

**Get Her Horny:**  
8 Psychological Methods to  
Make Her Thirsty For Sex

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Let's get straight to business. Awhile back, I watching a video of this guy explain his approach to developing a cure for phobias. He traveled down a totally different path. He didn't study a handful of *phobics* in an effort to create a cure.

He interviewed people who overcame phobias.

Smart.

Through the interview process, he looked for common things that each of them had done.

Then he created "laws" (or things that had to take place if a person want to be successful at removing his fear).

And then he created a step by step process based on those laws.

Simple.

Brilliant.

That's the approach that we are going to take as we go through this process of learning these techniques to get women in the mood.

As you may already know, common approaches to solving problems are not only wrong, but they make the problem worse (in some cases).

When I was growing up, if anyone got a headache, you took pills.  
Can't sleep? Here some pills.  
Can't stay awake? Here some pills.

Again, popular solutions are often way off base...

That's why Uncle CR has created:

### The 2 Laws of Getting Women Horny

From there, you will be provided with techniques that *follow the structure* of how women actually get turned on.

Here's what I mean.

One warm and fuzzy afternoon, I was chatting with this dude who was full of energy. You could see the excitement and passion shooting out of his eyes. No human with a warm heart could look at this guy without smiling.

So he said: I know a way to get my girlfriend in the mood. And I'm going to use it tonight!

I said: Ok, I'm listening.

He energetically explained his method. And then looked at me as if to say: *So what do you think?*

Personally, I believe it could have worked – but it would have been a result of him projecting an attitude of certainty along with other things that he was accidentally doing right. In other words, he could end up doing enough things right that outweigh the ineffective things that were featured in his “seductive routine”.

That's not the approach you want to take.

You want your approach to getting her aroused (and your philosophies about getting her aroused) to be based on psychologically proven principles.

You do not want your approach to getting her aroused (and your philosophies about getting her aroused) to be based popular ideas or clichés.

Have you ever met a person that just says stuff, because most people agree with it or because he's heard it his whole life.

For example:

*Making a woman jealous is wrong!*

But then when you ask him:

Well what if you're in a situation where your wife started to appreciate you less. In other words, you were in a relationship where things weren't always perfect. And you experienced a woman who was currently not seeing you as the valuable guy you really are. And things were progressively getting worse because of this false belief. And let's suppose that on a particular day, she overheard some women talking about 'how amazing you are' – to the point where it made her uncomfortable at first, but then she later said 'Wow, I have a great guy!' And all of sudden things got much better, simply because the uncomfortable experience lead to a change in perception. All because of this random experience.

Then I followed up:

If you agree that it was a good thing for your wife to experience the *random event that caused her temporary jealousy*, then how is that any different from **you taking action** by conversationally making her aware that “other women” see you as desirable?

Are you going to see the big picture and allow yourself to realize that random events that benefit your sex life may not always take place...

Or are you going to say things like:

*Making a woman jealous is wrong!*

The only thing that is impressive about guys who make statements like that is that they are at least compassionate. And if you want to be the most effective you can ever be at turning women (quality women) on, then make sure you figure out how to be compassionate and sincere (if you need to).

Let's now move on to the 2 Laws of Making A Woman Horny

## The 2 Laws of Making A Woman Horny

Law #1 - Horniness is just an emotional state - just like happiness and sadness. You must believe that all women have the capacity to get aroused – even if you never experienced a horny woman before – which of course could lead to the false conclusion that women don't get horny. This would be no different than a guy who has never seen a woman laugh before. In his world, it may be easy for him to come to the false conclusion that women don't have the capacity to experience.

Law # 2 - Horniness is not random. It's possible for it to seem that way, but if you were to watch a short clip of a movie where a woman went from not thinking about sex to being dripping wet horny, you might discover that *something happened* - whether it was in her mind OR in her surroundings (something her senses was exposed to).

### Understanding Law #1: Horniness is just an emotional state

If you are in a situation with a woman who you believe doesn't have the capacity to get sexually turned on, then you need to leave her or accept the reality of living a sexless life or realize that it is possible for her to experience horniness.

You can't say something like: Well CR, I don't believe my wife can get turned on and I don't believe in leaving my wife, but I don't want to live a sexless life.

That doesn't make sense.

You have to pick one (if you are in this kind of situation).

In order to become the 'ideal you' in terms of seducing women, you must accept these 2 laws.

You must accept them before you continue reading.

Remember you must understand what "horniness" is – it's as an emotional state.

It's as simple as 1 - 2 – 3.

If you previous had a twisted view of what 'sexual arousal' was, in some ways it's not your fault, because there are concepts out there that make it difficult to see it for what it is.

There are concepts like "libido" and "sex drive". Those are nouns. They are *things*.

With those concepts, you can now say things like a woman has *lost* her libido. And it doesn't sound silly at all. To me it sounds hilarious!

And what are you programmed to believe about *losing things*?

Yep, you guessed it: Sometimes you find it. Sometimes you don't.

Imagine if there were a concept that described a woman who wasn't laughing as much as she normally does. And they called it her "Laugh Mechanism".

A guy would crawl into bed with his wife one night. He would tell a few jokes. She wouldn't laugh (because she's thinking about something serious – which isn't a bad thing).

Then he would start to panic. *She doesn't laugh as much as she used to!*

Then he would panic some more.

*She has lost her "Laugh Mechanism"! She may never laugh again! What do I do?*

Then he goes on Google and types in:

"how to increase a woman's Laugh Mechanism"

Hopefully, this sounds like a silly approach. Did the guy even think for a second that his joke wasn't funny? Or maybe she heard it before? Or maybe she was preoccupied with important thoughts?

Hopefully, you realize that horniness is just an emotional state. It's not a complex thing.

When a woman becomes aroused, there is a reason, which brings us to Law #2.

## Understanding Law #2: Horniness is not random.

Many guys fantasize about being alone with a woman, where out of no where, she randomly gets horny – just simply because the guy is who he is. The fantasy also includes her not being this way around any other guy.

Well...

It not only doesn't work that way, but if you wouldn't want it to.

You would prefer to live in a world where 'the guy can do things' to get her turned on using methods that are much more predictable.

So that when the guy is alone with her, and he does end up getting her sexually aroused he at least knows that it wasn't random.

It was definitely a result of an *emotional impact* that he had on her (based on something he said and/or something he did).

Let's take it to another level.

When a woman gets sexually aroused to the point where she has the 'sexual itch' between her legs – plus she has the tranced horny eyes. There is one thing on her mind. She wants:

- A) You to give her a handshake.
- B) You to give her an apple.
- C) You to give her some sex.

Here's a hint. The answer is C. She wants you to give her some sex

Now let's decode everything, so that we can see it from a very simple perspective.

If you were to watch a short clip of a movie where a woman went from **not thinking about sex** to being **dripping wet horny**, it is because *something happened*. (Make sure you realize that)



On a basic level, there are only 2 Things that will make her go from **not thinking about sex** to being **dripping wet horny**.

Reason #1: Something took place inside of her mind

Reason #2: Something took place in her surroundings  
(something one or more of her senses was exposed to).

Remember Law #1 Horniness is an emotional state on the same level of happiness, sadness and laughter. So if a woman suddenly began to laugh. It was simply because Something took place inside of her *mind*. For example, thinking about a funny experience. Or something took place in her surroundings. For example, seeing a clown fall down a flight of stairs because he's running late to one of his events and the irony of seeing a professional clown legitimately fall on accident makes her laugh.

Even though she should have at least checked to see if he wasn't badly injured, it doesn't change the fact that something in her surroundings made her laugh (Law #2).

So when a woman gets turned on, it's based on 2 things (and that's it). And this time well phrase it a little differently.

Reason #1: Her mind was thinking about something sexual

Reason #2: Her senses was exposed to something sexual

Let's now create a simple outline of the basic possible ways. Because when you attempt to get her sexually aroused, you'll be taking a very sensible approach.

As you go through these techniques, you'll see for yourself how it works to affect her via Reason #1, Reason #2 or both.

You'll also see 'other proven concepts' mixed in to create powerful concepts that you'll never see anywhere else. That I can promise.

Let's get to the outline:

## The Outline: The Reasons Why Women Get Sexually Aroused

### Reason 1: Her mind was thinking about something sexual

- I. **Thinking**
  1. Thinking of a sexual fantasy
  2. Thinking of a past sexual experience
  3. Thinking of a future sexual experience
  4. Thinking of someone else having sex
  5. Thinking of other aspects of sex

### Reason 2: Her senses were exposed to something

- II. **Sensory Exposure**
  1. Visual Exposure To Sexual Stimuli
  2. Auditory Exposure To Sexual Stimuli
  3. Smell Exposure To Sexual Stimuli
  4. Touch Exposure To Sexual Stimuli
  5. Taste Exposure To Sexual Stimuli

You should get a blank business card (or a 3 X 5 card) and re-create this outline on there and put it in your wallet. Keep it with you at all times.

Let's do a quick exercise. I want you to take a look at the outline above for about 1 – 2 minutes. Now, I want you to look at each item and understand how each one works to take a woman from not being in the mood to being sexually aroused.

After you do that, understand that YOU, can do things to get her to think of a sexual fantasy, a sexual experience and other aspects of sex.

At this point, getting women turned on should seem a lot easier.

Also what would happen is she was Visual Exposure To Sexual Stimuli?

For example, what actually happens when a woman watches porn (or a sex scene in a regular movie)?

Well, for starters her brain contains Mirror Neurons [[http://en.wikipedia.org/wiki/Mirror\\_neurons](http://en.wikipedia.org/wiki/Mirror_neurons)]

A **mirror neuron** is a premotor[1] neuron which fires both when an animal acts and when the animal observes the same action performed by another (especially conspecific) animal. Thus, the neuron "mirrors" the behavior of another animal, as though the observer were itself acting. These neurons have been directly observed in primates, and are believed to exist in humans and in some birds. In humans, brain activity consistent with mirror neurons has been found in the premotor cortex and the inferior parietal cortex. Some scientists consider mirror neurons one of the most important findings of neuroscience in the last decade.

Basically, we are sympathetic creatures.

When we watch a movie, we ‘uncontrollably’ identify with what the characters are going through (emotionally). It is the reason why our brains make us ‘cry’ in a sad movie – even though we consciously know the movie isn’t real.

So what do you think happens when a woman is watching a pornographic movie clip?

The average guy might guess correctly at this by saying ‘Yes! She will begin to get sexually aroused’

The more detailed (and appropriate response) would be:

She would get turned on to the degree that she:

- **Identifies with the female character (the porn star chic)** – Who do you think buys the porn movies of the nerdy guy screwing the hot chic?
- **Finds the guy desirable** – When a woman knows nothing about a guy, her first impression is based on visually appealing (a healthy looking guy who cares about how he looks)
- **Finds the sexual situation appealing** – Different women respond to certain sexual situations much differently
- **The amount of time she is watching** – The longer a person is exposed to the steamy sex scene, the more it turns. This shouldn’t be a shock.
- and other things

With that said, let’s move on to our first technique.

## Technique #1: Visual Sex Scene Seduction

This technique is very straight-forward.

The real objective is to get her to ‘visualize’ a sexually charged sex scene in her mind. From the outline, you should already know that the process has to affect her.

Besides the *Pre-Seduction Factors* that should be in place before you do any technique, specifically for this technique, you’ll have two challenges:

By the way, the Pre-Seduction Factors are:

1. **Sexual Value** – You must have the ability to increase your short term sexual value if you don’t have enough Sexual Value.
2. **The Woman Being In A Positive State of Mind** – Ideally, the more energetic, the more optimistic, the happier, the more she feels good about herself and life – the better!

So once you have the Pre-Seduction Factors covered, you’ll have 2 challenges to overcome:

Challenge #1: Getting her to embrace the idea of visualizing a sexually charged scene without the introduction of *Seduction Destroying Thoughts* (SDT) – which is pretty self-explanatory. They are ‘thoughts that work against the seductive process’.

You see if it weren’t for SDT’s, you could have a conversation like:

You: Hi Sweetheart

Her: Hi Honey

You: How was your day?

Her: Fine. Nothing exciting happened.

You: I want you to imagine the last time we made sweet love where you were totally overwhelmed with the passion. You seem like you really enjoyed how great it felt.

Her: Are you Ok?

You see, it just doesn’t work.

You end up undoing both of the Pre-Seduction Factors, because now she has awarded you with the Short Term perception of a Weirdo (a persona with very little Sexual Value). And she is feeling ‘creeped out’ (which is her not Being In A Positive State of Mind). If you are really lucky, she also see you as being sexually selfish, uncaring, a guy who is not taking her seriously. And you could also affect how she feels: creeped out, confused, nervous, etc.

So if you can present it in the right way, you'll have her cheerfully imagining the sexually charged scene without any *Seduction Destroying Thoughts*.

Also your short term SV could increase along with her positive mood. Once you have done that you have successfully got passed the first challenge.

Challenge #2: Getting her to visualize a sexually charged scene that is intense PLUS getting her to maintain it for an extended period of time – without any SDTs.

So let's explore several methods of achieving our objective along while conquering both challenges

### Method 1: The Sex Scene Quiz

Step 1: Have a conversation that leads to you asking her: So what makes a Sex Scene Considered Steamy? As you can see, it appears that you're looking for the *right answer* to the question, but what actually happens is the woman gives you the precise details that are steamy to her!

Step 2: Keep her talking about it for an extended period of time.

That's it.

Let's run through an example so that it's crystal clear. Remember, if you follow these simple steps, it's not a matter of *if* she'll get sexually aroused, it's *how fast*.

She is cognitively "hard-wired" to experience the emotional response of sexual arousal if she begins to think about intense sexual thoughts for an extended period of time.

Here's an example of what you could say

Step 1: Have a conversation that leads to you asking her: So what makes a Sex Scene Considered Steamy?

Tip: One of the *best ways* to perform any technique that requires you to be mindful of SDTs is to wait for a naturally occurring event that is similar to the seductive topic. A great example would be if the two of you just got finished watching a movie with a cheesy sex scene.

So you could just work backwards. You could go online and do a search for 'worse sex scenes' and rent the movie. Watch it with her. Then the next day, you could make a reference to it.

You: You know that movie we saw yesterday. I was on a movie website that voted that movie as having the worse sex scene (laughing). Now that I think about it was pretty bad.

Note: In this case, most women will automatically agree – even if they didn't initially think it was bad at the time when they were watching it. The good news, if she is one of the very few that disagrees with it being a bad sex scene, then you would just use that as a means of saying 'Really? What did you find steamy about it?'

Her: Now that I think about it, it was pretty bad.

You: You know when we were watching the movie and they got to that part, I was actually thinking 'Wow this is horrible sex scene'. It's funny because I remember this expert was saying something like 'women don't see sex scenes the same way a guy does (this gets her in the 'of course' mind state). I'm curious – from a woman's perspective – what makes a sex scene in a movie considered steamy? Do you remember seeing a sexually charged sex scene?

Her: Yeah. In Romance Movie In Paris, the couple were arguing. Then out of no where he kisses her. He took both of hands and squeezed her ass. He then ripped her blouse off. Blah blah blah...

Note: At this point, you not only directed "her brain" to search its database for a bunch of sexually intense memories, but you have gotten her to provide you with very valuable information! (that you can use for future seduction techniques)

Step 2: Keep her talking about it for an extended period of time.

You: So let me get this straight. When the guy grabbed her ass, did he squeeze firmly or softly?

Her: Firmly, but not too hard.

You: So when the guy is grabbing her ass, it's like it's in slow motion to her? What about when he rips her blouse off. Why do women like that? [the real question is why do *you* like that?]

Her: Because it's spur of the moment. It's the unexpected thing where passion is taking over...

You: So basically when the guy let's his urges take over and just does what comes natural, the woman's sexual appetite intensifies [as you can see, she has to agree with this question because it's worded as if you are repeating everything back, but secretly what *really* happens is you get her to imagine the sexual intensity increasing to a new level.]

Her: yeah

You: Well, what do women find so sexually intense about...

You get the point. All you have to do is keep cycling through her story asking about details, sequences, what's so sexy about this, what do women find so sexually charged about that, etc. for an extended period of time.

## Method 2: The Sex Scene Comparison

Step 1: Have a conversation that leads to you asking her: So what makes a Sex Scene Considered Steamy? As you can see, it appears that you looking for the *right answer* the question, but what actually happens is the woman gives you the precise details that are steamy to her!

Step 2: Keep her talking about it for an extended period of time.

As you can see, it's the same two steps. The difference is subtle, but possibly more effective on many levels if you set it up the right way.

Step 1: Have a conversation that leads to you asking her: So what makes a Sex Scene Considered Steamy?

Go through the same process of watching a movie with a bad sex scene.

For example:

You: You know that movie we saw yesterday. I was telling Rick about the movie and he told me that there was a site that was making fun of it.

Note: At this point, you haven't made any reference to the sex scene. As far as she is concerned you are just naturally bringing up the movie.

Her: Oh really? What did they say about it?

You: It was voted worse sex scene! (laughing). I'll show you what they said about it. [go to a computer and type

<http://www.maximonline.com/slideshows/videos/worstlovescenes.aspx?film=1>

Note: Make sure, you actually secretly select one of these Movies to watch with her ahead of time, otherwise it won't work (assuming you are using the watch movie first approach).

Once you get her on the site, make a suggestion...

Note: As of today, they actually have the clips of 8 'bad sex scene' movies, so you can use that to take care of Step 1 and Step 2 (which is [Keep her talking about it for an extended period of time](#))

You: You know what, how about I play the clip and then you tell me why it was bad. And then we'll read what they site says. [See how you turned it into a fun game]

Her: Ok...

After she tells you, let her see what the site says about the clip. Whatever she says, frame it so that it's pretty much the same thing the site says (even if she way off base)

You: Ok, you and the site are pretty much saying the same thing. I'm very impressed. Ok Ms. Sex Expert, you tell me what they should have done from a female's perspective. Let's pretend that you are sitting in the Director's chair or you are the Movie's Sex Scene Expert [SSU Mind Control], what should they have done to make the sex scene steamy?

Her: Well, first of all...

You see how simple this is?

Then casually, get her to do the same thing with the other 7 movies on the site. In other words, get her to watch the clip, then guess at why it's bad, see if it matches up, and then explain how it could have been sexier.

The result: A wealth of information that you can use later. If you are smart you will try your best to remember every word she says! And write this down on a sheet of paper or a Word Document and keep it as a reference guide, because she is basically giving you 'the exact code to getting her horny!

Hopefully, you are able to see what's going on.

[This applies to Method 1 and Method 2] After you have done this for awhile, change the subject real quick to something non-sexual, then after a while make a reference to it.

If you do everything mentioned, she will get sexual aroused. There's no doubt about it – even if she isn't fully aware of it.

If you are not use to seducing a woman by this kind of method (getting her brain exposed to sexual stimuli), then you'll want to practice it enough times until you get a feel of the rhythm.

You'll end up softening her up and she doesn't even know what's going on. The only thing she'll know is that she is horny (which will often take place after you have exposed her mind to the sexual energy).

You'll initiate the sexual adventure and she'll either melt in your arms or she'll clinched onto you with more sexual intensity than expected. Everything will feel right to her. Basically your initiation, is an invitation to for brain, to release the psychological tension (that resulted from the sexual exposure).

Let's move on to the next technique



## Technique #2: The Sex Trance

First, let me give you some background information, because without this knowledge it would be difficult to understand why this technique works. First of all, there is a part of a human's brain called the Reticular Activating System (RAS). Maybe you heard of it before.

Anyway, this part of the brain is responsible for helping humans identify what's important (to put it in simple terms). It is the reason why as soon as you get a new car, you suddenly see (what appears to be) more of them on the road.

Your "brain" is automatically filtering for those cars because it recognizes that you see it as being important.

Many goal achieving programs and success courses feature techniques that are designed to get you to utilize this very powerful thing that the brain does.

It makes sense.

All throughout the day your brain is feeding you 'information' about your goal so that you stay on track.

The information keeps popping into your mind.

Another powerful application for the RAS is for brainstorming.

For example, let's say you were instructed to write down 40 uses for a paperclip. And you were given 10 minutes to think extremely hard about this.

This is what happens.

You'll end up coming up with about 5 uses within the first 30 seconds. Then #6 pops in your mind 15 seconds later. Next thing you know 10 minutes have gone by and you are looking at a measly list of 17 uses. You keep thinking 'I only came up with 17 uses. I know there has to be over 500,000 uses out there.' And the truth is, there are much more uses than that, but then something interesting happens. An hour has gone by and suddenly a few more ideas are popping in your mind. And all throughout the day 'flashes of paperclip uses' keep popping into your head (while you are taking a shower, while you are on the toilet, while you are driving) – even though you are not consciously trying to think of anything else.

You see, what happens is your "brain" notices *your intense effort to figure out* uses because you spent an extended amount of time thinking about it. And as a result, it flagged it as being important – even though it really wasn't that important.

Your brain's RAS measures importance 'based on the tension' of thinking about something for an extended period of time.

Now here's the interesting thing about that.

A friend of mine was telling me about a guy who did this experiment with a small group of people. So basically he was teaching a class and the students had to do this.

And then the next day, they reported to class with their 'expanded list'. And they all pretty much said the same thing "Paperclips were popping in my mind all day long!"

Here's the real interesting part of that.

The fact that the "teacher" was able to affect the RAS of other people!

I'll repeat that again:

The fact that the "teacher" was able to affect the RAS of other people!

[Guilty Guy says 'ah ha!' and then orders a case of multicolored paperclips]

The objective of this technique should be a little transparent at this time – and that's great because I want you to make a list of 40 different ways you can use a woman's RAS to have 'sexual thoughts' popping into her mind. (You have 10 minutes)

If you decide to think about this, consider:

'What method you will use to covertly get her into this brainstorming process'

'What type of sexual thought you want to keep popping into her mind'

If you are able to think multi-dimensionally (and not 1-dimensionally), you'll see that you just learned 40 extremely powerful techniques.

Again, going through that process is optional, because I'm going to show you a very powerful version of this concept (and you can use it over and over again).

It will be laid out step by step.

Also this technique will feature an interesting concept and then you'll learn the technique (which is based on the RAS 'popping in your mind' concept).

Before we get to the concept, make sure you do whatever it takes (for you) to make sure that you realize how women actually get horny...

So anytime you perform a technique or do your own version (based on your understanding), make sure you realize that for a woman to go from 'not in the mood' to being 'totally sexually aroused' it is only because she mind was exposed to sexual stimuli

or her senses was exposed to sexual stimuli (because ‘getting horny’ is never a random process)

So when a woman suddenly becomes sexually excited, it is only because she got herself horny (by becoming exposed to sexual stimuli) or some guy/girl got her horny (by exposing her to sexual stimuli – by some method)

I hope that makes crystal clear sense...

Ok, here’s the concept.

Let’s look at a scenario where a woman named Pam is horny all the time.

And there is another woman, Karen who is very rarely horny.

Simple enough?

Here’s a quiz for you:

Which one of the two lovely ladies, thinks about sex more? (if you had to guess)

Obviously it would be Pam. It should come to no surprise that “horny women” (women who require very little ‘technical assistance’ to get in the mood) think about sex a lot more.

For the sake of this technique (which will be explained shortly) we will realize that every women on this planet, has a “natural horny rating” (NHR) - which can be thought of as “the ease in which she is sexually aroused”

Does that make sense?

So for example, the hornier of the two women, Pam has an NHR of 8 (on a scale of 1 – 10).

And because of this high NHR, it means that it doesn’t take much to get her turned on. As long as you are not repulsive, all you would have to do is whisper ‘let’s screw’ in her ear, and her eyes would get as big as doorknobs and the next thing you know she is grabbing your hand and dragging you towards the bedroom.

However, Karen’s NHR is a 2 (on a scale of 1 – 10) – which means that in order to get her turned on, you would have to take her through a process – which could take up to 5 hours. And you would have to make sure your sexual value was fairly high.

So, if you are married to Pam, then every day when she comes home she is “partially seduced” without any help of your own. Generally speaking, the “things that you would

need to do” to get her excited about jumping in the bed is not the same as the guy whose wife has an NHR of 2.

The guy with the NHR-2 Wife would have to learn and study techniques to build sex value and sexual tension – if he really wants to see her “inner slut” as often as possible.

(...or he could take a different approach.)

(We’ll get to that in a second.)

Here’s the point...

Here’s what I discovered though my own experience and many of the people who I have helped: “The more you increase your sexual value *and* the better you get at increasing sexual tension, the easier it becomes to take her from “not in the mood” to “very much in the mood”...

This technique takes a slightly different approach. And even though we are referring to it as a ‘technique’ (something that you could perform from time to time), it should be looked at as a vital part of your long term approach to enhancing the sexual relationship.

So with that said, answer this:

“Would it be easier to get a woman in the mood, if her NHR suddenly increased?”

(For example, going from a 2.0 to a 8.0)

The answer is obviously YES!

You would obviously prefer to have your wife/girlfriend walk in the house with an NHR-8 as opposed to an NHR-2.

Here’s a harder question (but still easy).

“Is it possible to increase a woman’s NHR?”

The answer is YES!

I’ve experienced this completely by accident.

Here’s what happened.

My wife told me that she wanted to write a sex book for women. To make a long story short, she ended up spending a lot of her time reading sex books for research. In addition to that she spent a lot of time on “Sexually related” websites for research. *Plus*, she spent more time “surveying” her friends about sexually related issues. So she was talking about

sex more.

We ended up talking about “sexual topics” more.

The result: A dramatic increase in her NHR!

She was now thinking about sex much more than normal, and it was ‘affecting’ the ease in which she was turned on.

So obviously a technique designed to *purposely* get her to think about sex more throughout the day would have a seductive impact on her....

So let’s move on.

If you own a copy of SSU Mind Control then hopefully you know the impact of getting her to take on the role of a ‘sexy character’...

Let’s now get to the technique

Here are the only requirements for this technique

- You must have the ability to communicate with her throughout the day
- You must have the ability to tell a vivid story (that plays like a movie inside her head)

Obviously the more sexual value the better...

**Here's a quick refresher about Short Term Sexual Value  
(because I think it's important that you understand this)**

I've talked about Short Term SV in another course, but to give you the short version about this concept.

*The "rule" about Short Term SV: The only thing that really matters is how she perceives you at the moment you are about to engage in sexual activities.*

So in other words, it doesn't matter if Sue – a co-worker – thinks you're repulsive. As long as she 'experiences' the perception that you are Sexually Desirable the moment you are trying to get her turned on, then that's all that matters.

So for the sake of making this crystal clear., let's say she thinks you are disgusting. I know it's hard to image a woman giving you that type of look, but you have to play along, OK?

Now, through some series of events, she is now at your house (got the visual).

You say a few things, and she starts thinking "He's pretty cool"....You share a few laughs, she begins to think "He's fun to be with"...You say some more things, she begins to think "He's not repulsive for some reason. What's different about him?".... you say some more things, she begins to think "I want to fuck him. This is weird".... you say some more things, she gives you the horny eyes... you say some more things, she begins to kiss you. And this 'kiss' is more passionately than any of other woman you have kissed – and now she begins to peel off her clothes as fast as humanly possible!

Then the two of you are having sex.

And guess what? It's only because you have increased your Short Term SV. If the next day, she begins to see as you as repulsive, then that's fine - just as long as when the "time is right" in the future she sees you as being Sexually Desirable that's all that matters. In fact she could end up perceiving you as disgusting Monday through Friday, as long as Saturday night she "ends up" seeing you as sexually desirable, then you could be hooking up with her every single week.

Again the 2 requirements for this technique (which we're about to dive into) are:

- You must have the ability to communicate with her throughout the day
- You must have the ability to tell a vivid story (that plays like a movie inside her head)

(and the better you are at increasing your ST SV the better – obviously)

Let's get to this technique which has 2 parts.

Part 1 - Constructing the Technique (this is to be done before you are in her presence)

Part 2 - Performing the technique (this is the actually technique, it is to be done in her presence)

## **Part 1 - Constructing the Technique**

**Step 1: Find a “safe topic” that can be transitioned into a “sexual topic” – this could be an innocent story that just so happens to feature a sexual scenario. Or it could be a topic that asks her advice about a “very sexually intense” scenario.**

As you should be able to see, we are doing this for the purpose of getting her to “focus her mind” on an intense sexual scenario (much like what happened when my wife was writing the sex book)...

But more importantly, you want her to think about the pleasures and excitement of sex.

Horny Pam thinks about sex all day long. While NonHorny Karen hardly thinks about sex and as a result, it takes her much longer to get going.

So how to get NonHorny Karen to become a “Horny Pam”?

You get her to do “a paperclip style” exercise. But instead of “paperclip uses” flooding her mind, you want it to be sexually charged thoughts.

Again: Make sure you realize that for a woman to go from ‘not in the mood’ to being ‘totally sexually aroused’ it is only because she mind was exposed to sexual stimuli.

(And the more intense - and the more repeated - the better.)

Right?

Let's get started.

Pick your safe topic, because that's going to be your the topic.

You don't ever want it to seem like you are telling her the story for the sake of painting this scene in her mind.

Many women get turned off by this.

Most women have had the life long experience of dealing with ‘selfish dirtbags’ who saw her as a sex object, so when a normal caring guy (like you) comes along and tries to engage in a direct way her unconscious guard goes up...

That's the purpose of the safe topic.

For many women, sexually intense topics coming from out the blue makes them feel weird – even if it's from her loving husband who she finds extremely sexy.

Let's continue...

Here are 4 examples of “safe topics” – these are topics that a female would be interested in knowing. Note: Do not pick a story that she is aware of, you'll see why in a minute.

You'll discover why that's a bad idea...

Four examples of “safe topics”

- A friend who had this bizarre situation that he is dealing with. You tell the story as if you are sharing unbelievable information
- Someone in the news (or on a news website) that features a bizarre situation. You tell the story as if you are reporting news
- A friend needs advice because of a situation that he is in. You tell the story in away that makes it seem like you are asking for her advice...
- A story about something that happened in the past to someone you knew. You tell the story with the tone of “can you believe that?” or “what should he have done?”

Does this make sense?

Make sure all of this is crystal clear, before you continue reading, because it is a 100% fact that getting a woman to **think intensely about sex** for a **prolonged amount of time** will definitely get her **sexually aroused**...

That's how women are wired. That's how all people are wired.

**Think intensely about sex + Think repeatedly about sex = Sexual Arousal**

The more intense the sexual visualization, the better  
The longer the duration, the better

So before you execute this step think of the topic that you will use. You don't have to know exactly what the whole story will be. Just pick the “safe topic” first...

We are going to develop it together...



(You might find going through the entire process in a pretend version to be beneficial.)

**Step 2: Create the “sex scene”. You will insert this into your “safe topic” so that everything flows seamlessly and natural...**

You want the “sex scene” to be something sexually intense (to her).

So it’s going to be more beneficial to know:

- A particular sex scene that she thought was hot
- Her sexual fantasies
- A particular time when she was extremely turned on during sex?

Does this make sense?

Maybe you already know these things about her. If so, then you just saved yourself a few steps...

If the woman you are performing this on is your long term partner (or a repeated sex partner), then it would obviously be beneficial to “remember” this information ...

You could create a folder on your computer called “marie-sexually-intense” of something like that or it could something more discreet.

And over the upcoming months, rent movies that ‘you already know has steamy sex scenes’ in them...

Then at some point, you can get her to tell you which movies had the steamiest sex scene, since the movies are still somewhat fresh on her mind...

Then get her to tell you “why” ...

Pay attention to the *sexual environment, the emotional situation between the man and woman. And especially, the type of **emotional impact** the guy had on the female character?*

Was he playing hard to get?  
Was it a very loving situation?  
Was it a forbidden situation

You get the idea. As time goes by, you’ll want to know all of the details of a sexually intense scene that drives her completely wild.

Keep tabs on her sexual fantasies.

If there was a particular time when she was more turned on than normal during sex, then backtrack everything that lead up to that point. And write it down.

You will undoubtedly discover valuable information that will assist you in the future. I promise, you will learn things that no one else could ever teach you.

Keep in mind that ‘the things that turn her on today may not be as effective a year from now’. We change over time.

Your sexual fantasies may have changed over time...

So hopefully you see how important this step is.

As you may already know, some sex scenes are boring and some are steaming hot.

(In fact we discussed this in a previous technique.)

**Step 3: *Combine the safe topic with the sex scene, so that you know exactly what you are going to say...***

So if you picked “a friend had this bizarre situation and you need her advice” (from Step 1) AND “a sex scene where the couple are arguing and as the women storms up the stairs in a rage, and the guy grabs her ankle in an attempt to stop her, rips off her panties, and bangs her right on the steps” (from Step 2), then you would combine them. Before we get to what the combination could look like, let’s understand some very important ‘brain facts’.

Keep in mind, that when humans here a story (or watch a movie) there is a process that takes place in their brain that forces them to identify with certain characters – especially the ones that are of your same sex - and are similar to you – or someone you admire. That’s why we cry during sad movies when a particular character is going through pain. Our unconscious mind does not no the difference between real and fake experience – as far as the emotional response is concern. That’s the reason why some women get horny as hell over a lame ass sex scene or chic flicks...so your goal is to secretly “insert her” into your story. She’s not likely to know about this phenomenon that takes place when a person is listening to a story (or watching a movie), so she’ll never know what’s really happening...

- The female character cries, the female viewer cries
- The female character is happy, the female viewer is happy
- The female character gets angry, the female viewer gets angry
- The female character gets aroused and steamy over her love interest, the female viewer gets aroused

Let's look at 2 forms of seduction:

**Overt Seduction (Direct Seduction)** – is when you are doing something to get her turned on and she is aware of what you are doing. And she knows what it is working.

**Covert Seduction (Indirect Seduction)** – is when you are doing things 'below' her level of awareness and suddenly she finds herself "horny" but she has no idea where it came from. To her, it seems like it came out of nowhere.

(This technique is obviously covert in nature.)

Here's another interesting fact, based on a social experiment...

John Bargh was a brilliant psychologist who did an experiment at NYU.

He arranged to have two groups of students participate in an experiment. The students had to unscramble approximately 10 sets of words until they were grammatically correct .

For example:

[bold was woman she a] would become [She was a bold woman.]

Make sense?

After they were finished, they had to take their results to an office down the hall to the experimenter who would give them their next assignment...

Here's where things got incredibly interesting.

The experiment really wasn't about unscrambling the sets of words. The real experiment was observing how the two groups of students would respond to certain words that were 'covertly sprinkled' in the set of words.

So one group, received sets of word like:

aggressively  
bold  
rude  
disturb

While the other group had words like:

patiently  
yield  
polite  
courteous

To measure the results they had each set of students take their results to the experimenter in the office who was interrupted by someone who was purposely holding up the experimenter (and also the particular student waiting for their next assignment)...

Bargh wanted to see how each group of students would respond.

The results were mind blowing!

He initially predicted that there would be a slight difference in the milliseconds range.

In fact, the group that was exposed to the 'bold' and 'aggressive' words interrupted on average about 5 minutes.

While the majority of the other group [82%] who were exposed to the 'patiently' and 'courteous' words never interrupted at all!

And it gets better...

The test was predetermined to end after the 10 minute mark because Barge never expected New Yorkers to wait the entire length. So who knows how long they would have really waited.

So when you have do a 'paper clip' kind of process to keep certain 'sexual words' and 'sexual pictures' constantly popping in her mind, it puts her into a 'sexual trance'.

So it's no mystery why my wife's NHR was dramatically increased during the time when she was working on her sex book

The is a reason why she was horny – all of the time...

(Sexual Arousal Is Not Random.)

I remember telling a friend during the time about this and how it's a little frustrating because I can't test out new techniques. (lol)

Not realizing at the time, that a much powerful technique was already taken place.

*So let's get to what you need to do: Combine the safe topic with the sex scene:*

And remember she will go through the *same experience* as the woman in your story, except she won't realize it. Here's an example

Recap: So if you picked “a friend had this bizarre situation and you need her advice” (from Step 1) AND “a sex scene where the couple are arguing and as the women storms up the stairs in a rage, and the guy grabs her ankle in an attempt to stop her, rips off her panties, and bangs her right on the steps” (from Step 2), then the combination could look like this:

You: I need your advice.

Her: Ok, I'm listening.

You: There's this guy at my job who done something extremely dumb and he wants to know what to do, because he loves her like crazy.

[By the way, any woman would be very interested in what you are about to say, because you pushing major female buttons. Like the desire to help. And the desire to be apart of a 'love story']

Her: Ok

You: Well he and his girlfriend were arguing about something insignificant. He never told what it was, but he did tell me how angry she was. She didn't want to be around him. She was at that point where she was basically thinking 'I can't believe this guy just said that.' Just as she was running away from him, to lock herself in the room, he grabbed her wrist and threw her on bedroom floor. He took off her pants and ripped her panties off. He said he was still angry but so horny by what he just did that she didn't even care at that point. So they have sex obviously, but that's not where things get weird. He actually did something that is hard to explain - but it's no big deal - let's just say it's the next step in the process. It was very weird, yet predictable. Without getting too graphic, let's just say she was surprised at how turned on she got. As a matter of fact, it's not what you are thinking. But that's not the point. Here's where things start unraveling for him. First, she never 'whispered in his ear' how much she enjoyed it. Then out of no where, he does the 'dumb thing' I was telling you about. And this guy needs major advice, so tell me what you think from a female's perspective. She as she feels herself getting ready to climax and this fool does the 'unthinkable'. So what she he do?

Her: What's the unthinkable?

You: You know, the unthinkable. She's seconds away from an orgasm. The un-think-able. Think

By the way, if she starts to guess. Tell her 'Nooooo! Not that. The unthinkable'. Secretly, there is no answer. You just want her to *brainstorm*. And in order to guess, she has keep replaying 'herself getting ready to come (remember, she is in this movie).

You: Ok. I'll tell you [actually, you are not going to tell her] remember the movie XYZ [a movie she didn't see]

Her: No I never saw it.

You: Well I tell you what. Watch that movie. And then I'll tell you the rest of what happened. And then YOU tell me what he should do – from a female's perspective...

Her: Well just tell me what happened.

You: It's hard to explain. That's why it's called the unthinkable. Now that I think about it, that's not the movie

Her: Just tell me...

You: Ok. I'll try. [say it as if you are about to tell her] You. What are the 2 things you – as a female – that is going through your head when you are enjoying the pleasured of sex? Besides 'this feels good'

Her: ummmm (as she struggles for an answer)

You: You're not thinking hard enough, because I can tell it's on the tip of your tongue. [actually that doesn't make any sense, but it does make her believe she is about to guess at it] When you get it, you're gonna be like 'Oh, the unthinkable.'

Note: It's best to do this over the phone. That way you can find a really good reason to get off and she is forced to keep thinking. You can get off the phone with her thinking that you are going to call her right back with the answer.

If she starts to 'back off' or 'press to hard' just keep giving her questions that can't be answered, but it involves her thinking about the climaxing aspect of sex. And say it in a way as if you are expecting her to quickly peel off the obvious answer to this easy question. And then when she doesn't know the answer or she guesses incorrectly, you're going to ask another one of those types of questions. When you do get off the phone (as the preferred method of doing a technique like this) make sure her interest in knowing is sky high. Don't get off when she has fizzled out.

As far as the questions that can't be answered, here's an example.

You: Ok, when you are about to climax, what are the things you definitely want to happen?

Her: That I cum...

You: no (laughing) besides that...

Her: I don't know. What?

You: I tell you what. I'm going to find out what that movie is right now (that could be your reason to end the conversation). I'm going to go to one of those websites that has the transcripts of most big time movies. In 2 minutes, I'm going to email you a cut and paste of the script. It should take about 1 minute to read. Then I will tell you the rest of this crazy story. And please tell me honestly what he should do. Don't hold anything back. He loves this girl like crazy. I'm very curious to see if your suggestion is anywhere close to mine.

Again, because of the nature of the technique and the psychological elements that are at work, it's best to perform this technique while the two of you are on the phone. The more you see what's at work with this technique, the more flexible you can be. While, you can get great benefit from the brainstorming aspects, part of this technique requires that you leave things incomplete.

Are you familiar with Zeigarnik effect? This is based on a discovery that takes place when the brain experiences incomplete things.

The brain experiences a type of stress that makes it want to finish the story. Popular TV Shows like Lost (which I will be watching tonight my friend) uses this concept to keep viewers interested. Here's a full definition from Wikipedia.

[http://en.wikipedia.org/wiki/Zeigarnik\\_effect](http://en.wikipedia.org/wiki/Zeigarnik_effect)

The **Zeigarnik effect** states that people remember uncompleted or interrupted tasks better than completed ones.

Russian psychologist Bluma Zeigarnik first studied the phenomenon after her professor, Gestalt psychologist Kurt Lewin, noticed that a waiter had better recollections of still unpaid orders.

In Gestalt psychology, the Zeigarnik effect has been used to demonstrate the general presence of Gestalt phenomena: not just appearing as perceptual effects, but also present in higher mental processing (e.g., memory). The effect is in use as a plot device in TV series and movies for **maintaining viewer interest** (by use of a cliffhanger).

So once you get off the phone with her, you are obviously going to tougher than expected time finding it. So you'll tell her to relax and be patient.

The real idea is to keep the story 'incomplete'.

If you do things like described, you'll not only see that it's easy and fun. You would have successfully 'activated' her Reticular Activating System (RAS) along with the **Zeigarnik effect** ...

This is one of my favorite 'types' of seduction techniques, it just works so amazingly.

It's not a matter of thinking 'I wonder if she'll respond emotionally to this story', it's a matter of knowing that humans have a section in their brain that gets activated when the person is exposed to emotionally charge situation.

**Step 4: keep this incomplete brain tension up for as long as possible.** Never finish the story. Just find a reason to "drop it". If you do this, you would have raised her 'temporary' NHR.

The best way to describe it is she'll be 'unconsciously horny' – so when you do things to build direct sexual tension it's going to feel more intense to her...

She may even initiate sex without realizing that the story had an affect on her. That never gets old for some reason. In fact, when women initiate sex, it's normally because they were 'secretly' turned on by something in the environment or something the guy unknowingly did. To him, she just got horny out of nowhere. To her, it seems like a good idea that she came up with, but horniness is never random (Law #2). So something created this *unconscious sexual tension*.

What is unconscious sexual tension?

It's what I call women who are *horny* below their level of awareness. It's important to understand this concept, because the women often do not project signs of horniness (in many cases), but when you engage in affectionate activities like kissing on her neck, it feels ***much better*** than it normally does to her. If you start sexually caressing her, everything feels warmer and surprisingly ***more intense*** to her.

If you are paying attention, you notice the 'Wow. *That's much better than normal*' body language...

(Just smile to yourself when that happens.)



### Technique #3: Unconscious Motivation (LOL)

As you know by now, I'm a big believer in doing what works to honorably get the woman aroused first. Some guys struggle with doing things that will lead to getting her turned on and I always tell them that 'Women preferred to be aroused and heated up before sex'.

My wife secretly conditioned me to get turned up using natural soap. It didn't bother me one bit. I'm blessed to have an amazing woman in my life.

*"CR, you must be getting ready to reveal something very sneaky. (LOL)"*

*Not at all.*

I purchased subliminal tapes before and they didn't work at all. In fact, I think I was trying to feel more motivated because I expected it to work. It was a completely rip-off (in my opinion). I *know* when I'm feeling motivated. And I *know* when I'm not too motivated.

I happened to read my share of success programs, self-improvement course and stuff that talks about how the brain responds to things.

So one day I'm reading this book and the author talked about **actual experiments** that were done where people listened to motivational tapes (not to be confused with so-called subliminal motivational tapes – with natural noises) while sleeping. He was talking about the same stuff you would watch/listen to if you were awake – like an actual DVD or CD.

He said, in the study (and his personal experiment), the people were more motivated the following day after doing this. This actually made sense to me! I guess the 'words' that would be in a motivational DVD would impact you much like the NY University Experiment where the students had to unscramble words that were secretly having an affect on them.

He also said, the same works if you were listening to 'the news' while sleeping. And they actually tested that. And the results were shocking. The people were noticeably more gloomy.

Although, the author never explained the 'science' behind it, it does make sense to me.

So I experimented with this for motivational purposes (listening to motivational DVDs and it definitely had an affect on me. I felt more motivated the next day.

He said they tested it with just about every type of show.

This got me thinking 'Could it actually work for...

...a comedy show. It kind of makes senses you're already conditioned to respond to laughter...

I've also tested this with 'other shows' and let's just say my friend, it definitely works – in my opinion (like every single time, there is a *noticeable* difference the next day. LOL)

But to be honest, aside from testing (for curiosity purposes), I personally don't use 'other shows' as a technique. Personally, my wife and I get a better night sleep with the TV off. Besides if it affects sleep, it could work against you.

Nevertheless, this is a legitimate method for introducing sexual stimuli (just in case, you didn't read between the lines).

## The Updated Sexual Arousal Outline

According to our original outline, getting a woman aroused took place by either (1) introducing sexual stimuli to her mind or (2) introducing stimuli to her senses.

So if that's the case, what category does our previous technique fall under - since the 5 sections under 'exposure to her mind' presupposes conscious exposure?

The answer: It falls under 'exposure to her mind', so it's now time to update & expand our original outline:

### The Updated Outline: The Reasons Why Women Get Sexually Aroused

#### Reason 1: Her mind was thinking about something sexual

- III. **Conscious Thinking Exposure**
  - 1. Thinking of sexual fantasy
  - 2. Thinking of a past sexual experience
  - 3. Thinking of a future sexual experience
  - 4. Thinking of someone else having sex
  - 5. Thinking of other aspects of sex
- IV. **Unconscious Thinking Exposure**
  - 1. Repetition (of Sex Messages)
  - 2. Intensity (of Sex Messages)
  - 3. Illogical/Bizarre (Sex Messages)
  - 4. Incompleteness (of Sex Messages)
  - 5. Other Unconscious Aspects (of Sex Messages)

#### Reason 2: Her senses were exposed to something

- V. **Conscious Sensory Exposure**
  - 1. Visual Exposure To Sexual Stimuli
  - 2. Auditory Exposure To Sexual Stimuli
  - 3. Smell Exposure To Sexual Stimuli
  - 4. Touch Exposure To Sexual Stimuli
  - 5. Taste Exposure To Sexual Stimuli
- VI. **Unconscious Sensory Exposure**
  - 1. Visual sex association
  - 2. Auditory sex association
  - 3. Smell sex association
  - 4. Touch sex association
  - 5. Taste sex association

## **Technique #4: The gradual build up**

Now let's go in a different direction.

Most people have done the basic *unstructured* version of this technique. When I explain what you need to do, you'll see what I mean.

I'm still amazed at how easy this is to do.

It's very simple to do.

Basically, you spend the whole day being affectionate in a non sexual way. And then gradually, you're going to increase the intensity in some way (each time).

So as time goes on, the display of affection is going to get more heated and sexual.

It's very simple.

First you start with a basic gesture of affection (i.e. a hug).

Then after a certain amount of time, you're going to give her a little more affection. And then a certain amount of time later, a little more until eventually your display of affection has a more 'sexual' flare.

Don't mistake the intent.

Because you could easily *start* with the sexually charged display of affection immediately, however when you take the gradual approach it has a totally different affect.

You'll learn why (or you'll see why, when you do it for yourself).

Here's an explain of how it could go.

## [Example Time Sheet]

Time	Action
5:00 pm	A hug
5:30 pm	A hug + a peck on the cheek
6:00 pm	A hug + a peck on the cheek + saying something like 'Did you know, that I really enjoy being in your company'
6:30 pm	Saying something like 'There's something about you that is different today and I like it. In fact, in 30 minutes I'm going to give you a foot rub
7:00 pm	5 minute Foot rub (non-sexual)
7: 15 pm	A couple of pecks on her lips and series of kisses on her hands + a smile that says 'You are amazing and special and I'm really enjoying spending time with you (lasting for a about 10 seconds)
7:30 pm	A couple of pecks on her lips and series of kisses on her hands + a smile that says 'you are amazing and special and I'm really enjoying spending time with you (lasting for a about 15 seconds)
7:45 pm	A series of pecks on her cheek that lead down to her neck. Start lightly nibbling. And then whisper to her ear (very slowly) 'We're going to play a little game in a few minutes, Then give her a smile that says 'I'm up to something, but you don't know what it is'...
7:55 pm	Sucking on her neck + grabbing her ass + Saying 'You are so hot and sexy"
8:00 pm	[If you done everything right, you would have slowly electrified her body and mind] she should be glowing and feeling amazing. Tell her to close her eyes and take her into the bedroom. Tell her 'I'm going to try out a new massage lotion on you, so you'll have to off your clothes...

At this point start massaging her. I would recommend buying one of those sexual massage books if you don't have one (or a new one). The idea is to give her a new experience with a new type of lotion/oil.

After awhile start mixing in some kisses - gradually increasing the *kiss to touch* ratio.

For example:

First phase	The first 5 minutes	Touching/rubbing 90% of the time – kisses on her body 10% of the time
Second phase	The next 5 minutes	Touching/rubbing 50% of the time – kisses on her body 50% of the time
Third phase	The next 5 minutes	Touching/rubbing 10% of the time – kisses on her body 90% of the time

Then start kissing near around her pussy until finally you are eating her out.

At that point, you are *there*.

There are some things I want you to pay attention to with this technique.

If you follow the exact example, it could very easily work for you. But don't mistake *that* for the technique (in other words, the specific things that were listed).

The technique is about the calculated build up.

Also notice how the routine begins with acts that take place every 30 minutes.

Then it shifts to every 15 minutes

Then finally, every 5 minutes.

Also, notice how it follows the Structure of How Women Respond To Pleasure.

Gradual Build Up.

In other words, it's no different than if she preferred to *start slow* in the beginning of a love making session, and then as she gets into it, wanting a slightly faster pace, and then finally when she is ready to explode she wants you to stroke her like crazy!

Hopefully, you see the comparison.

Some notes:

Tip #1: Be sure to mix it up and try new ways of doing it. Don't do the same thing every single time you perform it.

This example was:

4 acts @ 30 minute intervals

4 acts @ 15 minute intervals

2 acts @ 5 minutes

So let's just say, you did the same exact thing with your woman.

The next time, you might want to do something a little different.

Hopefully, you don't do the same sex act

6 acts @ 30 minute intervals

6 acts @ 15 minute intervals

3 act @ 5 minutes

Tip #2: Give yourself enough time. Pre-plan how everything will go. Because if she normally gets sleepy around 10:00 PM, then don't perform a version of this that ends close to that time.

Tip #4: Also find out what she enjoys the most. Here's something you can do. During a particular love making session, ask her what thing provides her with the most pleasure.

For example, she may tell you the licking her clitoris provides her with the most pleasure.

So you tell her 'Ok, so if that's a 10 on a scale of 1 – 10, what would kisses on her neck be'. Then start kissing her on her neck. She might say 'It's a 6'.

You: What about kissing you on the *back* of your neck. Then start kissing her on the back of her neck

Her: It's a 7

You: What about your cheek?

Her: a 4

You: What about when I lick your nipples?

You get the point. Again, you are going through this process for a reason, so *remember* this information.

Because when you perform this technique again, you will definitely be better at 'gradually increasing the intensity'.

Plus, understanding her pleasure map allows you to manipulate the pleasure during love making, because doing a '8' after a '2' will feel better to her, then if you did the '8' after a '6'.

Basically this technique can be thought of as you walking up to her out of nowhere, giving her a warm hug, followed by a passionate kiss and then slowly peeling off her clothes and screwing - except, you are moving in *very* slow motion.

Also, this type of process utilizing her brain's ability to pick up on patterns.

You end up slowly guiding her unconscious mind to a place where it says 'Oh, I'm expecting to have sex right now. And if I don't get it, I'm going to feel uncomfortable because I'm experiencing things that only take place when sex is about to happen.'

Also, women get turned on much easier (and naturally) through a gradual process.

Let's move on to the next technique.

## Technique #5: Seduction by Parts

Let's dive in.

Step 1: You are going to make it clear that you find a particular part of her body very sexy. (i.e. her ass, her tits, her lips, her nose. It could be whatever you want. Just make sure it's believable)

Then one of the first indicators that you did a good job of building the sexual value of this part of her body is 'noticing times when she is bringing attention to it'.

For example, let's say you build the sexual value of her lips.

You: Did I ever tell you that how much I love your lips. They are perfect! (by the way, you must use the word 'perfect' – it has amazing emotional impact on women) They are the perfect shade. The perfect softness. The perfect shade. Even today, after XXX years, when we make love and you kiss him in sends a warm chill down my spine. You are the sexiest lips on the planet!

Do you think for a second, this is going to make her feel incredible about herself? You see one of the biggest questions guys ask me is 'How do I make my wife/girlfriend feel sexy? She's a little overweight and hates the way she looks. I tell her that her body looks great to me, but she doesn't believe me.

Bad Approach!

You have to build the sexual value of a specific body part. And use that to make her feel sexy. All of her 'focus' (and conscious awareness will be centralized to this one area.)

You: All of friends think Cindy Supermodel is sexy. Not me. Just look at her nose. To me, a woman has to have a sexy nose. You have to the sexiest nose I've ever seen. It's perfect in every way.

In a previous report, I explained a guy's special technique for making women feel incredibly sexy. He had no idea what he was doing, but if you analyzed 'what he was doing' along with the *emotional impact* on the woman, this guy (who was very geeky looking) was a natural at making women feel sexy. And it was turning women on like crazy.

It seems strange if you don't understand the impact.

You know in many ways men and women are very similar in terms of what gets them sexually excited. So far (with very minor adjustments) every technique mentioned would work on you, if a woman performed it.

It shouldn't be too shocking to hear that guys also respond to sexual stimuli? (LOL)

Here's the twist.



Here's where women are a little different (in terms of getting turned on).

A woman can get turned on just by trying on a sexy outfit. The outfit provides her with 'the feeling of sexiness' to the point where she actually becomes horny.

Most guys don't ever realize that women buy sexy outfits for *themselves*.

Well, not only does it make them horny (when they put it on), it happens very fast.

Instantly!

The geeky guy was basically doing the *conversational version* of how a sexy outfit can impact a woman.

When you build the sexual value of her body parts, its purpose is to fill her up with the feeling of being sexy!

Let's move on to this next technique.

## Technique #6 The Sexy Attachment [SSU Mind Control II]

This is another technique that features ‘making her sexy’ as its engine to getting her aroused.

Let’s get straight to it.

Step1: You are going to get her into a sexy role. (Hopefully, you read SSU Mind Control)

The entire book was dedicated to the power of what happens when women take on “sexy personas” (hopefully, you remember the scary real life experiment in that book, which provides even more proof).

But the greatest proof is what you’ll experience for yourself – when you use it to get her turned on.

So make sure you get her into the *right* sexy role.

Part 1: Building the components of the technique

Step 1: Select a sexual theme (for best results, use one of her sexual fantasies or a time she had a crush on a guy)

Let’s say you did your research ahead of time and you recalled a time when your woman told you that one of her sexual fantasies was screwing her professor – or she told you that she had a crush on one of her professors.

That being the case, you already have your theme: Teacher vs. Student

Step 2: Decide time of performance

Next, you are going to think of time when you are going to execute the technique. Make sure you pick an activity that she does repeatedly.

For example, let’s say your wife reads a book in the bed just about every night.

Since you know that she does that frequently, you could use that as your ‘time of performance.

Step 3: Perform the technique

Since you already have what you are going to say created ahead of time, it’s just a matter of waiting until the inevitable happens.

Later on that night, you see her lying on the bed reading a book.

You: Wow. It just hit me.

Her: What?

You: When he first met. I kept thinking you remind me of someone.

Her: Who?

You: You remind me of my 10<sup>th</sup> grade teacher. I had a huge crush on her in high school That's why you look so sexy reading in the bed. She used to give us assignments in class. And while we were working, she would read a book. And I thought that was the sexiest thing I ever saw...

Her: Oh really.

You: [joking with her as if she is your teacher] "Hello Ms. Tracy (calling her by her name). Can you help me with the assignment? (trying to get her to play along)

[Now you have just opened the doors to what's going to appear to be an ongoing joke. In reality, you are psychologically conditioning her to slip into a sexy role – every time she reads. As time goes on, she'll automatically build *unconscious sexual tension* without you saying a word. In other words, she won't even realize she's being turned. We already explained the science behind this. Metaphorically, you are getting her to emotionally 'dress up as the hot naughty teacher'. Hopefully, you see the conditioning process at work along with how it forces her to take on a 'sexy persona'].

Here's another example of attaching sexy roles to ongoing events.

This is powerful stuff.

Let's say you and your wife just set it up where the kids will go to the babysitters twice a month. While the two of you go out for dinner you could start the process.

You: I think it's wonderful that we are doing this.

Her: Yeah, I know. It's great!

You: You know what? [speaking nice and slow] Let's pretend that every time we go out, we are just meeting each other for the first time.

Her: (laughs) OK.

You: We can even act like each time we are going on blind dates. And we are amazed because we didn't expect the other one to be as sexy as we thought.

It's that simple.

Once you get the concept, all kinds of ideas are going to be coming at you.

You could pretend to be:

Two strangers that are about to have a 'one night stand'

## Technique #7: Visual Teasing

This is another technique where you are going to covertly insert her into the sexual scene.

This features an on and off approach.

First, go online and find a site that has a weird concept and then just tell her all about it. Keep the conversation going for about 5 minutes. Get her involved by asking her what does she think about it.

You: There's this weird site where guys are complaining about how much they hate their jobs.

Blah blah blah. I'm still shocked at the types of sites that are out there.

Her: My friend was telling me about a site where people get together and discuss hamster clothes.

You: You see that shocking to me, because I never knew hamsters went shopping.

Her: (laughing at your corny joke)

You: You know someone was telling me a site where women discuss and trade masturbation tips. The women go there and secretly share their favorite masturbation method. Some were talking about using the end of a brush. Some were talking about using running warm bath water on themselves. They were sharing methods. I couldn't believe it. They had a date stamp on there and the women were coming back saying things like 'Thanks I tried that and it worked like a charm'.

[At this point, you can just keep listing things. And you'll be sure that she'll try it out in her mind. You ]

You: Here's something that's interesting. They had a poll that said 'What if you were 5 seconds away from having an explosive orgasm, would you be able to stop? And if so, how much money would it take for you to stop?' The women started arguing on the site about whether it was possible. (laughing)

Step 2: Switch to a nonsexual topic.

Step 3: Switch back to the sexual topic

You: Oh yeah, one thing that was interesting about the site is they were explaining the difference between a male orgasm and a female orgasm, because they once thought it was the same. Well according to them, woman is more emotionally complex [something she'll agree with] so it's more intense for them. They say that for a guy it goes by extremely fast. It's like time speeds up. But for a woman she's more emotionally complex. When she climaxes it's in slow motion. She feels it all over her body.

Step 4 [30 min – 60 min] Change the subject to anything nonsexual

Step 5 Keep switching back a few times.

Step 6: Let some time go by and then initiate the action. Make your actions slower than normal. Give her conscious mind time to catch up with the unconscious sexual tension that you made her experience.

Whenever you perform a seduction technique that features a lot of unconscious sexual tension, you'll want to go a lot slower and/or feature a few stops.

So you would go through some routine that you have used in the past to initiate sex, but stop suddenly.

For example let's say one of your normal direct sexual initiation features kissing her, followed by grabbing her ass, followed by a 'look' that says 'I want you now!.

Do everything the same way, except when you give her that look, do it very briefly and then move on to something else. And then come back 2 – 5 minutes later and pick up where you left off. Make your movements slower than normal...

You'll find this technique like the other fun to do, but more importantly the understanding is where all of that value is.

Let's move on to the next technique.

## Technique #8: Deep Emotional Conditioning

This technique can be so incredibly powerful, you'll have to be very careful.

This technique has two parts...

The first part is you want her to associate sex with love. This is a good thing and the side affect is it can enhance the connection during sex.

Even if she already makes this connection, it's good to go through this process so that the association is pushed to the front of her brain – so that she has a higher awareness of it.

The end result should be 'an awareness of how much she loves you during the time you have sex'.

That's what you want.

So what you are going to do is have some sort of conversation that gets her to think about "sex" and "how it's an act of love"....

So here's an example of the first part:

The second part takes when you have sex with her.

If you are in a relationship with her, what you would do is tell her you love her - over and over again. Much more than you normally do. If it seems simple to do, that's because it is.

Obviously, it's not hard to perform.

I wouldn't recommend doing this with a woman whom you didn't actually love.

Also, I talk about this before but women have Under Signals which can be thought of as an unmet emotional need.

So if your wife works for a company that shows her very little appreciation (or she believes that), then essentially her "brain" is starving for the feeling of appreciation.

Appreciation is the feeling that most people crave the most (especially women).

So the next time you make love to her, give her both emotions over and over again. If there is a noticeable Under Signal that she is currently experiencing, then add that to the equation. For example, she's been recently complaining about how no one 'gets her'. Then you know that her Under Signal is 'feeling understood'.

Then the formula becomes:

Love + Appreciation + Understanding

While making love, point out all the small things she does in an effort to make her feel appreciated. Tell her you love as much as possible – at least 30 times.

When you go through this process, you will have her ‘happy brain chemicals’ flooding her brain. You are creating a deep connection through this emotional conditioning process.

If you ever research women who are addicted to sex, you’ll discover that it’s the ‘feelings they get from sex’. In some cases, the feeling of companionship is enough to make a woman crack-addicted to having sex with guys.

In your case, you are creating a healthy addiction – if you want to put it that way. More importantly, you help her (and you) associate sex with love.

If you are single guy using this technique in a no strings attached scenario, then get her to associate the sex with a fun adventure.

Tell her how much fun she is.

Hopefully that makes sense. I hope that you apply the techniques and get great use of them.

If you have any questions, you can always email me:  
[crjames100@gmail.com](mailto:crjames100@gmail.com)

Warmly,  
CR James

A handwritten signature in black ink, appearing to be 'CR James', with a long, sweeping flourish extending to the right.

<http://SuperPowerMedia.com>

