

Extract from "Love Magic For Men."
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Ladies there is an equivalent for you.

CHAPTER THREE - HOW TO MAKE YOURSELF MORE ATTRACTIVE

Consider for a moment man's early days on this planet. Most of our instincts were programmed during our times as hunter/gatherers. Pregnancy and childbirth were dangerous times for women. They were more vulnerable, they couldn't move as easily as usual. Childbirth itself was difficult. And for the next few years they had an infant in tow who was completely dependant on them.

A woman who could secure protection during this time was more likely to reproduce. A woman under the protection of a powerful man even more so. The tribal leader, for example, commanded more food, respect, the choice of materials etc.

As a result, no matter what a woman tells you, or her considered opinion, deep down inside, she instinctively craves a man who is POWERFUL. Someone who can protect her if necessary. Someone who is going to stick around. This sometimes reflects itself in attraction to a physically strong man, but power takes many forms.

We have all met miserable, stupid, ugly, men, with beautiful and intelligent wives (and usually one or two girlfriends as well). These men are usually rich. In our society wealth is power.

Sometimes though, a perfectly ordinary person has women falling over themselves to get at him. This is the man who has learned how to project the key qualities of reliability and power in THEIR AURA. Women unconsciously detect this and find it attractive.

How can we create this in our aura? Well the aura projects what you habitually think about yourself, and your habits are a subconscious function. So the first step is to change your subconscious impression of yourself.

Creating the Aura of Power

This exercise works because the subconscious part of us does not know the difference between something that is happening and something that is vividly imagined. Also, with practice, the inhibition present in this exercise will create a state of Trance. After that, results will improve, but you should see some benefit right from the start.

Before you start, spend some time thinking about how power feels. If you can remember an occasion when you felt really powerful all the better. If not, create such an event in your imagination. At this stage, just watch yourself in your imagination. Get an idea of how you

look when you ARE powerful. How does your voice sound? How do you move?

Take some time over this. The first effect of the following exercise will be to add elements of stability and power into your aura, but make sure you like the image you are using. You will eventually start to become this person.

The easiest way to change is to find somewhere where you won't be disturbed for 20 minutes or so. Sit down and make yourself as comfortable as possible. Memorise the following short exercise, or have someone read it to you, or record it on a cassette. Try and make sure that there won't be any interruptions. Take two or three deep breaths. Now the idea here is to get a little extra oxygen circulating, so don't overdo it.

Fix your gaze on the wall or ceiling. Aim to be raising your eyes a little rather than lifting your head. Keeping your attention fixed on the point you have chosen, pay attention to your feet. Imagine that the muscles in your feet are letting go. Imagine them stretching out and becoming all loose and limp and relaxed. It doesn't matter if you don't feel any different at this point as long as you imagine it happening. Pause a moment.

Then do the same thing with the muscles in your calves. Pause and do the same thing with the muscles in your thighs and hips. Pause. Do the same thing with the muscles of your back, tummy and chest. Pause.

Imagine this relaxation moving up through your shoulders, down along your arms and into the muscles of your hands and fingers. Pause. Imagine the relaxation moving up through the muscles in your neck, over the muscles of the back of your head and scalp, and down over your face.

Let your eyes close down. You will now be feeling quite relaxed.

This is the time to use your earlier work. Imagine the powerful you. Pay attention to the details. Watch yourself move around. When you are sure that the image is right, then step inside it. Move around inside this new, powerful figure. Notice how it feels. Speak with his voice. Move with his movements. Become this person in your imagination.

You will become completely absorbed at some stage. This absorption represents Trance. When you notice this moment has passed, gently rouse yourself, and start to do something. Don't spend time dwelling on the experience.

Some people are better at this type of exercise than others when they first start. If you have had a profound experience early on, then make sure you are fully back in the here and now by doing something physical at this point.

It is important to practice this exercise regularly for maximum effect. One of the key effects of regular practice is that your unconscious mind will gradually transform your body language to express this power, so that it will be obvious even to the psychically

insensitive. More on this in chapter five.”