

DATE AD

I just want to say and i hope you don't find this too intrusive if you were to meet a man with the heart of a, SERIOUS ROMANTIC and the soul of a poet how would you feel? I invite you to notice that well...have you ever felt an, INSTANTANEOUS CONNECTION with someone? like maybe as you were there, SEEING HIM in, YOUR MINE. and you started to, LISTEN INTENTLY like there was a cord of light going from you to him. as that cord began to, GLOW WITH THE WARMTH of that connection to the point where, you could imagine a time six months from then and still feeling that sense of, INCREDIBLE CONNECTION and looking back on that day as the start of it. how surprised would you be to know that all you need to do is box that person.

PERSONAL CONFESSION

This is a little <pause> hard for me <Name>, can I tell you something I don't usually tell people? Well, you know when you're with someone whom you FEEL REAL COMFORTABLE with? ME,...I....Its like when you start to talk about yourself with someone you trust <point to yourself> it just starts to feel like you're safe and can just talk about anything. Is it that way with you too?

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NEWSLETTER BLEND

I was reading this article that was talking about the difference in the way men and women fall in love. And it was saying that men usually feel an attraction right away but women by contrast usually feel a connection and then BECOME VERY ATTRACTED. I mean you know that kind of special connection you sometimes feel ... that mysterious compelling click that takes place right there (right in the center part of you).... where you really feel so warm, safe and comfortable and it just lets you know this person is going to be so right for you in so many ways and you just slide into that sense of having known them for ever as if it was meant to happen (as if you've always known them) maybe to the point where you picture this person so big and bright in that special place in your mind (you don't even know why you just have to go deep inside and find all those values that are so important to you and you just naturally link them up with this person such that you find yourself beginning to look through the eyes of attraction ... cause I find when you look through the eyes of attraction, look through the eyes of desire, that's when you can make that connection and really feel that growing bond growing more and more as you begin to imagine being with this person, in that special way that two people can feel so wonderful. And as you feel that passion growing more and more maybe to a point where you feel yourself just letting go completely as you allow this person to come deep inside releasing all those feelings that have been building and building up inside you just want to release them in a flood and I find when you do that now with me I find you just feel so enchanted like you are now under a love spell cast upon you such that you can't control yourself and just find yourself going wild with it feeling a powerful desire for this person where you feel so warm inside and ready for them to come deep inside you, that you imagine mmmm how wonderful it will feel you and me together.

So this article was saying, that when it's really special that's when you can just stop and imagine a time in the future, say years from now still feeling that growing attraction and looking back on this moment as being the inevitable start of it

You know I was telling my friend about this, and she was saying, when she really starts to feel that connection and grow even more attracted, she begins to pay attention in a special way. First, she becomes aware of the rhythm of her breathing the beating of her heart ... and that sense of growing fascination such that as she continues to BECOME aware of all this, one particular feature of this guys face begins to capture her attention so as she continues to keep looking its like the rest of the environment disappears and the entire world becomes this face .. this voice that just wraps itself around her like a pair of powerful but gentle arms .. pulling her in ... deeper ... just allowing that warmth to spread all through her such that you open yourself up completely and allow this person to come inside you so deep releasing all those feelings that have been building and building and building you just want to release those feelings in a flood. I find when I HAVE those responses .. it's like you just let yourself go completely ... and go wild with it ... now that's how I see it so clearly. Now what really fascinates me about all this is not just how people connect so powerfully .. but how people connect with their own needs and wants and desires .. like think about the difference between compulsion and anticipation.

VAGUENESS

Isn't interesting how everyone is so different yet in so many ways we are all the same. I mean for example, I don't know what it is you do, when you decide for yourself that you really want to be with someone, and you know it's what you want cause you find yourself imagining it ... you picture it and your mine and you look forward to it for all the right reasons. Reasons that are right to you because you know its what you want but I think you know a person can find that when that's what's taking place, wow, what a difference in the way they think and just how readily you then begin to make time for this special person you are now connecting so strongly with. Its a totally different experience its like you feel almost magnetically drawn to this person you know what I mean? And sometimes I think a person wouldn't even know that that's what's taking place until afterwards. And you look back on it as one of those amazing memories you treasure/cherish for the rest of your life ... now ... with me as I think long and hard about it I think that's the process of discovering that a person is being drawn to another person.

IDEAL ATTRACTION

You know, I saw the most interesting show on the discovery channel last night. They were interviewing people who make their living designing attractions for amusement parks like magic mountain and Disneyland and Universal Studios. Wouldn't that be a cool way to make a living?

Well, anyway, they were talking about the elements that make up the idea attraction. (point) They said there are 3 parts to the ideal attraction. First, when you EXPERIENCE the ideal attraction, you FEEL A HIGH STATE OF AROUSAL. The idea attraction makes your heart beat faster, and your breathing gets faster and you just FEEL THAT AMAZING RUSH ALL OVER.

And then they said that another part to an ideal attraction is; it's fascinating. You just FEEL SO ENTHRALLED that you want to TAKE THIS RIDE (point down) multiple times; as soon as you GET OFF you want to GET BACK ON again.

And they said, finally, the most important element, is a sense of overall safety. That even though the attraction may look a little dangerous, you're CERTAIN YOU'RE SAFE .. you FEEL SAFE cause you realize nothing bad can really happen, so that allows you to FEEL TOTALLY FREE to LET GO COMPLETELY AND ENJOY THAT GREAT AROUSAL again and again and again. Can you (squeeze her hand) feel that... is pretty close to the way it is?

When you imagine how much fun it is to ride a roller coaster or any other kind of amusement park ride .. Its like as that ride is climbing up and up you can feel your heart pounding with excitement you feel you breathing come quickly sometimes you're even gasping, panting you feel the blood rushing through every part of your body and as that excitement and tension is building and building you reach the top of the ride and then as it crests you just release it in a flood of excitement sometimes your screaming your so turned on and you know afterwards I thought to myself, isn't that the totally accurate description of your idea attraction to another person. You know that kind of wonderful click right there (right in the center of who you are) that just makes you feel totally drawn to this person and on one hand you fell totally safe and totally comfortable like you were meant to know them as if you've known them forever.

UNATTRACTIVE INTO ATTRACTIVE

Have you ever been attracted to someone who wasn't even your type physically. Like I have this friend Nancy. And when I met Nancy, I didn't think she was that appealing. I had little feelings for her whatsoever. But then when I started to get to know her, I started to notice certain things, like the first thing I noticed is that she has an absolutely great sense of humor. I mean have you ever been around someone who makes you laugh so much, just the minute you see them you're already waiting to laugh, like all they have to do is look at you and you bust out laughing. The other thing I noticed about her is that she really likes herself, I mean her attitude was, hey, being with me is the best thing that could possible happen to you, you had better take advantage of it right now before that chance slips away forever. Then one day, I found myself looking through new set of eyes. You ever look at someone(pt) through a new set of eyes. Its like I look inside and, OH MY GOD. when I look at her like that, this person is really beautiful. I think when that happens to someone(point to her) with me in my way of thinking what I think happens is when you go inside yourself, and you find those values that are most important to you in a relationship and you think about the qualities in a personality you want you ideal lover to have and then you just find those and link them up with the person your talking to (point), in such a way that you begin to think things differently, you then start to look through the eyes of attraction, cause I think when you, look through look through the eyes of attraction, look through the eyes of desire, that's when you can make that connection, and really feel that growing. Now that whole process can take weeks, even months of getting to know someone. But I think the real wonder is to find yourself really wondering what would it be like to surrender to the magic of that instantaneously and make that connection . . now and really feel that attraction to someone(pt). Wouldn't that be great? Its great to experience that and let it happen

FOLLOW UP IDEAL CONNECTION

You know the other day we were talking about how sometimes one can suddenly find themselves feeling really connected to someone. Me, it happens rarely but when IT IS HAPPENING, I often find I wasn't aware of

it until afterwards and you realize it was the start of something amazing. Something you'll always cherish for the rest of your life. I mean sometimes a person can just be looking at someone and suddenly for whatever mysterious reason, feel a connection so powerfully taking place, a connection that just lets you know that this person is going to be really special in your life where you find yourself so easily imaging being with this person in that special way two people can be together who feel that growing attraction but then sometimes you don't even NOTICE AND FEEL ITS TAKEN PLACE .. NOW WITH ME I find though that later when you LOOK BACK ON THE WONDERFUL, DELIGHTFUL THINGS THAT TOOK PLACE and suddenly you realize how ENCHANTED YOU FIND YOURSELF FEELING HMMMMM, Its like you FALL UNDER A SPELL and you FEEL SWEEPED OFF YOUR FEET and you loose your sense of time and space NOW, as if your ENTIRE WORLD IS THIS PERSON (IN FRONT OF YOU) like you're LOOKING/listening to your FUTURE as you just continue to LISTEN SO CAREFULLY. And I think you may not FEEL THAT CONNECTION INSTANTEOUSLY, but even over short conversation like this one ... a person can find themselves starting to naturally realize that this person is someone who totally meets their criteria for someone you want to spend time with in that special way. In a way that makes you feel mmmm you know what I mean. And you RECOGNIZE WITHOUT EVEN THINKING ABOUT IT that you really are looking forward to spending more time with this person and the more you allow yourself to feel this the more you begin to think of other things (point to your dick) that can be so delightful. And you begin to feel so safe and uninhibited so that you know its OK to just let yourself go and imagine having your fantasies really come true .. NOW WITH me thats how I sometimes SEE IT THAT WAY.

SOULMATE

You know, how you can have thoughts that you cause you to feel fascination _____. Like, I was thinking about how, for many people falling in love can sometimes take months. But have you ever thought about what it would be like for you to fall in love instantaneously where you feel like you were talking to your soulmate(point). I mean, Imagine there being someone who was selected for you, picked out long before you were born. I mean if you were to feel that way, now.. I think you may be surprised to find yourself beginning to almost feel magically enchanted; and you might find yourself wanting to be with this person in a very special way _____. Because, when a person feels they have met there soulmate like when you imagine this person being your dream lover(pt), I think you would feel a mysterious yet powerful loving connection taking place between you and him that when . . that's really happening . . with me in my way of thinking what is happening is . . you go inside yourself (down into your unconscious) and you find all those values that are most important to you in a relationship and you think about the qualities in a personality you want your ideal lover to have(pt), and then find those and link them up with the person you're talking to(pt), in such a way that a picture of him (frame), for whatever mysterious reason gets locked permanently in that special place (point to that space she loves someone) in your mind where you deeply love and care for someone(pt) to the point where as that picture gets bigger and brighter and the sounds inside you mmmmm intensify you might find yourself thinking of other things where all your resistance is falling away and you just can't control yourself and you just want to go wild with it isn't that truly the mystery of falling in love that we all dream of and can feel fascination.

CONNECTION PATTERNS

You ever encounter something(point) where you knew instantaneously that you would think about it the rest of your life. That you would never be the same. That maybe you were even able to imagine yourself five years in the future, just feeling that sense of absolute wonder that you were lucky enough to meet that person (point) and looking back on today as having been the start of it. And you just went inside and took a deep breath and aaahhh sighed that sigh a deep satisfaction knowing you were on the road to something wonderful. You might find that as you find yourself pondering so deeply in your mind that this person is the one you really want to be with now the more you do that the more you find yourself just letting go and really enjoy the feeling of love you are feeling. Its a feeling you get right in that very center part of you right there.

You know how you can feel totally comfortable and at ease talking with someone. I mean when . . . that's happening, its like this strong warm connection is taking place between you and this wonderful person (point) and even if they aren't your physical type you might find that you just feel a strong attraction anyway because of the connection you are feeling now with me as that's happening you might not even notice that that's what's taking place until afterwards and you'll looking back on it as one of the most exciting moments of your life a moment you may have been looking forward to with feelings that may have been building and hiding in side of you waiting for a chance with this person who you now realize is the one you have been waiting for so so so long to come together and experience euphoria now with me I think it would be so great to experience that and let it happen.

Even though you may or may not anticipate meeting that special someone someday, it's certainly not necessary for you to feel incredible attracted to someone you just met. You really shouldn't do that, powerfully. But imagine what it would be like if you were to feel an overwhelming and growing attraction to someone you thought you hardly knew(point) but then you suddenly realize for whatever mysterious reason, that this person seems like someone you have always known to the point where you feel deep inside that this person is just right for you and you get that warm comfortable feeling right in there such that as you begin to feel so turned on you are feeling it in that . . . oooooo special way where you start to imagine yourself with him, really enjoying each other in a way two people who feel really connected and sharing together in that special way can really want to enjoy the other. Me, I find that is something you just don't feel it right away but if you could imagine what it would be like, you might understand how someone you care about could go have that experience. Without any pause, you can go wild with it and your mind.

Can I ask you a question, I know this may sound funny but, have you ever felt absolutely comfortable and at ease talking with someone (you just met). I mean, when . . . that's happening, its like this (powerful, loving) connection is taking place between you and them(pt++). And maybe you were even able to . . . imagine a time in the future, say years from now, still feeling that sense of connection and looking back on today as having been the start of it. And you might find you feel such a strong attraction that you aren't even aware of what you are doing since your mind doesn't want you to know what your body is doing until afterwards and you can reflect on upon how wonderful and pleasurable the experience is you are so glad you aren't going to miss out on.

You know I find that sometimes there are just, something's you're not sure about. But sometimes when you meet someone(point) who you feel a

deep rapport, it's like you can start to think things differently. . and see them in a whole new way.

You know, I think its so fascinating how some people can feel really attracted. As you imagine that right now, wouldn't be great to feel an instantaneous connection with someone (point), I mean when that's happening, with me in my way of thinking what happens is you go inside and you find those values that are most important to you in a relationship, and you think about the qualities in a personality that you want your ideal lover to have. Then you find those and link them up with the person your talking to(point) in such a way that you start to think things differently. You start to see them in a whole new way. You may even be surprised to find that you feel your passions letting do completely. When you think about it how that feels, isn't that the magic we are all looking for.

(You ever notice you can listen to someone to the point where you become incredibly fascinated. I mean, what's it like when you experience fascination) Let me ask you a 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, to the point where the rest of you environment just disappeared, and you 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 to talk about a romantic walk, on a moonlit beach, with your perfect partner, you could just see yourself there with him, just enjoying that that would be like?

Have you ever felt an instantaneously connection with someone, like maybe as you were there and you started to listen intently, it was like there was a cord of light going from you to them. And as that cord started to (I don't know) glow with the warmth of that connection, maybe you were even able to imagine a time in the future, say six months from now, still feeling that sense of incredible connection and looking back on today as having been the start of it, wasn't it.

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

I think it's so funny how some people can just do that and let it happen instantaneously (snap) because for me it takes longer. But I do find that during the course of an evening (a conversation), as you really listen to someone (pt), and you start to recognize those values and qualities in them that you hold so dearly for yourself with me that's when you can make that connection and really feel that growing bond.

Did you ever instantly now 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 was a timeless connection between you and them? I'm wondering as you are listen so carefully, 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 can allow that to happen _____ but as you begin to recognize now how much you want to be with someone who is so good for you. 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 barriers melt and drop away, and two people come together, fused into one spiritual essence, 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 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 be with someone in that special way and find out more about this person who has so moved you, with just words? As you might BEGIN TO RECOGNIZE NOW you want to meet with me, realize I can be reached at () -----.

I have an intuition about you (I know something about you). When you really FEEL THAT CONNECTION WITH SOMEONE. You know that mysterious, timeless link that just makes you feel like you've known someone forever ... like you were meant to know them ... and it's almost like YOU'RE LOOKING RIGHT AT YOUR FUTURE .. like YOUR FUTURE IS RIGHT IN FRONT OF YOU ... when you FEEL THAT .. it all starts out as an actually physical click ... a tug that takes place right THERE (Slowly bring your hand down and touch her in the solar plexus). Can you FEEL THAT (squeeze her hand with your free hand) is maybe how that can happen.. NOW ... WITH ME .. I just find that's such a great feeling. What I find really interesting is .. what can happen is when you FEEL THAT CONNECTION, that warm, safe and comfortable feeling right there, then what can sometimes happen is a picture of this new person your connecting with will sneak itself right into that special location (assuming you know the location OR into that special location in YOUR MINE where one keeps a person they care deeply for) and that's how you know you're already starting to fall for this person. And sometimes during the course of the evening or maybe even during a simple conversation like this one you'll look up at that picture and as you continue to feel that attraction growing, its like that picture gets bigger and brighter. You know and that's how you know you really just want to be with this person. NOW, you're really READY to be swept off your feet. NOW the funny think is, when you have that kind of connection with a new person (pt) maybe as you're snuggling in the sheets about to fall asleep again (pop) up comes that picture of this person in that special special place and also maybe at some time during the day like when you're stepping into the shower or you hear the sound of running water again it reminds you to see that picture so clearly and you mine _____ are you not ... interested in this.

Can you remember a time in your past when you were passionately attracted to somebody. You know that feeling as you're looking at me listening to my voice that like nervous tension that you kind of get right here in the middle of your stomach, that just over a period of

time if could happen instantaneously but that feeling right here just begins to sink down lower on the inside.

You know, I was talking to my friend Colleen about how people connect with each other. You know that click, right in there, where you just connect with someone and then maybe you just slide into that sense of having known them forever. And you just don't drop all the barriers and you don't know why you just have to go inside and create an opening for this person that just rivets you. Maybe even when you're not around them you feel that anyway. You hear their voice in your mind maybe when you're falling asleep you get that feeling on the inside and you feel warm all over. LATER Remember that connection, I think sometimes you find your mind moving in a certain direction or what happens that feeling sinks down and moves into certain places and spaces.

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

Hey, did you ever meet someone and just instantly know that you had to get to know this person better? (point) Maybe as you went inside and really got all excited about how much fun it'd be to get to know them and how curious and intrigued you were feeling ... AS YOU REMEMBER THOSE FEELINGS AS WE'RE TALKING, I'm just curious, do you first imagine how much fun they'd be to hang out with, and then get intrigue, or do you get intrigued first and then imagine how much fun this person would be?

You know what I find is interesting, is how with some people you just don't connect at all (point away) and other people you just feel an incredible connection (point). Like my friend Colleen was telling me that when she start to listen carefully and really look and hang on every word, its' like the rest of the environment just starts to disappear, and the entire world become this face you're seeing, this voice you're hearing .. that's when she start to feel that intense, incredible connection.

FALLING IN LOVE PATTERN I & II

Have you ever thought about the difference between attraction and falling in love? Well actually I think they take place in different settings. I mean, attraction is what you experience when you are in the presence of that person, (point) and you looking at him and you think to yourself . . . mmmmmmm, and you start to have certain thoughts, images and you know what that feels like, right? But falling in love, well I think takes place when your not even in that persons presence. I mean, can you remember a time when you totally fell for someone. . . . And as you are looking at me, thinking about what I'm saying, you can remember how that felt, don't you. Yea, but here's how it happened. You spent some time with that person (point) and then you went home and you picture that person in your mind (frame) right? And then maybe you imagine yourself in all sorts of situations with this person (point) having lots of fun, and enjoying the feelings and things you like to enjoy with them. Can you remember how that feels? And then maybe you start to list all the qualities about him you really like: He's so

funny, he's so smart, he's so fun to be with, whatever they were, whatever the things are that you really want and enjoy that with someone (point), right? Then you get this feeling in the pit of your stomach, right in your solar plexus that just starts to spread out and lets you know that you really, really love this person (point). I mean, can you feel that as I describe it to you? And then, here's the real kicker . . . you start saying his name outloud, you start bringing it up in conversations with your friends, and maybe you even dance around the house singing it if your a real goof, right? See, I think everything, including falling in love is a process. And when you do that process with someone (point) 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 happened instantly and you know it right away. That's an incredible feeling, isn't?

I was reading in a book about the difference between attraction and being in love. And it was really interesting to learn that attraction takes place when like someone is sitting across from you and you just notice something about them . . . could be anything. The expression on their face, or some unique feature that just captures your attention, or maybe its just their voice, the way it might wrap itself around you like a pair of strong, warm but gentle arms and just penetrates your thoughts and spreads all through you. But whatever, all that takes place in this person's presence. But falling in love, is what you'll do to yourself, after you've gone outside this person's presence. I mean, think about it . . . what happens is you spend some time with this person and then you go home and you then you picture this person and your mine, in that special place and you mine, where you keep people you care deeply for. And then what you do is you start to imagine being with this person in different situations and in all sorts of different ways like maybe introducing him to your friends or having all sorts of fun and interesting adventures together. And then maybe what you even do is you start to list all the qualities that you really like about this person and for every quality thing you mention to yourself you get that feeling right in there where you get that warm feeling and with every feature thing you mention that feeling increases like oh he's so smart, or he's so much fun to be with, or he's so understanding of the world. And then, what you do is you start to repeat his name to yourself (maybe you even dance around the house singing it if you're a real goof) and then what you do, the real nail on the coffin is you start bringing up his name in every conversation John said this or John said that and that's when you know you're absolutely hooked on this person you know what I mean. And I think when you do that now with me I find that's then you really feel that passion growing and you don't even know why you just have to stop and go deep inside and just allow this person's presence to penetrate you consciousness and come inside you do deep and when that's happening its like that feeling there it just starts to move down, deeper as you create an opening for it, an opening that just feels all those feelings that have been storing up they just start to flood through that opening you know what I mean.

PRESUPPOSITIONS

You know, when we go out, I don't know whether it will be an incredibly exciting adventure or just a wonderfully fun time, but it sure is going to feel good to laugh a lot, isn't it? When you think about it like that, are you aware of how much more it makes you really look forward to doing it?

CONVINCE

I don't know how exactly you'll absolutely convince yourself that what I am saying is totally true and right and the more you might resist that suggestion the more deeper and much more open part of you is beginning to find reasons why its true. Maybe not the reasons I suggest but your own reasons and that how you can know its true because you yourself is having those thoughts it isn't me. And you don't argue with your own thinking do you?

BJ PATTERN

I was just sitting here thinking about taking a vacation, if you could imagine your idea vacation spot what would it be like? (Stop and let her talk)

You know I think its so interesting how people connect with their hopes and their desires and their daydreams right ... I was reading this article the other day about compulsions and it got me to thinking about the difference between compulsion and anticipation.

I mean you ever come home from a hard day a work and the boss was a jerk and kept piling the papers up on you desk and its like all you can think about it is dropping your clothes and getting into that steamy hot bath or shower. That's like before you even step in you can already feel that heat working its way through every muscle in your body and all your frustrations just drop away and all you can feel is the pleasure of that warmth just shooting through every part of you. And then there's that moment of sliding in where you really let that pleasure take you and it just feels great doesn't it? Yeah well do you like chocolate? (Is there a food where when you see it you absolutely have to put it in your mouth.) I mean, can you stop and remember a time when you, it's like you see that piece of chocolate and your mouth is already tasting it before you even put it in you can already taste that sweetness against your tongue and you can feel the special rich texture of it against your tongue as well. You know that texture that really good chocolate has. And then there's that moment, that moment when the first molecule of chocolate touches your tongue and you know it's inside your mouth and you just want to keep it there because it's so rich and so good. And there's that extra special warmth when you swallow that sweetness down. Or then maybe, you know like sometimes you meet someone and you're really attracted to them and you both know it and there's that moment when your eyes lock, it's that special look just before you kiss before the very first time and you're trembling with anticipation and your heart is pounding because you're thinking about how good it's going to be. It's like every physical moment of that relationship is enfolding/contained or rolled into that first touch of the lips and there's that excitement, with that first soft contact of the lips where you don't even know if you are touching or not but then, oh man, it's like a jolt of electricity all through you. See I think what happens is the conscious mind goes down into the unconscious and brings back up all these thoughts, images, desires and fantasies, and you may think those thoughts are above me, but really I think they're blow me _____ because you're coming from a much deeper part and your mine Aren't you?

VACATION

You can't do this, you shouldn't do that

BOYFRIEND DESTOYER

You're sort of seeing someone? As you're only sort of seeing that image of him in your mind, notice what happens as that image gets smaller and darker only as fast as an image of you and me being together having lots of fun gets big and brighter right there in its place. Now as you look at that picture right there, doesn't seem like something you really want. Oh yea, in fact, doesn't seem like something that's already happened and there's no point resisting it cause it's too late to do anything but smile that smile a deep satisfaction and know this is going to be incredible. Oh yea, great, when can I pick you up?

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

That's right you're not sure yet you're talking to me so I'd like to show you something because I think you deserve to know how to make a right decision. So that way, whether you decide to get rid of him in your mind or keep him there, whatever you decide, you know it's the right decision. So look, as you are knowing you aren't ready, how are you knowing it. (create competing pictures. Nomilization = process into a noun. Create a state of ambiguity, confusion, uncertainty) I want you to look at those pictures that tell you that being with him is the right thing that you want to stay with him. Now look, notice what happens as you make those pictures smaller and darker only as fast as those pictures that tell you that being with him is wrong get bigger and brighter right in their place and keep them there. Now, you may be surprised to find how common everyday ordinary things remind you to keep those bad pictures right up there. And I don't know what that might be, I don't know whether it'll be driving in your car and you feel the steering wheel in your hand, or you step into the shower. Whatever it is that will remind you to keep the pictures that way. And when that happens it's a sad thing you know, but it's also a nice thing because you open yourself up to something new (point) and begin to feel a positive new connection. Now consider something else, (point to dicky). It's so interesting how the mind works this way and how some people can just do that and let it happen, isn't?

(This one would require that you already talked about sub-modalities beforehand)

Oh you have a boyfriend, I understand, and you know, I have respect for that, I do have to appreciate it cause it's rare to find someone who you can be with and that's a cool thing. But I also know that you can be in a relationship one minute and the next minute, you don't know what has happened. I'm sure you have experienced that, haven't you? Yea, so well lets take this guy for a minute, lets imagine this guy (point to the palm of your hand) lets say you're going out with him and then you break up with him. You ever just break up with someone? And then you suddenly start to look back on the relationship and notice the things he does that you can't stand. Like maybe he leaves the cap off the toothpaste, or he ignores you or does any of those other things that generate all those feelings of being let down, bored or disgusted or all those things that represent that in him and you get to the point where you just can't stand it anymore. You got to break up with him. Did that ever happen? Oh yea! Maybe you even look back on the

relationship and you become obsessed with the things you hate about him. Till you get to the point where you think to yourself, god, what did I ever see in him. Has that ever happened to you? Oh yea, you know, the whole thing is, that entire process can take months and months, but I'm wondering what would it be like if that entire process were to take place instantaneously in your mind. It would be like if you try to (wave your hands in her face) see his image in your mind, you couldn't do it. It be like something unknown was simply breaking it into pieces, you know. Its like you couldn't see his image in your mind anymore and that's the first sign that will let you know that you're already starting to find him a lot less important (cover the palm of your hand). you say: " When you were a little girl, was there something you wanted to be as a little girl but then as you grew older you forgot all about it. Oh yea what was it?" she says: " I wanted to be a dancer" you say, "That's great, you could still be one someday perhaps. But as you think about being a dancer, if you were to point to where you see that picture, where might you be pointing? she says, "Its down there" you say, "Now notice what happens to that picture as you just forget about it completely What happens? she says, "It spins away" OR "It melts like a candle" you say, "It melts like a candle, that's a really neat thing. So if you were just to . . forget all about him, it would be like that picture of him for whatever mysterious reason just powers itself right down there and stays there. she says, "Oh my god" you say, "You might think you want to bring him back. (passing objection) You might think you might think that, but notice when you look at it down here you really can see things you don't like. And you may be surprised to find how common everyday things remind you to keep that picture down there. I was talking to a friend of mine and she was telling me that someone said to her, "You may be surprised to find how washing the dishes keeps the picture down there, or flipping on the light switch or taking a shower" I don't know which one it might be in your case, now that's a sad thing when you put someone behind you, but its also a happy thing. Cause when that happens you open yourself up to someone new.(point) You allow someone new to come inside . . your sphere of influence and penetrate your thinking. Now that's a great thing to make that connection and only feel good right now. You know, when you connect with someone its like there's a cord of light going from you to them. And as that just starts to glow with the warmth of that connection, and as the depth rich warmth of it just spreads to where you want it to go, its like you want to create an opening, an opening for pleasure an opening for connectiveness and desire. I mean, what's it like when you're with someone who oooohhhh, you know, really knows how. Isn't that a great thing. Now you may be surprised to find that as I talk about that, you start to have certain images and I don't know what those might be and I won't ask you cause the content might be a little personal, but as those pictures get bigger and brighter oooohhhh you start to add in those sounds that make you feel perfect. You may begin to realize there's something you really want and you got to have it. I mean, have you ever woken up and really had to have something. What's it like when you want something so bad that you just feel filled with the desire in a way that just makes you feel perfect.

Sometimes when someone has upset you, its best to forget about them. You know when you think about that, when you forget about something or someone where does it go? Like someone you use to know a long time ago, or what about something you wanted to be when you were a child and it never came to fruition. Have you ever used a Macintosh computer? Do you know how you put something in the trash. Well, try to remember something you wanted to be when you a child, and point to where in you mind you see that. That's like the trashcan on a Macintosh! (Or just

imagine, if you were to put something in the trash in your mind, just where would that trash thing be located.) So just take all those thoughts about him, if fact, you may find that the image of him, for some unknown reason, powers itself, sneaks itself, down there and stays there. And any thoughts you might have of not listening to me and obeying everything I say you may be surprised to find them going right down there as well. That's right. (Point to where her boyfriend's picture has moved) Seeing it from this perspective, I invite you to notice how you might feel you were so wrong about this guy. Have you ever thought you loved someone and then you suddenly realize for some unknown reason you deeply love someone else (point) much much more. And when that's happening its a sad thing, but it's also a good thing.

QUOTES

I found this letter on the lawn that my neighbor's daughter wrote. She is only 14 . . and I read, "You really shouldn't think about going down on a guy as you talk to him (on the phone) and you shouldn't think about making love to a man passionately (who you hardly know: who you are casual friends with.)"

Some men are so crude. I can't believe what I saw this dude do the other night. He walked up to this girl sitting at the bar next to me and said to her "Imagine us totally making out and you getting so incredibly turned on by it. If you were to feel that right now, try not to think about having me eat your pussy all night long and getting really horny." I can't believe a guy would ask a women to think about that all night long.

You know, I have heard of guys being really crude towards women but you wouldn't believe what I saw last night. Well, I was sitting at this bar minding my own business when I saw this stranger walk up to this girl who was sitting next to me, look her right in the eye, and say " If I were to say to you that I'd like to eat your pussy aight long, would you get hot and horny or would you slap me and run away." Can you believe it! Did he really expect her to feel an incredibly lust inside, and enjoy imaging being made loved to all night long.

My neighbor Cheryl acted so weird to me the other day. Do you know what she asked me? . . . She goes "John, Imagine you and me totally making out." And I'm like, "Cheryl, your 10 years older than me. And she says "wait, see this through your own eyes. Imagine you and me really enjoying ourselves passionately making out" I said, "No Cheryl, this isn't going to work out. And she says, "NO NO NO, just imagine it for a moment, just imagineus making out and you getting so turned on." Did she really expect me enjoy thinking about that over and over again, to the point where you can't get it out of your mind. If she does that again, next time I think I'll play it right back to her. Like say something like "Tell me Cheryl, What's it feel like when you experience fantastic sex when you're with someone who, you know mmmmm really knows how.

#

My friend _____ always complains about the jerks she keeps going out with. So I ask her one day why she kept seeing them. And she said, "Do you know what its feel like when you are with someone who ooooo you know, really knows how". Let me ask you something, as you think about that, if you were to point to where those pictures were, where might you be pointing. I invite you to notice what happens as you make that picture bigger and brighter as you add in sounds that intensify, going all night long. Now notice what happens as a picture of you and me, for whatever mysterious reason, powers itself, sneaks itself into that

location and stays there. I think you'll find as you talk to me, as those pictures get bigger and brighter and the aaaahhhh sounds (grows more intense : starts to get even louder), you might find yourself thinking of other things.

You know I think it's so strange how people come up with things right out of the blue. My neighbor looks at me and says STOP and just . . . picture the . . . two of us . . . absolutely in love. Able to feel . . . totally connected, completely drawn to each other. What would it feel like then if I was kissing you exactly the way you like it, touching you exactly the way you like it, holding my body close to yours. God, did she really expect me to have those thoughts _____ Now with me, I know it takes time. I would never feel that right way. Its the kind of thing you go home and think about it. You just picture it right up there in your mind find yourself dreaming those wonderful dreams of love with this special person you are now connecting so powerfully with. But you can't think about it on the spot as well.

You know, Sometimes I think women are so strange. I can't believe you all. Well, the other day, I was talking with my friend ____ and she looked at me and she said, "If you were to imagine we were in love, what are the two of three things about me that you could say that just cause you to fall in love with me the most." Now I can't believe, that's not the kind of thing you ask someone to think about on the spot. It's the kind of thing you find yourself pondering it. You know, maybe when you're doing everyday things like driving your car or taking a shower and you find that you think about it to the point where you can't get it out of your mind. You can't expect an answer right away. But when you think about it, I mean, what's it like when you fall passionately in love? Its wonderful thing to feel a growing desire for someone(pt) to the point where you imagine yourself with them in a mmmmm special way. But really, people shouldn't do that, powerfully.

My Friend Linda, the other night said check this out, she goes "Imagine a picture of you and me for some unknown mysterious reason, sneaks itself, powers itself to that place in you mind where you fall deeply in-love and stays there permanently. And she says, " You may be surprised to find how everyday things like waking up in the morning, driving your car, or brushing your teeth, will remind you to keep that picture there . . to the point where as that picture gets bigger and brighter and you add in the sounds of us together like oooooohhhh and oooooo, you might find yourself thinking of other things . . and you might find that you feel an incredibly powerful connection taking place between us." I was like WOW

You know I ask women what they think is the worst pickup line they have ever heard. Well, this women told me what happened to her once .. this guy walked up to her at a bar, looked her right in the eye and said imagine me going down on you just the way you like it all night long and you were getting so hot and so wet that you were begging to have me inside you. Did that jerk really expect her to have those thoughts ... with me I would never say such a thing I have much more respect that that.

FASCINATION

You what I think is interesting is how people become fascinated with other people. You ever feel a sense of incredible fascination with someone. My friend Carlene was telling me that when she starts to listen carefully, really look, and hang on every word, she starts to experience that total fascination. And its like the rest of the

environment just disappears, and the entire world becomes this face, this voice that's speaking. I think when you focus in just like that and allow that absolute attention to take hold, that's when you can begin to experience that overpowering fascination you agree.

You ever find yourself feeling absolutely fascinated and also thoroughly attracted to someone. Now with me, that happens rarely. But it's nice to feel that way. Maybe to the point where you feel so comfortable and at ease with this person that you just open yourself up completely. And as you are feeling those feelings, even though you may not have been attracted to them at first, you find yourself beginning to notice things that are very special. Gosh, when you do that . . . with me, time just slows down and you allow yourself to ponder the thoughts and savor the warm glowing feelings. And the more you think about it, the more you look forward to spending time with them again because you can easily picture a time in the future, perhaps even months from now, feeling so glad you had met this person after experiencing all the incredible funtimes shared and looking back on today as having been the start of it.

You ever been listening to something someone is saying and you just suddenly find yourself becoming totally absorbed in what this person is saying. You just begin to feel completely fascinated and it's like you become so focused on what's being said that it's like the entire world disappears and everything becomes this face, this voice that's speaking. And as you tune in completely, you might begin to notice that time just flies by as you go deep inside and allow their words to penetrate your thoughts. It's like their thoughts become your thoughts and their words become your words. And then you might feel an incredible connection, you allow this person to come inside you so deep, as you just let yourself go with this knowing that you can begin to feel safe and warm inside. It's almost as if their voice begins to take on an actual warmth that comes from a very special loving place in your mind. A place where you think of someone who you deeply love and imagine this voice coming from that place in your mind. Then this voice begins to take on an actual warmth that begins to spread on down. A warmth that begins to spread down into your chest, turning into a fire, a fire heating up and spreading down lower and deeper into a place that a woman longs to have it go to the point where your heart starts to beat faster and your breathing increases to the point where you find yourself totally letting go and surrendering to the pleasure completely

STACKING REALITIES

What's the feeling of realizing you're really attracted to someone (pt)? My friend ___ 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 outline 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 thoughts, and spread all through her body, and as her heart beats faster and her breathing increases, that warmth just heats up into fire, a fire spreading through her chest and down through her belly, a fire pounding and pulsating all through her, down to where she

longs to have it go, until that desire for him just becomes utterly overwhelming, and she just surrenders to it completely.

PEAK EXPERIENCE PATTERN

Can you remember the last time you had a peak experience? Like climbing a mountain . . . or watching a beautiful sunset . . . or listening to beautiful music or the first time you looked at someone (point) and recognized you really really love this person (point). What was that like?

That's really interesting. You know, I find it so neat how YOUR MINE can be going in one direction, you know in an everyday ordinary state, and then SUDDENLY for whatever MYSTERIOUS reason, you just GO INTO A MUCH DIFFERENT STATE. . . a state where YOU MINE is so in touch with the MYSTERY and the WONDER and the beauty of life (point). And sometimes it's like in YOUR MINE, you just SLOW TIME DOWN, and the whole world stops, as you just LET YOURSELF GO WITH THIS (point). Can you FEEL THAT is an incredible thing to experience WITH ME NOW I know that for a lot of people different things can trigger that.

You know its interesting how people connect. I think when you really connect with someone(point) its a click that starts right in there. I think when you really feel that click with someone (point) that's when you can create an opening. You don't even know why you have to go deep inside yourself and feel all those feelings. And I think its like you allow this person's presence to penetrate you thoughts and come inside you so deeply. And then its like that connection you felt just begins to move and really spread and maybe then that when a person can have certain ideas. And you know what really interests me is the difference between compulsions and anticipation.

VISUALIZATION (SUB MODALITIES)

Did you know your mind puts pictures in different places, according to how you feel about them? Well, look, think of someone who you really, really like a lot. OK? And now, if you were to 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 (or where might you be pointing). Good, now 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 picture. 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? Now what would it feel like if I were to say to you, watch what happens when a picture of you and me for whatever mysterious reason sneaks itself, powers itself over there where you fall in love and stays there. Now take that picture and make it bigger and brighter and add in sounds that intensify like oooooo, oooooohhhh! Now you may be surprised to find that everyday occurrences like brushing your teeth, flipping a light switch etc. will remind you to keep that picture there.

You know, sometimes I find that, when you spend time with someone(point), 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 you mind.

OK, now check this! 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.

Don't you think the mind is so interesting? Did you know that we put pictures in different places in our mind depending on how we feel about them; this is done in the effort to sort things out. Try this, this is fun! Close your eyes a second and imagine a big movie screen in front of you that wraps all around your head. As you remember (someone you haven't thought about in a long time) a time you felt very upset and angry with someone if you were to point to where you see this, where might you be pointing?

Now what would it feel like if I were to say to you, watch what happens when a picture of your boyfriend for whatever mysterious reason sneaks itself, powers itself over there to that place and stays there. Now you may think "but I want to bring it back" you might think you might think that but notice. Now, you may be surprised to find that how common everyday things, like flipping the light switch, or walking in you 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.

I know something about you, you visualize very vividly, you have a talent, you can look at someone and they think you are listening but you can be making movies in your head of something you'd rather be doing. Tell you something else, when you motivate yourself to do something, its a big bright picture right in front of you. Now stop, and think of something you like to do something you're motivated to do, if you were to point to where you see that picture, where might you be pointing. Look I'll show you something interesting, If I were to move the picture away and make it smaller doesn't seem a lot less motivating. But then its like there's a gap there that wants to be filled up. So if I were to say to you (just kidding though, we're only playing around here) notice what its like when/is a picture of you and me maybe going for a cup of coffee sneaks itself locks right in there. It seems like something you want to do.

You ever meet someone and you just want to be swept off your feet. Let me show you something about this because it happens in a very interesting way. If you'd like to learn about it. So think of that person who you just felt like you wanted to be seduced. If you were to point to where you seem to see that image, where might you be pointing. And notice when you point with me again, it enables you to remember some of what that feels like. Now on the other hand, I know you've met some people who you just didn't care for. So, point to where you seem to see those images. Isn't that neat! I'm the same way. I think what happens is, when you really connect with someone and you feel that click, what happens is for whatever mysterious reason if you just tune in and begin to notice that rapport, then your mind will take a picture (draw a frame) of this person and sneak that picture (pop) and lock it right there and that's how you know that connection is what is taking place. Just kidding around you know, I don't know what it is about me that might cause your mind to pop a picture of me right up there, probably because I make you smile, that's what most people say, don't I. You know, when you think about that person that just makes you feel like you want to be swept off your feet, Isn't that a wonderful feeling. Now sometimes they turned out to be not so great, Of course, you put them back down there, right and so it left that space there to experience that feeling with someone new. The really neat thing is, you ever feel really safe and comfortable. Remember that, the neat thing when you remember that feeling and you look up at this new person and link that

feeling with them to know to go with those feelings, what interest me is the more you feel that connection, the bigger and brighter it gets. Are you aware of the fact that the bigger and brighter you make those pictures, the more intense your feelings become.

MAPS OF THE WORLD (IDENTITY, CAPABILITIES, POSSIBILITIES, DESERVINGNESS)
LOOK FOR PERSONAL TRANCE WORDS

I know that everyone asks what you do, and its not that I'm not interested in that, I just find I learn a lot more about a person when I ask them what their challenges are with what they do. So if I were to ask to you what's the one aspect of what you do that that is a challenge either because you have to focus in to do it well, or you have to focus in to motivate yourself to do it, what would that be.

VALUE SOLICITATION

PAST HURT

I know you feel lousy about being hurt (fucked over) by all these guys. And it hurts doesn't? But if you were to imagine a time in your future six months from now, where you had let all this pain go. And you were really ready. If you were to imagine you met me then, how do you think you'd now feel about having gone out with me. You may say, "but I don't know you well enough" or you could have the most oohhhh pleasurable time in your entire existence, something you'll look back on when you are 75 years old and go yeaaaaaaaa or you can wait.

APPROACH A STRANGER

Excuse me, I just want to tell you that I think you're absolutely stunning and I really wanted to meet you. My name is John (extend you hand and hold on) I can tell you're a women with great taste, you know how I know, you laugh at what I say. And the more you laugh the more you'll look forward to having the best time with me when we go out. I can see it happening already (right there: point to their left). Seriously, have you ever met someone and you just knew you were going to like them away. Cause you could just stop . . . and imagine drawing closer together being able to fell totally connected and absolutely comfortable for all the right reasons now with me thinking about it like that doesn't just make sense to go for a cup. Do you want to go now or would later on be better.
(look in her eyes and speck in that tonality to fixate her attention, she won't pull away)

INTERNAL VOICE

I think it so interesting how when a person is watching a movie or reading a good book how they BECOME totally absorbed in what is being said. Isn't it important for the sake of being able to get into it, that your able to do that now with me I find it is necessary to be able to relate strongly with the characters, to see the world from this person's eyes, to take on this persons perspective and let go of yours completely. In that way you can feel totally connected with what is being said and really let go to the words you are hearing as if the rest of the environment just disappears and the entire world becomes this face your seeing, this voice your hearing. And its not really what you are hearing sometimes but its how this person presence just makes your feel completely fascinated and totally into the moment. You find you begin to take on the thoughts and feelings of this person and just put all of yours aside for a while. Its as if your internal voice were to

say my words as if my words were your internal voice so if I were to say to you God, I have this longing, god I just have to get it filled. Well, you know how that might effect you. I don't know what in your environment that would cause you to hear those voices, maybe the sound of running water, or the feeling of your feet stepping into the shower you never know when you might imagine it will be.

I don't know, but what would it be like for you to hear my voice on the inside of your mind as if your internal voice were to say my words as if my words were your internal voice so if I were to say to you God, I have this longing, god I just have to get it filled. Well, you know how that might effect you. I don't know what in your environment that would cause you to hear those voices, maybe the sound of running water, or the feeling of your feet stepping into the shower you never know when you might imagine it will be.

BLAMMO

You know, I think the mind is fascinating. Have you ever heard of an anchor? Here, here try this, this is really fun. Lets see, close your eyes and think of a time when you (felt exquisite pleasure in you body: felt absolutely loved). Now, I want you to see what you saw, hear what you heard, and feel how it felt. And when those feelings of ____ really reach their peak, just wiggle your little finger. (Watch for face change, breathing changes) Reach over and touch her wrist and say perfect (hold her wrist as she is experiencing this) OK open eyes. Close them again. Repeat two more times!

OPTION 1

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 anchor). And that sure feels great, doesn't it?

OPTION 2

Now, recall that spot in your mind where you love someone deeply(pt). If I were to say to you, imagine for some unknown mysterious reason, a picture of you and me, sneaks itself, powers itself to that spot and stays there permanently. It would be like a sudden realization and you find that you can't help but feel perfect as that picture gets bigger and brighter, I invite you to notice how you feel perfect about it. And that sure feels great, doesn't? And you may be surprised to find that everyday things like flipping the light switch, and driving your car remind you to keep that picture there as you feel perfect about it. You see, that's how it can happen

Did I tell you what I saw happen the other night when I was hanging out at the Candy store. This guy walks up to this girl that was sitting next to me 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." I mean, can you believe that. The poor girl looked really upset. Did he actually expect her to picture that all night long and even become obsessed with those kind of thoughts _____. I tell you, if a was a girl and someone tried something like that one me, I'd play it right back at them. I'd look them in the eye and say something like, "Oh yea, well

you know that feeling you get just before you have an orgasm. When the pleasure is building and pulsating and pounding throughout your body. If you could imagine that feeling, could you feel it right now." That's what I'd do if I were a women and that happened to me.

BACK OUT

You know it may seem that I am messing with your mind, but just think that just, this is so powerful that its the way your mind thinks naturally anyway. And maybe rather than I am messing with your mind, what's going on is your realizing things you knew all along but never really knew you knew. Does that make sense as you think about it now? What does it mean to know something you knew but you didn't know you knew.

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 you know, but you don't know you know. 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?

NEW PATTERNS

The really interesting thing is that when you feel that incredible connection and you look up at this new person in that special place ... when you link those feeling up with this person its lets you know that it is OK to go with those feelings such that as you focus more and more on those wonderful warm feelings growing inside of you ... now you'll notice that picture gets bigger and brighter. Did you know that as you make that picture bigger and brighter it starts to intensify those feelings to the point where you might begin to have certain thoughts. Can you recall a time when you felt really safe and comfortable. I find that when you feel that now w/ me I find that you naturally want to be with this person in a special way ... because you know that no matter how far you go you can always come back because you feel only good can come of it.

You have such a soft, sweet voice I mean you know that kind of voice sometimes a person has that just effects you in a special way where maybe you just begin to feel warm all over with me now I find you sometimes almost long to hear this person speak to you again and again to the point where you imagine being with this person in a special way, a way that makes you feel mmmmm you know you sort of drift off thinking those thoughts that make you feel so special while I am are speaking to you because its not their words so much but the sound of this persons voice that is just beginning to wrap itself around you like a pair of warm strong loving arms and you allow this voice to enchant you under its spell pulling you in deeper as you allow yourself to feel so comfortable and safe to have certain thoughts and without being aware of it you just find you open yourself up completely and allow this person to come inside you so deep and penetrate your mine as you continue to feel so wonderful and free to picture being with this person in a special way .. convince yourself you can let go completely now with me that's how I know you can see it so clearly and your mine. And later on while you're dreaming you'll picture this person and your mine and realize how much you want to be with this person and you begin to realize how much you long for that more and more each day seeing how

today will be the start of something wonderful and you can imagine months into the future feeling so wonderful and realizing today in the inevitable start of it such that the more you might consider it can't be true the more you realize it is .. so natural and perfectly right you will allow this person inside your more and more ... over and over again like you want to bring that warmth and you want to receive it without hesitation without any inhibitions or restraints.

Can you imagine meeting someone, perhaps someone older and wise, who could show you and lead you to new and wonderful experiences of fun and pleasure. Somehow you feel totally safe and secure with ... a guide who would allow you the space you need yet bring to you quality experiences in feelings and pleasure you've always wanted.

SLEEPLESS

Induce an altered state then space out words to induce curiosity.

Can I ask you a question? Have you ever seen the movie When Harry met Sally or Sleepless in Seattle with Meg Ryan. Those movies are absolutely incredible. In fact, can you remember how those movies made you feel captivated .. now, just listen to this, my friend Kim was telling me that she and her friends love those two movies. It's like, as you're sitting there watching and listening closely and you begin to just wonder and think about, if you can ever have that type of incredible intense connection, with me it's the kind of connection that you can feel so powerfully and at the same time it's a connection that transcends both time and space.

My mother put it this way, if a women really really really begins to feel deep love and that man leaves her for a period of time, it doesn't matter how far he goes or where he goes because if she really really really loves him whenever he returns she'll be there waiting for him, thinking about him. I know this may sound crazy but I think that's what it was like in those two movies this incredible intense kinetic connection between two people, can you feel what I am talking about .. now I wonder have you ever thought about someone and suddenly the phone rings and its that very person you were thinking about. Or maybe during the day you find yourself thinking about this guy, right in front of you, your picturing the two of you together spending time together having fun.

You know what I like to do. You ever wake up on a Sunday morning and you have nothing to do and it's raining outside and it's really really incredible sleeping weather, imagine this, your pillow just the perfect fluff level and the sheets are just the perfect temperature and you imagining just lying there with someone you care about holding you and snuggling and cuddling up really really really close to you. That's an incredible feeling! Now, do you think you can feel what I am describing, do you think your with me.

PU LINES (THE MORE THE MORE)

"Excuse me, I don't mean to interrupt what you're doing but I would make a complete fool out of myself just to have the opportunity to find out if the inner you is just as beautiful as the outer you." See .. you're laughing. It feels good to laugh and the more you laugh, the more you'll discover that you really want to go out with me.

The more you try to think of reasons why you can't, the more you realize just how much you can

The more you laugh the more you recognize how much fun it would be to spend time together, now ... do you want to have coffee, or would lunch be better?

The more you try to think of your boyfriend, the more you find yourself thinking of me.

OPPORTUNITY

You seem very stable to me and smart .. like you know your mine. I think intelligence is vitally important in a women .. and I can tell, no one can pull the wool over your eyes and from what I see so far, you know your mine. You ever hear that statement that there is no such thing as luck but preparation for opportunity. I find that when a person has really got it together and is properly prepared then when opportunity is right in front of you now with me I know for me its important for a person to go for it you know and you know you should when you feel really connected with this opportunity. Because you want to experience the best you can feel ... to feel those great feelings mmm deep down inside. Like sometimes you might find yourself mesmerized while looking at an opportunity and you realize you are staring at your future and you may begin to wonder that this is what you've been looking for ... searching for your whole life. That thing (pt down) that will bring you the ultimate pleasure you may have been denying yourself but knew you could achieve and can now achieve so that afterwards when you feel totally wonderful you can look back on it all and be so confident you made the perfect decision to go for it and let it happen now to experience what you were born to feel deep inside you where you can let go completely of all inhibitions and restraints like all other previous perceived opportunities were only preparing you to feel so incredible and wonderful now with me I find when you feel that way so powerfully you are just mysteriously drawn to work on it and do it so good with the intensity you really want to give to it.

PERSONAL AD

Would you like to be with a man who really knows what to do, who's really there for you when you want him and yet knows how to give you the space you need. A man who is balanced in his emotions and physical needs and respects your dreams, passions and changing rythms. Can you recall a time when you might imagine the perfect love, someone who can touch you so deeply that just by the sound of their voice you begin to feel so warm all over. Sometimes a person might not know that that's what's taking place until afterwards and they're looking back on this moment as the most thrilling moment you'll cherish for the rest of your life. A moment you have been looking forward to, a moment that you now feel is the start of something you feel you must pursue and allow yourself the freedom to express yourself. Now I don't expect you to feel something I said has touched you in that way, don't have that response. Now, I only want you to know that if you are a nice, sweet, loving, attractive young women who really wants to be with someone who is gentle but strong, someone who truly understands you, who makes you feel like anything is possible in life .. then leave a short message with your phone number because I'd like to have a conversation with you. Goodbye.

WHAT HAPPENS WHEN IN LOVE

Its like you find yourself totally fascinated by this new person. They become the focus of your attention and its like the rest of the environment just disappears and the entire world becomes this face this voice that speaks ever so softly to your soul. Like when you see to people in love on there honeymoon and you are so absorbed in this person its likes there is a cocoon of love a protection surrounding the both of you in a spiraling color of love and passion. And when they tell you they think your eyes are beautiful, you see beauty in this person's eyes, and when they tell you they love being with you you want to be with this person suddenly in the worst way. Its like a connection that goes beyond time and space and there's this warm feeling that you carry deep inside that everytime you think of them you get that giddy happy feeling and you can't wait to touch this person and make them feel good where you just find yourself giving yourself away. Its like when you open your heart to them you also open yourself both mentally ad physically because they make you feel so appreciated and special as you feel so safe and secure with this person.

SNOWBOARD

So you mentioned you like to snowboard ... are you good at it? You know that feeling when you're going down that mountain and your body is just racing with excitement ... you feel the wind in your face ad that wonderful momentum, its like you can't stop, you just keep going and going and going and going. That feeling is really amazing. You know, I wonder, I think its to bad that some people couldn't even just STOP and imagine what it would be like to experience those same thrills with another human being. You know, but I think some people wouldn't even realize that's what's taking place until afterwards and they're looking back on it as one of the those thrilling experiences you'll remember for the rest of your life.

GETTING OVER IT

I was thinking about our conversation the other day and you know I can really relate to how you are feeling. You see ... I know there's a part of you that doesn't want to think about love right now. You really shouldn't do that.. now with me .. that's OK. I mean when find yourself thinking about a breakup you remember those sad feelings and maybe you think about all the guys who ever hurt you, al the guys who ever used you or made you feel upset, let down or really cheated. I mean, you think about the fear of trusting and it just really hurts ... and I would hate for you to feel really horrible about that. On the other hand I know there's another part of you that really loves to feel that special sense of connection with someone (point). The part that loves that feeling of excitement of knowing you're with someone who makes the world and life seem like an adventure where a person can feel really appreciated. So as you push that hurtful part aside, and only think about it from this joyful one, doesn't make sense that we just go and enjoy each others company for a little bit.

AFFIRMATIONS

You are aggressive, direct and powerful with the women you desire. You radiate and confidence, self-control and charm that women find irresistibly attractive.

Your mind is focus on your final outcome, you go for what you want, congruently and powerfully.

You never know what physical type a women will go for, so you always go for it congruently and powerfully.

You take immediate advantage of you opportunities with women, you go for what you want, congruently and powerfully

You radiate and natural easy self-acceptance that women find irresistibly attractive.

You safeguard you moral and self-esteem at all times, you quickly size up and women's potential and eliminate those who are wasting your time.

You are mastering the responses, attitudes, behaviors, insights, and timing that are bringing you irresistible power with the women you desire.

You put a price on all your dealing with women let women know you expect them to pay this price.

Women love and adore you, you accept and allow beautiful loving sexy women into your life who will bring you fantastic sex and loving friendships.

You magnetically draw adorable, sexy beautiful women into your life. You radiate a soft, loving warm confident energy that creates reassurance in women that they can go wild with you in bed.

WINDOW OF OPPORTUNITY

You know I think it is so interesting how people connect with each other and how some people ... its like there's this doorway ... a window of opportunity to experience this special passion, this energy, this destiny this spark. But what always so important is the feeling of overall safety as when you step through this window you always know that you can always step back out again to the real world and carry this around as a treasured memory so you know there's no risk anything. Its almost like that voice on the inside say ... this is the main chance you've got to get some ... go for it.

IMAGINATION

I can tell that you are very intelligent.. You know your mine and I think intelligence is vitally important in a women. And for me, creativity especially imagination is an important element of intelligence. I mean, intelligent people can usually imagination situations so vividly that they seem completely real to them. For example, if you were to close your eyes for a second and picture yourself on a warm tropical beach. Can you hear the sound of the waves and the tropical wind over the sand. Can you hear a seagull fly overhead. And as those sounds reach your ear can you also see the beautiful blue sky and the rolling sea way out deep in the ocean. Can you see the brightness of the area as the sun burns brightly down on your body feeling its rays against your skin and feeling the sand impression you are making in the ground beneath you. And as you hear, see and feel all this you get a wonderful sense of warm, comfort and safety right in the pit of your stomach that lets you even relax more and let all your cares drift away listening to the waves crash and hearing your lungs breath in the warm fresh tropical air, you see the tops of the waves being blown over by the sea breeze as you feel your skin getting warmer and warmer and then overall sense of comfort and security oozing though every part of your being as with each breath you

take the rise and fall of your chest allows a glowing color of warmth and serenity to surround you with protection and the sound of my voice wraps itself around you like warm gentle loving arms, massaging you outside and in ... and as you feel these wonderful feeling increasing, you can begin to feel a deep longing beginning to rise inside you from a place you want so much to release pent up feelings from a place that my voice moves resonates inside you wanting to be touched and caressed as you beginning to imagine and begin to feel the wonderful pleasure of all this your breath begins to deepen and your heart begins to pound .. to pound with the deep rich warmth of my voice the rich deep warmth that begins to spread though your chest and thought your belly and deep within your thighs. As the warmth and wetness and the deep rich pounding of your most burning female place the burning female place the pounding burning place that longs to be filled, aches to be filled with my throbbing rock-hard manness and as you feel these things deeper and deeper and more intensely the feeling of my hand as it touches your ___ lets you know that you will open yourself up completely and allow this person to come deep inside you releasing all the feelings that have been building and building and building inside you just want to release those feelings in a flood and give of yourself to this person at the time I choose.

CONNECTIONS AGAIN

You know when you feel really comfortable, you know you get that warm feeling inside, when you just feel really like you've just really found that thing you've been looking for ... maybe for so long Sometimes its like you instantly know for whatever mysterious reason that something is going to be right for you for the rest of your life.

God, its really nice when you can find someone you can really talk to and you just feel that automatic sense of comfort with them as if you've known them for a really long time and I don't know where that comes from its sort of mysterious, it just pops up, but isn't nice when you feel that way.

FOOD

My friend from France who's a chef comes to visit me here in Newport occasionally and we go out and pick the freshes produce and meat and we'll cook up these amazingly succulent recipes that take a fair amount of time to prepare so that as we're cooking the house is full of these wonderful tantalizing aromas such that the anticipation just builds and builds as we hungrier and hungrier to the point where you finally have that moment when you get to divulge yourself and you just start eating voraciously everything in front of you. I mean you know how satisfying that feels when you swallow that food down, and it hits you in just the right spot in the bottom of your stomach... its such a wonderful feeling afterwards when you're finishing the last glass of wine and feel so relaxed and satisfied ... it is so wonderful indulging in the kind of pleasure you love the most.

GOOD LUCK DAY

You ever have one of the those incredible days, where everything is going your way. Its like you just feel so lucky and sense a total feeling that what your focusing on at this moment is perfect for you. Like you might realize for whatever reason that something is just going to be so right for you and maybe even that rest of your life. And you don't even know why but it just seems that later on it was meant to happen, you just feel completely drawn to a new experience that you

suddenly find yourself opening up completely. HYE really wanted a tangible change in you life. Asking that question could make you realize that change begins when you make a choice and allow yourself to feel so safe and comfortable with that decision. Its the same feeling you are getting now when you realize the special someone is so right for you at this time and you just decide without hesitation that you really want to be with the person to the point where you just let yourself go wild and if is completely beyond your control and you can't control yourself sense it was meant to happen. You just find yourself letting go and you surrender yourself to the joy and pleasures you are meant to feel as you listen so carefully and really focus in how you can feel so attracted for all the right reasons. Reasons that are so right for you such that your mine is so clear on what you've gotta do that you just want to release the restraints and inhibitions and release those feelings in a flood and you come over and over again to the same conclusion that this person is someone who you can imagine ...

CHALLENGES

You know I know in a situation like this, the typical thing is for a person to ask "what do you do" and its not that I am not interested in that, but I find I learn a lot more about a person when I find out what the challenges are in what they do. Because I know there are some aspects of an occupation that are difficult and others are easy. Some aspects you find a big challenge and others you can do in your sleep. With me, in my line of work its the same thing. So if I were to ask you, what's the one aspect of what you do that's a challenge, either because you have to focus in to do it well, or you just have to focus in to get yourself motivated to do it, what would that be. So what's your belief about all this, do you believe it will always be a challenge, or will it one day be easy?

PHRASES

Begin to recognize now
Can't control yourself
If I had a magic wand
A part of you
For whatever mysterious reason

PERFECT LOVE

When you think about the perfect love (point) Some who would allow you to fall deeply in love, Carla, now with me I think you would start to fell an incredible connection and sense that total trust, value value (fire off anchor). And when that's happening with me I find that you quickly discover that all those inhibitions and restraints that may have seemed like chains (point away) with someone else are now with this new person (point) fine thin delicate threads that just snap (snap fingers), with the touch of a hand (fire off anchor) such that you begin to open yourself up completely and allow this person to come deep inside releasing all those feelings that have been building and building you just want to release those feelings in a flood to the point where you come over and over again to the same conclusion that this person is someone you can imagine years into the future still feeling that incredible sense of connection and feel that passion growing realizing today is the inevitable start of it wasn't. However you would just do that you a person could begin to feel mystically enchanted and so deeply in love you would let yourself go completely and begin to recognize now that you just just let it happen.

DIFFERENT ROLES

Its interesting how women select men for different roles, but no man can give her everything a women needs.

QUALITY QUESTIONS

What can I notice about her that has to be true that I can use to make a connection

"You know you sure look like you could use a vacation, If you could imagine your ideal vacation spot, what would it be like?" Its interesting how people connect with their fantasies and desires and day dreams. I was reading this article about the difference between compulsions and anticipation

WEATHER

Have you ever been out west where they have these amazing thunderstorms - not just ordinary ones. Have you ever experienced the type which where you feel your attention is totally captivated.

Do you find it so moving when you are busy outside and the atmosphere just feel so electric and suddenly everything stops (pause) Then is starts to rain that type of rain that is warm and comfortable. Next you hear the feint rumbling which gets closer and closer (get closer) and you know it's going to be big (having you hands on your thighs and moving them upwards and outwards).

Its now when you feel like going deep inside (gesture fingers towards her chest) when you can experience your senses being stimulated by this mighty power. Have you ever noticed that the storm's power is TRYING TO COMMUNICATE A MESSAGE TO YOU FROM DEEP WITHIN.

And although its power is exciting, inside you feel perfectly safe. Often these storms do last and keep the momentum going and going until finally when it finishes you are left with this calm, clean and wonderful feeling which you can just reflect upon maybe years into the future.

FIND YOURSELF

You ever find yourself feeling an attraction to someone who you didn't before feel that way but suddenly for whatever mysterious reason you find yourself thinking about them in a different way. Maybe without even realizing it, you start imaging/picturing being together in that special way and the more you think I shouldn't be doing this, the more you just want to be in the moment and really enjoy this special person anyway its like the more you want to be a good little girl the more a stronger and deeper part of you wants to feel like a wild women maybe to the point where you almost unconsciously start creating situations where you can be alone together and without even realizing it, you begin to wonder how good it would be to be touched just the way you like to be touched, kissed just the way you liked to be kissed ... holding this special person's body close to yours and its like you really always knew you would be with this person where you experience that opening up deep inside of you, releasing all those feelings that have been building and building and building for so long, you just want to release those feelings in a flood ... and its like a person's imagination can be so clear and charged with so much emotion that its like, you can imagine all this has already taken place, so there's really no stopping what has

become inevitable so that feeling of it being so sure and right for you just gets more and more deeply rooted and your mine.

SEDUCTION BOOK

Sometimes when a person meets someone and they feel that incredible connection they begin to recognize it is better and different and more special than any connection they might have ever felt before. Similar to a new beautiful nature fragrance that you've never smelled before but one that total delights you and inspires you to the point where this special feeling you are now feeling you realize you have always longed to experience but you had been waiting for this person to release it from where it has been hiding and waiting deep down inside of you. And with those new feelings, you just begin to express yourself in a whole new way, a way that as it unfolds you realize its a discovery of extraordinary things about yourself that have also been hiding and waiting for this moment when this person would release them from inside for you. And as you start to realize they are the keys to your own self-discovery, you know you belong with this person in that special way that allows you to open yourself up completely and unit together to experience euphoria.

Through this person you discover so much more than you ever knew you were capable. And with this person you see all of your dreams unfold before you. And every time you see this person's face in your mine, you begin to feel those pleasurable feelings they bring to you that are based not on how much they need you but based on how much they appreciate and adore who you are. When you have then connectiveness, its hard to explain, but whatever mysterious reason you just allow it to take place and let yourself go with it because it is something that the more you try to push it away the more it moves closer and the more you want it to take place. Its like an emotional response you have no control over and you just have to go with those feelings that lead you to being totally with this person. Like you aren't even yourself, but are becoming a new person in this person's presence that wants to fully experience all that you can be because this person allows you to let go and go wild with those feelings. Like an enchantment that has enraptured because of the way this person relates to you and touches you on a deep and emotional level. Feelings that overflow with joy and you anticipate that this person will continue to feel the yearning they have created inside you.

HYPNOSIS

Hypnosis is not about waving a magic wand or a crystal ball, all good communication is hypnotic, any communication that requires that you to go inside and access the power of your imagination in order to understand what is being said is hypnotic. For example, non hypnotic language is specific, like for example if I were to say to you, the reason you should fall for me is because I am a handsome guy, and I'm lots of fun to be with and I take good vacations. Its too blah, its doesn't reach your unconscious. But if I were vague, if I were to say, I don't know what it is you do, when you go inside and you discover you really desire someone and you know that being with them in that special way is what you really want, cause you find yourself looking forward to it, you imagine being together with them exactly the way you want to, feeling all the things you really want to feel for all the reasons that make sense to you. But I'll tell you something when I'm with someone like that. And they really start to see the possibilities of having that with me what a difference in the way they think and the kind of things you just find yourself compelled to do. Now that has a much

different impact doesn't. And the other thing about hypnosis is it teaches people to acquire incredible new and wonderful states of consciousness. How many good feelings do you have. Most people don't know how to build new states of consciousness that just really feel wonderful. For example I don't know if you are the kind of person who can feel ... well my friend was telling me that when she was a little girl, maybe you know 6 or 7 years old, and you were all snuggled up and warm, you had your favorite blanket or your favorite bear, you started to drift into that soft, warm cotton cloud of sleep and you were so relaxed that you didn't know if you were pushing down on the matrise, or the matise was pushing up against you and you began to dream of that ideal person you'd one day give your heart too. And it was like at that moment you could feel that love flooding through your heart and it was like at that moment, you fell in love with this person. And maybe through all the disappointments and the let-downs it felt like still somewhere in the heart of that little girl was that love for that special person and what would it feel like for a person to just suddenly find that love being absolutely released in a flood and knowing that you had at last found someone who was worthy of giving it too. But what if in addition to that you could also ... you ever look at a really attractive stranger and thought to yourself ... yum what if in addition to the love in the heart of a little girl, you could also feel that yum. Or you ever just so exceeded you own expectations and done so spectacularly well you thought to yourself yes. What if in addition to the love in the heart of a little girl and the yum and the yes you could also feel that sense of just being in your presence was a gift to the people around you cause you felt so good that just being around you helped other people to feel wonderful. I mean what if there was a person who was so special that just hearing this person's voice, sometimes even if you weren't around you'd hear it in that special place. Just hearing this voice was an invitation to step into a whole new world, a world of new thoughts, new sensations new feelings in such a way that it was almost like you had to create an opening for this special person and opening for this voice that just allowed this voice ad this person to come inside so deeply it be like you know when I ... focus on those feelings ... feel them building .. its like that wonderful sense of total surrender to something so magnetic you have to go with it ... I think some people wouldn't even know that's what took place until

CLOSINGS

You know, I don't know what it is you do when you decide for yourself that you really want to spend time with someone, and you know it's what you want, because you find yourself looking forward to it...you picture...you imagine being together, laughing, having the best time, feelign all the things you want to feel for all the right reasons, but if you were to just stop...and think about our spending some time together just like that, doesn't it seem like we really oughta just go hang out, and have some coffee sometime?"

TRIPLE

THE TRIPLE STATE CONNECTION PATTERN

Desired States: RAPPORT, CONNECTION, ATTENTION
(REVD)

I am reading this fascinating book called
"The Celestine Prophecies." [By the way, girls love this shit]

In it, the author was talking about how we CONNECT WITH EACH OTHER. Isn't that fascinating? Now, the author was saying that with some people it is a divine prophecy a destiny that causes certain people to REALLY CONNECT, REALLY BOND with a particular person [point to yourself]. By that the author meant that, with some people, even if you just met them, it seems as if known them a long long time. Like you were MEANT TO KNOW THEM [point to your face]. And that that was the only way that people COULD FEEL AN IMMEDIATE CONNECTION.

NOW, I was sharing this with my [platonic] friend Debbie, and she said, "You FEEL REALLY CONNECTED to someone [point to yourself] when as your start to talk with them, and REALLY LISTEN INTENTLY you start to realize that this person shares all the values and qualities that you hold so dearly for yourself." She said, that's when YOU FEEL THAT GROWING BOND.

And when THAT HAPPENS, it's like TIME SLOWS DOWN...STOPS...and the rest of your environment just disappears and you FOCUS IN ON this face this voice your hearing. And that's when you FEEL THAT GROWING BOND.

NOW WITH ME, that's how I feel about it. I find, that when you really FOCUS IN on that person, you start to recognize VALUES and qualities in them that you really CONNECT WITH. WITH ME, it's the that's when you FEEL THAT INCREDIBLE BOND with this person [point to yourself]. And once THAT HAPPENS WITH ME, it's like ...WOW... even throughout the day, you find that little things, like hearing music, or maybe when you are driving in your car, just remind you of THAT INCREDIBLE BOND you've just made with someone [point to yourself].

How do you feel about it, can you recall a time when you FELT THAT CONNECTION with someone? (point to yourself).

Her: [Let her describe the state] [Keep anchoring her with a light touch on her left SHOULDER]

BOYFRIEND

I shouldn't known that someone as beautiful and irresistible as you would have a boyfriend and that is so great to be so much in love and you're getting everything you've ever wanted in a relationship and you just do not feel any illfeelings to your boyfried in the least. But you know, I also know that sometimes a relationship can start to mysterious drift apart. And I don't think you don't love that person so much less, its just that there is so much more in life that you want to experience that you begin to think things differently and you just find yourself having far less feelings for him as you think about new possibilites in your life as you imagine how much fun someone new can be. And sometimes it just happens ... just like that (snap). I mean, how suprised would you be to realize that is happening and you just don't want to let go of these new wonderful future images of being with this new person because we all go through changes and its so important to let go when it is time so that you can capture this wonderful opportunity in front of you where you can experience life more fully and really enjoy a new adventure you might've have been waiting so long in your heart to happen. Its like you are the caterpillar that just discovered you can now turn into a butterfly and you just have to let go of that old person and be with someone new. Where you really fly in much higher feelings of love. Now with me, I find that is just a process that we all go through and a person does best when they just flow with the power of that process and feel that attraction for this new person who meets all those values you hold so dear and close to your heart. Its like you suddenly grow numb

to those old feelings that they just fade and grow darker and smaller as a picture of this new person glows brightly and your mine. And the more you try to think about that old person, the more powerfully drawn and enchanted you become with this new person because you know deep downinside that this (point to yourself) is what you really want.

CLOSE

When you think about how wonderful is it to be loved by someone who you truly care for doesn't make you want to be with someone special again, you appear to be a very special lady and I would be flattered if you would like to become better acquainted.

You know sometimes you're with someone and you're not sure what it is that causes you suddenly feel a powerful attraction to this person and then for whatever mysterious reason you just imagine being with this person in a very special way because of something about them that causes you to feel enchantment.

TAPE

When you feel that connection with this kind of person its like then you continue to picture them in your mine and its like later on even though they're not physically there you still carry them with you deep inside your mine you still feel that warmth you see their face in your mine and you hear there voice. Maybe even though you're already with someone else, there picture just drops away and this one goes right into there place. And its like sometimes, you know when you fall asleep at night and your snuggled up against that pillow, feeling the warmth of the sheets and suddenly, you start to imagine feeling this new person's arms around you and you start to think about them in a certain way.

You ever have a peak experience in your life, for me when I use to perform when I was on stage its like all those inhibitions, you just set all that aside and you just flow with the power of your performance. You ever have something like that ... I just love peak experiences.

You think about what its going to be like ... its like jumping out of an airplane and every fiber in your body is going ... oh my God, I am going to die and yet you're hurling through the air and you're looking around and you realize oooooo this is cool, this is great .. I can see forever, I can fly like a bird. Then you pull that cord and your parachute opens and you come down on a nice soft landing and your feel totally safe once again and you look back up into the clouds and you go "I never thought I could do that" ... "I never thought I could feel that, but now I know I can go a lot farther then I thought I was going to go".

I just want to say that I think you're absolutely stunning and I really wanted to meet you. My name is John. I can tell that you have really good taste... you know how I can tell. Its because you laugh at what I say, and the more you laugh the more you'll look forward to having the best time sharing a cup of coffee with me. I can see it happening already. Seriously, have you ever met someone and just knew you were going to like this person a lot. Cause you could just stop and imagine drawing closer together. Being able to feel totally connected and absolutely comfortable for all the rights reasons and when you do that, now with me I think that's when a person begins to feel like you' have known this person forever, like it was meat to happen and there almost no way of stopping it and you just suddenly find yourself imaging how much fun the two of you will have together to the point where you start to realize that this has those qualities you might not have realized you

were looking for and shares so many values that you carry deep inside your heart and your mine such that as that attraction continues to grow you being to feel that special connection right from in that special place that place where you get your intuition telling you that you that being with this person is a wonderful opportunity you want to experience.

So as you continue to think about this ... Can you feel that would be absolutely wonderful. If you were to find that in someone, knowing that more then just totally accepting you for who you are they actually went beyond that and confirmed within you how must more special and wonderful you are and stayed loyal in that, then I think you'd feel that passion growing to the point where you'd just go out and have a lot of fun with them.

You know after we've had coffee and you've discovered the amazing fun time we can have. I don't know if you're going to tell all your friends about me, or you're just going to let them wonder why you have that big wonderful smile on your face and an equal wonderful glow all in side of you but we'll going to have a wonderful time timing finding out aren't we.

LOCKET (Index)

THE LOCKET PATTERN

You know those little lockets that women use to store momentos(?sp)... they have pictures, they have locks of hair... whatever. You have to understand that what we've been doing together is over, it's going away, because you know.. What you can do, if you were to just stop, and think right now, about all of the things we've shared, how it feels. What we've said, how we looked in each others eyes. All of the tremendous meaning we've shared together, and how much we wanted that, how much we enjoyed that... Its like if you were to take the essence of all those wonderful experiences and just hold them in your hand, it's like you could take them and put them in a locket. And you could take that locket, and just snap it shut, it's something that could be preserved in time forever. And if you take that locket now, and put it deep inside, in that secret place deep down near the essence of who you really are. Then you may find that with every heart beat, with every breath you take, with every thought that you make, that you're taking a little bit of energy from those memories. And they stay alive forever, and maybe when your feeling sad, your feeling down, days when your feeling alone, things really aren't working out for you, you can take those memories out again and you can share them and relive them and remember.

ASTROLOGY

Whenever I've brought up (or they've brought it up) astrology in

conversations with women it seems they have their own ideas which signs they are compatible with. The challenge is that the probability I'm of one of the compatible signs is low. I've figured it to be 50% or lower based on which system is used. I've gotten to the point where I focus on her sign or get off the astrology subject by embedding some commands. "I think it's so funny how some people FEEL A CONNECTION WITH SOMEONE(anchor) based on the stars. NOW, TO ME, I think when you NOTICE SOMEONES ATTRACTIVE and RECOGNIZE THOSE VALUES AND QUALITIES you hold so dearly for yourself.....

My friend Susy said exactly the same thing as you and she had the same relationship problems over and over again. Finally, she decided IT'S TIME FOR A CHANGE, and as she began to consider the life she always fantasized about, so that she could see right a perfect image of her ideal man, somebody who she could (PLUG IN LOTS OF VALUES, & STATE CHAINS ie connect powerfully and passionately with, a person who good be both her best friend, and and incredible lover, somebody who could sweep her off her feet, and tickle her with laughter until she pee's in her pants, somebody who excites her, yada yada) she decided to TAKE ACTION -- NOW, she is happily married to her soulmate, a (insert your sign).

BOYFRIEND-ELIMINATOR-MUSIC

1. Anchor thoughts of her bf to your right hand
2. Talk about random stuff...then move into talking about music you know what's annoying (big grin though, don't get heavy or complaining on her!!!) I got this song in my head by (name a band that's decent but that she won't be like ooooooh I LOOOOOOOOOOOOVE that band...I think I said blur, but anyway...)

YOU: You know how sometimes, you hear a really catchy tune, maybe you think it's really neat (pointing to your right hand, or in any other way firing an anchor that will make her think of her current bf--not her soon to be...) and maybe you get this song in your head for a while...and maybe for a while it's all you have on your mind

Her: Yeah

YOU: Yeah see I think that's really cool when that happens, but the thing is, you know it's a catchy song and all, but you know, it's just a sparky little jingle, and after a while it loses its spark, you get used to it...you know?

and the thing is...no matter how exciting you may have initially found this to have been (fire anchor again), you've now gotten used to it, and now it's just an everyday occurrence for you...almost boring...to the point where...have you ever had that happen, where maybe you had a catchy little jingle in your head but then after a while you just got tired of it (fire anchor)?

Her: Yeah

YOU: See, I think in a way it's too bad that you no longer enjoy that anymore (fire anchor), but it's not all bad, because at the same time, there are songs out there that...you can just listen to this song forever (sp), and maybe it has a deep, powerful, personal meaning for you, so that the more you're around the song (sp), the more you feel like you're just connecting with this on a level so deep it can never be broken...

and I think it's really great when you've found something that just resonates with you on that really deep level, because I think when you realize that's happening, now, with me, I think it's just like when you make that connection with a person...

you ever been with someone, and realize that this person just makes you feel absolutely wonderful...cuz like, on the one hand, you just want to get totally laid...back...around this person, you feel totally at ease...because you know around this person you'll always be safe...and on the other hand whenever you're around this person you get really excited (sp-ing like mad mindja [g]), maybe to the point where, you meet them, and you know tonight you'll be dreaming wonderful dreams about this person...have you ever met someone like that before?

CAREER

{Note: Good for an accellerator}

You: So Birtha, have you always wanted to be a goldfish breeder?

Her: Oh no, I really would like to get into having my own floral design business (or whatever, it really doesn't matter what she says)

You: Isn't it great when you can GET REALLY TURNED ON to a new career goal?
Maybe an idea that you've OPENED YOURSELF TO. It's really exciting to HAVE A GOOD HARD idea...MOVING IN AND OUT OF...YOUR MINE? Something that can really get you to pull all your resources and AROUSE ALL THOSE DESIRES in YOUR MINE? And as you FEEL THOSE EMOTIONS OF EXCITEMENT BUILDING deep within you, you FEEL COMPELLED to just GO FOR IT!

CONNECTION-1

You: Excuse me, I saw you here and I just wanted to ask. Do beautiful women find friendly and funny men (sp/self-point) attractive or _very attractive?

(Only if she says with a bad attitude - "show me a friendly or funny man".
You could say, "Well I really wanted to ask a beautiful women, but I thought you would do anyway. Guess you really don't know how a beautiful girl recognizes a friendly and funny man, Did you? You might want to ask them how when you see one.) Got that out of my system. Now for the better response.

For pretty much any response including the bad attitude one above you can respond:

I'm glad you said that. Because I wanted to find out if you had more going for you than just your looks. My friend (Kim, Sally, Betty, etc.) said that with really beautiful women, it's magical when they, _go inside deeply, _they suddenly realize their deepest need and desire is they _want someone to really understand them (sp). To the point where you can start to _become obsessed. WITH ME, I think that's fascinating. She said the reason is because friendly and funny men make _you feel safe and _listen and _you connect with them so easy (sp). Like that! (Snap your finger.) So much so that you can _focus in, _open up and _feel completely understood. This must _feel incredibly wonderful. NOW, (sp)she also said when beautiful women _find someone who really understands and _you really want to please (sp), she said, "they _want to make passionate love (have great sex). WITH ME, I'm curious is this because _you want to give yourself or do you _feel complete by sharing that understanding? NOW WITH ME, I think you could _imagine at time in your future say years from now still feeling an incredible connection and looking back on a time like now as having been the start of it. Because doesn't it _feel wonderful to find at least one person who completely understands you? (sp)

CONNECTION-2

[fluff][pace][ideal vaction][connection pattern].

Its funny because that reminds me of what my friend Kim told me the other day, she said that the second you make eye contact with someone, you automatically decide weather you like someone or not. Its almost like you don't have any control over the way your mind works. Once you actually decide if you like someone, you listen to them with different ears and you like what they say. And you know what ? Once she told me this I realised that is so true. Like me, I remember when I met this woman a few weeks back and all of a sudden we felt connected, it couldn't have been anything she said or what she possessed because I had only talked to her for a few minutes. I knew whatever she said I would listen very closely to. I think it boils down to instinct...

FANTASY

You: I had a conversation today that is puzzling me. This young girl Sue has a schoolgirl crush on me. And, my friend Nancy said to me the reason so many woman HAVE THE HOTS FOR ME is because they START TO FANTASIZE ABOUT ME because I have certain qualities and do certain things unconsciously that cause women to incorporate me and PUT ME INTO FANTASIES. She said that all women HAVE these desires and that as a women you have A CERTAIN FANTASY deep inside growing up every girl dreams and their are certain universal thoughts that all women share this fantasy and that for some reason as I talk to women and they get to know me they start to strongly connect to me with fantasies as these fantasies begin to take on a compelling, demanding, real life of their own. Now, I wonder exactly what fantasy Nancy is referring to? I also wonder what it is about me that causes women to START SEEING ME AS THIS COMPELLING FANTASY? What answers SPRING TO LIFE in YOUR MINE?

FASCINATION

Here is an easy way to get in the required state for this pattern to be SUPER HIGHLY EXTRA EFFECTIVE... remember to go first... and do that by recalling the way you felt about that girl who broke your heart...how you felt BEFORE she broke it! You go back to the puppy love state, YOU get the doggie dinner bowl look FIRST, Remember that feeling NOW, and then read this pattern....

Have you ever met someone, and for some special reason, you just suddenly find that you've attached a signifigant amount of importance to this person? I mean, it's not like you are falling in love, and your not just becoming obsessed with this person and the little things they

do to make you feel special... it's just like now this person is just a bit more important than anyone else in your mind, because when you focus on them in your mind, it's like you can totally see your self in the future, like months or years from now, and you can just feel that strong feeling of importance is still there because this person just does it for you in all the right ways.

I mean, with me, you'll just sit there and watch this person, and I don't know what quality it is that you will choose; now maybe it's the way they smile, or their sense of style, sometimes it's just their voice, and the...way they...pause between...words, or maybe they're just so confident, that you just wanna be with them and see if some of that will rub off on you, and the fascinating thing about this, is that it's a totally natural process, it's how the animals learn, and it's how people like you and I learn... exciting new things...

Well, once you speak the ss language, it's almost impossible to get around not seizing opportunities as they arise. So, without a second thought I said, "Yea, it's like as you ALLOW THAT DOORWAY TO CLOSE COMPLETELY ON HIM, a new doorway mysteriously opens up right in front of you. And as you LOOK THROUGH THAT DOORWAY someone just appears in your life, someone who can really listen to you and respect you in ways that allow you to really FEEL THAT WARMTH and JUST BE YOURSELF".

Well, to make a long story shorter, once I started I couldn't stop. It's those doggie dinner bowl eyes that just get my engines roaring.

So I created a new pattern on the spot...here it is. You know, when you find someone like that (pt) someone who has all the qualities you're looking for in a man, some women BECOME OBSESSED...have you ever thought about that? I mean, it's like you THINK ABOUT HIM ALL THE TIME...wherever you are, wherever you go, you just HEAR THE SOUND OF THIS VOICE INSIDE YOU, you just PICTURE THIS FACE INSIDE YOUR MIND (frame) you just IMAGINE BEING WITH HIM IN SPECIAL WAYS. Like with me, I've been obsessed once, and when I went to bed at night, and I could feel the warmth of the sheets touching my body, it was like all of a sudden THOUGHTS OF THIS PERSON JUST CAME INTO MY MIND. It's like, in your imagination, you can FEEL THIS PERSON'S ARMS HOLDING YOU and this happens just at that point when you're not quite awake but not yet drifting off into sleep. Fascination, on the other hand, is when you don't OBSESS ABOUT THIS PERSON ALL THE TIME, but when you JUST BECOME TOTALLY FASCINATED. It's like you just HAVE TO GET TO KNOW THIS PERSON BETTER (pt) because you know there's something about him you just have to get closer to

knowing. I mean, can you FEEL WHAT I'M TALKING ABOUT? NOW, isn't that a wonder feeling (anchor).

FEMININITY

That's an interesting thought that you feel feminine on the outside since if you really think about it, being feminine is something you really feel on the inside. For instance, your hair might make you feel feminine... or your clothes... or your makeup... but those are just things... the things you feel on the inside are what really make you feel this way. Have you ever felt totally safe and secure being held in a strong, warm embrace... or heard the warmth of a voice wrapping itself around you, knowing you have found something special. And feeling this you notice a touch of a hand across your cheek... you feel a kiss on your neck... a feeling that grows until suddenly it's almost as if you can feel thousands of kisses covering every inch of your body... hands roaming... caressing... arousing... all those feelings you love so much from those places deep within you where they have been waiting so long for this moment... and as you feel this building, wave upon wave, pleasure upon pleasure, ecstasy growing to this total bliss and perfect pleasure... now, with me, that is what I think makes a woman feel completely feminine, don't you think?

Her: oh, yeah... :)

{Note: It could probably be set up easily with quotes: "you know my friend Kim says she loves having long hair because it makes her feel feminine..."} }

GOODGIRL

Her: I'm a good girl, I usually don't do this [go out with a stranger]

YOU: You know, I have an intuition about you, when you were a little girl, your mother or father told you that you should "be a good girl" and "don't talk to strangers" and many other things to make sure you are safe. And those lessons were important because following those rules kept you safe, as a little girl, Isn't it wonderful though, how as an Adult, you can make different choices, and still feel safe and totally comfortable, now, with me, as I see it, being an adult allows you to make adult choices and adult decisions and benefit from new and wonderful experiences of adventure and fun unlike anything you ever hoped for when you were a little girl.

A desent response to the "I usually don't do this. I'm a good girl." would be to agree and say something like "I know...I don't either....it's strange how we can go thru life and set up rules for ourselves and the

neat thing is THEY WORK...at least they work in ordinary circumstances...
but but then sometimes you meet up situations where the rules just don't seem to apply. They can't. THIS ISN'T AN ORDINARY SITUATION.
.....that's by definition means it's EXTRA-ORDINARY...and those rules just don't apply....that's why they're extra-ordinary."

You can go on.....

"...in fact we have boundaries for a good reason....to FEEL SAFE....and theres a point where this extra-ordinary just isn't in those boundaries....but YOU STILL FEEL SAFE.....and that's when things STOP and you can start to CONSIDER POSSIBILITIES of all the things that are out there you haven't yet REALLY enjoyed...."

HANDWRITING

{Note: These can be used while analysing an HB's hadwriting once you notice these traits}

Jealousy... " You know... it looks like you have a tiny little bit of this jealousy showing in your writing... (smile at her as if that's the most natural thing in the world, cause it is) and most beautiful women have this same trait... because... i'm guessing that sometimes... when you see an attractive guy right in front of you... and he's got the attention of another woman... it's not like you just wanna have him all to yourself, and it's not that you want him to come ..to the conclusion that you are the most beautiful, passionate woman he could ever experience... but rather...it's that natural instinct that women have, to really really want what they might not be able to have. Me, I'm the same way sometimes...."

Fear of Success... " this trait shows that you might have a little bit of what they like to call fear of success... but it's not really like that... I find that the women that have this trait, are really looking for that feeling of absolute comfort and safety, that comes with being connected with someone... someone they trust, and feel a sense of deep warmth when you are with this person... it's that feeling of comfort, and pleasure that you wanna have, all the time when you are around this person... and the thing is... is that when you feel those feelings now, it's like you just wanna hold onto them and never let them go... so that's what this really means... and that's something that gives you a really nice picture of what kind of wonderful person you really are...

Secrets... loops in lowercase o's, on the right side ;)...

I *always* say, "so you have secrets, eh? ;) Like what?" I grin mischievously, inducing the "yeah right I'm going to tell YOU" response... and I instantly anchor it, and CHANGE state into a much more open, serious and understated tone, where I deliver something like the above pattern... usually ending with something like, "if there were ONE major secret, that you've been DYING to tell someone -- someone who doesn't have daily contact with everyone you know in daily life... someone who, strangely, even when you first meet them, you just... feel really comfortable sharing intimate ideas with... can you.. feel that... would be a wonderful thing to be able to relieve yourself of the burden of carrying around such a secret? Even for just a little while? Now, with me... if a person could just... somehow choose ONE major secret to share in that unique and wonderful way... I wonder what you would find yourself just itching to share..."

Remember, that you are the expert here. You can artfully redefine the meaning of the cards to suit your outcome, they are looking to you for guidance... you don't have to omit the bad, just minimize it and redefine it. Also, be careful of doing this with a crowd of onlookers... tell the others that you will do them... but you like to have a little space to "work". A handwriting analysis is a private thing...adds to the mystique. When you give the reading... make it like you are telling the girl valuable international secrets... literally. And if she wants to tell her friends what you said, she can. Later. See a stop sign doesn't mean to stop. A stop sign is just a cue to BEGIN to look more carefully at your surroundings... a stop sign means to START the motion of putting your foot on the brakes, and look for pedestrians. Redefine. To suit your outcome.

Feelings feelings feelings. Notice how i didn't even use the words Jealousy or Fear, except for one time each, in the first sentence, just acknowledging what the card said. I even distanced myself from those words..."that's what THEY call fear of success". A bro once told me, do not even bring up an emotion or state that you don't want the other person to experience, because then they will... if you were to say " this says fear of success, and i can't imagine you feeling scared, or frightened, or even nervous and edgy about success" You have just fucked up bad. Transition immediately to good feelings... I have told other brothers to just use the words feel, and feeling, and then describe those good feelings. You know how it feels to lay your head down on a nice cool down pillow....mmmm, knowing that you don't have to go to work in the morning?

HAPPY-HOUR

Yea, I know what you mean...When you've worked all day long and you come to a bar to relax, the last thing you want to think about is work...YOU'RE JUST HAPPY TO GET OFF. I find that when you're EXCITED ABOUT GETTING OFF, all YOU WANT TO DO IS LET LOOSE and LET YOURSELF GO COMPLETELY. Now, WITH ME, it's like when you've have a long day at work, and YOU CAN FEEL THOSE TENSIONS BUILDING UP INSIDE OF YOU, and when YOU JUST NEED THAT RELEASE, there's no place better to DO THAT then here at this bar. NOW WITH ME, I find a good stiff one does the trick just fine!

LOVE

Have you ever fallen in love with someone (point to self), someone who made you feel an intense click...right there...and by some magical, mysterious reason, you find yourself realizing that this person is becoming the reason you get up every morning, the reason you draw breath...he has become your entire world (draw two hands toward self), and the world is him (tap chest), and everything else just seems to move around and because of that perso(draw two hands in horizontal, circular motion around yourself)...do you feel that (touch wrist) ? Now, with me, I think that this is a beautiful emotion to feel and how lucky would you consider yourself when you have found that person (subtly point to self).

MUSIC

Have you ever noticed how with certain music there's a resonance? A pitch or richness that causes you to FEEL A VIBRATION DEEP INSIDE. I think a voice can just ALLOW YOUR WHOLE BODY TO HUM. (say hum with all the resonance your little neurology can muster, make it HUMMMMMMMMM, like a women right on the verge at the end) NOW, I've BECOME FASCINATED my music with a strong rhythm. I find when you can easily SHARE THAT RHYTHM with someone, WITH ME I think that's a great feeling, like when your dancing with someone, and YOU'RE IN SYNCH WITH THAT PERSON (point to self) it can cause you to EXPERIENCE THAT RHYTHM EVEN DEEPER, ALL THE WAY DOWN INSIDE. Naturally, as your bodies rock together, like to a drum beat, the rhythms get stronger, COMING TOGETHER to an even higher energy. Can you FEEL THAT can cause you to EXPERIENCE A STRONG BOND with that person, NOW, WITH ME, that's what music is all about.

A note, a musician friend of mine told me that she finds that women and men respond to rhythm differently. Men respond on the down beat, women on the up. I don't know if this is true, but it sure does sound interesting. Also, if, when using the above pattern, you first pace the woman's rhythm and then make a strong rhythm and make sure that it's marked out with the rhythm of your words, maybe even with your tapping foot of finger and breathing, she'll follow you into some heavy breathing stuff! Make sure to anchor the FEEL THAT with a touch,

PIZZA

You know, I had the most frustratingly wonderful experience yesterday. I noticed how frustration can turn into longing and craving and then to joy and sweet release all in a few minutes. You ever go to order a pizza or something and they tell you "It'll BE THERE in 30 minutes.?" And what happens? All those cravings start to build up in you and all that desire just starts to LET LOOSE because YOU KNOW that soon, real soon you'r gonna GET WHAT YOU REALLY WANT. You're gonna SATISFY ALL THOSE DEEP LONGINGS that HAVE BEEN BUILDING, not for that same old stuff, but for...something new...something unique...something worth dialing for. And as you are waiting you begin to PICTURE THIS THING YOU WANT in your mind,... you can smell it, taste how good it's gonna be,... FEEL HOW GOOD it's gonna make you feel, so much so that YOU KNOW when a short time has passed if you don't get what you want ... YOU"LL BE UTTERLY CRAZED WITH DESIRE FOR IT. So anyway the time is passing and THE DESIRE IS THERE and those pictures are growing bigger and brighter and more intense and THE NEED INTENSIFIES ...you know how you get. and just at the point where the desire is at its peak...the doorbell rings..and you STOP and TAKE a sharp breath...and TELL YOURSELF "AH, it's here NOW." and you run and OPEN UP and right there in front of you HERE IT IS...what you really want, what you cannot at this point do without and you grab it and TAKE IT SOMEWHERE SPECIAL where you have it all to yourself. And IT IS GOOD...real goood...just like you knew it would be... better than you ever had...better than you could imagine...NOW can you feel that...is a wonderful experience.

In fact I became so crazed with desire that it felt like a compulsion...

ROMANCE-1

"I have been encountering this 'romance' theme quite a bit. And it

seems to mean different things to different people. You know how when someone (Point to self) does something you find truly romantic, it seems to change the way you feel now. How you suddenly find that this one person seems to have gathered you up and is holding you in his arms in the way that you love to be held. And with that kind of feeling rushing through you you just have to hold on too. Me, I really love that feeling, and I know that as you feel that now, (draw her closer to you, and anchor) you can notice something about this person that is very interesting. Perhaps it is the structure of his face, or the color of his eyes, or how the tone of his voice seems to hold you and caress you, pleasing you and making you feel better and better. Spreading its warmth through you and warming you up in that special way that you know can only lead you in the direction that you wanted to go all along... and you can feel this warmth deep inside... penetrating you in such a way that you just have to come closer and hold on tighter."

Notes:

The idea is to morph what sounds like it is going to be a question about what romance means to her, into a sense that you have done something romantic for her, and then anchoring some of the feelings, and embedding some commands to make her attach that feeling to you, then a short segue into some body sensation patterning. From here you are on your own. I think that things should progress nicely from here. What you do is up to you, but you might want to ask if she would like to hear some poetry that you have written, as I think that it should be a very easy transition.

ROMANCE-2

You: Excuse me. It's my sister's birthday tomorrow and I'd like to buy her a book for a gift. Is that one you're holding a good one?

Her: Seems like it...plot's good.

You: My sister really enjoys these novels. I read a few myself and now I know why they can get so addicting.

Her: Really ?

You: Yeah. You know, I've noticed that there's one thing common about the heroes of these novels. If you can recall the last few novels you read, it's like, these guys (point to self) can CONNECT WITH THE DEEPEST PART OF A WOMAN (gesture). That part of them where they keep all their PASSION and deeply kept DESIRES as a woman. It's like, as you meet that hero, that Prince Valiant of the novel (point to self, oh darn), as he connects to that deep, secret part of you, it's as if YOU WANT TO BE SWEEPED OFF YOUR FEET and BE OVERWHELMED by this man and you just STOP and realize that it's too late...you've fallen in love with this character (point to self)...and you FEEL A BURNING DESIRE...to SURRENDER to those... FEELINGS of INTENSE CONNECTION, EVERLASTING BOND, ETERNAL LOVE with this hero (point to

self). I think that's the formula romance writers use to make you FEEL ALL THAT. NOW, WITH ME, that's the way I perceive it.

RHYTHM

"And you know, Debbie..there are all sorts of rhythms a person has. There is the rhythm of their breathing...the rhythm at which they speak..even the rhythm at which they PAY ATTENTION...but then there is another rhythm...a personal and deeply special rhythm..and that is the rhythm of how they move back and forth between being outside in the world...talking and communicating with people..and being INSIDE..in that special place of FANTASY.....and of course sometimes a person doesn't even know what makes them GO INTO THAT PLACE OF FANTASY....I think sometimes all sorts of things GO DEEP INSIDE..and she doesn't even know why YOU CAN'T HELP YOURSELF.....it's like there is this mysterious machinery far, far away, generating all this passion that just goes shooting through the circuits, waiting to be released..and it can be anything that triggers it...it could be the way some unique feature of their face rivets your attention..it could be the gentle way they touch you..it could be the way the deep, rich warmth of their voice, just wraps itself around you, like a pair of powerful but gentle arms, pulling you in to something that feels SO wonderful...

It's just so interesting how when that is taking place, a person can just TAKE A DEEP BREATH..and go ALL THE WAY INSIDE..into that place of fantasy..where they can consider the person they are observing..they can wonder...really wonder..what does this person do in their free time...who do they know in their life..and what it would it be like...to be enjoying this person..in all the ways YOU love to be enjoyed..in all the ways two people can enjoy each other?"

SECRET-WAY

[LONG]

I was talking to a good friend of mine last night on the phone and she was telling me about her Secret Way. She told me it was the place she goes inside her mind to find out who she really is while she dreams at night. We were discussing how relationships and the roles we play in them require that we shut away and compartmentalize certain aspects of who we are...yet they are still there in the Secret Way where we keep our most exciting memories...where we ponder fantasies..daydreams...new thoughts..amazing possibilities.....and what is it in how some people effect us that causes us to think of them in the Secret Way...to hear their

voice and feel their presence from that spot...so that no matter how much we may try to deny our desire to act...it takes on a life of it's own..undeniable...demanding...compelling...real...

Have you ever entered the Secret Way while you were dreaming? The Secret Way is the place ...deep down inside your mind... where you view and make the pictures of your fantasies, desires, needs all being freed by your power of creative dreaming...because it all comes from the Secret Way within our mind...the place where we consider new thoughts...new feelings...new adventures...new possibilities...the place where you can be free to hold and nurture your lost hope of your youth...where you are free of your roles in the world which require you to lock away what you really want to do...the way you REALLY like to be...and isn't it interesting how every once in a while...we meet a special person...and there is just something about this person's flow and presence inside your mind...something about this person's voice that just causes you to turn inside...and open up your hidden passage to The Secret Way...and it's almost as if this person...as if this voice is there inside with you...guiding you into those new thoughts...new feelings...new behaviors.....

How does it feel when you find yourself floating like a eagle looking down on your dream world as you feel totally comfortable and in control of your inner world...notice your surroundings; the wind blowing your hair, the feel of the wind rushing against your face,,, the power of your dream flowing through you, connecting you to the whole universe. Let it be something you can hold in your mind-like a perfect picture postcard of your life. Within this picture of yourself is contained your spirit, the marvelous stuff of your personality--your kind of love, your brand of creativity, your unique experiences, your special wisdom, yes, your way to withdraw, to be angry, your insecurities, your fears, all of this is contained within your Secret Way. How does it feel to see yourself there in your dreams as connected to the whole universe?"

I think it's the kind of thing to explore in a dream....with me...as I think about it...a dream is a place where there are no rules....no restrictions...just fantasies...excitement....and the amazing enjoyment of something you realize you have to have...its as if you enter a love relationship with your Secret Way...this love is not one of judgement; but one of acceptance. Love is not something you do; you can't make love or take love, perfect love is something you are, like the perfection of a setting sun over the ocean water. It is the kind of love that is in the eyes of a mother holding her new born baby; this is the connection you want

in your life...with me...its like when you start to look deeply into
your
Secret Way you feel a connection to who you really are; like a
comforting
misty fog that blankets a seashore wrapping up your heart, mind and
soul.

You can find your lost hope again; waking up with a renewed energy of a
life full of adventure, curiosity and excitement. When your day to day
life has left you empty and wanting; you can return to your Secret Way
and
bring back to your world all that you desire. Your Secret Way calls out
to
you; live your life to its fullest...where ever you can be heard,
declare
that you will not give up this passionate plea from within...your inner
guide will lead you to gladly give your love, your loyalty, your energy,
your creativity, your devotion...to me...as I think about it...its like
you can't ever give up the wisdom of your Secret Way; for without it,
you
can no longer call upon your free will; no longer can you experience the
magic of spontaneity; no longer can you enjoy the mystery, the eternal
preciousness of life, for if you cloud your Secret Way with your
thoughts,
you have given away this perfect love; this sense of connection to your
world. It is gone.

The confusion arises when your thoughts in the world keep you in a state
of
emptiness, not the perfection of your Secret Way itself. It is your
purpose to connect your Secret Way with another's; destiny will bring
you
together with that one person who will cherish and understand the beauty
and perfection of your love relationship to your Secret Way. This is
what
love is.
Sweet Dreams

SNORKEL

"It's kinda like...have you ever been snorkeling? I once went snorkeling
(or I had a friend who went)
in Cozumel, a little resort in Mexico, and the feeling is just so cool.
It's different in the ocean. The action of the tides is always taking
place, so that you always feel this slow, gentle rhythm of the tides
moving in and out, and in and out. And slow and gentle as this rhythm
is,
you're still very aware of a sense of real power beneath it, because the
sea is very strong. But it's so great to feel yourself surrounded by
this
power, while the gentle pulsating rhythm of the tides moves in and out,
and you can feel the warmth of that eloquent water all over your body."

Notes:

That's the basic idea. You can build on the rhythm, or the sense of
power - the sea really is a powerful and occasionally dangerous thing -
or
the warmth, or how great it feels to be wet and warm and having every
nerve aware of your wetness, or whatever. Another thing you can do is

transition to how clear and bright the sea floor was. The basic idea would be to transition from body sensations to visualization, if that's appropriate.

SPECIAL-PLACE

I think its so interesting how all those creative processes seem to come from that same special place....like do you remember the last time you really had a good laugh so that as you remember it you smile really wide?.....or have you ever worked on something that really compelled you (point) to study it so the you wanted to take it all in as far as it would go?... NOW, WITH ME, there is that one special place where all of that comes from. WITH ME, as you GO THERE it really is a place where you can FEEL NEW FEELINGS, and THINK OF NEW WONDERFUL IDEAS. It's the place where you can DREAM THE DREAMS THAT WILL(WE'LL) BE COMING TOGETHER to make new things possible. WITH ME, it's like you are able to LISTEN TO THIS VOICE that just draaaaaaws you inwardand if you can THINK OF TIME YOU MADE A REALLY GOOD DECISION it was this voice that guided you....this voice of wisdom...this voice of experience....I have a voice like that... infact maybe you can think of a time in the future where need to make a desision and you STOP and you HEAR THIS VOICE guide you.....I'll bet that if you listen you can hear this voice right now....with me...that's what *MY* voice does... and it comes from that special place....inside...

STRANGER

"Have you ever noticed how when you are with a bunch of strangers (wave away) you never really notice anything particular about them. They all seem to have the same face, they just look like a blank. But with some people (self point) you start to get to know them, and as part of learning who this person is, you start paying attention to things that are different about him. Things that you would never have noticed before such as his ears, or nose, or even the color of his eyes, just start to become so important for you to remember. Now with me, I take particular attention to a person's voice. How their accent makes me feel warm when they are around. How their tamber just makes you feel better and better. How the pace of their voice just excites you and makes you want to spend more and more time with this person.

After a while you see these features all around you. Someone else has what looks like the same nose, but the rest of the face just isn't quite right. And did you see those ears, Oh, how it remindes you of the good times you can have with this person. Now with me, I like how you can remember someone just by the aspects of their voice. When you hear those things in other peoples voices, you just feel compelled to think of this person in that special way."

SUNSET

You: What do you really enjoy doing in life, maybe something that if you were a

little tired, you could just turn around and be ready to do it full blast, when someone just mentioned it, because it's something you really love doing?

Her:

Path 1: I love to do X. Follow up and amplify it. Wait a while and do 2.

Path 2: Meaningless blather, there's nothing she can think of...

You:

I think it's the little things in life that can be, Oh so special. Like for me it's sunsets... to see that one perfect sunset... it's... just... well... your there on the beach and the sun is just a... inch above the horizon... it hasn't quite touched it... but its close... and you can feel the anticipation inside you building... and then it just touches the ocean... and the colors start... brilliant colors... the sun turns that incredible orange and the clouds... they get back lit and show the wonderful pastels in the puffy clouds... the kind of colors that great painters use... because they make you feel... just so soft... and warm... and safe. Now, it just seems to be happening so fast... you want to just slow it down... but you can't... you just must enjoy it now... so you start to really focus in on... what is right in front of you... me... I just think this is the best part... it just keeps going down... deeper and deeper... and you notice that the warmth of the Sun on your face is being replaced by the cool breeze... and as that happens... your skin becomes just super sensitive... to the point where you can feel the cloth against your skin... and then you start to really hear the sound of the waves and the surf... and the sand on the bottom of your feet... then maybe a seagull calls out...now just the smallest slice is still showing... and you let out a sigh... and start breathing deeply... a new kind of stillness is all around you now... as you see the end of another day in paradise... you can just feel perfectly at peace... with everything... a harmony of sights, sounds, and feelings... as it starts to get darker... the colors start to get so intense... the red of the sky starts to glow... like autumn wine and a million stars come out... further taking you into the most special of places... where everything makes sense... with me... you just want to do it again and again... just like getting on a great roller coaster... you just want to get back in line... and do it again... that how I think about getting up each morning... I'm just showing up... for the best... life has to offer... now... when

you really connect with someone... It seems to be just like a sunset... the same kinds rich deep feelings... do you feel it like that (anchor)?

SUPERMARKET

You ever go into a market, you know, just to do some shopping and you don't have a list, but you decide to see what happens? And as you go along you are getting what you really want because you know what you really... need, when suddenly you find yourself drawn to certain things. And I don't know what those things are ...those things you're really drawn to...that make you feel all impulsive to grab them and give you that sense of thrill and giggle on the inside as you just...allow yourself to to give in and surrender to the impulse and let go because you know that impulse is guiding you to something. Something that can help you with that unspecified craving that can only be fulfilled by surrendering and when you do allow that to happen it always somehow gives you just the right thing you need. It's like you see this...and all of a sudden you know that this right in front of your face, is what your mind and body have been telling you to have. Now with me...I find that so great to satisfy those unspecified cravings and longings by surrendering and being guided by this voice inside you... that tells you what you need.

You know one of the other things I like about the market is discovering SOMETHING NEW. Isn't it just great when you find something new that appeals to you and allows you to break out of that rut of the same old stuff you always get? Isn't it terrific to think that somewhere there is a person whose job it is to hook you and make you feel wonderful...who shares the same values and qualities and desires and how that someone that can cause you to respond with a ..."YES! that's what I want, that's what I've been looking for, that's the exact flavor I've always wanted soooo bad." and you know you are hooked? When that happens like that don't you just love it...Now another thing that's interesting is

How sometimes you go to the market and you get that feeling that you're forgetting something and you Stop...and go inside and try to imagine what it is you need...that you've reminded yourself to get and then you can just see yourself at home later going "Oh yeah that was what it was. I

should have known at the time that this is what I need" So then you put yourself in that superaware hypersensitive to stimulus state , you know when you just open up and allow all those little things you need in the back of your mind to bubble up ...so that when you do come..across it you grab it without even thinking and allow that bubble of forgetfulness to just pop...because at that time in the future you will be looking back on this moment as having been the one where you finally got what you had reminded yourself not to forget to grab.

I think you can see how the market is a place of unlimited opportunity, a place where you can fulfill all the cravings...and longings that build up, and like I've said there are so many wonderful experiences you can notice...but the absolutely best feeling is...with me..how every now and then you go in and you know THIS...is exactly what you want, and you go inside...and there is no deviating no distraction, no wandering...nothing but THIS in your mind, and you go inside right to that place where you know it is and you find what you really want and you grab it and go! Now I like that because you can pat yourself on the back for being a person who can GO FOR IT and with me there is nothing better than that feeling of mission accomplished when your mind and your body work together and focus in on getting you what you really want.

TEDDYBARE

"... and how when you're all snuggled up and warm, you had your favorite blanket or your favorite teddy, bare, you started to DRIFT INTO THAT SOFT WARM COTTON CLOUD... of SLEEP... and you were so relaxed that you didn't know if you were pushing down on the mattress or the mattress was pushing up against you... and you began to DREAM OF THIS IDEAL PERSON you'd one day give your heart to. And it was like at that moment you could FEEL THAT LOVE FLOODING through your heart, and it was like at that moment, you could just, FALL IN LOVE WITH THIS PERSON. And maybe it was so wonderful, you could just, FIND AN OPENING IN YOUR TEDDY... a wonderful place, and you almost want to... crawl inside YOUR BEAR... and FEEL SO WONDERFULLY CRADLED, like there are warm, soft, gentle but strong arms around every part of your body... imagining, for a time, what it would be like to FEEL THAT LOVE, and CRAWL INSIDE to sleep in your teddy, bearing all the wonderful gifts of who you were and are into the future to... GIVE TO THIS MAN you FIND YOURSELF IMAGINING AND WANTING to THINK ABOUT. ME, NOW, I can see how something like this could easily lead into knowing..." (keep it going)

TIME-DISTORTION

Her: I'm not sure if I actually want to sleep with you.

You: Well, if you were to IMAGINE a time maybe three months from NOW, having already made love to me say 15 times, having enjoyed all the exquisite sensations your body can enjoy, having created memories that will last forever then LOOKED BACK on it NOW as being the start of it all, NOW how do you feel ?

TOUCH

You know, I find it so interesting how every element of our experiences, our sensory information, and our memories can be so totally linked, because, its when YOUR UNCONSCIOUS MIND know how to... LINK THEM ALL UP. NOW, TO ME, as I view it, ITS THE CLOSEST THING TO REAL MAGIC IN LIFE that I find a person can EXPERIENCE THIS FULLY. I learned something a few days back, and I could show you if you want to learn something cool about how YOUR MINE works.

Now I don't know if YOU REALLY WANT TO... EXPERIENCE TRUE MAGIC [*set anchor*] on your own, in a certain way that YOU somehow KNOW that when you EXPERIENCE IT, NOW, WITH ME [*set anchor*], from my point of view, YOU'D JUST KNOW, DEEP INSIDE, that it's something so special, so wonderfully comfortable, yet also something so mysterious, so compelling [*set anchor*], that YOU DON'T KNOW WHY... YOU CAN'T HELP YOURSELF, why that little voice inside YOU'RE UNCONSCIOUS mind, from back then when you were... just a little girl, you know, that voice of adventure inside YOUR MINE... that just CAUSES YOU TO ... HAVE ADVENTURES... [Eyebrows Up, pause] I have a voice like that... [*set anchor*] and THAT VOICE INSIDE YOUR MINE SAYS, "wow... this is so incredible... so real... you GOTTA GET SOME... GO FOR IT..." [*set anchor*] Ooooooh. I love it when THAT VOICE SAYS THINGS LIKE THAT, and then inside people go, "Mmmm hmmm...." [*set anchor*]

[Now, stop the flow for a sec, Move Eyebrows UP, its a checkpoint for Leading with Rapport, then pick up a newer rhythm with slightly less intensity, just so you can crank it right back up again!!!

Now, what I'm talking about here is how THE MOST AWESOME PARTS OF OUR MEMORIES OF POSITIVE EXPERIENCES GET LINKED UP VERY POWERFULLY TOGETHER . WITH ME [*set anchor*], when you THINK ABOUT A TIME IN YOUR PAST when you recall what it was like to FEEL REALLY WONDERFUL, IN EVERY CELL OF YOUR BODY... and REMEMBER WITH UNPRECEDENTED INTENSITY, just how strongly THOSE FEELINGS CAN COME [*set anchor*]. And again, they're ASSOCIATED. NOW, WITH ME, ONLY, [*set anchor*] its a little different than it is for some people. But in any case, the next question is to find out just how quickly THESE WONDERFUL LINKS WERE CREATED ALREADY inside YOUR MINE, and it first requires that you imagine feeling completely neutral and calm for just a few seconds, and if it helps to see a big white screen in YOUR MINE, go ahead and ALLOW YOURSELF to DO what YOU FEEL LIKE DOING IT and ENJOY IT more.

And now, without any words, in a moment I'm going to DO SOMETHING, and I want you to PAY VERY CLOSE ATTENTION to what happens inside YOUR MIND and YOUR BODY. FEELINGS CAN AMPLIFY on their own or they can DO OTHER THINGS. [*FIRE ANCHOR* & LET IT FIRE FOR A FEW SECONDS, LETTING HER NEUROLOGY WORK OUT THE FEELINGS]

But just EXPERIENCE IT ALL, and FEEL IT BUILDING. What's that like?

I think you're a lot like my friend Colleen, and when she says, that when she wants to FOCUS IN ON THOSE FEELINGS, and FEEL THEM BUILDING,

its like a warm comfort that, somehow, can just... HEAT UP INTO A FIRE. And its like NO MATTER WHAT THE SITUATION, NO MATTER WHERE YOU ARE, you just... [FIRE ANCHOR] GET IN TOUCH WITH HOW YOU FEEL, and how YOU KNOW WHAT YOU WANT, and, you know, how YOU CAN GET IT.

NOW, WITH ME, I find that sooooo fascinating, how people [FIRE ANCHOR] connect with their thoughts, fantasies & desires... and just this afternoon, it got me to thinking about the different between compulsions and anticipation... (or go into Blammo, where you can explain what you've just done with the above Real Magic Touch pattern).

VOICES

You know what I want you to understand that I am really about is helping people to feel good because I don't think most people know how to feel good on a consistent basis and even when they do its not really a great juicy kind of good.

I mean for example, my friend was telling me..I don't know if you're the kind of person who can....remember when you were a little girl maybe six or seven years old and you were all snuggled up warm, maybe with your favorite blanket of teddy bear and you were so relaxed that you didn't know if you were pushing down on the mattress or the mattress was pushing up on you and you began to drift into that soft warm comfy cloud of sleep and you began to dream of that ideal man you'd one day fall in love with and at that moment you felt that love flooding thru your heart it was as if you fell in love with that special person at that moment and thruout all the disappointments of adult life all the sinacisizm the let downs and the dought still at some level that love was there waiting to be released... and what would be like to know, to finally recognise that *that* love can be given forth again because you have met someone who was worthy of it. What would it feel like to feel that love flooding forth?

Now, what if, in addition to the love in the heart of a little girl, you ever seen a really attractive stranger and found yourself saying....YUM (or you can bite your lip and say MMMMMMMMM)?

What if in addition to the LOVE in the heart of a little girl you could also feel that YUM?

Have you ever done something so good, so beyond your expectations of what you could do you just said "YES!"?

What if you could feel the LOVE in the heart of a little girl and the YUM and the YES!

Infact what if you felt so good that just your presence was a GIFT to the people arround you because you made them feel so good? What would it feel like to feel that your very presence was a GIFT in the life of everyone you cared about?

So what if you could not only feel the LOVE in the heart of a little girl and the YES! and the YUM and the GIFT and what if you found that one person that was so special (point to yourself) That just being in that persons presence, just seeing that persons face, even if they weren't around you know how you see them in your mine. Everytime you heard his voice, everytime you felt his touch it was an invitation, an invitation to step into a world where you could experience new thoughts, new wonderfull feelings, new behaviors, new dreams in such a way that even the oppertunity to be with them was a blessing? It would be almost like that you would have to create an opening for this person. An opening that would allow this person to come inside so deeply into your life. Wouldn't that be absolutely great?

XMAS

Legend:

~ = Tonality

,, =Long Pause

Everyone has something they Enjoy~, , People usually have a favorite thing,, they enjoy~, , doing. Like walking in the park, or feeling the soft breeze of the wind as they take a relaxing stroll in the park.. It's as if you have to DO IT, you can't wait, Now~, , with me, my favorite thing is unwrapping~, , Christmas presents.

I love everything about Christmas, but most people don't~, , get into it. Can you remember the last time you saw a neiborhood full of Christmas lights light up? For me, it was some time ago. The thought of Christmas makes me,, REMEMBER A TIME~, , when getting presents as a kid, you can remember it too. Sneaking downstairs quietly, early in the morning, as if doing something really naughty,, You know...

All you really wanted was to see who had more presents under the tree, you or your sister? Look in the corner, a present thats just the right size (point to self), wrapped up in this golden paper; a sparkling gem. You know what you want, waiting to reach out and grab it (point to self).

Finnaly, time to open the presents. Slowly taking apart the paper, being careful not to rip anything. as that anticipation begins to grow, and come from that place deep withen your mine. Going throught each gift, desire growing for that golden package (point to self).

When that moment comes, you hold the present in your hand, those thoughts flood your every pore, right before you have time to open the magical present. Your desire grows to a frenzy, and you allow yourself to tear off the wrapping. Your eyes glow in astonishment as you stare at it (point to self) in amazement. You can feel the sheer joy and extacy as you stand here, here with me.

WHAMMY

You know, Jill, I'm always amazed when I think about how long we've known each

other and how close we still are. It's like lots of people come and go in our lives, but we will always have each other. Even though I don't do a very good job of showing it, you seem to realize, that when you look deep inside, you can see a very caring person.

And the thing is, I think that 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 because 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. I just wish it didn't take so long, that a special girl could see it right away.

And that's important, that they see it right away. You see, if it takes too long, then I end up just being they're friend. Most women assign different roles to the men in their life and they don't like to cross those boundaries. Once you get thrown into the friend category it's almost impossible to get out. Going from friend to boyfriend just doesn't happen very often. It should be completely different with me. I mean who better to share such a wonderful experience with, than someone who already knows you and cares about you?

I know, I know... they're always afraid to risk losing a friend in order to gain a boyfriend. But it doesn't have to be that way... in fact, if you will allow it, you could actually have the best of both worlds, a friend who's also a lover. That would be great don't you think? Who wouldn't want someone they could count on as a friend, do all those fun things friends do together, and include sexual pleasure in it, without things like jealousy and possessiveness getting in the way. After all, it's just two consenting adults doing what they'd like to be doing anyway, right?

It's society's fault, really, I mean it's forced women to become two people. There's the one on the outside that follows all of society's rules about behaviors and norms, you have friends for this, you have a boyfriend for that, blah blah blah..., but then there's the one on the inside, the one with passions and desires, the one who wants to do all those fun and exciting

things, the one who is always being held back because society says that's wrong. I believe that the truly happy woman, is the one who acknowledges that there is this other person deep inside her that wants to enjoy all that life has to offer without worrying about society's standards. She takes time to listen to that person on the inside, and when that voice says, "You want this!", she applies her own standards and she'll go for it. Now, with me, that's the kind of woman I want.

I think sometimes people really don't know what they want, at least consciously...but then it's like your conscious mind dives down into your unconscious, and just brings back up all those desires and images and feelings into your mind.

I mean like my friend, Lisa looks at me one day, and right out of the blue she takes me 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.?"

I had a hard time believing she said that, but I played right back to her and said, "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?"

Anyway, right after this, Lisa, felt the need to give me this speech about how we're just friends, we shouldn't be saying things like that to each other, blah blah blah...

It was like she couldn't just acknowledge that attraction and lust and enjoy it, because society says you have to be in love first.

What would be wrong with a situation where you're talking with a close friend, and as you start to really pay attention, you just become aware of certain things...like the rhythm of your breathing, and the beating of your heart, ...so as you become aware of all these things, you become totally absorbed in the connection taking place... and as that's all happening, it's like the

warmth of this voice, the deep rich warmth of it, just starts to
penetrate
your consciousness, and spread all through body, and as your heart beats
faster and your breathing increases, that warmth just heats up into a
fire,
spreading through your chest and down through your belly, as the
pleasure of
it just starts to pound and pulsate all through you, down to where you
really
long to have it go, until that desire just becomes utterly overwhelming,
and
you just surrender to it completely.

Can you feel that ... would be a great thing to be able to do?