
Art of Seduction

Compendium of the Web's
Best **FREE** Dating
Techniques

Resource Material

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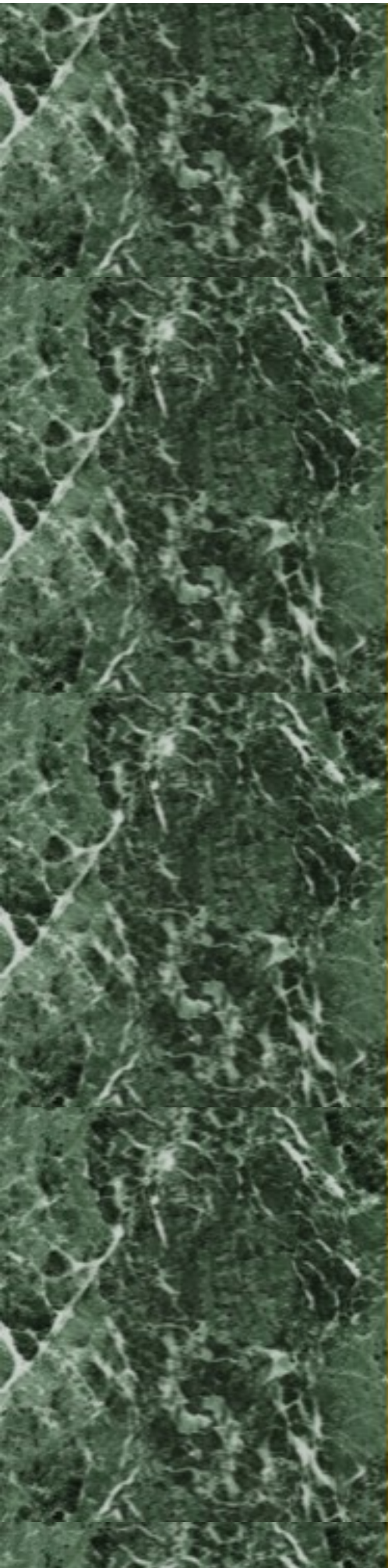


Art of Seduction

Strategies, Tactics and Implementation

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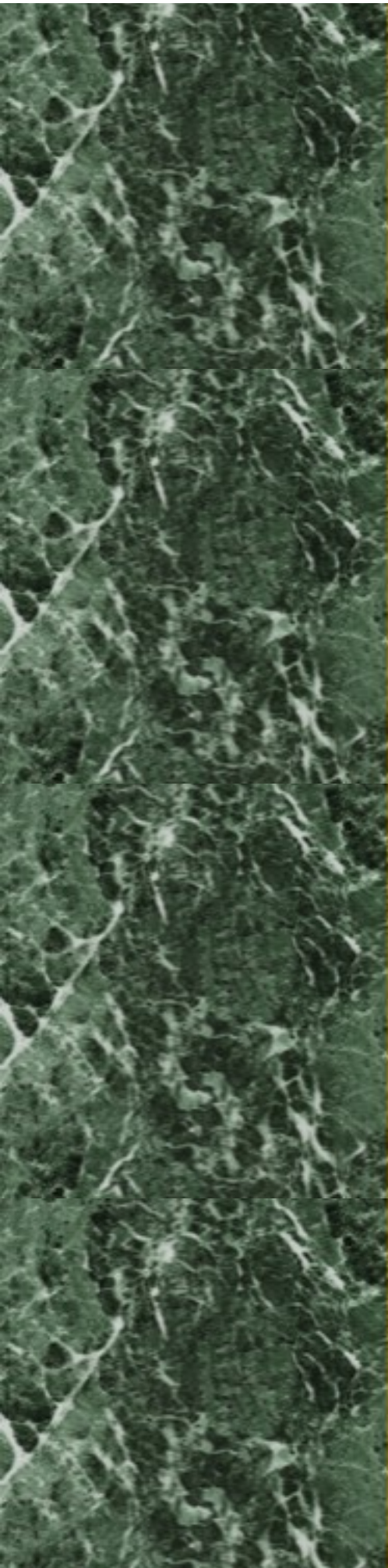
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General Rules

3 Second Rule

Even if you really cannot think of anything to initiate a conversation with a girl, whatever you do, don't break the 3s rule! Act in 3 seconds nevertheless, even if you have no idea, how to continue. If you act in 3 seconds, she will notice it, no matter where she just popped in from or where you popped in from or how you happened to pass each other by in a given geographical location. She will see the spontaneity in your approach and it will work in your favour. If however you wait and hesitate and then decide to approach, you are in a decidedly weaker situation.

If you just arrived and accessed her in 3 seconds, she will know it was spontaneous because she noticed you arrive whether she wanted to or not - you were a change in a static environment. Or if she just arrived and you accessed her in 3 seconds, she will recognise the spontaneity of it again, because you couldn't have accessed her before - she simply had not yet arrived. If however you just pop out of nowhere - she didn't see you arrive neither did she just arrive and the only change in a static environment was you accessing her - you just might set off her stalker alarm. Who knows, how long you've been following her or watching her in secret or gobbling her up with your eyes. Spooky! Argh, get away you freak! So the only way to avoid a situation like that is to use the 3s rule. Besides not setting off any alarms of her because of the obvious spontaneity of your approach, you are also doing yourself a favour. In three seconds, you have no time to become sweaty, trembling, stuttering - to acquire all the sure-fire signs of an AFC lacking any confidence, substance or consequence, a failure with women and life in general, a complete repellent of beautiful girls. So even if you start sweating, stuttering and trembling while talking to you, you weren't that way when you initiated contact - you just didn't have the time for that. And it's the first impression that counts. And if that first impression of you was that of a confident and spontaneous man, her feelings for you were positive from the start, which in turns greatly diminishes the chances of you turning into a plateful of jelly while having a conversation with her.

The 3 seconds rule of course is not an absolute - you may simply not have noticed her, while not specifically being tied up with something that might have stopped you from approaching her, or while still noticing her, you might have been busy with something (or somebody:). The three seconds start counting from the moment you have spotted her AND are free to approach. But when these two conditions are met, you really don't have the time to ponder, whether or not SHE noticed that you didn't approach her because you were either too busy or simply oblivious - the clock is ticking, so move it!

ASF: "When approaching these chicks, I used Mystery's 3 second rule approach (which I rely on heavily) and tried to pick out something about them to comment on. It could be a book, something they are wearing, questions about something that they MAY (not necessarily DO) have knowledge on, something we have in common, whatever."

Look Great Feel Great

To be able to talk to girls everywhere, you need to be prepared, both physically and emotionally. This means looking your best as often as you can, because people do meet in the oddest places, and not dragging past or present personal troubles into a new interaction. You need to feel great, and I don't mean confident (see On confidence), I mean GREAT - and rapport-building interactions with beautiful girls will happen naturally:)

Alpha Male

"The Alpha male - I use this phrase a lot... Here is quick run down of what it means to me. If you watch animal shows on PBS or Discovery Channel, many species have a dominant male who has sex with all the females in the group, while the other males get none while waiting for him to die or until they are tough enough to kick his ass and become the alpha male themselves. Many males never get to be an alpha male (never get laid).

He's an alpha male. He knows that women and people in general want to be with him so he doesn't shy away from conversation and meeting new people. He doesn't worry what others think about him when he's doing his thing. He takes control of a situation with authority. He knows he's fun to be with because he is always having a good time and therefore he is fun to be with. He knows that if he is in a group of guys and a group of girls, he will be the one the girls choose to be with, and by having this to be the expected outcome, it is a self fulfilling prophecy.

Ok here's, how I did the Alpha/Dominant Male thing.... First I created a model of what I thought a Dominant Male should be. Much the same as the one stated before. Then I used it to change my frame of reference about myself, ie I stepped into my model of the Dominant Male. I claimed what I knew to be my genetic right. and I didn't care who knew it. I didn't make excuses for it either. I just excepted it as the natural order of things. This is not an outward thing that you do but rather an inward change that radiates outward in everything you do.

Being the alpha male is all about attitude and projecting the image that you are fun to be with and the woman should want to be with you. Being the alpha male is self perpetuating. The more you believe you are the alpha male, the more you become the alpha male.

As for competing with the muscle boys - that's why I changed my model from seeing myself as the Alpha Male (there can only be one) to a Dominant Male (there can be more than one, but they're all dominant)."

Update. While the above discussed being the dominant male amongst other males, the following will explain how to extend a similar attitude to your dealings with the opposite sex. Jason, Clifford's Seduciton newsletter:

"There's an attitude to take with super HB's (and all women really) that is pure gold. The thought is that "INSTINCTUALLY women KNOW their role." The key word here is INSTINCTUALLY. What this means is that on an "instinctual" level women ARE all the same! They get their juices flowing when they are in the presence of a MAN who is living HIS ROLE. MAN is the dominant one, NOT woman. And deep down inside women KNOW this. This has NOTHING to do with being an asshole. This is about being a MAN who is NOT afraid [which doesn't necessarily only have to mean the usual "TARZAN NOT AFRAID!!" macho stuff, but also not being afraid to be honest, sensitive and caring when the time is right].

You have to be the MAN who has all the sexual power. And when a woman (no matter how hot) sees and feels the presence of a man whom she recognizes as the dominant one while SHE isn't, she does what every woman does - that is SURRENDERS to the more powerful being. And all that acting like she's hot and knows she's the stuff and all those other "head up in the air" tricks are just a test and a way to weed out all the men who are

less powerful than her and don't know their role as a MAN."

Good Traits to Have

According to some PUAs, women obviously want a man with these most important traits:

- confidence
- humour
- smile
- well groomed / good looks
- ability to create an emotional connection / a feeling of romance

In addition to that, being a successful player includes:

- being patient
- being persistent
- being comfortable just going up and talking to a new woman
- finding opportunities in situations where you before did not believe there would be
- being sensitive to how she feels/responds and modifying your approach accordingly
- knowing how to talk to a woman to build more rapport with her
- knowing how to talk to a woman to make her start thinking in romantic directions

Having mastered all of the above, these will add the final touch:

- mirror her physically
- notice her trance words, remember and use them
- rephrase everything she says and feed it back to her
- anchor all good feelings
- don't argue with her, be very understanding, deeply understanding - this can help create an immense rapport
- use presuppositions to direct her actions
- have and keep good eye contact - also helps to create an immense rapport
- touch her
- and always start with the cutest girl around:)

ASF: "Remember, chit chatting about clubs and work school is something she can do with anyone, but someone who can lead her into a state of arousal or at least romantic interest is hard to come by. You have to set yourself apart from the other guys by minimising the small talk and asking questions which can lead her into a romantic state."

On Confidence

ASF: "Try approaching every HB you see and say, "Hi. Are you the sort of person I should get to know better?" If she says "Yes", then ask "Why?" Put the focus of the conversation on what she has to offer you. Do this in a matter of fact way, like you were saying "Hi. Your shoe's untied." In fact, if you can't yet muster the boldness to confront HB's, then just tell them it looks like they're about to lose a heel on their shoe and WALK AWAY. Try it. It works." Don't misunderstand the "addressing a girl and then walking away works" part - it doesn't work for getting to know these girls, it works to add to your experience and feeling natural and good about approaching girls:)

I didn't use "feeling confident" here on purpose, because ideally, you don't want to feel "confident" - being confident is something you think about and which ultimately reveals that you must be nervous in one way or another after all. Ideally you feel so good and natural about it that the word "confidence" never pops up in your mind:) Feeling so good and natural that you have no need to think about being confident is actually the ultimate confidence - but never think of it in terms of confidence. Forget the term "confidence" altogether, just concentrate on feeling good and natural (about approaching, propelling her to new heights of pleasure with your patterns, having kino etc) and before you know it - "confident" is how you'll be perceived by women:)

Update. When seeing a girl you'd like to approach, don't even try to "feel confident". Instead, think: "See that girl? I am the perfect experience for her!". Think of the way she will have goosbumps from the way you'll make her feel good, and if you want to, then for just a split-second you can remind yourself of all the ways you could make her cum:) Don't dwell on that though:) Just go and offer her the experience of a life-time:)

At a Party

After you arrive, you can go with the 3s rule (recommended) or alternatively, Don Diebel: "Grab some food or a drink and notice what seems to be going on socially, what the dynamic seems to be, etc. The people who seem lost will be the easiest folk to flirt with. If you want to, you can assume that everyone is socially nervous, cut them some slack if things initially seem awkward and look for ways you can make people more comfortable." But honestly, it's much more fun to storm in with guns blazing using the 3s rule:)

Just Say Hi

This is a really simple strategy. If you're consistent and persistent with this strategy, this could yield you a lot of beautiful women. It'll take a long time though, but then again, it requires almost no effort on your part:)

A modification of this tactic (which seems to make some more sense) - just say "Hi" to any girl you like. Yes, any girl and anywhere - the commuter, the street, the airport, the corridor, the cafeteria. Some won't answer (maybe you greeted her too late for her to notice you), some answer, some smile and answer (see also Eye contact experiment), some answer, smile and stop (!) to initiate conversation with you (most probably about how come you know her when she doesn't seem to be able to remember you from anywhere:).

The ones that you have exchanged "Hi"-s with (without ever being introduced to each other or having actually approached her) are the best to use the "We already know each other" tactic with. The next time you meet, just start in the middle, like with an old friend, comment on something/anything etc, she responds and BOOM - you're acquaintances!

Talk to Girls Everywhere

If you look and feel great, then you won't have any trouble with this. If you see a girl, looking in the window of a store, waiting for a bus, sitting on a train, in the next aisle of a movie, shopping in a department store, and for any reason this girl appeals to you, strike up a conversation, start talking to her about anything that comes to mind. With more experience - #close or *close right there, in the street. So set yourself a goal of talking to girls at the supermarket, laundromat, at a concert, while standing in line at the movie, sitting at the bar, on the bus, standing in the street, in the elevator, just anywhere and everywhere.

Update. Taken from "Seep women off their feet...": "The most important thing for you is to talk to women everywhere, about anything until they no longer intimidate you. When talking to women no longer intimidates you, something special will happen. You will find yourself having non-threatening conversations with beautiful women all the time, and better yet, those conversations will naturally turn into seduction mode even without a conscious effort on your part. And once you stop thinking about seduction, you will find yourself just doing it. You will begin to see the change in women's behavior towards you."

How to Initiate a Conversation

The following comes in handy, if truly NOTHING comes to mind after having applied the 3s rule. It is of course more recommended, that you think this all through before having approached, just try to limit your thinking to... preferably no more than 3 seconds:) No, I'm not an evangelist, its just that the more you wait, the bigger chances there are that she'll leave, someone else will join her for a conversation, you start sweating and eventually chicken out, circumstances change etc. ASF:

1. Ask some kind of OPEN ENDED approach question (it will normally begin with the word 'what').
2. Have at least one other OPEN ENDED follow up question, preferably more than one, to defend you against stalling.
3. By the time you've reached this stage. providing your questions were interesting enough, you are "in conversation"

Before point 1) above, you are a stranger & the woman is wary of you. At point 2) she's still wary, but talking. By the time you've hit point 3) - and it doesn't matter if it's one woman or a group - she/they have more or less accepted you and seem to drop their barriers a lot. All in a couple of minutes.

To continue. If the HB is a talker, paraphrase her and ask intelligent questions. Then ask some cheeky questions, maybe neg hit & get some of your own stuff in. If she's a listener, you'd better have something ready to talk about [or you're gonna CRASH and BURN] - a tale or two about your interesting and humorous exploits (laced with SS of course) that moves gently from being innocent into being more and more risqué. Throw in negs if you need."

Talking to Her/ Echoing Her

Girls want to be understood. In order for her to feel understood, you need to listen to what she says, rephrase it and feed it back to her (it helps if you agree with whatever statement she made:). Listen to what she says, remember it and you can make her feel connected to you and understood by you even weeks after your conversation by just simply repeating what she told to you during your conversation:) So make sure a lot of your communication to her is a subtle echo of what she feeds you. Now this

Fluff Talk

strategy is already quite effective on its own but combine it with using trance-words and she's gonna levitate right in front of your eyes:)

ASF: "You need to do more than just agree with her...going uh uh won't cut it. However you also can't just repeat what she said verbatim. You have to take something she's said and paraphrase it and present it as an original thought or opinion."

Fluff talk is an important part of approaching a girl, especially if you plan to launch into patterns, which you can't begin the conversation with on their own. Fluff talk is also needed, if you plan to continue with eliciting values - you must have had at least some sort of a casual conversation with the girl, for then it would sound only natural for you to have become a little more interested in her, to the point of asking all sorts of questions:)

The number one rule of fluff talk is - direct the conversation towards and talk about FEELINGS. What fluff talk usually ends up being is an exchange of facts - "where ya goin?", "whatcha doin?", "what did you do today/yesterday?", "oh that's interesting". Facts are a BORE! Giving you her facts makes her feel NOTHING. Neither has she any use for the facts you are giving her. So grab any opportunity you have to get to feelings!

"So what did you do yesterday?"

"Oh I went skating"

"You like skating?"

"Yes:)"

"Makes you feel good?:)"

"Yeah:)"

"I know what you mean..."

And you go on to describe skating as the most liberating, beautiful, earth-shattering experience (that's what making up patterns on the fly is all about:). Or have her describe you her feelings herself, if she is a talker. Voila - you've switched from fluff talk to patterning in a blink of an eye:)

She feels enthralled. But you don't know how to follow up on that. So let the fluff talk continue.

"So... em... have you eaten anything today?"

"Yea, some sandwiches in the morning. Why?"

"Well I was just hoping to pick up on some tips on how to have a delicious breakfast without having to spend too much time making it:) So you like sandwiches?"

"Um... not really:) I just don't have time for much anything else:)"

"But if you did, let's say you had your own personal cook, what would you like to start your morning with?"

"Oh, well (salivating:), fried eggs and bacon, and a large cup of hot chocolate, and some marmalade (etc, let her describe it to her heart's content:)"

"Ah, that would really feel good wouldn't it? Still lazily laying in your bed, to have all that delicious food brought to you on a silver tray - you take a sip of cocoa and can feel the pleasant warmth of it spreading throughout your body, which after a good-night's sleep is more fresh and receptive to the pleasantness of that feeling than usual, and you take a taste of marmalade and can feel it melting in your mouth and the sweetness of it waking you up for yet another wonderful day (etc, now make good use of all the food she HERSELF told you she likes:)"

Once again - fluff talk to pattern talk in no time:)

So the ability to fluff talk is essential, but not any kind of fluff talk will do. She can exchange facts with a million guys and not feel a thing. Or, she can give her facts to you and get a wonderful return on it:) But remember - FEELINGS:)

*Update. "So, what's *your* story?"*

A less feelings oriented and a more free-flowing approach to fluff-talk. By James L. King III, ASF:

"So, what's *your* story?" - this is wonderful question that will get the other party talking. It's a good intro, or it can be used right after an opening line.

I've used it several times to great effect, as the line usually gets women talking about how they got to the party, or what they do for a living, or about how they know the host, or why they chose to strip for a living. I learn a lot by paying attention to the subject matter of their answer. If it's about what they do for a living, then you know that's something important to them ... rapport material handed on a platter. If the woman doesn't mind sharing personal things about herself with you, this opening gives her the perfect opportunity, while at the same time allowing those women who are more reserved a chance to come up with something more benign, like "I'm a friend of the host."

If they respond by not answering or looking dazed and confused or by saying that question makes them uncomfortable, I move on to someone else. People like that are no fun anyway, no matter how beautiful they may appear.

Always be prepared to mirror the statements they give you ... if they reveal something personal about themselves, you can reveal something that's personal to you .. perhaps not the same thing, but something similar. This will feed the rapport between you as a relationship begins to develop. (This is also a good time to start your patterning language, if you don't do it naturally and turn it on or off as needed.)

Also, if things aren't progressing so well with one person, remember that mingling means moving around ... don't stay with one person so long, otherwise you're not mingling. You can always return later.

You can use the "story" approach not only with the person, but with accessories or special clothing the woman is wearing: examining a beautiful necklace, you can ask "so, what's the story behind the necklace?"

The story approach doesn't work with un-special clothing: "So, what's the story behind those Levi's?" doesn't work as well as "So, what's the story behind that gorgeous hand-knit scarf?"

Don'ts of Fluff Talk

(Originated by Don Diebel)

- Do not talk about any of your personal (family, work, money) problems.
- Don't act desperate.
- Don't talk about anything negative at all. Keep everything you talk about upbeat and positive.
- Don't get drunk. This really turns women off and makes a bad impression. Don't drink at all or limit your drinking to a couple of drinks.
- Don't try to analyse her problems.
- Don't bitch about your previous girlfriends or ex-wives on how they mistreated you, dumped you, cheated on you, took you to the cleaners on child support, etc.

- Don't pretend to be funny or humorous. If you are putting on an act, it will come across to her as phoney. Just be friendly and smile (but in appropriate doses, avoid having a grin on your face ALL THE TIME, guys that are smiling for hours in a row look terribly insecure and just plain pathetic).
- Don't focus on your health problems or ailments.
- Don't brag about yourself and your accomplishments. There are exceptions though, but try to be careful about them. If you really have something impressive to talk about, you can let her in on it, just try to be real casual about it. On the whole, women are very good at sniffing out when the male is trying to impress them by bragging. And if what he is bragging about is not really that impressive, it's a complete turn-off. So be careful. Focusing on her and her interests is a far safer route to take.
- And at all costs, avoid these three themes: politics, religion and conspiracy theories. These are guaranteed to nuke your otherwise wonderful interaction.

Body Language Reading

Doesn't matter whether she is interested in you, you'll make her interested eventually anyway:) But look for these signs to show you whether you're already making progress:) It's also fun to look for these signs as a by-stander, either in everyday situations or for example in a bar - when the guy earnestly believes he is being sooo smooth but the woman he is talking to isn't displaying any of the signs presented below, you can't help but have a chuckle about it:)

Her lips:

- Big smiles with upper and lower teeth showing with a relaxed face.
- Biting of the lips or showing of the tongue, licking her lips or touching of her front teeth.
- She wets her lips, some women use only a single-lip lick, wetting the upper or lower lip, while others run the tongue around the entire lip area.
- She puts her fingernail between her teeth.
- She protrudes her lips and thrust her breasts forward.

Her eyes:

- She gazes in your eyes with deep interest and her pupils are dilated.
- She raises both eyebrows exaggeratedly for a couple of seconds, this is often combined with a smile and some eye contact.
- She winks at you while talking to you or winks at you from a distance.
- While talking to you, she blinks more than usual, fluttering her eyelashes.
- Eyebrows raised and then lowered, then a smile indicates interest in you.

Her hair:



- She pushes her fingers through her hair. This can be one hand movement or more of a stroking motion.
- She twirls her hair around her fingers while she is looking at you.
- She is throwing her hair back off her shoulders.

Her clothing:

- If she is wearing clothes that show her nipples underneath and you notice they are getting perky and erect.
- The hem goes up to expose a little more leg.
- She is fixing, patting or smoothing her outfit to make herself look better.

While she is seated:

- She moves in time to the music, with her eyes on you.
- She starts sitting straight up and her muscles appear to be firm.
- She is sitting with her legs open.
- She sits with her legs crossed in a manner to reveal her thigh.
- Her legs are rubbing against each other.
- Her legs are rubbing against the leg of the table.
- Her crossed leg is pointed towards you or if that same leg is rocking back and forth towards you.

Her hands:

- She exposes the palms of her hand facing you.
- While talking to you, she rests an elbow in the palm of one hand, while holding out her other hand, palm up.
- She rubs her wrists up and down.
- She sits with one hand touching one of her breasts.
- She rubs her chin or touches her cheek. This indicates that she's thinking about you and her relating in some way:)
- She is fondling keys, sliding hands up and down a glass, playing with toys or other things on the table.
- She plays with her jewellery, especially with stroking and pulling motions.
- She touches your arm, shoulder, thigh, or hand while talking to you (in case you already haven't started kino yourself, dumbass:).
- She is pretending to look at her watch as you pass her.

Her voice

- She raises or lowers the volume of her voice to match yours.
- She speeds up or slows down her speaking to match yours.
- She laughs in unison with you.

- In a crowd she speaks only to you and focuses all of her undivided attention on you.

Micellaneous:

- She mirrors your body language and body positions.
- Her skin tone becomes red while being around you.
- She blows smoke straight out from between her lips and toward you.
- She leans over and speaks into her friend's ear, just like in junior high school.
- She is standing with her head cocked slightly at an angle, one foot behind the other, hips slightly thrust forward.
- At a party - every once in a while she seems to appear out of nowhere in your vicinity and if you move to another spot, soon she appears out of nowhere again, you catch her glancing in your general direction (actually, glancing at YOU dummy!); she bumps into you... accidentally, touches you... accidentally etc:)

When talking to a girl, these are some of the more important signs to watch for:

- Can you keep conversation going with her?
- Does she react well to kino?
- Does she touch you?
- Does she laugh?

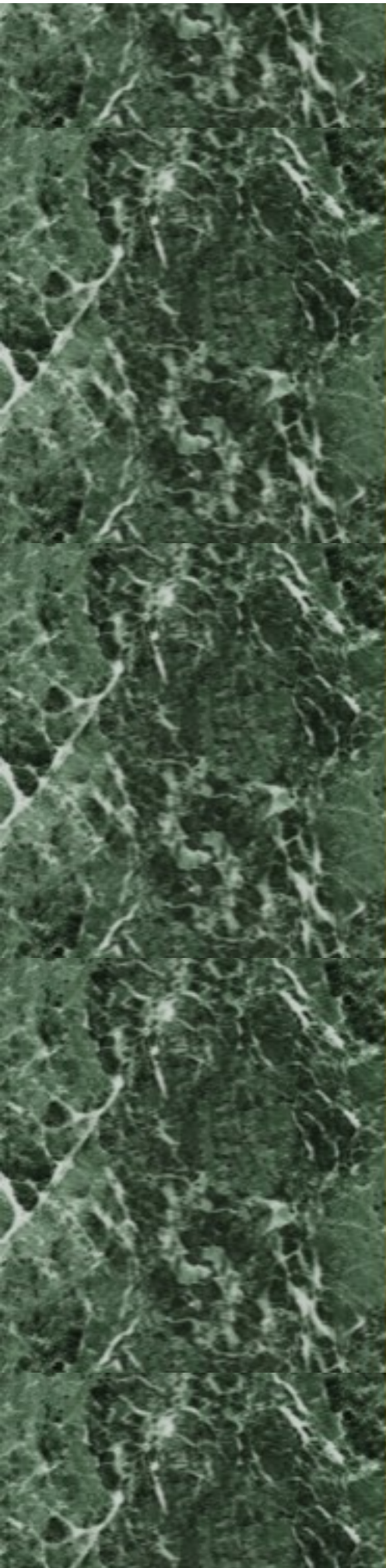
Now I don't have to explain what the answer "yes" to these questions means, do I:)

From "Sweep women off their feet...": "All these signs usually tell you that the girl is captivated by your charms. But before you get there, chances are that her body language changes as the discussion progresses. Make sure that you watch her closely and as soon as you get a sign that should be an indication that you are on the right track, keep going in that direction. If the opposite happens, just change the subject and see what happens."

Update. The really gorgeous and beautiful girls however very seldom get around to displaying the signs of interest described above. They simply don't have to, as they are used to getting some attention already long before that. With such girls you have to be on a lookout for the initial and thus much more subtle signs of interest. One example of this would be a gorgeous girl simply looking at your face. Obviously people tend to look at what or whom they like to look at. But whereas an average girl first just looks at your face and then progresses into the more overt signs of interest described above, looking at your face from time to time might be the only sign of interest you'll ever get from the most beautiful of girls.

So if you think you're not getting any signs of interest from beautiful girls - you are, but you just can't see them well enough yet.

Update. Don Steele: "Here are signs of interest sent from across the room. Most are applicable to both sexes. The sequence of the list approximates the courtship sequence.

I'M INTERESTED

Sidelong glance(s)

Looks at you a few times

Holds your gaze briefly

Downcast eyes, then away

Posture changes to alert

Preens, adjusts hair, attire

Turns body toward you

Tilts head

Narrows eyes slightly

Smiles

Matches your posture

Eyes sparkle

Licks her lips

Thrusts breasts

DON'T BOTHER ME

Never sneaks a peek

Fleeting eye contact

Looks away quickly

Looks away, eyes level

Posture unchanged

Does no preening

Turns body away

Head remains vertical

Eyes remain normal

Neutral, polite face

Posture unchanged

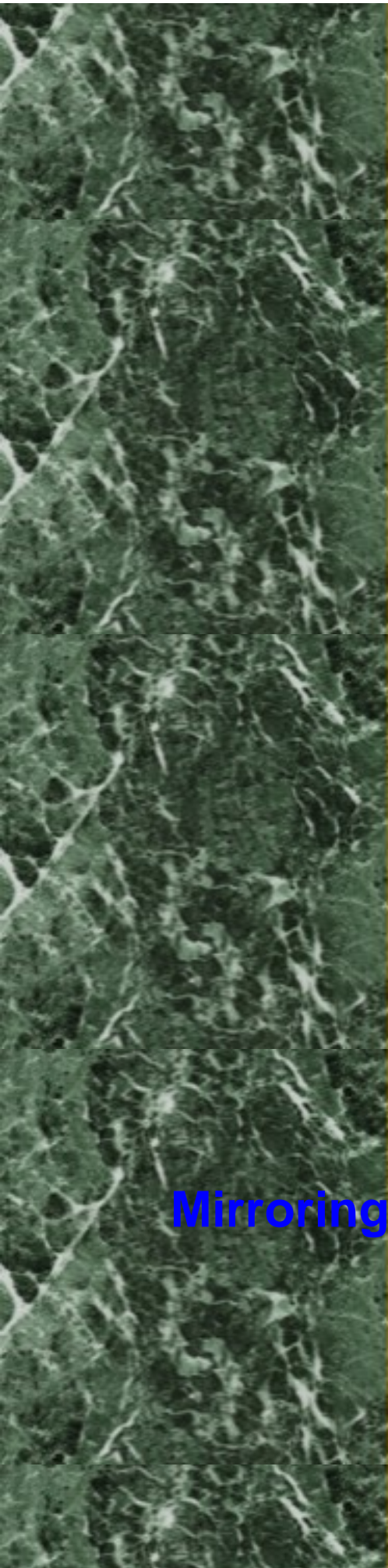
Normal or dull eyes

Keeps mouth closed

Sags to de-emphasize breasts

In Summary. Frequency of eye contact, the more the better. Amount of time she, or he, holds your gaze, the longer the better. How she breaks off eye contact, down before away is great! Shine of the eyes, the brighter the better. Direction of body, toward you, good, away, bad. Overall posture, erect and alert are good. Tilt of head, vertical is bad, increased tilt is great. Where the drink is held, high in front as a barrier, that's bad. Hand activity, clenched, squeezing or pinching is bad, open, caressing or stroking is great.

Most of us are slightly afraid as well as somewhat excited in settings where social interaction is expected and required. So, most people do not sit or stand in an open posture. But, during courtship, the more open the other person's posture is, the more open that person is to you and your advances. And, the more open you are, the more likely the other person is to open up to you. First Conversation Signals. Men, pay attention to all the ways she communicates during the first few minutes as you talk with her.



KEEP TALKING	MOVE ON
Alert, energetic	Tense, restless
Pupils dilated	Normal or small pupils
Gradually opens posture	Posture remains closed
Lowers drink	Keeps drink high
Touches self gently	Grips or pinches self
Caresses objects	Squeezes, taps objects
Crosses and uncrosses legs	Legs remain crossed
Flashes of palm	Back of hand gestures
Crossed legs steady	Swings crossed legs
Dangles shoe on toe	Keeps shoe on
Hands never touch face	Touches face
Touches you any reason	Never touches you
Feet firmly on floor	Feet on edges or toes
Loosens anything	Tightens anything
Leans forward	Leans away
Steady hands, feet	Tapping, drumming

In social settings, most of us start out in a closed, defensive posture because we're a bit apprehensive. A closed posture feels safe. When the person you are talking with shifts to a more open posture, it signifies trust and comfort. That person is, literally, opening up to you and what you have to offer.

It takes courage to open up to the other person. If you go first, she, or he, will usually follow your move from closed to slightly more open. Open up in, slow, gradual shifts of posture.

Mirroring

A variation of mirroring is discussed in the articles dealing with eliciting values and using trance-words - that is verbal mirroring. But a better-known variation of mirroring is physical mirroring. Actually, you've most probably been doing it all your life without knowing it but once you know how to harness the power of mirroring consciously - its like young Skywalker recognising and harnessing the power of the Force:).

Notice how people that seem to be engaged in an interesting conversation - they are excited about what they themselves are saying, they are about to say and what the other is saying, in other words, they have rapport - seem to take the same poses, whether sitting or standing up. When sitting, either side by side or on opposites sides of the table - one leans forward and then the other leans forward as well, one leans backward and then the other



leans backward as well, they cross their hands in the same manner, tilt their heads similarly, seem to be having similar side-activities (one playing with his keychain, the other with her pen), etc etc. Are they directing their actions consciously? No, all their energies and concentration is on the discussion, everything else happens subconsciously. But actually, they don't even have to be having a discussion, they may just both be thinking their own thoughts... and still you can see mirroring going on - they make the same movements almost the same time without seemingly without having any perceivable interaction with the other person.

What is all this knowledge good for? Well, mirroring can be used as a tool for building rapport. Being similar or having someone similar in your vicinity creates a feeling of ease, comfort, being understood, protected (should there appear a threat of any sort, there's two of you now:) etc. So you can use the power of mirroring to create these feelings in the one you are mirroring, she'll subconsciously link all those feelings to you (after all, you are the one mirroring her:) and rapport is going to develop between you without you having lifted a finger (unless she lifted a finger and you had to mirror her:).

How, whom and from where should I mirror? Whom - that's easy, the girl you want of course:) How - assuming the same posture, doing the same movements with your hands, in all respects using your body in a similar fashion to hers. More aspects of mirroring are:

- following - doing the movements after she did them. Note that although your mind screams "This is stupid! I'm going to get caught! She MUST see me doing the same movements! This is ridiculous!", don't listen to it, fight it, it is the voice of the Dark Side!:) Why? Because they NEVER NOTICE it! Instead, they feel more comfortable and relaxed in connection with you, and eventually (that's why you even bothered, right?:) - more drawn to you.
- pacing - doing the movements the same time with her. Yes. Sounds impossible? Well it isn't. Have you ever noticed how you sometimes happened to do the same things at exactly the same time with another person. Maybe yawn and then have a laugh about it:)? Because you thought it was accidental? Well it wasn't, you had reached the second stage of mirroring:) (Yawning is not a good example though, the last thing you want is the girl yawning with you:). But there's nothing magical all supernatural about doing the movements at the same time, because essentially the second phase is a stage of transition between the first and the third. In mirroring there's always a leader and a follower. So far she has been leading you (because you've been following her) but now you are coming to the stage when YOU will be leading her! And the inevitable stage between following and leading is pacing - you are doing movements simultaneously.
- leading - if you've done your mirroring right, have followed and paced, then you are ready for a revelation. You can lead! Try it. Cough. She coughs. Scratch your elbow. Well maybe she'll scratch her shoulder instead of her elbow, big deal:) In addition to being a tool of building rapport, you can lead her into doing some pretty fun stuff. Do a movement with your hands mimicking the parting of legs (this should be associated with something you are talking about, if it looks strange, she'll notice it and you don't want her conscious attention on your movements, keep her mind busy with what you're talking about). Watch her legs part:) Have fun:)

Kinesthetics

Another more advanced aspect, although controversial as to the effectiveness of it, is mirroring her blinking her eyes and breathing. Being able to mirror her breathing and blinking her eyes is supposed to create an even deeper rapport, but first of all - trying to see when she breathes might seem like you staring at her breasts (and you would NEVER do that, would you?); and secondly - all the concentration required to detect and match your breathing and blinking with hers will take away much-needed attention from what she is saying, how is she responding to your patterns, values, kino etc, so eventually this could do more harm than good.

As to from where to mirror - the most common situation is when you're talking to her. But you can also try mirroring from a distance, say in a classroom, meeting, night-club or cafeteria, just make sure she has a chance to subconsciously detect you mirroring her, in other words, she must be able to see you (so you can forget about mirroring her while watching her take a shower through a peep-hole:).

Psychological studies show that casual touching during a friendly conversation causes people to remember the conversation more fondly after the fact.

The combination of kino with social proof is dynamite. Touch one girl and the other girls seeing this think its normal or even "good" to be touchy-feely with you:). Now you can quite naturally move on to touching those other girls and so forth:).

ASF: "It's quite simple - hug them, touch their hand sporadically and in A NON THREATENING WAY, that is, not like the desperate pervert we all are:) So the idea is, you hide completely the interest you might have AND at the same time you act really touchy/huggish. The problem is - you have to start this early in the "friend" relationship, it has to seem natural, or otherwise she'll wonder "what the fuck is he doing lately?":) Once you've developed that kind of flirtatious friendship, it's easy to spawn other such 'friendships' with other women: they will see you being close to another woman, and I think the key here is that, it probably does not trigger as much jealousy as it makes them (the "new" ones) feel comfortable -- they see another woman being touched by you in a non-threatening way, and, blam, social-proof, it becomes a 'proof' to them that it's normal for you to touch them in turn... "

ASF: "Ok, I use this all the time now. TOUCH HER!!! It doesn't matter if you just met her. Hold her hand, rub her arm, her elbow her back, her shoulders, her hair, her face. TOUCH HER !!!"

ASF:

1. PAY ATTENTION TO HOW SHE RESPONDS TO YOU!!!
2. PAY ATTENTION TO HOW SHE RESPONDS TO YOU!!!
3. One more time: PAY ATTENTION TO HOW SHE RESPONDS TO YOU !!! If you do this you will be able to better gauge if you have the appropriate rapport to invite a kiss. If her body seems to respond to the non-sexual touching then get gradually more sexual. For women some areas of the body outside of the primary erogenous zones are intimate: Palms, inside the elbow, ear lobes, cheeks, the hips were the waist meets the hips, between the fingers....
4. Last thing: PAY ATTENTION TO HOW SHE RESPONDS TO YOU!!!

Update. **Do the things that lovers do** - brush off "something" that's stuck in her hair, gently stroke her cheek pretending to wipe off an eyelash etc. These are the types of things lovers do and by doing them, you will make her feel (doesn't even matter if only subconsciously) like you were her lover. Plus you'll get "innocent" yet pleasurable kino:)

Update. **Kino as soon as you meet a girl.** Meeting someone for the first time is an excellent chance for starting kino - shaking hands when exchanging names is a tradition of many cultures and cultures. But make sure you hold on to her hand longer than expected, long enough for you to enjoy it and her to notice, if not you enjoying it but at least you not letting go

as quickly as people usually do.

When meeting girls you already know, shaking hands might seem strange, so giving some sort of a hug is the way to go. You don't need to fall all over her to give her a hug (which depending on the situation might even make you look like a fool or a pervert or make her embarrassed instead of having her enjoy it too:), a hug can also be putting your arm around her waist or shoulders when standing to her left or right and pulling her closer for a moment, or taking her hand for a moment (but not shaking it), or her elbow, or arm etc. Daniel, ASF: "KINO on the arm/hand as soon as you say hi to show her you are a sexual being."

Update. Set the mood of the date from the start. When going on a date/get-together, establish the mood immediately. You can of course change the mood from "polite and calm" to "warm and friendly" to "aroused and sweaty" during the course of the meeting, but why go the hard way, if you can jump right into "warm and friendly" or beyond in the first place. It is best to have acting enthusiastic upon meeting the girl to have agreed upon previously (most probably when you set up a meeting on the phone, see [Refining the close](#) in Closing for more information). But even without that, you can be all smiles when you meet her, give her a big hug right away, try to take and hold her hand all the way to wherever it is that you'll be going and watch her change from slightly nervous to happy, smiling, starry-eyed and glowing all over:) And remember - enthusiasm is contagious:)

Update. Foot-flirting. You've all seen it done in the movies:) The foot looses the shoe and the woman is stroking the man with her bare foot or vice versa. Corny you say:)? A cliché maybe:)? Try it and then see what you think:) am, ASF: "[in response to "you can't kino sitting across the table"] Actually, you can kino when you are sitting across from the target. Just use your feet! Of course this requires a small table, but this also helps to set up an intimate atmosphere (remember candles etc.). Touch her feet "occasionally" with your own under the table, say something like "tee hee, you are foot-flirtin' with me?" in a joking way. Look her deeply in the eyes while doing this, and continue using your feet. Do it the right way and at the right time with a chick in the right mood, and voila! You can actually proceed to rubbing each other's crotches with your toes under the table, then say "my bed is that way" and BANG! You're IN!"

Update. "Can't hear you:)". LordGaeden, ASF: "Try this: If she says something, lean forward as if you aren't hearing her very well, and touch her (arm or back). Then lean back again and answer. Are there any easy clues as to when is the right time to go kino? The clue is when it's possible (ie, she's within in range)".

Update. Kino is the difference between getting and not getting the girl. It is the saving grace of even the otherwise doomed "nice guy" approach. And in some instances, being the "nice guy" together with using kino can even be quite effective. Here's why: the success of kino depends on whether the girl perceives you and your touch as a threat to her or not. You can be a rough and tough guy (I try to avoid the word "jerk" as it is not really quite representative of what the opposite of "nice guy" actually is) and still have the girl feel you are not a threat to her specifically, thus initiating kino will be easy. A nice guy usually just has an easier time having girls feel he is not a threat to them. Usually though, that is also his undoing, as he is consequently perceived as weak, neutral and non-sexual, all of which are major turn-offs for girls. But here is where the saving grace of kino steps in. You are safe, so touching and hugging with you is... well, also safe. However, before she knows it - touching and hugging with you moves from feeling pretty good to quite exciting to really electrifying until all that good, safe and friendly physical contact with you is going to make her wonder: "If it feels so good just to touch with him, why on earth not do more? I wonder what that would be like?". Which is not to say that being the "nice guy" is the way to go. This was simply meant to illustrate the strength of kinaesthetics - it even works for the "nice guy":) So remember - kino really is the difference between getting and not getting the girl.

Update. The protective gesture. Maxim (<http://maximmag.com>): "In a crowded bar, if people are walking by and pushing you, there's a way a guy can put his arm around you—not actually touching you, but behind your back so he's sort of keeping you from getting shoved. A man doesn't need to pick a fight with some guy who accidentally steps on my toes, but it's nice if he's protective. —Kris, 27, Los Angeles"

Approaching To Keep Them Interested

If She Seems Unapproachable

Often the single woman is very lonely. Not many guys ask particular women on dates and when they are asked they will take advantage of it even if you are not her automatic knight in shining armour. You have to understand that even though many women receive attention constantly, they do not actually get asked out on dates. This can be for many reasons and the initial one to come to mind is that all of the guys thought she would say "no". They may think she is too good for them and she may not come across as the approachable type.

Have you ever met someone and they ended up being a lot nicer than what your impression of them was? People carry around themselves an aura of "leave me alone" or "I'll bite your head off" type barrier. You only have to break this shield and you are half-way there to getting the woman you desire. Within seconds of asking a woman on a date she can actually change her opinion of you. This is luckily favouring you. She is suddenly thinking of you as a possible mate whereas before you were just another guy to her. The planting of the interest from you into the woman's brain is an extremely important move in catching the woman you want. She is now thinking about you in this way. Have you ever had a woman show interest in you and then suddenly you like her more than you did before? Well now you are adding up the minuses and plusses to getting further involved with this woman. You must put yourself into their thoughts to give yourself a chance!

Many girls want to have dates arranged so your approach is welcomed and sometimes even wished for. Maybe all of her friends are in relationships and she doesn't have a lot of choices with whom to go out with.

Or have you ever thought the woman you are thinking about asking on a date really wants you badly? She only needs to be slightly attracted to you and you will get her on a date by asking with confidence and not taking no for an answer. This is even if she plays hard to get. She may even mean no to start with and some gentle persuasion will talk her into it."

More reasons to not perceive her as unapproachable by Johnny Shack:

"Its romantic for a woman being asked on a date. They love romance!

Women want a mate and you may be the one they are after. Most women will try different models before they settle down to have babies and you should be in the showroom at least offering a test drive.

All girls dream of their wedding day and the last thing they want is to be left on the shelf. They are searching as hard as you are guys!

Women want someone to kiss and to hold. Someone to have coffee with and to go to the pictures or to see a show with. They feel horrible if they don't have anyone. Many women think: "If only a decent guy would come along. Thats all I ask for". Some even cry themselves to sleep wishing to meet this guy and to at least have the opportunity to sort through their dates to find one. They know that without dating this can't happen.

Also, there is something very exciting about going out with a stranger that you just met. It's an air of "anything could happen" that strongly helps to alter a girls mood and make her susceptible to doing things she normally wouldn't.

They want a guy to replace their father. Think of it guys: many men want the woman they catch to somehow replace that motherly love you left behind when you moved away from home. Women want someone to share blue

emotions with in confidence. Many women don't trust their friends probably because they are just as cunning as themselves. So they look to the arms of a man for this."

Guidelines in Approaching

Use humour to get you started - or even give you a head-start:) Ross Jeffries: "Let's talk about using humour for a minute. Not only do most women LOVE a guy who can make them laugh; laughing shifts a woman's physiology and mental focus, interrupting her thought patterns and creating a temporary blank, which YOU can then fill in. Just think about it a second. Have you ever been in a rotten mood, and then a friend suddenly makes you laugh? What happens? You start feeling a hell of a lot better, don't you?" What Ross Jeffries suggests as an almost perfect approach is using a humorous comment to get her to laugh, then all you have to do is to follow up with anything to keep the conversation flowing towards a possibly pattern-like talk, eliciting values or any other technique described in this guide you have chosen to use.

You can even border on slightly negging her, if you go Mystery-style with a drop-dead gorgeous girl, or smutty, if you go GM-style, but those two are already more advanced techniques. If however you are dealing with a nice and cute (of 7 or 8 on a scale of 10), you can also make her feel good by complimenting her looks for starters (see [Negging](#) for why this is not such a good idea with a drop-dead gorgeous model-type babe of 10).

Update. Speed Seduction newsletter, Ross Jeffries: "For me, one of my favorite ways to meet women is to use some type of humorous approach that gets her laughing. Why is this so important?"

1. Laughter sets a woman at ease and puts her off guard.
2. Getting her laughing shows that you are confident and don't take the process of meeting her too seriously, unlike a desperate hard-up loser HAS to succeed, YOU are a fun guy, enjoying your exciting life and creating an opportunity for HER to step into it and have some fun too? IF she plays her cards right.
3. Humor is a way to test to see if SHE has a personality. If she is a mean, unhappy be-yatch, why bother?
4. MOST IMPORTANTLY, LAUGHTER GIVES YOU A BEHAVIORAL RESPONSE from her that you can mention, incorporate, and future pace into HER IMAGINING CONTINUING TO HAVE FUN WITH YOU LATER!

Offer entertainment and confidence with speed. ASF: "As far as you are concerned the girl has to be entertained by you. If she sees other guys as being more confident and more entertaining she most certainly will excuse herself to the bathroom or the bar to hook up with them later. That's why its important to work quickly so that you do not take more time than is necessary to secure a chick (take her home or spend some quality KINO time with her on the couch/dancefloor somewhere). Getting numbers on their own is unreliable."

The 3 steps of approaching. ASF:

BEGINNING - preparation ... clothing, props, initiate an entertaining and interactive conversation (that is what an OPENER is all about).

MIDDLE - using entertaining stories and routines, you convey the humour, confidence and the other typical attractive traits, use NEGS to make them chase you, test them (stop conversation to see if they reinitiate it) and look for the indicators to see if closing is worth doing (like KINO, position and body language, laughter, etc), usually 3 positive indicators.

END - close or eject based on the indicators. Closing will stall when you don't realise that you will succeed with the close if you have witnessed 3 positive indicators. Decide on either the *close or the #close. If pressed for time, just #close... but try to kiss her goodbye on the LIPS if you have a little time, always KISS CLOSE.

Demonstrate Value and Personality

You have nothing, absolutely nothing to expect from a girl to whom you do not demonstrate value and personality. Be it being Mr Smooth or making her horny with GM or leading her imagination with patterning or simply being you in a great mood, confident and witty which she finds attractive - you have to demonstrate her something about you that she discovers to be of value for her. And she will discover it being of value for her for the simple reason of liking the way that value makes her feel.

So many guys think, that their mere presence and company is of some specific value to the girl - well it is not. If you sport a great face and/or big muscles, then your presence can sometimes be a turn-on for a girl - she likes the way the proximity of your face and muscles make her feel and thus your presence can be of separate value for her. But even the few times that that happens, it will wear off fast if it turns out that that is all you have to offer.

Any time the girl is bored, disinterested, turns you down, walks away, rejects you or ignores you - you have simply not demonstrated enough value to her. Demonstrating the right kind of value and personality, the kind that she is especially looking for in a partner is not an issue at this point, you'll get to that when [Eliciting values](#). Right now you simply need to get her attention by taking an educated guess at what she might be interested in - see [Good traits to have and develop](#). Demonstrating any kind of value and personality from that list of traits will do perfectly fine for starters, and is infinitely better than the "Here I am, this is the way I look (and I'm sorry I'm not better-looking), now please like me" attitude used by most guys (who are also "trying" to be funny and confident etc, but eventually their AFC'ness will inevitably shine through:). Which will leave them scratching their heads while the girl walks away and thinking "oh, better luck next time, I'm sure someone somewhere will like me... I hope".

In fact, you are like a travelling salesman, giving girls only a foretaste of the goods and offering them an opportunity to get the real stuff... "if they behave well enough":) See the difference with AFC thinking? Which seems to consider that the girls are the "goods" which you might eventually get if you date, pay for dinners/movies and take their disrespect long enough? No, YOU are the goods, but you're not selling to everyone - you offer only to a select group of potential customers. But you don't need to push it, the stuff is for real and you know it, and if one customer doesn't want it, its her loss, another one will grab you gladly:)

Just don't forget - nobody will want your goods if they don't even know anything about it. So sample it - by demonstrating value and personality.

First Impressions

In general, a woman makes a decision about whether or not she would like to sleep with a man very early during a first encounter. That is why acting like a desperate and horny or a simply nice and wimpy AFC yields you nothing. Ever. Including later:) And if a woman has decided that she is not interested in sleeping with you, no amount of pursuit or persuasion is going

to move her. Many men have wasted their precious time and energy by ignoring the reality of having fallen into the LJBF zone.

All in all, there is nothing you can do to change her mind. Unless... you change yourself:) Should you be able to leave your old AFC habits behind and become a man, she won't be able to hold on to her old beliefs about you. Now that you're different and can make her feel different, present yourself to her anew and watch the fireworks:)

This however does not revoke the importance of a first impression. Women are used to making up their minds (about you-know-what:) according to their first impressions so changing their minds about it will be somewhat of a paradigm shift. You can make it happen, but with a considerably more effort on your part than if you had left the right impression on her the first time around (which she would have returned by leaving the right kind of impressions on you - her claw-marks on your back:).

In conclusion, if you're an AFC - she will either like you or not, and there's nothing you can do about it. If you're a PUA, your options are much more varied - maybe she just didn't like the approach you used, no problem, try another one, or maybe you simply weren't at your best, next time you meet, she has a chance to reevaluate her position:)

Pace and Lead

An example of verbal pacing and demonstrating understanding to increase rapport (see "Mirroring" for an explanation and examples of physical pacing). Speed Seduction newsletter, Ross Jeffries:

"**VERBALLY PACE THE ONGOING SITUATION** - I cannot emphasize enough the power of this VERY important rule. Basically, what it means is to verbally describe and therefore **ACKNOWLEDGE** the situation and reality that she finds herself in with you.

An example:

Let's say you're a lucky s.o.b., and, like me, you live right by a jog or bike path. Women are constantly skating, blading, running or biking right by you. And let's say further, that, you, like me, are a lazy son of a bitch and have no intention of moving your own fat ass via bike, blades, running etc. What do you have to do in order to meet and talk to these women? Well, Buckwheat, what ya first and foremost gotta do is... Ya Gotta Get 'Em To Stop!

With that in mind, I have actually **USED** the following approach and **ACTUALLY** gotten it to work! I merely wait for a nice looking young lady to come jogging, blading or biking toward my stationary position along the path. I then jump out, hold out a hand and in my most authoritative tone yell: **STOP!** (This is actually pretty funny to watch. I have never had them **NOT** stop!)

I then say something like, "If you're that easily stopped... you need a boyfriend who will **MOTIVATE** you! My name is Ross".

In the example above, where I've just jumped in her path and yelled "STOP", what do you think this girl is thinking? It's a safe bet it is something along the lines of "this guy is fuckin' nuts"! So I better **USE** that instead of ignoring it.

I say something along these lines, "Look, I know this is a totally nutty way to meet someone (pacing her ongoing belief)... but I knew if I didn't do **SOMETHING** to stop you, we'd never get a chance to talk (also completely true... a truism with which she cannot argue) and maybe see how much **WE COULD REALLY LIKE EACH OTHER** (embedded suggestion)".

The principle here is **VERY** important. And that is... **BY DEMONSTRATING UNDERSTANDING, YOU INCREASE RAPPORT!**

Now, let me make something critically clear: I did **NOT** say demonstrate that **YOU** are "understanding, sensitive" etc. I said demonstrate

Power Opener

"understanding"... of her ongoing reality and situation. Not in the sense of apologizing or excusing but simply that you are alert and AWARE of who she is and what she is experiencing.

From here, what I will do is say, "Look...I don't have a lot of time here (a bit of a "takeaway" which always makes you more appealing). And it's obvious that you are on the move too. But if you'll sit with me for 5 minutes, I'll analyze your handwriting. You'll get to learn secrets about yourself your best friends don't know and I'll get to find out if YOU are the kind of person I want to know better (here I'm structuring an opportunity and offering her a challenge)."

The most important thing to keep in mind while approaching women is that first impressions are priceless and are made up within the first three seconds of introducing yourself. This means that you have no room for error.

Rule No.1 Women sense and are turned off by insecurity, so make sure you look and act confident. How? Groom, dress, move, and pursue like a man who is confident with women.

Practice socializing with all kinds of strangers on the street, whether they're old or young, women or men. Just say "Hi" and you'll start to notice your confidence build up.

Rule No.2 No pickup lines. It upsets me when people ask me for the best pickup lines; there is no such thing as miracle pickup lines. You have to be honest, straightforward and say what's on your mind.

If you use pickup lines, a woman will read right through you and feel cheap. When a woman feels like you're using a pickup line on her, she will do everything possible to show that she won't fall for it. Using pickup lines is what destroys a conversation because it's hard to think of what to say afterwards. Instead, by making conventional small talk, you have a base to build an interesting conversation upon.

Rule No.3 Don't give her your name. This is the first tool to confirm that she is interested in you. Instead, ask for her name. Once she says her name, compliment it and start talking. If after a while she asks you for your name, it means she is interested. If she doesn't ask for your name, it means she doesn't care. If that's the case, don't waste your time with her and move on before she does.

Rule No.4 No matter how tempting it might be, don't look at her breasts. If she catches you looking, gazing, screening, or scanning for even a one hundredth of a second, it's all over and you could kiss your chances goodbye. Don't risk it.

Good looks are important but not enough to keep a woman interested in you. A woman also wants a man who can have an intellectual conversation. Most men know how to speak to women for the first few minutes but don't know how to make the conversation last. The most important part is how to keep them interested past the first ten minutes of conversation. The problem is that men don't understand how to follow the sequence of natural conversation. Some men make the mistake of talking about themselves all night long, while others begin by talking about how many kids they want, why they're still single, or how fast their Porsche can go from 0-60 mph. The secret to keeping a woman interested in you for more than ten minutes is to first melt her security ice shield, follow a sequence of natural small talk, bring up something no one else would, and observe her body language.

Ice breakers

At first, women are on their guard and act cold towards you approaching them. They feel a little intimidated so they put up their ice shields. You must deal with the fact that women will be testing you to see if you are safe or

potentially violent. Before you even try developing a conversation, you have to make her feel comfortable by showing her that you're harmless.

You can do this by using a little sense of humor (without looking too weird). You can also try some ice breakers like, "this party is really exciting..." or "who's the creep that left you all alone with these men?"

If she gives you the evil eye or tells you to get lost, don't feel bad (remember she might just be uncomfortable so don't take it personally). Follow through with a smile and say, "Hey, you don't need to get nasty, I was just trying to make conversation." She might smile back and apologize. If she doesn't, well hold your head up and move on.

If she smiles and gives you buying signals, this means she is slowly lowering her ice shield. You can continue by asking for her name and following through with a compliment. Now you can move on to the actual conversation.

Rolling your tongue the right way

When you first meet a woman, you have to capture her attention and keep her interested in you. This is achieved through the art of conversation. You have to be able to roll your tongue the right way to charm her.

Sample Approach

You: (Approaches woman at event after receiving positive body language and successful flirting) "Hi! Do you mind if I join you?"

Her: "No, not at all. Have a seat."

You: "So who's the creep that left you and your sexy smile here all alone with all these men?" (Ice breaker)

Her: (Laughs and starts to blush) "Actually, I came with my girlfriends just to hang out and relax a bit."

You: "A devoted and hardworking woman. Now that's rare to find these days. I bet you're looking forward to your vacation?"

Her: (Big smile and excited look) "Are you kidding me? I'm dying for a vacation!"

You: "By the way, what's your name?"

Her: "My name's Jessie."

You: "That's a sweet name! Okay Jessie, if i should ask you where is your ideal vacation spot, how would you respond?"

Her: "Hmm, let me think. (Touches hair, looks up, caresses her glass and then touches my arm) Somewhere hot. Anywhere, as long as there's a beach around.

You: The beach? You don't look like the beach type." (Neghit)

Her: (Surprised) "What do you mean, i'm not the beach type?"

You: "Well you look like the type of person who'd prefer to stay in the city and do some site-seeing or visit museums." [Expanding on negative hit implying she looks boring.] :)

Her: (Laughs out loud) "No way! I love the beach." (Thinks to herself: "No one has ever told me that before, they usually compliment my looks.")

You: "You have an amazing laugh, I think I'm going to tell you some more jokes so I can see those gorgeous dimples again." (Two positive hits).

Her: (Smiling) "Stop, you're making me laugh. By the way, you still didn't tell me your name."

You: "My name's "Walter".... So what is it about your work that makes you so exhausted?"

Her: "Well, yada,yada,yada,yada ..."

You: (Listens carefully looking for a follow up questions) "Really, and how did that make you feel?"

Her: "Well, blah, blah ..."

You: (Listens carefully looking for a follow up questions) "Wow! That's a lot of work. How did you deal with it?" (Notice, i make a comment before asking her another question, so she'll know i'm listening)

Her: "Well, blah, blah ..."

You: "That's very interesting, but I would deal with it another way."

Her: "Oh really. Tell me!"

You: "Well, I'd take a week end off, spend it in a hot Jacuzzi and top it off with a full body massage."

Her: "Oh that sounds like so much fun. What else?"

You: (Focus conversation back to her - make her talk)"Well what would you suggest?"

Her: "Well, blah, blah

Simple Approach

An example of a simple 2-on-2 approach (ASF): "Hi... my friend isn't from here (introduce friend)... so how do you guys know each other?" You can also use this to approach a larger group. "So how does everyone know everyone else?" Yeah, that line is great... especially when the truth comes out and the guy that THOUGHT he was here on a date finds out he's only HANGING OUT with the girl he wants and she declares herself free for your picking:)"

An example of a pattern-like approach (ASF): "I'm sure that you, like me, have had some really interesting experiences in your life. You know experiences that were incredibly fascinating and absorbing, like maybe when you were a kid and you went to a museum and you just got lost in wonder and delight at what you were seeing. If you were to share a memory about one of your most interesting experiences, a person you met perhaps, or a place you've been, or something you've learned that still holds a deep interest for you, what would it be?"

Another pattern-like approach. Odious, ASF:

""Excuse me (to get her to stop) I just wanted to say thank you."

Her curiosity bells just went DING. She'll almost inevitably ask why, though it is ok if she doesn't. Move into standard mirroring and rapport building techniques as you continue...

"Have you ever had one of those days where, you find yourself feeling sort of aloof... you're not really happy, but not really sad either... you just feel like your adrift. Then suddenly you find you bump into somebody with an incredibly warm and beautiful smile that just makes you feel wonderful for the rest of the day?"

She will almost surely smile more at this point, or give some degree of positive response.

"So, I just had to thank you for brightening up my day... Though, you know it would be a shame if this is the last time I'll see that wonderful smile... what's

your name?"

An example of approaching girls in cafeterias with some aspects of patterning. ASF:

- Walk up from a direction where they can see you coming (I like them to feel like I walked up to them confidently, not like I'm trying to sneak up on them or trick them).
- Sit down while you say something with a big smile and like you've known them your whole life. It doesn't much matter what you say, but if you say something interesting it makes it easier to continue the conversation (now they have had a state change and are wondering if they know you).
- Make interesting conversation (use patterns if you know them) while mirroring them. Tell them a little bit about yourself then SMOOTHLY #close.

M: "So, How was you day" (sit down)

H: "Good... how was yours" (This is a very typical response if you were smooth with the intro).

M: "My day was awesome so far (try to match her outlook, if she looks completely down try "pretty good").I had a great day at work, and then one of my closest friends that I hadn't talked to in a while called me. You know how you can just talk to someone and no how long it's been you just _feel_ this great connection with them..."

H: "That's cool, I have a friend like that"

M: "Someone you can really trust, who always makes you feel good to talk to?"

H: "Yeah, I've known her forever"

M: ...

H: ...

M: "I have to go, but I've really enjoyed this conversation, why don't you give me your number and we can talk again"

"How was your day", pacing and rapport building. Anubis, ASF: "If there's nothing particularly interesting about the environment in which you find yourselves, the first sentence or two gives you the perfect opportunity to pace her (this is more what I'd be tempted to do at a party or some social gathering).

Example 1

You walk across to her and, genuinely interested, ask:

"So, how was your day?"

In a fraction of a second she flickers through the events of the day, smiles, and says "Great!" Her smile is infectious and you find yours matching it as you reply.

"Excellent! So was mine. What did you do?"

She's had a great day. You've had a great day. She feels a small (at this stage) degree of rapport and should have little problem sharing her good mood. This leads her into talking about what she did to have such a great day, a list of sentences in which you should find any number of conversational hooks to bite on.

Example 2

You walk across to her and, genuinely interested, ask:

"So, how was your day?"

In a fraction of a second she flickers through the events of the day, sighs, and says "Awful." Her sadness is infectious and you feel an empathic frown flow across your face as you ask "Oh, what happened?"

This then theoretically leads her into talking about what happened, and gives you the opportunity to show her that you can bring her from a piss-poor mood into a happy one. Hear her out. Whereas to fix up our bad moods we (i.e. men) usually look for solutions to the cause, women tend to share their feelings. Once she's unloaded the baggage, you've got rapport. Time to turn her mood around and get her happy. Not easy, but attainable.

Example 3

You walk down to her and, genuinely interested, ask: "So, how was your day?"

She's in a torpor. "Boring."

Looking for a spark of life to flash across her eyes, you continue.

"Oh. In which case, how was yesterday?"

She sighs. "Just as bad."

Medic! We need some 50mg of adrenaline over here, STAT!

You figure it's time to have some fun and, placing your hands apart as if you're measuring a fish, say: "So you're pretty sure you don't feel *this* excited yet?"

She looks, pauses. "No."

You bring your hands closer. "Perhaps you're feeling this excited?"

She can see where you're going. Was that slight muscle-twitch a hint of a smile hastily covered?

"Not really."

You hold up in one hand a very small gap between your thumb and forefinger and, smiling but seriously: "Could you possibly be at the very least, entertaining the thought of considering the likelihood of being *this* excited."

If you can bring a smile to a catatonic, they'll love you for it. Same with angry people. Personally, I enjoy the challenge of making pissed-off people smile."

Update

You look exactly like.... A brilliant opener by Clifford, Clifford's Seduction Newsletter: "My all purpose opener. I look at them as if I recognize them and then I go up and say "Excuse me, I don't mean to interrupt you while you are (whatever she is doing), but you look exactly like... you know, it is amazing how much you look like this person... you look just like (as you drag this out you develop rapport immediately, it's great)..."

From here you have to judge her personality. The real ending is "You look exactly like... someone I should get to know better" or "...somebody I would like to meet!" But if you sense that she's uptight or has no sense of humour, go serious with something like "...you know, the more I look at you the more I realize that you aren't who I thought you were, but I would like to meet you in any event. My name is..."

Update

The Horoscope. Brother Andy, Clifford's Seduction newsletter:

"Hey, my horoscope today said that I need to make new friends, and as weird as that sounds, I could actually use some new friends. My name is [Myname]"

"Hi, I'm [Cutegirl]"

"It's nice to meet you, [Cutegirl]"

[Smalltalk]

"Well, I'm in a hurry, but if I could get your number so we can sit down and have some lunch one day, that'd be great."

"Okay, sure [Myname], here"

Collision Approach

"Now here's what ya do... you see a good looking girl walking down the street from a distance. Work it out so you accidentally get right in front of her and you both have to come to a screeching halt. Then, when she sez, "Excuse me," or whatever, you say, "Oh, it's no problem. You would have stopped me in my tracks even if you weren't blocking my way!"

Here she can either laugh or move on w/o comment. If she moves on, she either has a dull wit or no sense of humor, and in either case I don't want anything to do with her. If she laughs, you hit her with Ross's line (and I will admit this is a damn good one), "You know, it's good that you laughed, cuz it shows your mine is sharp and you have a good sense of humor, and I wanted to see if you had more going for you than just your looks."

Then of course you continue with anything else (offer to meet over coffee, #close, run pattern, anything).

Available Chair Approach

Benjamin Strackany, mindlist: "You walk up to one or more women who are sitting at one of these outdoor cafe tables. Be sure you walk up to a group where there is a chair at their table that isn't being used. Maybe you should buy something at the cafe first, but that's probably not required.

You then smile and say, "Hello, I was wondering if this chair was being used by anybody / I was wondering... is this chair available?"

They'll say no / yes, the chair's available. They assume you need to borrow it for some table you'll be eating at.

So after they answer you, give a big smile and plop yourself down in the chair with a relieved sigh. Then maybe say something like, "Boy, it sure feel good to sit down for a second. By the way, my name's Ben, how do you do?"

The Familiar Approach

Act like you already know her

One of the easiest and most effective ways is to start talking to them, like you've already know them. Just start in the middle, like you'd go on from where you left off the last time you two met or just start with anything new, just as if you were talking to an old acquaintance of yours:) Skip all opening-lines (99.9% of them suck and girls hate them) and introductions (she's gonna be offering her name and phone number soon anyway, you just need to construct the opportunity for her:). It is very important not to convey the image that you are hitting on her, at least not while initiating contact. Being friendly (and not drooling over her), being confident (and not sweating, trembling and stuttering) and being humorous go a long way in achieving this.

Fool her into thinking that she knows you

Kevin Kupal, mindlist: "Look surprised, then look away for a while, then look at her then look surprised again. She may open a discussion. If not, open yourself by saying something like :

"You look strangely familiar. I swear I must have seen you somewhere. (pause). I can't remember yet. Let's switch it around. Do you HAVE THAT FEELING that you STRONGLY RECOGNIZE ME. Do you HAVE THAT FEELING NOW that I'M UNCANNILLY FAMILIAR.(?)"

Her (most likely response, if the principle works): "... yeah... I must have seen you from somewhere"

You: "You want to sit down for a cup of coffee while we figure out why we feel so familiar with each other ?" (presup hehehe)."

Update. The High 5 modification

Craig, ASF: "I give girls high fives all the time, usually when they are walking in the opposite direction as me and we cross paths in a club. Then, the next time I see them I say, "I remember you!" and then we are instant friends! I will also just go up to a girl and put my hand up in high 5 position, then when they slap it I'll just start talking and go into my routine."

Stunning Approach

"One of the best approaches I've ever used for meeting women is just to be incredibly direct, but also VERY low key. This combination exerts an almost HYPNOTIC fascination. So, for example, if I spot a woman I find attractive, in a low-key, but direct way, I'll walk up to her and say,

"Excuse me (you're not really excusing yourself for making her feel really-really good in just a moment, you're giving her a command to stop whatever she's doing and pay attention to you, you can alternatively use "Forgive me for interrupting you" telling her to interrupt her train of thought and focus all her attention on you, seemingly in order for her to be able to determine whether or not to forgive you:), I just wanted to tell you.....(pause a second or two for effect...they will begin to wonder "what???.. what does he want to tell me?") I think you're absolutely stunning....and I really wanted to meet you. (Pause again)"

"My name's" I then extend my hand and shake theirs!

What makes this approach work?

- You are being DIRECT, with no excuses or apologies. This RADIATES confidence.
- It's done LOW KEY! I talk SLOWLY...no rushing....I'm radiating, affinity, warmth and relaxed power instead of need or horniness.

When you do this, it doesn't matter that a moment before she was obsessing on that overdue bill or her yeast infection. You've got her attention BIG TIME!

Now you can put her on a "sense of adventure" test by using a little intrusion. What does this mean? Simply...you need to intrude SLIGHTLY...and I do mean S-L-I-G-H-T-L-Y on her personal space; not so much that she pulls back or runs or slaps you, but enough to make her wonder and get a bit excited. How do you do this? Well, when you take her hand to shake it... DON'T LET GO AFTERWARDS!!! Keep holding on as you continue to talk to her, looking straight in her eyes. Will SOME women pull their hands away? YOU BET! Maybe 30 to 40%. But never mind that. The one's that keep holding your hand for a moment longer though... have passed your "sense of adventure" test:) You have made them already slightly attracted to you in some 5 to 10 seconds from first meeting you:)"

The effectiveness of this approach is however limited with mostly 7s and 8s. The really absolutely stunning women will most probably not be too phased by the "you look absolutely stunning" line. Also keep in mind, that this approach is a two-edged sword - it is powerful and direct, but it is also an obvious come-on. If she likes this approach, you've propelled yourself in her direction a great deal. If however this is not the case and she thinks you're a pathetic supplicator (depends on how you deliver it though, try to follow Ross Jeffries' suggestions of being low-key but confident and direct) then you've probably propelled yourself much more further away from her - in which case a casual "we've known forever" or a neg approach might have worked better. Have no despair though, you'll learn from experience.

Update. Once again, the following is an example of major supplication and might not work on the best looking women (see "Neghits explained" for more information on that), but then again, it might, and especially as it is so quick and easy, you better use this as opposed to having done nothing at all:)

The corny line approach. Speed Seduction newsletter, Ross Jeffries: "I was doing some errands in a local mini-mall when I spotted an unbelievably hot-bodied woman in tight-fitting work-out outfit. As she was leaving the yogurt place with her double combination vanilla/chocolate swirl, I said, "Excuse me, has anyone ever told you you're a shining example of physiological/genetic perfection?"

Her response of course, was to laugh and say "Thank you... no, you are the

first!"

I then USED her laughter response by saying, "Well, I'm glad you laughed. Because although you really are breathtaking, and I wanted to get a glimpse at the personality inside of the beauty before I introduced myself. My name is Ross".

I then invited her to sit down while we enjoyed a brief hand-writing analysis. But notice here, that I mentioned and USED the fact that she laughed as a way of establishing that I was looking for MORE than her physical beauty."

Pacing the Ongoing Reality

A good tool to use for instant rapport, especially when approaching (as you need to overcome her possible cautiousness about you and do it fast) is pacing the ongoing reality. What this means, is describing both the very recent (for example her having been idle and you having approached her), ongoing (you talking to her and her being pleasantly surprised) and near future events (her feeling good about getting to know a handsome stranger like you) in a pleasant, humorous and believable manner. Here's a modified example originated by Clifford in Clifford's Seduction newsletter. It starts out with some basic approaching elements (pardoning, complimenting her, offering your name), which are sometimes frowned upon by more experienced PUA-s (see "Complimenting her", "Neghits" and "Should I offer my name?" for more information on why), but the ensuing pacing of ongoing reality creates an overall pleasant atmosphere of honesty, simplicity and sincerity, which is often almost impossible to resist:) The modified example pacing by Clifford, Clifford's Seduction newsletter:

"Excuse me, I don't mean to interrupt you [drinking coffee / reading the newspaper / waiting for the commuter / your train of thought], but I just wanted to tell you that I find you very attractive and wanted to meet you. My name is Rick, what's yours?" [Here comes the pacing] "You know, you never know when something wonderful is about to happen, like you could find yourself [in the cafe / in the waiting-hall / sitting on the bench / wherever] just thinking about [eating another donut / what time the commuter arrives / whatever she's doing or expecting to happen], and the next thing you know an attractive stranger is talking to you, and as you listen to him you may notice that even though [you've never seen him before / you've seen him before at this bus-stop / you've met him before here in this library], somehow today, because he is talking to you, you may see him in a new and different way. Can you imagine that?"

Now what you did here, is you told her something that she invariably had to agree with - yes, she was where you said she was, doing what you told her she was doing, thinking in the lines of what you hinted she was, yes, yes and yes. And all of these things were quite simple for you to say - all you had to do was to describe the scenery:) But in her mind it doesn't matter - she finds herself agreeing to what you're saying, over and over again. And it's not some unimportant who-cares and so-what stuff like "the sun is shining... and the buildings are tall... and people are walking by" either, it's actually something quite important as it is about what she was doing and what she was thinking about. So while she is listening to you and she finds herself agreeing with you on some fairly important matters, the agreement she has in her mind creates a feeling of enthusiasm and being close to you, and in effect - instant rapport.

Having had to agree with so many things, the few things that she probably wouldn't agree with on their own, seem also much more acceptable as a consequence. So maybe she wasn't pleasantly surprised when you approached her, or maybe she wouldn't describe you as particularly handsome - but now that you've showered her with so many truisms to begin with, the ones that wouldn't ring so true by themselves seem much more true amongst all the other truisms. Thus for example you telling her she was pleasantly surprised when she thought she wasn't, will have her re-evaluate the nature of her surprise as a consequence of all the other truisms that surround it. Don't overload her mind with things that she probably wouldn't agree with though - keep a fine balance, push things in your pacing just a bit above the actual and towards the more positive, for if you go overboard, she will stop agreeing with you... and bye-bye instant rapport.

I Like...

Clifford continues: "Now listen for her response - one thing that may happen here and which has happened to me many times is that she may be one of those women who starts talking a lot and you won't be able to get much of what you are thinking of saying out. This is a great sign. Usually I just smile knowingly and let them talk their little hearts out. As soon as the topic of sex comes up, you know you've got her. Just lay back, be friendly, don't say too much, and she will talk herself right into your bed. You may need to invite her for a coffee or a drink at the right time (I have found a lot of the talkers will extend an invitation to you themselves and you just have to watch for it)."

Even during the remote possibility, that she doesn't display immediate interest, you still have plenty of options to evoke it - eliciting values, conversing on general patterning themes or even outright patterning, displaying the general attractive traits of humour and confidence plus anything you came to know she wants in a man via eliciting values etc etc. However, even if you need a follow-up technique to continue with, thanks to your initial pacing of the ongoing reality you're well on your way to getting her to like you. And from there on to... well, whatever your goal happens to be:)

You can use this as either a continuation of a conversation or as an opener. It has the two of you say what you like in turn with you directing the "conversation" from things and known concepts (movies, music, food) to situations which create different feelings and states (standing in a warm summer rain, experiencing the thrills in an amusement park) to actual descriptions of states and feelings (feeling the excitement yet safety of a joy-ride:).

For example, seeing a girl in a record store in the dance music department, idly looking at records, you can start with "I like Prodigy". She'll look at you in confusion, as if trying to ask "...what?" or "...were you talking to me?". Never mind that, continue. "I like Prodigy, but I also like The Orb. Your turn:)". By now she has understood the point and will answer something like "Ok, well, I like The Chemical Brothers". Now you continue with another band, or switch to food or movies. If you say "I like The Matrix" after she said she liked the Chemical Brothers, this is obviously going to sound a little strange, so make it known to her by using a humorous tone that you know very well the switch was a little weird, but hey, you're just having fun and you're only inviting her to join:) She in turn might switch to food, follow her:)

But remember - you want to end up with describing feelings and states. With the "I like" game that is, not with the girl in general:) The "I like" game is not a means to an end, what you really want to end up with is getting her excited about you, getting her phone number, having a cup of coffee, doing a *close, showing her the heaven of complete sexual satisfaction - just take your pick:)

Gimmicks

Starting

Ross Jeffries: "Are you into metaphysics? Do you believe in astrology? Astral projection? ESP? Tarot cards? What's that you say? You think it's all a bunch of crap? Well, so do I. But guess what? Women eat this stuff up like candy, so I PRETEND to be interested in all of it!!! Of course, my favourite gimmick of gimmicks is analysing a chick's handwriting. Do I have any training in this field? Have I even read a single book on the subject? OF COURSE NOT!!! But of course, just by coincidence, we carry the good old Grapho-Deck (you can find it at www.myhandwriting.com), the world's best gimmick for picking up women.

All you need to do is walk into any bar or party with it, and corral the first girl you see. Just walk up and say, "Excuse me, I know this might sound a little odd, but do you handwrite or do you print?". After she stares at you like a bug for a second, she'll say, "Both. Why?". You say, "Well, I got this neat little deck of cards from a friend, and they're supposed to let you analyse a person's writing. I've tried it a few times and it really worked, and you looked like a fun person to break the ice with. Want to give it a go?". Almost always you'll hear yes, and the neat thing is other girls will be watching and then they'll come up to you and ask if you'll, "Do me! Do me!". I'm serious, it's that easy."

Other gimmicks may include tarot cards, magic tricks and palmistry, the latter of which shall be examined a bit in this guide.

Palm Reading-Why?

Many aspects of predicting the future and fortune-telling are very pattern-like - they rely on creating states, leading the imagination etc. Learn what the various lines in people's palms are supposed to mean and you'll never run out of mesmerising things to say to her:) Besides, doing a palm-reading routine to a girl somewhere in public has an added bonus of a possibility of also other girls in the vicinity getting in line to extend their soft hands for you to touch and "examine":)

Palm-reading (aka palmistry) can also combine patterns and kino into one truly powerful strategy. ASF: "Run the palm reader routine (you don't need to know fuck all about it). Get hold, comment on soft skin/read palm (saying stuff like you can see she's a very highly sexed, physically responsive woman - blah, blah, and really laying it on thick - with embedded commands etc. if you like). Don't let go of her hand while you're doing this, keep looking deep into her eyes then start kissing the hand & telling her some shit about 'people may know each others' mind, but they don't really know each other until their bodies get to know each other." So ok, maybe this example from ASF moved a bit too fast, but you get the general idea:) Just watch her reactions and respond accordingly. If all signs indicate that you could get away with an "until their bodies get to know each other"-line, then use it:)

Here's an example of transitioning to palm-reading taken from "Eliciting values - the questions":

""How do your friends describe you?" Use this both for value-eliciting and as prep info for palm-reading, after which you can say "Let me see whether you actually are like that as well" and transition to palm-reading.""

It is however good to know a few things about palmistry beforehand, for it will be far easier to "predict her future" and "look into her past" this way:) Plus your being able to show her how you draw your conclusions adds "credibility" to what you're saying:) The next few articles will explain the main lines in the hand and how to read them

Reading the Lines in General

The three major lines in the hand

by Peter and Kathleen Keogh

When you look into your hands, you will see the three major lines of heart, head, and life (see picture).

The heart line shows how we feel, the head line how we think and the life line how much physical vitality we have to sustain the body. The motivation to live is not shown by the life line alone. One's inspiration for life could be arising out of a strong emotional need to connect with someone, reflected by an intense heart line. The desire to live could be motivated by an urge for intellectual pursuits. This will be reflected by a strong head line more predominantly developed than either the line of life or heart.

However for an individual to feel more at peace, it is best when the three major lines are equal in length and strength. This reflects that a degree of



harmony has been achieved as no one line is imbalancing the other two. If the heart line is predominant, then the sentiments will play an important role in the person's life. However, if the head line is not strong enough to keep the individual centered, the emotions may confuse, rather than inspire, the individual to express creatively. If the head line is strong but the life line is weak, there may not be enough energy to consistently endure and persist in accomplishing one's goals.

Fortunately from the hand prints an analyst can recommend to an individual how to balance the energies of the major lines. If the head line is dominant then the person will need to concentrate on developing sweetness of heart. If the life line is dominant and the head and heart lines are weak, the person must find a creative outlet where they can direct their energy. A comparative analysis of the 3 major lines in both the active and inactive hands, will help the individual understand in what areas of life progress is being realized and in what other areas greater efforts have to be made.

Reading the lines in general

by Angela M. Matthey

Whenever you look at the lines in the palm the quality of the line tells you very much about the person. Check to see if the lines are clear, deep and unbroken which means the line has good quality. If the lines are criss-crossed, chained, broken, has islands or is faintly traced it is considered to have poor quality. A poor quality line tells you that the person lacks good flow of well-being in the area that is weakened. It can represent a period of time in life when the owner is indecisive, unhappy, stressed, feeling blocked, or unable to feel secure about embracing life. Many hands have clear, unbroken lines even though the owner has had what an observer would evaluate to be a very difficult life. This means that the owner is able to survive and cope with life taking what life gives them in stride even though it may be significant challenges. There are other hands where the lines are all criss-crossed and the owner has not had that difficult a life by another's standards, but they see their life as stressful and overwhelming.

The Life Line simply symbolizes the quality of a person's life force energy. The length of this line does not tell you how long a person will live (tell her that, if it appears a little short - tony). If the line is deeply etched and well formed, meaning not broken, chained or crossed, then the person is enthusiastic about life and puts effort into their actions and relationships. So the deeply etched life line tells about a good quality and supply of life force energy. If the life line is lightly traced in the palm the person tends to be more mentally oriented and observes life as a bystander with less enthusiastic involvement than the deeply etched life-lined person would exert. So the life force energy of a lightly traced or chained, or broken life line is more delicate. If the life line's pathway travels outward into the center of the palm, its owner will be more bold about life and want to explore the world. When the life line curves more closely and hugs the thumb the owner will be more likely to stay close to home and not be very adventurous about new things and changes in life.

The Head Line tells about how a person's intelligence is applied, how a person thinks and to a minor degree the well-being of the physical brain. The deeper and more clear this line the more potent the thinking processes of its owner. A thin delicate, islanded, chained or frayed head line tells you that the person is nervous, anxious, sensitive and indecisive, being too easily effected by arguments and the pressures of another's idea or will power. If the head line is short, the person is more instinctive and action motivated. If the head line is longer, the person is mentally oriented, wants to learn about many things, and has good mental focus. If the head line is more straight, the person is very logical, reasoning and wants the facts. If the line is sloping downward, the person is imaginative, creative and more sensitive. When there are deep dots or dents present on this line or islands sometimes this tells of headaches and possible physical problems with the brain itself. Other times such indications tell of mental frustrations and of "second guessing" one's abilities to decide properly.

The Heart Line tells about the owner's emotions and how they are expressed. The heart line can be looked at for health indications also. The heart line has a different starting point than the other palmar lines which start at the thumb side of the palm. The longer the heart line the more the emotion is present in the personality of the owner. If the heart line is straight

Dancing

the owner's emotions are ruled by the mind. They think before they speak. The curved heart line, like the one shown in the above image, tells of a person who is sentimental, intuitive and openly expresses their feelings. If the heart line is clear and deep the person is comfortable with their emotions. If the line is frayed, broken, chained or delicate the person is emotionally stressed and often moody. An island on this line at about the space under the ring finger area tells of eyesight problems.

The Fate Line is not always present in a palm. When it is present it helps the palmist time events in the client's life. The fate line tells all about a person's career pathway changes, independence, personal will power, and their ability to adapt to life's circumstances. If a hand does not have a fate line it is not bad like so many palmistry books have stated. It can mean the owner's life is dictated by the circumstances of their environment or by an overly possessive parent. However it can mean the owner is open minded, free wheeling and spontaneous about life and their pathway. When this line is present in it's full flow, like in the image above, the owner has a very balanced inner strength and guidance about life from within. If this line is broken it means a major life change, such as a physical move to another location, a job change, a relationship change or a complete career change, in life at the time of it's break. This is also true of a break in the life line.

The Sun Line has been considered the sign of great luck and success in the hand by many palmists. This line indicates talent about which you will have to look at the rest of the hand to determine its exactitude. It basically says that its owner has a special ability to make friends, money and earn a good reputation. A full line of Sun (unlike the one in the picture) starts at the base of the palm and travels up to and under the ring finger. This is a fortunate sign of creative successes or the self-confidence to make the most of inherited talents to gain possible fame in life. The line of Sun as it is shown in the picture is how it most commonly appears in a palm. Here it is short and located in the upper part of the palm. This indicates success comes later in life and that the person might be a late bloomer.

This one is tough.

Ideally you should never encounter a situation where you'd have to "ask" for a dance. It is best to try any of the alternatives provided below before resorting to the demeaning and supplicating "Would you like to dance with me?".

You can use Mr Smooth to start a dance with a group of girls. Or be on the dance-floor by yourself manoeuvring into position with a girl / a group of girls dancing by themselves. Or you can dance near the edge of the dance-floor and pull any girls passing by to dance with you. Or you can act like you already know the girl, take her hand, nod towards the dancefloor and say "well, come on!:)". If she seems reluctant, you go "oh, come on!:)". If she says "I'm tired", BOOM, you're in a conversation (you didn't even notice that, did you?:). "Tired? Well, not that you mention it, this place is a little crowded/noisy. Why don't we go to someplace quieter where we can talk and you can relax:)" If you let go of her hand in the meantime, grab it again and guide her to a nice and quiet little corner you've already checked out before:)

Or - you can go the classic AFC way of asking a girl for a dance. If she says yes, great! If however she refuses, you're out of luck. You can try and salvage the situation by joining her for a conversation but she has refused you once already so a come-back will be that much harder to do. Or you can just move on, but remember - having other girls see you get rejected diminishes your chances with them even further. Which could result in the ultimate humiliation of moving from girl to girl and asking for a dance and being turned down all the way until you run out of girls:) Ok, the latter is unlikely, someone WILL eventually dance with you, but most probably that someone will be (yep, you guessed it:) - an UG!:)

Ideally, rejection should never happen, for if you've had a chance to talk to

her in a meaningful manner before, she is already dying to have a little kino and grinding with you on the dance-floor:) But amongst the deafening and blinding circumstances of a typical night-club, this can be hard to do. So she just takes you by face-value, and its gonna be a yes or no.

Also, when doing an all-out "asking for a dance", some annoying factors might come to play, over which you have very little control owing to the approach you have chosen. She might be tired, waiting for a friend in a designated spot, just doesn't dance, her boyfriend is just around the corner. All these factors really have no bearing should you choose an approach which also incorporates demonstrating value and personality (beyond having the guts to ask for a dance). In which case "waiting for a friend" or "being tired" are quickly out the window... plus some more time with you and the "boyfriend" might share the same route:)

But without having been able build rapport with her and make her crave for you, you really don't have too many options - maybe thank her, maybe ask her "how about later?" (yea right) or ask her "mind if I join you for some conversation?", nah, these all suck to high heaven, better just move on to the next girl.

Theoretically, you might still stand a chance with her once she sees the girl that was smart enough to agree to dance with you having the time of her life:) But whatever you do, don't stand there and aggravate her by arguing with her as to why she won't dance with you. Forget her, move on, there's a better-looking and smarter girl (for she knows to appreciate your invitation:) right behind her, and YOU are what she's been waiting for all her life:) Or at least this evening:)

Group Tactics

If She is With a Friend

...also known as disarming the obstacles

She is the target. The friend is the obstacle. Be it male a female, so many AFC's make the fatal mistake of ignoring the friend / obstacle when making sweet-talk with the target. An ignored obstacle is pissed and getting more pissed all the time. Undoubtedly, the target's friends have much more influence over her than you could ever exert in 5-10 minutes, which means that when the pissed obstacles will eventually start interfering with your conversation, dragging your target away ("come on, we have to go home / to another place" etc.), talking with your target and ignoring you, making comments and just generally breaking the mood... you're dead meat. If you were good enough to make the target interested in you, she might be able to slip you her number while her friend is already dragging her out the door. But more likely than not, in an atmosphere poisoned by the pissed presence of the obstacle, you'll never have a chance with the target.

So now what? The only option is to befriend the obstacles before engaging the target. Make the target's friends - male, female, brothers, co-workers, whatever - your best mates before you move on to working your magic with the one that really drew you to their friendly circle in the first place. Have a good time doing it, make lots of friends, shake hands, be humorous, lift everyone's spirits. Make them laugh, feel good and like you:) Once you're done that, you can move to working your target without having to fear anything from your new-found buddies. Who, by the way, you have already negged by paying the least amount of attention to. This has gotten her intrigued about you as she's probably accustomed to being adored everywhere she goes:) But not by you, so either you're accustomed to beautiful women or there's something about her that you don't like, either way, she has got to find out, she has got to make you adore her, she is so accustomed to that, "why is she not paying attention to me!?", "gotta step up my efforts with this guy!", hehe:) (Don't forget to read [Neghits explained](#) and [Neghits expansion pack](#):).

One more thing - once you've disarmed the obstacle / obstacles and

engaged the target, and this is critical, you need to separate her from her friend / friends. If she is with a friend, you better have a wingman to keep the obstacle busy and help in the effort of separating them. Very many girls don't like to be seen kissing or touching someone in front of others / friends. They have the issue of reputation to deal with etc. But once you're in a private place, she's free to do whatever she wants without having to think "oh no, what's my friend going to think about this", "is she gonna tell anyone / my boyfriend / mom?" etc. Let's say you separated two friends, you're with one girl and your wingman with another girl someplace else. You and the girl have no idea what you're your wingman and her girl are doing. But that doesn't mean you can't imagine:) This is where it gets interesting - she's gonna think her friend is probably already making out and having all the fun, maybe even having sex already:) While her friend is probably thinking the same thing:) So being separated and not knowing what the other one is doing, both of them are much more receptive to all sorts of advances:)

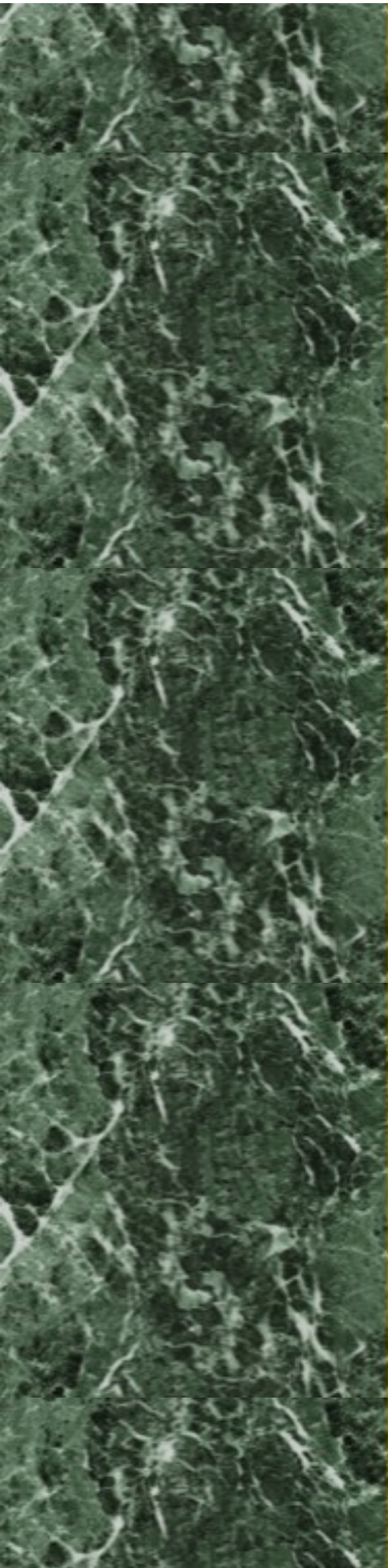
Applied with a wingman: if your wingman and his girl seem to be getting along, tell your girl (without the other girl overhearing) that you should let those two be alone and leave. Your girl will certainly initially wonder, what you mean by that. "Open her eyes" with these:) - "Are you blind or something? Can't you see what they're up to? Or do you want to watch them:)? Don't you know how embarrassing it is when two people want to be alone and there's someone watching?". This should make her "understand" and now the two of you can leave. But the beauty of this is, that you leave with your girl thinking, that her girlfriend is gonna get some in a few minutes:) The girlfriend however sees the two of you leaving and can't help but think that you left so that you and your girl could go have some private fun:) Now that you've got both of them thinking, that the other one is going to get her brains screwed out in a few moments, neither of them wants to be left out in the cold - voila:!

A simple variation of removing obstacles / negging the target, ASF: "You see HB and UG together - dance/talk/have fun with the UG instead, HB is surprised, jealous and starts making an effort. Perfect."

Neghits

"A 10 is there surrounded by friends. She has put on this BITCH act. Is she REALLY a bitch? Unlikely. All my girlfriends were wonderful human beings - beautiful people have it easier because they are beautiful and often times have better upbringings because of it. BUT - they need to have a standard with which to uphold when all these NOBODY guys approach her. So her values are very honed and understood. When a man walks up and says, "can I buy you a beer?" she WILL be annoyed by this. While the guy thinks he's doing something nice for her, she gets this ALL the time. She is desensitized to this. You are the 8th guy TODAY! So she is very good at brushing all these guys off. Shit, she HAS to be... she isn't going to sleep with ALL of them! So she may say NO or act annoyed and then the guy thinks she's a bitch and walks off pissed and feeling like a failure. And that seems to work. Sometimes when the girl is particularly in a feeling of control (like in a club where she is PREPARED for the barrage of men - it IS after all something that occurs so often that when it is GONE she MISSES it) she will accept the beer and then flake the guy off. Hey, the guys are stupid enough to buy her one, she might as well take it. When they take a beer from you, the girl is saying to you, "I don't know you and I don't care about you. You are just another one of those typical guys and since I don't respect you, I'll take the beer from you before I snub you."

Since a 10 is so GOOD at snuffing your approach (nothing ever personal either - it is a strategy that is built over years of stupid guys approaches EVERY FUCKING DAY, she will do the same to YOU. That is why SNUFFING THEM is important. You can't INSULT them because they are used to all the hurt guys INSULTING them ("ahh you are nothing but a bitch!") so this rolls off their back like water off a muskrats ass. How do you SNUFF them without INSULTING them? Well, let's say she has long nails which are most likely fake. Now why do 10s dress so FINE if they don't want the attention? Because they LOVE the feeling of control sometimes. They



are in a club with friends and they want to be the leader of the circle (social hierarchy in primates) and so she gets all the attention. The guys come and buy drinks for them and she gets off on knocking the guys down. Its all in a days play. Ok, so she is wearing fake nails to look even BETTER! Most guys will say, "wow you are so beautiful!" BORING, typical and in her mind by now (after years of the same shit) TRUE. Imagine a guy comes along and says "nice nails. are they real??" she will have to concede, "no. acrylic." and he says (like he didn't notice it was a put down "oh. (pause) well I guess they still LOOK good." Then he turns his back to her. What does this do to her? Well, he didn't treat her like shit and INSULT her. He complimented her but the result was to target her insecurity. She thinks, "IM HOT IM BEAUTIFUL (especially in that emotional state of control as in the public)... but I didn't win this guy over. IM SO GOOD at this. ILL just fix that little smear on my image that he has of me." then you continue to show disinterest in her looks as you give her a neutral topic like the Elvis script. During this her intention is to get you to become like all the other guys so she can feel in control and snuff you and you then give her another NEG HIT like this ... " is that a hair piece? well, its neat... what do you call this hairstyle? The waffle? :)" Smile and look at her to show her you are sincerely being funny and not insulting. You are pleasant but disinterested in her beauty. This will intrigue her because she KNOWS guys. And this isn't normal. You must have really high taste, or be used to girls or be married or something. These questions make her CURIOUS. So this keeps happening and is known as FLIRTING. She give you little neg hits and these tests are qualifiers. You pass them by neg hitting her back. After all, you aren't like the others showing interest. But... why? To get control again she says, "will you buy me a drink?" notice how she is trying to get you now! BUT, she only wants to sucker you in enough so she can SNUFF you. That is all she is about - this strategy is all she knows and it's not working for you so she is trying to do damage control on the situation. But at the same time she doesn't quite understand WHY you don't think you are great. After all, her nails ARE fake. You say, " ahhh, that's so funny ... you nose moves when you speak..... (pointing and being cute) look there it goes again ... its so... quaint ... hheeeee look " :D She'll say, "ahhh, stoppp!" :) *blush*. Now she is self conscious and having her in this state is where you want her. You have with 3 neg hits successfully created INTEREST (curiosity) and removed her from her pedestal (removed her bitch shield.) You were humorous, you had a smile, you dress well, you are confident and everything she would want in a man.

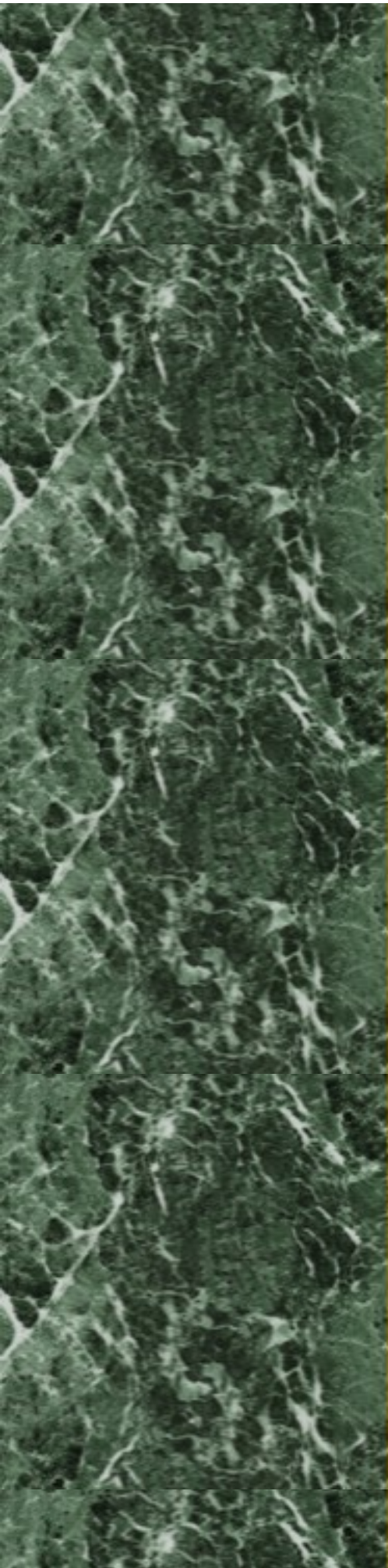
You didn't take her shit. OH, and when she asked you for a beer, you said, " no. I don't buy girls drinks. but you can buy ME one". You are qualifying HER now. If she buys you a beer, this is symbolic of her RESPECT for you.

If not you say, "pleasure meeting you" and turn your back to her again. DONT walk away, just turn your back. You are neg hitting them again just when they thought she was negging YOU. That is teasing each other. That is the first step to flirting. This is all textbook psychology.

A NEG HIT is a qualifier. The girl is FAILING to meet your high expectations. It's not an insult, just a judgement call on your part. The better looking the girl, the more aggressive you must be with using neg hits. A 10 can get 3 neg hits up front, while an 8 only 1 or 2 over a longer time. You CAN go overboard if they think you are BETTER than them You can drop the self-esteem right from under them (just like most 10s do to guys) and this isn't good. You have to get as close to the breaking point as you can without crossing the line. Once you have gotten her RIGHT THERE, you can start appreciating things about her (NEVER LOOKS). There is a mutual RESPECT now. Something most guys never get from the girl.

This is how you remove a bitch shield. 3 neg hits oughta do it within 2 or 3 minutes of neutral chat. Once it is down, you can from a mutual respect place, seduce her."

- Use negs with 9s and preferably 10s only. Don't use a neg on a 7 or 8. The 7s and 8s know what they are - cute, sweet, pretty etc - but not drop-dead beautiful. Their confidence in their own beauty is only fairly high and it could easily be destroyed by a neg. Shaking their confidence too much and making them self-conscious could quite easily make them hate you instead of wanting to be down with you - and that's not what you want:) The 9s and 10s however KNOW



they are beautiful - they've been told so all their lives; and then there's always the mirror to confirm that:) So your neg will confuse and intrigue them and maybe even shake their confidence a little bit, but only enough for them to fall from the clouds (which is where many 9s and 10s spend much of their time:) to the ground (which is where you are waiting for them:) Compare that to falling from the ground into a deep hole, which could easily happen to a 7 or 8 should you happen to neg her, and you'll see, why you should be very discriminative in your use of the neg.

- The neg hit might backfire with a 9 or even a 10, if you use it when she's really down - in a self-defeating, self-conscious, "I'm probably just a 7 or a even 6" mood:) Be sensitive to her mood and if, for whatever reason, she seems to be really suffering, forget the neg. Be the one to bring her out of her darkness, treat her like a 6 or a 7 that she feels she is at the moment, meaning cheer her up and compliment her _without_ any embedded negs, but be careful - the 9 or 10 in her is only in suspended mode and once you re-activate it, unless you change to humorous negging right away, you'll end up being another supplicating chump - you get a hug and then she walks away to find herself a MAN.
- When you neg, ALWAYS present it as a compliment - be charming, friendly, positive, earnest and sincere in your "compliment":) If you present your neg as a deliberate insult you come off as a jerk (which however is a good excuse to "apologise" by giving her a hug and a kiss to "make up" for your insult:). Being a jerk of course could be a turn-on for some girls, but more often than not, it is a turn-off. Which doesn't mean that being a nice guy is your goal, in fact that's usually an even bigger turn-off. When you fall into the "nice" and eventually the "Let's Just Be Friends" zone, you'll wish you would have fallen into the "jerk" zone, that way you would at least have had some sort of a chance of doing a comeback. So avoid being a "jerk" or a "nice guy" - just take the best of both worlds and neg her with a "compliment":)

○ **Example 1 of using a neghit**

ASF: "When you see a HB and she snuffs you ... tell her you think her dress is very nice (something she has heard before) and then tell her you remember seeing her at a club before and she was wearing the same dress. It IS nice though. :) Whether or not you ever saw her before, you can ASSUME she HAS been social before and that she was wearing the dress before. This deflates her INSTANTLY and puts you in control."

Example 2 of using a neghit

Guy: What do you do?
 Gal: Oh, I'm a model.
 Guy: Oh yeah, your hair looks kinda nice... / Oh, like a hand model or something?

Example 3 of using a neghit

Mystery: "If you are in a bar and you approach a girl, she basically KNOWS you want to fuck her. You have to somehow convey that you didn't come for sex but because you are talkative about some even MORE interesting than HER. The only thing from you that can make a 10

NOTICE you is if you show her she doesn't matter to you in the slightest... that is a NEG"

Update. Negging before kissing. Daniel, ASF:
"I love the little gem by mystery where he said to neg a girl before kissing her, now how devious is that? You make her feel self conscious and then you relieve the very feelings you caused:)"

Update. Examples of negging a beauty. (Only for use with 10s or 9s who simply HAVE to know they ARE beautiful, any less beautiful girls can easily be destroyed by these!) After you've negged her looks in some manner, follow up with:

- "You are really interesting, or at least you're not THAT ugly."
- "No really, I've seen uglier girls"
- "Well, at least you should be lucky to have a good body [to compensate for whatever it was you negged]"

Update. More neghits
Dan Scorpio, ASF:

- "You are nearly as tall as me. I like tall girls (LIFT). Are those heels 4 or 5 inches (DROP)?"

Mystery, ASF:

- "You blink alot"
- "Your nose wiggles when you talk:)"
- "Weren't you wearing this dress the last time you were here?"
- "Excuse me... may I finish my sentence first?"
- "Oooh... Sick... You just spit on me!" (when the girl is talking to you).

ASF:

- "Your hair looks kinda nice"

Update. Challenge

Mystery, ASF:

YOU: "I don't think we should get to know each other."

HER: "Why?"

YOU: "I think you are just too much of a NICE GIRL for me."

HER: (whatever, it doesn't matter because she will try for you now)

Eliciting Values

What it is

Introduction. The point of eliciting values is to find out what she wants in and from a man and then turn into that man of her dreams by providing her with it. But don't be fooled, if she says she wants her man to be tall and financially secure, you're not going to the doctor to get implants for your legs or rob a bank. What she gave you were means values, which means that tall in itself does nothing for her - what matters to her is how a tall man by her side makes her feel. And this is the key - for each means value you need to find out the ends value, which is what she really wants. Let's take the example of a tall man. Asking her "and how does a tall man make you feel?" might reveal that it makes her feel secure and protected! Aha! That's

what she really wants! She wants to feel protected and secure, not a "tall man" per se. In practice, she'll reject a tall man that doesn't make her feel protected and secure right away, whereas you, who you might not be tall at all but can make her feel secure and protected, have just elicited your way to her pants:)

Means Values vs Ends Values. Know how she recognises means values and what they mean to her (honest, kind and respectful in this example). Jake Thomson, ASF: "You learned what qualities she likes in a man - means values. Go for the ends values. Means values aren't worth as much as you think. Find out what emotions she experiences by being with someone who is honest. Repeat for kind, repeat for respectful. Secondly, find out how she knows someone is honest, kind, & respectful. She gave you 3 nominalizations that have a specific meaning to her, but NOBODY else. On the face of it, you've got no fucking clue what the hell she's talking about. If you hallucinate that you understand what honest, kind & respectful means to her, you've got a better chance of eating a can of beans and farting your way to the moon."

Ends Values = Desired State. A post by Mr Happy, ASF: "For the benefit of those who are confused about eliciting values, here is better terminology: You want to find out a chick's DESIRED STATES and TRANCE WORDS."

M: So, what is important to you in a relationship?

H: Well I like tall guys. (Means Value)

M: *nod* And what feeling does that allow you to experience when you are with a tall guy?

H: Well it makes me feel safe and protected (Ends Value aka Desired State)

I think that the term DESIRED STATE is more clear and accurate than Ends Value. You want to discover which states that she likes to feel, so that you can create those states in her. In the above example, it doesn't really matter at all if you are tall, as long as you can make her feel safe and protected. So run a pattern that creates those feelings in her mind. (Of course this is done by naming the state and then describing its process...you guys know that already, right?). Note...a few common states that normally are important for every woman are comfort and safety, emotional connection, then horniness. If you only get the first part, you are a friend. If you get the second part (connection) then she will probably do the third part herself.

The important part is NOT what she says she wants (tall men, rich men, etc.). The important part is the FEELING that she experiences when she is around (tall men, rich men, etc). As long as you can discover the feelings that are important to her, and create them in her mind, she will associate those feelings with YOU."

An excerpt of Don Diebel's advice on not to talk about yourself but her: "By talking about her, you learn more about her which will be valuable to you in planning a strategy. Also, it is a subject she will be comfortable with. By not talking about yourself, you let your image speak for itself. And don't forget, the less women know about you, the more women want to know about you. Be a man of mystery."

But only as long as you don't know, what she wants in a man. As soon as you have that (you just didn't let her speak about herself while letting your thoughts wander, you also listened intently, right?:), become that man.

Update. (Taken from "Sweep women off their feet...") "Do not try to create a market for your product just because you think it's a great product. Find a product that the market demands and you will be successful. Fill a need and you can't go wrong."

Update. NYC, ASF: "[Eliciting values so as to really make her think and fetch those answers from deep within her] is one of the major differences that will get you noticed. MOST guys go "so did you have both of your parents" and she says "no" and they say "look... there's a movie playing... wanna go?". They ask questions that don't tell them ANYTHING about the chick and then ask them out... in effect, they are fucking up their FLUFFING because they are NOT distinguishing her from any other chick, although they THINK they are.

Learning about her as a person is much deeper than light questioning, and the thing that turns chicks on the most is when they BELIEVE that you are

into them because of some UNIQUENESS that they have. Something you see in them ONLY that you don't see in other women and which makes them extremely attractive to you. They think that men that are attracted ONLY to bodies are dogs, etc. By your deeper questioning, you separate yourself from the other suitors because you make them THINK. You make them DIG for answers. They FEEL differently after baring their soul to you than after telling you where they got their hair done and how much it cost".

Update. NYC, ASF: "I go back to childhood and find out what they missed out on or wanted. I find out what they want now and what they desire for their futures. I cover EVERYTHING then I CRAFT the VESSEL I need to get into her. I make MYSELF a COMBINATION of all the things that she doesn't know she craves. There is NO RESISTANCE to this. NONE! She can't resist because all she knows is that I am talking about some abstract ideas or another woman and it strikes a chord within her..." "that's exactly how I want to be treated by a man" "that's exactly what I want in a man" "Is this guy for real?" what she doesn't know is that she TOLD ME HOW TO SEDUCE HER and I have embedded this knowledge inside my language and STAY ON COURSE. I bombard her with good feelings and ALWAYS avoid bad feelings. When I do my work, I may not get laid, but I am NEVER FORGOTTEN!"

Update. **Everyone has a need.** Find and fill that need, an explanation by Jobet Claudio, Mindlist:

"In my observation, the mere adoption of the following rules can supercharge your own attitude towards being a great seducer.

Rule 1. People, all people, to include supercelebrities and ultra-gorgeous women, have desires. That seems like stating the obvious, but think about it. Even Bill Gates I bet, wishes he could do something different, that would fulfill him and he's not getting it now. He aches for something... craves for something... That's the same with ultra-gorgeous women, or women in general. They may have an army of suitors, they may be sleeping on the finest velvet sheets, etc etc. But believe me, all people, gorgeous women included, ache for something. They have a heartfelt desire for something. That "something" may vary from adventure to feeling freedom, to feeling respected (for the less secure ones), to feeling pampered, to feeling like a little girl again. It can be a large variety of things. But make no mistake about it. Everyone "aches" for something.

Rule 2. And this is cliché. Find out what it is. Be sensitive. You can pick this up in the small cues that she leaks out. Be intelligent in structuring your questions to be such that you can uncover nice pieces of data. What you're looking for is "something" that she always wanted that she's not getting right now, something she "aches" for, but can't have due to some life circumstance or something like that. It can be anything. Once you know what it is, you can either you "fill" the void by using language patterns or "transform" yourself into the person that fits that criteria/desire/longing.

Rule 3. Fill that "void" that you've found. Use linguistic patterns to achieve this. If she talks about the need for respect, say something like "what if... we were living in a different dimension... or a different planet... and in that planet... everything you see, is everything you want to see... and in that place... you see all the people, giving you all the respect you ever wanted... now doesn't that feel nice?"

Rule 4. This is cliché as well, but anchor the fulfillment of the need to (guess who?)... to you! For example "Isn't it nice if you could experience all of that... with me, now I think it would be real grand if you could!"

Keep doing that a couple of times and soon enough you'll be her perfect man.

Example: One woman I was *not* really seducing leaked out that she misses her father (who died long ago). I then took that tack and talked about how good it feels to be a little girl sitting on daddy's lap and embracing him, and asking for the small "gifts" like a pony or things like that. Gosh...it worked. But it would have even been better to ask her what her father was like, to ask for small cues, like how her father talked, what he used to say to her, what did he make her feel and etc etc. Then, using that information and your power of acting, subtly "transform" yourself into her daddy. It might seem sneaky and underhanded to use her own desires to dangle the carrot she's always wanted but lets frame it this way - we're just finding out what

Trance Words

can make a person happy and giving it to them."

Seducer... Romancer... these guys are the guys who know how to please, aim to please and live to please (though this does not imply supplication- no woman ever wanted a man she could easily control). These guys are the guys who know how to fill a need. Everyone, and I mean everyone, has a hole. Fill it. [Now did I detect some double meaning in that last statement... or am I just completely corrupt?]"

No, I'm not talking about PVD or Mc'ing to trance music. Using trance words is a good technique to acquire.

When you are eliciting her values or letting her describe her feelings while patterning, listen intently to what she has to say and more importantly, what words she uses to express herself.

The words she puts particular emphasis on or repeats frequently are her so-called trance words. This means that by using the very same words she uses you will be able to tap directly into her consciousness and subconscious. After all, those are the words she thinks with and is most familiar with. And hearing you use them, she feels you understand her so completely, you are like a soul-mate, and whatever you say to her is much more likely to be understood and most importantly - liked by her:)

A rough implementation of using trance words would be to take what she tells you and feed it back to her in a slightly different robing using her personal trance words. But when I say rough, I don't mean that its not working - the fact that it just doesn't have much style, doesn't mean that it isn't deadly effective:)

A more sophisticated approach would be to listen to and remember her trance words. And use them a little later:) And maybe in a slightly different context:) But the difference between this and the first method is only subtle - here you just have to use a little more imagination and have a good memory:)

An example:

You: "If I were to ask you, what's the most important thing in a relationship, how would you describe it to me?"

Her: "I want a man who makes me feel comfortable with myself" (you remember "feel" and " comfortable")

You: "Wouldn't it be nice if you could spend time with a man who makes you feel like you could let down your guard and just be comfortable? Whose voice soothed and at the same time stimulated you? I get the feeling that this could happen to you right now, with me."

Calibration

Before you can start making the girl feel good, elicit and interpret her values, reflect them back to her, experience states of pleasure and hornyness etc, you have to know how to interpret her specific signs of feeling either good, bad or neutral. You can of course guess that a smile or "doggy-dinner-bowl-look" are good and a yawn and a frown of boredom are bad, but the signs are not always that clear. So in order for you to be able to acquire more accurate data on how the girl is reacting to each theme you bring up, question you ask or direction you go with the conversation, you shall first have to calibrate her for her reactions.

Jake Thomson, ASF: "Find out, by asking, what she looks like when she agree's with something. Find out, by asking, what she looks like when she disagrees with something. Find out, by asking, what she looks like when she's nuetral about something.

Make a game out of it. Tell her you're practicing to be a 'psychic' and you want her to help you. Ask her to think of something she whole heartedly, enthusiastically, and strongly agrees with. It's irrelevant if she tells you what

it is, matter of fact, it's better if she keeps it to herself. Then ask her to think of something she feels neutral about. Observe what she does. Repeat this cycle two more times. Then have her think of something she wholeheartedly, enthusiastically, and strongly disagrees with. Go to neutral, and repeat two more times.

Next, ask her to think about anything she wants, and you, based on your careful observation, will tell her if she agrees, doesn't care, or disagrees with. Play that game for a while, then drop it, and move on to something else for a while."

According to Jake Thomson, you should use this to progress to doing a cold-reading of her palm (that is without any knowledge of palmistry) or analyze her handwriting etc by feeding her something and either deepening it if she shows signs of agreement with it or moving on to something else if she is showing signs of disagreement. But the principles of calibration described are applicable on a far larger scale than just as prep-work for a gimmick.

NYC, ASF: "I would always wonder why guys would ask "how do you know when she..." because in general, I ALWAYS KNOW! The reason I know is I basically give them a "lie detector" test before sarging them. What I mean is that I deliberately, yet naturally in the course of conversation say things that I KNOW will push them in a direction.

I notice how they are normally... then when they mention their pet cat or something, I might say "did your cat ever get hurt?" and watch her face change and her body change when she considers her cat getting hurt. Then I might say "Does your cat wake you up in the morning?" and watch her change to that too. Not those sentences or topics in particular, but since I don't talk BULLSHIT FLUFF with chicks, I get them going in all directions before sarging... unless it's just time for caveman kino:)

Anyway... by the time I am ready to move on them, I KNOW how they react to good stuff and bad stuff. When I QUOTE to a chick about getting a blowjob from some other chick in the past, she might THINK she is not reacting to what I said, but she is going through the same changes as thinking about her cat when she considers her mouth around my dick. She is either going to have the "happy" reactions or the "sad" reactions or the "I don't give a FUCK about what he just said" reactions. I always know when I am moving physically closer to a girl if she WANTS me to do it, is LETTING me do it, or HATES me doing it... before she even speaks. When I move toward her, she has to consider what I am coming over there to do, and it is OBVIOUS to me how she FEELS about it without her saying what she feels about it. This makes me look like a fucking CHAMPION because I seem to "sense" what she's feeling without her telling me. "We are so in tune blah blah blah...".

I think this idea is PARAMOUNT! If you can't judge what the chick is feeling... basically that is... pro, con or neutral... you are way behind in the game."

Introducing the Questions

In order to accomplish eliciting values properly, you need her to provide you with her core values and in order for her to be able to do that, you need to ask the right questions. For example, you could start with:

"I think its an absolutely fantastic feeling to get to know another human being. And what's really stimulating, is to learn what someone else thinks of major issues revolving around us in this world... and discovering what's important for her in life. So if I were to ask you, what do you really value and what's important to you in a relationship, what would you answer?" If she replies with ends values (feeling loved, understood) - bingo! Be the one to make her feel that (by incorporating that into talk about yourself or making up a pattern about that). If she replies with means values (the means of achieving ends values - like a strong, brave man... to make her feel what? you need to find out!), do some additional asking: "And what does it feel like to have a relationship with such a guy?".

ASF: "Ask questions that get her to go inside & come back with values and criteria. Questions that touch on her identity as a person. For example:

"You know Debbie, most of the time we talk about surface stuff, like what we did last night at the party, or where we want to go next weekend, things like that. It's ok to talk about that stuff, and I enjoy it. I find that I get a lot more out of talking about who we are as people on a deep level, what's important to us, what we believe in, how we feel, and why. So I was wondering what's important to you in a relationship (or this class, or a friend, or...)" Then listen to what she tells you... Stick to what emotions she's experiencing & why and you'll never run out of things to talk about."

NYC: "You must know who you **MUST BE** to fuck her. How exactly do you achieve that? It's very basic really. Instead of talking about bullshit with a chick or your porsche or your yacht or your country club membership... ask her about herself."

It wouldn't however be wise to just blurt out the questions, that might sound rehearsed (an impression you want to avoid like the plague, any signs of you having rehearsed and you're toast, unless she really likes you, in which case it really doesn't matter what you do:). It would probably feel more natural, if you introduced the questions in the line of a friendly, affectionate and empathic conversation. An example by Ross Jeffries:

"You know, I know in a situation like this, the typical thing is for a person to ask "what do you do?". And, it's not that I'm 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 what you do that are easy, and others are more difficult. Some are a challenge and others you can do in your sleep. With me, in my line of work it's the same thing. So, if 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?"

Update. When asking the questions, NEVER start asking disconnected questions, that is questions on different topics. NYC, ASF: "...you can't get away with that at all. What you have to do is **STRING** your topics from **TANGENTS** from the original topic. Make it look like a continuous flow so that they NEVER END telling you about the first thing they started talking about.

you: what do you do?

her: blah blah working with kids...

you: the kids must be rowdy

her: yes they are hard to control blah blah

you: I used to be like that too... when I was a kid...

her: I had the same thing happen to me...

you: how old were you when that happened?

her: I was 13 blah blah

you: did you live with your parents?

her: no, they had divorced when I was 10...

you: damn... that must have been tough on you...

her: I learned to survive on my own...

you: my friend had that happen to her also... she likes to live alone now

her: me too... that's why I don't have a roommate **BLAH BLAH BLAH**

You see how "she" NEVER got to change topics? You keep changing topics based on **TANGENTS** to the original topic and it **SEEMS** like you are still asking her about the first question **ALTHOUGH** the topic has changed like 6 times:)

The **WRONG** way to do it however is this:

you: what do you do?

her: blah blah working with kids...

you: did you live with both of your parents until college?

her: no, they had divorced when I was 10...

you: do you have any roommates?

her: **WHAT'S WITH THE FUCKING 20 QUESTIONS?!**

Update. NYC, ASF: "You have to **APPEAR** genuinely interested in her life. Ask her fluff questions about her life and move into the important questions from there. She will only tell this stuff to someone that she likes, so make

the connection first, then get interested in her and she will be PLEASED that someone wants to know more than if she is a 38D:)"

Alternatively, instead of APPEARING interested, you can try BEING interested:) Jake Thomson, ASF: "I have an easier time simply being genuinely interested and curious about who she is, what she feels, what she thinks and believes and why than trying to appear that way. Also keep I keep my outcome in mind, am I looking for Ms. Right? or Ms. Right-Now? I'm willing to tolerate a lot more divergence between my beliefs and her beliefs with Ms. Right-Now, than I am with Ms. Right."

If she has a different belief system than you, neither do you want to start arguing with her nor do you want to agree with her (while you really don't). There's a way to turn the situation to your advantage nevertheless. Jake Thomson, ASF: "If we have fairly divergent beliefs, sometimes I'll ask her to try and convince me. I'll tell her something like, "I hold somewhat different beliefs on that subject. I'm sure you've got excellent reasons for what you believe though. I'm curious, how did you come to those conclusions? What convinced YOU? And, if you were going to convince somebody, Debbie, how would you do it?" Because what she'll almost certainly do is give me her strategy for convincing herself. As to just how that information might come in handy, I'll leave as an exercise for the reader."

Update. Here's a simpler alternative to asking the questions - frame it as a game (see "The questions game" for a variation of this). Eric, Clifford's Seduction newsletter:

"I say the first part of a sentence and then the chick finishes it as if it were her sentence. For example "My name is... "...(chick's name)". Intersperse this with a few pacing stems like the above and rapport is easily built but here's the good part... Use stems like "I have an incredible connection when..", "I feel excited when..", "I am comfortable when..", "I feel good about..", and then note the trance words. This is easier/faster than getting the chick to think of an exciting time she had recently and works like a charm. When you get STRONG responses, you can use some hypnotic techniques to amplify and anchor them. So that if it were to be "I feel absolutely turned on when.." "...I am safe, warm, and comfortable", you might just say "Stop, go inside and think back to when you first felt safe, warm, and comfortable..." This is like a quick walk through someone's psyche without the BS getting in the way because... IT'S ONLY A GAME!!:)"

The Questions

Here's a sample list of questions to use to elicit her values and trance words. NYC, ASF:

- What she wants?
- What she likes?
- What she thinks she needs?
- What she thinks she deserves?
- What she had in the past that she wants to repeat?
- What she had in the past that she wants to avoid?
- What scares her?
- What makes her happy?
- What makes her feel sexy?

Ask the right questions, don't try to push her towards some specific state (like excitement for example), it might mean nothing to her. ASF: "Realise that "do you value excitement in your life?" is a useless question compared to "what do you value?"

Here are some additional questions you can ask, that might be a little less value-eliciting oriented, but helpful nevertheless. They'll help you to get to

know to her and should also put her in an altered state by making her dig up answers for these from deep within her consciousness and subconscious.

- "What are the challenges in her line of work / what are the easy parts / what she likes / what she doesn't like about her job?"
- "What is the most unusual thing you've done when playing "truth or dare"?" Hopefully she comes up with some sexual stuff:)
- "How do your friends describe you?" Use this both for value-eliciting and as prep info for palm-reading, after which you can say "Let me see, whether you actually are like that as well" and transition to palm-reading. See "Palm-reading" and "Palm-reading explained" for more details.
- "What do you think I am like?" You'll get useful feedback on how you're doing and how she perceives you:)
- "Your first childhood memory?" If its positive, anchor it, and even if its just neutral, never mind that, in her mind she sees herself as opening up to you when telling you about such stuff:)
- "Your most pleasant / sweetest memory from school?" Hopefully has something to do with a guy, anchor it:) If not, be more specific.
- "Your first day at school?" Same as with "first childhood memory", but don't use it before the "sweetest memory from school" - it would make it too easy for her to answer "well, my first day at school was it" and avoid any possible romantic memories:)
- "In what period of your life where you most popular?" Have her remember the "good times":)
- "Do you remember the first time you fell seriously, completely and helplessly in love:) How did it happen?"
- "The happiest moment of your life?"
- "What role would you like to play in some movie?"
- "Achieving what goals in your life have brought you the most joy?"
- "How well do you know yourself?"

If the answer to some question is not to your liking ("what scares you?" "mice"), elaborate on what you meant with your questions. And if there's anything you don't understand in her answer completely, specify and ask additional questions. Don't THINK you understand, be SURE you understand because that is the only way of:

- 1) making her feel completely understood by you
- 2) and completely understanding her - which is what you need in order to know how to make her feel the way she wants to feel with that special man of hers:)

Update

Don't forget though, that you have to be able to introduce these questions as a natural component and continuation of your conversation with the girl. Simply asking them out of the blue will make it sound like you're interrogating her or that you've prepared and rehearsed them beforehand (insincerity!) and once that happens, you're through.

Update

NYC, ASF: "You can tell when a chick is affected by kino OR talking/thinking about something. The subjects that she doesn't react to and the kino that she doesn't react to... don't bother with them. When you latch onto

something that really phases her in the direction you want her to go, take her deeper into it by asking her more intricate questions about it that she HAS TO meta-state into the situation to access. She will have to LIVE in that moment again for a period of time. While she is in there you can make it worse for her by introducing worse scenarios than the actual outcome, or better by suggesting better outcomes or results from it.

So don't bother with the sections where they don't feel anything, but when you see them become affected, get into it as far as they'll let you. If you have done your connection and rapport, they will be GLAD to tell you that stuff and glad that you are listening to them."

Update

DC_GUY, ASF:

Me: Do you like living here in [whatever-the-place-is-called]?

Her: Ya, I guess.

Me: ****Playfully**** What do you like to do for fun? Do you have a lot of guys chasing you?

Her: No, not really... I'm kind of picky.

Me: Really? I mean, I don't mean to sound strange or anything... but what qualities do you look for in a guy?

*****This is where you shut up and listen*****

The Answers

NYC, ASF: "Do all this [asking questions, eliciting values] BEFORE telling her about yourself. Then selectively edit or FABRICATE your existence to always fit the things that she told you HERSELF are positive things and AVOID what she told you HERSELF are negative things. Some chicks like aggressive men and some like passive men that they can cuddle with and EVENTUALLY have sex with. Find out FIRST which one she wants and THEN project that image to her. What happens is that she notices that you are displaying many traits that she looks for in a sex-partner and none of the negative traits that she uses to weed guys out. She keeps thinking about this and reinforces it in her own mind and decides that you are right for her to fuck. In this situation, how you REALLY FEEL is irrelevant. You are tailoring your personality to her tastes in order to BE THAT MAN that she wants to fuck and she will see it in you and your job will be much easier than if you explained your true nature to her and took the "pot luck" chance that she likes ANY of your real traits. The point of that is you need to separate yourself from other guys talking about bullshit. Chicks hear the same thing all the time. If you can demonstrate that you are interesting and unique, she will WANT to be in touch with you and WANT you to call her. If you don't convey value to her (making her laugh, making her feel sexy, etc.) there is no reason to believe that she will give you her number when you leave."

Her favourite pastimes and hobbies can also be useful. ASF: "You found out something she likes to do, i.e. jetski. Again this is a means value. Find out what emotional state jetskiing generates for her. That way when you spontaneously generate patterns, you can tailor them to the specific emotional states SHE wants to experience."

Don't forget what you're supposed to do with the values you elicited. ASF: "It's one thing to ask a girl questions about herself and elicit her values. It's another to act like a tourist in her reality. I used to get involved with girls lives and be like "Wow, that's AWESOME!" about everything they did in their lives. Fuck that. When a guy does that, a girl thinks he has no life of his own if he's so impressed with hers." Seems like the value-eliciting has not been put to good use. You could of course either show her your world as well or just not be that damn impressed with hers, but preferably you should be doing what you're supposed to be doing with the values you elicited - you've found out the states that are important to her, now make her FEEL those specific states.

Update. Besides finding out and making her feel the states she likes to feel, you also have to be able to represent the traits and values she finds important. NYC, ASF: "They always come up with TRAITS, not specific things. What they TELL ME they want is easily demonstrated to them through stories, and I don't have to tell them ANYTHING directly. I would never say "I love cats myself too...", I would tell them a story IN WHICH I demonstrated that I like cats. I let her derive who I am by telling her a story

based on what she wants to hear in the first place:)"

The Perfect Relationship

A simple value-eliciting scheme (from an unknown source):

You: What's important to you in a relationship? A relationship, not qualities in a person...

Her: Well... x1

You: Yeah... that's really important to me too. How do you know when you have x1?

Her: xxx (talking about x1).

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

Her: x2

You: Yeah... xxx (talking about x2).

Her: xxx (talking about x2).

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

Her: x3

You: Yeah... xxx (talking about x3).

Her: xxx (talking about x3).

Step 2

You: Of those three values - x1, x2, x3 - which is the most important? Which would you absolutely have to have?

Her: Well... xn (n being either 1, 2 or 3)

You: Well... I could see that. Of the other two, which is most important?

Her: xn (n being either 1, 2 or 3)

Step 3

About an hour+ later:

You: You know...I've been thinking that maybe we've really got the start of something beautiful here. And I think it's something based on (x1, x2, and x3 in order of her preference she provided in step 2).

She will go into a pleasure state, at the peak touch her and say:

You: Can you FEEL THAT would be a really wonderful thing to experience?

Patterns

Patterns form the core of Ross Jeffries' Speed Seduction technique.

Patterns are scripts of describing various wonderful states of mind and feelings to a girl, seemingly having nothing to do with you and her (for example by describing the wonderful feelings and states that music, dancing, eating strawberries and chocolate etc can create), but subconsciously getting her aroused... by what you're saying and in effect by you:) You can either link all those wonderful feelings you make her feel by what you're saying by self-pointing at appropriate times (which is what Ross Jeffries recommends), but the simple fact that you're there while she gets all those feelings and that you are the originator of them should do the job as well:).

Making her feel all those wonderful states not only means describing them to her, it also means giving her commands embedded in what you're saying to experience those states. Descriptions by themselves might not always work, she might not be paying too much attention and wander off in her thoughts, but once you've given her commands - "Feel it building... focus in on those feelings... surrender completely..." - she might first even be aroused by such commands by themselves, but she will definitely be much more attentive towards the descriptions you are about to offer.

The main value of patterns remains in their ability to make a girl recall or imagine absolutely wonderful feelings and states of mind, while subconsciously linking them all to you.

Pattern Rules

Being vague. It is important to be as vague as possible in your patterns. For one thing, vagueness for a woman doesn't sound incoherent or obscure like it does to the rational and matter-of-fact mind of a man. For a girl, vague equals romantic, thrilling, mysterious and intriguing. For another thing, being vague in your patterns lets her more easily link the feelings you describe with her own experiences or dreams. The more vague, the better!

Doesn't patterning sound unnatural? (Ross Jeffries:) "When you learn how to do Speed Seduction according to that, it ceases to be about mind-fucking and ramming memorised patterns into a (hopefully:) co-operative subject, and becomes a mutual exploration of how you think and how she thinks about certain topics, that naturally would lend themselves to pattern type talk even if you didn't know a thing about Speed Seduction! Using the pattern language, therefore, in this context is utterly natural, incredibly powerful, and allows you to actually learn something about the woman on a very deep level while you are creating incredible connections, sexual feelings, etc. etc."

Once more, the patterns here are only examples. Ross Jeffries: "The patterns are examples, NOT rules. Many students think that unless they present the patterns to women, word for word, that they won't work or get results. THIS IS JUST 100% FALSE! The patterns are only examples... very GOOD examples... of the kinds of communication that turn women on. But they aren't meant to be rigidly or exclusively followed. Learn from them HOW they work, and you'll be able to eventually create your own patterns."

The Stages of Learning Patterns as stated by Ross Jeffries:

"I would say students go through three stages of Speed Seduction Mastery.

- Stage One: memorising and using memorised patterns, word for word.
- Stage Two: learning to use themes that incorporate pieces of the pattern language.
- Stage Three: learning to use themes that have deep personal meaning for the student as well as being intriguing to women and allowing the student to use pieces of the pattern language."

Can I talk freely or will she interrupt me? Ross Jeffries: "There are two classes of women who respond to patterns; those who want to be overwhelmed, and those who want it to be their own experience. The women in the first category will just sit and let you run patterns without interrupting; the second category will interrupt by talking. That's ok...let them talk... because they will give you their personal trance words which you use back with them when you continue with the patterns! Girls in the second category are actually more entertaining and fun!"

The time delay. Ross Jeffries: "Some women, for whatever reason, have a "time delay" effect; the patterns might not appear to work, but an hour or 3 days or even 3 months later, out of the blue they want to bang you. This "time delay" can be an x-factor that can make responses seem a bit more unpredictable."

Update. (Taken from "Sweep women off their feet...") "If she's still not responsive maybe she's never experienced such feelings in the past and is having a hard time keeping up. Slow down and talk as though you are trying to understand as well from the experience of your friend. It will be easier for her to imagine all the feelings you are describing if there is no pressure for her to readily understand them. Give her the time she needs to absorb everything. And sometimes it takes a while before she'll absorb everything. Believe me, that does happen.

For example, there was this girl I thought was unresponsive, yet a few days after we had a deep conversation about love and feelings she came up to me and acted as though she was truly in love, picking up that same conversation after I almost forgot what we were talking about in the first place."

Combine feelings with body sensations. Ross Jeffries: "As far as possible, layer in body sensations along with your connection patterns! When you combine body sensations along with emotional connections, either at the same time or rapidly in sequence, the effect is practically irresistible and the power isn't additive...it's exponential!"

Fear?? No. FUN!! Ross Jeffries: "If you want to be hilariously successful with Speed Seduction, then you must realise that the patterns aren't about begging. They aren't even really about tricking or misleading. No, sir, the patterns are about being able to create such incredible states of pleasure and fun and highs for her that no one else can, such that she really WANTS to give you her sexual goodies. They're about creating states for her that no one else can. Viewed like this, that incredible babe you want to bang isn't someone you need to fear. She's someone who's about to receive an incredible gift from you, a gift she might continue to receive IF she's smart enough and hot enough and sexy enough to give you what it takes to keep YOU coming back for more. You see, it sure makes a damn big difference when you can look at a honey-pie and honestly think to yourself, "How good can this woman stand to feel? Let's go have fun and find out!"

Speaking of fun, another big part of being in the right frame of mind to make SS work is refusing to take it seriously. By that, I mean you take the attitude that you are experimenting, having fun, and if what you try doesn't work, you've simply polished your skills and learned something new."

For more specifics about patterns (using visual, auditory or kinaesthetic language for girls with visual, auditory or kinaesthetic imaginations accordingly; running at least three different patterns in a row for maximum effectiveness etc.) turn to www.seduction.com and see the newsletters.

Update. Adapted from Ross Jeffries' public seminar transcript.

The right attitude. Ross Jeffries: "You see, challenge is where the fun is. If it's not easy, life is not meant to be easy, but life was meant to be fun. If you're not going to have fun in the process, then what's the point. And also this is a very sexy attitude. A guy who is not put off but is also not hungry, and is having fun in the process of courtship, a woman is attracted to that. A man who'll playfully court her without being pushy, a man who is persistent, but at the same time is not pushy or needy but is playful about it. [The attitude is:] "Eventually you're going to come around and see what a great deal it is and in the mean time I'll play and have fun with you". That's very sexy. You know, I'm telling you something, you can look like a freaking pig and many of my students do and still it doesn't make any difference because it's a very rare attitude. It's a very rare approach. You become one man in a million."

See and observe her response. Ross Jeffries: "Ok, we'll talk about the skills. Let's talk about the skills you need to make this work. The first skill you need is the ability to observe and to see what response you are getting. Shall I repeat that? The ability to observe and see what response that you're getting. In order to do that, you have to be doing what? Louder, I can't hear you. To do that you can't be in your head worrying is this working, oh, oh, does she like me, what if I blow it, you have to turn all that crap off. Flip that switch to off, pull the plug on that. You have to be totally focused on what response you're getting. Step out of your own way and turn all that crap off and just focus in on the response you're getting."

Be flexible yet persistent. Ross Jeffries: "Ok. Skill No. 2. The flexibility to change to something else if you aren't getting the response you want. If you try "have you ever", let's take that one. "Have you ever felt the sense of incredible connection...?", yet then you get "no". Instead of giving up you can go "Well have you ever felt really attracted to someone...?". Keep going until you get that response. Do you understand. Keep going until you get the response because eventually you will. Or step back and shift to something else. Does this make sense? I know, stop a minute, close your eyes. Everyone has some, when I say close your eyes, I want the lids down. Anyone who's lids do not close will find their sexual future shrinking away, rapidly, rapidly. Some of us don't have long to wait. I want you to think of some situation where you have a lot of flexibility where something gets thrown in your path, you shift around and you keep going. I don't care what context it is. And as you think of that thing I want you to raise your hand in the air, raise your hand in the air, do it and make a fist, raise your arm all the way up in the air, make a fist and as you bring that hand down I want you to increase that feeling of utter flexibility and ferociousness that you go for

what you want and keep going. And do it again. Think of that thing again, raise your hand in the air and as you do that, think to yourself, yes, don't say it but think to yourself. And remember that feeling of being flexible and you go to the next thing. Ok, one more time. And this time in your mind's eye, I want you to see some woman that you would really like to seduce and see her not responding the way you'd like to. As you put your hand down, notice how you can increase that feeling, hey, I'm going to try something else and keep going. Nothing is going to stop me. Do you get that? Alright. Open your eyes and look at me."

Be patient and learn from trial and error. Ross Jeffries: "Ability No 3 is the ability to be patient and learn from trial and error. I know you all admire me and you're not worthy and all that other shit but guess what. I make mistakes with this. But I don't want to think of making mistakes, I am learning. I occasionally do things, guess what, they don't work the way I've planned. Guess what? I get excited. Kent and Mark here had lunch with me and the first thing I asked them was what have you done that doesn't work? Tell me about what you've done where it didn't work. Did I not say that? Because that's where I get excited. That tells me I'm about to step into a new level of power. If something isn't working, congratulate yourself because you're about to find out what does work. You're about to learn something new. Without that mind set, you will be at best mediocre with this material. With this mind set no matter what blocks you may start out with, you will leave them behind quickly and go wherever you want to with the material. But if nothing else, if all you do is really begin to live the attitude that there are no failures, there's only learnings, you will be ahead 99% of the people in society."

Be able to move from one pattern to the next. Ross Jeffries: "Ability No. 4. Ability to move from one pattern to the next. I will go over some transitional phrases that will allow you to move from any pattern to any other pattern. Even if, it makes it logically seem, it's nothing more fun to me than making it seem like my ideas are logically connected when there's no logical connection at all. I'm just connecting them so I can ram patterns in. Ok. And there's certain phrases "now here's another thing". Or "here's something else that is interesting". It doesn't have to be any logical connection to be any ideas at all."

Delivering Patterns

The way you deliver the patterns determines the difference between making her feel wonderful deep inside or you sounding like a phoney or a pathetic clown reciting some weird-sounding monologue or script.

Presenting her with the text accomplishes you nothing, the words itself will not make her feel anything. You have to be the text you deliver, you have to feel it with her, be with her every step of the way... until the final eruption:) (Yes, women have been reported to have orgasms simply by listening to patterns being delivered the right way:). So memorising the patterns presented in this guide does nothing for you, unless you really live out and not simply recite every word to her.

The patterns that you can find on www.seduction.com or in this guide are mere examples of what pattern-talk is like, they are not spells that make magic things happen just because they are mumbled out loud. You can certainly start by memorising some patterns, but you will start having real success only when you'll be able to make up a pattern on the fly about anything, that is exciting and close to heart for that one specific girl you are talking to. It helps if you have a soft, low, mesmerising and a slightly hypnotic voice, and if you don't... try to modulate your voice to become as such while delivering your patterns:)

(ASF:) "Using a low, seductive voice may seem unnatural at first, but you must practice. Try tape recording your own voice so you get an idea of how you sound in general. Then tape yourself reciting a scripted pattern. You'll hear how stilted and unnatural it sounds. Now tape yourself while improvising that same pattern, but this time work on making how you say the words sound soothing and, well, seductive. Don't worry about screwing up the word order, just concentrate on HOW YOU SAY IT. Also - pause mid-sentence to create a sense of anticipation and mystery."

Update. Adapted from Ross Jeffries' public seminar transcript no 1:

Ross: Some of you, your tonality, up until tonight sucked. It just sucks. You need to practice. You've got to make a commitment to practice these skills. How many people here walk? How many people here talk? How many people here can stand up? How many people here are toilet trained? Keep your hand down, Bruce. Just teasing, ok. Do you think those are all things that you acquired immediately? Did you pop out of the womb being able to do it? You had to practice. You must practice these skills on a consistent basis. I don't know why I have to continue to hammer on this point before you get it and incorporate it. So let's work on controlling tonality, let's put your notes down. I don't want to see anyone writing or holding notes, anyone with a pen in their hand will find their gentile is shrinking. And some of you have no time to waste. How many of you know what the vowels are? What are the vowels?

Audience: A,E,I,O,U

Ross: Wrong, here are the vowels. AAAA, EEEE, IIII, OOOO, UUUU. Those are the vowels. So we're going to do an exercise. Put one hand on your chest so you can feel the residence of your voice, take a deep breath, put your head back and say with me. AAAA, EEEE, IIII, OOOO, UUUU. Welcome to the five hour orgasm. Ok. When you speak to a woman, you should be speaking such that your voice resonates. When you practice these patterns out loud, and you must practice every pattern OUT LOUD. Not in your head. Out loud, because you're speaking these out loud. So, we must learn to control our tonality. Ok, let's try another exercise. Let's pick a neutral word like watermelon. Ok. Let's all just say watermelon.

Audience: Watermelon

Ross: Try it one more time

Audience: Watermelon

Ross: Ok, now. I want you to remember a time when you were angry, really pissed off and say watermelon as if you were expressing that angry feeling. Ready?

Audience: Watermelon

Ross: Again

Audience: Watermelon

Ross: Alright, can you remember a time when you were curious? I want you to say watermelon with a tonality of curiosity. Ready?

Audience: Watermelon

Ross: Watermelon, and now seductive and sexy. Say watermelon. Let's start with this row, ok guys. Let's hear you do your watermelon seductive and sexy, are you ready?

Audience: Watermelon

Audience: Laughs

Ross: Do you see what I mean? Look, ok, let's hear you say the words, seduce me, let's hear you say seduce me.

Audience: Seduce me

Ross: Louder, put your hand on your chest, get the resident, no these guys only, put your head back, take a deep breath and go, seduce me, make it resonate. Say it out loud.

Audience: Seduce me

Ross: Better, a little louder. This is not observant. Do it. Seduce me, better, ok, now do watermelon.

Audience: Watermelon

Ross: Suck it in like this and go watermelon.

Audience: Watermelon

Ross: He's got it. Nicky, come on in and have a seat. Ok, do you guys want to try it? Let's hear it. Let's hear the sexiest watermelon in the world. Are we ready?

Audience and Ross: Watermelon

Ross: That's good. He's got it, go ahead, one more time.

Audience: Watermelon

Ross: Very good. Ok, all together, ready. 1, 2, 3,

Audience and Ross: Watermelon

Ross: If you guys need extra help on doing this you have my permission to call two 900 numbers. I'm serious. Take them and listen to how these women speak. Ok, if necessary, call a gay 900 number.

Audience: Laughs

Anchoring

Ross: I'm serious, I'm serious and listen to how they speak. Here's a good way to make sure you say it right, get the feeling for yourself right here. And then as you're speaking to the woman, the feeling that you want her to feel will guide your tonality. Do you get that? So imagine the feeling that you want to feel right here and then allow that feeling to guide your voice. So as the warmth of that voice just wraps itself around you like a pair of legs around your neck, you'll know, really know, on the inside, just exactly what's happening, you know. You must learn to control your tonality. I can't emphasize this enough. It is the single biggest stumbling block. Some other ways to learn to control your tonality. Get a dictionary. Pick out words at random and experiment saying those words with the right tonality. Pick out loaded words like troop, love, seduction, connection. Write these words down. Troop, love, seduction, connection, desire, lust, absolutely fascinated. Ok. And work on saying these in the right tonality. I just cannot emphasize this enough. Trying to learn this without getting master of your tonalities is like trying to drive your car without gasoline. It's just not going to work.

A more advanced aspect of patterning is anchoring. Anchoring is an application of Pavlov's reflex in NLP (and also in Speed Seduction). A Pavlov's reflex is a conditioned reflex first explored and introduced by Russian scientist Pavlov. The core of his experiment was as follows - he rang a bell, gave a dog some food, the dog saw and smelled the food and started salivating. After a few times of repeating the process of ringing a bell, offering food and getting the dog to salivate, he eliminated the offering of food from the process. He just rang the bell and... the dog started salivating. By always ringing a bell while offering food, he had created a conditioned reflex in the test subject, which in this case was causing salivation by simply ringing the bell.

The same conditioned reflex can be created in a girl - this is called anchoring. In patterning this means, that every time you see the girl light up with delight, smile, laugh or just feel damn good because of the wonderful feelings you are creating in her with your patterns, you touch her in a specific place (the shoulder, elbow, inside of her arm) thus planting an anchor (the ringing of the bell while offering food:), while saying something "it's a great feeling, isn't it?" to mask your touch.

Let's say you've touched her elbow each time you've made her feel especially good three times already. If you now touch that very same spot on her elbow the same way you touched it on three previous occasions (applying the same amount of pressure etc.), she suddenly and unexpectedly has all those wonderful feelings, that were there when you planted the anchor, rush back to her without you having done anything else but touch her elbow (in other words: you just rang the bell without offering food, and she started to salivate:). If you're really good, you can plant different anchors for different feelings all over her body - an anchor of laughter on her shoulder, an anchor of excitement on her elbow, an anchor of feeling romantic on back of her hand and an anchor of feeling horny... on her knee:).

Furthermore, anchoring is not confined to touching alone - you can also use the tone of your voice, some specific words (whisper "oh yes do it!" in her ear a few times when she orgasms, then whisper those same words in her ear when being on some fancy reception and watch her turn red from a wave of passionate heat and lust. You don't even have to hide anything, she can recognise those words as "familiar" but she still can't help herself:).

It is however important not to overuse the anchors you have planted or she will eventually become insensitive to them. Ring a bell ten times without offering food and the dog will eventually stop salivating when hearing the bell ring.

The most practical use of anchoring is probably being able to keep a girl on a constant high when she's with you. Evoke positive feelings, and whilst she's experiencing them, anchor those feelings. But even the best PUA-s cannot keep evoking good feelings in a girl on a continuous basis, sooner or later, for whatever reason (she might be tired, have some worries, whatever), her mood will drop. That's where the feelings you have anchored

come handy. Fire off an anchor (if you anchored laughter and fun to her shoulder, touch her shoulder) and she's happy again:) With no excess effort on your part:)

Quoting and Stacking Realities

Quoting has you say things through someone's else mouth - has you quoting somebody. This has the advantage of making the more timid or insecure girls feel more at ease with the content you are about to deliver and thus much more receptive to your suggestive talk, as you are not talking about her neither yourself but a "friend" of yours (this is also a good tactic to use when delivering a harsher than usual content (see the articles about "Sexual talk"). In order to understand what you are saying, she will have to apply everything you say to herself anyway, so don't worry about her not experiencing what your "friend" experienced:)

On the other hand, using quotes might be a slight hindrance to your success with more open-minded and adventurous girls, who wouldn't mind you describing them your or their feelings, because should a direct speech be accepted, it is always much more powerful than speaking through quotes. With such a girl describe her feelings and she goes "Goosh, this guy really understands my feelings!", or describe your feelings and she goes "Goosh, this guy has such deep feelings!". She'll be wet either way:)

As you shall see in the "Falling in Love" pattern, you can also quote an article, a lecturer, a TV-show, a book etc. All these quotes added up is called stacking realities - the way she will perceive it is that if the book says so, the article says so, the lecturer says so, his friend says so etc., then it must be true.

The reasoning behind quoting is to give the more shy and emotionally fearful girls more distance to feel more at ease with any given subject - to not have either her or you overtly involved in your descriptions (don't worry, her and you will be involved in those descriptions in her mind:). Another way of making her more at ease with any given subject is to use the hypothetical "If you were to...", "If I were to..." constructions, which now have the two of you overtly involved in whatever you choose to talk about, but only in a hypothetical way.

For example, use a "If I were to ask you..." in front of a "...what's the most important thing for you in a relationship...", the implication being that you're not really asking, finish that with a "...how would you describe it?" and you end up with a much more effective question of "If I were to ask you what's the most important thing for you in a relationship, how would you describe in?" than a blatant "what's the most important thing for you in a relationship?" on its own could ever be.

Time Distortion

Time distortion is having her think about a time in the future and her feelings for a special somebody "say six months from now" (see "Falling in Love" pattern). If you've done a good enough job, that hypothetical special somebody in her imagination will be you! She feels safe and secure with that as it is only her fantasy, just a thought, and nobody knows about it. Or at least that's what she thinks:)

But even if she doesn't imagine you as her special somebody, it doesn't matter. The object of time distortion is to have her imagine you and her six months from now, not even necessarily as lovers, just have her experience the thought of having known you for six months already. And before she knows it, she feels much more safe and secure with you, as if she has known you for a long time already (like... say... six months?:).

ASF: "It's really pretty simple. You just make up some bullshit fantasy that takes place in the future involving you and her and explain it to her. By the

Fantasies

time you #close, it's almost ridiculous because she FEELS LIKE she has known you for so long already because you have taken her mentally to the future and in order to understand that she has to IMAGINE KNOWING YOU FOR MONTHS. She has imagined that you are good friends and like each other and travel together etc. You should see the looks on their faces when you say "so what's your number?", they can't believe how close they feel to you and you don't even have their number:)"

Update. Example of a time distortion story (taken from "Sweep women off their feet..."):

"There was this girl I met over the Internet who would only respond once in a while, making me wait as long as two weeks for a reply if any at all. At one point I decided to put a stop to it. I wrote her the following little story:

"I know that right now it's hard for anyone to recognize when they meet the person they want to share their lives with, especially with the overload of information and male congestion on the Internet. But sometimes I think that Mother Nature provides food for every little bird in this world but that doesn't mean it will drop it in its nest. People are the same way. There is someone out there for every one of us, but we still have to go out there and find him or her.

With that in mind I cannot help but look into the future and see a young woman asking her grandmother for advice in the matters of the heart. You look at your grand daughter with love in your eyes, speaking in a kind voice, recalling moments from your youth when you weren't sure whether your heart was melting for the right man. Then you smile and tell her to trust her heart even if her mind says no, because there was a time when a young man was desperately trying to get your attention but for some reason he could not find his way into your heart. Just before you decided to put an end to his misery he wrote one compelling letter straight from his heart and that's when you knew he was the man who deserved your love. Your mind was still not convinced but you decided to let things happen at least for the sake of finding out for sure. Though it wasn't immediate, your heart and mind surrendered to the power of love. Had I given up at first we wouldn't be here talking about matters of the heart my dear girl, for that young man was none other but your grand daddy."

That one email alone made her not want to miss out on such a perfect future."

Girls love to dream. So dream with them:) First - they'll identify with you more strongly ("wow, a guy that likes to dream as well!"). But more importantly - dream a dream that is to her liking, and that liking will quickly translate into liking YOU:) Apart from being an application of time distortion to make her feel like she's known you for a long time, bullshit fantasies is also a powerful rapport and intense emotions creator, with all of those feelings quite naturally being linked to you. As they are just fantasies and dreams which are safe to share, the girl's possible resistance to participating will be almost non-existent, yet the feelings created can become very real indeed:)

Taken from "Sweep women off their feet...":

"Even girls who are after power and money will screw the living crap out of you if they feel you are an investment that will bring the results they want. If you show them that you are passionate about something that has potential to bring success, power and money they won't be able to resist you even if that success, power and money is currently lacking. They simply look at you as an investment and they will put out just so that they don't lose out on this great "investment".

If she believes that you both like and want the same things she can still become very attracted to you if she also believes that you know more than she does about how to get those things that you both want, even if you don't deliver those things or feelings at the moment. She can become attracted to you if she believes that you will reach those goals faster than she will. She can become attracted to you if she believes you can show her how she can

get what she wants.

For example, looking back at a scenario involving a girl who loves money and power. Even if you don't have that money and power, talking about how you will have all of that in the near future will go a long way. You can describe all the luxuries yet to be enjoyed and how wonderful it will be. Be as descriptive as you can and try to involve her in the realization of this dream that **WILL COME TRUE**. Get her to imagine herself as part of this wonderful life and don't be stingy on the details. You can even describe how you look forward to sharing this wonderful life with that "special someone". You can describe how the freedom of your riches will allow you the opportunities to fulfill so many fantasies, especially the ones about making love on a white sandy beach, or making love under the waterfalls in the wilderness on a tropical island etc. While you are talking about all this, use your body to link it all to you. Touch her lightly with a soft caress on her arm when you describe something soft and sensual. Squeeze her hand firmly when describing something of intense passion while you maintain eye contact all throughout."

Thought Binding

Ross Jeffries: "The first key to understanding Thought Binding is to recognise that people are basically hypnosis machines. If you tell their minds in what direction to move will absolutely **DO IT EVERYTIME** because people are not use to hearing these kinds of instructions. People are used to hearing babbling about content, in other words, reasons, data and facts, and that kind of stuff they can, do and **WILL** resist. But binding the direction of their thoughts? **NEVER!** Let me give you an example. Suppose their is some very nice young girl you want to impress. You could tell her lots of stuff about you. Ya know, say something dumb like:

"Well lots of women like me because I'm smart and funny and make good money, but other's find it's my honesty and looks that they are attracted to".

Yeah. Right. Well, problem is, you are tossing those facts, reasons and info at her, and like as not, she's heard this a zillion times before and isn't gonna buy it. If you must use an approach like this, why not bind the direction of her thoughts first? You'd do it like this:

"Hey, did you ever meet someone, and just instantly knew that you had to get to know this person better (point to yourself)? Maybe as you went inside and really got all excited about how much fun it'd be to get to know him 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 intrigued, or do you get intrigued first and then imagine how much fun this person would be (point to yourself)?"

Now, what are you doing here? You're setting up a mood and state of mind that's going to make her a lot more receptive by:

1. Having her recall what it's like to be in the mood you want her in (setting up the thought direction).
2. Giving her a command to **STAY IN THAT MOOD WHILE SHE TALKS WITH YOU** by using the phrase "as you remember those feelings as we're talking" (Binding the thought direction).

You've now set her up to be **MUCH MORE RECEPTIVE** to any "facts" about yourself you want to throw because you've set up and **BOUND** the direction of her thinking and emotional processes. From here on out, unless you are very stupid, she's dead meat. And the beauty is **THEY NEVER CATCH IT**, cause they aren't used to hearing it or looking for it. They just know they find you mesmerising, hypnotically fascinating and irresistibly attractive:) Notice also that we end by asking them about the order in which they did the process. That's to further mask the fact that we are giving commands by making it seem like the only reason we brought it up in the first place is we we're genuinely interested in learning about them! Ha! Are we sneaks, or what? By the way, the phrase "**AS YOU REMEMBER**"... is what we call a pre-supposition. A pre-supposition is just anything that **HAS** to be

ASSUMED to be true in order for the sentence to make sense and be understood. Thus, with "AS YOU REMEMBER", the presupposition is that they WILL remember. Slick, isn't it?

Every decision people make is based in and dependent on their state of mind. If you don't like their decision, change their state of mind before you try to change the decision. So the key here, is to set up the right state using some of the thought binding techniques we've discussed, but also to recognise, that if you're getting resistance from a woman in the form of broken dates, calls promised but not made, etc., you need to back up and ask yourself the following questions:

1. Hmm. What state of mind is she in right now with regard to me?
2. What's the final state I want her in?
3. How can I have fun transitioning her to the state I want her to be in when I pounce?

You can think of this as building a chain of states, with the state she's currently in as the first link, and the final state you want her in as the dog collar that's gonna go 'round her neck! Let's say she, for whatever reason, is in a state of INDIFFERENCE about going out with you. And let's say the final state you want her in is DROOLING OF DESIRE TO BE WITH YOU. Bit of a gap, huh? What you need to do here is come up with a state in between as a nice transition, like say, curiosity or intrigue, using some of our thought binding/pre-supposition techniques. You could try something like this:

"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?"

Now, that's LOADED with presuppositions. They are:

1. That we are GOING to go out.
2. That it's either going to be incredibly exciting or wonderfully fun.
3. That we are going to laugh a lot.
4. That she's thinking about it like that.
5. That it DOES make her look forward to doing it (the only question is how aware of it she is... this is a whole sub-class of "awareness" presuppositions, using words like "aware" "recognise" "know" "realise" etc.)

Now, does this sort of thing work? YES! IF... you deliver it with a smile and a laugh and say it like you MEAN it and expect that it's going to work! See, you need to make your tonality and delivery convey that YOU presuppose a POSITIVE outcome for your entire communication!!! So, the rule is to ALWAYS presuppose a positive outcome in your communication and ALWAYS present a communication that forces her to presuppose accepting AND (and this is a VERY important "and") ENJOYING IT! If you don't link fun and pleasure she's going to reject the entire communication!!! If you DO link pleasure and communication she won't resist cause she WON'T WANT TO!!!"

Submodalities

Adapted from Ross Jeffries' public seminar transcript.

Ross Jeffries: "How many people know what submodalities are? The basic idea behind submodalities, is that people have locations for their internal mental imagery. That's when people make images on the inside of their mind, subjectively speaking, those images are located in different places. Let me give you an example. I'll give you an example. Come here, come on up here. Come up. What's your name?"

Audience: "Rod"

Ross: "Have a seat here. Let me show you what I mean. Can you stop and think about someone who you really, really like. Is there someone that you really like alot?"

Rod: "Yes I can"

Ross: "As you think about that person and you see their image in your mind don't you?"

Rod: "Yes"

Ross: "Imagine your mind is a movie screen. And if you were to take your finger and point to where on the movie screen you see their image where might you point right now. Right there. Very nice. Now can you think of someone who you can't stand at all? I mean, if you saw a car coming at this person, you might go "hey!" but you wouldn't be in too big of a hurry to get them out of the way. Where you see the picture? Where? And where is the picture of the person that you really like? Now take this picture of the person who you don't like much and try to move it over here and see what happens. Looks like it doesn't want to stay there, does it?"

Rod: "It's heavy"

Ross: "By the way, notice how the more you listen to me the more my picture goes right here. And the bigger and brighter it gets. And you just lock it there. Keep it there. That's a neat thing. The number one submodality is location, where people put their pictures. There's alot of other ones but for our purpose the one that we are going to be using is location. Yes, question."

Audience: "In many of the experiments that I've gone through with, I find that alot of the pictures are very spacial. They don't have a position, I can't put them in a position."

Ross: "Then what you do is suggest one. If they don't have one, suggest it. See, notice what it's like if that picture just pops itself out of your head and locks in right in front of your face. If they don't have one, suggest it. So you can put yourself there."

An exercise of removing doubts and hesitation via the use of submodalities

Ross Jeffries: "So here's the exercise that we're going to do. Close your eyes, this means eyes close. Close your eyes. What I want you to do is, I want you to think about something that you use to want to be when you were a little kid. But then as you grew up you just forgot all about it. So think of that thing that you used to want to be when you were a little kid and then maybe you just forgot all about it. If some of you haven't done that, then think of something you use to do when you were a kid but you no longer do. I prefer you pick something you used to want to do as a kid but then you have forgotten about it. Ok, and take a minute to do that. And this is going to become a very important tool so I want you to notice as you think about this where in your mental movie screen you see that picture. And actually take your finger, I want to see everyone doing this, and take your finger and point to where you seem to see that picture. And notice that location and draw a white square there. But make it red. Make it a red square if you can do that. If you can see the color red, ok. Now, I want you to think, do you believe the sun is going to come up tomorrow? Put your hand down, just remember that location, do you believe that the sun is going to come up tomorrow, yes or not?"

Audience: "Yes"

Ross: "As you are believing that I want you to make a picture of that in your mind, of your belief that the sun will come up tomorrow. No it's not a belief, it's a fact. Ok, your belief that the sun will come up tomorrow. You got it. And point to where you see that. Point to where you see that and draw a square around that one but make it green. Make it a green square. Alright, if you're having trouble with the color, don't worry about it. Just make it whatever color you want. Alright, now here's what I want you to do. I want you to see the image of yourself that doesn't believe that you can do this [speed seduciton] stuff. I know some of you have doubts, now is the time to let any doubt you want come into your mind. Your doubts that you can do this material, you know, you feel that you are going to get caught, your doubts that I'm not the best teacher in the world, whatever your doubts are that you are going to get rid of them completely, just whatever they are, I'm going to get caught, I'm not confident enough, women don't like me, whatever it is, right, I want you to allow an image or images that represent those thoughts to pop into your mind. And very quickly stick those into the red square. Shove those images and pictures right into the red square and lock it in

there. And some of you may be thinking but I don't want to let the thoughts go. But notice this, the more you think that the more it pushes them away anyway. So they have no choice. Now I want you to create a new self image. I want you to see the you that has the spirit that I've been putting into, the idea, that hey, challenge is fun. If I don't get it the first time I'll keep tap dancing around this person until I get it. I want you to hear me, going "go for it fuckweed!". In the back of your head."

Audience: "Laughs"

Ross: "Just do it. I'm serious. I want you to hear my voice in the back of your head saying "go for it fuckweed". Don't be a dick, go for it. I want you to do that in the back of your head. Ok, I want you to see that image of you that sort of has my ideas in your head, the ideas of being flexible and ferocious and having fun with it. Ok. Now you want to check push limits and see how blatant you can be, try to get caught with this. Ok. Notice as that image of yourself goes into the green square. And fill the green square up with that image. And notice that the bigger and brighter that green square image gets, the smaller and darker the red square image gets. To the point where the red square just disappears completely. And lock in that image. And now that you see that image of yourself in that green square, here's what I want you to do as the next step. Keep your eyes closed, I know you love to look at me dear but keep your eyes closed. Just look at me on the inside, deep inside your mind. Aren't you. Ok, here's what I want you to do, look, see that image of you in the green square, I want you to make it forty feet tall. And what I want you to do, you make it forty feet tall, is turn it around so you only see it from behind. So you'll see the back of yourself. And as you allow that to continue, raise it up above your head, and when I snap my fingers, drop it down on top of your so you'll look into those forty foot tall eyes. Are you ready? (Ross snaps his fingers) Do it. And now looking out through those forty foot tall eyes add in a few snarls. A voice in your head that says your ass is mine. I want you to imagine there's a woman in front of you. And now what I want you to do is just zoom on the part of that person that you find the most attractive. Just zoom in on it. Zoom in on it, ok and over her shoulder I want you to see that forty foot tall you again. In fact, I want you to see an entire army of forty foot tall yous lined up. Now look at and zoom on the body part, hear that voice that goes (snarl) you know that sexy tonality, that ooh ahh. And over her other shoulder I want you to see you and her getting it on. And now notice how any attempt of hesitation just flies into that red square and shrinks away and smalls itself. To the point where you can't even imagine ever trying to be that way, it just gets wiped out completely. As if a giant hand were wiping out that tiny little red square of doubt. The hand attached to the body that has the voice that says "do it fuckface". "Do it now!". Now stop a minute and try to doubt, try in vain to doubt your ability to master these skills and use them. Tell me what happens. What happens when you try and doubt. It's unnatural, that's right. That's right. Good, I want you to carry that with you."

Patterning Misconceptions

An article by Ross Jeffries explaining the most important misconceptions and problems people have with patterning. Ross Jeffries, ASF:

"The following understandings represent ways to clear up the most common misconceptions and problems that students I have talked with typically encounter.

Understanding #1: The Patterns Are Only Examples!

As Major Mark and I have said over and over again in seminars, the patterns sure are wonderful. Whether it's the Blammo, the Blow Job, the tried and true "Discovery Channel" or any one of so many patterns now in the Speed Seduction P material, it is important to realize they are only examples. They are examples of the kinds of communication that open and stimulate a woman to give her the deep emotional and imaginative experiences that she longs for.

Can the patterns, used word for word as we teach them, work for you? Of course! That's what they are designed to do!

But it is equally important to use the patterns as a teaching tool for yourself. To give yourself opportunities to learn about the types of communications that really stimulate women and give them what they really long for.

Think of the patterns as training wheels; when you first learned to ride a bicycle more than likely you did it with FOUR wheels, and NOT two. Once you learned the basics of balance and forward momentum; once you got "the feel" of things, the training wheels were removed and perhaps after a few falls, off you went!

Same with the patterns you'll find in the courses, videos, workbooks and seminars. They are as much tools to train yourself as they are methods to open and stimulate women!

Therefore, as you grow in the use of the materials, you will begin to find you adapt bits and pieces of the patterns in different order and in different ways to fit the individual situation and unique women you are encountering! In fact, you may well begin to create your own! That is a sign you are really at a level of great mastery!

Understanding #2: Getting "Caught" Is Bullshit!

One of the more common challenges new students bring up is the fear of "getting caught". Some students believe that using patterns is somehow like committing some kind of minor crime, like picking a girl's pocket or stealing her purse.

Remember, you can only fear "getting caught" if you view what you are doing as something wrongful or damaging.

What you need to understand is this: using patterns is not taking something away from her. You aren't stealing her wristwatch; you are giving her something wonderful. A chance to experience feelings and emotions and states of mind/body that very, VERY few people can ever give.

You need to believe that what you are offering to give has value, even if at first you aren't the smoothest in the delivery of it.

Look at it like this; if she had polio and YOU had the vaccine, would you feel nervous, guilty or shameful about telling her, "Hey?c'mere?.you really need what I have?".

Well, so many women, no matter how beautiful, are suffering from a disease far worse than polio. It's the disease of the expected?the hum-drum?the "used to that already". And you, my friend with the patterns and the understanding of women they give, are the cure for that and perhaps the only cure she will ever find.

Understanding #3: Gifts, NOT Apologies!

Another incorrect way to view patterns that you are now correcting is that somehow, they are apologies. Ways to make up for something that you are lacking. Ways of saying, "I'm sorry I don't have the looks or the body or the youth or the money that you want, but won't you please accept these pretty words, oh lovely Princess who I don't deserve to be with?"

Well, with THAT kind of attitude, which not only doesn't work but is also inaccurate, NO fancy words will work for you.

Listen?hear?get this understanding: the patterns are NOT ways of making up for what you lack. They are ways of offering women what it is THEY truly long for; the deep, powerful, emotional and imaginative experiences that every woman, deep in the core of her being, really looks and longs for.

It is not that you are making up for lack of looks, youth, money, status, etc. It is that these things may be what women are used to wanting, but are NOT what would really deeply fulfill them. The kinds of communications the patterns offer ARE. What other guys offer is counterfeit; "funny money" that women are used to accepting, because it's mostly the only thing in circulation. Speed Seduction gives you the genuine article; the pure gold "coin of the realm" instantly recognizable in women's souls and hearts as what they've always truly been looking for.

Understanding #4: Feelings Before Words!

So many students have told me: "Ross, the patterns seem so foreign to me.

They just don't seem like they are me."

What's usually going on for these beginners is that the patterns are descriptions of experiences they themselves have never imagined or had. So naturally, they just seem like they are reciting empty words with NO meaning. These poor guys are so focused on memorizing the words, they haven't put any focus into getting some of the feelings.

You see, if you have never had a "peak experience" and haven't even imagined having one, it is pretty hard to sound convincing or to be captivating talking about it. It's just empty words with nothing to back it up. Sort of like the Japanese singing duo from the 70's, "Pink Lady". These two lovely Japanese girls understood not ONE word of English. But they were a big hit on the talk show circuit, singing English songs which they memorized purely by sound, the joke being how they obviously did not understand one single syllable of what they were singing!

The solution here, if this is your problem, is to focus, in the beginning, NOT on memorization, but on imagining for yourself the experiences the patterns describe. Imagine for yourself what it would be like to feel an incredible connection, a peak experience, the excitement and body sensations of "parts" of the Blow Job pattern, etc. etc.

As you read through and listen to patterns, imagine having the experience for yourself, and get at least some of the feelings you want to convey to the women you wish to seduce. Notice I said "some" of the feeling; if you get all of the feelings as intensely as you wish her to feel them, no one will have their hands on the wheel! Just get a bit of the feeling; enough to let that feeling guide the expression of your words.

In this way, the patterns serve to expand who you are. To give you experiences and to cause you to take notice of experiences that before might have gone [Image] completely by. As you expand who you are and how you experience your world, the bonus is you not only become better at patterns, but a more rounded and balanced human being who will naturally be more appealing to women by virtue of who you are and what you experience as well as by the words you know to say! Your success with the material will grow as you grow as a man.

Remember this very important principle: In life, you will not get what you want. You will not get what you "deserve". You will only get what the energies you can create can connect with.

Therefore, learn to create new and different energies for yourself by the experiences the patterns can give to you.

Understanding #5: The Importance Of Themes

If you want to learn to naturally flow from one pattern to the next it is important to understand and use themes.

Themes are simply overall ideas that tie patterns together.

Consider the metaphor of a strand of pearls. The theme is the string that holds together the pearls, which are the patterns.

There are many, many themes which are likely to lead to a successful seduction. Among my favorites are:

- *Different places in the mind
- *What we are used to wanting; what we THINK we want versus what would truly deeply fulfill us.
- *Permission to explore
- *Connections(with each other, with those deeper places in the mind, with our dreams, hopes, goals, wishes)
- *Indulgence

As you go through the patterns in the course, notice how you can tie them together under one or more of these themes.

One way to look for a theme is to examine a group of ideas or things and see what they overall have in common. For example, in the following list:

- * Disneyland
- * Magic Mountain
- * Sea World

* Six Flags

What are they all examples of? What do they all have in common? Yes, they are all places for fun, rides, attractions, crowds. Those are all elements they share. But overall, they all belong to the category of things called amusement parks.

So when you want to link one pattern with any other, find some overall experience or thing of which they are all examples.

Understanding #6: The Two Ways In Which Patterns Work

20% of the time when you use patterns, a woman will silently sit there, follow along quietly, go exactly into the states and experiences you describe and "poof"; you get banged!

80% of the time, however, the patterns work in a more interesting way.

Consider the metaphor of a pearl, once again. How are pearls made? Are they inserted directly into the oyster?

No; what happens is that a grain of sand gets into the oyster and acts as an irritant. The oyster forms the pearl around the grain of sand as a result of the stimulation caused by the little bit of foreign matter.

In the same way, with brighter, more intelligent and ultimately more suggestible and fun women, the patterns act to stimulate and awaken the deeper structures in her mind that have been laying dormant, asleep and hibernating, or that have been repressed for personal or social reasons. Thus the patterns stir her slumbering structures for fantasy, desire, indulgence, surrender, wild abandon, etc.

What happens when a woman suddenly feels these things awakening? Why, my good man, she does what women so often love to do. She TALKS!

Now, her talking is a good thing. For she is not only giving you solid information; accurate descriptions of her own internal models and maps for what the ideal fantasies, dreams, indulgences and surrendering should be like, but by talking she revivifies and re-awakens all these slumbering things.

So when she talks, LISTEN. Anchor her deeper responses with a touch or a glance or a sound or preferably all three at the same time and FEED back her own "personal trance words" into the standard patterns you have memorized! When you use HER own words, remember she not only doesn't resist, but these words act as signals to further awaken these deeper structures in her mind. You can then link these structures to you and amplify these things and show her how to experience them more vividly, profoundly and enjoyably than she ever has before! That is the key to seduction genius and power!

Understanding #7: How To Practice Pattern Flow

Ideally, you want to be able to flow from any one pattern to any other pattern. Just as in a boxing match, you want to be able to throw combinations instead of one punch every round, so too once you have a woman going with Speed Seduction you do NOT want to stop until you get your outcome? er? ah? OUTCOME.

Therefore, practicing pattern flow is vital!

One good way is to take the last sentence of any one pattern. Then come up with a linking or transitional phrase like, "It's just like" or "Another thing about that is this" and then the first sentence of the next pattern you want to use. Write these out in long hand and then, most vitally important practice saying these in sequence, out loud, so you know you can transition when you need to.

Do bear in mind that OUT LOUD practice, in the right state, with the right tonality and tempo is VITAL! The patterns are meant to be spoken, not written, so merely writing them is NOT sufficient practice!

Understanding #8: Do NOT Lust For Results!

Speed Seduction is not just about how you speak; it is a different way of perceiving the world. As such, it takes time to approach mastery. That

means the key is to immerse yourself in these learnings. Practice all the time, every day, on as many people as you can. If you reserve your practice ONLY for beautiful women, you make beautiful women the cause of your skill, and THAT is a fatal error!

No, I'm not suggesting you get some disgusting ugly monster hot and horny. I am suggesting that using your skills to make virtually everyone you come in contact with feel much better than before they met you IS a good thing to aim at!

Above all, be patient with yourself. Learning takes place on many levels, and it can take some time, some stumbling and some plain fucking it up to get good.

But so what? You learned to walk and learned to read and write and that took plenty of trial and error. We are talking about a lifetime of results and enjoyment here!

Now, every once in a while, a student will tell me he has memorized every single pattern but hasn't tried a single one as much as once in the real world! And I must inform you if you are potentially such a person that you don't really understand Speed Seduction until you've gone out and done it!

If you aren't willing to stumble a little bit?...to undergo SOME discomfort, however slight, to get what you want in life, then how will ANY woman with ANY judgement at all find you attractive no matter WHAT words you say? If you care so little for your own life and happiness that you won't take a SINGLE step to improve your lot, then nothing I can teach you to SAY will help you one bit. NO woman would find such a man attractive.

So get up off your lazy, self-pitying, sorry ass, IF this describes you, and make a vow to work at making the material work. If you want everything handed to you on a platter, you are going to wait forever and get nowhere! USE THE ENCLOSED MATERIALS, GROW UP, and be willing to be an adult who will fight for what he wants instead of a spoiled child who waits for Mommy or Daddy to give it to him without cost! We've blazed a trail and smoothed the path and lit it up and marked it clearly; if there is an occasional pebble you have to step on, so fucking what! Get your ass moving!"

Update. The various levels of NLS or Neuro Linguistic Seduction (which is what patterning seems to be called on Mindlist). By Zachary D. Marcy, Mindlist:

"I have been practicing NLP for about 3 years now. I have just stepped into my own since being on this list and being a student of Kenrick Cleveland. In this time period I have ran into an abundance of guys that are at different skill levels and stages in their lives with NLS. I wrote down several of them (including the ones I have experienced which seems to be all but a few). See if you can identify yourself with any or several of these stages and also write down what you think you can do to improve on them. I will try to give an example of each as I type them, but I don't want to be here all night so I may just ask you to ... USE YOUR MIND... to REALIZE... which stage I am referring too. Now, without further ado:

- **Excited about NLS but Lost** - Remember when you first saw all the advertising about SS and NLS? How-open eyed you were and how all of your ideas for what you could do with this stuff ran wild.
- **Skeptical about NLS but Lost** - Remember after you read your first pattern and wondered "how in the HELL could I start to talk to a woman like this?"
- **Diligent about NLS but Lost** - You can't figure out why you keep doing these exercises about mirroring and matching etc... but you do... This is a GOOD stage, it makes the success worth it!
- **Computer Success but Lost IRL** (in real life) - I didn't go through this much. Alex Akselrod knows about this stage...ask him about it.

- **Telephone and computer success but lost IRL** - I did go through a success on telepersonals stage where I was too chicken shit to take in patterns in real life.
- **Stuck on one line and one pattern** (not flexible) - this has a ton to do with memorizing patterns!
- **Some Success but not repeatable** - You have some how managed to get a few success' using a few ideas and patterns and just haven't been able to repeat them. This usually comes when you are being selective and you aren't that flexible yet.
- **Some Success and ONLY repeatable with some types of women** - most of the time the success was dumb luck. I use to have this problem a bit too. I managed to get a few patterns and ideas that worked well with certain types of women and I just used those and that was it. This was the second stage I experienced with NLS. The first was no 1 and I next went to this stage. It was hard for me too. I ran into a rut where I didn't meet women that fit this type that I had originally set in my mind and I almost threw NLS out of the door. I am glad I was persistent with it!
- **Playing the odds game** - you approach 10 women and get one. I was always too picky from the start to do this. Now, understand, this is GREAT practice.
- **Snagging Many** (approaching about a 60-70% success rate) - remember SUCCESS is defined by YOUR desired outcome! Not my definition of success!
- **Doing Great and Being Picky** (going for types) - THIS is where was about 3 months ago. I liked this stage in my NLS career!
- **Just Flat out picky and not using NLS on any women unless they fit your criteria** - here is where I am currently at. It's odd, I figured I would like this stage! I really don't ... I am going back to being a huge flirt again!
- **Find and NLS the Girlfriend and yet you cheat on her** - This is a safety girl... you can do this with just dating a girl too. Unfortunately, I went through this phase a while ago.
- **Find the GirlFriend type and get her** - I believe this is what I am currently searching for... where the hell is she?
- **Find the ONE to marry** - DO WHAT? OK OK... so I have heard several success stories similar to this one. I am young and have a full life ahead of me. I am not looking into this... YET.
- **Using NLS to make your marriage work or make it better** - ask someone who knows.
- **Using NLS to make your relationship better** - It worked for me and my ex. It also made me realize who I didn't want to be with.

Realize that these ARE NOT in any order per se. Most of them are just various stages on relatively the same plain. This may give you goals to strive for or just idea of where you are currently at. It might give you application that you haven't realized before... but you realize your application now."

Introducing the Pattern

Obviously you just cannot sit down in front of or beside a girl you're not acquainted with and start with a pattern ready to plant anchors, listen to trance words etc. Here's where the skill of fluff talk comes to play.

If you're witty, creative, observant or anything in that direction, you can use the casual "we know each other from before" approach and just start talking about the event you both just witnessed, something "new" you just noticed about her (never mind that she's "all new" to you anyway:), ask for her opinion about something, a new piece of clothing of yours etc. Just about anything goes as long as it doesn't look like an approach and a pick-up attempt - an impression which should initially be avoided at all costs.

When things are going well, you can turn your interaction into a pick-up, but with more experience you can even have her do the pick-up (meaning she offers her phone-number and asks yours, when you seem to be leaving:). But once you have the conversation going, keep in mind that the general direction you want the conversation to go is the one which let's you introduce a pattern, and then another, and then another:) 'Til she's dripping wet or goes unconscious from all the highs you are taking her:)

A natural conversation hops from one thing to another and can be fulfilling if the subject being discussed is thrilling to both parties of the conversation. Pick your hops so as to move closer to being able to naturally introduce a pattern but be also very sensitive to the hops she takes and change your goals accordingly - choose another pattern to eventually end up with, modify the one you had in mind or in your final stage of mastery of SS: make up and deliver an appropriate one on the fly:)

See also the on SS in the July'98 issue of Playboy. The article is a good example of how starting with patterns right at the outset is a doomed approach, they just sound too lame and embarrassing. But the one time the journalist does it right, starts with some fluff talk, has the "actually we know each other" attitude, comments on something which has some sort of understandable meaning for the girl and only THEN delivers a pattern he made up on the fly about it and - BOOM, it works!

Trust Pattern

"You want to overcome the common trait of thought that women believe you will dump them immediately after the deed is done if they are so easily led into the bedroom. Here's what you can say as a story to place calmness and trust into the girl's mind. Make sure you carefully ease this into the conversation during the night. Look for the opening to say it. Think of it like a jig-saw puzzle except your trying to fill in another gap.

"Yeah trust. It's a funny thing. I actually lost some faith in girls a couple of years ago". Now you need to pause here to get her to ask why. By doing the pause you achieve a couple of things. The first is that you don't blow your cover about your rehearsed story by reeling off a memorised statement. The second is that you may be placing her in the perfect position for your intentions. She will hopefully want to prove you wrong and restore your faith in the trust of women.

"I had a one night stand with a girl and we didn't see each other again for a couple of months". Here you are saying to her that one night stands are okay. The way you are saying it in open conversation with this girl will downplay the one night stand black cloud that hovers over it in girls minds.

Then say: "I lost her number so I couldn't catch up with her". You are now telling her that you didn't act like the typical male bastard by not ringing her after getting what all males only want. You're saying you would have, if only you hadn't lost her number. It also says you still want to see a girl after a one night stand and she will think: "If I fuck him tonite he won't just burn me like other guys have done to my friends and also to me. This guy is great. I won't have to play the hard to get routine with him to keep him interested in

me. I can fuck him tonite and he'll still ring me".

Then you say: "Anyway, what happened was that a very close mate of mine one day just came right out and asked me if I'd slept with this girl". You are now putting in her mind that you don't ever discuss women stories even with your close mates. She's thinking: "If he doesn't mouth off to his mates he probably doesn't tell anyone what he does".

Then say: "I couldn't believe what I was hearing. I never tell even my best mates what I do and don't do with girls, so she must have been the one to open her mouth". You're now acting shocked and amazed how the info got out because you don't even tell your best mates. You have made her believe your story about not telling your mates because it is a close mate who is telling you this news and you are just beside yourself as to how he would know what happened. She will be thinking now: "The girl must have been the one to tell his friend because who else would have"?

When you deliver these lines, after a while you will even start to believe them yourself. Try to let yourself get involved in the fantasy of your lines to women. When you convey your well timed lines in this manner you will be well on the way to getting the woman or women you desire."

Rose Pattern

The basic theory of this pattern is to use it as a method to take the woman into a deep trance (she will actually assist you – isn't that great?!?) and put your picture in her place where she loves someone and then lock it in as absolutely true. Now, this type of pattern will create a real obsession and will lock in her feelings for you. The one problem is that it really shouldn't be used in most contexts unless you are really sure that this is a keeper. So, use of this pattern is very very dangerous. Please use caution because you just might have created an obsessive person. This basically creates a strong compulsion via submodality shifts and locks in that change. My suggestion is to use this on your girlfriend or wife.

The setup for this pattern is to engage the woman in conversation. I will assume, for the purposes of this pattern, that you are able to get her into fluff talk. During the fluff talk, develop rapport, and ask about how sometimes you have a down day and feel bad. Then tell her you learned this great visualization exercise in a relaxation book. Now, women love talking about and doing anything related to self-help and improving themselves. Ask her if you could show her this exercise that will allow her to feel really great at any time (most woman will agree to this – if she doesn't, well... you're out of luck... and would you want her anyway???).

(Note: First, have her close her eyes and set it up as a visualization exercise to help her feel good... absolutely wonderful, at any time she wishes)

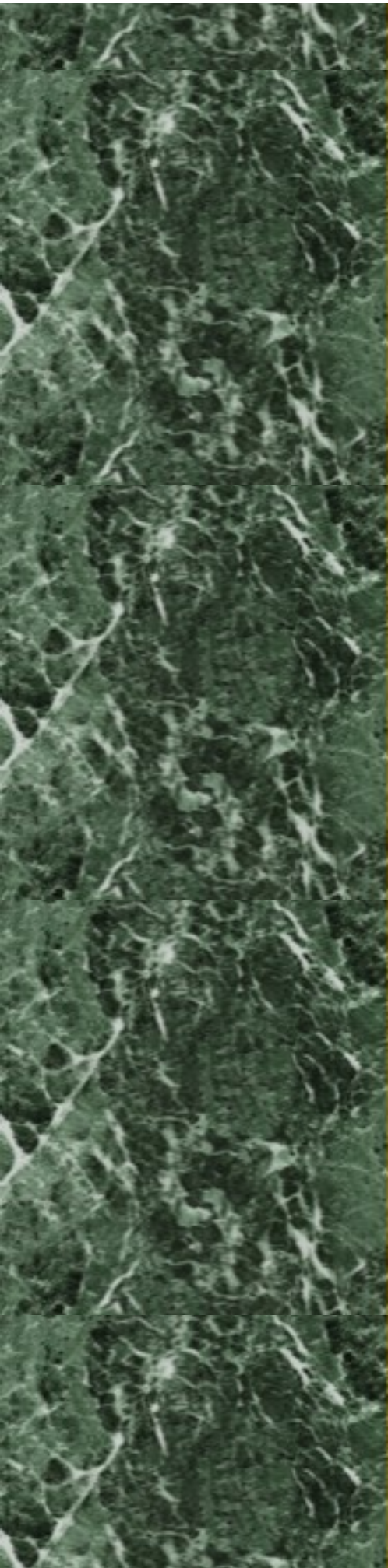
[BEGIN PATTERN]

You know, I learned this great visualization exercise that really helps you pick yourself up when you aren't feeling that great. It really has helped me just perk myself up during the day and just make me feel wonderful. Would you like me to show it to you, so that you too can do this and feel absolutely wonderful? It will only take a minute or two and really will bless you with the things it can do for you.

Her: Oh yes. I would love that. Yada Yada Yada.

Okay. I would love to share this with you and really contribute to your happiness [notice the set-up for reciprocity]. I invite you to visualize a mental screen much like a movie screen, in front of you. As you see this mental screen, allow yourself to see your favorite flower. And, as you see this flower, allow the full sensory rich detail of the flower to be on the mental screen. See it in vivid color, each detail of the flower springing forth. Now, if I were to ask you which type of flower you are seeing, what would you say was the type of the flower? (good way to learn her favorite flower)

Her: Roses (tulips, carnations, etc.)



Doesn't it FEEL WONDERFUL to see the rose in such beautiful detail? As you see that flower, see the beautiful color of the rose. Allow the rich texture of it to become alive. While you see this color, hear the rustle of the petals as you see the wind blow slightly against the petal. And, reach out and allow the smell to become stronger, richer, and oh so beautiful. You can notice that it makes you FEEL SO RELAXED AND COMFORTABLE.

Now, as you look at this beautiful rose... if you were to visualize a picture of a family member you love dearly, like say your child, parent, or someone special, where would it be on the mental screen. Allow yourself to notice the location of where that picture was (notice presupp. here). What would really make that rose wonderful, would be to place that rose in the same location as where you saw the picture of the family member. As you now see the picture of the rose in that special place, let each petal of the rose represent some aspect of a goal, dream, or wish you want to have in your life. Allow YOUR UNCONSCIOUS mind to place those goals, dreams, and wishes in the flower. As you do this, see me in that picture smiling as you hand me that rose to hold for you. Allowing you to FEEL WONDERFUL at the knowledge that you can ask for the rose at any moment and I will hand it to you and making you FEEL SO WONDERFUL.

Now as you feel these feelings, see that picture becoming more clear, more focused. The picture is full of rich texture, reach three-dimensional detail. Allow the smell to grow, smell the sweet scent of the flower. Allow the picture to grow larger, with each breath, it grows larger. And as you see it grow, the picture comes closer to you...become more clear. Moving closer to you. See the color becoming more vivid, more detailed. And, it becomes more sharp, and becomes more and more like a movie... with movement.

Now, allow YOUR MINE to take this flower within yourself. Sometimes, the conscious mind gets in the way of your growth. Allow YOUR UNCONSCIOUS mind to find that special place within you. That special place where you hold everything to be absolutely true. You know where that special place is, and as you feel and sense that special place, allow the picture of me holding that flower to GO DEEP INSIDE within that special place and lock in there. As that picture of me holding the flower locks in, hear the clanging sound similar to the slamming of a gate. You know that the picture is now locked into your place of absolute truth.

Now, it might surprise you how your unconscious mind will allow this picture of me holding the flower to pop up during your days to remind you of these wonderful feelings and allow you to FEEL SO FABULOUS. And, during your sleep, your unconcious mind will allow this to become a dream....helping you to FEEL SO GOOD.

[END OF PATTERN]

DISCUSSION

Now, this pattern does not rely on embedded commands to create a horny state in the woman. But, let me assure you, by the end of this pattern, the woman will be so wet for you. The great thing about this pattern is, that it not only creates physical arousal, it also creates the "warm fuzzies" that creates rapport and connection with you. Its like a two for one deal. The key to the pattern is that it links you to all her hopes, wishes, desires, and dreams (you holding the flower) and places that picture of you (moving pictures) in the location where she has pictures of those that she loves. Now the kicker is, that it moves that picture into her place of absolute truth to forever lock her love to you. The whole process of asking her to allow you to show this to her is that it really takes her (with her own help) into a trance, a highly relaxing trance."

Pattern II

You can make her feel good, warm and trustful by having her imagine the symbol of eternal love and happiness - the rose - in extravagant detail. Notice the messages of the fleeting nature beauty and seizing/enjoying the moment. The seduction was conducted via the internet (thus all the "imagine me hugging you" stuff etc.), but as always - tailor it to your own needs. By Jobet Claudio, Mindlist:

Me: Look...when you think about it...everything is fleeting. It's not how long

you've had a guy... it's the wonderful memories that you can share together, right here, and right now. Let me give you an example. Imagine... a rose. A beautiful rose... now... hold it by the stem... gently... mind the thorns... now... look at the petals... notice the soft color of the petals... and how soft the petals are to touch... how silky smooth they are... it's such a wonderful, beautiful thing of creation... now... look at it in wonder of nature's beauty. Realize now... that this rose... may not look like this any more... perhaps in a couple of hours... it will lose its freshness as it eventually withers. But what's important... right now... is that you are looking at it... in all its splendour and beauty. Right now, you have it... for you to enjoy. For your eyes to look at... for it to warm your heart and make you feel so good. Its just like love. It may not always be there... it may be with you for only a short time... what's important... is to make every moment count... to make every memory of it a wonderful thing to look back upon.

Her: [a simulated response on the general theme of being mistrustful] But I can't trust anyone anymore. I'll just get hurt again.

Me: [a trust-building image in response to the above] Okay. This will make YOU FEEL BETTER. Take a deep breath... and that rose that you're holding... now... I'm handing back this rose... back to you...take it gently from my hand... Now... doesn't that feel so good... just to realize that you can trust someone with your deepest longings... your fondest dreams... your greatest desires? I'll be there if you need me. Okay...one last thing...what I want you to do... is to look down at where that good feeling is coming from... and notice how it can get twice as strong... twice as good when you allow it to grow (go for 10 X after you're done with this).

Her: [a simulated response on the general theme of feeling so good that it made her cry] Enough enough! No more please! [silence] You made me cry here on my computer, you know, it felt so good.

Me: Okay okay... here... I'm hugging you now... feel the warmth of my arms."

Pattern III

To make the imaginary rose you give her feel even more special, you can use the following excerpt suggested by Ned Ragduos on ASF:
"Picture a rose in your mind, smell the fragrance, see the frops of sparkling dew on the leaves, feel how the thorns are so sharp they penetrate your skin, yet somehow the feeling is pleasurable, like the feelings of SURRENDER, NOW TO ME I find that when I give a rose with my imagination, it's so much more real than those roses that other guys give, because they fade away (point away), whereas (continue describing how the rose you have given her will stay in her heart always, growing a little each day, until perhaps you'll meet again)."

Passion to Passion Pattern

This pattern will actually be constructed by her. All you have to do is to carry her description of a passion for something over to a passion for someone (and not forgetting to self-point while doing that:) and ask her, how would that feel.

By Kevin Kupal, mindlist:

"It works well because you'll be seducing her from her own side of the fence, using feelings that she already feels about something she's "passionate" about, as opposed to trying to install feelings from the outside.

I have field tested this and have come to one general conclusion: it works only in women who have a "passion" for something... be it mountainclimbing, biking, helping people etc. It fails with "boring" women... the types who say "I only stay at home and watch TV".

Here are the steps.

1. Find out if she has any activity she feels "passionate" about. Most likely, these may be her work, her hobby, extra-curricular activities (if still in school)... anything she would do even if she did it for free.

2. Ask her... what's important to you in doing (activity)? What do you feel when you go (activity)? C'mon, tell me what it feels like when you're there, actually doing (activity). At this point, I am actually putting her in an internal rep of actually doing that activity, and associating her into the states she feels while doing the activity. I'm eliciting feelings/criteria. You're basically looking for nominalized "feelings" such as "satisfaction", fulfillment, love, challenge, "rush" etc.

3. Then, feedback these nominalized "feelings" and link these to you. I was just wondering...well...a funny thought occurred to me...what would it be like when you just find yourself feeling all those feelings you have for (activity) for another person (point to self)? Can you imagine what's it like if those feelings you have for (activity), you also feel for, let's say, your boyfriend (point to self) ?

Example

Me: I was just wondering, what do you really love doing? Name something that you would do that you find so engrossing that you'd do it, even if you were never paid to do it?

Her: Well... when I get some stacked up vacation leaves, I go mountain climbing with the local mountain climbing association.

Me : Oh...you like mountain climbing. I'm curious...what is it about mountain climbing that makes you love it? What do you feel when you're mountain climbing? What's it like when you're there now, mountain climbing?

Her: Well...uphill its very hard and steep...but once you get to the summit, you can feel the wind on your face...all that exhilaration...freedom...sense of accomplishment and just this feeling of fulfillment...those make the hike worth every step...

Me: (giggle a little)...A funny thought just came over me. I'm just wondering, what would it be like if you could feel all those feelings in another human being? I mean, what if you could just IMAGINE, having a boyfriend (point to self, subtly) who also makes you FEEL ALL THAT EXHILIRATION...that FREEDOM that sense of ACCOMPLISHMENT and deep FULFILLMENT. When YOU'VE FOUND THAT GUY, when the time comes that YOU'RE LOOKING AT HIM...feeling all those feelings...NOW what would it be like?

Her : Gee...I'd do him just as much as I do mountain climbing...and with equal passion...oh...I didn't mean it like I said it! (hahaha...Freudian slip!)

(yada yada)"

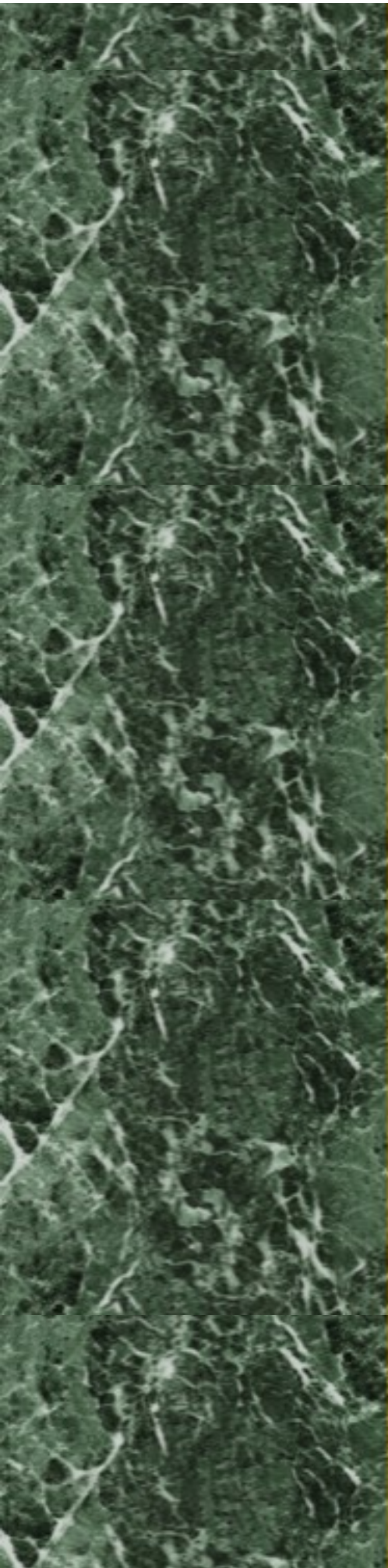
Incredible Connection

Pattern 1 - a classic:) Also an important note, why patterns might not work on some women.

This is the most classic and legendary of SS patterns. Partly because it is one of the oldest and partly because it is the most appropriate to use as your first pattern after having had some fluff talk with the girl you just met.

A very important note on the IC pattern (and even patterning in general) - there are women that are NOT into the feelings/connections stuff at all. So what's wrong with them? Nothing, they are just into SEX and getting down with you! Yes, believe it or not, there are women like that, just waiting to be discovered. Of course, they are a minority, otherwise you wouldn't be reading all this:) But they do exist and it is important to notice them in time and not to keep them waiting while you're busy delivering your patterns and trying to make her feel wonderful etc. You could just be shutting her down. So although they are a rarity and an exception, keep your eyes open because you never know when you just might find a gem like that:)

In the words of Ross Jeffries (Ross Jeffries): "Not all women will respond to "connection" patterns. Some women who are already emotionally occupied,



but sexually bored, or shut down emotionally, but open sexually or just don't believe relationships are possible will still be very receptive to a "body sensation" approach." This actually means, that she won't be much moved by your descriptions of "emotional connections" but will be enthralled, once you include feelings of bodily sensations in you patterns. But most probably they'd actually prefer to feel those bodily sensations instead of imagining them, and that is your cue to go kino:) (See Kinaesthetics for more information)

Nevertheless, the "incredible connection" theme has an almost universal appeal for women, se here's the pattern:

"In fact... just standing here... talking with you... I have an intuition... that when you connect with someone... someone you really like... someone you're really attracted to who makes you feel that click... right there... you know that sense of just feeling totally drawn... like you've known this person forever... like you were meant to know them.... a big part of it is that recognition that you can RELAX and laugh with this person... can you feel _that_ (touch her and achor the feeling)... is maybe how it works?"

From here you could for example transition to the Falling in Love pattern.

Update. Madman: "The IC pattern is NOT a good pattern to introduce as the first pattern after some initial fluff talk. You must have established some sort of a connection first with some other patterns and only THEN can you help her realise through using the IC pattern that "yes, that's exactly how I feel right now!". Using the IC pattern won't establish a connection by itself. So the way to do it is this:

- 1) Initial fluff talk to establish some faint rapport
- 2) Patterns and tonality to establish deeper rapport. Take your time, don't hurry, slow down the tempo of the conversation, watch your tonality. She'll be feeling a lot by now, but she is probably confused as to the nature of her feelings, so its time for step 3.
- 3) IC pattern (or a modification of it) to help her realise that an incredible connection with YOU is exactly what she is feeling at the moment:)"

Pattern 2 - Incredible Connection mixed with a little Falling in Love.

Remember, this pattern will make HER feel an incredible connection with YOU. ASF:

"I recently just got out of a long relationship. I guess I'm not your average guy. I mean for me... I have to develop a mental relationship with someone before anything more will happen. I really have to "Connect" with someone first... I mean.... Have you ever been talking to someone and noticed that everything around you seemed to fade away? ...and as you listened more and more you began to focus more and more of your attention on him. Do you remember how that felt to truly start becoming attracted to someone? Maybe you remember feeling "butterflies" in your stomach? To become attracted to someone.... not only because of their physical appearance... but because of who they are... because as you listened to them, their true attitudes and beliefs became apparent to you. As you listened to what they had to say... you suddenly realised that this guy was truly unique. Finally, you had found your "MAN". Do you remember the last time this happened? Maybe, you felt a little scared or nervous at first because you were feeling such an incredible connection. Or maybe... you began to think about "What might happen in the near future?" How your heart would speed up as he began to move closer to you... How you would feel such an Amazing RUSH of energy as he held you tight in his arms... or how it would feel to have his lips Pressed against yours for the first time. Maybe the little girl inside you dreams about meeting a man like this at night... Maybe you think about what steps you would need to take to Hold On to this guy once you finally meet him? I mean... maybe it seems like I have gone off on a tangent here... but that is how I feel."

Pattern 3

Ross Jeffries:

"Did you ever . . . instantly know you were going to like and trust someone for a long, long time? (sp). 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 (point from 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 (sp). 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 (sp) 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) . . . with me, it usually takes a bit longer.

But when you really FEEL A 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 actual physical click... a tug that takes place right...(raise your hand over your head, point your index finger, and then SLOWLY bring it down straight down the middle of her face, without touching her until you get to her solar plexus, just below her breasts)..THERE!(touch her 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...isn't it?

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.

But 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 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. And that's how you know you really just want to be with this person and you're really READY to be swept off your feet. NOW the funny thing is, when you have that kind of connection with a new person (sp), 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 in your mine."

Pattern 4

From David Shade's online seduction log:

"You want to feel trust for this person because you know you really like this person, so you take the time to build the trust. Building trust takes being honest with each other while at the same time being independent. You want to be with someone who is communicative and shares their feelings freely. And you want to get to the point where you can almost know what they are thinking, like you could finish their sentences. You so much want to know what this person is feeling, and you want them to know what you are feeling. And then you get to the point where you almost want this person to feel the same feelings you are feeling. That is when it is really special."

Pattern 5

Use this assuming that you've been talking to the girl about incredible connections before, but somehow things haven't yet quite turned out the way they should have:) But seriously, there are girls, for whom the patterns have a delayed effect, in which case this follow-up is just perfect for helping

her realise what she feels and wants the next time you meet.

Ross Jeffries:

"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."

Pattern 6

Ross Jeffries:

"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 (sp). 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 mine doesn't want you to know what your body is doing until afterwards, and you can reflect on how wonderful and pleasurable the experience is and you are so glad you didn't miss out on anything."

Pattern 7

Ross Jeffries:

"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's what it would be like"

Presuppositions

Presuppositions

Presuppositions are some of the most widely used "mind-tricks" in making it easier for the girl to realise, what it is that she really wants (and then go with the flow:). They shift attention from something (seemingly) unimportant as it has somehow already been agreed upon to the (seemingly) important as it needs yet to be decided upon. In order to understand the question and answer it ("would you like tea or coffee?") she has to accept the presupposition that accompanies the question ("...before we go to my place":).

- "Would you like (something to drink) before (I take you home)?"
- "Would you like (another coke / whiskey) before (I take you home / we go to your place / we go to my place)?"

Presuppositions can also be used in ordinary sentences to help her decide... or rather, decide for her:) If you'd like to take a shower together with her after spending the night together, instead of asking "Wanna take a shower? How about... um... we... together... um" say "I'll ready the shower for us:)"

Here are a few more examples of how a simple sentence can help a girl sway towards the right decision:) ...or simply not leave her with much choice:) Use these to construct your own "decision-swayers".

Binds of comparable alternatives

- "So do you want to meet me again tomorrow over lunch, or over coffee? (keep talking!) e.g. Either way, the most important thing is that we can carry on this conversation. Sound good to you?"
- "So do you want to dance now, or wait until the next slow? (keep talking!) You're looking as if YOU CAN'T WAIT to dance now. Let's go!"

Cause & Effect

- "You won't get the most out of the music just thinking about it, since the best way to experience it is to dance with me."
- "As you sit there, you know you have to dance before the night is out. Come:)"

Resistance-breaking patterns

Two mini-patterns using time distortion, binds of comparable alternatives and humour to break a girl's resistance to getting together with you:

- "Won't it be great AFTER we've gone out and laughed and felt really comfortable together? Then you can just look back at it all, smile that smile of satisfaction, and think to yourself: that was one of the best times, I've ever had!"
- " I don't know, when we go out, whether it will be a wonderfully fun adventure or just an incredibly enjoyable good time, but it sure will feel great to laugh that much, won't it?"

An example of using a combination of the above techniques and thought binding:

You: You know, I can tell you are a woman with great taste!

Her: How do you know?

You: Because you laugh at what I say. And the more you laugh, the more you'll recognise just how attractive you find that... and the more you'll look forward to being with someone just like that / the more you'll LOOK FORWARD to having the best time when we go out!

Her: (laughter)

You: See...just like that:)

You: Seriously...haven't you ever met someone, and you just knew you were going to like this person (point to yourself), cause you could just STOP, and IMAGINE BEING TOGETHER, feeling totally comfortable, and absolutely connected, for all the right reasons?

She: Yeah

You: Well, see? So, as you think about it like that..."

...then just keep chatting, transition to IC pattern, whatever.

Update. An example of a presupposition by Vampire2727, ASF: "After finding out what the girl likes to do, talk with the assumption that you're going to do it: "Well, when we're doing [this and this] together, it would be better if [something and something]"."

Now That She's Interested

Common Signs of Interest

Common signs of interest from the girl, applicable mostly in bar-room and club situations. Stephanie Alexander, Maxim (<http://maximmag.com>):

° She compliments you on virtually anything. Women are used to receiving compliments, not giving them. So if she points out a positive characteristic, you've impressed her.

° She's disagreeing but laughing. Flirtatious sarcasm, as in "Yeah, right, like I believe that!" means she's into you. If she weren't, she'd simply "Uh-huh" you into oblivion.

° She keeps asking you to repeat yourself. She's not allowing the blasting music to come between the two of you. A suggestion of a quieter corner to talk in will be well received.

° She laughs at your lame junior high school-level jokes. She's obviously just drunk. Or maybe just drunk.

° She touches you anywhere. Touch her back in the equivalent place, and let her up the ante, just in case her touch was an accidental slip of the hand.

° She stays put. If you run to drain the monster and she's still where you left her when you return, you're doing something right. Likewise if she comes back to you after she powders her nose.

° She doesn't flinch. If you reach across her to grab a drink or an ashtray and she doesn't pull back, she's feeling physically comfortable with you. Don't blow it, pal.

° She says, "Hey, where ya goin'?" as you leave the bar. She's angling for an invite. Even if she ultimately says no (she may not feel safe going off with you or may not want to ditch her friends) it's a sign she's game for a future hookup.

Update. Maxin, Clifford's Seduction newsletter: "I have built for myself a proximity alert system. When you walk into a room/store/bar etc, while a woman might be reluctant or too shy to make eye contact, sometimes, on a conscious or unconscious level, she will reveal her interest through proximity. Guys do this all the time. Have you ever walked into a bar and then made practically a bee line for the hottest chick, if only to be near her and check her out more? And maybe you "changed your mind" and instead

Getting the Date

of approaching her, you ordered a drink at the bar right next to her? I've been in stores shopping where it seemed that a woman I had seen, put herself near me several times over the course of 10-20 minutes. Coincidence? Maybe, but I don't really believe that, and it's far more useful for me to believe that a woman finds me interesting or attractive and is putting herself near me on purpose hoping that I may start something."

No, you're not going to ask for a date. Movies, dinners (or... museums, anyone?:) are for girls that have convinced you that they want you in a most believable fashion - by having done the fun with you (and I don't mean playing "Monopoly":).

But let's say you have #- or *closed a girl. You need to get in contact with her again, right? You could of course do patterns over the phone and have her rush horny to your doorstep. But it is infinitely better to meet her in person. So what you do, is suggest a get-together, preferably somewhere where you two can talk, see each other and touch each other undisturbed.

Just as your pick-up attempt must look like anything but a pick-up attempt, so must your asking for a "date" be anything but that. For that purpose it is recommended not to ask her for a get-together on a Friday or a Saturday night. Not that you shouldn't do it, but the time itself suggests a more date-like occasion, an image which is better avoided. If you nevertheless decide in favour of a Friday or Saturday night, keep in mind that the odds of her being busy are higher than on other nights, so she may have to turn you down, which could create some bad vibes. And it might tell her that you don't have anything (or anyone:) to do on the weekend (so don't forget to serve it as "the only few moments of free time" in your schedule:).

On the other hand, the benefits of arranging a meeting during the week are as follows (Don Diebel:)

- You imply that you are busy on the weekend. In other words, you are involved with other girls.
- The odds of her being available are greater.
- Weeknights imply a casual, no-pressure atmosphere which is good to get to know her (or rather, to get her to get to know you:).
- You have turned a dull weeknight into a good time for her - good vibes right off the bat.

Now that we've cleared that the "date" in "asking for a date" is not a date but a get-together, its time to reveal that neither is the "asking" asking but suggesting. You don't ask her for anything. You're giving her opportunities (like you didn't ask for her phone-number, you constructed her an opportunity of giving it to you). And you are just making suggestions ("We should meet / get-together. How about then and there?"). Don't make the mistake of putting her on the pedestal and grovelling before her begging and asking "please-please-please will you go out with me?", "oh please let's go on a date?", "oh please please do cum with me!":) If you ASK her to go out with you and she says "no", she won't even give it another thought (and don't be fooled by any excuses she might be giving you). But if you SUGGEST a casual meeting and offer her a time and place, she'll first have to think, what she's doing at that time, and if it turns out she's busy (she might very well be), she is much more likely to offer another time and / or another place. Either way, you're much more likely to get yourself your get-together:).

If however you sense some reluctance on her part nevertheless ("maybe some other time", "no, my schedule is full till next year" etc), you need to take out the big guns (no, not those, pull up your pants!):. It seems like time for patterning, negging, value-eliciting or whatever seems more appropriate with her over the phone. Ask her is she has a little time to talk to you now. Even if it has been her earnest attempt to LJBF you and blow you off, she might feel just a little guilty about it and agree to talk to you for a few minutes. And now you've got her:)

But all through this process remember, you don't NEED her. If she's smart enough, she knows a good thing when she sees (or hears:) one. But if she just consistently seems to be wasting your time, heck, you've got some 50 more phone-numbers waiting in line to be called:)

Update

In a situation when you have acquired the phone number of a girl that you are or have become interested in in business circumstances (as opposed to having acquired her number to call her in a matter of a more personal nature), you can still turn this around for you by using the following advice from Johnny Shack (<http://showgirls.com.au>). Whether you have become in possession of her number as either one of you being a representative, salesman or clerk of some sort and after you're sure that you and her will most probably not be conducting any business in the future (because you know what they say about mixing work and personal life), you can call her with the following (by Johnny Shack):

"You really caught my attention and that's why I'm talking with you now". Wait for her to reply and then say, "I'm the type of guy who can't hold back his emotions and if I didn't ring and talk with you I just wouldn't have been able to sleep tonite". You need to deliver this in a fun sort of way so it's not too corny but it is what they all love to hear. If you can have them listening to this and have them wondering if you mean it, then you are on a winner and you have delivered it to perfection. Then say "So how about we go out on the weekend and see if we like each other? I'm a pretty good judge of character and I think we'll get along. So how about Friday or Saturday night [think twice though before asking her on such a formal-sounding weekend date, see the beginning of this article for more information]"

Naturally, this approach can also be tailored to non business-related situations, just substitute the business to personal type communication transition with something more appropriate. And here's some more advice on asking the girl out via the phone. Johnny Shack:

"If you deliver these [asking her out] lines a few times, you will adapt to them easily. You won't need a written prompter in front of you once your confidence is flowing and you'll master some typical comebacks to their answers. However, it may be a good idea to have a prompter to if you're still a beginner - this will keep you on track if you get stuck for words. Also, it's not a bad idea if you are not a natural conversationalist to have a few topics written down on paper in front of you to keep things going. If you ring a girl, you need to keep the topics flowing - this communicates to her that the two of you are getting along well. After a while you will mold your own personality into what you are saying and it will start to come across very naturally. It is important to stick to the basic message [of asking her out] though.

During the conversation compliment her and let her know how she really grabbed your attention [once again, think twice about this, see Neghits explained and Paying her a compliment for more information]. Everyone loves to talk with people who make them feel good. It can also make her feel so special that nothing could stop you from calling her.

If she says to you that you ask girls out all of the time don't get thrown. You say this: "Well, yes I do go out with a lot of girls because I'm picky". Wait for her to talk. She will most likely say: "How can you be picky if you go out with a lot of girls? It doesn't make sense." This is where you will win her over by saying: "When I find the girl who can keep me interested then I will stay with her. I need to go out with different girls to give myself a chance of finding her. Otherwise I would have to just stay at home and I'll never meet my dream girl will I?" By ending this with "will I?" you put her in a position where it is her turn to answer and any reasonable thinking girl will agree with what you are saying.

With this you have successfully demonstrated a philosophy to her, which gels with your own intentions of taking her out on a date. She has understood what you are talking about and it applies to her as well. She will start to think that you do have to go out with a lot of people to find the one you really want and if she is single she may as well go out with you."

I have to interfere here. "If she is single" - it may be argued that this is exactly why asking someone directly on a date might sometimes not be a good idea as a simple phone-call from you most probably won't be enough

for her to go out with you, especially if she is not single. Then again, it is always ultimately better to try a lower probability approach than not to try anything at all. Besides, you should be too busy to care for a possible rejection. And being busy is also exactly why you'd use this fast and lower probability approach as you simply lack the time or motivation to invest in a higher probability approach. After all, you don't even quite know her yet, so why would you want to invest anything more to get her to agree to go out with you. In fact, this is also exactly why you're calling her - you're only trying to give the both of you a chance to get to know each other better. In conclusion - if you already know you really want her, you'd better take into consideration the lower probability rate of this approach, if however you're not quite sure yet, this approach is a perfect way to find out. Now on with Johnny Shack's advice:

"Always remember that she wants to find a boyfriend or lover just as you want to find the woman you desire. You have also got her to agree with your philosophies and she will now start to look at you as a smart person. Women want a man to be able to teach her things and to be the decision maker. In the majority of marriages you will find the man is at least 51% in control. Most women want their man to be smart and the one in control so if you win a conversation like this one early on then you will be in a good position to land her if you want to.

Also, you let her know how your emotions took control of you and that is why you couldn't stand it if you didn't ring her. Women don't want wimps but they do want a guy who is sensitive and can talk about his emotions.

If you say you couldn't sleep if you didn't call her you are adding charm and showing what a fun personality you have. Personality and charm will win a girl over good looks more times than you thought possible.

You actually ask the question about you both going on a date together. You ask her out and you also give an approximate time for when you should go out together. You don't want to give her a yes or no answer question rather you want to give her a question about if the weekend is suitable. This can get you a lot of dates when the girl may not have even planned on saying yes to you. She is not thinking about whether or not she will go out with you now but whether or not the weekend will be all right. Your assertiveness can throw your targets thinking off balance for just enough time to make a date with her. Once you get her to say yes it is very hard for her to turn around and cancel the date [see [If she cancels the date](#) for more information on what to do, if that happens]."

And once the date is set and the initiating routine agreed upon (see [Set the mood of the date from the start](#) in [Kinaesthetics](#) and [Refining the close in Closing](#) for more information on that) it is time to hang up. Linger on the phone after closing the date is the kiss of death. If anything ever needs to be quit, the best time to do it is always the highpoint, and the highpoint of your conversation with her is fixing the date. So be polite, make your departure and leave her frying in the excitement of the upcoming date:)

Our World Routine

The Our World routine, contributed by Maniac High, constructs an imaginary world for both you and the girl, where the two of you can feel happy, comfortable and relaxed, and free to do anything you wish irrespective of the rules and norms of society or the attitudes of other people, because quite simply - you are now in a different world, a world without any outside influences, a world where normal rules don't apply, a world for just the two of you. You are in "our world":)

The desired outcome of building "our world" in a conversation with the girl is to agree on ending up at your place the next time you two meet. This also works very well when arranging a "date" over the phone. But don't start building the world until you know exactly, what it needs to be like. So first you have to find out about her values and principles and her possible objections to meeting you / ending up at your place. After you've done enough value-eliciting and come to know her possible objections (she might have a boyfriend, she might be afraid of social labelling etc), you can start building the perfect world for the two of you, which represents all of which

she values, circumvents everything she objects to but most importantly (and this is what you are striving for:) - is free of any usual social restrictions and objections to sharing, loving, touching, feeling wonderful in each other's company, you know where this list is headed to:)

The following example assumes the girl has a boyfriend as an additional obstacle (modified from Maniac High's post to ASF describing yet another Japanese PUA in action).

The first thing to do is fluff talk and finding her interests, then shifting from interests to romantic talk ASAP. For example, if a chick says she likes snowboarding, you'll ask if she ever had a BF who liked snowboarding. If she did - start talking about that BF, and what he was like. If not, you can ask if she had a BF with any similar hobbies and then what he was like etc. Soon you can move into what she likes in a guy, and relationships, and the onto the general nature of human beings. Make sure the girl is fairly intelligent for such themes though, because if she isn't, she might feel like you're flying over her head and leaving her in the dust, in other words - miserable and bored. So if she responds - continue; if not, switch themes.

Assuming she is able to keep up with the conversation about the nature of all human beings, you can continue talking about what a human being is like in his/her essence and what are his/her natural desires - a need, a craving for affection and nurturing; giving, receiving and sharing love; feeling close and becoming one with another human being; feeling protected and safe, yet free to do whatever her heart wishes to do etc. Then compare that with how society restricts her in certain ways, like being able to have only one BF or one husband. Then talk about how it is interesting that in other societies, like Arab or amongst certain Mormons it is different - the woman is free to have several men and not feel ashamed or embarrassed, because it is just an expression of natural human feelings anyway (this one is tricky though - she must be intelligent enough to keep up with the conversation but not intelligent enough to know that those claims are actually FALSE! So watch your step:). In western cultures however this is (unfairly) looked down at.

This is where you introduce the concept of "our world". Suggest an idea of "our own special world", where the rules of society don't have to apply (with the underlying message of "cheating on your BF is fine:), and where you can hold each other and hug, be comfortable in each other's arms, relaxed, happy and feel secure. Your goal here is to make her feel secure and free to betray her BF, because all of this takes place in a "separate world" of just the two of you (apart from this example of using "our world" to overcome her objections to cheating on her boyfriend, remember that you can use "our world" to overcome any possible objections she might have).

After this is done and all set up, you then make the pitch for her to come over in order to enjoy that separate world where you can be together and hold each other in "our world". You describe how you can celebrate, hug, and don't forget to say directly that she doesn't have to have sex if she doesn't want to (continue building a world of security and freedom). Say something like "Have you ever felt/noticed when holding each other, how it feels good, how it feels to connect with each other and feel fabulous. I think that sex, well its like a recognition of this connection". Usually around this point, she accepts to come over and you agree on a time/date.

But you're not home free yet. Either when talking to her over coffee or over the phone, don't end the conversation here. Her agreeing to come to your place might mean she will be comfortable and then again, it might not. And even if she feels comfortable about it at the moment, she might just freak out at the last moment the next time you meet and bail. Women have a much more easier time accepting almost anything, if they have been told about it in advance and they know to expect it. So instead of leaving now, introduce and describe to her the next time the two of you are going to meet. Describe the initial encounter in beautiful, wonderful, uplifting and positive terms. Plus don't forget to add some important details:)

Here's an example of what to say: "It will be a wonderful day, which you can already imagine now... as I meet you at the (station/place), I will hug you, and that connection will be visible, I will take your hand, and we will begin the journey to "our world" (my place:)... and then when we arrive at the gate/door, I will kiss you, and we will enter together and how nice it will be to connect, hold each other, being free from restrictions of the outside world, when we are in "our world" together, and feeling fabulous together. And how

wonderful that will all feel. You can imagine that, can't you?".

Now that you're scripted the encounter, the two of you can depart. And when the day comes, act it out exactly as you described it (you can't do anything about the weather though - if its raining when you were describing a sun-shiny day, well, a bummer, lets hope she won't mind:).

So you meet the girl, hug her and say: "Welcome, I am glad you have come to share "our world" today". You then take her and go to your place. At the door you say: "Welcome to "our world", and add that you want to kiss you before you enter, like you said on the phone. Usually the girl agrees and you can kiss her gently outside (setting the stage for when she gets inside).

You go in, sit down. Talk about a relaxing secure hug, then start to hug on the couch or wherever it is you sat down. Then kiss her again - which is okay, since you already started outside.

Handling Women

Be busy

Let the girls know that you are a busy and important person.

- When a girl asks you what you did yesterday, never say, "Oh, I just sat around and was bored." Better to say, "I was up early to run errands and take care of business, then played tennis, met a friend for lunch, and worked in the afternoon." Lie if you have to. And don't worry, you'll get used to it.)
- If a girl calls and asks what you are doing, reply with, "I just walked in the door" or "I'm just on my way out to take care of business."
- Don't hang on the the phone for hours talking to girls indicating you don't have anything else to do. Get the business of the call over, be pleasant, then excuse yourself.
- By not calling a girl every night or contacting her every day, you show that you are busy and have other things that are important in your life besides her. This lets her know that she is going to have to compete for your time.
- If you run into someone, be pleasant and friendly. Show that person that you have an interest in her, but then excuse yourself because of having things to do. In this way, you show her that she is going to have to work for your time. You are not "easy."

By letting people know that you are a person doing things and active, you suggest a lot to a girl. Certainly, you must be someone who knows where you are going, hence, leadership. You play on her sense of wanting what she can't have because she will have to compete for your time with all of your other activities. You will appear to be different from all the other guys who are hanging on her begging for her time. She will suspect that there are other girls in your life or you wouldn't be so busy. And finally, she is going to have to use her charms to seduce you away from all these other activities - and girls just love a challenge:)

Update. Craig, Clifford's Seduction newsletter: "Make her miss you. But in order for scarcity to be effective you have to be sure of one thing. The time she does spend with you must be absolutely amazing, and without a doubt the best time she could have with anyone. You need to be able to create an awesome, MEMORABLE experience with anyone, anywhere, especially

when it really counts.

Also, she can NEVER be the first priority in your life. Always put her second to something, whether it be your family, career, friends, whatever, but leave a small piece of hope in her mind that she could become #1."

Suggest Competition

When you first get to know a girl, it would be better if she suspects that you are seeing other women as well as her. It makes you more attractive to her and she knows she will have to work hard to get you. Have names and numbers of other girls popping out of your wallet (when paying for yourself of course, not her:) or have them laying around in your house/apartment/car, don't be desperate for her (best way to accomplish this is to have some 5 other girlfriends at the same time:), don't be available at all times, be slightly unpredictable in your actions (this is also good for keeping her on her toes in general:)

Place A Cost on Yourself

Ross Jeffries: "And one of the most true and powerful realities of human nature is: IF SOMETHING COMES AT VERY LITTLE COST, PEOPLE TEND TO THINK IT IS OF LITTLE VALUE! We believe that things that are difficult to possess are inherently of better quality and that things that are easy to possess are of little value or quality. In other words, absent knowing what something can do for them, people will make a judgement based on what they have to give up to get it. They confuse price with value. I certainly hope that you are smart enough to see the difference. Personally, I judge the worth of something based on what it will do for me. But practically speaking, here are some ways to do it in your behaviour in the field:

1. At the appropriate place and time, SHOW YOUR ANGER!! Guys who never get mad, who never show that they will stand up for themselves and make a woman feel a bit of unpleasantness are, in effect, giving themselves away for free!! Let the females in your life know that if they break your rules, cross you, or show any lack of respect that THEY ARE GOING TO PAY A PRICE!
2. Be willing to withdraw your time and attention and be unavailable! There are actually two rules working here: one is that people value more what they have to work for, but also the rule is: if it's rare or becoming MORE scarce it's viewed as being more valuable.

Well, in any case, as I've said, it's a reality, so use it in the following ways:

- A. A. Now and again, cancel dates.
- B. B. Don't always return her phone calls promptly
- C. C. On occasion, and especially in the beginning, GET OFF THE PHONE FIRST!! Don't have unlimited time or willingness to talk!!

That should get her viewing you as scarce and therefore a lot more valuable and therefore something... She's Willing To Pay A Hell Of A Lot More To Get!! Now the final, and perhaps the most important rule I can give you is: Let Women (and people in general) Know What Your Rules Are And What You Expect Of Them!!! Now, I didn't say whine or demand. I just said let them know with the attitude of: Hey, these are the rules. If you care to obey them, great. You'll receive GREAT value in return. If not, please get out of the way because plenty of people are lined up who WILL pay, and gladly so.

Finally on this topic, you should take steps to totally eliminate from your life

anyone in any capacity who will not pay your price, after you have clearly informed them what that price may be, and most especially if they have explicitly agreed to pay it. As I have long said, confidence works two ways: both in going for what you do want and moving away from what you don't. If you don't eliminate those who won't pay the price, then you will be undercutting your confidence when you want to move towards what you want, because your behaviour is not 100% congruent with your belief that you are a person of value who is deserving of the best."

Show a Willingness to Walk Away

Ross Jeffries: "You see, after years of experience and study, I've come to the conclusion that a woman can only experience real passion for if on some level she believes she could do something to lose you! Understand that when you show this willingness to walk away, in any area of your life, it conveys the message that you are the prize to be pursued, that you are the person of value, and they had better take advantage of the opportunity. This is an attitude that will move you forward in any area that's challenging you. By way of contrast, if you show a non-stop, forever and ever devotion to her, and put up with her crap and ambivalence, then where is that tension of knowing she could lose you? Answer: nowhere! And that's why you get nowhere when you put up with this kind of stuff! If you've seen an initially hot relationship grow ice-cold, this is one big reason!!!"

Use Her Friends

Ross Jeffries: "Flowers work wonders on young chicks, especially if you give them to her in front of her friends. Always let her friends know (by being, not saying) you are a great guy. Never ever underestimate a girl's desire to make her friends jealous of her man. In addition to that, always let her think her friends want you. "Perceived value" is why only some baseball cards are worth more than the store you bought them in, when they are all printed on worthless cardboard. And if you want to put a cherry on top... you can make slight comments that make her think that just maybe there is the smallest chance you'll go for one of her friends if she doesn't do right by you. Or you can go the other way and do things like say, "Your friend Sarah has a huge ass... you're so much better looking than her" etc. A girl's friends are a fantastic tool."

Secrets

If you've ever wondered, how to reconcile the seeming discrepancy between the two most common things you've heard about women, namely:

- women like mystery in a man
- women like to know secrets about a man

then here's an explanation by Kate Reynolds from Mindlist:

"A short time ago there was a thread about revealing secrets as a way to gain rapport. IMHO this really is a great way to establish rapport, but it can be carried too far. I (and perhaps other women) like the idea of layers. Like peeling an onion, we like to think there is always more that we don't know yet. So, sharing a secret is fine as long as you convey the idea that there are lots more - and that you are willing to give some up for a price. I grow bored when I think I know all there is to know about someone."

Complimenting

Complimenting a girl is a double-edged sword. It has been known to go great lengths and it has also been known to stop an advance dead in its tracks. Some girls will hang on to a guy who keeps complimenting them no matter what, other girls dismiss a guy that pays them a compliment as just another chump.

More than anything else, whether to compliment her or not depends on how you can pull it off. Being hesitant or bland about your compliment to a girl that usually loves and craves for compliments, can make her frown with scorn and turn her back on you. And being sincerely passionate and unique about your compliment to a girl that usually dismisses complimenters as chumps, can make her fall into your arms with a longing sigh.

Then again, being able to be passionate, sincere and unique, you most probably have no need to resort to paying compliments to win her favour - she is already aching to be with you based on your previous interactions:)

Should you however choose to compliment her nevertheless, here are a few pointers, which, if nothing else, should at least keep you from straying too far from the path of the perfect seduction:)

The first rule of complimenting - don't compliment the obvious. She knows about the obvious, she has heard compliments about it before and if you do it, you'll automatically be associated with all the chumps that got nowhere with her with their compliments about the obvious. Plus it gives the impression that you're just fishing for some cheap gratitude on her part without caring to invest much anything yourself.

You can make an exception to this rule if there's something about her, that you really like so much, that you just can't bare not to tell her. But in this case don't forget to add a description of why you like what you like about her and how it makes you feel.

The second rule of complimenting - do compliment the existent but not so obvious. This makes you stand out as it shows that you've actually invested some thought and have been more perceptive about her than others. When paying the compliment, don't just say you like this and that about her. Describe exactly why you like this and that, describe how this and that about her makes you feel - she'll be listening to you and feeling it alongside you.

The third rule of complimenting - compliments tend to linger in the minds of the ones that receive them. The more reason for you to pay only the "right" compliments. For each time she thinks of the compliment and it was "right", she'll think of you in an affectionate manner. And if it was cheap-ass - she'll think of you with scorn. So recognize and utilize the lingering aspect of compliments and only pay her the "right" compliments ("right" being defined in the first two rules) to have her feel continuously affectionate towards you:)

Update. Body compliments are better avoided in the initial stages of your interaction with the girl. Maxim (<http://maximmag.com>):

"It makes me uncomfortable if a guy comments on my body in any way, as in 'You look really good in that skirt.' That's way too familiar for just meeting someone. It's too obvious that you're trying to pick me up. —Karen, 27, St. Paul"

But do compliment the parts of her body that you like later in the relationship and she'll adore you for it, for now you are someone who's opinion actually matters to her and thus you have the power to make her happy. So yes, women crave for body compliments just as much or even more than personality compliments, just don't make the mistake of paying those compliments early into meeting her or you'll come off as a horny pervert trying for a cheap pick-up.