free choice on a primary or object level that is recognized by the subject, but that behaviour is structured on a secondary or metalevel so that it goes unrecognized. This metalevel is structured by the hypnotherapist so that all responses on the lower primary level are beneficial, whichever are chosen, and so that there is some type of motivation for the subject to keep within the boundaries of the primary level and not question the metalevel. If a man is asked, "Would you like a punch in the face or a kick in the knee?", he will respond, "Neither", jumping up a level because there is no reason at all why he should accept either of the primary level choices. But a child must go to bed at some point, and similarly for other binds to be effective there must be some kind of acceptable limitation on the metalevel, although this limitation can be for different reasons.

2. The Conscious/Unconscious Double Bind.

E.G. "You don't even have to listen to me, because your unconscious is here and can hear what it needs to respond in just the right way".

3. The Time Double Bind.

The example given at the top of this page is a good example of a double bind involving time. Another example: "Do you want to get over this habit this week or next week? That may seem too soon - perhaps you'd like a longer period of three or four weeks." .

4. The Reverse Set Double Bind.

5. The Non Sequitur Double Bind.

E.G. "Do you want to take a bath before going to bed, or would you rather put your pajamas on in the bathroom?". The metalevel here makes no sense whatsoever, but tends to be accepted in some cases because the subject just assumes it makes sense and gives up trying to process it fully.

6. The Schizogenic Double Bind.

In the fifties, the psychiatrist/anthropologist/zoologist/etc Gregory Bateson (son of the famous geneticist William Bateson) and his fellow researchers working at Palo Alto in California developed a theory of schizophrenia which is now referred to as 'Double Bind Theory'.

Negation

Don't think of an elephant.

There, thought of an elephant, didn't you?!

Presupposition

There are many different types of presupposition, many different ways of presupposing. Below are some of the major types/ways.

1. Referring Expressions.

Referring expressions occur more frequently than other types of presupposition, in fact in every sentence there is, by virtue of the fact that every sentence must have a subject. Let's take the sentence "God loves you". Now, this sentence gives rise to what is called an 'existential presupposition' in that it presupposes that there is a god doing the loving. He cannot do the loving if he does not exist in the first place; therefore his existence is presupposed. The great debates that have centered around the famous

"The King of France is bald" hinges on the fact that the existence of a King of France is presupposed due to its being in subject position. The only sentences which are not considered to have existential presuppositions are sentences such as

"God exists"- this is because a sentence cannot assert and presuppose the same thing simultaneously.

Referring expressions can be quite complex, such as: "The confidence with which you have approached this problem is amazing", where it is presupposed that "the confidence with which you have approached this problem" exists. To become adept in spotting and creating referring expressions in language, one must fully understand what asubject is, and what a grammatical object is. In the above example, the subject is "the confidence with which you have approached this problem", just as the subject is merely "God" in the first example. There are simple tests to tell what constitutes the subject, for instance asking questions such as "Who loves you?" to which the answer is "God", and so "God" is the subject. With "What is amazing?" we get the answer, "the confidence with which you have approached this problem", again the subject.

For a little exercise, how many referring expressions are there in the sentence

"Why does God tolerate man's wickedness?"?

Answer: A) God B) Man C) Man's Wickedness

Referring expressions, then, are noun phrases. Every noun phrase presupposes the existence of something.

Nominalizations, such as "toleration", for example, presuppose not only that there is something being tolerated, but also that there is a being carrying out the toleration. And of course, if we are being pedantic, that the concept of "toleration" exists...

So we can further and further embed these things, as in: "Does God's toleration of man's wickedness justify our belief in him?",which presupposes through its referring expressions alone that all of the following exist: God Man Wickedness Man's wickedness Toleration God's toleration God's toleration of man's wickedness Our belief in God

ALL of these are ASSUMED to be true in the asking of this question, and whether one answers yes or no, they remain unchallenged; it requires metacomment to challenge any of them. Metacomment is of a differing logical type than the comment itself; it is a communication concerning the communication, and is hence more "difficult" to introduce, especially for the child or hypnotised subject.

2. Factives.

3. Aspectual Verbs.

Aspectual verbs are verbs such as "Stop", "Start", "Give Up", "Continue", "Renounce", "Finish", and other similar verbs which involve the starting or stopping of an action. The famous example "Have you stopped beating your wife yet?" affords us a good view of the aspectual verb in action - we can see that if the poor interviewee answers "Yes" then he seemingly admits to having beaten his wife at some point, and if he answers "No", then he admits that he is still beating her!

4. Cleft and Pseudo-cleft Clauses.

5. Certain Lexical Items.

"Too" -
"Even" -
"Just" -
"Until" -

6. Adverbial Clauses.

7. Others.

Reported Speech

The use of reported speech in suggestion allows you to deliver a comment without responsibility, since the comment is of a different logical type than direct speech. For instance, you can talk about another hypnotist's induction, and tell of how he always used to say, straight out, 'You're going to sleep!' and of how that person usually did within a few minutes. This technique can of course be used to good effect with analogue marking.

Alternatively, one can perhaps talk of a time you hypnotised a client by giving him an induction to read , which said basically 'As you begin to read this, feeling your eyes concentrating on these words to the exclusion of all else, you may begin to notice just how pleasant it is to let your mind slowly slowly relax, relax so that actually you become aware that you'd rather just drift off into your own little world to think about what you're learning, because that's so much easier and more pleasant than continuing to read...'

And of course there's no reason why you should stop there...

The Implied Directive

A label proposed by Erickson et al in 1976, the Implied Directive refers to a fairly common type of indirect suggestion which usually has three parts:

1. a time-binding introduction
2. an implied/assumed suggestion
3. a behavioral response to signal completion of the suggestion

An example of an implied directive used by Ernest Rossi to terminate trance is as follows:

"As soon as your unconscious knows (a time-binding introduction) it can return again to this state comfortably and easily to do constructive work the next time we are together (an implied/assumed suggestion), you will find yourself awakening feeling refreshed and alert (a behavioral response to signal completion of the suggestion)."

Advanced Language Pattern Mastery; Words That Induce Pseudo-Orientation In Time

One of the principles I teach my Speed Seduction students is that people are basically hyposis machines, and that so called "deep trance" phenomena are actually quite easy to induce, absent ANY kind of induction whatsoever.

Some of the more commonly used phrases for Speed Seducers(but you non SS students can think of your own applications) are:

"Imagine a time in the future"....

"Look forward to..."

"Looking forward to..."

"It's as if YOUR FUTURE IS RIGHT IN FRONT OF YOU"

"It's as if YOU'RE LOOKING RIGHT AT YOUR FUTURE"

"Looking back on today as having been the start of that..."

All of the phrases cause the person to subjectively move forward or backward on their timeline, or, to put YOU in their timeline, where you want to be.

Let's take a specfic pattern, the Incredible Connection pattern. I won't get into the start of this pattern, but once you've described what it's like to feel that kind of mysterious, wonderful click with someone,
you accelerate it by saying something like,

"I find, when I HAVE THOSE FEELING, and really FOCUS IN ON THEM and FEEL THEM BUILDING, it's almost like YOU REALIZE YOUR FUTURE IS RIGHT IN FRONT OF YOU(point to yourself)...as if..YOU'RE SEEING YOUR FUTURE RIGHT NOW....sometimes to the point where you can just stop...and imagine a time in the future...say years from now...still feeling that overwhelming,
mysterious connection and looking back on today as having been the start of that..."

I particuliarly like this last part....you zoom them into the future, and then do a DOUBLE distortion by having them view the present as the past. It's the sneaky equivalent of doing a timeline shift, without
having to tell them explicitly..

"Now, float above you're timeline out to your future...turn around in the future and look back toward the present, seeing every experience re-align itself between those two times to support this future you're
experiencing..."

The therapeutic uses are obvious here.....

See, much of SS is just covert languaging designed to induce time line shifts, submodality shifts, install film loops, etc. It's a sneaky way to induce standard NLP stuff, but directed toward a specific end.

Presuppostions for Persuasion

Actually, in the example I quoted, the laugh is what I call the unconscious laugh of recognition, and the pattern of saying "the more you x, the more you y" is what is known is hyposis as the simple bind.

What it does is point to a re-occurring response or behavior and use that behavior as proof that the person's mind will continue to move in that direction and any other direction you link.

Examples: "The more you recognize the truth of what I say, for reasons that make sense to you, the more you'll find yourself curious to learn even more from me".

These "binds", by THEMSELVES are not enough to entirely shift a person over to your way of thinking, but they are an excellent start to set up less intense, but very receptive states of curiosity, intrigue,
attentiveness, etc.

The point then, is not to give a comedy performance, but to set a direction in a person's thoughts.

Something else to consider, Leona, is that the patterns I am sharing are NOT meant to be written, but to be SPOKEN, and the responses when HEARING them versus READING them are much different, particuliarly when you add in the proper tonality, pausing, etc.

Can these patterns be used for writing persuasive letters? Sure...but usually that's a matter of using pre-suppositions of awareness such as:

recognize
realize
become aware
conclude
acknowledge
convince yourself
believe

and also the adverb/adjective presuppositions such as:

naturally
easily
quickly
rapidly

and the temporal presuppositions:

before
after
now
when

These don't require any tonal shifts or use of tempo to be effective, so using them in print is very effective.

Examples: There are several reasons why a person can quickly recognize that this investment opportunity is a good one, and after you've read this letter, it will easily occur to you just which ones strike you as being the best. But, before you can come to that conclusion in a way that seems natural for you, you first need to understand the exciting story of how I discovered this unique opportunity.

It all happened like this...blah blah blah blah blah.

Here endeth the presupposition lesson. Just remember what I tell my students:

They're not laughing it off..they're laughing it IN!