



# SEXUAL HYPNOSIS

10 "STEALTH TECHNIQUES" TO  
PUT HER UNDER YOUR SPELL

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## 1 – Eliminate Her Ex

One of the most frustrating situations when you're talking to a woman is when she brings up her ex-boyfriend. *Ugh*. Women do this all the time on first dates, and they don't realize that it's a total mood killer.

This can even happen the first time you start a conversation with a girl. The problem here is that she's injecting negative emotion into her conversation with you. And this negative emotion can affect how she perceives you.

You might feel like you're comforting her by listening to her talk about her ex-boyfriend, but what you're actually doing is allowing her to attach those negative emotions to how she perceives you. Not to mention the fact that listening to her talk about her ex-boyfriend is a real mood killer.

So we want to use a pattern that allows us to end this topic and replace these negative emotions with positive ones. We want to take her effort to inject a negative emotion into the conversation and using verbal jujitsu turn that into a positive emotion.

When she starts talking about her ex-boyfriend and all the bad things that he did, you want a bigger piece of paper or a napkin and say this represents all the bad feelings you have from that relationship. Hand her the napkin. Tell her to take the napkin and crush it up into a ball in her fist.

Tell her she should take all of her negative emotions, her pain and frustration, and squeeze them into the napkin. She can then take the

napkin and throw to the floor to symbolize that she is throwing away all of those negative emotions.

The reason this is so effective is that it is something physical. Now instead of associating you with the negative emotions from a previous relationship, she will think of you with positive emotions because you helped her to end those negative feelings. Now you remind her of something bad going away. In her mind, you are “the sunshine after the rain.”

This is a powerful routine to add to your Female Mind Control arsenal, because you can use it any time a woman you are talking to brings up something negative. If she starts complaining about a problem at work or school we can use this routine to push away those negative feelings and move her back to a positive state. Anytime a conversation gets distracted from our desire emotion we need to actively get the conversation back on track.

Many times when you first interact with the woman, she will bring up her ex-boyfriend or past relationships, even though this is socially inappropriate. Talking about exes on the first date is unacceptable. The reason she does this is to compare you to him. She wants to see if you have the same negative qualities that he does. This is a terrible way to run that test and will never give her an accurate result. So there is no benefit for you allowing her to drive the conversation in this direction. It is a dead-end and could only hurt your chances with her.

It is tempting to fall into the pattern of trying to explain how you're completely different from her ex-boyfriend. But when she thinks about her ex and says that he is a liar, anything you say is now tainted by that brush. Even though you think you are showing how great you are you are actually trapped by the negative emotion she feels towards her ex. Even worse, if she has positive emotions ex, she may start talking to you and during the conversation realize that she wants to get back together with him. The last thing you want to do is help her repair this previous relationship.

Conversations are driven by emotion as much as they are by topic. We want to be more aware of the conversation that is going on underneath the surface. This is where you can win or lose the battle of attraction.

The most important thing you can do early on in your interactions with a woman is to drive the conversation. If you allow a woman to drive the conversation she will often drive the conversation straight off a cliff. She will ask you boring questions and then blame you for boring answers. Do not let her drive the conversation in a direction that hurts the interaction. Your job as the man is to drive the conversation towards your desired destination.

So anytime you're talking to a woman and she brings up a negative topic or emotion, you can pull this routine out of your tool kit. If she's feeling a negative emotion, it is your job to turn that around. Even if you've been together for years or you're married this is still a great technique. When she comes home from work complaining about the woman who always annoys her, you can just hand her a napkin and have her crush those negative feelings away.

This technique is also cool because it actually helps her. You're helping her to get over a negative emotion and to replace that bad feeling with a positive one. You're giving her the gift of freedom, happiness, and joy. You should never feel guilty or manipulative for making someone feel better.

If you meet a woman in a bar and she starts complaining ex, and you choose not to employ this technique, but instead you let her vent those negative emotions, all of her attraction for you will disappear, but the next guy she talks to will get all of the benefits. She will have released her negative emotions with you and now be ready to experience positive emotions with the next guy. Don't let some other guy benefit from your work. Use this technique to save yourself from losing the girl, when she starts driving the conversation in a bad direction.

## **2 - She has a BF**

Another common (and annoying) situation is when a woman decides to tell you that she has a boyfriend. This is very common for women to do for couple of reasons. The first is that you're talking a woman that means you're attracted to her. If you're attracted to her, and so are other men and quite often the women you approach might just have boyfriends. The second reason this is so common to hear is that this is a natural block that many attractive women use in every conversation.

They know that 99% of men will give up as soon as they hear the word boyfriend even if she is lying. This is her shield and a test of your convictions.

You should never assume that a woman has a boyfriend just because she says that he does. I've seen thousands of women use this line on a guy that they are not attracted to and 10 minutes later be making out with some other random guy. If a woman really has a boyfriend a couple more questions can confirm that this is serious, but most of the time you'll discover that she was either lying, testing you, or her pseudo-relationship is not that serious.

They're several different approaches to dealing with the B word. One of my favorites is to say something like this:

"That's great. I bet he really makes you feel wonderful. My friend Lisa says that when she's really passionate about a guy, she feels it deep in the back of her throat and it travels from there, right to the top of her head. Do you mind if I ask how it feels with *your* boyfriend?"

She'll respond to this by telling you how she felt in her stomach or in the back of her throat or in her hands. She wanted a physical place in your body represents where she feels passion and attraction. Right now she is reliving those powerful emotions and feelings of attraction while talking to you. This is a good. Anytime we can make a woman feel powerful emotions and a sense of attraction when she's talking to us, that is driving the conversation in the correct direction. Not only is she thinking about her sense of passion and attraction, she is also anchoring that the physical part of her body.

We now want to do the seller to relive that feeling of attraction and anchor it to us. So you want to say and do:

“That’s really interesting, because it’s nothing like my friend’s experience. So, let me get this straight. For YOU, you felt it in your STOMACH (and now lightly touch her stomach), and it moved up into your THROAT (and trace the path). Is that right?”

What you are doing is touching the places where she feels these powerful and positive emotions. She will now connect you with those emotions. She will connect your voice and touch with her core sense of passion and attraction.

Do not forget where on her body she feels these emotions. Most often she will tell you that it’s the stomach. This is one of the most intimate parts of a woman’s body and once you’ve touched her here she will be very comfortable with your touch. The only touch more intimate is to actually kiss her.

Throughout the conversation you want to retouch this anchor point whenever you are saying something that will ramp up her sense of attraction. This part of her body is now the anchor for her feelings for you. We started out in a negative place where she was telling the story about her boyfriend.

If she really has a boyfriend and they have a strong and genuine love connection, then this technique will not work. So you should never feel guilty about using this pattern because it cannot actually break up a strong relationship. It only works on weak relationships where the girl is just looking for an excuse to move on anyways.

Are you can use this at other points in the conversation as well. Even if a girl doesn't have a boyfriend, it is still great pattern for attraction. As soon as she talks about something positive, whether it's a memory or a feeling or an experience, which is an opportunity to use this pattern. We simply want to take that positive emotional memory and attach it to the physical.

That is why it is called anchoring. Because we anchor that amazing feeling in something physical.

One of the biggest mistakes that men often make in conversations with women is *only* using words. Communication is so much deeper than that. We also need to communicate with body language, eye contact, and most importantly the power of touch. The sooner into an interaction that you touch the woman, the more likely you are to have success.

Whether you're talking to a woman for first time in the bar, or you are on a first date, the longer you wait to initiate touch, the more difficult it will be to build attraction within her.

Most guys, when on a date, will sit across from the woman in an restaurant all night, without touching her a single time because she is so far away. Then at the end of the night suddenly at her front door he does the big lean in that goes for that good night kiss. He gets that cheek or some other disappointing result, because he didn't warm her up first. It's too big of a first step to start with a kiss.

This technique is awesome because you can turn a big negative, her talking about her boyfriend, into a big positive for YOU. And now you are touching her in the stomach or somewhere else equally intimate, which and is a very powerful way to start escalating with her on a physical level.

The sooner she is comfortable with touching you, the sooner she will want to kiss you, give you her number, date you, and even sleep with you. This technique is the epitome of “verbal jujitsu.”

### **3 – The “Good Times” Anchor**

With this technique we want to take the idea of anchoring a little bit further. Just like we can use an anchor to attach the previous positive emotion and feelings about us, we can also use “anchoring” so that she has positive emotions about us even after the conversation ends.

The biggest reason that a phone number “goes cold,” or that when you text her she asks, “who is this?” is that her feelings towards you have gone cold. She might remember you intellectually, but she has forgotten you emotionally.

This technique is heavily based on NLP. The basic concept here is the same as Pavlov training his dogs. We are showing that certain stimuli can lead to a specific emotional response. Pavlov used a bell to make dogs salivate, when they thought dinner was coming. This idea is called conditioning. Anchoring is a similar process. We want to give her some physical to hold on to that is attached to that peak emotion she felt when she was with you.

Giving her something to hold onto allows that a motion to continue even long after the conversation is over and you are no longer physically in her presence. This is how we can keep a phone number hot, so that she texts you back every single time. She's just as excited when she gets that message, as she was in the middle of your first amazing conversation.

Our daily lives are filled with anchors. These are completely natural part of everyday life and we encounter them dozens of times every single day. Think about what happens when you're walking down the hall and you smell your favorite food. You instantly become hungry and start salivating, just like one of Pavlov's dogs. Or how about that song that reminds you of your very first break. Every time you hear it, you can't help but start to tear up.

Once these anchors are programmed into us, they last and have power over us for a very long time. The only way to replace that breakup song is to replace it with a new breakup song. You have to be that same highly emotional state in order to reprogram that anchor.

We were choosing to create an anchor there are four qualities we look for. These four qualities ensure that our anger will be powerful and last for a long time. The first quality we look for is intensity. The more intense emotional experience the better the anchor. So we want to create the anchor at the moments of greatest emotion. When you're talking to a woman you don't want to create the anchor at the end of the conversation when everything is starting to die out.

Instead, you want to create the anchor during the high point of the conversation, when she is the most emotionally engaged with you.

The second quality to look for in a great anchor is called purity. The more distinctive the state we are anchoring, the better. We want to create a feeling that's more unique than just feeling "happy." We have that feeling all the time. Instead, we want to create the anchor right when we told an amazing joke or had that moment that comes in every great conversation with a woman. That moment where you feel the spark.

The third quality that we look for is uniqueness. We want to use an anchor that is unique as possible. If it is similar to another anchor you risk the signals getting crossed. See want to come up with an anchor that is unique and completely unexpected. The more unexpected the better.

The fourth quality that we look for is timing. This simply means being aware of qualities wanted to and doing the right moment to strike. We want to strike while the iron is hot. So as much as you're enjoying the conversation with the woman, if you get caught up in that moment, you can quite easily miss the best time to anchor.

Now that we understand all the science and theory behind this technique, let's get to the fun part. Right when the interaction is going really well you can just hand her a crumpled up napkin and tell her to always remember this moment.

Start by saying something like, “I’m having a lot of fun talking to you, I bet you’re having a lot of fun too.” Then wait for her to agree with this statement. Now her sense of having fun with you has become more real. Next point to a napkin and say, “I want you to take all that fun and all these great emotions we are having right now and place them on top of this napkin.” Then place the napkin in her hand and fold her hand up into a fist.

Close your hand over hers with the napkin crumpled up inside and look deeply into her eyes. You want her to feel this anchor as deeply as possible. So really focus on the high point. Say something like, “Now you have a little memento that you can take wherever you go and whenever you see this it will remind you of how much fun we had together.” Just look into her eyes and imagine passing all those great feelings and positive energy into her.

You know how girls keep mementos of special dates? Like, when a guy wins her a little stuffed animal. Even though it is worthless, she keeps it as a treasure. That’s because it is an anchor for how she felt in that moment when he won her that prize. She is savoring the anchor, not the toy itself.

You can create a powerful moment that ensures she never forgets you. Even if she just shoves the napkin in her purse, when she sees it later that anchor will activate. This ensures that she still feels hot for you days or even weeks later and guarantees that she will pick up every time you call.



## 4—The 4 Questions

This is a more advanced technique that you can use once you have built some interest within her. When she is comfortable sitting alone with you. This technique is perfect for increasing intimacy when you are chatting just the two of you. This is about creating a sense of intimacy and attraction by activating her sense of wonder.

It's mostly women who call psychics, visit fortune tellers, and are intrigued by the occult. We want to give her a similar feeling because it is very attractive. Her skin will start to tingle and a part of her will wonder if you truly have powers.

We're going to ask her a series of four questions. These are designed to get her to open up and feel comfortable talking about herself to you. After we ask our key four questions, we will then interpret her responses in a way that she will find very attractive.

Women love when a man makes them feel that he understands her. We can give her this feeling by correctly interpreting her answers. Even though these answers will apply to almost anyone, she will feel like you feel the "get her." This will make her feel drawn to you and is a very powerful aphrodisiac.

Here are the four questions:

1. I want you to imagine yourself in a room, where everything is white...the walls, the ceiling, and even the floor. Describe your experience in this room to me. How do you feel?

2. What is your favorite color? Describe it to me. What kind of feeling do you get when you see this color?

3. What is your favorite animal? Why? Describe it to me.

4. I want you to imagine yourself near a very large body of water. Describe your experience to me. What do you do? How do you feel in this moment?

As you can see, these questions require her to look into her mind and quite possibly she will close her eyes. For her to receive the maximum result, she needs to trust you enough to close her eyes with you. That is why wait until you have been talking to her for 20 or 25 minutes. That gives you enough time to build up this small level of trust.

At the end of these four questions, she will be quite intrigued. She will be wondering about the possibilities and practically begging you to tell her what the questions actually mean. In this moment, you have complete control of the conversation and the heat of her attraction will burn bright.

Now we want to give her our interpretation. This will turn that attraction, that short-lived momentary feeling, into something that lasts. Intrigue is a form of attraction that takes longer to catch fire, but when it does it burns much longer. When we create intrigue within a woman, she will often be talking to her friends about the experience days or even weeks later.

This four-question technique is so powerful because the results are quite accurate and she will be impressed by your ability to see deep within her.

The first question about the white room reveals her perceptions about death and dying. Tell her this after she gives you her answer. When you reveal this to her she will be surprised, but also admit that her feelings about the white room are quite similar to how she feels about the concept of death. This question opens the first window into her soul. Now instead of a light, boring, standard bar chat conversation, you're talking about something deep and meaningful. You are actually talking to the real her.

The second question builds on the first. Tell her that her answer reveals how she sees herself in relation to the qualities she gave as her answer to the first question. Now, instead of just looking at how she feels about death, we are looking at how she perceives herself. This is very telling, and we are now looking and connecting with her on a deeper level.

Each of these questions builds upon the last, and in that way allows us to start to understand how she perceives the world and also to build connection using the attractive power of intrigue. She will feel like you understand her and also like perhaps you have some small magical powers. She will be very impressed.

Once you explain the meaning behind question number three, you'll probably put a smile on her face and maybe even get her to blush. Tell

her that her answer to this question reveals how other people see her in relation to the qualities from question one.

So we've gone through a progression. First, we look at how she feels about dying. Second, we look at how she viewed herself. Now, we are looking at how the world perceives her. This is how she thinks other people view her. It is what she sees in the mirror when she looks at herself and is very telling.

Question number four is about how she views sex. Keep in mind, we want to make sure that the intrigue you create with these questions converts into raw attraction. We don't want her to think of us as a wizard. We want her to be attracted to us sexually.

This question transitions the conversation from purely metaphysical and into the realm of man woman interaction. First she is thinking about herself, and experiencing very deep thoughts while talking to you, and now we're transitioning her into thinking about sex. She will start to combine those two ideas within her mind and begin to think about you sexually. This is very good!

Women are always attracted to men but have a bit of depth to them. She will be excited by this conversation and start to think about how you are different from all the other guys that she has met. This powerful NLP technique is often used to help people realize how they view themselves. We are taking it to the next level and using it to build a roaring attraction within this woman.

She will now be completely engaged with you, and all the other guys she has talked to earlier in the night will start to fade from her memory.

## **5 – The Embedded Command**

The embedded command is another powerful technique that you can insert anywhere into the conversation. Think of it as a powerful phrase that has two meanings.

The best place to embed commands into your conversation is when you are telling stories. You should slip these powerful phrases into your conversation when the woman you are talking to is distracted by the emotion and the art of the story that you are telling her. She will be engaged in the emotional journey of your story and only her subconscious will hear and then obey these commands.

You want to have an arsenal of these clever little phrases that you bring out when it's time to ratchet up her feelings for her. Like a magician you can command her to develop feelings and the desire to sleep with you. This technique is very powerful and can have unbelievable, results, so please use this at your own risk.

The best place to hide an embedded command is within a question. This way the conscious brain is focused on the question, while the unconscious part of the mind is affected by the embedded command.

Let's say for example that you want to embed the command, "I want you to feel irresistibly attracted to someone." This command is

powerful because you are commanding her subconscious to develop attraction. Like a love potion, it will work in the moment because you are the only man she is currently talking to. These commands work best in one-on-one conversation.

Let's look at a few key questions we can use to embed this command:

- When you...
- What would it be like if...
- A person can...
- If you were to...
- As you...
- You don't have to...
- You really shouldn't...
- You might find...
- To the point where...
- Invite you to notice...
- How surprised would you be to...

So now let's look at examples of embedding our "feel irresistibly attracted to someone" command into each of these special phrases. Each of these is like a silvery bullet that will strike her right at the core of her mental attraction-center...

- "When you feel irresistibly attracted to someone, do you find yourself compelled to act on it?"
- "What would it be like if you were to feel irresistibly attracted ... now?"

- "A person can feel irresistibly attracted, talking with someone they really, really like!"
- "If you were to feel irresistibly attracted, do you think you might feel compelled to act on it?"
- "As you feel irresistibly attracted, can you feel how (sexually) excited you're getting?"
- "You don't have to feel irresistibly attracted, as you listen carefully to what I say!"
- "You really shouldn't...feel irresistibly attracted to me now!"
- "You might find that as you begin to feel irresistibly attracted to me, it could lead to your acting on it!"
- "You might find those pictures start to get bigger and brighter to the point where you feel irresistibly attracted to me!"
- "And I invite you to notice how the warmth of my voice can allow you to feel irresistibly attracted to me... now!"
- "How surprised will you be to find that you are becoming irresistibly attracted to me ... now?"

We can easily replace our attraction phrase with a new one like, “develop feelings for someone you just met” and get similar powerful results. Depending on your desired results you may want to focus more on her raw sexuality and embed the command “want to sleep with someone you just met.”

Take a look at the previous commands, and see what happens when we replace our embedded command...

- "When you want to sleep with someone you just met, do you find yourself compelled to act on it?"

- "What would it be like if you were to desire to sleep with someone you just met...now?"
- "A person can want to sleep with someone they just met, talking with someone they really, really like!"
- "If you were to feel the desire to sleep with someone you just met, do you think you might feel compelled to act on it?"
- "As you feel the desire to sleep with someone you just met, can you feel how (sexually) excited you're getting?"
- "You don't have to sleep with someone you just met, as you listen carefully to what I say!"
- "You really shouldn't...want to sleep with me now!"
- "You might find that as you begin to desire to sleep with me, it could lead to your acting on it!"
- "You might find those pictures start to get bigger and brighter to the point where you want to sleep with me!"
- "And I invite you to notice how the warmth of my voice can allow you to want to sleep with someone you just met... now!"
- "How surprised will you be to find that you are becoming want to sleep with someone you just met ... now?"

These techniques are not only effective, they're also a lot of fun. Take the time to practice them on your friends and family for the next few days. You can even try embedded commands at work like, "give me a few days off."

I want you to memorize that little list of eleven silver bullets. You don't want to use all of them in a single conversation. As you practice you will find the style of embedding that works best for you and you may just have two or three favorites.

Once you have your favorites locked in, it will be easy for you to slip them into any conversation in a way that feels completely natural. Now you can easily pull on any woman's subconscious attraction levers.

She will have no choice but to desire you and want to sleep with you. She will feel compelled and be unable to resist your powerful sexual charms.

You should definitely practice this technique a few times before you bring it out into the real world. Don't go into your deep, slow "hypnotist voice" when you say these embedded commands. That makes it too obvious. You want to casually slip them into conversation in a way that she simply does not notice.

## **6 - Pattern Interrupts**

How about when you're talking to a woman and you can see where the conversation is heading, and you don't like it? You can tell that within a few more sentences things are simply going to fall apart. The conversation is like a train and you can see that those tracks are leading right into the side of a mountain.

What you need to do is break everything apart before that train crashes. So, with the Pattern Interrupt technique, you'll press the "reset" button. You can't reset the entire conversation but you can reset the direction the train is going. This will also reset the direction her feelings are traveling in.

The idea is to get her thinking about something completely new. This technique is best used if you can see her notice that you are hitting on her and she's about to react to that. A nice pattern interrupt will put more time on the clock and also provide a nice little spike in attraction.

When I say "pattern" in this situation, I'm referring to a conversation that we have over and over again. Think about when you call someone. We all follow somewhat of a fixed pattern. We say hello back and forth. Then we talk about how we are doing. We go through five or six responses back and forth before anything actually happens.

If we were *break* this pattern, the person on the receiving end often doesn't know what to do.

Think about what you do when someone gives a real response to the question, "How are you?" We always expect them to say fine, but if they start talking about their sick dog or work troubles our first response is confusion. We aren't used to broken patterns.

You can even start a conversation with a woman using a pattern interrupt. Instead of saying hello and telling her your name in the usual boring fashion you can say, "Hello, my name is Sam Jones. Does that name sound familiar?" Instead of responding with her name, as the pattern dictates, she is caught off guard by your question. She will go through a bunch of active processes to try and see if your name is actually familiar or why she should know who you are. Her pattern has been interrupted.

One of my buddies loves to use this technique. Whenever a girl is engaged in conversation he just says phrases that are completely unexpected and then keeps talking. He doesn't change the course of the conversation completely, he just confuses her:

“Always blue but never red.”

“Six is the new twenty”

“Always bet on black.”

These are little miniature phrases that have no inherent meaning. Without context they are nothing more than sounds. But a part of the woman's brain is distracted and she becomes more engaged in the conversation. It's similar to opening a loop, which we will discuss later, in that it makes her want to stay in the conversation to figure out what she missed. She can't leave until she figures out why blue is good and red is bad.

Whenever you can sense that the conversation is going in a direction you don't like, simply interrupt it. Say something unexpected. Do a hard shift on the topic if you need to. This is another form of pattern interrupt. If she is talking about something really boring, don't get trapped there. You feel obligated to listen to her boring story. Wait a minute! That means that you are trapped in her pattern.

We feel obligated to listen to someone tell us a long story about their dream last night, even though nobody ever cares what happened in a dream. It's the worst thing to have to listen to.

So you can do a “soft pattern” interrupt. When she starts off on her boring story, just break that pattern. “If you were really asleep, how do you remember the dream?” Say something like that and suddenly she is talking about being able to remember dreams instead of her boring dream. That’s a soft shift.

Or you can do a hard change, but completely redirecting the conversation: “If you talk about dreams they come true, so I never talk about dreams. It’s far too dangerous.” She won’t know what to say to that but now you’ve established that you don’t do dream-talk.

This is another fun technique that you can practice on friends and family. Giving you phrases to memorize and repeat here isn’t as effective. I know you want me to just give you things you can use all the time, but the very nature of a great pattern interrupt is that it is unexpected and random. So you have to engage that part of your brain. Whenever you feel stuck doing something you don’t like, it’s time to break that pattern.

The next time you are talking to someone, just saying something completely random and then act like nothing happened. See how they react. You’ll notice a bit of momentary confusion and then they try to keep the conversation moving forward. But you’ll notice they become more engaged.

The next time someone asks how you are doing, respond with an honest answer and observe their look of awkward confusion. They are trapped in a new pattern. They don’t actually care how you are doing, but they did ask so now they have to listen to your answer.

When you say, “What’s up “ to some people, they’ll always say “the sky,” or if you ask where they are from, they’ll say “my mother.” Those are both examples of pattern interrupts. They are a little bit lame and annoying, but they are classic examples.

You want to use something that is completely unique, not a pattern interrupt that she has heard before. When you catch her by surprise you can save and resurrect a dying conversation. A woman will ask you boring questions and then hate you for being boring. Don’t let that happen. Use your pattern interrupt.

## **7 - Deep Connection**

Most people think that a deep connection is when you are talking to someone who shares the same political views. You are both passionate Democrats or Republicans, and suddenly you have a deep connection. There are tens of millions of people in the same political parties and they don’t all want to sleep with each other. That’s too crazy! So a deep connection has to be more than just words. And it is.

When we talk about connection, comfort or rapport, we are really talking about the idea of matching. The more you match the woman you are communicating with, the more she will feel connected and thus attracted to you. The more you match up and sync with her, the more she will feel attracted to you.

There are many different forms of “matching,” and the more levels we can sync up on, the more she will feel like she has found her soul mate within you.

People can connect by matching with each other at any of the Neurological Levels:

- Environmental Matching
- Behavioral Matching
- Capability Matching
- Beliefs and Values Matching
- Identity Matching
- Spirituality Matching

In phase one, we want to sync up with a woman’s physiology as much as possible. Stand or sit in the same pose as she is using. This is a great technique to use on a bus or train to get a woman to approach you. Once you have the same posture, start to match her breathing rhythm.

Then match her blinking rate. When you breath and blink together, she will notice you and say something like. “Do we know each other?” It might sound like a cheesy pickup line, but she really will feel an instant connection and assume that she must know you. Otherwise you wouldn’t be so deeply in sync.

You want to match your physiology with her as much as possible when you are seducing a woman. The unconscious part of her brain will instantly feel more connection with you and feel more comfortable in your presence.

The second step is to match her representational system. I know that sounds like a really complex term, but all you want to do is match how she describes the world. What sense does she use? Everyone has their primary set of descriptive terms.

Here are some examples:

“That doesn’t sound like fun.”

“He looks like trouble.”

“This smells like a bad situation.”

“This feels like a mistake.”

Each of these examples relies on a different sense - hearing, sight, smell and touch. All you have to do is start to use the same terms she does. If she talks about how things smell, then you use the same sense when telling your stories. These words are completely interchangeable.

“This sounds like a mistake.”

“This looks like a mistake.”

“This smells like a mistake.”

The meaning of the sentence doesn’t actually change when we replace one sense word with another. So you can easily convert all of your language to match her. Now she will feel like you are totally in sync. Your body is matched up and you describe the world using her favorite sense-language.

You want to use language that is similar to her language. The more your way of speaking matches hers, the more she will feel comfortable with you. This entire technique is to make her feel like you are her kind of person. She will feel familiar around you and thus she is going to be more open and reveal more of her true personality.

Once you have achieved a deep connection, you can start to take control of the conversation and the physicality. When you are matched you can slowly change your body language and she will start to follow you. The key to this part of the process is the word “subtle.” You want to do this as slowly as possible. You will notice that if you cross your legs, she will cross her legs in exactly the same way.

You can slowly lead the conversation (and her body) to your desired sexual destination. Her subconscious will keep following you because this deep connection now exists. She will nearly act as though she is hypnotized.

When you reach out for her hand, she will reach out for your hand at the exact same moment. It’s like she is trapped inside of your mirror and has no choice but to obey. If you move really quickly, she will fall out of sync and the illusion will break. So caution is the name of the game here.

This is the perfect moment to go for the kiss, even if you’ve only been talking to her for fifteen minutes. As we will talk about in the section on Frame Control, as long as you think that it is ok, she will think that it is ok as well. Just look deeply into her eyes. She will be unable to resist and she will look deeply into your eyes. For a woman, deep eye

contact feels the same as love and attraction. The longer she looks into your eyes the more likely she is to sleep with you. So slowly bring her to that place of deep eye contact.

Now she is ready to kiss you. Just look into her eyes and imagine that you have a tractor beam pulling her mouth to yours. Slowly tilt your head to the side and maintain strong eye contact. Come in for the kiss super slow. Keep your eyes open and don't close them until she closes her eyes. The moment her eyes close, you know that she has accepted your leadership and decided that she wants to kiss you. That's the moment where you go for it and kiss her as deeply and passionately as you can.

Because you are in sync, the kiss will be amazing for both of you. Now she will know that you guys are a perfect match and she will start to think about how you are a great kisser and that means that you must be amazing in bed.

## **8 - Open Loops**

Open loops can be insanely powerful. When I was in the eighth grade, I first encountered an open loop. It was the very first time I ever asked a girl out, and I couldn't believe what she said to me...

The idea behind an open loop is to start a thought without finishing it. This usually can be in the form of a story, but it can also be in the form of a catch phrase.

If you're talking to a woman and you say, "I bet you can't eat just..." she will respond by saying "one." Years of exposure therapy to that

slogan through commercials has programmed her with the end of that loop.

Right now I bet you want to hear about that first girl I ever asked out. I started that story but didn't finish it. Your desire to hear the rest of that story is how we react to open loops. This is a powerful mind control technique that is used in commercials and television all the time.

At the end of many serial television shows, going back as far as the 1960s, they give you a taste of the next episode at the end of this episode. Come back next week to see what happens! They open the loop by telling you a few hints of how that episode is going to go, but they don't let you close that loop until you come back next week and watch that next episode.

Open loops build up a lot of intrigue and they make a person want to stay in the conversation. If you are talking to a woman and all of the loops close, it is quite easy for her to exit the conversation at that point. She can walk away without wondering if she missed anything.

Have you ever been listening to someone telling a great story, but you have to go to the bathroom? You hold it as long as possible because you don't want to miss finding out how the story ends. Maybe this has even happened to you in a movie. You don't want to miss anything because you are trapped in an open loop.

When talking to a woman you want to open as many loops as possible. Even as you close old loops, you want to keep opening new ones. This

will keep her constantly engaged in the conversation. Simply bring up new topics and start stories without finishing them. The more half-stories you start with her, the more she will want to stay with you until she gets to the end of all your loops. You can even open loops and promise to close them when she meets you for a date:

“I have to run now, but I’ll finish my story on Wednesday.”

This is an example of opening a loop and using it to set up a date for later in the week. There are more subtle ways to do this, but this example is crystal clear. See me again or you won’t ever find the end. This is the same as the little peak at the end of a television episode.

Have you ever been watching TV, and noticed that they keep showing you little clips, images and previews of the other shows that are coming up next? You are already watching their 8 o’clock show, why do they show you what’s coming next? It’s because they want to open a loop!

That open loop makes more and more people stay tuned to the next show. We often watch things that we don’t even like, just to close those loops. Our brains HATE unfinished stories.

Your goal is to always have as many loops open as possible. When you are talking to a woman and have more than five loops open, she is not going to end the conversation and walk away.

A common mistake beginners make while learning open loops is to never close them. You don’t want to have fifty loops open and never

close any of them. That's simply annoying and will cause her brain to get overwhelmed and you lose her. Think of closing a loop as a reward. You want to reward her for paying attention to you.

Start the conversation with small loops, and then five minutes later you start to close those loops because she didn't walk away. She stayed in conversation with you and we want to train her. Train her to stay in conversation with you by rewarding her. So maybe you open the conversation with a joke and a few minutes later you tell her the punch line. Or you mix some cold reads into your conversation. Then a few minutes later, you tell her why you made those cold reads. That is rewarding her and helping her brain to feel at ease.

Now she is familiar with the good feeling she gets every time you close a loop. You are training her to seek that positive feeling she gets from you closing a loop.

Loops can also be used in stories you tell about yourself. You can easily open a loop by starting a story about your childhood and then stopping in the middle to ask a question about her. She will start to tell her story until it is complete, but the entire time she will just be thinking about how your story ends. You want her to have this feeling. It will keep her near you.

Make sure that you always have multiple loops open when talking to an attractive woman. If you don't have enough loops she can get pulled out of the conversation. But when you have enough, she will be unable to leave until her brain is satisfied. Keep loops open and promise to close them on the phone or on your next date. This will

keep her thinking about you and desiring you until you see her in person again.

## **9 - Frame Control**

When two people with different worldviews collide there are only three possible results - your frame wins, her frame wins, or you walk away. A frame is simply the way you see the world. Most of us see through the world through a large set of social rules. These are all frames. For example, most people think that you have to talk quietly in a library. If you are in a library and you start talking loudly, your frame and the librarian's frame collide.

She believes that you must talk quietly. You believe that talking loudly is acceptable. There are three possible results. She decides that talking loud is ok. You start talking quietly. Or your two frames are incompatible and in this case she throws you out of the library because she has power in this situation.

Often when I'm working with a new coaching client, he'll think that approaching a woman in a public place is "inappropriate." She is out having a nice time, and doesn't want to be interrupted. That is one example of a mental frame. So if he approaches the woman and the whole time he is thinking that his behavior is unacceptable, she is likely to respond to him negatively (or ignore him altogether.)

Our beliefs affect our behaviors, and when we meet someone else, they can be absorbed into our beliefs.

If you walk up to a woman and you believe that what you are doing is acceptable, she will accept that belief too. She will decide that what you are doing is perfectly acceptable. Your frame or worldview has conquered hers and now she is on the same page as you.

Learning the art of Frame Control puts you in the driver's seat with women—and in life. It allows your options to become limitless. As long as your belief in something is strong enough, it will over ride other people's beliefs.

Any time I meet a woman, I believe that I can kiss her as soon as I want to. I believe that every woman will sleep with me on the first date. Many times a woman sleeps with me the night we meet and later admits that she has never done that before. She was drawn into my frame and once she accepted it, she started to live by that worldview.

Frame control can be much simple and much more subtle when used at the start of a conversation. Here is a great example you can use in the first thirty seconds when you meet a woman:

Me - "I love how everyone in New York is so friendly!"

Her - "You really think people here are friendly?"

Me - "Well you're friendly, aren't you?"

Her - "Yes I am...I guess New York is friendly!"

This type of little mini conversation can be extremely powerful psychologically. I want to put this woman into the frame of "friendly." And once a woman TELLS me that she is friendly, I know I have

extra time on the clock — because human nature dictates that we will act in a way that is consistent with how we’ve “labeled” ourselves.

She will allow me more bad jokes or conversational missteps before she walks away. I have a little more room to work with, because she has verbally labeled herself a friendly person, and won’t want to show herself to be a liar.

In the example I gave above, nobody on earth thinks “people from New York are friendly.” They’re known to be guarded and suspicious of strangers. And that’s why this technique can be extra powerful in this situation. The moment she accepts my frame, she changes her worldview and now feels the need to act as a “friendly New Yorker.” She alters her behavior to match her new frame.

This is the smallest of frame controls, but it put her into the box of friendly. And you can use this technique to put her into any box you like.

“I love how everyone in New York is so free and comfortable with their sexuality. Where I come from, all the girls are worried about being so prim and proper - they aren’t comfortable with their sexuality at all.”

She’ll agree with you, and now she is going to be much more overt with her sexuality. She will now be much quicker to go home with you (or maybe even go down on you in the bathroom!)

Using these frame controls, I've had crazy sexual experiences in public. Once a woman has accepted your frame, she will continue to act in that role for the duration of your interaction.

There is one more powerful way to trap a girl within your desired frame. Give her a question where both answers have a result that you desire:

“Would you say that you are more bisexual or bicurious?”

“Do you want me to come inside your or on your face?”

“Do you like to go down first or second?”

The moment she answers one of these questions, she is locked into a frame. You can also use frame control to force the answer you desire:

“Do you want me to come on your face or in your hair?”

No woman wants you to come in her hair. It's impossible to get out and she'll be in the shower for hours trying to get those clumps out. So she will always say face and now you have the result you wanted in the first place. You will be amazed at how effective that one little line is. It's going to change your life forever.

You now have a full arsenal of frame controls. You can use these to get her to behave in a way that you desire. This is how you stay in control of the conversation and can unlock the wild and sexual part of her personality. This is the technique people talk about when they describe the force of someone's personality. You now have the power to manipulate the world and get the results that you desire. Many

times a woman will completely shift her behavior as soon as I put her into the first frame and the best part of her personality will reveal itself.

## **10 - Future Progressions**

Imagine a story, starring you and this beautiful woman you're talking to. This story takes place in the future. Now tell this woman your story.

That is a future progression – it's any story involving the two of you, that takes place in the future. The purpose of this technique is to alleviate her fear that you are going to sleep with her tonight and disappear in the morning.

You'll probably want to save this technique for women who appear to be "girlfriend material." If a woman is out just looking for a one-night-stand, you don't need to use this technique. That woman probably isn't open to the possibility of having a future with you. She just wants a night of physical passion. (And hey, there's nothing wrong with that, right?)

Once you have decided that a girl has some girlfriend potential, or that you would at least like to sleep with her more than once, you can start slipping future progressions into the conversation. You can do this as early as two or three minutes into an interaction. Here is a classic example:

"Imagine it's six months from now. We are cuddled on the couch side-by-side, sharing a blanket. My arm is wrapped around your shoulders

and for the first time I am trusting you with the remote. What television show are we watching? What did you choose?”

This sounds like a simple question but it is a deep and powerful future progression. The entire setup for the question builds out a future fantasy for you. The pieces of the story tell her that you are still dating six months from now. That you are intimate and emotional and comfortable with each other. That you have a good relationship because you have given her the TV remote control.

All of these little pieces help her to visualize the story. Asking a question at the end of the story forces her to place herself there. She can't resist this simple future progression.

Future progressions can quickly build a lot of attraction within a woman. They alleviate her fear that you only want to bang her and ditch her and they activate the part of her brain that is in charge of falling in love.

This is a way to get past all her shield and defenses. You want her to imagine being with you in the future as much as possible. Create a few of these future progressions and she will fall for you.

You can also use the power of the future progression to ensure that she falls in love with you. You can tell her stories about the future that she wants to be a part of. For example:

“I'm traveling to Paris this summer for work. My company has already rented me a cute little flat. If we are still in each other's lives then, and

something tells me that we will be, you should totally come with me. I can just see you out shopping for baguettes and drinking French coffee every morning in front of the Eiffel Tower...”

You can lengthen or shorten the story based on her response. Now you have placed her in a story that is every woman’s fantasy. Every woman dreams of a romantic trip to Paris. A future progression this strong is something that you don’t want to use until after there is real attraction. Maybe even wait a few dates before you use bait this strong. You want to start with small future progressions and build up as you move forward through your interactions.

It is better to go too far into the future rather than stray too close to the present. You don’t want her to envision you together on your first date. That might only be a few days into the future and won’t be strong enough. It will feel too obvious to her and lose some of the mystical properties of this technique.

But you can talk about growing old together, or who sleeps on the left-hand side of the bed when the two of you are grandparents. Things like this are all great fodder for this technique. You can go anywhere from six months to eighty years into the future.

If you ever watched the show “Sex and the City,” there’s a funny episode where a man uses this technique. He keeps telling this hot blonde about how they are going to rent a house in The Hamptons next summer. He describes the house they will rent in great detail. He tells her about the parties they are going to throw - starting with what she is wearing, then describing the music and how everyone is

enjoying the party. She is hanging on his every word, swept up in the fantasy.

The more vivid your story is, the more effective this technique becomes. The woman starts to fall in love with this man because she can see a future with him within these future progressions.

You should only talk about progressions that you can actually see happening. You might be tempted to use a marriage future progression, or one about having children together and talking about what you'll name your little boy and girl, but this is way too strong, far too soon. These are such "real life" events that they can break the fantasy.

Instead, you can talk about adopting a dog together and choosing a name. This is not nearly as stressful as telling a woman that you've just met how you want to have children with her or marry her. The idea is to stay in the realm of positive fantasy.

Future progressions unlock the part of a woman's brain that is designed to fall in love. It's the part of her that loves watching all of those cheesy romantic movies. You want to practice different future progressions to see which ones are most effective with your style of seduction.

As with any of these techniques, a little practice will lead you down the path of mastery. If you don't get a strong reaction to your first progression, try one that is further in the future and see how the next woman responds.

Once you have mastered this technique, along with the others, your powers of Female Mind Control will skyrocket to a whole other level.

Now get out there and start putting them to work.

Enjoy!

Your Wingman,

Dean Cortez

# RECOMMENDED RESOURCES

## TACTICAL ATTRACTION

**Tactical Attraction** is the ultimate crash-course for learning every element of attracting and seducing women, and becoming the best and most attractive MAN you can possibly be. Inside this best-selling program, you'll discover how to develop **unstoppable Alpha Male confidence**, how to transform your "look" and become 400% more attractive, and how to use verbal and body language tactics to make any women feel **UNCONTROLLABLY ATTRACTED** to you.

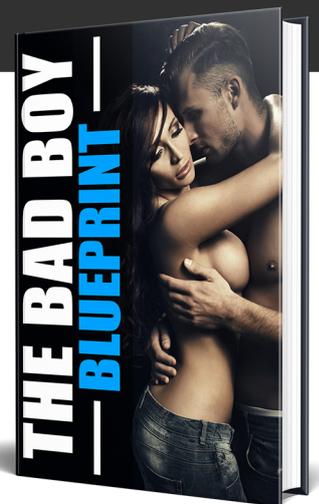
[Click here](#) and learn how to use these stealth seduction secrets to score with all the hot women you want, or to get the loyal, loving, and **smoking hot girlfriend** you've always wanted. The choice will be yours!



## THE BAD BOY BLUEPRINT

We all know that women are hard-wired to chase after "Bad Boys." (And despite what you see in the movies, "Nice Guys" are the LAST ones to get laid!)

Now, for the first time, you can learn a proven, step-by-step system that rewires you for **total unstoppable success with women** by giving you the "Bad Boy edge" that women crave. Get ready for women to chase you and even fight over you, once you [click here](#) and discover these **badass Bad Boy seduction secrets**.



## INSTANT SEXUAL ACTIVATION

What if you could "crawl inside" the mind of any woman, hijack her thoughts, and install feelings of uncontrollable HORNINESS in her brain...and then **direct all of those feelings towards you**? So that she feels an overwhelming desire to follow your suggestions, and **do whatever it takes** to please you?

This is the "seduction superpower" you will discover inside the **Instant Sexual Activation system**, which has been called "the holy grail of seduction."

[Click here](#) and use these **mind control secrets** tonight...but please use them ethically and responsibly, as they can be DANGEROUSLY powerful!



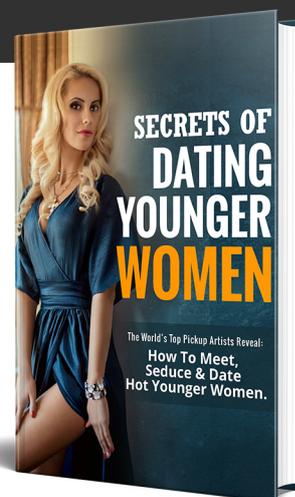
# RECOMMENDED RESOURCES

## SECRETS OF DATING YOUNGER WOMEN

If you're a guy in your mid-30s or up, you might think that sexy, fun, hard-bodied younger women are "out of your reach." Well, now you can learn the exact secrets and techniques that **the world's best pickup artists and seduction masters** use, to make your age your most powerful advantage!

The **Secrets Of Dating Younger Women** program combines the knowledge and techniques of more than a dozen of the most famous and respected dating experts on the planet, to give you a step-by-step roadmap that will make you a **MAGNET** for the young, hot women you deserve to be with.

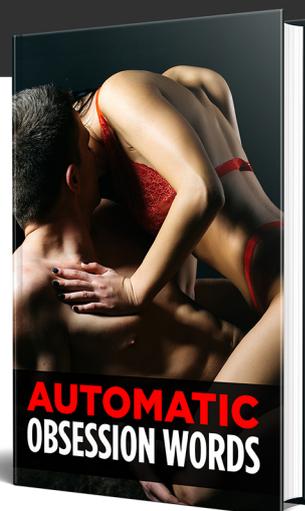
[Click here](#) for more.



## AUTOMATIC OBSESSION WORDS

Imagine if you knew the **EXACT** words to say, in any situation, to instantly command a woman's attention and trigger feelings of **raging sexual desire** inside of her. And then...imagine using short, simple phrases to make her want to come home with you and give you **all the sex you can handle?**

[Click here](#) to discover these closely-guarded "**Obsessions Words**" and start using them tonight. Rejection will become a thing of the past, because you'll have **the perfect words to say** hard-wired into your mind.



## SECRETS OF STRIP CLUB SEDUCTION

What guy hasn't fantasized about scoring with a sexy, curvy stripper or exotic dancer who has **ALL** the right moves in bed? The problem is, for most guys, the idea of banging a stripper is nothing more than a fantasy...and strip clubs exist only to drain your wallet and send you home with a case of blue balls.

But now, a team of seduction experts from Las Vegas...the strip club capital of the world...have peeled back the curtain to show you **EXACTLY** how they dominate strip clubs and hook up with the hottest strippers for **FREE**.

[Click here](#) for a hot, private presentation and discover the **Secrets Of Strip Club Seduction**.

