

# Speed Seduction Algorithm

## 0. Preparation: Look and feel your best

Speed Seducer's State of Mind

### 1. Approaching and making them interested

- Say "Hello"; Give a Compliment; Ask for information
- Comment about the situation you are both in (or music, painting, whether)
- Request or offer assistance in doing something
- Introduce your-self
- Disclose some-thing about your-self; Express your feels about situation
- Tell a joke: Get her laughing
- Get her alone

### 2. Calibrate the girl

Ask open-ended questions: How do you like ...?

Body Posture; Body movements; Gestures; Eye Movements; Trance Words; Language Patterns

L/R hand; Meta-(non-verbal-body)-message;

main representation system; internal submodal strategies; Personal Time Line

Lie Detector; Non-verbal Yes-No response.

### 3. Pace (Rapport)

People like people like them self; make her feel completely understood by you;

Find and talk about topic which both of you like very much => automatic rapport

Body Position; Verbal Pace; verbally pace the ongoing situation

PAY ATTENTION TO HOW SHE RESPONDS TO YOU!!!

### 4. Lead (use Patterns)

Embedded Commands = Weasel Phrases + Command Verbs + Description of State

- focus her attention on your words
- Get her feeling secure, relax, trust
- Emotional Connection
- Get her imagination going horny

### 5. State Accelerators and Patterns

- Quotes
- Another Person Experience
- Zip anchors
- Synesthesia
- Sub-modality shifts
- Commands such as, "Feel it building...focus in on those feelings....surrender completely...."
- Sexual metaphor.."Create an opening for it.....feel it penetrate.....come over and over again to the same conclusion..."
- Age regression
- Visualizations
- Story-telling and metaphors
- Linguistic double binds, use of suggestion (Three Level Stacking)
- Disorientation / confusion
- Sensory deprivation and/or sensory overload

### 6. Anchoring and link into yourself

- Pour on the kino (physical contact)
- Verbal Anchoring
- Binder commands:
  - "DO THAT...NOW"
  - "DO THAT..WITH ME...NOW"
  - "WITH ME...DO THAT...NOW"

### 7. Close

- Find out her Name and Contact information (phone, email)
- Ask for lunch, coffee, or date
- Ask for go out
- Kiss Close
- Kiss and fuck her (do your best)

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.

#### **8. Self-Defence:** Accept "No" with smile

Never resist her words directly. Reframing of situation. Sleight of Mouth Patterns.

Negotiation Pattern: "Your're right. I shouldn't ..."

Stop Pattern: "Stop.. and start think things differently..."

"Let me ask you something. If I had a magic wand, and I could wave it and make anything we wanted to disappear, what would have to disappear in order for you to feel comfortable going out with me?"

#### **9. to break up**

Hey, it isn't there any more, for me! But I still care deeply for you... AS A FRIEND!"

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

Look and feel your best, all the time

Be playful. Be confident. Be in charge

Make yourself more attractive. Work out regularly. Wear better clothes.

confidence + humour + smile

well groomed / good looks

ability to create an emotional connection / a feeling of romance

being sensitive to how she feels/responds and modifying your approach accordingly

do not spend more than 10 minutes with any one girl if you have not been given any signal to keep going

#### **Seducer's state of Mind:**

1) Affirmations: Unstoppable Confidence

2) Good tonality: Breathing Exercises

3) Trigger: Special playful melody in mind + Zoom on part of her body + WOW!!! + Let's have some fun!!

4) Focus on your final outcome. You are keeping your mind on where you want her to be, where she is now and what you need to do to bridge that gap. "Your mind is focused on your final outcome; you go for what you want congruently and powerfully."

### **1. Approaching and making them interested**

-Speak with good tonality, clearly, and deeply whenever you talk to a woman.

-Make good eye contact.

Wherever you are, don't wait for more then three seconds to begin.

When approaching these chicks, I used Mystery's 3 second rule approach 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."

Keep enough eye-contact

Use humour to get you started

Set the mood of the date from the start.

#### **Ya Gotta Get 'Em To Stop!**

##### **VERBALLY PACE THE ONGOING SITUATION**

"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 ).

##### **DEMONSTRATING UNDERSTANDING, YOU INCREASE RAPPORT!**

Excuse me, Forgive me for interrupting 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!

THE INTRUSION PRINCIPLE to Get Her Attention Focused On You:

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.

To Take Control Of Her Internal Representations:

You could say something like, "You know, I can tell you are a woman with great taste!" And when she says, "How do you know?" Respond, "Because you laugh at what I say. And the more you laugh, the more you'll LOOK FORWARD to having the best time when we go out!". When she laughs at this, you say, "See...just like that.

To add to this you say, "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?".

As she sighs and says, "yeah" you say, "Well, see? So, as you think about it like that..." then just keep chatting.

Excuse me, I don't mean to interrupt you while you are (whatever she is doing), but you look exactly like... someone I should get to know better" or "...somebody I would like to meet!"

My name is ...".

"Excuse me...forgive the interruption...but I had to pay you a compliment."

Then I will pause. When she asks, "What?" I'll reply, "You carry yourself with discipline and elegance..it's a very rare and attractive combination. My name is Ross...."

"Damn...you are both strong AND feminine. How totally wonderful and unique and special too!"

Spot the woman you want to meet. Walk up to her, and put a puzzled look on your face; the look you'd use if you saw someone you truly thought you recognized them but couldn't quite put your finger on it. Then you say: "Pardon me miss. I know this is going to sound a little funny, but I know I've seen you somewhere before, and I just can't figure out where." So far, sounds like a standard pick-up ploy, right? Here's where you add the twist. Pause for another second and say, with a sudden look of realization: "I know where it was. I was reading a book on angels, and they had your picture in it!" Now, this next part is critical. When she laughs, immediately follow up with, "I'm glad you laughed, because I think you are absolutely break-taking, (small pause) and I really wanted to meet you. My name is:\_\_\_\_\_."

(Delivered rapid-fire fast!) Hi! Do you have a boyfriend? Would you like a better one? Answer the second question first!

(To woman with great legs in any situation!) Excuse, but I just wanted to tell you, if God made anything nicer than your legs,(or smile!) he's saving it for himself! My name is.....!

(The shy, sincere approach) Excuse me! I'm sorry to interrupt you here but I really wanted to meet you and I'm willing to make a total fool of myself to do it! My name is.....!

"Pardon me m'am...forgive me for interrupting you here.....but you are so pretty.....I'm willing to make a total ass of myself, just to get a chance to meet you. My name's ...." She laughed and told me her name and when I asked why she laughed she responded, "Because it's so uncommon.". Step two: Say something like, " I can tell you're a woman with great taste...cause you laugh at what I say..Now, the more you laugh at what I say... the more you'll recognize just how attractive you find that...and the more you'll look forward to being with someone just like that...." Step three(Work it into a connection 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..is maybe how it works?) Step four: transition into talking about how interesting it is how people begin the process of connecting..oftentimes there's a strong element of fascination involved...I find when I start to listen carefully(blah blah blah). To get them Laughing:

"I wish I were a girl like you...so I could have a guy like me come into my life!"

"I know what your ideal, dream guy looks like.....I see his face every morning, when I look in the bathroom mirror."

"If I were a woman..and I were half as attractive as you are..I'd stand in front of the mirror all day long..until I worked up the courage to ask myself out!"

"In fact, I don't know if you can recognize that with each little giggle...with each breath you take...with each beat of your heart... you're growing more intrigued, but anyway..just setting aside whatever pictures just keep popping into your mind when I say that...how are you doing today?"

### **Super Lead-In Phrase:**

"I have an intuition about you" or "I know something about you" + "Incredible Connection Pattern"

I have an intuition about her... that when she feels a connection with someone...that special click that just lets her know she's going to really like someone...and feel absolutely intrigued...etc. etc. I just use the intro of "I have an intuition about you" as an excuse/lead in for the standard incredible connection patterns. Anchor this by squeezing her hand and saying, "Can you FEEL THAT..is maybe how it happens?". Next time you come in, fire off the anchor and ask her out!

"You Wanna See Something Really Cool About The Way Things Work Inside Your Mine?"

"Isn't it interesting how the mind works?" or "You know what I find really fascinating about places like this?" + you then go on to slip in a "connection" pattern or even talk by talking about the process of falling in love. + "The Blammo".

"Can I ask you a really interesting question?"

"Can You Remember The Last Time You...???" + to start up either the "falling in love" or "peak experiences" patterns.

"Do you have a quarter?" "Why?" "My mother told me to call her when I met the woman of my dreams." This one deserves at least a chuckle, perhaps even a *"nice try, but..."*. Oh, well.

Pardon me, I seem to have lost my phone number. Can I borrow yours?

"You have such beautiful blue eyes..."

"That's a very nice dress..."

"What do you think of the weather lately..."

"You seemed so lonely, standing there by yourself..."

"What's a nice woman like you doing in a place like..."

"These snacks taste a little stale, don't you think..."

"Do forgive me. I'm not good at this sort of thing. Please allow me to present myself."

"I admire that perfume, may I inquire as to what it is? - my sister has been looking for a unique fragrance"

Excuse me miss, do I know you?? (NO.) I'm sorry, you look like my friend Ciny Crawford.

Do you believe in love at first site, or do I have to walk by again?

If I told you that you had a beautiful smile, you would probably think I was trying to pick you up. Well you do have a beautiful smile,...and I am trying to pick you up!

I heard you were a lesbian. If not, PROVE IT!!

My name's [your name]. That's so you know what to scream.

Think of a number between 1 and 10 - You lose - take all your clothes off!

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 ...".

"Hi. Are you the sort of person I should get to know better?" If she says "Yes", then ask "Why?"

"Excuse me. Would you be so kind to hold this up in front of you for a moment? It's my sister's birthday next week and you are about the same size as her and from what I can tell you have the same excellent fashion sense."

"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?"

How was your day?

"I knew you had a smile that could light up the room."

"What do you do?" "I'm a human being."

"I'm an avatar." "I'm the reincarnation of Albertus Magnus." "I'm The One And Only."

## 2. Calibrate the girl

there are basically 4 doorways into a woman's mind:

1. Getting her to visualize
2. Body sensations
3. Emotional connections
4. Asking questions that require her to access deep levels of the mind to answer

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:)

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 Ultimate Fulfillment In A Relationship Pattern:**

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

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

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

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

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

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

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

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

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

Ask questions that get her to go inside & come back with values and criteria.

Questions that touch on her identity as a person.

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?

"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:)

"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?"

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:)

"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."

"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?".

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 neutral about something.

You could of course go "Well, I know you had a very beautiful name but what was it exactly?"

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

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)

Find out what she needs

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?

### **Lie Detector**

Try it out with a series of yes, yes, yes questions and watch carefully. The eyes DO access somewhere. Then try a series of No, no, no questions and watch carefully. Your questions can't be the kind that can be answered "off the top of the head without thinking", so they have to be surprising questions that the subject must retrieve something to answer. And the eyes are not the only thing that responds -- as biofeedback will tell you if you go into that stuff (which can be absolutely marvelous as the body responds BEFORE the client can frame a verbal answer!). The series of innocent yes, yes, yes and no, no, no questions is the basis for all mentalism and "cold readings" done by fortune tellers and other cons. When you have calibrated their body language they don't even have to answer your questions out loud, you've already gotten your answer.

To pass lie detector:

NLP strategy to accomplish this might be designed thus: Create a full VAKOG experience internally & associate fully to it. Do this well enough & maybe when questioned about it your response may be as if it is real.

### **3. Pace (Rapport)**

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.

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..."

"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?"

PAY ATTENTION TO HOW SHE RESPONDS TO YOU!!!

Fluff talk - "where ya goin?", "whatcha doin?", "what did you do today/yesterday?"

DEMONSTRATING UNDERSTANDING, YOU INCREASE RAPPORT! Talking to her = echoing her

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:).

"I know what you mean..."

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:)

Her: Why do you ask?

You: Well as we are sitting here talking over coffee I thought it would be nice to get to know you as a person I remember one girl (doesn't matter if you do or not) I was in college it was like there was an almost magical bond connecting us we would even finish each others sentences. I wonder did you ever feel that way With me it is so wonderful to have that sort of connection don't you think?

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.

Find out FIRST which one she wants and THEN project that image to her.

Her favourite pastimes and hobbies can also be useful.

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:).

#### 4. Lead

Recall that the basic pattern for Pacing and Leading is:

Pace, Pace, Pace, Lead

Pace, Pace, Lead

Pace, Lead

Lead, Lead, Lead. . .

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.

Humor, romance, humor, romance, sex talk, romance, humor, kino, sex talk, humor, sex talk, kino, kino, kino... instantaneous connection, time distortion, bringing out feelings of incredible pleasure and satisfaction.

With women who want it to be their own experience, combining, body sensations, their own personal trance words, vagueness and sexual metaphor is a knock-out combination! the sexual metaphors("open yourself" "come deep inside") as well as the commands "experience that" "let it happen".

she told me I wasn't her "type" and she had a boyfriend. No problem, I said and just kept talking-got her laughing, built that incredible connection, anchored peak experiences, zoomed her around in space and time and this time I left her in that peak state while I ushered her back to my place.

Enough Flexibility To Get The Initial Entryway Into Her Neurology When you start running patterns on a woman, the point is to find that initial entry into her neurology that lights her up and gets a strong response. if you can combine body sensations/emotional feelings/sexual stuff all at once, it completely overloads and lights up her neurology to the point where she just can't resist it.

1. Break the woman's current state/fixed belief set.
2. Focus her attention on you.
3. Take control of her internal representations.
4. Create the state
  - Put yourself in some of the feeling states you want to install in others!
  - \*\*\*\*Have you ever...\*\*\*\*
  - \*\*What's it like when\*\*\*\*
  - \*\*\*Can you remember the last time(first time) you ever\*\*\*
5. Bind/link it to you
  - **Binder commands:**
    - "DO THAT...NOW"
    - "DO THAT..WITH ME...NOW"
    - "WITH ME...DO THAT...NOW"
6. Amplify
  1. Zip anchors
  2. Synesthesia
  3. Sub-modality shifts
  4. Commands such as, "Feel it building...focus in on those feelings....surrender completely...."
  5. Sexual metaphor.."Create an opening for it.....feel it penetrate.....come over and over again to the same conclusion..."

"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 alot, 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?"

Once she laughs, call attention to it by saying something like, "See...you're laughing. It feels good to laugh. And the more you laugh, the more you'll discover that you really want to go out with me!".

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

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

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

"Hi. I'm writing a book on angels, and have to interview one for my final chapter. Are you available for coffee or would lunch be better?"

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

"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?"

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."

Like: "What was your first kiss like?", "When did you have sex for the first time?", "How did you have your first orgasm?", "What makes you horny?",

Use personal experience or fantasy stories to get her horny and use third person speech if you want to be safe:)

ASF: "Never use stories DIRECTLY INVOLVING the girl you're with. QUOTE about what you did to other chicks or what you want to do to other chicks or ask her about what she has done or would like to do with other guys.

-Talk some more, tell more stories (I tell a story about "My friend, who is a playgirl, and tries to sleep with married men.. Can you believe that.. I mean, did you ever do like her.. ie Have you ever had a 1 night stand... blah blah".



-Then I move on to the story of my drunk chick co-workers, who at a dinner party, we asked if they ever did a 3p (3 person) sex, and one raised her hand. Then I asked how many wanted to, and ALL raised their hands! And then got each to tell us all the stuff they did with their BFs (costume play, SM..etc).. Did you ever have any BF's like this?".  
-Judge her reactions to the above story, this will tell you what she might/might not be interested in.  
-She may ask you about old GFs, so tell her some good stories  
-Find out about old BF's, what she liked/didn't like. And when she mentions a feeling, elaborate on it (the good feelings and how you like them, and the bad ones; how you hate it when that happens, and how to feel YYY (good feeling) is much better..  
-Ask, "how do you know you are getting into a special relationship, or someone has become your boyfriend" (and then do /talk about those steps), get her visualizing that ideal relationship/time with a guy..  
-finish drinking.

### **dreams about you pattern**

"Have you ever had dreams about someone you really really like? Me, for instance, I find that when you meet somebody who you're very attracted to , and you start to THINK ABOUT THAT PERSON all the time, that's when you can really begin to NOTICE THAT PERSON IN YOUR DREAMS. I mean you know how you REMEMBER some dreams , and others you FORGET? It's like when you constantly THINK ABOUT THIS PERSON , your conscious mind GOES DOWN REAL DEEP into your subconscious and BRINGS BACK all these wonderful dreams about them. If you were to DO THAT at night, how long would it take you to REALIZE that you're dreaming about this person? Me, I've had that happen before many times..."

## **Don't Let Your Feelings Determine What Your Vision Will Be!**

(this Ross's pattern is very good if girl is in bad mood)

Listen: recently I was talking with a friend who had been feeling down..going through a VERY tough period..and she was asking me how I got through my bad times(which have been pretty bad and desperate at times...TRUST ME!). And it occurred to me that everyone has struggles; everyone has difficulties, everyone has some real challenges. But those who get through it all and make a life for themselves the way they want **don't let how they feel in the moment determine what their vision will be.** Now..don't get me wrong. I'm not saying to ignore the initial frustration you might feel when you are first trying to fly and maybe tripping on your dick or falling on your ass. Or even more frustrating, getting some really great responses from hot women, but forgetting or not knowing **that last vital step to close the deal.** We've all been there. What I am saying is, acknowledge the frustration..or even the confusion. But don't make them the deciding factor . Let me give you a hint about something; we live in a world where 99% of the population are controlled by their feelings in the moment. That means they have little or no discipline. That means they have little or no direction or motivation. That means they sit around and wait for their feelings to kick them into action. That means you can be a zillion times more successful than them in ANY area of life if you can just get past this.

Here's my antidote for life success:

Acknowledge Your Feelings But

Act Based On Your Vision Of The Way You Want Things To Be And What You Want To Have Happen And Develop A Stubborn Refusal To Give Up Until Your External Reality Matches That Vision!

A bit more about "**stubborn refusals**". You see, sometimes, I think being "negative" can work better **in the boost phase** of a project or an endeavor than being positive. Again..don't get me wrong. **Your VISION can and should be positive.** But as far as feelings go, **sometimes what it takes to get started is a STUBBORN refusal to accept things as they currently are..**to be willing to do anything to fight your way out of it and get to something better.

As an example from my own life: when I was 19 years old, I was still **absolutely terrified of life.** But I decided that summer..and this is really weird..I just decided one afternoon that I would **no longer be a prisoner of fear.** That I didn't care what happened to me while I did it or what I had to go through but that I was either going to get over my fear of life or die in the attempt.

And guess what? After about the 20th attempt..a strange feeling came over me. A rush of elation..**of knowing I had kicked over and triumphed over a boundary and barrier that had kept me back!** And I knew that everytime I fought that barrier ..everytime I defied and worked and acted against it, I was growing stronger, no matter HOW the women happened to respond. I was experiencing the power and joy of defining through brave(albeit not very effective) action how I wanted to be.

Now..since then I've developed and found **MUCH better tools.** But that willingness to pay the price and the stubborn refusal to stay stuck made all the difference in the world. Which brings me to another vital point. And that is...

**Understand And Utilize The Value Of "Willingness" Vs. Will!!**

My point is this; if you simply open yourself to whatever learnings might come your way and whatever initial embarrassments or frustrations you might experience as you are attaining mastery at SS, **you don't have to steel yourself like you are about to be in a car accident!** Rather, you can **RELAX** and accept that it may be tough for a while and decide you will push yourself through it anyway. Because when you relax into it **you'll rocket through the learning curve..**

Willingness on the other hand allows you to relax and keep your focus during the learning curve. You're not fighting yourself and things therefore flow much easier. The learnings come faster and above all you get to keep your **FOCUS**

on where you want to be! **A Good Practical Exercise For Maintaing Your Vision** I've found that the following meditation REALLY has helped me during the toughest times to keep my vision focused on the future! Sit quietly, and do some deep breathing. If you know some breathing disciplines or already know how to do altered state work of some kind, go ahead and do it. Once you reach that altered state, close your eyes and say to yourself, "I rise above what others think is possible and enter a place where anything can be." As you say that, literally visualize yourself rising above the ground and see the city beneath you, containing all the limits and limited thinking(including what was once your own) down there below. And now from this NEW place..this place where anything can be possible..where anything can be tried out and anything can be tried on..from THIS place, think about how you'd like things to be and what answers you can find. From this place set your vision and do your thinking. And carry this place with you. Because it's where you DESERVE to live from. And the truth is this: **it is ONLY when you live from is place FIRST that your external reality will begin to reflect it.** The sole trick is **getting through the lag time between the two!** That act of discipline, clarity and willingness is the key to getting wherever you want to in life!

Pattern Flow Is Important! One of the most crucial skills is knowing how to transition from one pattern to the next!

## 5. State Accelerators

- Zip anchors
- Synesthesia
- Sub-modality shifts
- Commands such as, "Feel it building...focus in on those feelings....surrender completely...."
- Sexual metaphor.."Create an opening for it.....feel it penetrate.....come over and over again to the same conclusion..."
- Quotes
- Another Person Experience
- Age regression
- Visualizations
- Story-telling and metaphors
- Linguistic double binds, use of suggestion (Three Level Stacking)
- Disorientation / confusion
- Sensory deprivation and/or sensory overload

### "Three Level Stacking"....:

#### 1. Quotes

You: "You know...I was reading the most interesting article about how men and women fall in love differently. And it was saying that men usually feel an attraction first, but that women, by contrast, usually feel a connection and then become more attracted. I mean, you know that kind of special connection you sometimes feel... that mysterious compelling click that takes place right THERE..." You then go on to do the connection pattern for a while, and say, "So...this article was saying, that when it's really special...that's when you can just STOP..and IMAGINE a time in future...say years from now...blah blah blah".

#### 2. Quote What A "Friend" Had To Say To You About It! (stacking realities" pattern )

You know, I was telling my friend about this, and she was saying, when she really starts to FEEL THAT CONNECTION.....and GROW even more attracted..she begins to pay attention in a special way. First, becomes aware...of the rhythm of her breathing... the beating of her heart...and that sense of growing fascination... such that as she continues to be aware oll this...one particular feature of the guys face begins to rivet her attention...so as she just continue to keep looking..it's like the rest of the enviroment disappears...and the entire world becomes this face...this voice that just start to wrap itself around her like a pair of powerful but gentle arms...pulling her in...deeper....just allowing that warmth.. etc..etc

#### 3. Giving Her YOUR Opinion On the Subject!!

You: Now...what really fascinates me about all this is not just how people connect so powerfully with someone...but how people connect with their own needs and wants and desires...like..think about the difference between compulsions and anticipation.... Here of course, you launch into my famous "Blow Job Pattern"

## 6. Anchoring (Kino)

-While you are doing all this, often (when you laugh..etc), touch her side waist, or shoulder, or back with your hand, firmly.. (dont do the hands or hips yet, unless she starts to initiate/get in closer, or starts touching your shoulder/waist sometimes). This is authoritarian, and she will respect this, and your authority. Do this OFTEN.

-Every time you laugh, or say something, put your hand on her shoulder, or waist, or thigh, gently, but authoritatively..get the kino going.

"Can't hear you:)". If she says something, lean forward as if you aren't hearing her very well, and touch her (arm or back).

## Patterns

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) **incredible connection 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:)" 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**.

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!

## A Peak Experience Pattern

You: "Can you remember the last time you had a peak experience? Like climbing a mountain... or watching a beautiful sunset... or the first time you looked at someone (point to yourself, self-pointing, sp) and recognised YOU REALLY LOVE THIS PERSON (sp)."

Her: "Sure..."

You: "What was that like?"

Here you should shut up and let her describe it. Listen carefully as she will give away lots of trance words.

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

Her: "God... yeah... I LOVE the way you talk... it's like your inside my soul."

You: "Well, thank you (whatever-your-name-was). And you know, for a lot of people falling in love, or an orgasm are peak experiences, but for me, it's music. Like, the other night I was listening to Mozart, and I don't know if you are familiar with him or not ("Moe who?" - at least that's what Arnold Schwarzenegger responded with in Last Action Hero:), but some of his stuff is just a series of short little musical segments... like little pecks on the cheek, and with some of his stuff those segments just GET LAID (whatever-your-name-was), from end to end, and keep getting repeated. But his really great stuff is composed of these long, slow, lingering movements... they're like long, slow, lingering kisses... long slow lingering caresses, and you just FEEL ALL OF THAT ALL OVER YOUR BODY when you LISTEN... TO ME+ NOW... it's an incredible thing... you know."

## Natural Woman pattern

"Do you think most men know what women really want?"

Of course, she'll just laugh.

"I think most men might THINK they know, but I think almost every man makes one, huge, critical mistake when it comes to women..."

(Now THAT should get them intrigued.)

"The mistake is that they don't recognize that in each woman there are actually TWO women... the natural woman and the culturally programmed woman. The culturally programmed woman is the one with all the rules and all the roles... all the restrictions, constrictions... all the shouldn'ts, shoulds, don'ts, can'ts, mustn'ts...etc.

But the natural woman...that's the woman right there at the core... where you keep your most exciting memories... where you ponder fantasies... daydreams... amazing possibilities... the things you'd do if no one were watching and no one... even your best friends... would ever, ever know about...

Most men just do things that trigger the culturally programmed woman... But when a man... a rare man... can touch a woman in that special place in all those special ways you LONG to be touched... in ways you maybe even can't admit to yourself... then WOW... an almost complete transformation takes place... and you start blossoming way beyond what you ever even thought possible.

So I think the smart man is the man who has the realization that that place is there... waiting and longing... even inspite the fact that women often have to lock all of that away... and yet they are still there..."

## Girl inside Pattern

"Where is the girl that lived in your mind? Remember the little one; the one that believed in love? Maybe she dreamed of that ideal man she'd one day give her heart to, and she knew at that moment she dreamt of him, she had already fallen in love. And each day, each moment of her lived, she carried that love with her in her heart, waiting for the day when it could be released; and given to the one who was worthy.(Point to yourself). What would it be like to realize that after all the sorrow and tears...that person had come along?(point to yourself) If you were to LOOK for that girl within your heart and mind..and LISTEN to the message...she is sending you..NOW...how do you feel?"  
Quite often, you wanted to be more like her

## Resistance Breaking Pattern

First step is, get 'em laughing! I'll say something like,"You know, I wish I were a girl like you, so I could have a guy like me come into my life!".

### TIME DISTORTION

So, as soon as they finish laughing you say, "Speaking to you as a person who loves to laugh..." Now, there are two possible options for step three. Option one: "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!".

Option two: " 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?".

## From Incredible Connection pattern To the Blow Job pattern

"You know, the other thing I think is so interesting, besides \*\*\*how we connect\*\*\* with each other, is \*\*\*how we connect\*\*\* with our own fantasies, daydreams and desires....and when we do that, how we strike a balance between compulsions and anticipation"

Well, anyway..to put a woman into this mindset, you must structure your communication from start to finish to do **at least two of the three following things**.

1. Structure opportunities
2. Offer challenges
3. Elicit/evoke processes

By structure opportunities, I mean specifically offer something SHE can intuit, perceive, or think of a benefit to HER.

"Look, I don't have a lot of time here(sets me up as a challenge..more on this when we discuss #2). But if you'll sit with me for a couple of minutes, I'll analyze your handwriting. You'll get to learn things about yourself your best friends don't know(opportunity), and I'll get to find out if you're the kind of person I want to know better."

"Hey Debbie..this is Bob..I thought I'd give it one last shot at getting a chance to talk. I've learned one lesson, living in (insert your city or part of the country...since I live in L.A., I say L.A!) L.A. my whole life, and that's that beauty is common...but people with a great attitude..a great energy..a great outlook on life are rare..and they're worth working to get to know. And I think that's an understanding that goes BOTH ways. So if you can find your own reasons to call me, my number is 555-5512."

## 7. Close

You: "Well, Myname, it's really been fun talking to you. It's too bad that we won't get the chance to do it again without all these distractions and interruptions."

Her: (If she doesn't catch the hint, then before you leaveÅ)

You: "You know, I meant what I said about it being fun talking to you. Maybe we could meet for coffee sometime. Like tomorrow?"

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

Say "It's been a pleasure meeting you:)". Say it like you really really mean it - in a friendly, respectful yet empathic manner.

**Close #1:** Why don't we continue this somewhere else and see how much we can enjoy each other's company?

**Close #2:** It's too bad you're not the type of person who can imagine feeling and doing all the things you love to feel and do..for all the reasons that make sense to you..but as you think about it just like that..doesn't it just seem that spending some time together is something we have to do?

**Close #3:** So..what steps would we have to take in order to make sure we can talk again?

**Close #4:** I have an intuition..and I don't know if you can imagine this as I describe it..that when we get a chance to talk without time pressures or interruptions...we'll really enjoy each other's company..and I'm wondering if there's a number where you feel comfortable having me call you.

## **8. Self-Defence**

I never get rejected. I only discover if a woman has good taste!!

Whenever they don't react positively enough, you say:

"Hide your joy / pleasure!!"

"Last time I saw someone as excited as you, she was in a coma!"

"If you don't like cute guys, just tell me!"

"If you buy me a drink, you might get lucky tonight"

"I can't please every girl but I'll give you a chance tonight"

"Women are lining up to be with me"

"It's tough to be such a sex symbol"