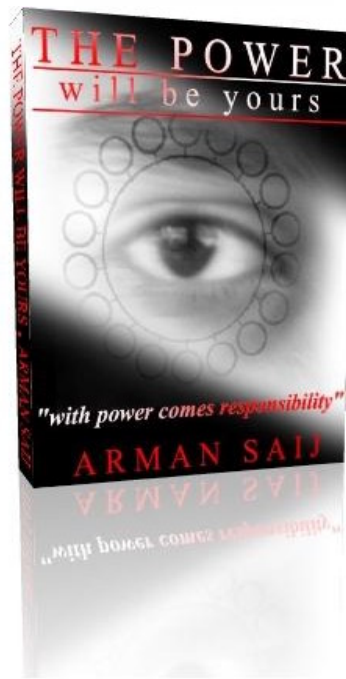


THE POWER WILL BE YOURS

A Report By Arman Saij

Arman Saij



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FORWARD

By Ahmad Elshafi

This is not a forward by some best-selling writer trying to ride on the coat tails of another as you often see in the forwards contributed to commercialized “law of attraction” or even “dating” books that made it to the best-seller’s list. You do not know me, and likely will never see my name on some book cover in a Barnes & Nobles bookstand. I am a friend of Arman, who graciously offered to email a copy of this short report to me, and I wasted no time reading it completely from start to finish, having already greatly benefited from an earlier report of his called *The Secret Potency Report* that he authored under the pen-name of “Riccardo Gueli”. When I read that earlier ebook, I was astounded with the love and care he put into that humble report. After finishing up reading, I thought: “Well, here is a guy who doesn’t go about doing things half-assed”.

But that is not what intrigued me to read that report, or indeed even this one. Normally, when I get an ebook, or a home-study course, even on a topic that greatly interests me, I share the guilt of the vast majority of online consumers: I let them gather pixel dust in my hard drive often unopened. But not with Arman’s works, and that is mostly owing to what I witnessed when I met him while he still lived in Melbourne, mid-2007. We met at a hookah cafe owned by a Turkish gentleman whom we were mutual friends with. This was a favorite hang-out place for the youth of Coburg.

There was something different about him; a quiet magnetism as he artfully let out huge puffs of apple-flavored smoke out of one corner of his mouth while claspings with the mouthpiece of the hookah with the other corner, his attentive gaze focused on a book which I later came to find out was called “Nei Kung” by Kosta Danaos. The book, by the way, explores limits of human potential neither tapped nor explored by general “Self Help” literature. What we are capable of achieving as individuals often seem so unreal they border on fantasy, but then as they say, “Truth is stranger than fiction”. I came to find out that it’s this Truth that Arman immerses himself in on a near-fulltime basis. He told me “*I like to think of myself as an independent journalist in self-development*”. That, and a guinea pig: He informed me he often wakes up at 5:00am and meditates for up to an hour. “*This is the time where the Qi outside in the environment is at its most potent.*”

Intriguing, but it wasn’t talks of Qi that got us acquainted with one another. I initiated our conversation by asking: “*How the hell do you do THAT?!*” I mean look, I am better looking than he is conventionally speaking, and there was no shortage of great looking, dark featured Middle Eastern men at that joint. That is not to say he isn’t handsome. But there was something... different... about him. He didn’t say much, but the man could light girls around him like Christmas trees! No pickup lines, no routines, none of the crap tucked in the audios and ebooks sitting in my hard drive, stuff that I paid hundreds of dollars for; the stuff that taught you that in order to attract women, you needed prerequisites like Vince Vaughn-style wordiness, cockiness, funniness, dominance, *ad infinitum*.

Now the place was busy and tightly packed, and so I was sitting right next to him, puffing my own smoke and just itching to ask him how he was pulling it off. Then it happened: This girl coyishly wiggles her way between the chairs and a few tables away right up to him and hands a paper (presumably with a phone number), drawing her lips so close to his ear you'd think she wanted to tongue him, then she whispers something and hurriedly runs back to her girl friends, all of whom were giggling in unison.

He laughed when I asked him that question. "*It happens when you have presence.*" he told me. Not grasping the full meaning of what that entailed, I let that answer slide half-heeded and we formally introduced one another, ordered two strong Turkish coffees, and our talks went into human potential and, gradually, the role human sexuality played in it. It was one of the most intriguing conversations I ever had. The dude... knows... so much... and was extremely generous with what he knew. He offered to email me his book, and I obliged without hesitation. Since then, I enjoyed a much more enriched love life and, now that I mention it, this forward should have been for that other book. But no, in the scheme of things, it fits this one much better, in that here is where it all starts; in your ability to magnetize women towards you, although Arman would insist that it's really the Universe magnetizing itself towards you in the form of women because of what you resonate with.

It takes a lot to ruffle my feathers and if I can take this book seriously (and I do very, very much so) then I sincerely hope you do too. It's not everyday you come across someone who commands your attention like that merely by himself being proof of his own concepts. Now, having read this and listened to the accompanying MP3 tracks, I know precisely what he referred to back then as "presence", and of course, I have come to learn that is just one factor of the magnetism equation. I urge you to learn what the others are, in what I believe to be an exceptionally timely and important work for men everywhere.

God Bless You.

Ahmad E.
Coburg, Australia

PS - I am glad he left for Queensland before we met up again. I wouldn't want my girlfriend around him.

IN THE BEGINNING

Much is made of the importance of “*presence in the moment*” in spiritual circles. The popularity of this concept shot sky-high when Oprah first interviewed Mr. Eckhart Tolle, best-selling author of *The Power of Now*, among other titles.

And it seems this concept has caught on with the “Seduction Community”, forming the backbone of teachings sold to the tune of hundreds (and even thousands) of dollars purporting to teach “Inner Game”, otherwise known as “Natural Game”.

If you are not familiar with these “PUA” jargons, “Inner Game” was a concept first popularized by Neil Strauss in his best-selling book “The Game”, with a an entire chapter dedicated to one of the luminaries of this concept; Zan Perrion of EnlightenedSeduction.com.

It basically denotes a means of seducing the opposite sex (or even the same sex as the case may be) by letting seductive communication flow out naturally and spontaneously without relying on canned pick-up lines or routines such as hypnosis, NLP and the like.

This, as it’s taught, is partly helped by being authentically attractive without putting up a false “mask” of social sophistry.

There is perhaps no more direct parallel to this than in the realm of Martial Arts, and in particular in the art of Wushu (Chinese Boxing) collectively known as “Kung Fu”.

There are two schools that predominate in this extremely rich and deadly tradition.

There is the Wei Jia, or the “External Arts” – meaning strictly disciplines that rely not exclusively but predominantly on external physical development.

This is the approach taken – among others – by entry-level Shao Lin P'ai ("School of Shao Lin") and other derivative "hard style" arts such as Karate Do, Tae Kwon Du, MMA, and so on.

And then there is the often more elusive Nei Jia, or the "Internal Arts", with the three main "sister" arts of T'aiji Chuan, Ba Qua Zhang and Xing Yi Chuan forming it's most popular examples.

This latter school of "soft style" martial development concentrates more on "Flow" and "yielding" in order to dominate the harder and more rigid, and individuals advancing to even intermediate levels of these internal arts are known to nonchalantly blast even the most efficient "hard style"-orientated fighters straight out of the water.

That being said, it is worth noting that consistent practice in the External Arts – in the course of hours upon hours spent punching sand-bags, swinging kicks, sparring and one-on-one grappling – and the strengthening of tendons and conditioning of muscles that naturally result from these consistent practices, will go some way to develop the fighter INTERNALLY as well.

Similarly, it is recognized that "Outer Game" in the realm of seduction – The "Wei Jia" (external art) of approaching hundreds upon hundreds of women – can go some way to eventually develop magnetic traits such as confidence, humor, social skills, and so on.

However, just as there are limits to the "Internal" development of a martial artist who relies strictly on external "hard" forms and techniques, so too will there be a limit to the "Internal" development of traits that collectively add to the magnetic progress of a man who solely relies on "Outer Game".

In fact, some of those traits might even be detrimental to a man's AUTHENTIC magnetic development, such as acquiring the habit of being TOO cocky or too much of an "entertainer" – to say nothing of turning into too much of a "player" who relies on some external "social mask" to get his way with girls before being 'caught out'.

The opposite is equally true; there is a clear similitude between the "Internal" Martial Artist – one who trains at length in the Nei Jia arts such as T'ai Chi Quan, Xing Yi, etc. – who can terrify even some of the advanced

external martial artists with his strength, speed, agility, intuitive fighting and combat stamina... and the “Internal” seducer.

This latter caliber of man has managed to internalize all the nuances of an attractive self-image to such a depth, that not even the most seasoned “Outer Game” players could not match him in terms of projecting an aura of ***authentic*** attractiveness (let alone SEXUAL attractiveness, which simply can not be “faked”) and personal magnetism.

All this boils down to an ancient message that has reverberated throughout world cultures and traditions despite of the differences of time and distance between them, to the effect:

“As Within, So Without.”

Many seduction gurus – recognizing this – have made it their mission to approach the “seduction” niche solely from this “Internal” angle and nothing else.

Sadly though, it seems the bulk of these gurus are content with stopping at JUST ENOUGH “Inner Game” development to make the “Outer Game” approaching of women much easier.

This is either because they fail to recognize that there is simply NO end to the depth one can go in internalizing Inner Game precepts, or they choose not to, which is a shame when one considers the ramifications.

This is akin to doing “just enough” Qi Gong, or “just enough” practice of any of the Nei Jia arts in order to get a *slight* edge over the competition.

When one realizes that there is infinitely more development potential at stake – especially as one observes others who have mastered this to deeper levels than himself – it becomes clear just how much joy and success with women he is leaving untapped on the table.

Just as with the *supernal* levels a man can develop himself in the “Nei Jia”, he can also develop himself enough internally to have effects on women that border on the “supernatural”.

Famed dating Guru Adam Gilad (who formerly went by the pen-name of “Grant Adams”) of OneTantra.com once gave one such example of how a tantric master friend of his once nonchalantly approached one of the most gorgeous women Adam had ever seen and touched the small of her back in a way that got her to literally “*melt into his arms*” despite the fact that she had never prior to that met him.

It is this *limitless depth* in the scope of our internal development as attractive, magnetic men that this report will focus on and, to do so, it will touch upon spectrums of personal development few might have considered before.

Your Intent V.S. Your Limitations

“Yes I intend to be more attractive to women, but look at me! I have a spare tire around my waist! I am balding. I am toothless. I have a smaller member...” ad nauseum.

Read the above again. Can you see the difference between your average internally-insolid Schmoe who paints the above profile of himself, and a sexually embodied and magnetic man who shares all the above “handicaps” but still manages to date drop-dead gorgeous women?

Actually, let me take this a step further: What’s the difference the first individual, and someone like Sean Stephenson who actually has it FAR worse?!

In case you have not heard of Sean Stephenson, he is a clinical hypnotherapist, best-selling author, stand-up comedian and a world-renowned life and relationship coach who routinely makes out with women of the caliber that would make most men green with envy.

And yet, he is three feet tall, is bound to a wheel-chair for life, and by the time he was 18 he had fractured over 200 bones!

Actually he wasn't even meant to get that far; he was meant to DIE at birth. Yet, he went on to study and graduate with full honors at the campus directly opposite the very hospital his parents were told of the news of his imminent death at birth.

See, it IS truthful to observe one's handicaps. They are not illusions. They are real... and more often than not, they are painful.

But in order to succeed at anything in life, our first step is to recognize that "truth" is – while not illusory – certainly not static either. In fact, in the words of a past Kung Fu teacher of mine: "The ULTIMATE truth is that Change is the ONLY constant".

Can you see how woefully men short-change themselves when they treat the "truth" – whether about themselves or the world at large – as though it were the only variable at their disposal in their quest for a better life?

For our purposes, we are simply going to give the CURRENT "truths" about ourselves and our immediate circumstances a polite nod, and tap into something much deeper, grander and imminently more primal and powerful than Truth itself in order to actuate change.

This "something" is none other than... the spirit world; where truth is always relative, and where the only reality is Power – both latent and expressed.

In the words of notorious Psionics pioneer Charles W. Cosimano: "*Power is the WHOLE of the Law*".

Some might look at this statement as a clever spin on a Crowleyian maxim, but the "truth" is that this principle was recognized by the ancients and formed the backbone of some of the most advanced systems of personal change.

Most notable among these is Huna – Max Freedman Long's popularized name for the ancient form of Polynesian Shamanism adhered to on the islands of Hawaii – where the third principle of *Makkiah* states: "*Energy flows where attention goes*"... and then of course is the afore-mentioned Nei Jia systems of the Far East, where it is observed:

*“Jing(**manifest reality**) follows
Qi(**energy**), and Qi(**energy**)
follows Yi(**intent**)”*

This is so profoundly important to our ability to magnetize high-quality women to ourselves that it simply can not be over-stated, and it is this very principle that is understood – and LIVED – by men of the “unfortunate” caliber of Sean Stephenson.

The VAST majority of men operate mentally, emotionally and physically on the level of “truth” – or manifest reality (jing) – where circumstances are settled-for as they are, with little hope for being able to produce real, tangible change.

This is a direct result of men disregarding the powers readily at their disposal because few dare align themselves with realms higher and infinitely more powerful than “truth”; namely the energetic (Qi – or sometimes called the etheric) levels and, more powerfully, the spiritual (Yi) levels of existence.

So, the very first thing you need to do is to tap into the spiritual world, and no, you needn’t turn into a hermit and go to a remote cave in China in order to develop that ability.

All you need to do is simply this: cultivate Yi (Intent). Live your life with intention, with purpose. Think of yourself as a vessel, as a conduit through which outcomes are made manifest, and NOT as someone waiting for outcomes to happen. You co-create outcomes, you don’t wait for them.

So here is how to align yourself to Yi – to the Intent/spirit world – in the context of becoming more magnetic and attractive to women irrespective of your looks, income and over-all life situation: You answer the following questions as honestly and with as much introspection as possible.

Exactly what is your intention as far as the ability to magnetize women to you? What do you wish to do with that ability? How will that ability aid you in moving on with goals in your life that are not woman/sex-centric?

Along the grander scheme of things, what is your “ideal” type of woman that you intend to magnetize?

What's the age range you wish to project your attractiveness to? What do they typically look like? What are their sexual preferences? The sound of their voice: what are the subtleties, nuances, tonalities?

How do you intend to have them respond to you? What allowances do you intend to have them make to your advances if they do not initiate the advances themselves?

Who do you intend to have do the "chasing"?

This is more than just a practice at specificity. What you are in effect doing is you are exercising precisely that aspect of your Being that aligns you far closer to Divine Potential than, say, a buffalo or a frog; specifically, the ability to INTEND for a new reality to be created.

It is this ability at co-creation that underlines the Native American saying: *"God sleeps in rocks, breathes in plants, dreams in animals and awakens in Man."*

And it all starts with tapping into the Yi (spiritual) aspect of existence, where only Intent, only the Logos, The "Word", only Potentia exists – a latent power waiting to be tapped into, in order to establish NEW "truths."

This is a realm where "truth" is relative and, in effect, means Nothing. No matter how insurmountable your current truth might be, it bows before this realm, before this latent Power, and makes way before it.

THIS is the true meaning behind *"Do not test the Lord thy God."*

God is Power. "Tests" adhere to standards that use current "truths" as parameters – truths that by their very nature are fickle and are always, always subject to change.

They simply can not be relied on to test Power, simply because they will invariably be over-powered into changing into NEW "truths". Meanwhile the Power remains unchanged.

And the way you tap into this power is, again, by exercising INTENT.

So, you needn't care how "true" it is that you are not the best looking guy on the block, or the sharpest tool in the shed.

Realize that your alignment with Power will over-power your current "truths" – your current life circumstances – and therefore make it your INTENT to transcend these "truths" and create NEW ones in your life.

You might get the impression that when I speak of "Power" I am speaking of God, and you are right.

But I am not talking about a Father Christmas sitting on top of a cloud beyond his pearly gates.

I am talking about a Being that is the totality of all beings; an Intelligence that is the totality of all intelligences; a Presence that is both impersonal AND personal, one that is both undifferentiating and yet intimate.

This Being IS you, and yet so much more than you, much like you ARE the individual atoms that constitute your being, and yet are so much more than the individual atoms.

I am not asking you to believe in some theistic dogma. This is simply an invitation to realize that The Whole is NEVER devoid of the traits and characteristics of the parts that are contained within it.

That's scientifically, mathematically impossible.

By way of containing those parts, the Whole shares their characteristics, and yet is so much more than them.

Similarly, if there IS such in this Universe that can tangibly be observed as "intelligence", a "consciousness", or "life", then inevitably, it will be a part of a more collective Intelligence, a part of a more aware "Consciousness", part of a greater "Life".

A Shaman, a Daoist hermit, a Yogi can all get glimpses of this Great Intelligence during deep periods of intense meditation and, in doing so, access realms of enormous power.

Even beginners spending a while in a brain-wave state marked by deep Theta or Delta (to say nothing of Epsilon) comment on how at times their entire being starts buzzing with ALIVENESS and energy, as though every cell in their bodies have woken up.

Obviously there are various levels of this taking place, contrary to common (mis)understanding of “Enlightenment” being a ‘destination’ with no further scope for venturing even deeper.

Be it as it may, it’s been observed that this Collective Intelligence, this Power (which we will refer to it as from this point onwards) has two aspects to it:

There is the Yang aspect, which is essentially creative, and a Yin aspect, which is essentially destructive.

The aspect of this Power that we will tap into for our development of greater personal attractiveness is the Yang – the creative – aspect.

It is observed through deep meditation and introspection that this aspect of Power has three characteristic ways of interacting with Creation.

The first is that It is constantly in a state of flux, never static, always moving, always expanding, as though it constantly “yearns” to express Itself.

The second characteristic – following the first – is that it tends to accumulate in influence and energy (more on Qi later) from places of least concentration, to places of greater energetic concentration.

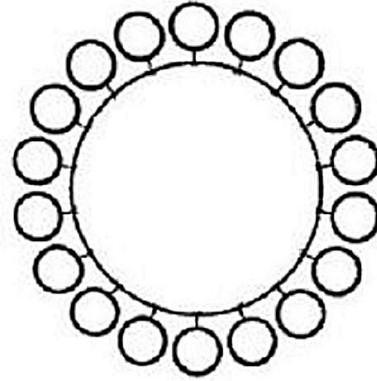
And finally, the third characteristic is it expresses itself through taking the path of least resistance, much like a stream of water CAN overpower a rocky boulder in its way in due course but still flows through the path that is not hurdled with physical obstructions.

To sum up this Power in one word, It is responsive.

And it responds by recognizing “patterns” that trigger its focused creativity. “Patterns” are literally the language It speaks.

It has been known in within “closed door” meditation circles that forming “patterns” with our bodies during meditation either physically – via hand gestures for example (called *Mudras*) – or vocally (though repeated invocation of certain “sounds” or Mantras) the Power actually responds more readily, allowing for the aspirants’ faster progress.

For another example of the Power’s responsiveness to patterns, let’s take the amplifying effect a simple magnetron image (shown right) is observed to have on whatever message is put in the central circle, or even, on a less esoteric note, its bizarre effect on microwaves.

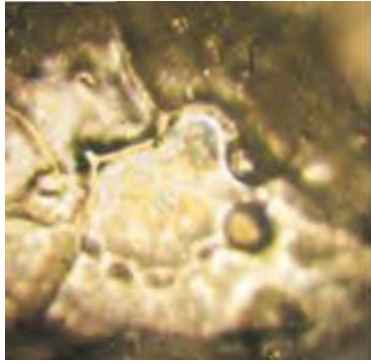


It’s understood by some adepts that it’s not so much the *image itself* that is generating the amplifying energy, but something to which the image is linked that is generating it... an Intelligence that literally “decides” the sort of amplification taking place as opposed to, say, just a normal circle that is observed to have no comparable effect on microwaves at all.

But let us abandon esoteria for a moment and go for more down-to-earth examples of this Intelligence at work.

Take, for instance, the effect certain words have on the crystalline structure of water.

To my knowledge, this is a phenomenon first pioneered by the famed Japanese scientist Dr. Masaru Emoto. He observed that water crystals can be re-arranged into harmonious or disharmonious shapes based on the “messages” they were subjected to.



Fujiwara Dam, before offering a prayer



Fujiwara Dam, after offering a prayer

When I first learned of this fascinating phenomenon years ago, I brought it to the attention of my Shiye (Grandmaster-Teacher) in Melbourne at the Kwan where I trained in Kung Fu.

We were sitting with my Sifu and Shiye (my Sifu's teacher) discussing these fascinating topics, when I pointed out that water – containing Yin Chi – was “sentient” much like crystals were, and therefore likely “understood” the message being communicated and re-arranged their crystalline structures accordingly.

And then my Shiye dropped the “bomb”:

*“They are not responding to the messages;
They are responding to God’s
responding to the messages.”*

In other words, the messages tapped into a conscious, sentient Power that was responsive enough to resonate back, energetically affecting the crystalline structures of the water along the way and causing them to re-arrange themselves!

Immediately what came to my mind at that point was something a doula friend of mine mentioned to me (which I have since verified) that you could feed a new-born baby all you want, with all the right



nutrients and keep their bodies clothed at optimal temperatures; their tiny bodies would still literally wither away and DIE without the loving touch of a parent.

Even in less extreme scenarios, not subjecting little babies to the loving touch of parenthood on a regular basis can still have a profound effect on the balance of the baby's psyche, invariably growing up into a "troubled child".

The body's response and access to "Information" goes beyond even that.

It has been clinically observed that at times when there is an organ donation, the recipient of the organ often dreams of individuals known only to the person who donated the organ. Sometimes, the recipients even acquire the characteristics – the likes and the dislikes – of the donor!

It's becoming an increasingly accepted fact in Neurology that the "human mind" extends well beyond the brain and includes cellular memory and, where this memory is stored beyond the confines of the cerebral-spinal system, hormones are excreted that are associated with the flow and ebb of "emotions".

And so, herein is your first step towards literally re-programming yourself into a more magnetic man: You are going to install a NEW type of "memory" down at the cellular level.

Abandon the Cartesian myth that purports that "*you are not your body*". You ARE your body; you ARE up to 70% water and the messages you send yourself, via self-talk, will not only have a profound effect on the crystalline structure of what constitutes most of your physical being, but by extension, it will bring about a corresponding change in your energetic signature.

Your cells have NOT changed their basic responsiveness to the energies invoked by love, appreciation and affection since childhood, and just as this communication to your cells have had a significant effect on the development of your psyche (i.e. your personality) growing up, so too will it continue to have the same effect once this communication resumes...

... except this time, you exert a greater degree of control over this communication, in that you yourself will be the one communicating without needing to rely on anyone, parents, lovers or otherwise, to do that.

Over time, as your cellular memory gives rise to a new “intelligence” that collectively affects your psyche and, by extension, your aura, this brings about a vibration that **MUST** necessarily resonate with other similar vibrations.

If your energetic signature taps into a healthy self-image of someone who is relaxed in his own masculinity and sexuality, who is in love with himself and who is attracted to himself (to borrow the words of one friend I knew who was an absolute PHENOM with women: “*If I was allowed to clone myself I would fuck me*”) then you **WILL** resonate with similar energies that will compliment your own, in the form of people – especially women – being attracted to you.

So, how do empower our Intent in such a way that taps deeper into the spiritual realm, invoking the sentient, intelligent Power to intercede on our behalf and allow it to actuate change within you?

Enter...

“The Tao of CORRECT Affirmations”

Affirmations are powerful. Their effects on your psyche – starting at a cellular level and on up – can be profound.

Unfortunately most of the time, people go about doing their affirmations incorrectly, or approach it from a poorly formed paradigm, and not surprisingly, most of the time the affirmations just plain **DON’T WORK!**

But we are going to change that. We are going to ensure affirmations work for you like gangbusters and, in the course of emblazoning their energies into your matrix, allow them to affect you on a cellular level and bring about a vibration that translates to powerful attraction and magnetism.

To do so, we will make sure three things are in place without fail. The first thing to watch out for is the way we phrase these affirmations (I will get to the other two shortly; bear with me).

The reason phrasing affirmations correctly can mean the difference between much faster progress v.s. a much slower one (if any at all) is because you need to spell out your affirmations in a way that sits well with your subconscious, in a language that it can “understand”.

And if there is ONE thing your subconscious understands, it is gradual change, not sudden change.

Gradual conditioning, not sudden conditioning.

Gradual growth and atrophy are not unfamiliar concepts to your subconscious. It has lived through them. It is intimately familiar with them.

And it is precisely this “gradual change” that your affirmations should denote as you say them to yourself or write them down but again, it must denote a graduation.

So for instance, saying “I AM thin” when you are in fact FAT will not sit well with your subconscious. You will needlessly conjure up a huge internal resistance: effectively your subconscious mind telling your conscious mind that you are disrespecting it by lying to it.

On the other hand, if you say “I am starting to get thin” or “I am increasingly becoming more attractive”, the subconscious mind’s response will be MUCH more favorable. It’s a small change, and subtle, but as the saying goes: *“It’s the small hinges that swing open big doors”*.

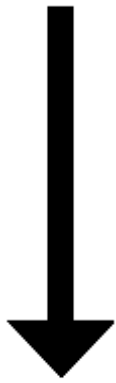
There will be no resistance from your subconscious, simply because it understands that it is well within the realm of possibility for things to start happening to it, as has always been the case since its very inception.

The affirmations I have included with this guide have also been formulated to follow a logical sequence that is agreeable with your subconscious.

It is logical that you won’t be able to get sex or relationships from high quality woman if you are not turning them on. And unless your sense of deservedness is high enough, you will be too emotionally “available”, and you won’t make things a little challenging for them, qualifying them to be with you.

And you won't succeed at THAT if your threshold of deservedness is too low or too skewed due to poor self-image. And none of the above are possible if you do not love women, which in turn will not be possible if you can not forgive yourself or your past or acknowledge that you are capable of loving women right this very moment, no matter what your level of attractiveness or personal magnetism.

Hence, the "Magnetism Phases" I formulated with the affirmations, in this sequence:



The Purge: *"I am okay the way I am despite everything"*

Genesis: *"I am increasing my love for women"*

Reciprocity: *"Women are increasing their love for me"*

Deservedness: *"I am increasing my threshold of deservedness for the type of women I want in my life"*

Choice: *"I am beginning to have unlimited choices with women"*

Foreplay: *"Women are beginning to crave my enriching presence in their lives more and more"*

Consummation: *"Women are beginning to want to fuck me!"*

Again, there is a logic to this sequence of "reality engineering" that makes it easier for the subconscious to warm up to the messages in the affirmations than if you were to jump to the "Consummation" phase straight away.

Now, having said that it doesn't mean there won't be any hiccups. And here is where we need to have in place the second prerequisite for enabling the success of affirmations: Being PRESENT with the changes.

See, in the course of installing new "information" encoded within the affirmations into your energetic make-up, sometimes – depending on what you've already "stored" in your psychic make-up – you will go through what I call an "etheric detox".

In other words, your body might rebel. You might feel old wounds, doubts, hurtful memories (and so on) rise to the surface.

How do you tackle them? Simple: by being present with them.

Observe them glide through your being like passing clouds. Do not ignore them, but at the same time do NOT identify yourself with them. Simply non-judgmentally observe them until they dissolve on their own accord.

This is akin to a child quieting down if you pay it attention, whereas if you ignore it the cries will only get louder, only for the child to momentarily get depleted and then repeat the screaming process all over again.

Now, when I say you will “dissolve” past hurts, I am not saying you will lose memory of them, especially if they are linked to actual traumas or dramatic past events in your life.

They will remain in your memory bank, excepting this time, you will no longer be emotionally attached to them or moved by them, which is THE sign that tells you they no longer exist as “blockages” in your energy field.

This is very, very important. Remember how I mentioned earlier that the Power responds to words (ala the “water crystal” effect) through following the path of LEAST resistance?

Guess what, these psychic blockages are often so charged with pent-up energy (emotional energy) that they effectively act as “STOP!” signs that tell the Power that wishes to automatically fill you to “piss off”.

Mercifully, this Power complies, or the heat generated from the friction of our psychic resistance to this Power’s “force-cleansing” its way through our being would literally cook us alive.

A lesser degree of this actually takes place during spontaneous Kundalini awakening, where the aspirant who hadn’t dissolved enough stored emotional blockages in the etheric field winds up damaging himself and in some cases this can indeed be pretty severe indeed, to say nothing of the poor misguided fools who go bring about this effect through substance abuse.

The REAL danger in these drugs is that they force your awareness “inward” and open you up to the spiritual/energetic realms prematurely, before you worked out your stored emotional issues, and in the process your organs (not surprisingly considered by TCM to be “store-houses” of various moods, memories and emotions) would “force-detox” these emotions and, in the

course of the resistance to this process that naturally takes place, literally cause them to over-heat.

That's why those into substance abuse age so rapidly.

Back to a saner world, you are going to dissolve those blockages more gently and safely, simply by being PRESENT with whatever "resistance" that comes to the surface.

When you subject these upheavals of your buried past back to the light of your unconditional loving and awareness, you dissolve the psychic barriers around these blockages, releasing their energy and uprooting them from your emotional (astral) body. Effectively, they will no longer exist as "sticking points", but as memories that only serve to add to your life-experience.

Some people think Eckhart Tolle pioneered this idea of "becoming aware of whatever comes up", where as in reality there were entire SYSTEMS formulated for "karmic cleansing" and practiced for thousands of years.

In Polynesian Shamanism (Huna) this is called "*Ho'Oponopono*" (literally "*to set 'right' what was once wrong*"). It is alternatively called the practice of Kala ("cleansing") and it involved becoming aware of these "dark shades" as they spontaneously came up during a trance, and in full presence and awareness, chanting the mantra "I love you, thank you, I apologize".

In Islam, this is called "*Istighfaar*"; a system of mantras chanted to remove what's called "*Rijs*" or "*Seyyi'aat*" – or dark energies associated with past wrong-doing – in order to clear the way between the aspirant and unhindered Divine expression and communion with Allah.

Remember the transmutational effect these loving words have on the crystalline structures of water. It should therefore come to as you as no surprise that over the course of time as these cleanses are practiced, you will begin feel physically much lighter, much more at ease.

Whatever unresolved emotional or belief-related issues you might have inadvertently stored in your energetic (and indeed, your *physical*) system, overtime, you will learn that you've "gotten over them" as though you somehow flipped a switch!

You will naturally exude effortless charm and spontaneity without psychic “sticking points” – manifesting as fears of rejection, of being let down, of not being taken seriously enough, etc. – getting in the way between you and fully expressing your authentic self.

What’s more, and of greater consequence to our purpose of re-inventing ourselves, they will no longer stand in the way between you and “downloading” the energies of the affirmations into your psyche, and allowing the Power to automatically do its work unhindered.

Then remains the third and final prerequisite for unfailingly making affirmations effective: Energy.

Mention was made earlier of one of the characteristics of Power in its interaction with Creation: that of flowing from places of lesser influence to places of greater influence.

This is observed in the behavior of Qi (pronounced “*chee*”), or subtle sub-atomic particles (bearing in mind “*Qi follows Yi*”). This behavior was first pointed out by radionics pioneer Karl Weltz (though undoubtedly understood before by others) when he observed that Yang Qi (Orgone) had a tendency to move from places of lower concentration to places of higher concentration.

He called this “negative entropy” to differentiate it from the entropy of heat travelling through metal (i.e. from places of higher to places of lower intensity).

It is worth noting that energy is a metric of Qi, not Qi itself. In spite of the erroneous concept most people have of Qi – making it sound like an abstract “model” or a concept of how things work in the area of the psychic – Qi is a literal, tangible thing, whose energy can actually be read using an amp meter.

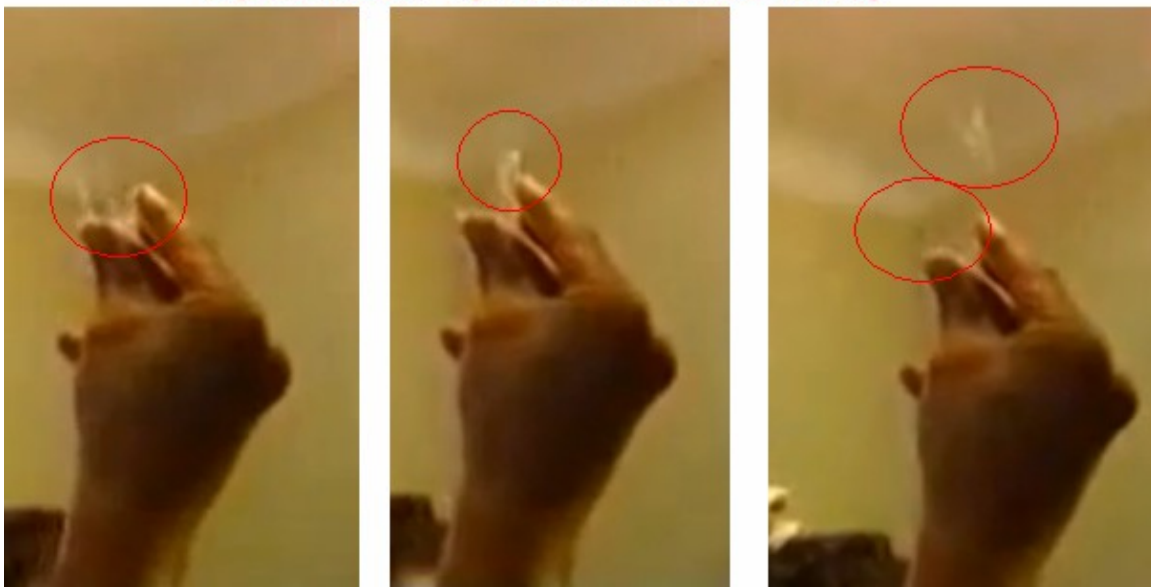
It has amperage (though no voltage as it is not electricity itself). It has a MASS. It has luminescence. In large enough quantities, it is seen to be vapor-like, emitting a whitish glow (and in some cases blue or red depending on how close it is in proximity to a magnetic field).

Willem Reich observed this when he accumulated enough “Orgone” (another name that Qi goes by) in an accumulator to notice that a faint luminescence was accompanied by a white-bluish hue.

Interestingly, there are two characters in Classical Chinese for Qi, one referring to “air”, and the other referring to “vapor”.

Take for example following stills taken from a short clip of a Qigong master doing some healing.

Pay attention to the "vapor" at about 1:10-1:25 into the clip.



At one point early on during the clip (which is available on YouTube at the following URL: <http://www.youtube.com/watch?v=FfoEdgB9weM>) he collects enough Qi in his hand and actually brings it near the camera, where you could readily see its vapor-like texture.

He later goes on to use this Qi to burn a pile of newspapers. Not dissimilar to another clip showing the infamous nei kung master “John Chang” (not his real name) using his Qi to nonchalantly burn a newspaper in front of the English cameramen doing a documentary about Java.

Here is the YouTube URL for the “John Chang” video:
(http://www.youtube.com/watch?v=vQZg_DqkIW0)

Why am I showing you all this? It is to prove to you that Qi is not some abstract “concept” or “model” of the Universe, although it certainly can serve as such.

It is, however, first and foremost a **THING** that is **TANGIBLE**. It is physical, as real as you and I. There is nothing imaginary or fictitious about it.

What’s more, it can be used to fuel subtler vibrations (i.e. those of Intent) with more and more energy until they increase in density and finally find their full expression in “Jing”, in manifest reality.

“Jing follows Qi, and Qi follows Yi”.

That is why we are often extolled by “law of attraction” circles to imbue our Intentions (with “creative visualization” providing the parameters) with **EMOTION**. This emotion provides the Qi necessary to fuel the Intention into manifesting.

Interestingly, in the Nei Jia too, this Qi is synonymous with emotions. This is where the practice of “*being sensitive to the movements*” in T’ai Chi Chuan and its sister arts originate.

This Qi literally co-travels with feelings, and perhaps it is no accident that the “emotional/astral body”, said to pass beyond the confines of the human aura by just a few inches, is understood to be a literal field made up of subatomic particles and is actually visible to gifted individuals who are “energy sensitive”.

My Shiye made mention of how the more Qi you accumulate through practice, the greater will your responsibility be to exercise absolute control over your emotions, or you will risk being steered off into the wrong path far more easily than an average person, and with much more dire consequences.

This is because the more Qi one amasses, the more easily one’s Intentions can manifest, as they have more energy, more fuel, to stabilize into physicality.

With these born in mind, let’s explore the brave new world of amassing this Qi from the cosmos, and there is a time-tested two-step method to do it.

The first step hardly even requires any effort. It simply taps into the DIRECTIONAL FLOW of Qi already present in the environment (bearing in mind that Power is constantly in a state of flux, never static), and basically involves sitting in the “Feng Shui” direction associated with love, relationships and personal attractiveness that is “karmically right” for you, based on the year of your birth.

Getting into the details of why this is more effective than sitting in some arbitrary direction while meditating is beyond the scope of this eBook, but suffice it to say, this practice forms an important part of some of the most effective closed-door meditation schools (one of whom I am a part of) and if a non-conformist as infamous as Charles Cosimano can be implicit about the importance of facing a certain direction before carrying out a psychic “operation” (as he has repeatedly done in his works), then perhaps it is something you will just have to take on board for the time being until I release more writings on this topic down the road.

For now, you are to face this direction when you practice the meditation I will outline for you shortly. In doing so, you align yourself with the directional Qi (literally what Feng Shui is ultimately about) that is more harmoniously in-line with the Intent behind your meditation (i.e. increasing your personal magnetism).

How you decide what direction is most auspicious for your purpose is really quite simple.

First, you are to find your Energy (or “Kua”) number. Here is what you do: You add the last two digits of your year of birth into a single digit, and if you are male, subtract ‘10’ from that number.

If you are female, you add ‘5’ to that number. The result you get is your Kua number, and you determine your most auspicious “Love & Relationships” direction based finding the Feng Shui direction associated with this area allotted to that number.

Below is the glossary of numbers and their most auspicious directions, and yes, it can be different from one number to another.

So for example, let's say you are male, and your date of birth is September 6th of 1982.

You take the last two digits of your year of birth, and add them into a single digit. So, $8 + 2$ gives us 10, and 10 gives us 1 ($1+0$).

Next, since our subject is a male, we will subtract '10' from '1' and that gives us a '9'.

Looking at the glossary of auspicious directions below tells us that his best "Relationships" direction is NORTH.

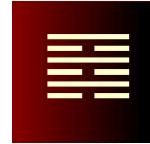
Now if our subject was a female at born in the same year, we would have a person with a Kua number of '6' and, accordingly, their auspicious "Love & Relationships" direction would be South-West.

Kua Number	Most Auspicious Direction
1	South
2	North-West
3	South-East
4	East
5 (male)	North-West
5 (female)	West
6	South-West
7	North-East
8	West
9	North

With this step out of the way, let's tarry on to the second step: the meditation itself.

Possibly the two most vital components of this meditation are your focused attention in the "capacitor" area, a few inches below the navel, and the hand gestures (or *mudra*) you will employ to form an energetic "circuit" RECOGNIZED by the Power we spoke about earlier, triggering it to fill you with the Qi you will use to fuel your Intent (through the repeat of affirmations).

First, on the mudra. The particular mudra we will employ is a particularly powerful one that taps into the archetype of *Li*, or Fire.



This is the element associated with inspiration, attraction, love and magnetism. It is also synonymous with aggression.



In Chinese, the name for the hand gesture associated with this element translates to “*Pure Yang Mudra*”. What you do is simply hold this mudra seated with your spine erect, facing your auspicious “Relationships” direction, your body totally relaxed.

It is vital that your hands are relaxed while holding this mudra, and your hands should be in front of your navel area, or just a few inches below it.

It helps to ensure that your fingernails are clipped before holding this mudra, but if you still have difficulty relaxing your fingers (as will be the case with a lot of you due to never using it before) then do this exercise: Hold this position, and rhythmically press the fingers touching each other (the tips of the thumbs, middles and pinkies) while at the same time pulling the index and the ring fingers away.

Push/pull for a count of 5 seconds, and then relax for a count of 3 seconds, and then repeat. This will enable your hands and fingers to develop enough muscle memory to adjust to this mudra.

Sitting in meditation with this mudra completes an energetic circuit that is “recognized” by the Power and, when there are no blockages between the Power and yourself, it triggers Power to move into filling you up with Qi automatically whether you want it to or not. This is just the way “negative entropy” works; it’s an automatic process.

This is the secret behind spontaneous psychic development and increased physical strength (sometimes a DRAMATIC increase) after periods of deep meditation even without WILLING for these effects to come about. It is

because these latent abilities now have enough Qi – enough “fuel – to express themselves through you as their conduit.

Of course the caveat here is dedicated practice over a period of time, and with a still mind; literally NO THINKING! That enables you to keep psychic “sticking points” – in the form of memories, emotional associations, etc. – from getting in the way between you and Power (which, remember, follows the path of least resistance).

For most people, this can be problematic if not downright impossible at first.

There is a solution: FOCUS your awareness on the Dan Tien. This area (about three inches below the navel area) is understood by Daoism, Buddhism, and even to a lesser extent by Huna to be a “capacitor” for Qi energy.

Per “energy flows where attention goes”, you will force the Qi into accumulating in your Dan Tien through the dint of your will. Of course, if you can manage to combine THAT with a developed ability at keeping a “Zen” mind, then you will be a force to be reckoned with.

Ten to fifteen minutes of this Qi accumulation will prepare you for then literally programming this collected Qi with your intent (much like water is programmable with messages as shown earlier), as you internally express it through your affirmations.

Here is how you do it: Let’s say you wish to internalize the affirmation: “Women are starting to love me.”

What you do is, at the end of the 15-minute charge up of your Dan Tien, you literally “communicate” this message to it like you would communicate a message to a friend. The more you imbue this communication with FEELING, the more thorough the programming will be. FEEL the message being communicated at your navel area; FEEL the happiness you experience there through repeating this affirmation as though your Dan Tien is literally “thanking” you for imbuing it with such positivity.

Of course, this is not a figment of your imagination. This process is very literally taking place; you are encoding the energy you have accumulated

there with the INTENT behind your affirmation. You are aligning the Yi (Intent) of your affirmation with the Qi (energy) you have accumulated.

Eventually, once the Intent is imbued with enough Qi over time (this is automatic, you needn't worry about the "when" or the "how") it will stabilize with enough density to affect your body's cells as well.

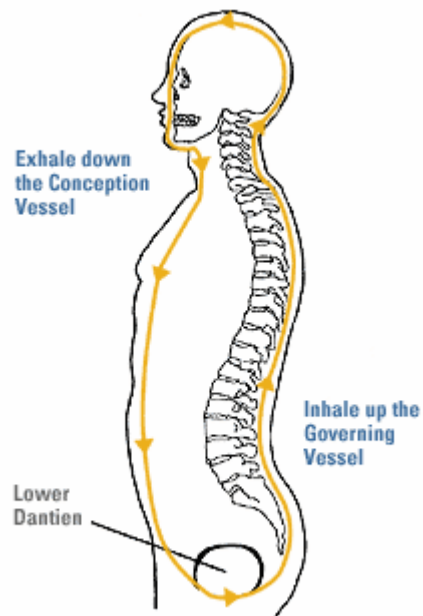
All that now remains is circulating this message – with the Qi as the "carrier" of this message – around your body via the main meridian as this way, you will have the message of your affirmations powerfully reverberate throughout your body, affecting every cell.

Enter: The Microcosmic Orbit.

This is a name referring to the main meridian that passes through the vortices of auric interlocking known as "chakras". From the Hui Yin (pelvic floor) region going up along the spine until it reaches the point of the crown, it is called the "Governing Vessel".

From the top of the crown going back down to the Hui Yin along the front of the body (the mark of this subtle line can actually be seen on the belly of pregnant women) it is called the "Conception Vessel".

The image on the right illustrates this with the yellow line tracking along the upper body.



Now ideally, this meridian should be "clear" of energetic obstructions that would otherwise get in way of the flow of energy – and in our case, energy encoded with information from our affirmations – throughout the body.

Unfortunately for the vast majority of people this is not the case, and clearing this meridian will take time and absolutely should not be attempted without supervision, or you would risk serious repercussions (such as spontaneous Kundalini awakening, otherwise known as "Qigong Psychosis").

There is a safe way to go about circulating energy and just letting it follow the path of least resistance on its own accord without forcing it to tread paths laden with psychic blockages. It is a method of breathing employed by Huna called “Piko Piko”.

It works in exactly the same way as “Microcosmic Orbit” breathing, except that you are not going to go through “feeling” the energy at your pelvic floor, then your coccyx, then your lower back, then at the kidney point, on up, etc.

Instead, you will focus your awareness on TWO areas. You will inhale while focusing your awareness on the top of the crown, and then exhale focusing your awareness three inches below the navel area. By way of energy FLOWING (literally covering a distance between two points) to where attention goes, it will naturally take the paths that are “safe” for it, and less laden with resistance.

It will know the “best path” to take. Just leave this to its own intelligence to “figure” this best path out and concentrate on the breathing. Overtime, with the increased flow capacity, other meridians will safely and spontaneously open-up, paving the way for even greater flow and your meridians – including the microcosmic orbit – will clear out on their own.

The Qi, acting as the carrier of energy, and the information from the affirmations that it is encoded by, will travel through every cell in your body. Contemplate what will happen to your cell’s crystalline structure when they are repeatedly subjected to the message of your affirmations, being as they are made mostly of impressionable water and programmable minerals.

With these basic premises of how we can empower affirmations to work far more effectively for us than simply writing them down and repeating them endlessly, let’s move on to some advanced practices.

“Reprogramming Best Practices”

Recall that mention was made earlier of the magnetron’s tendency to amplify whatever “message” or energy was put in the central circle a few pages ago.

We are going to use this as leverage and give our belief system a 24/7 “metabolic boost”. Much like how ensuring continued supply of protein to recuperating muscles will allow them to work at burning fat even while we are sleeping, we are going to continually feed our affirmations with energy WITHOUT spending time meditating on them indefinitely.

Here is how we will do it.

Immediately after meditating on the affirmations, while their energies are freshly still flowing through our auric fields and getting picked up by the ink (recall water’s response to words, phrases, instructions, etc.) we will write the affirmations down right in the central circle of a magnetron on a print-out ready in front of us.

The written affirmations are directly linked to you, acting as “witnesses” of actual energies coursing through your body due to the Dan Tien programming and the Microcosmic Breathing meditation. The magnetron will continually give them a steady charge of energy 24-7, even while you sleep. That way, their effects will steadily increase uninterrupted.

A copy of the magnetron is made available for print-outs with the “cheat sheet” provided to you with this guide. Feel free to print out as many of them as you like.

It is always “best practice” to sleep with your crown facing the Feng Shui direction you faced during the meditation. In fact, some Feng Shui experts would go so far to insist that it is **the** best use of this particular direction, as sleep is synonymous with the ultimate act of relationship forging: namely sex.

Last but definitely not least, **KEEP YOURSELF HYDRATED!** This is very important. You are mostly made of minerals and water, all of which are going to respond to the messages you expose yourself to while meditating on the affirmations.

Any drinkable water will do really, though filtered water is ideal. And as for minerals, you simply can not go wrong with magnesium and the trace-mineral, chromium (that allows for smoother absorption of magnesium). I call this the “Manifestation Mineral” not only because it is easily encodable

with information like water, but also because it aids in a VITAL prerequisite of successful meditation: that of muscle relaxation.

Magnesium is one of the best muscle relaxants there is, and the absolute best way to replenish yourself with this mineral is by ingesting the richest source of this mineral: chocolate. Preferably dark, and if you can get the actual cacao nibs (preferably the Royal Criollo variety) from your local health-food store, so much the better.

And So It Starts...

The purpose of this report was not to fill your head with facts, but to offer you a new beginning. A new direction. One that allows you to take the first step in as *informed* a manner as possible. It is one thing to be told affirmations work, or sold on ideals such as “stay positive”, “trust the universe”, “let go”, etc.

But ideals must be tempered with concrete knowledge, and especially when it comes to matters of the spirit and subtle energies, connecting the right dots become all the more pertinent a step before one can confidently embark on an inner journey such as this.

And to be sure, only the surface has (barely) been scratched here. As you progress along this journey, you will find that a LOT of the answers will be retrieved not from eBooks, but from your own personal experiences.

It is one thing to intellectualize about the speed of a roller coaster by observing it from far away. It is quite another to go on the ride and experience the speed for yourself.

The last thing I want for you is take a few steps towards the ride and then stop before reaching your seat. This particular ride won't be as scary as a roller coaster ride but it WILL require you to experience it to truly appreciate the life-altering enjoyments you will derive from it.

Now, for a few final words of caution: As you have no doubt noticed, a lot of this has to do with accumulating Qi, so the LAST thing you want to do to rent space in your head to thoughts of “*Gee, today wasn't as good as yesterday.*”

This paves the way for worry, and worry is one hell of a form of concentration. Because of the increased Qi at your disposal, you will find out that your thoughts will have an increased tendency to manifest, and the last thing you want is for thoughts that you DON'T want to enjoy this boon.

So, whatever you do, however much success you enjoy (especially in the beginning), do NOT compare yesterday's results with today's, or use today's as precedence for how you "hope" things will be tomorrow.

Change is the ONLY constant and your duty, at least for the time being, is to align yourself with Power, which can only exist in the here and now, and not in the hypothetical future.

Practice the meditation and the hypnosis track I included with this guide EVERY SINGLE DAY, preferably in the same hour, without fail. There are to be no breaks.

You do not want your newly forming etheric "attraction muscles" to atrophy and believe me, because they are so subtle and, compared to their physical counterparts energetically less stabilized, they are much more prone to weakening without consistent attention during the first few months.

But boy do they pay you back in dividends in ways that will make having a physically "good figure" tame in comparison.

I assure you that you will have MUCH joy to look forward by embarking on this road, and your life – and those of your women – is just waiting to be enriched all the more for this one decision that I am hoping I have made much easier for you to make.

Wishing you a potent life, always.



Arman Saij

arman.amorati@gmail.com

(617) 3205 8981

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