

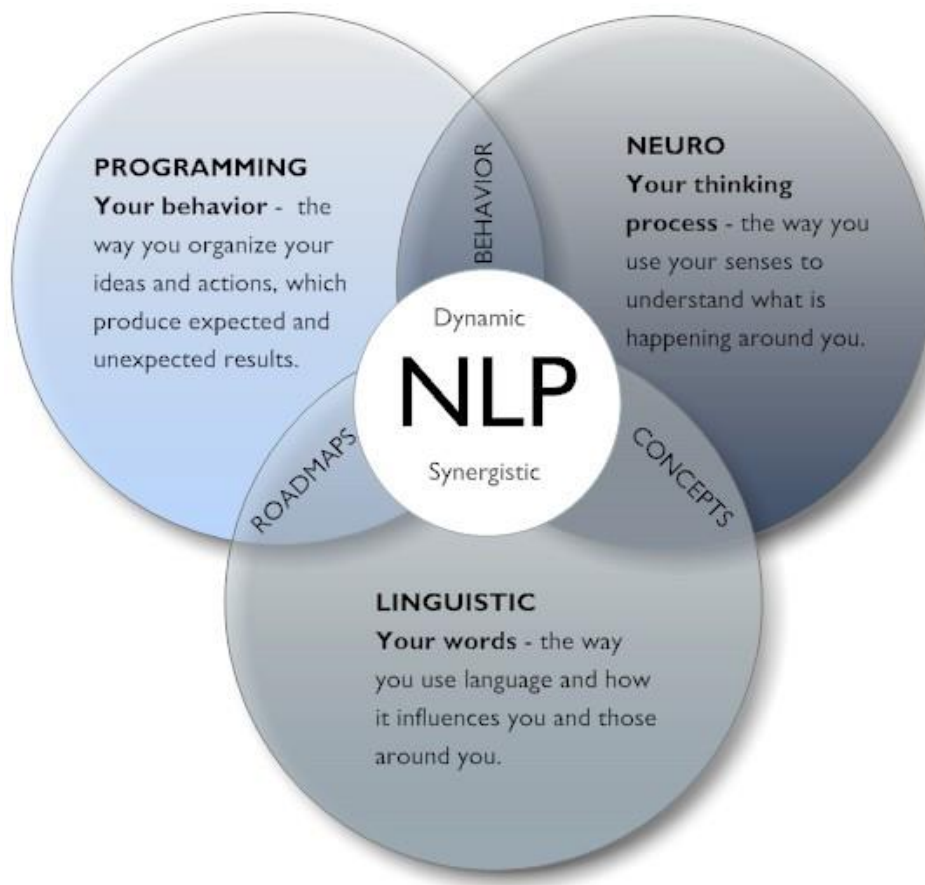


NLP BJ GUIDE

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after you read this e book.

Written by the author

What is NLP



Neuro-linguistic Programming also called (NLP) is an approach to communication, personal development, and psychotherapy created by Richard Bandler and John Grinder in California, United States in the 1970s. In this book I am going to expose to you many techniques that we are going to use to influence women mainly of these techniques I am going to show includes covert psychology methods that are guaranteed to get you laid if used correctly. I do not suggest using these techniques that I am going to show you for malicious purposes or for manipulating woman.

Looks Don't Matter

Before we get deep into how to get laid using nlp I would like to state that looks don't matter unless it matters to you. If you program your mind to think that you can't pull beautiful attractive woman because you have acne or that you are fat, short, ugly then you won't be able to. In the next section I am going to include some nlp tricks you can use to gain confidence

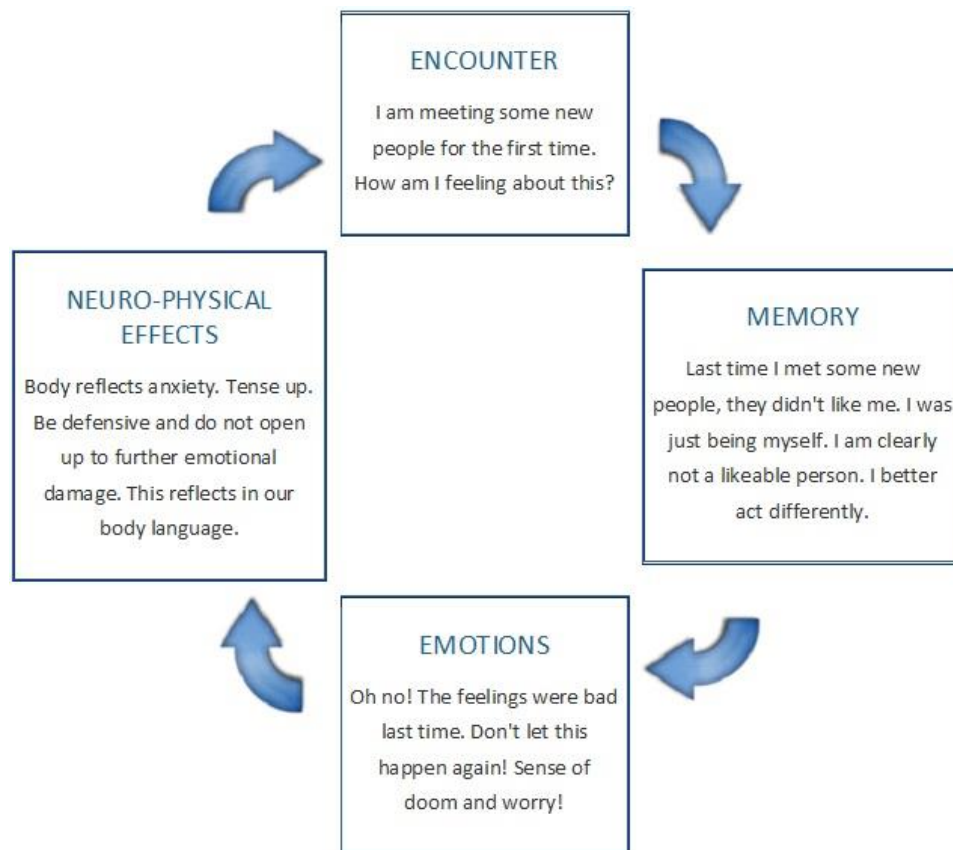


How to gain confidence

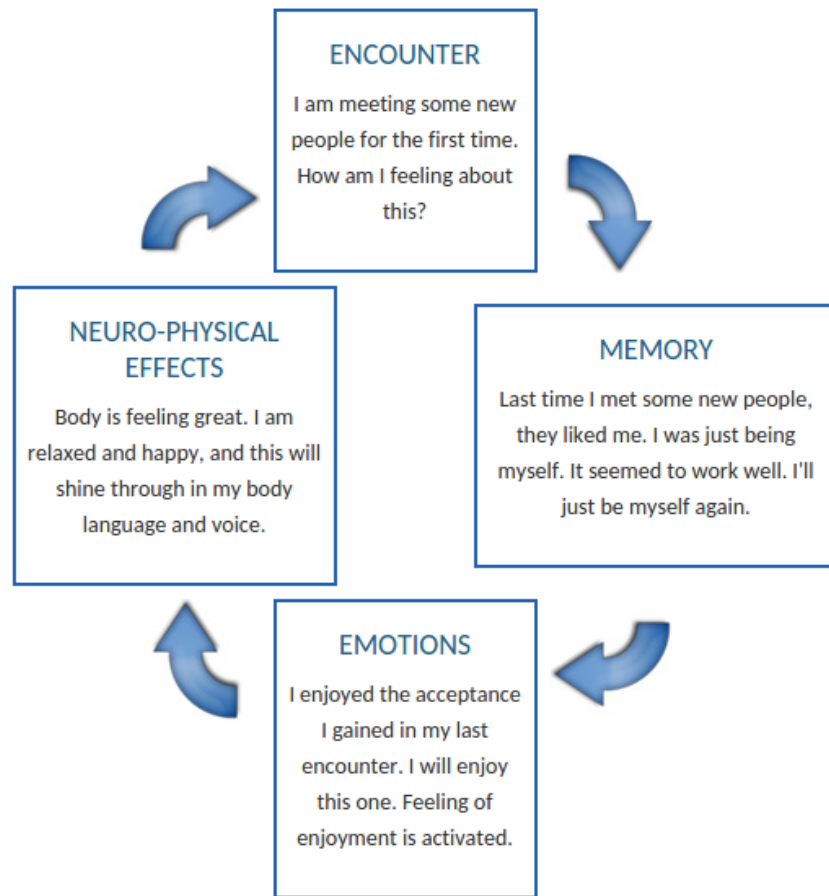
How confidence works

Confidence works as a self fueling cycle, you can either fuel yourself positive or negative energy. That is why once your confidence is damaged it is hard for it to be healed. This section is in the book to help people who have low self esteem about themselves or need help gaining confidence when approaching a girl this information can also be implied outside of the world of pull game.

The following image below is a picture of a **negative confidence cycle**



Now compare the picture above with the one below which is a **positive confidence cycle**



Now that you understand what positive confidence cycles and negative confidence cycles look like I will describe to you how to gain confidence using nlp because confidence is a key role here in the pull game. Below is a script that you can use to help you gain confidence

Step one - Do not hold confidence in awe!

If you hold the notion of confidence in awe or fear, you are telling yourself that it is a powerful thing that will be difficult to get. You need to understand that confidence is just a tiny little emotional loop happening in your brain's limbic system. That is all confidence is! Believe it or not, you have complete power over your confidence right now and at all times.

Step two - Picture confidence as a golden aura around you

Imagine a very, extremely confident person. Let's call this imaginary person Confido. Picture him walking up to a group of strangers at a party and starts talking with them. They instantly love him, because he is so friendly and confident. It is clear that Confido knew everyone would love him before he even started speaking. Picture a golden aura surrounding him that only you can see. This is his confidence.

You can take this aura and bring it over yourself. Feel how the confidence flows around you. Everything feels natural and you are confident to do anything you want.

Step three - Feel how it is to be 100% confident in a known setting

While you are doing this, you must set an NLP Anchor - I suggest pressing your left thumbnail into your left index finger in a pulsing motion.

Take a memory where you were doing something you really enjoy and feel safe about. Maybe reading a good book on the beach, or talking to a close friend in a comfortable setting. What can you see? What can you hear? Strongly re establish the setting around you as vividly as possible. Describe it to yourself out loud, right now. Pay attention to your posture - do you look relaxed or defensive? How does it feel

to be so confident? You feel sure of yourself, relaxed, and you have a feeling of knowing that things are going well. Make this feeling of confidence as strong and vivid as you can before moving to the next step.

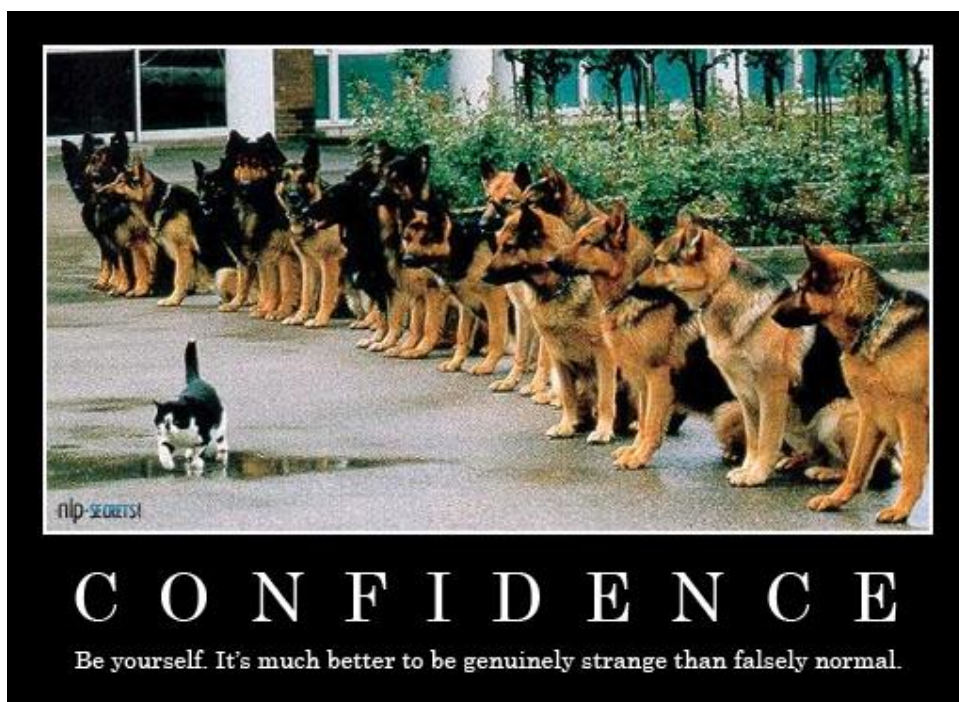
Continue to reinforce this anchor, and every time you feel the confidence, press the anchor again. Each time you do so, let the feeling of confidence double and surge. You must associate the emotional feeling of confidence with the physical sensation of the anchor.

Step four - Feel how it is to be 100% confident in an unknown setting

During this step, whenever there is blue text, you should reinforce your confidence anchor.

Take the feeling of confidence and keep it flowing as you put yourself in a new, imaginary setting. Picture yourself speaking to strangers with 100% confidence. Picture yourself at the party, walking up to a group of strangers who are talking amongst themselves. You have the confident posture of a confident person. You **KNOW** that because you are 100% confident, you will get along fine with this group. As soon as you approach, the strangers smile with their eyes, you **FEEL** they are interested in you. You start talking and merge right in with their conversation. The group takes you in as one of their own 100% seamlessly. Mind you are not acting differently, you are being yourself, and everyone loves it. Feel how confident you are just being yourself.

Continue to reinforce this anchor, and every time you feel the confidence, press the anchor again. You must associate the emotional feeling of confidence with the physical sensation of the anchor.



Step five - Take a snapshot of yourself in the confident world

What you've just done is imagined yourself being yourself and feeling very confident. You now have a memory of yourself in a very confident state. Even though it is imagined, your unconscious mind cannot tell the difference between an imagined memory and a real memory. In fact, there have been cases where grown-up children have falsely prosecuted parents for child abuse, when in fact the memories were imagined and developed by the probing of incompetent psychiatrists.

I want you to take a snapshot of that memory we've just created. Something that encompasses the height of the confident feeling. Now take the snapshot and make it bolder and more vivid. Bring it closer to you, make it larger,

the size of a large wall. Make the snapshot detailed and realistic. Feel the feeling of the snapshot, and reinforce the anchor. Make everything as large, bold, and vivid as you possibly can.

Now double it again! Step into the snapshot. Look through your own eyes in that confident setting, feel the confidence as strongly as you can, and reinforce the anchor again. Keep doing this for a good minute or two.

Step six - Use the anchor

Now go use it! Use your anchor and let all the feelings of confidence come flooding in. If it isn't working very well, then go back to step one and repeat everything. Once you get the hang of this, you'll truly understand that confidence is a tiny little loop in your mind that you can switch on at will. The logic is undeniable:

By feeling more confident, you appear more confident

By appearing more confident, people react to you in a positive way

When people react to you in a positive way, it reinforces your confidence

(Go to point 1)



Failsafe way of gaining confidence

Of course, if NLP Confidence doesn't come naturally to you, and you can't be bothered practicing it and mastering it, you can always just act confident instead. It can be difficult to do because you'll need to adopt all the correct body language of a confident person.

To do this, just imagine the most confident person doing whatever it is they do. Watch them talk, look at their body language (most importantly) and listen to how their voice sounds. Some tips:

Adopt an open posture. No crossed legs or folded arms.

Make your neck tall and shoulders relaxed, as if you were trying to see over a wall that was very slightly taller than your eye level. Like a meerkat who is looking for a predator. You know what I mean.

Speak clearly and with volume, remember what you're saying is worth hearing.

Don't take yourself too seriously, humor is the most universal language and can help prevent conflict with alpha-male and attention-envy types.

Don't be judgemental to others - but let yourself be open to judgment from others. This relaxes people around you, and helps bring down the barriers between you.

Otherwise you can always cheat and use subliminals. In a nutshell, these MP3s talk to your subconscious directly and teach you how to do all sorts of useful things, without you even realizing it. Remember that scene from The Matrix where they upload the information for how to do Kung Fu directly into Neo's brain? Subliminals are pretty much the same thing.

Using NLP For Seduction

In this section we will discuss how to use nlp for seduction and go over a couple of topics that involve the use of nlp and it will help you increase your chances of getting a girlfriend and also having sex or just being a player.

Where To Meet



The best place to meet someone is a nightclub. Just kidding! While a nightclub is a viable place to meet people for romantic encounters or sex, it's far from ideal if you're looking for a longer term affair. In this case, you should use your entire life to meet new people. The more things you go out and do, the more people you have the opportunity to talk to. The more people you talk to, the more people you meet.

That's hardly something you didn't already know, right? You want to find the ideal place that you can go to to meet people for potential relationships? Anywhere, of course! Supermarket, cafes, on the street, on the beach, at concerts, parties, on the bus, at work, anywhere! It really depends on your lifestyle.

You may not think these are places people like to be approached, because it's not expected at these places. But what if you look at it from the other perspective - where do YOU go specifically to be approached? Nowhere! You do things in your life, and if someone happens to start talking to you, it's an opening to a new relationship. So it stands to reason that the more things you're doing, the more opportunities open up.

A good tip to help you improve meeting good beautiful woman is to do more non-solitary activities in your life.

Here is a list of ideas:

- Go join a mixed-teams social sports team
- Start talking to new people at work
- Ring up and rekindle some of your old friendships
- Go to the beach with a friend and start up a volleyball game with strangers
- Talk to people while waiting to be served at shops or on the train

Meeting people - friends come first

You don't want to meet new people for a relationship, you want to make new friends. Friends are the key, which I cannot emphasize enough. By having many friends, you get invited to more social occasions. It is much easier to talk to a friend-of-a-friend than a plain stranger. Plus, if you are interested in someone, the fact that you have a mutual friend is a sign that you are trustworthy and non-threatening. You should try to make as many friends as possible.

How To Approach



It's hard to know how to approach someone, especially when they are a stranger and you are worried about rejection. The key is (as a friend of mine so eloquently put it) pick up your balls and just do it. But to approach someone is one thing, to approach someone in an interesting, non-threatening manner is another.

Picture this. Joe sees Jane for the first time, she is sitting at a cafe table by herself. Let's say they are both single, Joe considers himself to be a "6" on the scale of 1 to 10, and Jane considers herself to be an "8". Joe thinks she looks nice and wants to approach her. He's approached women before, but it always takes that little bit of courage each time. He overcomes that mental barrier and walks up to her and asks if the other seat is taken.

What is going to happen in Jane's mind? It is more than likely that this strange man is interested in her romantically. She will have just half a second to look at the man, make a judgment about him based on his appearance, and decide whether or not it is worth interrupting what she was doing for an unknown amount of time while this man talks to her.

It is likely that Jane will say no, usually by telling a white lie as to not hurt Joe's feelings - something like "Sorry, my friend will be here soon." That is going to be the end of all possibilities as far as Joe is concerned.

So what mistake did Joe make? In my opinion, he made many. First of all, he pressured her into making a snap decision at first glance. The default answer is always going to be no, even if you are Brad Pitt's more handsome brother. This is the same for men and women (despite what men may think). It is an evolutionary trait that we are by default cautious of strangers, as they may be threats. Remember to make sure you are not seen as threatening.

On the scale of one to infinity, this rule is RED HOT. Sorry about that analogy but I want the rule of "not being a threat" to stick in your mind. Appearing to be a threat is the surest way to guarantee you won't be successful in the quest for romantic liason. "But girls love bad guys!" I hear you crying. I assure you that any "bad guy" was at least non-threatening when he met the girl who apparently loves him.

Here is a list of things people don't like:

1. Being Judged

If you're sitting at a cafe, and someone comes up to you all confident, like they know best, with a serious look on their face and standing over you, this is a threat. Whether you believe in evolution or you're still

under the belief that we're not just clever monkeys who can talk, it doesn't matter: This person is showing dominance, and therefore is threatening us. Anything we are likely to say with any real semblance of our true beliefs, any revelations of our true selves, will be met with judgment, and we don't want that. So we respond by stoically making that threat go away.

How do I appear non-threatening?

1. Smile, showing your teeth
2. Stand slightly side on (not directly facing)
3. Show your palms
4. Don't take yourself too seriously
5. Act like you aren't going to be staying for long

You should try using a time deflection to set it up. A time deflection is when you make it clear you're not going to be sticking around for more than a minute. What Joe should have said is "Hey, I'm just leaving, but can I quickly ask you for your opinion on something?" Immediately, Jane knows that no matter what she says, this guy is not going to stay for very long. Plus, she is going to be intrigued at why this stranger wants her opinion on something. And the grand slam is that it doesn't look like he's trying to romantically engage her.

Another form of time deflection is not verbal, but physical. This is when you barely stop moving while talking, then come back later. For example, if Joe had walked past her table, and asked "Oh, I was going to order that, is it good here?" - clearly slowing down only just enough to hear her response. If she looks up confusingly, Joe could add a small joke so that he was clearly not a threat, for example, he could add "Don't worry, if it's terrible, I won't tell them you said it!" or if she replies with a positive response, he could shoot back "Great! And if you're wrong, I'll kill you!" Actually, that won't go down well at all. Don't do that.

How to talk to the girl



How to stand (or sit) when talking

Use your imagination for this bit: Let's pretend you're a woman in this scenario. Picture yourself (as a woman) standing at the vegetable isle of a supermarket, looking for the best-looking tomato to buy. A fairly normal looking guy approaches you and starts talking. Now imagine him facing directly towards you when he talks, then imagine him facing the tomatoes and looking at them as he's talking. How do you feel differently?

In the first case, it is clear he is there to talk to you. That puts pressure on you to engage him. The pressure is not pleasant, is it? In the second case, there is less pressure to engage, and you feel more relaxed. Now replay the same situation if you were sitting down, perhaps at a bus stop. If the guy stands

in front of you, facing you as he talks, how does it feel? Would you feel less confronted if he was sitting on a bench, facing the same way as you?

This boils down to an innate body language signal; facing towards one another signifies competition, facing the same way as each other signifies you are both on the same team. A good tip would be to stand **side by side and not face by face**

How to open a conversation

It is (in my opinion) far too difficult to approach a stranger and have it lead into a genuine, interesting conversation - especially if you have romance on the cards. The easiest way to start a conversation is to open it up the second time you meet - not the first time. But how is this possible? You don't know you'll meet again unless you arrange it! This is the logical flaw that keeps so many of us from opening up new relationships. Envisage this scenario:

Joe spots Jane nearby on the beach, sitting and applying some sunblock, and a brilliant plan crosses his mind. He approaches Jane and follows all the NLP seduction rules. He squats down next to her (facing the same way she is) and subtly touches the back of his wrist then points in the direction he was going (this gives her the impression he is in a hurry and won't stay long). Joe asks her if could borrow a tiny bit of sunblock as his ears are burning - of course she will say yes and lend him some.

Note: When someone does you a favor, you thank them and move on. They are then primed as having had a positive interaction with you, and they are then much more likely to do further favors and react well to your presence in future. This is scientifically proven, first discovered by Ben Franklin, and works a treat in these situations.

Joe thanks her, maybe he makes a minor joke, then moves on. Bang! Jane is primed as having had a positive interaction with this man. He was not a threat, he was pleasant, and he didn't hold her hostage at gunpoint. Win win win.

Fifteen minutes later, Joe returns and starts up a genuine conversation by doing one of the following:

1. Asking for advice about a dilemma (a friend of mine usually says he is trying to buy a shirt as a present for his friend, but isn't sure what size she is - either 10 or 12. Should he buy a 10 or a 12? Either one risks insulting his friend.)
2. Asking a genuine question about something that is not mundane, but thought-provoking. Everyone likes to be challenged. For example, you wouldn't ask someone whether they think you should go for a swim or not, as that is inane. Whatever you ask or talk about, ask yourself is it something that you would like to talk about if you were talking to your best friend on a long car journey?

How to keep a conversation going

One trick I use when I'm feeling tired, is to use the Question Comment Joke formula.

1. Ask a relevant, thought-provoking, challenging, open-ended question
2. Make a relevant, interesting comment
3. Make a joke about the topic at hand
4. Goto Step 1

For example:

Joe: <QUESTION> Do you think time goes faster as you get older? Like when you were little, years seemed to drag on.

Jane: Yeah for sure. When you're five, a year is a fifth of your existence, but when you're fifty, it's just a fiftieth, relatively speaking.

Joe: <COMMENT> It might have something to do with the size of the person.

Jane: Maybe, but how could you test it?

Joe: Hmm, maybe if we had a time machine. Do you happen to have a time machine?

Jane: Not on me right now.

Jane: <JOKE> Well if you invent one, come back to right now so we can test this. (Looks around expectantly).

Jane: Haha, oh well, looks like I don't ever invent a time machine!

Joe: Maybe you do but it only goes forwards. <QUESTION> Do you think it would be possible for humans ever to time travel backwards?

Jane: Maybe, but you would think that someone from the future would have come back through time and told us about it by now.

Joe: <COMMENT> Yeah, it's pretty safe to say nobody ever invents a time machine - unless the multiverse theory is true.

Jane: It's probably the only way time travel could work, otherwise there would be paradoxes.

Joe: <JOKE> True. Actually, I tell a lie, because I invented a time travel machine that actually works.

Jane: Oh really?

Joe: Yes, but it can only travel forward in time at a rate of one second per second.

This pattern, Question Comment Joke, gets easier and easier with practice. Practice on a friend without them knowing. See how long you can keep the conversation alive for. Remember only follow this pattern to cover lulls in the conversation. After a few rounds of this, it is likely you will return to the flow and get engaged in the conversation again. Keep the conversation interesting, humorous, and moving forward. If you get stuck, use the question comment joke method to keep it alive.

Blow Job NLP Patterns

Pattern I

Kevin Kupal, mindlist: "Basically, it's a 3-step procedure.

1. Ask her about anything she really really loves to eat
2. Describe the sensation of eating that food and amplify with gustatory gusto
3. Link it to your dick using a "dick point".

Let's put flesh into it? Sure.

Me : Hey Alicia. What do you love to eat ? Something that really makes you salivate just by thinking of it ?

Alicia : Oh... I love fresh ripe mangoes from Hawaii / strawberries from Ohio... oh yes...

Me: Ripe mangoes huh? Mmmm....that's yummy. I don't know if you can IMAGINE... SUCKING into one sweet, delicious, juicy mango NOW... mmm... can you taste the sweetness of the mango... swishing INSIDE YOUR MOUTH... mmm... soo tasty... doesn't that give you lots of pleasure and ha-PENIS just thinking about that? Mmm... I bet, if there were a mango here NOW, you'd WANT IT IN YOUR MOUTH (point to dickee!).

Hehehe... this pattern makes me salivate myself... hope I don't go looking for... (gasp)"

Pattern II. Here's the "real" BJ pattern:) Ross Jeffries:

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

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

I mean, have you ever come home from a hard day of work and the boss was a jerk and kept piling the papers up on you desk and its like all you can think of is dropping your clothes and getting into that steamy hot bath or shower.

Its like before you even step in you can already feel that heat working its way through every muscle in your body and all your frustrations just drop away and all you can feel is the pleasure of that warmth just shooting through every part of you.

And then there's that moment of sliding in where you really let that pleasure take you and it just feels great doesn't it?

Yeah well, do you like chocolate? (Or is there a food that when you see it you absolutely have to put it in your mouth?). I mean, can you stop and remember a time when you saw a piece of chocolate and your mouth is already tasting it before you even put it in, and you can already taste that sweetness against your tongue and you can feel the special rich texture of it against your tongue as well. You know that texture that really good chocolate has.

And then there's that moment, that moment when the first molecule of chocolate touches your tongue and you know it's inside your mouth and you just want to keep it there because it's so rich and so good. And there's that extra special warmth when you swallow that sweetness down.

Or then maybe, you know like sometimes you meet someone and you're really attracted to them and you both know it and there's that moment when your eyes lock, it's that special look just before you kiss, just before you do it the very first time and you're trembling with anticipation and your heart is pounding because you're thinking about how good it's going to be.

It's like every physical moment of that relationship is enfolded/contained or rolled into that first touch of the lips and there's that excitement, with that first soft contact of the lips where you don't even know if you are touching or not but then, oh man, it's like a jolt of electricity all through you.

(See I think what happens is the conscious mind goes down into the subconscious and brings back up all these thoughts, images, desires and fantasies, and you may think those thoughts are above me, but really I think they're blow me ____ because you're coming from a much deeper part and your mine aren't you?)"

Pattern III. Freeqshow, Clifford's Seduction Newsletter:

"Here's an email I have used to great success:

"Your notes are soooooooo sweet, I could just... well, you know what I could just do. Anyways, I so enjoyed talking to you today. Time just seems to fly by doesn't it?

So I was thinking, is there some fruit that you just can't wait to put in your mouth? Like if you were to think about it, you could just feel how the skin would taste on your lips, and as you took that first delicious bite you could just imagine how soft and tender it feels as it slips past your lips and begins to caress your tongue with a hundred flavors that you just can't wait to have. And as that nectar started to flow, to the point where your mouth became filled with all those sweet warm juices that you love so much, you just knew you would die if you spilled even one drop. I don't know about you, but I think about things like this all the time.

You know, all this has got me thinking... you ever have one of those Sugar Daddy's. You know, that caramel candy on a stick that takes all day to eat. You know I think that thing is about six inches long when you first unwrap it but the more you nibble on it and suck it deep inside your mouth and just let your tongue do it's work...eventually you come to the point where it's real soft and you know that's just about the best thing you ever had in your mouth and you just feel all that hot warm gooey candy just slide down your throat and when you're all finished you just let out a little sigh of ecstasy because it was so good and you know you can always have one when you really want it. You know?"

Those are 3 blow job nlp patterns you can study on how to end up getting the blow job itself.

Conclusion

Now you have all the knowledge you need to get laid and also I would like to state that nlp can be useful outside of your sexual desires and I encourage you to look more deep into the subject of matter.