

BLACK OP & PSY-OP CIA TACTICS FOR GETTING WOMEN

EDITED AND COMPILED

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In Memory of

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Dedicated to

Arnold Abromowitz, Lt. Colonel
United States Army Intelligence
Great Teacher and Personal Friend

With a special dedication to my friend

June Braverman
Special Op-G-2
Suicide 2007

What you will learn from reading this book is the most foolproof, powerful and hardcore information of its kind -- techniques to get women to do anything you desire.

The men and women who collaborated with me on this book have all applied these covert techniques in the field. Those who contributed their time and expertise to this effort have themselves studied with the world's best-known experts in covert psychological control and brainwashing techniques. These techniques have been tested over and over again and used successfully by well known cult leaders and psychopaths such as Jim Jones and Charles Manson

This information has been filtered, updated and refined to assure optimum performance in our times. If done correctly these methods leave no room for error and no chance for failure. Take important note: I am NOT discussing in these pages techniques to become more politically correct than you might already be now. I am NOT going to ask you to buy into any fads, trends or "cool" mind set. I am NOT pandering to the messages of today's popular culture which is always destined to change with the times. I will leave that to the "great communicators" whose banter is useful fodder for talk shows and fashion magazines.

I will however state emphatically, that in this book I will be discussing covert military techniques and they work! They worked yesterday, they work today and they will continue to work tomorrow.

For those of us who were covert operatives, developing our skills and ability to successfully seduce women was not for the purpose of filling a social calendar or impressing our friends. Each technique and predetermined move was a learned and practiced crucial tactic because our lives depended on its success or failure.

The information in this book is not contrived. The data I have compiled is gathered from every intelligence agency worldwide. The application of these seduction techniques have all been and are routinely studied, researched, tested and updated to remain continuously current.

From cover to cover, when you learn the methods in this book you will be able to immediately put them into action. Some of these methods are simple; some require more skill and practice. They will however, if performed properly always work and you will always achieve immediate and positive results!

A compilation of these techniques is not available anywhere else.

UNDERCOVER SEDUCTION

Why, you may ask, would a Black Op, Psy-Op, CIA op or any other covert operative need to be an expert at seduction? I'll tell you why.

It's obvious that in every battle the sole objective of the soldier is to win.

The Government's expense of sending in troops to accomplish an objective is costly in both materials and lives. Often much can be accomplished by creating situations and chaos from within. Military undercover operatives get well paid to accomplish this job. Covert operatives know they put themselves in extremely dangerous situations, circumstances that if discovered can cause loss of life in a heartbeat; loss of their own lives. To this end, covert operatives are extremely well compensated. To the military, covert operatives are vital assets because they know how to successfully play the game of chance. It is these successful operatives that are found on the front lines of danger, can manipulate any and all situations to the advantage of the military's objective, can stay alive, and therefore continue to accept new assignments. They are as a result, one of the most valued assets of the government. As you can imagine, many millions of dollars were and continue to be invested by the military in the training of these operatives because their training has to work!

Black ops, Psy-ops, and CIA operatives are trained to work undercover. It's a covert war that they must win if they want to stay alive. Covert operatives must be able to blend into any and all sorts of different countries and situations. They must be comfortable mixing with different people from different cultures and all walks of life, often under the most challenging of circumstances.

Sometimes covert operatives need to be cultured, other times they need to be cunning, wise ass or street smart. Sometimes they must be ruthless. However, ALL THE TIME, when on assignment, they only have one objective, and that is to get in, move quickly, accomplish the mission assigned, stay alive, and get out.

RECONNAISSANCE - WOMAN ARE THE KEY

Reconnaissance is a military term for the gathering of information about the enemy. Covert operatives know that the fastest way to infiltrate into any community is through their women. If you become a ladies boyfriend, you are quickly introduced to her family and friends and can quickly become part of her community. Once you are in her community you can, if and when necessary, learn learn the tempo of their life, learn how they operate from the inside, learn their actions, speech patterns, mannerisms, idioms, style, superstitions, inside jokes, etc. and from there if you need to, you can move further in. If necessary, you can take some time to further infiltrate into your target area. Being intimately involved with one of their women, affords you the perfect opportunity to take the time necessary, analyze your situation and determine your strategy. With her in your corner, you have a base within the community from which to operate, listen, learn and maintain acceptance.

If you were simply an assigned government plant trying to infiltrate into a community without seducing one of their women, or being someone's boyfriend, it could take years to learn all that was necessary to accomplish your goal. Women crave sexual gratification. Women like to belong to someone. They like to let their friends know that they belong, and they like to talk about it.

Covert operatives know that the way they seduce their women, and how well they know how to control them is very often the key that keeps them alive. A small tiff or breakup at the wrong time can cost millions, result in lost opportunities, unsuccessful, uncompleted missions and lost lives.

And how do you control women? You exploit their universal longing to be romanced, to feel loved, to be desired – to be seduced. You must engage them in sexual activity often and for prolonged periods of time.

Both men and women crave sex. It's a biological necessity and a genetic imperative. Men have a biological drive to have sex with as many women as possible. This survival instinct increases their chances of genetic success. Women on the other hand naturally seek out and look to attach themselves to the strongest man available to assure the genetic success and survival of their offspring.

If you can exploit a woman's need for sexual attachment to one strong man, you have increased your covert tactical advantage. It's that simple.

An operative highly skilled at seduction could easily infiltrate into the core of any community, from the highest levels of British royal society to the key players in the inner circle of a Los Angeles street gang. Properly trained, literally any woman can be yours. If you can successfully romance women, you're in.

If you needed to infiltrate British royalty, you might for example start by first developing contacts to gain introductions among the top tiers of British aristocratic society. Your objective might include determining their goals and plans, where they invest their money, what banks are going to merge, who they meet with, talk to, and socialize with, etc. Generally, the operative doesn't need to know "the why of what he's doing"; he just needs to collect info.

If you were assigned to an LA Street gang, your agenda might be to find out who is financing them, who is laundering their money, what if any foreign interests are involved. Who are the big shots, and who are their contacts on the outside. Who is benefiting from the profits at the top, what country of origin are the drugs coming in from, where is the money being sent to, etc. This all-important information can only be acquired by putting oneself in a central position with the key operators, and it is a very dangerous place to be.

In both these scenarios the most direct and quickest access will usually be through a romantic relationship, and that is how you will begin to learn how the community works from the inside. You'll find out quickly who is who, and who you need to know. With her at your side, you'll first be introduced, then be living the lifestyle as you continue to move from the outside of the community closer and closer to the center where you need to be. And your lady friend will admire you and want to keep you happy all the more for

becoming an important “player” in her life. You’ll get more and more information deep from the inside out, and when you’re trusted and accepted you’ll get the information you need. Of course, the better you are, the faster this information will come.

FOR A BLACK OP, PSY-OP, AND CIA OPERATIVE -- SEDUCTION IS THE KEY.

As you improve and perfect your skills to create romance and intense sexual desire, you will be amazed at how easy it will become for women to become deeply attached and loyal to you.

When you are a master at romance and seduction you can get any woman to fall head over heels for you. YOUR woman will do anything for you. If a woman falls for you, she’ll not only help you get information she’ll tell you everything she knows. (This is not unfortunately, the case with men however.)

Women love to talk – being a good listener is a major key to seduction and getting information. Most men try to talk way too much which is a turn-off to many women. Remember, you cannot screw up by listening, only by talking too much. **A MAN WHO TALKS TOO MUCH MAY ACTUALLY APPEAR NERVOUS AND INSECURE TO WOMEN.**

MAKE HER FEEL SPECIAL

The MASTER KEY to seduction is making a woman feel special and unique. This is actually a small, but important thing that most men ignore. However, when you make a woman feel unique and special, there is no woman that cannot be yours.

The key to gaining her loyalty is making her feel really important and special to you.

And how do you make her feel important and special?

You do this by making her feel good about herself. By making her feel attractive, desirable, and unique she can't help but feel special. All people love to be with other people who make them feel good about themselves. And, this is especially true about women; women who might otherwise be somewhat insecure themselves. But let's not overdo it here. Find one or two unique things about her and show her that you noticed them. It will go a long way in your relationship and pay off big time.

Contrary to popular belief, women crave being sexual objects of affection and desired by men. Although popular culture might indicate otherwise, if this were not true we would not have a booming and ever expanding cosmetic industry, fashion industry, diet industry, and fitness industry. Cosmetic surgery would not be the norm, but rather the exception, and women would not be spending unlimited dollars on Botox, liposuction, breast augmentation, collagen treatments and other agents to give themselves things like the ever popular pouty lips. Diet books, Weight Watchers, Atkins, Jenny Craig, South Beach, Exercise, gym memberships, Pilates, yoga, weightlifting, aerobics, not to mention designer fashions like Louis Vuitton, Coach, Dooney and Burke, and Burberry, as well as the obsession with accessories like bags, shoes, sunglasses, belts, and luxuries like day spa treatments, haircare, manicures, pedicures, massages, facials, etc. etc. etc. seem to consume untold amounts of attention and are the objects on every ladies "wishlist". And, for what purpose you ask? Women are addicted to feeling beautiful and unique and therefore willing to spend unlimited amounts of money to look and feel better than the gal next door. Once you can make a woman feel special and loved you're in.

Remember, make her feel special and loved, but be prudent about how much you turn it on. If you pour it on too thick, you come across as needy or insincere. Finding the proper balance is very important here. If she feels special and beautiful in your presence, when you are apart you'll always leave her wanting more. Always keep her guessing; always show her a hard edge (explained below). Never let her feel as though she can take for granted anything you have given her. Always keep her somewhat off balance and unsure, and you keep her working hard to remain the most special and loved by you.

THE HARD EDGE OR MR. NICE GUY?

There is actually a place for both. But, listen carefully here. You've all heard the expression "Nice guys finish last"? Well, not only is it true, but there's a reason. Nice guys make good friends, and that's just fine. But, most women are not looking for friends. They are looking for mates. And, it is the hard edge that separates the mate from the friend. Now don't get me wrong.....A tough guy can still be a "nice guy" but unless she has seen your hard edge, more likely than not, the nice guy image will be interpreted as weakness. Nice and weak does not get a woman turned on and aroused. In order to ignite passion, you need some form of friction and keeping everything nice and easy doesn't do it. You will hear me repeat over and over again to keep things off balance, to keep her guessing. Consider it a mating dance that keeps the interest alive and the juices flowing. Unfortunately, when it comes to "nice" most of us can take it or leave it. So, if you are a nice guy, make sure you show her the hard edge first. Then she'll appreciate (and maybe even fall in love with) your softer side and NEVER mistake it for weakness.

WHERE TO BEGIN? INCREMENTS

Always show her your undivided attention. Women are very much more aware of your behavior and the messages you are sending than you might think. They sense when you are distracted, uninterested, preoccupied, nervous. Nothing will make a woman feel more special than giving her your undivided attention in a room filled with unlimited competition.

Let her do most of the talking. Women, (much more so than men) not only need to, but, love to talk. They talk about everything. Their feelings, thoughts, ideas, theories, the people at the next table.....any and everything. So, when you let them do/direct the conversation, you are doing two things. First you are letting them talk.....which most women feel the need to do anyway, and second, by letting them talk and following their lead, they will believe that what they have to say is interesting to you. So you win on two scores.

Keep eye contact at all times. Keeping eye contact is super powerful. First of all, she will know that all your attention is on her which is very flattering. And even though some women might be uneasy at first (don't stare of course) because they are not used to this kind of attention, they will grow to like it very quickly and the feeling that they are more important to you than

anything else going on in the room will foster the bond you are trying to achieve.

Never try to correct her, out do her or criticize her. I am not offering you this advice because she is always right or can out do you at any opportunity. The reason is because your goal is to make her love to be with you, to feel good about herself when she is with you. She is probably corrected, criticized and outdone everyday, and probably has been all her life. You are that special guy who walked into her life and is going to make her feel so terrific about herself that she will miss and obsess about you whenever you aren't around!

BODY LANGUAGE RECAP

There's no question that having the right body language can project a sense of self-confidence when you're talking to women. Today I am going to teach you a few tricks on how to use "confident body language" to help you attract the women you desire.

1) Broad smile

Have a broad smile on your face. As a beginner, try to aim for what I call a "baby smile". Smile openly and sincerely like a baby. Later on, you'll be able to tone it down to a more serious "James Bond" kind of smile. For now though, stick to the baby smile. It will help get you the kind of attention you need!

2) Relax your facial muscles

Make sure that your whole face is relaxed. (Even your smile should be relaxed.) If you show any kind of tension on your face, women are going to know you're nervous. Practice relaxing your facial muscles in the mirror. Smile and tighten your cheeks, hold for a few seconds, and then release. Do this 10 times every day.

3) Strong eye contact

Make sure you keep strong eye contact with the person you're talking to. Looking at the ground conveys shyness and submissiveness - which is NOT the message you wish to convey. It helps if you try to look "past" the woman's eyes and gaze into her soul.

4) Don't break eye contact upon meeting

When you first meet a woman, don't break eye contact until she does. This will demonstrate your masculinity and your status as an alpha male.

5) Keep palms open.

Keep your palms open or only slightly closed when you're with a woman. Do not clinch them into fists. Don't stick them into your pockets or hold onto your shirt or jacket.

6) Stand with feet wider apart.

Stand with your feet wider apart than you usually do. Open up, take up more room, and be “grounded”.

7) Lift up your chest

Expose your chest like a soldier. It is a sign of the alpha male. The alpha male proudly shows off his chest as a symbol of dominance. The beta male tries to cover it up because opening up makes him feel vulnerable.

8) Slow down your breathing

Slow down your breathing. Breathe EASY! Breathe from your rib cages, not from your chest.

9) Shoulders up

Keep your shoulders up without tightening them. Don't hunch. Hunching is often perceived as a sign of having low self-esteem. Always stand tall and walk tall!

10) Move slower

Move slowly using broad movements. Make sure all of your movements are slow and relaxed. Don't have any kind of fast, “flaming” movements or any “jerky” movements that are often associated with insecurity.

11) Lean forward...and then lean back.

When you talk to a woman, lean forward when the conversation is going well. When you periodically lean forward, you appear to be more engaged or interested in what she's saying at that particular moment. But don't stay in that position the whole time, you also want to lean back some times to "let go of the tension and looked relaxed".

12) Take up room

Take up as much room as you can when you sit, stand and walk. If you have trouble opening up, do the following exercise. Imagine yourself as a roughneck and think how they move. Do the same.

13) Invade people's personal space

Don't be afraid of moving into a woman's personal space. Keep getting closer and closer to her. It'll show that you're not afraid. But of course, if you find that this makes her uneasy, back off a little and give her the space she needs.

14) Touch people

Touch women on the elbow casually when you laugh at their jokes. Don't be afraid to hug a woman when the opportunity arises.

15) Have purpose

Have purpose in your life and know what you're going after. And, climb up the social hierarchy ladder. Acting like an alpha male can help you project the right body language naturally.

ALPHA MALE BODY LANGUAGE:

Watch a man with high status--Brad Pitt, George Clooney, or the CEO where you work--and you'll notice that he moves differently than the rest of us. He gives off vibes that he is hot stuff, and because of that, women get soaking wet over him.

You, too, can create that aura that makes you attractive to women.

Have you ever noticed the way your friends look when they're all nervous? They're looking down at the ground with their arms crossed, fidgeting, with their voices cracking and their eyes bugged out.

And when you give off that kind of body language yourself, women don't want to be around you.

Now, think about successful guys. They've got girls all over them and some great body language going on.

So, what's the number one secret between those high status guys and the low status guys? You've probably guessed it... the alpha males are relaxed and in control when it comes to social situations.

Make no mistake about it... relaxation is the most important mental state for you to be in.

With that in mind, here are some pointers for you to develop the mind set and body language of an alpha male (and by the way, if you think they're easy, you're right... you can make these changes as early as tonight and have even the hottest girls clamoring for your attention).

1. Don't allow yourself to feel worried. Just let your worries go, since you can't solve any problem by worrying. So suck it up, and quit thinking about what might go wrong. Just live life.

Now, I know what I just said is easier said than done (to use an old--but relevant in this case--cliché). You've spent your whole life up until now dwelling on thoughts that make you feel worried.

But what is this emotion we call "worry"? When you think about it, it's simply the fear of what might happen in the future. Essentially you're punishing yourself by feeling upset before anything bad has happened. It makes no logical sense to worry!

So the solution is to avoid contemplating your worrisome thoughts. Identify them for what they are... toxic to your emotional state, and let them go.

By refusing to dwell on negative things that make you feel upset, you will reduce your worries by 90%.

2. A second strategy to relax is to breathe through your abdomen rather than your chest.

When you breathe, imagine that you're bringing air down to your stomach. Feel your belly rise and fall as you breathe.

3. Avoid nonverbal behaviors that are the opposite of relaxation:

- Raising your shoulders.
- Wrinkling your forehead.
- Fidgeting with your hands and/or legs.
- Tightening your facial muscles.

4. Relax all your muscles and slow down all of your movements a notch.

Alpha males generally move unhurriedly, as if they are in control of time itself. Beta males are nervous and make jerky movements. Imagine you are standing and walking through a swimming pool, where your movements are slow and fluid.

5. Relax your eyes and eyelids.

Beta males hold their eyelids wide open because they are so nervous. Their eyes dart all around. Instead let your eyelids rest. Look straight ahead. Only give things your attention if they interest you. While you're out and about, do the affirmation to yourself, "I am sexual, I am relaxed, and I am in control."

6. If someone wants your attention, move your head slowly.

A trait common to many beta males is being so eager to please that when someone calls their name, you see them spin their heads toward the person unnaturally fast.

IMPORTANT FACTS ABOUT WOMEN

- 1) No whining or complaining women are turned off by men that complain or whine about anything.
- 2) Old but true saying **“it is easier to get forgiveness than permission”** when you want something from a woman just go for it, don't ask. Women in general are not sexually attracted to men that ask too many things, you'll get much further when you just go for it.
- 3) Women are also attention junkies: Give a woman undivided non- invasive attention and she will respond to you sexually.

A FINAL NOTE:

If you are still a bit intimidated by taking the initiative, probably the best thing that you can do is simply go about your everyday business and just start to pay attention to everyone around you. Take note of every person you see and their body language. What are they telling you? Are they nervous? Relaxed? Showing Impatience? As you start to recognize what other people's body language is telling you, it will be even easier for you to mimic their behavior to get the results you want since you have already seen it to be true yourself.

ALWAYS END ON A GOOD NOTE

Example: If you're talking on the phone and the conversation is fun and easy, although it may not be your initial instinct or desire to do so, end the call. If you're out on a date, just at the point things are going well politely say you have to go. In other words, when things are going great, cut out. Just like a good book or a movie that you wished would never end, she might wish the date or call was longer, but she'll ultimately end up wanting you that much more. It's a win, win situation. You can only come out ahead.

A NOTE ON HER WORLD OR YOUR WORLD?

Because most of the techniques and tips in this book have been culled from Black Op, Psy-Op and the CIA there is no question that they all work. Designed for covert operatives to infiltrate communities, groups of people, etc for information, we have focused primarily on gaining access to “her” world, community, and group of friends. These same techniques will work

in your everyday life because the laws of seduction are tried and true and will always work when correctly applied.

When striving to foster a personal relationship without any further agenda, making her a part of your life is an important seduction tool as well. But again, read carefully, and follow these basic guidelines if you want to make sure your relationship grows romantically. Remember, you are seducing a “mate”, not looking to make a new friend. I can’t stress this enough.

MAKE HER A PART OF YOUR LIFE

Take her into your world. Introduce her to your favorite activities. Take her to your favorite restaurants and make her watch your favorite movies. Bring her to the places you like to go and play the music that you like to hear. Make her part of your world. Don’t attempt to become part of hers. **When you blend, you begin to lose the individuality that probably attracted her to you in the first place.** If you become too immersed in her world, it will probably end up losing you the woman. NOTE: Even if she hates your world, it will not change the fact that she finds you attractive.

ALWAYS KEEP HER GUESSING

Women love mystery. Do whatever is possible to always remain a bit mysterious.

Have private phone conversations that she is aware of. Meet people where she isn’t welcome. If you speak a foreign language that she doesn’t understand, conduct a phone call in that language. Don’t discuss business with her. Tell her to leave the room. Have private meetings with men only. If she calls, tell her you’re in a meeting and can’t talk, and hang up. If she calls shortly thereafter, don’t answer the phone.

Don’t think these things will go by unnoticed. They will definitely bother her. But they will bother her because she wants to be a part of your entire life and is feeling left out. So, even though she might be annoyed, she will work harder at gaining access to more of your world.

The next time you see her be positive and upbeat. Remember, she should never think that your distance has anything to do with her. If she inquires about the meeting, tell her everything went great!

KEEP HER SEXUALLY SATISFIED

The feelings of passionate, obsessive love, of being in love or infatuated, as well as elation, heightened energy, focused attention, obsessive thinking, and intense craving when she can't stop thinking about you, is all related to the brain's elevated production of the chemicals dopamine, norepinephrine, and serotonin. All these hormones are released during great passionate sex.

Dopamine is the fundamental neurotransmitter associated with romantic love.

Norepinephrine along with dopamine will create infatuation.

Serotonin is the pathway by which Dopamine and Norepinephrine can become active. Without serotonin in the brain a person would feel depressed.

Seminal fluid contains dopamine and norepinephrine which is one of the reasons women feel that "afterglow" or intense feeling of warmth and passion for you after you've had sex. It is also the reason that women who have regular intercourse (without a condom) are less depressed.

Testosterone is the hormone of desire that naturally attracts women to you.

Oxytocin and Vasopressin are associated with romantic love, and attachment.

These hormones are the "satisfaction" hormones (the cuddle chemicals) and the reason people feel very warm as they make love, and often sense a very cosmic union with one another.

The act of having sex with a woman will cause her to have increased feelings for you. It will intensify her interest in you. This intensified interest is in great part a result of activated chemicals released in a woman's body during intercourse.

She will yearn for you.

A woman's orgasm will also heighten her interest in having sex again and again. A man who causes a woman to climax gives her reason to believe he

cares enough about her pleasure and satisfying her. It is also true that the more intense the orgasm the more likely she'll be back for more.

A WORD HERE ABOUT FOREPLAY

OK, stop rolling your eyes thinking oh shit...here it comes. Foreplay is not what most men think or have read about... 4 or 5 basic moves during the 10-20 minutes leading up to your orgasm. Foreplay starts way before the notion of the bedroom even occurs to a woman. Foreplay is SEDUCTION. Seduction begins with your first encounter, introduction, phone call, chance meeting. And just as an orgasm intensifies as it progresses, so does a woman's desire for sex intensify as your seduction techniques continue to hit her during your time together. So the sooner you get started the hotter she will be.

The only logical conclusion then is that your seduction skills are crucial since the more sexually satisfied a woman is, the more likely she is to become your greatest, most loyal ally and even support your actions to achieve your goals in your target community.

What happens when a woman gets that special feeling from you?

If she feels special because of what you do and say to her, and most importantly what you make her feel about herself, which is unique, beautiful, sexy and desirable, she will do anything you ask her to do. Why? This is true because women get addicted to the feeling of being in love.

Remember, for Black Op, Psy-Op, CIA and any covert operatives, women are such vital assets to assimilate into target communities, that if you can move quickly to get a woman to fall head over heels in love with you; you will have a naïve but willing partner.

Your woman will become one of your greatest information gathering assets.

Your woman will use her sexual allure to get info from other men.

Your woman will be able to set people up to create an advantageous situation.

Your woman will be able to destroy men for you.

Your woman will be able to create diversions for you.

Your women will feed you and house you.

Your woman will...

The list is endless.

Why would a woman be so willing to do all this for you? Because you bring excitement into her life like she's never had before and probably will never have again.

On an assignment, covert operatives must move quickly. You'll have no time to hem and haw, no time to wonder if she likes you, no concern as to whether she thinks you're good looking enough, no time to wonder what she thinks of you, ruminate over what she said, if she's going to return your phone call or if you'll ever get a date with her. She is not your goal, she is the vehicle to your goal.

If you lose your chances with one woman, you must move onto the next. This is war.

Remember:

Use romance to get her to focus her attention on you, obsessively think about only you and get her to crave you emotionally and physically. When you get her motivated to win you over, you have her working for you.

WHERE TO BEGIN

One of many ways to get a woman to become attached to you is to get her to do things for you. The average mentality of most men is the complete opposite. If they see a beautiful woman they desire, they figure that if they do lots of nice stuff for her, she will in return let them have sex with her. That will not work in your favor.

“If I’m nice to you, then you’ll have sex with me” is NOT attractive to women. Women get this from every man they meet. They are bored and turned off by the man who is too nice and goes out of his way for her. Hold back affection. REMEMBER, women want what they can’t have, and usually don’t want what they already do have or can easily get.

It’s a known fact is that every women in the world, beautiful or not has had practically every man they meet attempt to do nice things for them in return for sex or affection. This is a major turn off to women. Go the opposite way. Have her do nice things for you. Tell her to do x, y, or z and she probably will. And, the more she does, the more attracted to you she will become. Besides, the more she does for you, the more she has invested, so the less likely she is to easily let go.

NEEDED IS BETTER THAN WANTED

In controlled experiments when a woman feels needed she reacts more strongly than wanted.

For example: when you say to a woman “ I need you to” could be anything “ I need you to come with me to a wedding or any social function will have more impact than I want you or would you like. CONCLUSION: women cannot resist the need to be needed. **“Need” also personalizes the request. It makes her feel that you need “her” to do it, not just anyone. When you “want” something done, it appears less personal and comes off like a request that can be filled by anyone willing to do the job.**

The basic raw instinct of women is they will be attracted to someone who makes them feel good about themselves. And women feel good about themselves when they are needed by a strong and confident man.

How do you get women to feel this way?

You get them to do things for you.

How do you get women to do things for you?

Tell her what you want.

If you have the guts to tell her what you want her do, she will recognize your guts (which translates into strength) and she will do it.

HERE ARE SOME EXAMPLES

Tell her to give you a credit reference.

Tell her to make a phone call for you.

Tell her to look over a letter for you. You can spike the letter with things that may spark her curiosity.

Tell her when you are taking her to dinner. Do not ask.

Example: Telling her to “get undressed” is more effective than asking her “would you please get undressed” One has sexuality written all over it, the other insecurity.

“Take off your clothes” in a strong calm voice while looking straight into her eyes, touching her body, while maybe stroking her shoulder makes her feel desired. She will know and feel you becoming aroused, and this will put you in control. It’s what you want.

A woman loves to please her man. And, it is her natural instinct to fight to keep and protect him.

THIS IS VITAL TO GETTING WOMEN:

WHEN YOU TELL, INSTEAD OF ASK WOMEN TO DO THINGS FOR YOU, LEAVE NO WIGGLE ROOM. AND REMEMBER, TELLING DOESN’T MEAN TO BE DICTATORIAL, NASTY, OR STERN. YOU ARE SIMPLY TRYING TO CONVEY TO HER THAT YOU KNOW WHAT YOU WANT, AND THAT RIGHT NOW, YOU WANT HER. THIS MAKES A TREMENDOUS DIFFERENCE IN THE OUTCOME AND WHETHER YOU GET OR DON’T GET A WOMAN. WHEN YOU “TELL,” YOU ARE COMING FROM A POSITION OF STRENGTH AND CONFIDENCE. WHEN YOU ASK, IT IS OFTEN INTERPRETED AS WEAKNESS.

IMPORTANT:

WOMEN DO NOT LIKE TO BE IN CONTROL REGARDLESS OF WHAT THEY SAY. MOST WOMEN WHO INSIST THEY WANT TO BE IN CONTROL MAINTAIN CONTROL BECAUSE THEY ARE SIMPLY AFRAID, NOT BECAUSE THEY LOVE CONTROL. THE MORE YOU ASK, THE MORE OPTIONS SHE HAS, AND EACH OPTION LOWERS YOUR OPPORTUNITY FOR CONTROL AND THEREFORE SUCCESS. WOMEN WHO TRUST YOU ENOUGH TO RELINQUISH THEIR CONTROL, WILL ABSOLUTELY MELT IN YOUR ARMS. AND, IF THAT WASN'T ENOUGH, THEY WILL LOVE EVERY MINUTE OF IT AND ADORE YOU FOR HELPING THEM LET GO.

These Black Op, Psy-Op, and CIA seduction techniques are indisputable.

Though there are all sorts of social barriers that keep people from allowing themselves to respond to their raw instincts, a skilled covert operative can pierce right through these social barriers and get to the heart of a woman.

These techniques are sociologically and biologically based. They are as old as the human species.

IMPORTANT- Emotion wins over logic every time.

The media message is fighting against your natural instincts.

Be acutely aware that in these times, this primal attraction instinct has been deliberately subverted by those who want to control the masses. Vying against our inherent nature is frustrating at best, and causes men to become insecure.

The messages in the mainstream media are telling men that they're a bunch of dolts and idiots, and women are the smart ones. Men think there is something wrong with them if they're not playing the game "correctly" which is the way the media tells them to play. Men are constantly spoon fed

what to think, what to feel, and what to say. You are told what is and is not acceptable. Much of what men used to take for granted is now against the law.

A man can't go into a bar and smoke a cigarette.

A man can't compliment a woman without being afraid of a sexual harassment lawsuit

Do you like the fact that you can be accused of sexual harassment for doing and saying what comes naturally? Who does not feel torn within that we must constantly behave in a manner that completely opposes our natural instincts? We are being told that we are not permitted to enjoy a non diet soda or forced to feel less than worthy if we enjoy smoking cigarettes or eating fast food. This is not an issue of what is right or wrong, healthy or not, it is a matter of freedom to choose! And if it's not bad enough that we are hounded by the media in the mainstream culture about what is right and wrong, good and bad, how many of us have been personally approached and confronted by self righteous sanctimonious assholes who think it is their obligation to tell us how to live our lives. It seems to me, that they should be minding their own fucking business and living their own fucking lives, not ours.

This continuous barrage of messages telling us what is and is not acceptable has become the new state religion. We must all now worship in the church of the politically correct.

AVOID THE GENDER NEUTRAL SOCIETY

Men who are politically correct are buying into a bunch of elitists who would like to see a gender neutral society. They think it prevents wars. It depletes men of testosterone. It makes men weak. It eliminates resistance. It turns men into wimps. It turns women off.

Powerful sexual men have always been and will always be an aphrodisiac for woman. Nothing makes women weaker in the knees than power. Power comes in different forms.

Power comes as wealth.

Power comes as fame.

Power comes as physical strength.

Power comes as intelligence.

Power comes as independent thought.

But none of this power will turn women on if it doesn't come packaged by a guy who is totally confident. Confidence is the biggest turn on of all.

Powerful men who know how to exploit the natural laws of attraction also know that the object of their desire cannot possibly resist them.

Learn these laws and you will be skilled at attracting high powered executives, super models, the girl next door, basically any woman your heart desires.

The standard for beauty has one constant that cuts through all cultures. The most beautiful women in any culture get the strongest men. Beauty attracts power. Power attracts beauty. And if a powerful man can make a woman feel beautiful he will have her hooked. And conversely, a beautiful woman with an average guy makes him feel powerful and therefore has got him hooked too.

YOU ARE ONLY AS POWERFUL AS YOU MAKE HER FEEL

How you make her feel about herself will determine how she “thinks” you feel about her whether or not this is true. So, let's focus on what will make her feel good about herself.

Make her feel beautiful.

Make her feel sexy.

Make her feel you lust for her.

Make her feel you need her.

Make her feel she is the only one for you.

Tell her she feels these things and she will, because she wants to.

SHE MUST FEEL UNIQUE AND SPECIAL AND SHE IS YOURS

Women are women and they inherently will have the same organically based biological response when they feel they are loved. They feel loved only by virtue of how you make them feel about themselves, not because you tell them how much you care about them.

There is no question that whether she's part of the aristocracy or she's in a street gang, even though these communities seem like polar opposites, women are women and their chemical response to seduction by strong men is always the same. It is a universal given. Therefore, once you learn these techniques, you should be completely confident that your skills will always work when applied correctly no matter where you are or whoever you wish to attract.

Black op, Psy-op, and CIA agents are acutely aware of the fact that romantic love is found in every single society everywhere in the world. In every culture, during every time in recorded history, human beings created love songs, love poems, love magic, legends, myths all for the purposes of seduction. Seduction once was instinctive. Unfortunately, men now need to re-learn what should come naturally and what they had always instinctively known.

Black op, Psy-op, and CIA operatives have studied, tested and know the most effective seduction techniques. These techniques are based on the fact that men and women respond to and always will respond to the primal nature of the sexes.

Getting an "in" into her World

Women in your target community are already above suspicion. You as a covert operative are infiltrating her world. Infiltration will provide you with

her connections. It's the fastest way to get in, and getting in fast is the way of the romantic undercover lover.

To get well planted into her world you must drag her into your world. You must bring her into your territory, not because you need or want her to become a part of your world, but because by bringing her into your territory, you have the opportunity to show her how unique and what a special catch she has found. Since you can not be the master of her world (nor do you want to), you must show her that you are the master of your own world. That will make her attraction to you greater and of course give you more power in her world as well. As stated earlier, blending in her world will only serve to ultimately bore her, and that will kill any chance of a relationship or her placing you on a pedestal which is the best place to be if you want to have control.

QUOTING A WOMAN WHO HAD MET A CIA OPERATIVE:

“I was drawn into his world, his friends, his music. When we broke up, I wondered what to do with myself after the relationship ended. I had no idea where to go from there”.

Men who let the women lead, will quickly bore the woman.

If you move into a woman's community, you will learn who the people are in that community.

You can join a gym
Meet guys for a beer
Meet a woman for a cup of coffee

This is how you begin to widen your social circle until you know where you need to go and who you need to meet to get closer to the inner circle. That is one example.

Insecure women are easier to manipulate. And, since all women are insecure, her desire to get you to love her should make your goals easier to achieve.

While you want to make a woman feel very unique and special, do not tell her how much you love her. Don't barrage her with that. Your love for them should never be greater than their love for themselves.

PROBLEMS TEND TO HEIGHTEN PASSION

Problems heighten the energy; intensify euphoria. Her mood will generally turn into despair when things are going poorly and shift just as dramatically to exhilaration when she feels assured that everything is going just fine.

Fine or not fine, it's the excitement that keeps things fresh. She becomes the star of her own soap opera. It's that time in a relationship in the beginning when all the chemicals and hormones are going through her body.

The moment she thinks you may be slipping away is the moment she likes you more. If somebody she knows doesn't like you, she may desire a closer bond. That's the way the game gets played. Real separation anxiety, when things are going poorly, causes an intense desire for sex and sexual exclusivity. It's when the passion is highest.

Without friction, there is no fire, so keep things off balance and you'll keep the excitement level high.

10 STEP TRAINING PROGRAM TO SUCCESSFUL SEDUCTION TECHNIQUES

1- SMILE. Remember to smile constantly; while your talking, while your observing, while your doing just about anything. I cannot stress this rule enough; smiling is the most powerful weapon in any player's arsenal. It let's the women know that your probably a fun guy to be around and someone they would like to know or be involved with. This single rule alone can improve your success with women by over 100%, use it wisely. Women will think that you genuinely like them and are happy to be with them. If you don't smile, but exhibit some other emotion she may take it personally, perhaps the wrong way. But a smile is always well received.

2- While kicking game to women, **remember repeat her name often**. It's like music to a woman's ears. For example "So where are you from, Heather?" instead of "Where are you from?" This makes a woman feel that she's an individual, not another pretty face. Very often in conversation we get consumed with thoughts, ideas, and food choices, etc and we become disconnected from each other as we are engaged in thought. When you use her name, she automatically reconnects with herself and thereby with you. You will see it in her mannerisms as her body language changes and she becomes more focused on you.

3- Always compliment women and they will always feel good about you, but don't overdo it or they will think you're just trying to score points (which you are, but you don't want them to know that). Try to sound sincere and **give her a unique compliment** on something that most people will overlook. You have a great smile, you have beautiful eyes, you have soft skin, etc. Always stagger compliments. Never be consistent. Never let her know when she's getting one and never over do it. Scientific studies have proven in both dog training and dolphin training that when dogs or dolphins are rewarded every time for doing something good they cease to respond to the reward or their trainer. Women are no different.

4- Always change the amount of attention you give her. For instance: Give her your undivided attention for an extended period of time one day, and appear to be too busy to even talk to her the next. **This will drive her crazy** and you will be on her mind the entire day. She will be wondering if she said or did something wrong and she will become much more interested in you because she won't be able to think about anything else.

5- Ever wonder why you never leave a club with a woman you've just met? Women at clubs tend to be 100% more attracted to the men on the dance floor, even if they don't dance well or are less attractive than the men sitting/standing around. Women will think you're there to get laid not to dance. If they see that you are genuinely there to dance they'll figure you're a guy who genuinely goes out to have fun not to get lucky. **Learn to dance!**

6- Never say "How about giving me your number?" Always use something like "I'd like to talk to you again, is there a number where I can reach you"?

This always produces much better results because she must avoid saying "no" or she will sound stupid because that will mean there is not a number where she can be reached. It also makes you more original than every other idiot that asks for her number.

7- Always wear cologne. I'm not talking about cheap cologne like Preferred Stock. If you want to spark a woman's interest, invest in a bottle of the good stuff. The most primal of all senses is the sense of smell. Once you have your own unique scent, you'll be ingrained more deeply into her memory by stimulating a sense that is often neglected.

8- Quit worrying about what to say next and focus your attention on listening. She will give you leads as to what she would like to talk about, in essence, telling you what to say next. For example: you say "How are you doing?" she says "I got a 50 cent raise today, but then I got a flat tire on my way home from work, so I guess I'm doing alright". She just gave you two leads that hint at what she is willing to talk about; all you've got to do is pick one.

9- When rejected, just smile and walk away. Who cares what she thinks. You probably won't see her again anyway. Besides, it's her loss; she just missed out on a good time for free with a great guy. Go out looking to get rejected, because once you become comfortable with women saying no, your fear of rejection will be gone. Remember that **the player who gets rejected the most is the player who leaves with the most numbers!**

10- Never talk too much or bring up subjects that will be boring to her. Let her initiate the topics of discussion and do most of the talking while you simply relate yourself to her statements by saying things like "**me too**". This will make the two of you seem to have a lot in common and her opinion of you will shoot through the roof. Remember women like to talk and it's the rare man who is actually listening to, not ignoring or dismissing what she has to say.

LAWS OF NATURE

As the man you must be the one to set the wheels of seduction into motion. Whenever you are on assignment, you will always be given an appropriate background and fabricated history to help you achieve entry, introduction or achieve your goals. But, once in the door, your personal male prowess, extensive training in seduction, initiative, and creative approach become the tools of your trade. So don't be intimidated because there are other men around you. Remember, you really have the edge. You have been selected and trained to succeed, now just relax and do it! No agency member would be asked to use a gun without extensive training, and you would not be here if you weren't trained to seduce your target, so just initiate action and give it your best shot.

Women love to be courted. Regardless of what you may have been told before or what you believe, it is your job to initiate seduction. You can pick up signals from a woman that she is ready, and interested, another words ready, willing and able, but if you don't initiate action, chances are, nothing will happen.

If by some chance you pick up the wrong signals and find she's not interested, her natural instinct will be to show you that disinterest. You can either persist telling her she's the most beautiful woman for you and you can't take your eyes off of her, or you can simply cut your losses and move on looking for someone else. More likely than not, you will be better off moving on. It is always easier to start anew than it is to dig your way out of an existing hole.

Don't feel timid about making the first move. You're on a mission and time counts. Most men have been conditioned to believe that being the aggressor is politically incorrect. However, it is probably one of the most natural things for men to do and they have been doing it successfully since the beginning of time. Men are by nature hunters. Men seek opportunities and then make them happen. And history has shown us again and again that women respond positively to strong, powerful and confident men. It is in part these strengths and your positive, confident demeanor that has made you a likely candidate for covert agency work; one worth the time and money that will or has already been invested to train you to do your job well.

IN THE ANIMAL KINGDOM

Chances are any woman you approach will be more scared and nervous than you are. While you don't want to come on too strong, you don't want to

seem like a wimp either. Lots of guys will pussyfoot around and say things like, ‘maybe we can go out sometime, or what would you say if I asked you out? Both of these examples give her too much room to give you reasons she can’t make it or why it won’t work. Here are some better lines to use. Try, “What time should I pick you up on Saturday night? Or try “When you get off from work on Friday, where should I meet you?” As you can see, by being direct yourself, YOU REDUCE HER ABILITY TO HEM AND HAW, and force her to give you a more direct answer.

AVOIDING CONFLICT

Men want women to perceive them as desirable. At the very least, they want women to like them well enough to eventually go to bed with them. It may not be what they believe will happen, but most men size up women most of the time. What if you approach a woman, follow all of my advice or anyone else’s for that matter, and get shot down? If the possibility of getting shot down is the reason you do not approach women, think of the worst thing that could happen to you. Oh My God, what if she says NO? That is really the worst thing that can happen. Even if she does say no, I promise you’ll survive, and the next one might actually say yes! However, if you let the possibility of a “no” prevent you from approaching other women, you have just quit the game, so you can not and will not ever achieve success! Did you hear that? You’re finished!

NO FEAR NECESSARY: FEAR IS NOT AN OPTION

You are afraid to approach women because you’re afraid to fail. Fear cannot be an option or you will by default fail. You’re either in the game or you’re not. Anti up or don’t play. But remember, if you don’t play, it is just plain impossible to win. If she shoots you down, pick yourself up, dust yourself off and try again, probably best with someone else, unless you don’t mind landing in the dust.

About 9 out of 10 people are scared of conflict just like you. Even women are scared of conflict and have fear. While you might be afraid she'll reject you, did it ever occur to you that she is worried that no one might even bother to ask or approach her? Well, that is also a fact. So if you're in the game you have a 90% chance that the woman you are approaching is dealing with her own conflict and fear, none of which has anything to do with you. And why are women drawn to the stronger of two guys? **Because the stronger the guy, the greater his ability to reduce her personal anxiety.**

Consider this:

What is likely to happen if you ask a woman out?

What are the chances she will say no?

What are the chances she will say yes?

You do the math. Will you survive? Of course you will.

NOW.....

What are the chances she will say yes if you never ask?

I'll do the math. You will lose 100% of the time. The game is over!

WHAT'S TO BE AFRAID OF

Think about it, she has no idea who you are and what kind of guy you are... she does not know that you won't get pissed off and start calling her ugly and other names if she rejects you... so she'll avoid that by all means. How will she avoid that? By either telling you she has a boyfriend or giving you a fake number... and that is the WORST case scenario.

Chances are she'll give you a shot just because you had the balls to approach her... even if you stutter the whole time and start sweating like a pig. It's true!

Now think about this: If you approach a woman and she is so nervous that she makes every mistake in the book... forgets what to say, doesn't look you in the eye, and just overall makes a complete fool out of herself... would you forget about her and just walk away even though she is hot? Hell freakin' no you wouldn't! So why would a woman reject you just for making a few mistakes if she thinks your attractive? She won't, period.

It's our job as men to choose which women to approach; it's our job to get everything started. If you think that's hard then think about a woman's job... They have to compete with all the other women out there to get attention. They obsessively worry whether they're measuring up. All for what? So someone will want to make it with her, settle down with her. So she can make the babies! I don't know about you but I'd rather get rejected by every woman on earth than have a nine pound kid pop out my ass.

NEVER THINK!

Remember just a second ago how I said "all you need to do is think about it before you approach a woman and your mind will be at ease"? Well that's the last thing you should think about... once you've put your mind at ease turn it off and just begin taking action without thinking about it... forget consequences, they don't exist anymore until you've got her number. Thinking is BAD when approaching women, don't think about:

What you should say
If she will reject you or not
If she feels attracted to you
If you're dressed well enough
If you're tall enough
Good looking enough
Have bad breath
Have enough hair

Women sense weakness – and ruminating over that which makes you insecure will smell of weakness.

And definitely don't think about your surroundings; forget about the other people near you and worrying if they are looking at you. DON'T THINK.

"Well if I'm not supposed to think... then how will I even talk?"

Good question... here's how:

I'm not telling you to try to block thoughts from entering your mind... that's impossible unless you've been a monk for the past 20 years. I'm simply telling you not to THINK about them once they are in there, and this is how you do that while still being able to talk...

ALWAYS say something related to the first thing that pops into your head... say it without thinking about it. If the first thing that pops into your head is "I don't know what to say"... then say just that! Say to her "I don't know what to say, you're so hot I can't stop looking at your body" or for a teasing approach "I don't know what to say... I'm still trying to figure out if I want your number or not". If the first thought that enters your mind is "What if she isn't attracted to me?" then go ahead and ask her! Say "Do you find me to be attractive? Because I think you're hot and we'd look really good together". Get the idea? It's all about NOT thinking about anything and just acting on impulse.

WANT TO KNOW A SECRET?

There's no such thing as "the right thing to say" to a woman... you can ask people all day for advice on what you should talk about with women when you approach them and every response you get will be the wrong one... even if it's coming from the mouth of Don Juan or Casanova themselves. Stop searching for the right thing to say and just talk. The belief that players and other types of ladies men are successful with women because they "say the right things" is a myth... total bullshit... its non-existent. They get women because nothing is holding them back from simply saying whatever they want, and it's their ability to do this that makes them attractive... not the specific words that come out of their mouths.

You want to get over your fear and have the ability to walk up to ANY woman without worries.

What prevents men from being successful with women?

The list is long... but one of the top reasons on the list is FEAR. Lots of men find fault with every woman they meet. She's too fat too thin, too tall too short, too blond not blond enough, there are many reasons we can be put off by a woman but did you ever consider that its easier to find fault with someone than to wait around long enough to let them find fault with you.

Maybe you didn't even realize that you were operating from a premise of fear when you acted out in a critical way. But that is often a manifestation of your fear. Men often jump to another emotion. Hide behind some kind of defense, they'd rather be with no one at all than settle, they say to themselves, but that just keeps you alone. And usually the hottest babe has no need to reject the dozens of men who are hitting on her – just to wait for you to have the courage to ask her out. Guys are often critical to the point that they reject someone before they have the chance be rejected.

Fear of being on the receiving end of criticism
Fear of being on the receiving end of rejection
Fear of looking foolish
Fear of _____

Have you ever seen a woman that you'd really like to meet, but you started to feel fear and didn't do anything about it?

What do you fear when it comes to women?

Do you fear asking a woman out on a date?

Do you fear kissing a woman when you're on a date?

Do you fear you'll be a bad kisser?

Do you fear you made a mistake?

Do you fear you said something wrong?

Do you fear you screwed up your chances?

Do you fear asking a woman for her phone number?

Do you fear returning her phone call?

Do you fear starting off a conversation?

Do you fear you'll have nothing to say that will interest her?

NOW, ANSWER THESE QUESTIONS HONESTLY:

Did you ever sit with a woman's phone number in your hand?

Have you ever thrown out the number believing she'd reject you before you even called?

Have you ever dialed a woman's number, but hung up because you were just too nervous to even talk to her?

Have you thought about kissing a woman while on a date but didn't because you thought she'd hate your kiss?

PHONE CONTROL

Always keep control of the phone. When you call a woman and there is no answer do not say "call me back." Instead say, "I'll call you back" or "I'll call you later". If she says in a conversation "I'll call you back", you say "I have some things to do," I'll get back to you". If she calls you occasionally, say "let me get back to you in ten minutes". Then do not call for 20 minutes. That extra ten minutes overpowers her with insecurity. Never give the control of the phone or power to control communication to a woman. He who controls the communication, is king.

By the way, it's not exactly FUN to admit that you're afraid of things, but everyone is.

I'm sure you know that most guys would rather admit in public that they were unsure about their sexual orientation than that they were afraid of

women.

Admit that you are afraid to be rejected by women, understand that you'll survive the rejection, and you've jumped over a major hurdle.

If you don't admit that you have the problem, then it's hard to get help and find answers to resolve it.

Almost every guy I've known (including myself) has dealt with this issue MANY TIMES with women.

THE POWER MOVE

You may have heard me discuss this before. It comes from Agency tests on gaining power and control over women. So let's give credit where credit is due. The power move works like this.

Slowly and incrementally over time you begin to tell a woman to do things for you, things that she was going to do anyway. For example, if you know she is just about ready to open a car door, you might say something like "why don't you open the car door". If she's going to sit down say "Hey, sit down". Basically, you initially start by telling her to do things that you know she was planning to do anyway.

In this way, she gets used to your telling her what to do, but not annoyed since these are things she intended to do regardless.

Then move on to asking for small things...like "Do you have a pencil" or "Can you grab my coat." Or "hand me that" or "hand me this"....Slowly continue building up the amount of commands she will follow. Eventually she will follow any command you ask of her or do anything you request, all within reason of course. This power move has not only been tested, but has also worked on 100% of the women tested.

CIA De-classified Experiment 2121 - (Women's Reactions)

1000 women were promised a moderately priced watch by 1000 men.

A different group of 1000 women were promised very expensive watches by another group of 1000 men.

The first 1000 men bought the women the moderately priced watches, while the second group of 1000 men delivered absolutely nothing.

When all 2000 women were surveyed (without their knowledge of course)...the women who got the moderately priced watches all said that their boyfriends were cheap. The women who got nothing, all claimed that their boyfriends were the most generous men in the world.

How do we explain this?

The ladies who received the inexpensive watches all knew they had received cheap watches. The proof was around their wrists. So, the guys were obviously cheap. However, the ladies who received nothing, continued to believe that their boyfriends would eventually follow through with their fantasy “dream” gift of a very beautiful expensive watch. The need to believe that they were worthy of such a beautiful expression of desire made them not only cling to, but believe that their boyfriends were generous men.

GET OVER IT (Fear that is, and move on)

Get over your need to deny that you're afraid.

Admit that you're afraid.

Come to grips with the fact that you're human.

Make mistakes and learn from them.

Have the courage to move forward and try again.

Try new strategies.

Make new mistakes.

Learn from each experience.

Ask any master of any skill and you'll learn that no one ever started out as a master. They took the time to learn, practice and perfect. It takes TIME to master any skill and the ability to LISTEN to those you trust enough to LEARN from.

To put it in different words, most guys don't take action because they're afraid that they'll screw up, or that the woman or others around will judge them. When you do nothing, you get nothing as a result. And, this is true 100 percent of the time. When you give it a shot, at least you have a shot!

NEVER PUT TOO MUCH IMPORTANCE ON WHAT ANY WOMAN THINKS OF YOU, NOR WHAT HAPPENS IN ANY SITUATION OF SEXUAL PURSUIT.

Before women even have a chance to think about the situation rationally, they are probably already nervous, insecure, and upset. This is because before they can even focus on what you might be thinking of them or the situation, they are worried about what everyone is thinking about them and the impression they are making. This is human nature. This is normal. So give yourself a break! They probably haven't even noticed you yet.

I'm sure you know EXACTLY what I'm talking about because this just makes sense.

Worse, sometimes we are more worried about what our families or peer groups will think about the outcome than what we might actually think about the outcome ourselves. So, spending time figuring out just what we are afraid of is the first step toward attacking the problem and achieving success.

At one time, I thought about this instant, automatic fear that came up for me in different situations with women. I finally realized that what I was really thinking was "I don't want to screw this up" or "I don't want her to think that I'm a dork"...

But all of a sudden it dawned on me, that I didn't really even care what she thought of me at all. All that anxiety was about nothing!

Mantras – Not everyone believes in Mantras, but I've never heard of anyone proving that they don't work or claiming that they ruined an opportunity. So, my advise is to give them a shot. Select one or two from the list below that apply to your situation or make up a few of your own. You have absolutely nothing to lose.

IT DOESN'T MATTER

It doesn't matter what happens,
It doesn't matter what she thinks of me.

I am not in any danger.
If she says no, I'll survive.
I will get past any rejection and move on.
I will enjoy my life.
I will try again.

Remember, most fears that you experience come from social PROGRAMMING. They have nothing to do with reality.

Here is a great example.

A female friend of mine said that while she was in Italy, all the men chased her. Everywhere she went, all the men hit on her and it was great for her ego. Here in the USA, with the same pretty face men rarely approach her, so when they do she is not only caught off guard and nervous, but is afraid to reject them since she has no idea when the next opportunity will come. In Italy she realized that this is a social activity for men and they just laugh off any rejection and move on. They know that the law of averages says if they just keep trying, it's just a matter of time before the right gal says yes. And that's why they are always smiling. Because men in the USA are not introduced to social dating as an interactive, fun, social activity, they have been programmed to believe that they either win or lose with every encounter so they are fraught with conflict and fear before they even say hello.

A SMILE CAN GO A LONG WAY

Make a practice of smiling during every encounter each day; when you're in the grocery, picking up your morning coffee, getting on the bus, dropping clothes at the laundry. Nod and smile instead of simply paying for your coffee and uttering yes, no, or thank you. It will make a huge difference in the way you feel about yourself and the way others feel about you too. If you just take a minute and imagine going through your entire day without making any personal contact with the other people around you, you will realize how alone it actually makes you feel. By smiling, you will feel

connected to others and they to you. You will come home feeling more alive than you have in years. And, people will start to remember who you are and begin to say hello to you too.

Women love men who are happy and full of life. And, happy people smile!

Think about the difference between doing something because it's important vs. doing something in order to LEARN.

For instance, if I saw a woman that I wanted to meet... instead of thinking, "OK, I have to say something charming and original so she'll like me... and if I screw up I'm going to be embarrassed," I begin to think things like, "I'm going to learn how to get a woman's phone number within a few minutes of meeting her... and part of learning this is going to be trying a lot of different things that probably aren't all going to work... but in the end, it's all going to even out because I'm going to have the SKILL that I want to cultivate."

See the difference?

Well, let me tell you, that change in attitude made a HUGE impact on my success. I was willing to do and try things that I never would have tried in the past for fear of screwing up...

All because I had changed my attitude and started focusing on "learning something from this and improving my skills... and not caring what happened in ANY PARTICULAR situation", I was able to improve very rapidly. This approach will change your focus from rating your personal skill (how successful or not you are as a man) to researching what techniques work in a particular situation. As soon as you remove the personal element from the equation, you are able to explore, test, learn, have fun and succeed in ways you never thought possible. And all you need to do is change your focus.

PRACTICE, PRACTICE, PRACTICE

The more you apply these ideas the more success you will have in all areas with women -- from the first meeting, to getting them to go out with you , to taking things to a physical level.

So do this:

Say, "Hi" to every woman that walks by
Maintain eye contact with women and smile
(Keep track of how many women smile back)
Maintain eye contact with women until THEY look away

Say something to every woman every time you get the opportunity.

Where?

At the grocery store

On line at the movie theater

At the bus stop

At the toll collection booth

It can be as simple as a smile and

“Hope you have a great day”

“Enjoy this beautiful weather”

Take it up a notch:

Start a conversation with a woman.

Spend a day starting conversations with women

Don't worry if she's attractive or not.

Don't ask for any phone numbers

Don't ask for any dates.

Learn how to end a conversation

“It was nice talking to you’

“I must run- you've just made my day”

See if you can just learn how to do a few simple things like... how to begin... and how to end a conversation. When you think you have that down, practice ending a conversation just a bit "too soon" (even though you might like to continue) so she feels a natural vacuum and tries to keep it going herself...

That's one good idea for dealing with your fears.

HANDS

Unfortunately, what you do with your hands can be one of the quickest non-verbal ways to destroy the attraction a woman feels for you, because the wrong hand movements can communicate that you are a low-status, beta male.

To make matters worse, your hands can be particularly tough to manage because, let's face it, when you feel nervous, the hardest thing in the world is figuring out what to do with your hands!

For success with your dating and seduction of women, make sure you don't make the following body language mistakes with your hands.

MISTAKE ONE (Displaying your anxiety with your hands)

DO NOT:

- 1) Shred napkins.
- 2) Clench your fists.
- 3) Sit on your hands.
- 4) Hold something and play with it.
- 5) Twiddle your fingers or thumbs.
- 6) Hold your hands unnaturally still.
- 7) Sit on your hands to avoid having the woman see them tremble.

Although you might be feeling nervous, the last thing you want to do is to let the woman detect you feel that way.

Instead you want to convey that you're calm and in control. Nothing attracts

a woman more than an alpha male who's laid back and confident.

MISTAKE TWO (Putting your fingers into your mouth)

When you bite your nails or otherwise chew on your fingers, you are, according to psychologists, doing the same thing that infants are doing when they suck their mother's breast.

For a baby, breast feeding provides comfort. When we became toddlers, our thumbs replaced our mom's nipple.

And then as adults, biting our thumbnail does the same thing. Ever noticed that when you're out in public, you mainly bite your nails when you're under pressure?

THE SOLUTION: Just hold your hands relaxed on the table.

Rest your forearms on the table, keeping your arms open and letting them drop forward.

Keep your hands and arms open and relaxed. Most of the time this means having them about 18 inches or half a meter apart, your palms facing each other, with fingers curved slightly upward.

As your palms face each other, they should also face the woman. Open palms convey honesty and being completely comfortable with yourself. Having the back of your hands facing her can often convey that you're hiding something.

Demonstrating your confidence can be as easy as that! Stop twiddling your thumbs and watch the women flock to you.

We've all had that special woman in our lives. You know... the one with the sweet personality, the really nice hair and a perfect face. She dates the more "adept" guys... but how can you get her to like you?

While men are primarily attracted to women based on their looks, a woman finds a man attractive because of his personality.

An ideal man is an alpha male who's confident in himself and not afraid to take the lead and get what he wants out of life.

What this means is that coming from a position of strength and confidence, the woman who feels she “won” you, “earned” you or “beat the others out” increases your value (desirability) 10 fold.

As a result, she will work twice as hard to maintain her position as your “girlfriend” or whatever as the competition around her will be constant and keen.

So the best attitude to have towards any one particular woman is:

1. Nonchalance.
2. Non-attachment to whether she likes you or not. (By that I mean, if she likes you that's awesome, but if not, there are tons of other chicks out there equally as great as she is.)

The bottom line is that a woman should never be a challenge for you. Instead you should be a challenge for her, and always keep her challenged.

In addition to placing a high value on yourself, you can also eliminate neediness by building up your social network. Make friends with as many women as you can. (Women are easy to make friends with.)

Also date as many women as you can... don't restrict yourself only to dating "that one special woman."

You see, the last thing you ever want to have going through your mind when you're around that special woman is, "God, I MUST have this woman! She's irreplaceable!" Having an abundance of women in your life will solve that problem.

Also, whenever a woman sees that other chicks are attracted to a guy, she too feels attraction. Psychologically, this is known as the "social proof" phenomenon... and it's much more powerful in women than men.

Ever notice how your female friends drool over the guy at the corner of the bar who's got four babes at his table? That's social proof in action.

By the way, it's fine to think a woman is beautiful and to feel something strong for her.

Here's the key though... you must always remind yourself that there are LOTS of other women out there who are just as wonderful as that woman you really like.

If you start thinking that any woman is one of a kind, then that gives her power over you. Remember, that once you give her this power over you, the attraction she once felt for you will begin to diminish.

So, you're free to think that a woman's amazing. Just remember that lots of other women are amazing too. That way you won't become needy.

Remember to place a high value on yourself. Make her earn your attention, and hang out with as many women as possible... those are the three secrets for getting a woman to like you.

SURVIVAL AND PASSING ON GENES ARE A SERIOUS BUSINESS IN THE ANIMAL WORLD.

Males want to mate with as many females as possible, and the goal is being able to fertilize the greatest number of eggs possible. Females are much more selective, and as a result prefers to hook up with the best males they can find to fertilize their eggs.

One end result is polygamy-the most common mating strategy in the animal kingdom-in which males compete for access to a harem of breeding females.

Birds do it, bees do it and humans since the dawn of time have done it.

But just how much has the act really changed through the millennia and even in past decades? Are humans doing it more? Are we doing it better? Sort of, say scientists. But it's how people fess up to the truth about their sex lives that has changed the most over the years.

Humans have basically been the same anatomically for about 100,000 years-so what is safe to say is that if we enjoy it now, then so did our cave-dwelling ancestors and everyone else since, experts say.

"Just as our bodies tell us what we might like to eat, or when we should go to sleep, they lay down for us our pattern of lust," "Sex has always offered pleasure."

HARD WIRED

Sexuality has a lot to do with our biological framework.

There is "no reason to think that we do more now than in the past, although we are certainly more frank about it," Buss told *Live Science*.

Indeed, cultural restraints rather than anything anatomical have had the biggest effect on our sexual history, Shorter says.

"To be sure, what people actually experience is always a mixture of biological and social conditioning: Desire surges from the body, the mind interprets what society will accept and will not, and the rest of the signals are edited out by culture

HERE IS THE REAL TRUTH ABOUT FEMINISM

The feminist nightmare began in the 1960's, the elite media invented second-wave feminism as part of the elite agenda to dismantle civilization and create a New World Order."

Did you know that before she became a feminist leader, Gloria Steinem worked for the CIA spying on Marxist students in Europe and disrupting their meetings, she became a media darling due to her CIA connections. MS Magazine, which she edited for many years, was indirectly funded by the CIA. This is declassified public knowledge.

Steinem has tried to suppress this information, unearthed in the 1970's by a radical feminist group called "Red Stockings." In 1979, Steinem and her powerful CIA-connected friends, Katharine Graham of the Washington Post and Ford Foundation President Franklin Thomas prevented Random House from publishing it in "Feminist Revolution." Nevertheless the story appeared in the "Village Voice" on May 21, 1979.

Steinem has always pretended that she had been a student radical. "When I was in college, it was the McCarthy era," she told Susan Mitchell in 1997, "and that made me a Marxist." (Icons, Saints and Divas: Intimate Conversations with Women who Changed the World 1997. p 130) Her bio-blurb in June 1973 MS. Magazine states: "Gloria Steinem has been a freelance writer all her professional life. Ms Magazine is her first full-time salaried job."

Not true. Raised in an impoverished, dysfunctional family in Toledo Ohio, Steinem somehow managed to attend elite Smith College, Betty Friedan's alma mater. After graduating in 1955, Steinem received a "Chester Bowles Student Fellowship" to study in India. Curiously, an Internet search reveals that this fellowship has no existence apart from Gloria Steinem. No one else has received it.

In 1958, Steinem was recruited by CIA's Cord Meyers to direct an "informal group of activists" called the "Independent Research Service." This was part of Meyer's "Congress for Cultural Freedom," which created magazines like "Encounter" and "Partisan Review" to promote a left-liberal chic to oppose Marxism. Steinem, attended Communist-sponsored youth festivals in Europe, published a newspaper, reported on other participants, and helped to provoke riots.

One of Steinem's CIA colleagues was Clay Felker. In the early 1960's, he became an editor at Esquire and published articles by Steinem which established her as a leading voice for women's lib. In 1968, as publisher of New York Magazine, he hired her as a contributing editor, and then editor of Ms. Magazine in 1971. Warner Communications put up almost all the money although it only took 25% of the stock. Ms. Magazine's first publisher was Elizabeth Forsling Harris, a CIA-connected PR executive who planned John Kennedy's Dallas motorcade route. Despite its anti establishment image, MS magazine attracted advertising from the cream of corporate America. It published ads for ITT at the same time as women political prisoners in Chile were being tortured by Pinochet, after a coup inspired by the US conglomerate and the CIA.

Steinem's personal relationships also belie her anti establishment pretensions. She had a nine-year relationship with Stanley Pottinger, a Nixon-Ford assistant attorney general, credited with stalling FBI

investigations into the assassinations of Martin Luther King, and the ex-Chilean Foreign Minister Orlando Letelier. In the 1980's, she dated Henry Kissinger. For more details, see San Francisco researcher Dave Emory.

Our main misconception about the CIA is that it serves US interests. In fact, it has always been the instrument of a dynastic international banking and oil elite (Rothschild, Rockefeller, Morgan) coordinated by the Royal Institute for Internal Affairs in London and their US branch, the Council for Foreign Relations. It was established and peopled by blue bloods from the New York banking establishment and graduates of Yale University's secret pagan "Skull and Bones" society. Our current President, his father and grandfather fit this profile.

The agenda of this international cabal is to degrade the institutions and values of the United States in order to integrate it into a global state that it will direct through the United Nations. In its 1947 Founding Charter, the CIA is prohibited from engaging in domestic activities. However this has never stopped it from waging a psychological war on the American people. The domestic counterpart of the "Congress for Cultural Freedom" was the "American Committee for Cultural Freedom." Using foundations as conduits, the CIA controlled intellectual discourse in the 1950's and 1960's, and I believe continues to do so today. In "The Cultural Cold War," Francis The CIA's "Project Mockingbird" don't take my word for it – research it yourself involved the direct infiltration of the corporate media, a process that Stonor Saunders estimates that a thousand books were produced under the imprint of a variety of commercial and university presses, with covert subsidies.

often included direct takeover of major news outlets. "By the early 1950's," writes Deborah Davis, in her book "Katherine the Great," the CIA owned respected members of the New York Times, Newsweek, CBS and other communication vehicles, plus stringers, four to six hundred in all." In 1982 the CIA admitted that reporters on the CIA payroll have acted as case officers to agents in the field. Philip Graham, publisher of the Washington Post, who ran the operation until his "suicide" in 1963, boasted that "you could get a journalist cheaper than a good call girl, for a couple of hundred dollars a month."

My parent's generation was disillusioned when the Communist dream of universal brotherhood turned out to be a shill for a brutal despotism. My own generation may discover that our best instincts have also been

manipulated and exploited. There is evidence that the 60's drug counter culture, the civil rights movement, and anti-war movement, like feminism, were CIA directed. For example, the CIA has admitted setting up the (National Student Association as a front in 1947 <http://www.cia-on-campus.org/nsa/nsa2.html>). In the early 1950's the NSA opposed the attempts of the House Un-American Activities Committee to root out Communist spies. According to Phil Agee Jr., NSA officers participated in the activities of SNCC, the militant civil rights group, and Students for a Democratic Society, a radical peace group.

I won't attempt to analyze the CIA's motivation except to suggest what they have in common: They demoralized, alienated and divided Americans. The elite operates by fostering division and conflict in the world. Thus, we don't realize who the real enemy is. For the same reason, the CIA and elite foundations also fund the diversity and multicultural movements.

Feminism has done the most damage. There is no more fundamental yet delicate relationship in society than male and female. On this relationship depends the family, the red blood cell of society. Nobody with the interests of society at heart would try to divide men and women. Yet the lie that men have exploited women has become the official orthodoxy.

Man loves woman. His first instinct is to nurture ("husband") and see her thrive. When a woman is happy, she is beautiful. Sure, some men are abusive. But the vast majority have supported and guided their families for millennium.

Feminists relentlessly advance the idea that our inherent male and female characteristics, crucial to our development as human beings, are mere "stereotypes." This is a vicious calumny on all heterosexuals, 95% of the population. Talk about hate! Yet it is taught to children in elementary schools! It is echoed in the media, and the law. Heterosexuals are now the persecuted ones.

All of this is calculated to create personal confusion and sow chaos among heterosexuals. As a result, millions of American males are emasculated and divorced from their relationship to family (the world and the future.) The American woman has been hoodwinked into investing herself in a mundane

career instead of the timeless love of her husband and children. Many women have become temperamentally unfit to be wives and mothers. People who are isolated and alone, stunted and love-starved, are easy to fool and manipulate. Without the healthy influence of two loving parents, so are their children.

Feminism is a grotesque fraud perpetrated on society by its governing elite. It is designed to weaken the American social and cultural fabric in order to introduce a friendly fascist New World Order. Its advocates are sanctimonious charlatans who have grown rich and powerful from it. They include a whole class of liars and moral cripples who work for the elite in various capacities: government, education and the media. These imposters ought to be exposed and ridiculed.

Women's oppression is a lie. Sex roles were never as rigid as feminists would have us believe. Women were free to pursue careers if they wanted to. The difference was that their role as wife and mother was understood, and socially validated, as it should be.

Until of course Gloria Steinem, the CIA, and The New World Order came along.

MODERN ADVANCES

Most sexual psychologists agree that religion has especially held a powerful sway over the mind's attitude towards the body's carnal desires. Shorter said that men and women who lived during the pious Middle Ages were certainly affected by the fear of sin, though he also notes there were other inhibiting factors to consider, too.

The liberalization of sexuality kicked into high gear by the 1960s with the advent of the birth control pill, allowing women get in on the fun without fear of pregnancy acting purely on the basis of desire as men had always done in the past.

"The 1960s vastly halted the previous reluctance and accelerated and sanctioned female desire and willingness to grab sex for the sheer sake of physical pleasure," he said, noting that the trend of *openly* seeking out sex just because it feels good, rather than for procreation alone, has continued on unabated into the new millennium.

GLOBAL VARIATIONS

Experts say sexual attitudes differ across the world.

"Cultures vary tremendously regarding their sexual practices and what each considers normal. How early they start having sex, how open they are about it, and how many sexual partners they have vary from culture to culture".

Sexual selection tends to favor those that will enhance reproductive success.

By waiting on the sidelines during male-male jousting, the female can select the strongest males.

"Males fight it out and the best fighters create the most interest amongst the females and thereby end up with the largest harems"

If you just take the winner, you've got the best male. You don't need to sit back and choose carefully between males."

FEMALES IN CHARGE

Women are multitaskers and they can do many things at the same time. Their ability to think many things at the same time is a wonderful aspect and probably makes them more interesting to us guys. I invented a term for it. I call it web thinking, but it is really not good in bed.

Women are distractible in bed and in fact we are not the only ones that are distractible in bed, women are more easily distracted therefore the right

music and setting is essential. This in essence makes women more seducible in bed.

I want to talk a little bit about love and how it connects with sex and the impact that this has on all of our lives.

“What ‘tis love”

The first part of the equation is lust, the craving for sexual gratification. The sex drive is the mechanism that gets you motivated and out there looking for someone to satisfy this powerful urge.

The second part of the equation includes romantic love, which evolved to enable you to focus your mating energy on just one individual at a time, conserving mating time and energy. When you fall in love you suddenly feel an intense interest in one person and start to focus all your attention there. The reason is, at least in part, because elevated activity of dopamine in the brain can elevate activity of testosterone, the hormone of desire.

We’ve all had experiences where one day he/she was just another nice guy/gal. But then suddenly, every movement, action, motion, remark became an intensely, sexually attractive all consuming obsession to you.

The third brain system is attachment. This is the sense of calm and security that you can feel with a long term partner. It also serves to help us tolerate a partner at least long enough to rear a single child together as a team.

Other scientists have associated this with elevated activity of Oxytocin and Vasopressin in specific circuits in the brain.

Can you copulate with just a friend and then suddenly fall in love with them? Not always. Most liberated American adults have had intercourse with somebody that they never fell in love with but it can happen. And I think it is largely, at least in part, because elevated activity of testosterone associated with the sex drive can increase activity of dopamine in the brain.

Sexual activity increases dopamine in the nucleus accumbens, part of the reward system of the brain, as much as 50%. “Don’t copulate with people you don’t want to fall in love with because it may just happen to you.” You also might feel attachment to this individual. **This is much more applicable to women than men.**

I think the sex drive evolved to get us out there looking, which would ultimately become the right mate so we could eventually bond and then procreate.

Romantic love evolved to enable us to focus our mating energy on just one individual and fall in love.

And attachment evolved so we could form this pair, bond, and act as a team.

But for billions of years those men who were adulterous would have had more children. For millions of years those women who are adulterous would have had more resources for the children that they had.

If you spread more genes into the population those children survive. In short we have evolved a double reproductive strategy. A tremendous drive to seek sex, a tremendous drive to fall in love, a deep need to attach to a partner, and also the tendency for adultery, divorce, and remarriage.

Romantic love was associated with a specific brain chemistry dopamine and norepinephrine because these are associated with elation, energy, focused attention, and motivation to win a reward, and with lower levels of serotonin. This is important lower levels of serotonin because obsessive thinking is regularly associated with low levels of this neurotransmitter.

The fundamental human drive, a mating drive, is stronger than the sex drive. When you ask somebody to go to bed with you and they reject you, you don't go kill yourself. When you have been rejected in love a certain number of people fall into a clinical depression, a large number of them actually, and they kill themselves or somebody else. In fact this drive can even overcome the will to live.

THE SCIENCE OF OUR TIMES

In 2003, in the United States, 213 million prescriptions for anti-depressants were written. The vast majority were for serotonin enhancing drugs. It is

well established that these drugs can cause diminished sexual desire, delayed sexual arousal, and muted or absent orgasm. Psychiatrist Andy Thompson, has come to believe that these sexual side effects not only jeopardize your sex life but can also jeopardize your ability to find the right partner, to fall in love, to stay in love, and to sustain a marriage. Because when you knock out the sex system you affect evolutionary brain mechanisms for courtship, romance, and attachment.

For example, and most importantly, elevated activity of serotonin associated with these serotonin enhancing medications suppresses the dopamine pathways in the brain. Dopamine is the fundamental neurotransmitter associated with romantic love. So, when you raise serotonin at the synapse and affect these dopamine highways you are changing your threshold, your ability to feel the elation of romance. Now, I am not telling anybody to not take these drugs. If you are going to kill yourself or somebody else there is certainly every reason to take them but Americans are taking them long term, for many years in a row, for simple psychological well being. Those are the people that I think are in jeopardy of not being able to fall in love. In fact, this is why people take these SSRI's. They take them to blunt the emotions but when you blunt the emotions you blunt your ability to fall in love. SSRI's also suppress obsessive thinking, which is what you want when you are terribly depressed but it is also another central component of romantic love. Serotonin enhancing anti-depressants and the simple lack of sexual activity can jeopardize romantic love in marriage in other more subtle ways. As I mentioned to you, orgasm produces a flood of Oxytocin and Vasopressin in the brain.

Oxytocin is associated with maternal bonding, social bonding, and attachment., when a woman takes a serotonin enhancing anti-depressants or stops having sex for other reasons and fails to achieve orgasm she fails to stimulate in herself and her partner neural mechanisms associated with attachment.

Darwinian perspective orgasm also is a primary device by which women unconsciously assess a mating partner. Women don't reach orgasm with every partner that they have. As a result it was long thought that the female orgasm was therefore a faulty mechanism and that women just weren't well designed the way men were. It has now come to be called the fickle female orgasm and now believed to be an adaptive mechanism that enables women to distinguish between those partners who are willing to spend time and

energy on them. That would be either “Mr. Right”, or those who are impatient and lacking empathy, “Mr. Wrong”.

Serotonin enhancing anti-depressants can also inhibit psychological mechanisms for mate choice. In some people on anti-depressants it inhibits motivation. They shy away from courtship and sex because they are scared of poor performance in bed or they blame the partner for their frigidity or impotence rather than understand that this is drug related symptom. It can affect self esteem and it certainly can blunt your emotions. As a matter of fact the very first study of this has been done by psychologist Maryanne Fisher. She studied 20 women on SSRI's and 20 women off SSRI's, normal, and she had them all look at pictures of men on a computer screen. The women on the SSRI's rated the male faces as less attractive and also looked at them for shorter periods of time.

The focus of this book is only what works. Nothing else matters. Only that which is effective counts! And that is what you are going to learn here.

Women are usually above suspicion. They are already in the community. You as a covert operative have a huge advantage if you can infiltrate into her world. The Military could put a plant in this community, but it could take years they don't have to gain the trust by that community that a skilled operative could achieve in short order by gaining a foot hold through a woman already established there.

When you tap into the primal nature of men and women the behavior is absolutely predictable. The innate appeal and attraction of men to women and women to men is and has always been at its core the same.

These techniques have been designed and have been implemented for years for one reason only, and that is to achieve consistent results so you always get any woman you choose.

If you don't think you have anything to learn, first of all you wouldn't be reading this book. And you wouldn't be looking for new techniques to use on women... with most of my books you get techniques that lead to REAL improvement. With this book you get the reasons why these techniques work. It's the difference between reading the owners manual or the engineering specifications... the difference between being an end user of a computer program, knowing which buttons to click your mouse on, or knowing how to read the source code of the computer programs.

This information is the source code. It is the technical specs.

ATTACK STRATEGY

Cutting her defenses: Laughter and a good mood

When she is laughing or in a good mood all her defenses come down. This is the time when you make your move; kiss her, hug her. Don't do anything too invasive, do just enough to get the sexual tension going.

Bad mood or depressed:

This is a golden opportunity. When a woman is feeling down and depressed she feels out of control. As a result, the solution is for you to assume total control. She will probably welcome the direction since she will probably feel somewhat confused. Tell and direct her to do everything, but don't dictate to her. Ask or suggest that she do this or that. Remember if she feels out of control, she will comply if she needs a controlling element and your direction makes her feel better.

Indifference:

Women need to be needed. When a woman is indifferent this is the time to ask for advice. It will make her feel like she counts and has value and the indifference will subside.

Get her moving:

When she is running or moving around, her adrenaline is pumping. When you do these things together, it is very similar to the feelings created during sex, and will therefore create a sexual bond between you.

MUSIC:

This is a deadly powerful seducer. Use music like Billy Holiday, Dusty Springfield, and an assortment of oldies. Why? Many songs give subliminal messages that women will respond to. Even though they will not know it and will not know why, it works. And you will know it by their reaction. It might not be your favorite music, but the desired result will be accomplished. Try “Enigma” on a woman. You will see a response even if neither one of you care for the music.

Sex and Violence:

There is a reason they always put these two together. It's because the combination works. Here is a clue on how to work it. Have a play fight or wrestling match and see if she doesn't get sexually aroused and turned on.

Show her you are imperfect:

Make mistakes and say “well I screwed up” or things like “I thought I was right, but I was wrong.” By allowing her to see that you are imperfect, it gives her permission to be imperfect too. And let's face it, no one is right all of the time.

Allow her to occasionally see your vulnerabilities:

Everyone is afraid to let someone else see them in a vulnerable position. However, the best way to get a woman to let her hair down and open up to you is when she is not putting up walls to hide her vulnerabilities. She is more likely to share her own weaknesses with you if you've already shared

one of yours with her. It will make her feel less afraid of rejection. Which brings us to the next strategy.....Never, ever criticize or judge her when she's just shared a weakness or fear. That is the time to be supportive and bolster her ego.

Never criticize:

Criticism serves no one. It only brings up defenses and distances you from your target women.

Penetrate her:

Penetrate in any way possible, this creates more sexual opportunities than you can count. Feed her by hand, or fork or spoon. If she smokes, put a cigarette in her mouth. Put your fingers between her fingers. Any type of penetration will subconsciously get a women turned on - big time. Getting a finger into her mouth will get her turned on big time.

KISSING

The most powerful kisses open up the romantic and sexual channels. Hands, hair, eyes, cheeks, the tip of the nose hit different nerve receptors. So, they are great precursor's to anything that you wish to come next.....like kissing.

Kissing: this is how to kiss a woman (this is not opinion this is scientific fact) when most men kiss a women they use the tip of their tongue- wrong:

Right way: use the flat top of your tongue. That is where all the taste buds are and this creates chemical bonding. Also use your tongue to sort of brush her teeth this causes different nerve receptors to go off.

Here are a couple of kissing techniques that you can use. Remember to vary them to keep things exciting!

1) Kissing Technique:

Kiss her lightly between the eyes, then on the tip of the nose, and finally on the lips.

2) Kissing Technique: Top And Bottom

Kiss her on her top lip, then the bottom lip, and finally both.

3) Kissing Technique: Lick Her Lightly

Run the tip of your tongue slowly along your girl's lips.

4) Kissing Technique: Kiss Her Earlobes

Gently kiss, nibble, and suck on her earlobe. This trick can drive a woman WILD.

5) Kissing Technique: Kiss Her Neck

Trace the sides of her neck with your lips and tongue.

6) Kissing Technique: Front of Neck

Kiss the front of her neck with your lips and tongue.

7) Kissing Technique: Tease And Deny

Kiss her everywhere but her lips, until she pulls you to her lips. You can also use this trick on other sensitive spots. For example, you can tease one of her nipples by kissing AROUND it until you finally kiss it.

8) Kissing Technique: The Sensual Kiss

Look in her eyes and whisper you want to kiss her. Press your lips gently to hers, caress her lips with yours and give her a passionate kiss.

9) Kissing Technique: Forehead Rub

Rub your forehead with your girl gently and kiss her.

10) Kissing Technique: Nose Rub

Gently rub the tips of your noses together and kiss.

PHONE TECHNIQUES:

Flirt on the phone.

Flirting on the phone is a lot like flirting in person. You tease a woman and act playful. But what's different about flirting on the phone is that you're mostly relying on your voice instead of your body language.

Unlike talking to a woman in person, you can't use any body language when you are talking on the phone. This creates a big problem, since according to scientists more than 93 percent of our communication is based on non-verbal communication.

What this means is that you should pay **EXTRA ATTENTION** to your voice tone whenever you talk to a woman you're interested in on the phone.

So here's the secret to flirting on the phone:

USE YOUR FLIRTY VOICE!

From the moment you say “hello” on the phone with a woman, I want you to use your flirty, playful voice. Don't start using it in the middle of the conversation. Start using it **RIGHT AWAY**. (For the same reason you want to make physical contact with a woman as soon as possible while on a first date...so that it won't become awkward when you finally touch her.)

If you're uncomfortable with using your flirty voice, then you really need to open up and be more playful.

I can promise you that if you never flirt or are playful with women, you're not going to have much success in dating. Women are just going to talk to you because they think you're a good “friend”.

Here is a good exercise for developing a flirty voice:

Imagine the person you're talking to is in the same room with you and you're flirting with her on the couch. Her face is just inches away from yours, and there's some intense eye contact going on. Now adopt the same expression on your face and body language with you body. Finally, project all of this to the woman you're talking to by slowing down your speech just a bit - especially on the vowels.

Chances are...she's going to “see” you through your voice!

MIND CONTROL-IS SMOKING REALLY BAD FOR YOU?

A wealth of overlooked yet frightening literature concerning the Nazi crusade against smoking provides a clear parallel to contemporary developments and an alarming warning that state restriction of personal habits is the pre-cursor to dictatorship.

Beginning in the early 1930's, as part of the Nazi agenda for racial purity, Hitler spearheaded a national campaign to ban smoking in all public buildings, and denounced the practice as a betrayal of the fascist drive for bodily purity and to turn people against each other as an experiment of Nazi power.

"Brother national socialist, do you know that our Fuhrer is against smoking and think that every German is responsible to the whole people for all his deeds and emissions, and does not have the right to damage his body with drugs?" stated one magazine.

The regulation of the personal habit of smoking, including new legislative moves in San Francisco to ban cigarettes in private homes, and its enforcement by an eager cadre of state snoops and snitches, represents nothing more than a move on behalf of big brother towards the complete subjugation and shackling of the individual.

Read these shocking parallels and compare them to the endless lecturing we are forced to endure today about our personal lifestyle choices by the state and their propaganda arm, the mass media.

Nazi anti-smoking propaganda poster- similar to the anti smoking logo in today's America

- The Nazis banned tobacco advertising and financed huge public relations campaigns to propagandize people into giving up smoking.
- The Nazis banned smoking in government offices, civic transport, university campuses, rest homes, post offices, many restaurants and bars, hospital grounds and workplaces, and Hitler gave awards to associates who quit the habit.
- A ban on smoking in private vehicles was called for.
- The Nazi Reich Health Office warned that smoking caused impotence and produced posters depicting smoking as a dirty habit of Jews, Gypsies, blacks, intellectuals and Indians.
- Nazi lobbyists lectured terrified children in schools on the horrors of racial impurity as a result of smoking.
He forbade anyone from smoking in a room he might enter. Fellow fascist leaders Mussolini, Napoleon and Franco also detested smoking.

The Nazi anti-smoking crusade was unleashed with the help of manufactured junk science on behalf of the medical and health establishment, one such example being that smoking caused "spontaneous abortions" in pregnant women.

Hitler attempted to price out smoking for Germans, levying huge taxes on cigarettes.

Despite the Nazi propaganda crusade against smoking, tobacco sales increased in Germany, leading some history professors to hypothesize that smoking was an act of cultural resistance against fascism, until the late 1930's after smoking was banned in most public buildings and tobacco sales rapidly declined.

The term "passive smoking" (Passivrauchen) was coined by the Nazi Anti-Tobacco League. Its author, Fritz Lickint, offered no supporting evidence to

claim that smokers poisoned everyone around them, while also stating that drinking coffee caused cancer.

Hitler was an ardent vegetarian and did not smoke or drink after the age of 30, even accrediting the rise of fascism to his success in kicking the habit.

Another Nazi anti-smoking propaganda poster depicts a jackboot kicking a cigarette, a cigar and a pipe.

What conclusions can we draw from these parallels? Either the Nazis were benign and really cared about everyone's health or they used the specter of anti-smoking to exert massive control over people's lives and scale back basic freedoms, getting a foot in the door for the political dictatorship that was to follow.

Similarly today, either the same elite that advocate "mass culling" of the majority of the world's population really do care about public health and well-being or they are using the excuse of the anti-smoking drive to condition us to accept state regulation over every aspect of our personal lives.

It's all about control; it's all about letting you know who the bosses are. If the government can regulate personal habits and behavior, what's next? If the state is as concerned about our good health as they would have you believe, why not use the latest scientific advancements to remove that nasty aggressive gene that causes so much unhappiness? Well, you're causing those around you distress and harming their health so why not? Are your political opinions a mental illness? Are they harming society? Perhaps we should ban certain types of "free" speech that is offensive to others- oops that's already been done.

You see where this is all heading - how long before our wall mounted personal x-ray body scanners are accompanied by special smoke detectors that inform on you to the local Stasi if you dare to light up?

We live in a paranoid world overpopulated by no thinking jellyfish who dare not dip their toe in the water in case there's a law against it, or it might upset someone, or be bad for their health.

Many people will read this article having lost loved ones as a result of smoking. Please don't have a knee jerk emotional reaction, try to understand that the point I'm making - smoking is unhealthy but it is healthier than fascism and government regulation of personal habits which do lead to dictatorship.

The fact that the very language and policies that we are now bombarded with as a justification for state regulation of our personal lifestyle choices are directly lifted from Nazi policies for racial hygiene from the 1930's should alarm us all and act as a wake up call to the true agenda behind today's anti-smoking purge.

PORNO ATTACKING THE MALE LIBIDO – DON'T FALL INTO THIS TRAP

This is a planned attack on the male libido to create insecurity and confusion.

Let's talk Andrea Dworkin, the anti-porn activist most famous in the eighties for her conviction that opening the floodgates of pornography would lead men to see real women in sexually debased ways. If we did not limit pornography, she argued—before Internet technology made that prospect a technical impossibility—most men would come to objectify women as they objectified porn stars, and treat them accordingly. In a kind of domino theory, she predicted, rape and other kinds of sexual mayhem would surely follow.

The feminist warrior looked gentle and almost frail. The world she had, Cassandra-like, warned us about so passionately was truly here: Porn is, as David Amsden says, the “wallpaper” of our lives now. So was she right or wrong?

She was right about the warning, **wrong about the outcome**. As she foretold, pornography did breach the dike that separated a marginal, adult, private pursuit from the mainstream public arena. The whole world, post-Internet, did become pornographized. Young men and women are indeed being taught what sex is, how it looks, what its etiquette and expectations

are, by pornographic training—and this is having a huge effect on how they interact.

But the effect is not making men into raving beasts. On the contrary: The onslaught of porn is responsible for **deadening male libido** in relation to real women, and leading men to see fewer and fewer women as “porn-worthy.” Far from having to fend off porn-crazed young men, young women are worrying that as mere flesh and blood; they can scarcely get, let alone hold, their attention.

Here is what young women are now saying on college campuses when the subject comes up: They can’t compete, and they know it. For how can a real woman—with pores and her own breasts and even sexual needs of her own (let alone with speech that goes beyond “More, more,”)—possibly compete with a cyber vision of perfection, downloadable and extinguishable at will, who comes, so to speak, utterly submissive and tailored to the consumer’s least specification?

For most of human history, erotic images have been reflections of, or celebrations of, or substitutes for, real naked women. For the first time in human history, the images’ power and allure have supplanted that of real naked women. **Today, real naked women are just bad porn.**

Watch young women experience the continual “mission creep” of how pornography—and now Internet pornography—has lowered their sense of their own sexual value and their actual sexual value.

The he actual presence of a naked, willing young woman is supposed to and did turn men on from the beginning of time. There were more young men who wanted to be with naked women than there were naked women on the market. If there was nothing actively alarming about a woman, she could get a pretty enthusiastic response by just showing up. Men have been watching porno for years, but hey, there was nothing like the real thing Woman could move, they were warm, they were real. Thirty years ago, simple lovemaking was considered erotic in the pornography that entered mainstream

consciousness: When “Behind the Green” Door first opened, clumsy, earnest, missionary-position intercourse was still considered to be a huge turn-on.

Women did not have to compete with video porn in the eighties and nineties, when intercourse was not hot enough. Now you have to offer—or flirtatiously suggest—the lesbian scene, the ejaculate-in-the-face scene. Being naked is not enough; you have to be buff, be tan with no tan lines, have the surgically hoisted breasts and the Brazilian bikini wax—(which leads to immature pedophile type thinking just like porn stars. (In my gym, the 35 to 40-year-old women have adult pubic hair; the twenty something’s have all been trimmed and styled.) Pornography is addictive; the baseline gets ratcheted up. In the new millennium, a vagina—which, by the way, used to have a pretty high “exchange value,” as economists would say—wasn’t enough; it barely registered on the thrill scale. All mainstream porn—and certainly the Internet—is destroying normal sexual activity.

GUIDE TO STARTING A CULT

Long flowing robes, brainwashing and mass suicides, Strange, but cults have gotten a bad rap over the years. Actually, it might be just the lifestyle choice you need to make. Think about it: Aren't you tired of being an anonymous sap? Start a cult, and you can be its leader! You can sway the opinions of thousands, maybe millions of people—and become filthy rich in the process. You can take over the world! (Insert your maniacal laugh here.)

At this point, you're probably thinking, "Hey, man, it's cool—we all got our point of view . . . um, I'm just going to step away from my computer and run now."

Don't lace up those Nikes just yet. We're not about to suggest you shave your head, stockpile weapons, set your compound on fire and start serving mass quantities of Kool-Aid.

Instead of Jim Jones, think Dow Jones, Starbucks, Ben & Jerry's, and Krispy Kreme. They may not seem like a cult on the surface, but each company has a core following that has brought in real serious cash. But the money isn't what gives it cult status. McDonald's, if it wanted to, could purchase the planet. So could Time-Warner. But nobody thinks of those two companies as having cult status.

Attaining a cult status is something like going to a party full of people who are hipper and better-looking than you. If you try too hard to fit in, they'll see right through you, and you'll spend your night making conversation with the valet parking staff. Like a cube of Jell-O, the secret to becoming Bolt.

It was a quiet first 18 months at Bolt, and then its registered users started numbering in the thousands. After that, says Pelson, the numbers multiplied exponentially, and the money started pouring in. Thousands of teens spreading the word will do that for a company.

The teenagers love it. "Oh, sure," you're probably thinking, nodding your head. "Bolt. Drink it all the time. Has that extra kick of caffeine."

Um, no. That would be the soft drink, Jolt, which has somewhat of a cult following of its own. This is Bolt, as in Bolt Inc. Or, as the teens know it, Bolt.com. And they do know it. Bolt.com is more than a Web site; it's a platform where young adults discuss and disrespect popular culture, from cars and clothes to Backstreet Boys and Britney Spears. There's a Bolt shopping section, with over 450 items, and Bolt provides free e-mail, voice mail, message boards, instant messaging and wireless services. Bolt has more than 3.5 million registered users, with as many as 15,000 young adults signing up everyday. And although Bolt withdrew its proposed IPO in November following the dotcom bust, the company still has big-name advertising partners such as AT&T, Procter & Gamble and America Online.

Pelson probably realized he had a cult following when he heard a report come in from the trenches one day. A Bolt sales rep had been strolling through the streets of New York with a bigwig client, and, as they passed a crowd of teens gathered in front of MTV Studios, the bigwig said, "Well, this is your client base—let's see if they've heard of Bolt."

The sales rep looked squeamish, but he waded into the throng anyway and asked the crowd. "Bolt!" the girls exclaimed, adding: "Tag me, tag me!" It's a reference you'd understand if you were a Bolt.com regular. But never mind that. You're likely more interested in how you can achieve the same results with your customers. It took a while for Bolt to catch on. Pelson's company does almost no advertising. As he says, "We don't do Super Bowl ads—and we're not going to, as long as I'm around."

Bolt makes money even if the teens don't buy a thing. For starters, companies that target teens pay Bolt good money for research on teens' interests. And the kids know it, says Pelson. "But they also know we're not selling their names, so they're not getting added to mailing lists. And they understand there's value to this because they're getting a great service, and we have to make money."

WHICH BRINGS US TO A FEW VALUABLE RULES OF DEVELOPING A CULT FOLLOWING:

1. Have an honest relationship with your customers. "That's how you create loyal users, because they trust you," says Pelson. "And that's important with any consumer, particularly teens. If they trust you—and they don't really trust us, they just trust the platform—then they reward the business with loyalty, by attracting their friends without us having to tell them to do that. And the end result is the [3.5 million users]."

2. Customers should feel like they belong to an elite club. That's why Bolt doesn't advertise. The more your product is widely known and available, in a sense, the less valuable it becomes. As Burnett notes of Coors, based in Denver: "People used to steal the stuff and take it to other states because it was so high in demand. I remember when I used to teach at Virginia, people would pay \$50 for a case of Coors. So that's an example of a company that was a cult, and then they went national, and now they're just another supplier."

3. That elite club should have an interesting image. "Starbucks started out in Seattle, a romantic, interesting city," muses Burnett. "It probably wouldn't have had nearly the same success if it had started out in Newark."

Of course, you can follow all the rules, but if you don't pay attention to your product or service, your cult will be quite small—like, consisting of your mom and a few close friends. Of the aforementioned household-name cults, Burnett notes, "People are willing to pay a premium price because the products are excellent." Now, if you do sell floor wax, all is not lost. You may never convince the general public that floor wax is exotic, or even crucial to their well-being. But you could sell to restaurants, hospitals or any organization that needs a clean tiled floor. You could develop a floor wax just for hospitals and be the cult leader of hospitals everywhere.

It's not as silly as it sounds. Chi Modu, 33, and Steve Proctor, 34, are founders of ephotos in New York City, which has no cult following to speak of. But a company within their company, diverseimages.com, does. Their clientele are Entertainment editors at magazines and newspapers.

Modu and Proctor, both photographers, co-founded ephotos in 1996, and in 1999, they developed (no pun intended) diverseimages.com, a company that provides photos of minorities, especially celebrities. So diverseimages.com may not have Jennifer Aniston, but they will have Jennifer Lopez. And

entertainment editors know this. Newsweek, Time, Entertainment Weekly, Vanity Fair, the New York Times—they all use diverseimages.com.

Modu and Proctor could have stuck with ephotos, of course, which will likely have that picture of Jennifer Aniston, but diverseimages.com is easier for a harried editor to remember. "The editors are always under pressure," says Modu. "So if you can bring them relief and keep in mind your job is to bring them relief, you'll know how to get them on your side—because they're always under the gun." Their strategy seems to have worked. In 1999, ephotos brought in \$500,000—and 70 percent of that, estimates Proctor, came from diverseimages.com.

As you think about developing a cult following, remember, you can only do your part; your customers have to do the rest. Starbucks' founders and employees, for instance, made their coffee and gave the stores a pleasant atmosphere to sip in—but it was the masses of people, dropping in all day long, that inspired bookstores to implement cafés, coffee bean stores to pop up in malls and You've Got Mail to feature Starbucks in a movie about something that, you could say, has the biggest cult following in the world.

You can't pay your customers to like you that much. But they can pay you.

If your company doesn't exist yet, identifying a cult-potential product or service is a good first step. "Some products will probably never have a cult following—floor wax [for instance] is not very romantic or exciting," says John Burnett, a professor of marketing at the University of Denver. "So it's important to look for products that have those kinds of components. Food, Beverages, Technology and Sports."

But choosing "food" is pretty broad. "You have to locate a good niche that's not being served in the market," says Burnett.

And that's just what Pelson did by deciding to focus on teens. "The Internet is a tremendous medium for empowering disenfranchised communities," says Pelson. And who feels more disenfranchised than a teenager? With 1 billion of 'em on the earth, Pelson knew he was onto something.

When Danny Wallace was a boy, his ambition was to be a daredevil archaeologist like Indiana Jones. Failing that, he fancied himself as a stuntman or maybe a professional footballer.

Unfortunately, Danny grew up severely short-sighted - and not at all athletic -- so he decided to become a cult leader instead.

There's not much call for cult leaders these days but, even if there was, bespectacled Danny, wouldn't be the obvious choice. When he stands in the street waving a homemade card with 'Join Me' written on it in felt-tip pen, you expect passers-by to cross the road.

Yet somehow, in just a few short months, this unlikely guru amassed more than 2,500 enthusiastic recruits for his Join Me Karma Army (mission: to perform random acts of kindness to strangers) and the numbers are growing all the time.

Eager follower's worldwide contact Danny and he's very big in Belgium. Stranger still, he never set out to start a cult -- it was all a bit of an accident.

"Although, as it turns out, it's actually very nice being a cult leader," says Danny, who runs Join Me from his flat in an old match factory in east

London. "I'd recommend it to anyone, but it involves a lot more administrative work than I had imagined and it's a bit short on flowing robes and adoring women."

For a long time Danny resisted calling his organization a cult because of the unpleasant associations with mass suicides and spaceships hidden behind comets. He preferred to say it was a collective, although what he was actually collecting for he hadn't quite decided.

'It all started at the funeral my great-uncle Gallus in Switzerland,' explains Danny, whose half-Swiss himself. 'I couldn't remember the old boy, but the relatives sat reminiscing and an extraordinary story emerged. Just after World War II, Gallus got fed up with small-town life and decided to set up a commune on his farm. He wanted 100 people to join him, but sadly only three volunteered. He was so disillusioned that he abandoned the whole idea and went back to conventional life.'

For reasons he still can't quite explain, Danny was deeply touched by this story. It seemed so sad that Gallus had been unable to fulfill his dream. 'So I decided to do it for him,' says Danny. 'I planned to try and get 100 people for Gallus. The funny thing was, it started off being about my great-uncle and then it turned into something for me.'

One morning, just to see what would happen, Danny -- who works as a film reviewer -- placed a free classified ad in the London edition of *Loot*. 'Join me,' it said, 'send one passport-sized photo to...' and he added his address.

Deep down, he thought it was unlikely anyone would respond. Then a few days later a letter and photo arrived from a man named Christian Jones says Danny. He was intrigued and said he'd like to know what it was all about,

but he was ready to join anyway. When I went to meet him for a pint he got his flat mate to join as well.

Christian, who worked for the charity Help the Aged and knew everything there was to know about giant squid, seemed satisfied with Danny's explanation that he couldn't reveal all just yet -- but he needed to find 100 people.

They placed a second ad in Loot, set up a Join Me website and the campaign snowballed. Enthusiastic volunteers recruited friends and handed out leaflets. Danny was interviewed on TV and he traveled all over Europe spreading the word. Teachers, mechanics, sales reps and two vicars pledged allegiance to the mysterious cause and they started to refer to Danny as 'the leader' -- which thrilled him no end. Yet as the number of members increased, they demanded, not unreasonably, to know what Join Me was for.

I went back to great-uncle Gallus's letters seeking clues as to what plans he had for his volunteers says Danny, and I came across the phrase: "Make happy those gentlemen who are in advance of you in years." Instantly I knew what to do.

Across the internet the order went out that every Friday would become Good Friday, a day when Join Me Joiners must perform acts of kindness to strangers. The effect was amazing.

They seemed to enjoy it more than ever says Danny. There was a lot of carrying of heavy objects and handing out of cakes in the street. Even though I made it clear that my collective had nothing to do with religion, a vicar from Inverness decided to take boxes of chocolates to his local police station.

Then when we heard about a certain old man who loved peanuts, I asked Join Me members to send him some. A few days later, about 80 packets fell through his letter box. He may have been overjoyed or terrified.

One newspaper article about Danny referred to his group as the Kindness Collective, which sounded good, but not very hip. Danny found himself saying that it was really a kind of Karma Army -- and the name stuck.

We also decided to perform kind acts as often as possible, not just on Fridays says Danny. It was about changing people's lives for the better - even if it was only for a few minutes.

The odd thing is that when we began I thought it would be the strangers we helped who'd benefit most. But soon I realized that it was the "joiners" who reaped even greater rewards. They tell me they get so much from making other people smile.

Now, with numbers edging up to 3,000 but his bank balance depleted, Danny has taken a job at the BBC. But he has no intention of giving up Join Me.

I'm completely amazed by what's happened,' he says. The members come from all walks of life -- aged from nine to 79 -- and it's too important to me to stop now. Next year I'm hoping to break into the USA.

'I always thought people were basically good. Now I know they are -- they're just a little shy and embarrassed about showing it. Give them an excuse to break through that shyness and it's amazing what happens.'

I guess the first thing you need to understand when creating your own cult is that not all cults are bad. You don't necessarily need to have evil intentions. Most main-stream religious movements start as cults, and as they grow in popularity are labeled a 'religion'. I guess the title gives it a little more validity. The stigma attached to an organization that's labeled a cult is often negative, and that's why most people still refer to the Hare Krishna organization as a cult, and not a religion, although it is significant in size. So if you expect to maintain 'cult' status, it's best to have evil intentions.

The first thing you need to start your cult would be a supreme being or beings. This is the cornerstone of any great cult. Most commonly referred to as 'God', but you can name your supreme being as you choose. For the purpose of this manual, I'm going to use the name 'The First'.

So, welcome to my cult. We worship The First.

The next step is to come up with a reason why people should fear and praise your supreme being. I like the ever popular "The First is all powerful, and will smite whom he chooses, unless you're a member of my cult." This serves two purposes. It not only creates awe in The First's power, but will increase membership if they choose to believe The First exists.

This brings me to my next point – You must show people that The First exists. The Christians prove God exists with Jesus. And the Hare Krishna's do it with Krishna. You'll need an effective story about a real world event

that will make people think The First was behind it. It's always smart to choose something that happened in the past that's been unexplainable. This will make The First more believable. I'd like to base my cult around monkey's, so we'll make up a story about an ape named 'Pendisko' who was sent to earth a billion years ago to evolve mankind into what we are today.

“The First sent Pendisko to earth in all his ape glory to evolve mankind. The first step to evolution was learned early – and Pendisko was given ‘thumbs’. These thumbs would later become the staple of mankind allowing them to do wonderful things such as writing, and playing tennis.”

And that's how we evolved. So we have a powerful leader, a real world event proving he exists, and an answer to a question that science hasn't been able to conquer. (If your cult becomes successful, it's likely that members will leave to form their own cult based around Pendisko and his life on earth. This is a natural occurrence.)

Now that people have an answer they've been looking for, they'll start attending your meetings. You can elaborate the story as you see fit, just make sure you constantly reaffirm the power of The First. Another great tactic is to have all members of your cult look at everyone outside the cult as lesser beings that need to be saved. This will create an army of recruiters trying to save people and conveniently boost membership.

So how do you keep people in your cult? I mean, after a while people are likely to get other ideas from other people, and question The First. This is bad. You'll want to make sure your members know that questioning The First's power is a naughty thing, and punishable by The First at a time and place of his choosing. It's also good to encourage your members that people that don't believe in The First are idiots. And anything they tell you is a lie, because they haven't 'connected' with The First.

You must also restrict the reading of your members. They should only be allowed to read The First related materials that you provide, and avoid the television and radio as they are devices of the wicked. The internet is a definite no-no. These simple measures will allow you to better control what your members think and know. This is essential to any great cult.

In order to keep your cult functioning well, you'll need money. You should let your members know that giving to The First 20 – 30 percent of their total income makes The First happy. As your membership grows, so will the profit, uh, funds of the cult. Feel free to use as much of this money for your personal use as possible, stating that you need to live only to serve The First, and therefore can't work in the real world. You're the leader. You can pretty much get away with anything. People look up to you.

Once funding is at a high enough level, developing a place of worship and housing on a complex just for members will greatly increase your control of what they see and know. It will help increase your cult's longevity.

It's also smart to have many objects that are 'blessed' and 'sacred' as your members love to worship anything and everything. It will help them visually see The First's hand at work. Scrolls, cups, pictures, plants and specific locations are all great traditional examples. Of course in my cult the Ape is a sacred animal, and I like the use of a main book called "The First's Writing" which was first written with the new thumbs of Apes.

Now that your cult is formed, it's best to keep the media out of your affairs, as this may expose your cult as a fraud. Don't worry if the occasional negative story pops up about your cult. Just make sure your members know the writer of the story is a wicked, non-believer that needs to be saved.

Another great way to keep members controlled is to denounce all things material. Cars, baked goods, shoes, etc. It's ok to use, but they're evil. This will help distance your members from society, and thus trapping them further into your cult.

Remember that the word cult is short for cultivation. You're cultivating the minds of your members. Everything you say or do will be taken by members as law. Make sure you eat your fast food, and watch your late night television out of view of the members. Any noticeable infraction by you will certainly cause members to abandon the cult.

Now comes the best part about having your own cult. With a cult firmly formed, members will be at your service. Take advantage of this financially, and at every opportunity exploit their willingness to do your chores, buy you things, and constantly shower you with praise and affection.

WHAT YOU'LL NEED

STAGE MANAGEMENT

Religion is heavily dependent on agreements to control space. Get yourself a raised platform, a throne, an altar, an inner sanctum and some acolytes to open doors for you, or stand around you in formation. The sight of some people being obeisant to a particular person is remarkably contagious. Once you can begin controlling the movement of your audiences, you will find the extension of that control will begin to touch every aspect of their lives quite miraculously.

UNREASONABLE BELIEFS

Absurd beliefs attract far greater investments of emotional commitment than reasonable ones, primarily as a defense against the negations of such beliefs which are naturally contained within the believer as a consequence of their absurdity. People who get mad at the affirmation or denial of god, whatever that might be, do so because part of their own mind severely doubts their professed belief.

It is essential that the chosen beliefs fall into the scientific category of "Meaningless", which means that they must not be subject to objective falsification or confirmation. (Consider what a total disaster the objective manifestation of god would be for the church, for example.) The beliefs of any spiritual enterprise are basically a series of imaginary sticks and carrots. This power ultimately derives from their believer's emotional investments against their basic ridiculous un-believability.

PERSONAL BARAKA

You will need something other than good stage management and unreasonable beliefs to persuade potential followers to accept you as the personal avatar of your unreasonable beliefs.

Select one of the following:

A) A HOTLINE TO HIGHER POWERS. The ability to get into an altered state of consciousness or the appearance thereof and to utter weird or authoritative statements can be useful here. Alternatively, you could channel a book or a couple of graven tablets, or merely claim to have met some real or imaginary great master; in the Bois de Boulogne of Paris, for example.

B) PSYCHIC POWERS. These can be very persuasive, even though many hysterical adolescents have them. If developing them looks like too much hard work, then a little myth building and some further careful stage management, if you take my meaning, will do just as well. Alternatively, you can repeatedly deny that you have psychic powers or make speeches against the spiritual value of psychic powers. This will usually make most spiritual promoters assume that your powers are in fact awesome.

C) SEXUAL CHARISMA. If you lack this, it's very easy to acquire it by simply hinting that you suffer from an embarrassing excess of it.

D) WEALTH. It is always a good idea to present either your wealth or your lack of wealth as a mark of your spiritual prosperity.

E) PERSUASIVENESS. Good Stage management should basically stifle debate or cause argument. Always make sure you have the last word, for it is this which counts. Debates over beliefs which are not subject to objective falsification or confirmation are invariably won by those who simply keep reiterating their beliefs longest, without appearing to repeat themselves.

CREATION OF THE CULT IDENTITY

Cults consistently manipulate the elements that form an individual's identity, including important beliefs, values, and relationships. Cult mind control dissociates a person from his authentic identity, and makes his new cult

identity dependent on the group. From a mental health perspective, cult mind control splits elements of an individual's psyche into another distinct personality. The cult member actually comes to exhibit symptoms of a "dissociative disorder," as defined in the DSM-IV, the diagnostic manual for the American Psychiatric Association (300.15). This behavior can also resemble that of a person with a dependent personality disorder.

One of the universal concerns of family and friends is their loved one's radical personality change. In order to be a good cult member, your loved one is taught how to manipulate and suppress his old self. The make-over often includes a new name, new clothes, new hair style, a new manner of speech, new mannerisms, a new family, new friends," new thoughts, new emotions and a new relationship with God.

Cult involvement seems to remove much of the fiber and common ground found within families pulling out from under the important links and ties that connect them to one another so it's impossible to reach their loved one.

When you are talking to someone in a mind control cult, it is especially difficult to talk on a rational level. They are operating according to a different set of criteria than what makes sense to you in your model of reality. The use of destructive mind control techniques calls into question the very nature of any shared reality.

After extensive research including numerous interviews with Moonies, their families and friends, it became very clear that they really didn't understand how the cult dismantled, or "unfroze," their loved ones personality. It was perfectly obvious to them that something was changing their son or daughter into a person they did not recognize. However, by the time they "refroze" them into their "cult identity", family members could no longer communicate with them in the ways they had done so previously.

The most common method for shaping a cult identity is pairing a new member with an older member.

The "spiritual child" is instructed to imitate the "spiritual parent" in all ways -- even to the point of mimicking the tone of the leader's voice.

The cult identity is, essentially, a clone of the cult leader. During every waking moment -- and especially under trance -- recruits are constantly being instructed to be a "small Sun Myung Moon." They want to think like him, act like him, feel like him, talk like him, and walk like him.

The Bible cult, The International Church of Christ, encourages an intense imitation of one's leaders in its practice of "one-over-one discipling." This modeling technique serves several purposes.

It keeps the "spiritual mentor" on his best behavior. It also whets the new member's appetite to become a respected model so he can train junior members of his own.

Edgar Schein's book, *Coercive Persuasion*, is an extremely useful resource in understanding how cults impose a new identity on their members. Schein describes the mind control process by using Kurt Lewin's model of thought reform:

Unfreezing: the process of breaking a person down

Changing: the indoctrination process

Refreezing: the process of reinforcing the new identity

I have adapted and expanded Kurt Lewin's three-stage model as described in *Coercive Persuasion*.

THE THREE STAGES OF GAINING CONTROL OF THE MIND

UNFREEZING

- a. Disorientation/confusion
- b. Sensory deprivation and/or sensory overload
- c. Physiological manipulation

- 1. Sleep deprivation
- 2. Privacy deprivation
- 3. Change of diet

d. Hypnosis

- 1. Age regression
- 2. Visualizations
- 3. Storytelling and metaphors
- 4. Linguistic double binds, use of suggestion
- 5. Meditation, chanting, praying, singing

e. Get the person to question self-identity

f. Redefine individual's past (implant false memories, forget positive memories of the past)

CHANGING

a. Creation and imposition of new "identity," done step by step

1. Formally within indoctrination sessions
 2. Informally by members, tapes, books, etc.
- b. Use of Behavior modification Techniques
1. Rewards and punishments
 2. Use of thought stopping techniques
 3. Control of environment
- c. Mystical manipulation
- d. Use of hypnosis and other mind-altering techniques
1. Repetition, monotony, rhythm
 2. Excessive chanting, praying, decreeing, visualizations
- e. Use of confession and testimonials

REFREEZING

- a. New identity reinforced, old identity surrendered

1. Separate from the past; decrease contact or cut off friends and family
 2. Give up meaningful possessions and donate assets
 3. Start doing cult activities: recruit, fundraise, and move in with members
-
- b. New name, new clothing, new hairstyle, new language, new "family"
 - c. Pairing up with new role models, buddy system
 - d. The indoctrination continues: workshops, retreats, seminars, individual studies, and group activities

When you interview previous members of the Moonies, Lewin's three terms unfreezing, changing, and refreezing are all discussed by each and every one of them.

When first recruited, they all experienced a meltdown of personality.

During indoctrination, they all underwent a radical personality change.

And when their identities were refrozen, they all reported it was as if they had become a clone of their leader, Sun Myung Moon.

This aspect of cult indoctrination was scientifically demonstrated by Dr. Flavil Yeakley, a well-respected psychologist and a member of the mainline Church of Christ. He administered the Myers-Briggs Personality Type Inventory Test to 800 members of The Boston Church of Christ, a cult group led by Kip McKean. At that time, this cult was trying to recruit members of the mainline Church of Christ. I suppose the leaders agreed to participate because they may have thought they could gain credibility with the two million member mainline Church of Christ Churches.

The Myers-Briggs Inventory has defined a number of classic and basic personality types. Whatever your type, it should remain the same throughout your lifetime. The major categories they have identified include Introvert/Extrovert, Sensing/Intuitive, Feeling/Thinking, and Judging/Perceiving.

A questionnaire is filled out that reveals a person's preferences and disposition. For example:

Extroverts are considered outgoing and feel comfortable with others.

Introverts prefer to be with books, computers, and by themselves.

People who are more sensing are more practical (realistic)

Intuitives can be described as more innovative (following hunches)

Other categories include:

Thinking (making objective and impersonal judgment)

Feeling (emotional and personal) are those considered to be perceiving and tend to keep things open ended and wait until the last minute to make decisions.

Judging types tend to reach closure quickly by choosing as soon as possible.

During this initial part of the evaluation, Yeakley did something that would ultimately yield some very interesting results. He had the members fill out the Personality Type Inventory Test three times. They were instructed to:

1. Answer each question the way they would have before they joined the group.
2. Fill it out as present members of the group.
3. Fill it out projecting five years into the future.

When Yeakley correlated the data of the first test, he found that before members joined the group, they varied widely in their personality types. In the second test, the members were moving towards one personality type. They were beginning to match the personality type of the cult leader of The Boston Church of Christ. The third test showed an even greater universal move toward the leader's personality type. For the purposes of comparison, Yeakley administered this test to members of Catholic, Baptist, Lutheran, Methodist and Presbyterian churches as well as mainline Churches of Christ. There was no personality change before, during, or after they joined their churches. Yeakley published the results of this study in his book, *The Discipline Dilemma*, which is available free on the Internet.

Everyone has an authentic self. Although a healthy individual will grow and mature over time, his personality type should never change. Changes in personality type often indicate unhealthy social pressure that forces a person to act contrary to their true nature and as if they were actually someone else. The results of Yeakley's study showed that cults create this kind of pressure on their members. It also verified the existence of a cult identity which binds and gags the authentic self like a straitjacket. In my opinion, Yeakley statistically demonstrated the effects of destructive mind control techniques.

Commercials and TV shows, movies and other forms of entertainment portray a general attitude that intimidates men from simply acting like the perfect men they already are today. Afraid to do, act, say, be spontaneous, they are under the influence of a cult mentality dictating their everyday behavior.

Fact: Women like men who act like men. Today due to the media blitz of mind control you must act counter intuitive to all the feminist hype and emasculating media you are fed day after day.

When you go counter intuitive, women will respond to you immediately!
And the reason is simple. Women - all women want a man, not sheep!

Sheep get slaughtered.

IF YOU THINK THIS ANTI SMOKING TREND IS A NEW THING, GUESS AGAIN, AND GUESS WHO STARTED IT!

Earlier, we discussed in a chapter called “MIND CONTROL – IS SMOKING REALLY BAD FOR YOU”? (See page 60) the idea that the 1930 Nazi crusade against smoking was the beginning of an intentional state restriction of the people’s personal habits and whether this restriction and others like it are the pre-cursor to dictatorship. If you can even consider this idea as possibly valid, then it’s of absolute importance to take a look at what is happening all around us today.

Each and every one of us is born with a unique authentic self identity that will never change, but simply mature over time. If unhealthy social pressure is the major contributing factor leading to personality changes, then it’s imperative that we as a people examine the politically correct agenda which is forcing us to act contrary to our true nature. We are allowing it to destroy our personal individuality, families, values, and freedom of expression. And we are medicating ourselves and our child to tolerate the pain and agony it is causing within. And, if that wasn’t bad enough, to make matters even worse, history is essentially being re-written while we stand by doing nothing so that not only is it impossible for us to “never forget” but the new world order is making certain that there won’t even be any truth left to “remember”.

So, stop and ask yourself this question. Are you part of the politically correct cult agenda? An agenda that everyone hate’s, is financed by a wealthy few, and which everyone is being forced to follow? Once you realize that you may have been seduced into this cult without your knowledge, you can see the absolute power of mind control. Just think, we could all unknowingly not only be members of the biggest cult around, but be recruiting for them as well by spreading their agenda every time we tell someone else what they should or should not be doing!

In conclusion, when interacting with your loved one, it is essential that you recognize the differences between the pre-cult identity (before recruitment), the cult identity (during membership), and the person's authentic self, which stays with them forever. Even people who are born into cults have an authentic self that was suppressed at birth. It is the strength of the authentic

self that makes it possible to rescue people from cults years, even decades, after becoming involved with the group. When informed family and friends begin working as a team to educate their loved one about mind control, the walls erected by the cult identity will begin to crumble. WHERE IS YOUR AUTHENTIC SELF?

AN IDEA EVERYONE HAS THOUGHT OF BUT... FEW DO

I wish I had a nickel for every time I heard somebody whine, “I wish I had a cult of my own.” I would be so incredibly rich now that I could buy Hollywood celebrity types to spread my word. Well, I don’t want the hassle; there’s enough trouble dealing with the LibertyBob Fan Club and those damned Mindiacs. As a result, I’ve decided to tell you, the LibertyBob.com visitor, how to start a cult of your own.

There are several steps to starting a cult. The first, and probably most important, is deciding what you are going to claim. This important step is where most wannabe cult leaders get stupid.

It’s not about creating things to explain; it’s about explaining things that already exist.

Let me clarify with an example. If you claim that, last Tuesday, the sky developed the image of a chicken which then spoke in a booming voice to tell everyone for miles around, “Gather ye all the yarn of wool that is colored yellow and dress thy children in it or they will all turn into cumquats by half past five on Wednesday night,” then you are not likely to be believed.

Why is that, you ask? Simple, you twit, everyone will say, “You know, I was out golfing on Tuesday and not once did I experience an apparition, poultry related or otherwise.” Then the friend will reply, “Yeah, and I didn’t dress my children in yarn and they’ve been fine all week. I don’t think any of the

kids in the neighborhood got killed as a result of not wearing yarn.” The first will counter with, “Well, I don’t think that the Wilkens kid made it through Thursday afternoon.” Then the second will say, “But that’s the Wilkens kid. He was always getting his head stuck in feces and sewer grates so it’s not any surprise that he’s dead. It was just a matter of time.” The first speaker will then nod in agreement and open another beer.

What should you have done instead? That’s easy. Take a situation that actually did happen and then explain it in the terms of your cult. To use the same example, you know that the sky was perfectly clear blue back on Tuesday. Everyone in your area experienced it. Now you just have to tell everyone that the blue sky is a sign of impending doom and that they need to take preparations.

The first response from them will be, “But the sky has always been blue and nothing bad has ever happened.” This is where you play your trump card. You say, “In ancient times the sky was not blue. There was a big battle between (your guy) and (his opposition). And when (your guy) won, the sky was turned blue in celebration. But now, the time of peace is coming to an end and the Eggs of Abundance are about to join the Quiche of Doom.”

It may take a while to get others to believe you, but you just have to keep repeating yourself. They’ll say things like, “I don’t believe any of your crap and I’m not going to follow your teachings.” Then you say, “That’s why you have bad luck in life.” Then go on to point out any bad things that have happened to them.

The next step is to get some followers. This can be a good thing or a bad thing depending on the quality of your followers. If your followers are gullible, it’s good. If your followers are so stupid that they walk into walls for no apparent reason, then that is bad (but amusing). You want to have people who add to your cause without being a drain on your time and other resources.

If you're shy about followers, start small. Try gathering to yourself a group of stuffed animals. Once you feel that you have really earned the loyalty of the plush crowd, get a pet or two. After that, you may graduate to a following of the mentally ill or possibly some preschoolers. Though they are hard to control at first, you may consider getting your self some drug addicts. Junkies will believe anything but they are a bit unreliable.

Now that you have believers, you have to keep them busy doing something. If you don't, they may spend the free time thinking. You would really prefer that they only think what you want them to and not just anything that might pop into their heads. Left to themselves they may wonder things like why the leader gets to use the good towels or why the Chosen One gets to eat fast food while the followers are allowed only oatmeal. More importantly, they may wonder why they always have to service you when you obviously don't care about their needs and wants.

To help you, here is a list of things that can keep your followers active. The list is not exhaustive so feel free to add your own.

Chanting

Building idols

Martial arts training

Hard labor in the fields

Hard labor in the salt mines

Hard labor at the coffee shop (you may need to locate a coffee shop on every corner across the nation)

GOING DOOR TO DOOR TO DRUM UP NEW FOLLOWERS

Professional wrestling

If you have an infinite number of them, you can put them in a room with an infinite number of type writers to see if you can get advance copies of works by Don Harstad.

Eventually, a young upstart may try to usurp your position. “Usurp” means to steal, but it is usually only used in conjunction with “stealing” someone’s position. The positions I mentioned earlier are social or political positions, not the ones you were imaging. When this happens, you have three options. The first is to try to befriend the upstart and take him or her under your wing. You’ll find that under the wing is a spot very vulnerable to daggers. I do not recommend this option.

The second option is to get rid of the upstart. You can send this offender out on a quest. You can kick them out of the cult. You can “sacrifice” them (check the laws in your locality). You can get him or her spot on a reality television show, the most evil of all the options.

The third and best option in my opinion is to tell your followers that you have reached the next level and must now go on a special, divine quest, retreat, etc. Leave someone other than the upstart as your replacement to get that extra twist of the knife. Tell them that you will return and that they will know because of they will recognize the signs. Make up some vague but unlikely signs of your return. (There is still a small group out there awaiting the purple eagle to signify the return of a cult leader I once knew well. If not for federal laws regarding endangered species and food dye he could be back there now.) Then of course disappear.

That’s all there is to it. You can have your own cult. Just remember that if you want to be tax exempt you will probably have to create a not for profit

corporation and fill out butt-loads of paperwork. If you can get wealthy followers, the paperwork will be worth it. If you type up your prophecies, make sure to self publish books. It's cheap and your kick back on the sale of each book is pretty good

AND FINALLY HOW TO DO IT

Are you bored with the 9 to 5? Want to do something different? Would you like to work for yourself and gain the approbation of other people? Try starting a Cult.

HOW TO START YOUR CULT

It is first important to create a mystique about yourself. Hire a public relations person (or a friend will do if you're low on cash) to portray you as someone mysterious, exotic, possessed of supernal powers and charisma. It is important to come from a mystic sounding country like India, Tibet, Egypt, or "the Holy Land." In lieu of actually coming from there, you can have studied there and thus gained the mystic powers of the Adepts that live in the remote, forbidden recesses of Nature...atop craggy peaks, in mold-encrusted caves, in ancient forests full of tigers, snakes and horrible insects as large as your hand.

Next, have a group of friends circulate stories about you, that you have been away on a long journey, and you have returned...different...and you have become possessed of some mysterious power and presence. They may then praise your abilities to transmit energy (call it Shakti!), to heal, to put other people into profound states of meditation, to awaken faith in God...

After this networking has aroused some interest and curiosity, hold your first public meeting, preferably at a large hall. Poster the city and hand out leaflets, and leave flyers at bookstores, health food stores, and local markets.

Prior to your first meeting, you'll need to do some research. You'll need to know how to do a guided meditation, and how to induce a light hypnotic trance in a group. Practice in front of a mirror to obtain a powerful gaze...and talk slowly, monotonously, in a deep, sonorous voice.

Leave lots of pregnant, lingering, seductive silences in between your words. Change your tone mid-message from near whispering to shouting. Watch how powerful speakers evoke tears, anger, cheers, shame, and exultation—emulate their style of stimulating powerful emotions.

Prepare a speech that promises that you and your new religion (or amazing discovery, secret Yoga, true doctrine, esoteric technique) will satisfy people's inner needs: to be loved, to be happy, to be popular, to be wealthy, to be healthy, to be powerful and dynamic, to attain the heights of Spiritual Realization, to be pleasing to God and/or members of the opposite sex. Make claims of exclusivity and superiority, and actively ridicule other groups or faiths, calling them evil, satanic, deluded, leading the ignorant to destruction and woe...or hell...or the perils of transmigration...or worse!

Intersperse your speech with adjectives praising your method or discovery, but make no claims for yourself. Those that introduce you should give a jaw-dropping, awe and respect-inspiring testimonial about you.

Enter to music that sets the mood you want to create: worship, serenity, triumph, majesty. Have lighting that accents your entrance, soft background lighting that will give the appearance of having a radiant aura around you. Complete the atmosphere by having fresh flowers, incense, with wisps of

scented oils in the air. Place a large picture of yourself in a high place behind the podium with the name of your group or church—high enough so that people will have to raise their eyes every time they look at it. Stand above them and talk with powerful, dramatic body language.

Simplify everything. Talk as if you were explaining to a 12 year old child. Appear completely confident of your claims, and make eye contact with your audience when you want to emphasize a point. Create a simple doctrine, a simple cosmology with an All-Powerful, All-Protecting Being. Drop hints and inferences (don't make direct assertions or claims) that you are a special representative or Incarnation of this Being here on Earth by way of metaphors and parables. Purposely leave everything vague and never fully define your meanings, so that people leave stirred up inside...asking themselves, "Who is he/she?"...what did he/she mean by that?"

After your speech, lead them in prayer or a guided meditation, easing them into a light hypnotic trance state. While they are coming out of trance, tell them where they can go to learn more, why it is crucial that they come, why they desperately need what you have come to bring. Have people hand out flyers to the audience as they leave to reinforce where and when your ongoing meetings will be held. Have handsome well-dressed men and attractive women act as door monitors and ushers, and have "counselors" available to assure the troubled and confused members of the audience that they ..."have come to the right place" and "the answer is here."

Meetings should further affirm your basic message. There should be more testimonials, more praise of you and your Way, with simple participatory rituals (a potluck dinner, holding hands in prayer, having each person tell about themselves in a small group with the rest of the group applauding after they speak) to create a sense of belonging.

The retreat or initiation comes next. After attending a required number of introductory meetings, the seeker is "let into the inner circle" and "permitted

to partake of the Mysteries." This can be formalized by a simple baptism or flower-offering ceremony, plus learning a special, secret prayer or mantra formula, or some other esoteric method. Coupling this method with whispering, touching the forehead or anointing the head with chrism oil, together with soft evocative background music and fragrant scents will further imprint the experience into the subconscious mind.

Shaping of the new "initiate" is done by attacking and replacing belief systems with cult doctrine and by finding fault with his/her behavior. Good, cult-approved behavior is praised; non-approved behavior is condemned. Eventually, cult doctrine comes to replace much of the initiate's own beliefs, thinking about cult philosophy and proscribed ethics comes to occupy his/her thoughts, and being involved in cult commitments and events occupies much of the spare time away from work and home.

Further commitment and responsibilities within the cult make leaving and repudiating the doctrine even more difficult. Having offices or titles locks the followers into roles, and turns them into permanent representatives of the message you proclaim.

When the "movement" is established, you will only have to give talks to them periodically to inspire their faith and commitment. Your trusted lieutenants will take over much of the proselytization activity and fund-raising efforts, so that with a little help from a lawyer and an accountant you can guarantee yourself a well-to-do lifestyle with little effort...

THE HUMAN COST OF CULTISM

Now that we have journeyed together on this imaginary voyage of you starting your own cult and ensuring your fame and fortune, let us pause for a moment and consider the human cost of cultism, and why this apparently easy and seductive path to power, fame and wealth is not so prudent a path, after all.

A little spare-time observation of television evangelism, local churches and places of worship, or charismatic cults will reveal many of these methods in action, much to the detriment of those who are swept up in its illusions and emotional maelstrom.

Physically, people neglect their diet and sleep, and exhaust themselves in pursuit of cult-prescribed activities, inviting disease and ill health. Too ardent pursuit of meditation can further lead to sensory hallucinations and delusional perception.

Emotionally, people become obsessed with ideas implanted by cult doctrine. Their self-esteem becomes distorted, tending either toward grandiosity or self-depreciation. They become tortured by feelings of guilt, failure, fear, rage, shame, and bitter regret. Their emotional serenity is shattered.

Mentally, people little by little lose the ability to think for themselves: to critically evaluate, to make independent judgments, to make decisions, to separate reality from fantasy. Their will becomes weakened, and they no longer resist the seductive and hypnotic suggestions of cult doctrine...their lives come under the control of others.

Personally, their beliefs and behaviors increasingly become dictated from without. They cease to direct their own lives. Instead, group mandate becomes personal mandate, group goals become personal goals. Attribution to self and to one's own efforts are supplanted by attribution to metaphysical,

spiritual, or archetypal sources. Ultimately the leader or divinity comes to occupy the central place in the person's life, and all the issues of life are seen to come from the leader.

Spiritually, people in cults develop devotion or fanaticism, detachment or feverish over-involvement, and taste the extremes of ecstasy and despair. There is rarely sober reflection, inner silence, and the balance of intentionality and wisdom that marks maturity. Indeed, cultic groups feed on extremism, infantilizing their followers and training them in immaturity and dependence.

These effects combine to make involvement in cults at best a waste of a person's precious time and at worst the waste of a person's life.

Do you still want to start a cult?

How to Steer Clear of Cults

OK, you really are not motivated by greed, lust for power, and an exaggerated sense of personal worth and preoccupation with your...Mission from God. You are genuinely altruistic, honest, seeking the truth, motivated by a desire only to serve and to love. Where do you find a group to learn with safety, or conversely, how do you safely start your own group without causing damage to other people's lives?

There are several principles that you can look for. Though these are not always indicative of good fruit within the container, they are leading indicators of, at least, sincere intentions:

1) FREE EXCHANGE OF INFORMATION. The information in the group is presented without claims of its exclusivity or superiority. It does not deter members from seeking other sources of information; indeed, it often encourages its members to go to those more expert and qualified to teach certain skills or methods. It encourages a broad understanding of religion and philosophy, and does not stress emotionalized, narrow interpretations.

2) RECOGNITION OF THE HUMANITY OF THE LEADERS. Although respect for the lofty spiritual attainments of the genuine adepts and preceptors of humanity is appropriate, to deify the leader of a group and to deny his/her humanity is to make a crucial error. These individuals do not cease to have a personality and have the potential to fall from grace. They may have learned over many years of discipline how to control their tendencies of mind, and how to readily transcend the personality, but this does not mean that latent or unconscious tendencies have ceased to operate. Given the right circumstances, they too can be seen to be overcome by passions, to blunder and yes...to sin.

3) HUMILITY. Genuine humility is recognition of how much a person has yet to learn. It is a remembrance of and gratitude to those who have given of their strength, wisdom and guidance. No man "knows it all" and grandiose notions should quickly vanish upon the dawning of "the Light of Infinitude", or the "Vision of the Beloved of Hearts."

4) TRUTHFULNESS. To the senses, truth is the verifiably real. To the emotions, truth is confession of real feelings and motives. To the mind truth is accuracy and consistency. To the personality, truth is integrity: promises and actions coincide. To the spirit, Truth is the Ineffable Source from which it comes.

Truth is an intuitive conviction, an inner knowing of the law of the heart. It cannot be codified by philosophy, dictated by religion or authority, or enforced upon the human spirit.

When truth is communicated, it speaks directly to the heart, and it is filled with love. It does not impose its values, threaten or cajole, browbeat or persuade--but the heart knows that it is true.

If truth is spoken in the group, by the leader or anyone else, the heart will know it. If authority is acceded to Scripture, to the Master or Teacher, to God or gods above the human heart: question, and question yet again.

5) RESPECT FOR THE DIGNITY OF THE INDIVIDUAL. If the group prescribes one panacea for all human needs, it denies the malleability of situation and the infinite variety of our human condition. The medicine that works for one person does not work for another; the method that transports one soul to ineffable realms of bliss has no effect for another. Either the method produces the result, or it doesn't—trying to obscure this with rationalizations, procrastination and explanation is diversion. The method must respect the nature of the person's needs and situation, and most of all it must respect a person's free choice and independent judgment. It must allow him/her the right to learn from the consequences if need be, or not to learn...and to choose his/her own path.

6) GENUINE LOVE AND DEVOTION. Love and devotion that is engineered through effusive testimonials and the creation of a legend about the leader does not last. Where there is spontaneous love and devotion springing from the heart, where people do not have to exhort to love or to worship, you may look for a genuine tradition. When the Beloved is seen, the heart does not have to be told who or where the Beloved is, it knows...and it loves.

7) PRACTICE OF SPIRITUAL VALUES AND SERVICE TO HUMANITY. It is one thing to have a noble philosophy, another to live it.

Look for deviation between the teacher's prescription and what is his/her own behavior. Deeper than beliefs and philosophy is character; how a person actually lives, speaks more eloquently than volumes of discourse.

BRAINWASHING TECHNIQUES

Courtesy U.S. Army Intel

American POWs in the Korean War

In the late 1950s, psychologist Robert Jay Lifton studied former prisoners of Korean and Chinese war camps. He determined that they'd undergone a multi-step process that began with attacks on the prisoner's sense of self and ended with what appeared to be a change in beliefs. Lifton ultimately defined a set of steps involved in the brainwashing cases he studied:

Assault on identity

Guilt

Self-betrayal

Breaking point

Leniency

Compulsion to confess

Channeling of guilt

Releasing of guilt

Progress and harmony

Final confession and rebirth

Each of these stages takes place in an environment of isolation, meaning all "normal" social reference points are unavailable, and mind-clouding techniques like sleep deprivation and malnutrition are typically part of the process. There is often the presence or constant threat of physical harm, which adds to the target's difficulty in thinking critically and independently.

We can roughly divide the process Lifton identified into three stages:

1. Breaking down the self
2. Introducing the possibility of salvation
3. Rebuilding the self.

BREAKING DOWN THE SELF

Assault on identity: You are not who you think you are.

This is a systematic attack on a target's sense of self (also called his identity or ego) and his core belief system. The agent denies everything that makes the target who he is: "You are not a soldier." "You are not a man." "You are not defending freedom." The target is under constant attack for days, weeks or months, to the point that he becomes exhausted, confused and disoriented. In this state, his beliefs seem less solid.

GUILT: YOU ARE BAD.

While the identity crisis is setting in, the agent is simultaneously creating an overwhelming sense of guilt in the target. He repeatedly and mercilessly attacks the subject for any "sin" the target has committed, large or small. He

may criticize the target for everything from the "evilness" of his beliefs to the way he eats too slowly. The target begins to feel a general sense of shame, that everything he does is wrong.

Self-betrayal: Agree with me that you are bad.

Once the subject is disoriented and drowning in guilt, the agent forces them to denounce their family, friends and peers. This is done either with the threat of physical harm or of constant mental attacks denouncing those who share the same "wrong" belief system that he holds. This betrayal of their own beliefs and of people they feel a sense of loyalty to increases the shame and loss of identity the target is already experiencing.

Breaking point: Who am I, where am I and what am I supposed to do?

With his identity in crisis, experiencing deep shame and having betrayed what he has always believed in, the target may undergo what in the lay community is referred to as a "nervous breakdown." In psychology, "nervous breakdown" is really just a collection of severe symptoms that can indicate any number of psychological disturbances. It may involve uncontrollable sobbing, deep depression and general disorientation. The target may have lost his grip on reality and have the feeling of being completely lost and alone.

When the target reaches the breaking point, the sense of self is pretty much up for grabs -- he has no clear understanding of who he is or what is happening to him. At this point, the agent is in a perfect position to set up enough temptation to convert the target to another belief system that will supposedly save them from their misery.

Introducing the possibility of salvation

Leniency: I can help you.

With the target in a state of crisis, the agent offers some small kindness or reprieve from the abuse. He may offer the target a drink of water, or take a moment to ask the target what he misses about home. In a state of breakdown resulting from an endless psychological attack, the small kindness seems huge, and the target may experience a sense of relief and gratitude completely out of proportion to the offering, as if the agent has saved his life.

Compulsion to confession: You can help yourself.

For the first time in the brainwashing process, the target is faced with the contrast between the guilt and pain of identity assault and the sudden relief of leniency. The target may feel a desire to reciprocate the kindness offered to him, and at this point, the agent may present the possibility of confession as a means to relieving guilt and pain.

CHANNELING OF GUILT: THIS IS WHY YOU'RE IN PAIN.

After weeks or months of assault, confusion, breakdown and moments of leniency, the target's guilt has lost all meaning -- he's not sure what he has done wrong, he just knows he is wrong. This creates something of a blank slate that lets the agent fill in the blanks: He can attach that guilt, that sense of "wrongness," to whatever he wants. The agent attaches the target's guilt to the belief system the agent is trying to replace. The target comes to believe it is his belief system that is the cause of his shame. The contrast between old and new has been established: The old belief system is associated with psychological (and usually physical) agony; and the new belief system is associated with the possibility of escaping that agony.

RELEASING OF GUILT: IT'S NOT ME; IT'S MY BELIEFS.

The embattled target is relieved to learn there is an external cause of his wrongness, that it is not he himself that is inescapably bad -- this means he can escape his wrongness by escaping the wrong belief system. All he has to do is denounce the people and institutions associated with that belief system,

and he won't be in pain anymore. The target has the power to release himself from wrongness by confessing to acts associated with his old belief system.

After his full confession, the target has completed his psychological rejection of his former identity. It is now up to the agent to offer the target a new one.

REBUILDING THE SELF

Progress and harmony: If you want to, you can choose good.

The agent introduces a new belief system as the path to "good." At this stage, the agent stops the abuse, offering the target physical comfort and mental calm in conjunction with the new belief system. The target is made to feel that it is he who must choose between old and new, giving the target the sense that his fate is in his own hands. The target has already denounced his old belief system in response to leniency and torment, and making a "conscious choice" in favor of the contrasting belief system helps to further relieve his guilt: If he truly believes, then he really didn't betray anyone. The choice is not a difficult one: The new identity is safe and desirable because it is nothing like the one that led to his breakdown.

Final confession and rebirth: I choose good.

Contrasting the agony of the old with the peacefulness of the new, the target chooses the new identity, clinging to it like a life preserver. He rejects his old belief system and pledges allegiance to the new one that is going to make his life better. At this final stage, there are often rituals or ceremonies to induct the converted target into his new community. This stage has been described by some brainwashing victims as a feeling of "rebirth."

(See *How Cults Work: Indoctrination* for details on the thought-reform process that takes place specifically in destructive cults.)

A brainwashing process like the one discussed above has not been tested in a modern laboratory setting, because it's damaging to the target and would therefore be an unethical scientific experiment. Lifton created this description from first-hand accounts of the techniques used by captors in the Korean War and other instances of "brainwashing" around the same time. Since Lifton and other psychologists have identified variations on what appears to be a distinct set of steps leading to a profound state of suggestibility, an interesting question is why some people end up brainwashed and others don't.

Certain personality traits of the brainwashing targets can determine the effectiveness of the process. People who commonly experience great self doubt, have a weak sense of identity, and show a tendency toward guilt and absolutism (black-and-white thinking) are more likely to be successfully brainwashed, while a strong sense of identity and self-confidence can make a target more resistant to brainwashing. Some accounts show that faith in a higher power can assist a target in mentally detaching from the process. Mental detachment is one of the POW-survival techniques now taught to soldiers as part of their training. It involves the target psychologically removing himself from his actual surroundings through visualization, the constant repetition of a mantra and various other meditative techniques. The military also teaches soldiers about the methods used in brainwashing, because a target's knowledge of the process tends to make it less effective.

While the U.S. consciousness was turned to brainwashing in the 1950s in the aftermath of the Korean War, brainwashing has been around for longer than that. Scholars have traced the roots of systematic thought reform to the prison camps of communist Russia in the early 1900s, when political prisoners were routinely "re-educated" to the communist view of the world. But it was when the practice spread to China and the writings of Chairman Mao Tse-tung ("The Little Red Book") that the world started to take notice.

A REPORT ON COMMUNIST BRAINWASHING

The report that follows is a condensation of a study by training experts of the important classified and unclassified information available on this subject.

BACKGROUND

Brainwashing, as a technique, has been used for centuries and is no mystery to psychologists. In this sense, brainwashing means involuntary re-education of basic beliefs and values. All people are being re-educated continually. New information changes one's beliefs. Everyone has experienced to some degree the conflict that ensues when new information is not consistent with prior belief. The experience of the brainwashed individual differs in that the inconsistent information is forced upon the individual under controlled conditions after the possibility of critical judgment has been removed by a variety of methods.

There is no question that an individual can be broken psychologically by captors with knowledge and willingness to persist in techniques aimed at deliberately destroying the integration of a personality. Although it is probable that everyone reduced to such a confused, disoriented state will respond to the introduction of new beliefs, this cannot be stated dogmatically.

PRINCIPLES OF HUMAN CONTROL AND REACTION TO CONTROL

There are progressive steps in exercising control over an individual and changing his behavior and personality integration. The following five steps are typical of behavior changes in any controlled individual:

1. Making the individual aware of control is the first stage in changing his behavior. A small child is made aware of the physical and psychological control of his parents and quickly recognizes that an overwhelming force must be reckoned with. So, a controlled adult comes to recognize the

overwhelming powers of the state and the in- personal, "incarcerate" machinery in which he is enmeshed. The individual recognizes that definite limits have been put upon the ways he can respond.

2. Realization of his complete dependence upon the controlling system is a major factor in the controlling of his behavior. The controlled adult is forced to accept the fact that food, tobacco, praise, and the only social contact that he will get come from the very interrogator who exercises control over him.

3. The awareness of control and recognition of dependence result in causing internal conflict and breakdown of previous patterns of behavior. Although this transition can be relatively mild in the case of a child, it is almost invariably severe for the adult undergoing brainwashing. Only an individual who holds his values lightly can change them easily. Since the brainwasher-interrogators aim to have the individuals undergo profound emotional change, they force their victims to seek out painfully what is desired by the controlling individual. During this period the victim is likely to have a mental breakdown characterized by delusions and hallucinations.

4. Discovery that there is an acceptable solution to his problem is the first stage of reducing the individual's conflict. It is characteristically reported by victims of brainwashing that this discovery led to an overwhelming feeling of relief that the horror of internal conflict would cease and that perhaps they would not, after all, be driven insane. It is at this point that they are prepared to make major changes in their value-system. This is an automatic rather than voluntary choice. They have lost their ability to be critical.

5. Reintegration of values and identification with the controlling system is the final stage in changing the behavior of the controlled individual. A child who has learned a new, socially desirable behavior demonstrates its importance by attempting to adapt the new behavior to a variety of other situations. Similar states in the brainwashed adult are

(SECTION DELETED BY CIA)

pitiful. His new value-system, his manner of perceiving, organizing, and giving meaning to events, is virtually independent of his former value system. He is no longer capable of thinking or speaking in concepts other than those he has adopted. He tends to identify by expressing thanks to his captors for helping him see the light. Brainwashing can be achieved without using illegal means. Anyone willing to use known principles of control and reactions to control and capable of demonstrating the patience needed in raising a child can probably achieve successful brainwashing.

CONTROL TECHNIQUES AND THEIR EFFECTS

A description of usual communist control techniques follows.

1. Interrogation. There are at least two ways in which "interrogation" is used:
 - a. Elicitation, which is designed to get the individual to surrender protected information, is a form of interrogation. One major difference between elicitation and interrogation used to achieve brainwashing is that the mind of the individual must be kept clear to permit coherent, undistorted disclosure of protected information.
 - b. Elicitation for the purpose of brainwashing consists of questioning, argument, indoctrination, threats, cajolery, praise, hostility, and a variety of other pressures. The aim of this interrogation is to hasten the breakdown of the individual's value system and to encourage the substitution of a different value-system. The procurement of protected information is secondary and is used as a device to increase pressure upon the individual. The term "interrogation" in this paper will refer, in general, to this type. The

"interrogator" is the individual who conducts this type of interrogation and who controls the administration of the other pressures. He is the protagonist against whom the victim develops his conflict, and upon whom the victim develops a state of dependency as he seeks some solution to his conflict.

2. Physical Torture and Threats of Torture. Two types of physical torture are distinguishable more by their psychological effect in inducing conflict than by the degree of painfulness:

a. The first type is one in which the victim has a passive role in the pain inflicted on him (e.g., beatings). His conflict involves the decision of whether or not to give in to demands in order to avoid further pain. Generally, brutality of this type was not found to achieve the desired results. Threats of torture were found more effective, as fear of pain causes greater conflict within the individual than does pain itself.

b. The second type of torture is represented by requiring the individual to stand in one spot for several hours or assume some other pain-inducing position. Such a requirement often engenders in the individual a determination to "stick it out." This internal act of resistance provides a feeling of moral superiority at first. As time passes and his pain mounts, however, the individual becomes aware that it is his own original determination to resist that is causing the continuance of pain. A conflict develops within the individual between his moral determination and his desire to collapse and discontinue the pain. It is this extra internal conflict, in addition to the conflict over whether or not to give in to the demands made of him that tends to make this method of torture more effective in the breakdown of the individual personality.

3. Isolation. Individual differences in reaction to isolation are probably greater than to any other method. Some individuals appear to be able to withstand prolonged periods of isolation without deleterious effects, while a relatively short period of isolation reduces others to the verge of psychosis.

Reaction varies with the conditions of the isolation cell. Some sources have indicated a strong reaction to filth and vermin, although they had negligible reactions to the isolation. Others reacted violently to isolation in relatively clean cells. The predominant cause of breakdown in such situations is a lack of sensory stimulation (i.e., grayness of walls, lack of sound, absence of social contact, etc.). Experimental subjects exposed to this condition have reported vivid hallucinations and overwhelming fears of losing their sanity.

4. Control of Communication. This is one of the most effective methods for creating a sense of helplessness and despair. This measure might well be considered the cornerstone of the communist system of control. It consists of strict regulation of the mail, reading materials, broadcast materials, and social contact available to the individual. The need to communicate is so great that when the usual channels are blocked, the individual will resort to any open channel, almost regardless of the implications of using that particular channel. Many POWs in Korea, whose only act of "collaboration" was to sign petitions and "peace appeals," defended their actions on the ground that this was the only method of letting the outside world know they were still alive. Many of them stated that their morale and fortitude would have been increased immeasurably had leaflets of encouragement been dropped to them. When the only contact with the outside world is via the interrogator, the prisoner comes to develop extreme dependency on his interrogator and hence loses another prop to his morale.

Another wrinkle in communication control is the informer system. The recruitment of informers in POW camps discouraged communication between inmates. POWs who feared that every act or thought of resistance would be communicated to the camp administrators, lost faith in their fellow man and were forced to "untrusting individualism." Informers are also under several stages of brainwashing and elicitation to develop and maintain control over the victims.

5. Induction of Fatigue. This is a well-known device for breaking will power and critical powers of judgment. Deprivation of sleep results in more intense psychological debilitation than does any other method of engendering

fatigue. The communists vary their methods. "Conveyor belt" interrogation that last 50-60 hours will make almost any individual compromise, but there is danger that this will kill the victim. It is safer to conduct interrogations of 8-10 hours at night while forcing the prisoner to remain awake during the day. Additional interruptions in the remaining 2-3 hours of allotted sleep quickly reduce the most resilient individual. Alternate administration of drug stimulants and depressants hastens the process of fatigue and sharpens the psychological reactions of excitement and depression.

Fatigue, in addition to reducing the will to resist, also produces irritation and fear that arise from increased "slips of the tongue," forgetfulness, and decreased ability to maintain orderly thought processes.

6. Control of Food, Water and Tobacco. The controlled individual is made intensely aware of his dependence upon his interrogator for the quality and quantity of his food and tobacco. The exercise of this control usually follows a pattern. The individual is permitted no food and little or no water for several days prior to interrogation. When the prisoner first complains of this to the interrogator, the latter expresses surprise at such inhumane treatment. He makes a demand of the prisoner. If the latter complies, they receive a good meal. If he does not, he gets a diet of unappetizing food containing limited vitamins, minerals, and calories. This diet is supplemented occasionally by the interrogator if the prisoner "cooperates." Studies of controlled starvation indicate that the whole value-system of the subjects underwent a change. Their irritation increased as their ability to think clearly decreased. The control of tobacco presented an even greater source of conflict for heavy smokers. Because tobacco is not necessary to life, being manipulated by his craving for it can in the individual create a strong sense of guilt.

7. Criticism and Self-Criticism. There are mechanisms of communist thought control. Self-criticism gains its effectiveness from the fact that although it is not a crime for a man to be wrong, it is a major crime to be stubborn and to refuse to learn. Many individuals feel intensely relieved in being able to share their sense of guilt. Those individuals however, who

have adjusted to handling their guilt internally have difficulty adapting to criticism and self-criticism. In brainwashing, after a sufficient sense of guilt has been created in the individual, sharing and self-criticism permit relief. The price paid for this relief, however, is loss of individuality and increased dependency.

8. Hypnosis and Drugs as Controls. There is no reliable evidence that the communists are making widespread use of drugs or hypnosis in brainwashing or elicitation. The exception to this is the use of common stimulants or depressants in inducing fatigue and "mood swings."

9. Other methods of control, which when used in conjunction with the basic processes, hasten the deterioration of prisoners' sense of values and resistances are:

a. Requiring a case history or autobiography of the prisoner provides a wealth of information for the interrogator in establishing and "documenting" accusations.

b. Friendliness of the interrogator, when least expected, upsets the prisoner's ability to maintain a critical attitude.

c. Petty demands, such as severely limiting the allotted time for use of toilet facilities or requiring the POW to kill hundreds of flies, are harassment methods.

d. Prisoners are often humiliated by being refused the use of toilet facilities during interrogation until they soiled themselves. Often

prisoners were not permitted to bathe for weeks until they felt contemptible.

e. Conviction as a war criminal appears to be a potent factor in creating despair in the individual. One official analysis of the pressures exerted by the ChiComs on "confessors" and "non-confessors" to participation in bacteriological warfare in Korea showed that actual trial and conviction of "war crimes" was overwhelmingly associated with breakdown and confession.

f. Attempted elicitation of protected information at various times during the brainwashing process diverted the individual from awareness of the deterioration of his value-system. The fact that, in most cases, the ChiComs did not want or need such intelligence was not known to the prisoner. His attempt to protect such information was made at the expense of hastening his own breakdown.

THE EXERCISE OF CONTROL: A "SCHEDULE" FOR BRAINWASHING

From the many fragmentary accounts reviewed, the following appears to be the most likely description of what occurs during brainwashing.

In the period immediately following capture, the captors are faced with the problem of deciding on the best methods of exploitation of the prisoners. Therefore, early treatment is similar both for those who are to be exploited through elicitation and those who are to undergo brainwashing. concurrently with being interrogated and required to write a detailed personal history, the prisoner undergoes a physical and psychological "softening-up" which includes: limited unpalatable food rations, withholding of tobacco, possible work details, severely inadequate use of toilet facilities, no use of facilities for personal cleanliness, limitation of sleep such as requiring a subject to sleep with a bright light in his eyes. Apparently the interrogation and

autobiographical material, the reports of the prisoner's behavior in confinement, and tentative "personality typing" by the interrogators, provide the basis upon which exploitation plans are made.

There is a major difference between preparation for elicitation and for brainwashing. Prisoners exploited through elicitation must retain sufficient clarity of thought to be able to give coherent, factual accounts. In brainwashing, on the other hand, the first thing attacked is clarity of thought. To develop a strategy of defense, the controlled individual must determine what plans have been made for his exploitation. Perhaps the best cues he can get are internal reactions to the pressures he undergoes.

The most important aspect of the brainwashing process is the interrogation. The other pressures are designed primarily to help the interrogator achieve his goals. The following states are created systematically within the individual. These may vary in order, but all are necessary to the brainwashing process:

1. A feeling of helplessness in attempting to deal with the impersonal machinery of control.
2. An initial reaction of "surprise."
3. A feeling of uncertainty about what is required of the individual.
4. A developing feeling of dependence upon the interrogator.
5. A sense of doubt and loss of objectivity.

6. Feelings of guilt.

7. A questioning attitude toward their own value-system.

8. A feeling of potential "breakdown," i.e., that they might go crazy.

9. A need to defend their acquired principles.

10. A final sense of "belonging" (identification).

A feeling of helplessness in the face of the impersonal machinery of control is carefully engendered within the prisoner.

The individual who receives the preliminary treatment described above not only begins to feel like an "animal" but also feels that nothing can be done about it.

No one pays any personal attention to him.

His complaints fall on deaf ears.

His loss of communication, if he has been isolated, creates a feeling that he has been "forgotten."

Everything that happens to him occurs according to an impersonal time schedule that has nothing to do with his needs.

The voices and footsteps of the guards are muted.

He notes many contrasts, e.g., his greasy, unpalatable food may be served on battered tin dishes by guards immaculately dressed in white.

The first steps in "depersonalization" of the prisoner have begun. He has no idea what to expect.

Ample opportunity is allotted for him to ruminate upon all the unpleasant or painful things that could happen to him.

He approaches the main interrogator with mixed feelings of relief and fright.

Surprise is commonly used in the brainwashing process.

The prisoner is rarely prepared for the fact that the interrogators are usually friendly and considerate at first.

They make every effort to demonstrate that they are reasonable human beings.

Often they apologize for bad treatment received by the prisoner and promise to improve his lot if he, too, is reasonable.

This behavior is not what he has steeled himself for. He lets down some of his defenses and tries to take a reasonable attitude.

The first occasion he balks at satisfying a request of the interrogator, however, he is in for another surprise.

The formerly reasonable interrogator unexpectedly turns into a furious maniac. The interrogator is likely to slap the prisoner or draw his pistol and threaten to shoot him.

Usually this storm of emotion ceases as suddenly as it began and the interrogator stalks from the room.

These surprising changes create doubt in the prisoner as to his very ability to perceive another person's motivations correctly.

His next interrogation probably will be marked by impassivity in the interrogator's mien.

A feeling of uncertainty about what is required of him is likewise carefully engendered within the individual.

Pleas of the prisoner to learn specifically of what he is accused and by whom is side-stepped by the interrogator.

Instead, the prisoner is asked to tell why he thinks he is held and what he feels he is guilty of. If the prisoner fails to come up with anything, he is accused in terms of broad generalities (e.g., espionage, sabotage, acts of treason against the "people").

This usually provokes the prisoner to make some statement about his activities.

If this take the form of a denial, he is usually sent to isolation on further decreased food rations to "think over" his crimes.

This process can be repeated again and again. As soon as the prisoner can think of something that might be considered self-incriminating, the interrogator appears momentarily satisfied.

The prisoner is asked to write down his statement in his own words and sign it.

Meanwhile a strong sense of dependence upon the interrogator is developed. It does not take long for the prisoner to realize that the interrogator is the source of all punishment, all gratification, and all communication.

The interrogator, meanwhile, demonstrates his unpredictability. He is perceived by the prisoner as a creature of whim. At times, the interrogator can be pleased very easily and at other times no effort on the part of the prisoner will placate him. The prisoner may begin to channel so much energy into trying to predict the behavior of the unpredictable interrogator that he loses track of what is happening inside himself.

After the prisoner has developed the above psychological and emotional reactions to a sufficient degree, the brainwashing begins in earnest. First, the prisoner's remaining critical faculties must be destroyed. He undergoes long, fatiguing interrogations while looking at a bright light. They are called back again and again for interrogations after minimal sleep. They may undergo torture that tends to create internal conflict. Drugs may be used to accentuate their "mood swings." They will develop depression when the interrogator is being kind and becomes euphoric when the interrogator is threatening the direst penalties. Then the cycle is reversed. The prisoner finds themselves in a constant state of anxiety which prevents them from relaxing even when they are permitted to sleep.

Short isolation now brings on visual and auditory hallucinations. The prisoner feels themselves losing their objectivity. It is in this state that the prisoner must keep up an endless argument with the interrogator. He may be faced with the confessions of other individuals who "collaborated" with him in his crimes. The prisoner seriously begins to doubt his own memory. This feeling is heightened by his inability to recall little things like the names of the people he knows very well or the date of his birth. The interrogator patiently sharpens this feeling of doubt by more questioning. This tends to create a serious state of uncertainty when the individual has lost most of their critical faculties.

The prisoner must undergo additional internal conflict when strong feelings of guilt are aroused within him. As any clinical psychologist is aware, it is not at all difficult to create such feelings. Military servicemen are particularly vulnerable. No one can morally justify killing even in wartime. The usual justification is on the grounds of necessity or self-defense. The interrogator is careful to circumvent such justification. He keeps the interrogation directed toward the prisoner's moral code. Every moral vulnerability is exploited by incessant questioning along this line until the prisoner begins to question the very fundamentals of his own value-system. The prisoner must constantly fight a potential breakdown. He finds that his mind is "going blank" for longer and longer periods of time. He can not think constructively. If he is to maintain any semblance of psychological integrity, he must bring to an end this state of interminable internal conflict. He signifies a willingness to write a confession.

If this were truly the end, no brainwashing would have occurred. The individual would simply have given in to intolerable pressure. Actually, the final stage of the brainwashing process has just begun. No matter what the prisoner writes in his confession the interrogator is not satisfied. The interrogator questions every sentence of the confession. He begins to edit it with the prisoner. The prisoner is forced to argue against every change. This is the essence of brainwashing. Every time that he gives in on a point to the interrogator, he must re-write his whole confession. Still the interrogator is not satisfied. In a desperate attempt to maintain some semblance of integrity and to avoid further brainwashing, the prisoner must begin to argue that what he has already confessed to is true. He begins to accept as his own the statements he has written. He uses many of the interrogator's earlier arguments to buttress his position. By this process, identification with the interrogator's value-system becomes complete. It is extremely important to recognize that a qualitative change has taken place within the prisoner. The brainwashed victim does not consciously change his value-system; rather the change occurs despite his efforts. He is no more responsible for this change than is an individual who "snaps" and becomes psychotic. And like the psychotic, the prisoner is not even aware of the transition.

DEFENSIVE MEASURES OTHER THAN ON THE POLICY AND PLANNING LEVEL

1. Training of Individuals potentially subject to communist control.

Training should provide for the trainee a realistic appraisal of what control pressures the communists are likely to exert and what the usual human reactions are to such pressures.

The trainee must learn the most effective ways of combating his own reactions to such pressures and he must learn reasonable expectations as to what his behavior should be.

Training has two decidedly positive effects; first, it provides the trainee with ways of combating control; second, it provides the basis for developing an immeasurable boost in morale.

Any positive action that the individual can take, even if it is only slightly effective, gives him a sense of control over a situation that is otherwise controlling him.

2. Training must provide the individual with the means of recognizing realistic goals for himself.

- a. Delay in yielding may be the only achievement that can be hoped for.
- b. In any particular operation, the agent needs the support of knowing specifically how long he must hold out to save an operation, protect his cohorts, or gain some other goal.

3. The individual should be taught how to achieve the most favorable treatment and how to behave and make necessary concessions to obtain minimum penalties.

- a. Individual behavioral responses to the various communist control pressures differ markedly.
- b. Therefore, each trainee should know his own particular assets and limitations in resisting specific pressures. He can learn these only under laboratory conditions simulating the actual pressures he may have to face.

4. Training must provide knowledge of the goals and the restrictions placed upon his communist interrogator. The trainee should know what controls are on his interrogator and to what extent he can manipulate the interrogator. For example, the interrogator is not permitted to fail to gain "something" from the controlled individual. The knowledge that, after the victim has proved that he is a "tough nut to crack" he can sometimes indicate that he might compromise on some little point to help the interrogator in return for more favorable treatment, may be useful indeed. Above all, the potential victim of communist control can gain a great deal of psychological support from the knowledge that the communist interrogator is not a completely free agent who can do whatever he wills with his victim.

a. The trainee must learn what practical cues might aid him in recognizing the specific goals of his interrogator. The strategy of defense against elicitation may differ markedly from the strategy to prevent brainwashing. To prevent elicitation, the individual may hasten his own state of mental confusion; whereas, to prevent brainwashing, maintaining clarity of thought processes is imperative.

b. The trainee should obtain knowledge about communist "carrots" as well as "sticks." The communists keep certain of their promises and always renege on others. For example, it is a well known fact that "informers" receive no better treatment than other prisoners and that should do much to prevent this particular evil. On the other hand, certain meaningless concessions will often get a prisoner a good meal.

c. In particular, it should be emphasized to the trainee that, although little can be done to control the pressures exerted upon him, he can learn something about controlling his personal reactions to specific pressures. The trainee can gain much from learning something about internal conflict and conflict-producing mechanisms. He should learn to recognize when someone is trying to arouse guilt feelings and what behavioral reactions can occur as a response to guilt.

d. Finally, the training must teach some methods that can be utilized in thwarting particular communist control techniques:

Elicitations: In general, individuals who are the hardest to interrogate for information are those who have experienced previous interrogations. Practice in being the victim of interrogation is a sound training device.

Torture: The trainee should learn something about the principles of pain and shock. There is a maximum to the amount of pain that can actually be felt. Any amount of pain can be tolerated for a limited period of time. In addition, the trainee can be fortified by the knowledge that there are legal limitations upon the amount of torture that can be inflicted by communist jailors.

Isolation: The psychological effects of isolation can probably be thwarted best by mental gymnastics and systematic efforts on the part of the isolate to obtain stimulation for his neural end organs.

Controls on Food and Tobacco: Foods given by the communists will always be enough to maintain survival. Sometimes the victim gets unexpected opportunities to supplement his diet with special minerals, vitamins and other nutrients (e.g., "iron" from the rust of prison bars). In some instances, experience has shown that individuals could exploit refusal to eat. Such refusal usually resulted in the transfer of the individual to a hospital where he received vitamin injections and nutritious food. Evidently attempts of this kind to commit suicide arouse the greatest concern in communist officials. If deprivation of tobacco is the control being exerted, the victim can gain moral satisfaction from "giving up" tobacco. He can't lose since he is not likely to get any anyway.

Fatigue: The trainee should learn reactions to fatigue and how to overcome them insofar as possible. For example, mild physical exercise "clears the head" in a fatigued state.

Writing Personal Accounts and Self-Criticism: Experience has indicated that one of the most effective ways of combating these pressures is to enter into the spirit with an overabundance of enthusiasm. Endless written accounts of inconsequential material have virtually "smothered" some eager interrogators. In the same spirit, sober, detailed self-criticisms of the most minute "sins" has sometimes brought good results.

Guidance as to the priority of positions he should defend. Perfectly compatible responsibilities in the normal execution of an individual's duties may become mutually incompatible in this situation. Take the example of a senior grade military officer. He has the knowledge of sensitive strategic intelligence which it is his duty to protect. He has the responsibility of maintaining the physical fitness of his men and serving as a model example for their behavior. The officer may go to the camp commandant to protest the treatment of the POWs and the commandant assures him that treatment could be improved if he will swap something for it. Thus to satisfy one responsibility he must compromise another. The officer, in short, is in a constant state of internal conflict. But if the officer is given the relative priority of his different responsibilities, he is supported by the knowledge that he won't be held accountable for any other behavior if he does his utmost to carry out his highest priority responsibility. There is considerable evidence that many individuals tried to evaluate the priority of their responsibilities on their own, but were in conflict over whether others would subsequently accept their evaluations. More than one individual was probably brainwashed while he was trying to protect himself against elicitation.

CONCLUSIONS

The application of known psychological principles can lead to an understanding of brainwashing.

1. There is nothing mysterious about personality changes resulting from the brainwashing process.

2. Brainwashing is a complex process. Principles of motivation, perception, learning, and physiological deprivation are needed to account for the results achieved in brainwashing.

3. Brainwashing is an involuntary re-education of the fundamental beliefs of the individual. To attack the problem successfully, the brain-washing process must be differentiated clearly from general education methods for thought-control or mass indoctrination, and elicitation.

4. It appears possible for the individual, through training, to develop limited defensive techniques against brainwashing. Such defensive measures are likely to be most effective if directed toward thwarting individual emotional reactions to brainwashing techniques rather than toward thwarting the techniques themselves

(SIGNED)

RICHARD HELMS

(DECLASSIFIED) Richard Helms

(By C.I.A.) Deputy Director for Plans

BRAINWASHING & MIND CONTROL TECHNIQUES

To the Western usage the term "brainwashing" spread in the 1950s through several publications depicting the treatment of American soldiers at Chinese prison camp during the Korean War 1950-1953.

Below is a list of the usual brainwashing/mind control techniques used in schools, hospitals, army, religious cults, totalitarian states; with political prisoners and dissidents, mentally insane, some versions of psychotherapy, etc., etc. "Indoctrination" is a more slight and more subliminal form of brainwashing (e.g. commercials). However, these concepts are nothing short of controversial and open to various interpretations, which should be kept in mind while perusing the Web sources below.

The term brainwashing is loosely used, and an inappropriate term under some contexts however here are some paths to controlling someone through the use of "brainwashing".

1) HYPNOSIS - Inducing a high state of suggestibility, often thinly disguised as relaxation or meditation.

a. Repetitive Music (most likely with a beat close to the human heart 45 to 72 beats per minute). Most likely used during "study sessions" as the teacher will say the music will help you relax and concentrate better!

b. Voice Roll -- A "voice roll" is a patterned, paced style used by hypnotists when inducing a trance. It is also used by many lawyers, several of whom are highly trained hypnotists, when they desire to entrench a point firmly in the minds of the jurors. A voice roll can sound as if the speakers were talking to the beat of a metronome or it may sound as though he were emphasizing every word in a monotonous, patterned style. The words will usually be delivered at the rate of 45 to 60 beats per minute, maximizing the hypnotic effect.

c. Room "Feel" - The way a room feels is essential to brainwashing and controlling unknowing women. It needs special lighting. Florescent lights are best because they aren't too dim, but aren't too harsh. Also, Room Temp helps a bit, usually a little cooler than normal room temperature. You need to have the unknowing subjects very relaxed, perhaps even close to falling asleep.

2) PEER GROUP PRESSURE - Suppressing doubt and resistance to new ideas by exploiting the need to belong. Since women have always strived to belong to something or feel accepted you have to sort of get them to change their ideas about sexuality or what ever you want in order to belong to your world and your desires.

3) "LOVE BOMBING" - Creating a sense of family through physical touch, thought & feeling sharing and emotional bonding. Just by physical touches and hugs you create a bond because all women are starved for affection so they become addicted to it if it is staggered.

4) REJECTION OF OLD VALUES - Accelerating acceptance of new lifestyle by constantly denouncing former beliefs and values. Denounce their former beliefs and values but never put her down.

5) CONFUSING DOCTRINE - Encouraging blind acceptance and rejection of logic through complex lectures on an incomprehensible doctrine. When a woman is confused she is totally defenseless and that gives you an opportunity to totally control her so being confusing can actually be to your advantage not your detriment.

6) METACOMMUNICATION - Implanting subliminal messages by stressing certain key words or phrases in long, confusing lectures. Any confusing conversation always throw in things that are not confusing mixed

with things that are extremely confusing so she will constantly only hear the stuff that she understands and therefore will become attracted and addicted to you sort of like the game show jeopardy.

7) REMOVAL OF PRIVACY - Achieving loss of ability to evaluate logically by preventing private contemplation. Without invasively, disrupting her privacy giving her enough mystery and confusion so that in her private moments of contemplation she is busy trying to figure you out because women are mystery addicts.

8) DISINHIBITION - Encouraging child-like obedience by orchestrating child-like behavior. The sillier and more ridiculous you can get her to react, the more sexually receptive and more romantically open she will become.

9) UNCOMPROMISING RULES - Inducing regression and disorientation by soliciting agreement to seemingly simple rules which regulate mealtimes, bathroom breaks and use of medications.

10) VERBAL ABUSE - Desensitizing through bombardment with foul and abusive language. (Physical abuse, such as torture, is the more extreme form of this.)

11) SLEEP DEPRIVATION AND FATIGUE - Creating disorientation and vulnerability by prolonging mental and physical activity and withholding adequate rest and sleep.

12) DRESS CODES - Removing individuality by demanding conformity to the group dress code. If you tell her what to put on the outside, subliminally you will be also be controlling what's under the clothes.

13) CHANTING OR SINGING - Eliminating non-cult ideas through group repetition of mind-narrowing chants or phrases. Any music she hears or singing she does if it's sexually seductive will subliminally brainwash her.

14) CONFESSION - Encouraging the destruction of individual ego through confession of personal weaknesses and innermost feelings of doubt. Get her to confess her inner most weaknesses and doubts and never exploit them. You will become her emotional banker thus controlling her.

15) FINANCIAL COMMITMENT - Achieving increased dependence on the group by 'burning bridges' to the past, through the donation of assets.

16) FINGER POINTING - Creating a false sense of righteousness by pointing to the shortcomings of the outside world. By denouncing everyone else, ie: ads screwed up, and not denouncing her gives her a feeling of being privileged and special and creates amazing loyalty and servant bonding.

17) ISOLATION - Inducing loss of reality by physical separation from family, friends, society and rational references.

18) CONTROLLED APPROVAL - Maintaining vulnerability and confusion by alternately rewarding and punishing similar actions.

19) CHANGE OF DIET - Creating disorientation and increased susceptibility to emotional arousal by depriving the nervous system of necessary nutrients through the use of special diets and/or fasting. Also applying drugs for these purposes fall in this category.

20) GAMES - Inducing dependence on the group by introducing games with obscure rules.

21) NO QUESTIONS - Accomplishing automatic acceptance of beliefs by discouraging questions.

22) GUILT - Reinforcing the need for 'salvation' by exaggerating the sins of the former lifestyles.

23) FEAR - Maintaining loyalty and obedience to the group by threatening soul, life or limb for the slightest 'negative' thought, word or deed.

Three Principles of Re-Education

1) REPETITION - Going through the same subject over and over again until it is known by heart.

2) ACTIVITY PEDAGOGICS - The subjects are never left alone, nor are they given any private time of their own. They are always in activity.

3) CRITICISM AND SELF-CRITICISM - The subjects are supposed to feel uncertain; under the constant threat of being humiliated and despised.

Review:

Make her feel she's yours and she'll do anything you want her to do. Become a player in her community and she'll be proud to be with you and do your bidding. Remember, at war it doesn't matter if she's the hottest woman around. But women are women and every woman wants to feel that they are special. The more powerful you are perceived by her, the more loyal she will be to you. Women are loyal to men who make them feel beautiful and special. It's like a drug they're addicted to that they'll crave more and more as long as you know how and continue to play the game.

Sex is, and has always been a biological imperative for both men and women. People are hard wired to seek out sex. Men are hard wired to seek out beautiful women and to procreate with as many women as possible, thereby increasing his chances for genetic survival. Women are hard wired to mate with the strongest most powerful man in the community to assure strong healthy survival of their offspring. This not only is common sense, but will always remain true.

Black op, Psy-op, and CIA seduction techniques have proven successful for years. They have proven successful for the seduction and control of women to carry out military objectives throughout time. This knowledge has been known for years by all highly skilled covert operatives in all branches of intelligence to carry out untold military operations throughout the world. Women are all hard wired to want to "belong" and to feel "desired" and "special". With the tips and techniques you have just read, all you need do is set your sights on the lady of choice and carry out your mission. DO IT AND SHE WILL BE YOURS!