

Becoming

A

Femme

Fatale

*How to Be a
Femme Fatale*

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Introduction

For many years of my life, I had never been called beautiful.

I'd had my heart broken four times. I had been cheated on in all my relationships. My self-esteem was in the gutter. I was unpopular, unimportant, an emotional wreck. The few friends I had would leave me out and call me sensitive. My boyfriends all saw me as 'needy' and overly dependent. I had no control over people's perception of me and the way I was treated.

I wanted to be popular, sexy and confident. But I just didn't know how. I found myself comparing myself to the other beautiful women in the media and feeling worse every second. I tried to manifest myself into a more seductive person but because of my limiting self-beliefs and terrible self-esteem, nothing worked.

On my birthday last year I realised this had to change.

For 6 months I engrossed myself in learning manipulation techniques and power. I took 3 courses on dark psychology and realised how applicable everything was to the real world. I started therapy, shadow work, got a dark femininity guru, and completely reinvented myself. I became a spiritual person, in touch with my sexuality and a confident manipulator. Then I put everything into practice.

I started going out to certain places and getting pulled up by guys almost immediately. I started getting asked on dates by guys I would've considered way out of my league. I had my cheating ex at my door every day, holding flowers, even though I didn't want him anymore.

Outside of the realm of men my life had changed dramatically too. I was now the confident, mysterious and seductive woman I never thought I could be before.

This ebook is a collection of what I've learnt. How to connect to your dark femininity, how to manipulate men and how to be a femme fatale.

It also contains intense tactics to make a man obsessed with you. Obsession is an uncomfortable, painful and extremely distressing phenomenon. It takes a huge emotional toll on you and gives people a lot of power over you. And contrary to popular belief, obsession is purely psychology. You can occupy anyone's mind and with practice control it. You can make someone think of you all the time and fall in love with you.

This book is not for the weak. I'm very straightforward and to the point with my advice

and this may come across cruel to some people. In my eyes, giving you this information is okay. It is all down to how you use it. I've crushed enough men with these tactics to know that it's not fun anymore. I've had enough people fall for me to know that obsession can have some dangerous consequences. But it can also benefit you in many ways which is why I knew I had to share this with other women across the world.

Learning how to seduce, manipulate and conquer isn't just to teach you how to destroy men. It also protects you from being hurt by them. If you don't want to annihilate a man I still suggest reading this book. It will teach you how to avoid them being able to annihilate you. Depriving yourself of this awareness will only hinder you – even if you choose not to use it, knowledge is power. The girls that get it, get it.

I hope you enjoy this guide. Make sure you keep this information a secret. <3

Phase one: inner being

Before you even find a male target, or start your self-reinvention, you need to decide on a feminine type. Connecting to your divine femininity is integral to your self-love journey. And contrary to popular belief, femininity doesn't have to be all pink, gentle and air-like.

THE FEMININE TYPES

There are two most poignant forms of femininity are the dark and the light feminine. As this e-book is for the femme fatales, vixens and sirens we will be focusing on how to channel dark feminine energy and using it to get what you want.

A lot of women choose to only acknowledge their light feminine side whilst attempting to suppress their dark femininity. They don't tap into the rage,

the ability to seduce and manipulate, and even manifest because they're told these are "masculine" traits.

Additionally, some women are completely controlled by their dark femininity, falling prey to it and letting it consume them. **Untamed** dark feminine energy is very dangerous and results in extreme emotional/sexual/physical complications. It can even lead to an inability to tap into light feminine traits such as being nurturing, empathetic or loving.

The trick is to access your dark femininity and control it without letting it control you. Many TikTok sources constantly discuss dark femininity but don't explore the risks, or even explain the broad extent of its effects. The Dark Feminine is a powerful entity that you need to fully understand before you channel which luckily, this book will provide you the tools for.

DARK FEMININE ENERGY

The paramount and most important stage of beginning your transformation into dark femininity, divinity and power is transforming the inner persona.

Do not underestimate the divine feminine energy you already have locked within you. Before you can move onto controlling others and manipulating the world around you, the first thing you must do is transform yourself. The everyday woman does not have power. She is low in power. Normal women do not flourish. Normal women are not powerful. Divine women are.

How to know if you haven't tapped into your dark feminine

Are you:

- Dependent on others? (friends/partners)
- Experiencing shame and self-doubt?

- Struggling with repressed emotions, desires and trauma?
- Emotionally unstable (not in control of the release of your emotions and/or reactive to external behaviours)?
- Insecure?
- Unable to predict the behaviours of those around you?
- Wanting the ability to seduce and manipulate but unable to do so?
- Quick to lose friends and unable to sustain positive relationships with others without conflict?
- Struggle to be understood by others?

We've all been there.

For so many years of my life I struggled. Struggled to be understood. Struggled to be respected by others. Struggled to make and keep

valuable friendships. Struggled to get a man to treat me the way that I deserved. If this is the same for you just know that dark femininity will change your life. This book is your cure.

What does dark femininity look like?

- Passion
- Power
- Intensity
- Manipulation
- Control
- Magnetism

Dark femininity comes when you strip back and delve deep into your rawest form.

One myth about the dark feminine woman is that it will turn you into a stoic, cold residue of a woman. This is wrong. It involves connecting with your emotional roots and connecting with the most feminine form of yourself to facilitate

the *control* of your emotions. The dark feminine woman uses her emotions to fuel her success.

Another myth about the dark feminine is that it is the embodiment of the “whore” or is the negative side of divine femininity. Neither is the case.

Dark feminism is not cruelty, evil and bitterness. It represents chaos, seduction and destruction and can be manipulated to challenge and control the masculine energy.

If you want to be able to control men and make them obsessed with you, you need to channel this darkness.

ANCIENT DEITIES THAT REPRESENTED DARK FEMININE ENERGY:

- Kali
- Tara
- Lilith
- Isis

- Innana

The dark feminine woman, and the femme fatale, have not only been explored in modern society. The story of Tara and the story of Kali are two ancient stories that show that this dark divinity has been explored by women for centuries.

MODERN WOMEN THAT CHANNEL DARK FEMININE ENERGY:

- Angelina Jolie
- Alexa Demie
- Rihanna
- Megan Fox

If you admire these women and look up to them, then divine dark femininity is for you.

BENEFITS OF THE DARK FEMININE

Women who are in touch with the dark femininity experience a lot of creative, sexual and sensual energy. Tapping into this side of yourself will release the ability to engulf and overtake masculine energy and will result in men literally falling at your feet. It is almost a form of alchemy, one that is available to all women but that little have knowledge on.

The wild seduction that comes from dark femininity too is also a plus, and affects both men & women alike. For example, Alexa Demie is a key femme fatale figure in modern society. She attracts the adoration of both men and women, without channelling too much jealousy and dislike. We know little about her but are constantly eager to learn more, and she's very careful about what she posts online. She's a complete mystery, so much so that we aren't even sure about her age.

Likewise, Rihanna is a figure who has used her dark femininity to build an empire. She is evidence that this form of femininity can be utilised to conquer all aspects of life, not just men.

Dark feminine energy is also a source of healing. Tapping into your dark femininity not only transforms yourself but enables you to communicate your wants and needs clearly, set clear boundaries and protects your heart from being destroyed.

Being madly in love with someone who cheated on me completely broke me. I didn't know how to heal or process anything that I was feeling. Dark femininity saved me. Many women channel dark feminine energy after breakups without even realising it. In my case, connecting to my dark feminine energy changed my life.

Part One: Say hello to your dark side

Carl Jung, a depth psychologist, conceived the idea of a “shadow”, with it being described as a part of our identity that we conceal in day to day life.

Most often, we tend to suppress and feel shame towards the shadow aspects of our personality. We hide them away in fear that they make us terrible or evil people. In actuality, this is not the case. Everyone has a shadow self and in turn, we all have shadow work to do.

Shadow work involves getting in touch with the ‘dark side’ of ourselves and is an essential part of the self growth process. It unveils primitive human emotions such as rage, shame and jealousy, and burrows down to discover their

origins. Exiling certain parts of yourself does not give you more control or make you a better person - in fact, this just enables these emotions to flare up and become present in many unnecessary circumstances.

Connecting with your shadow enables you to become fully comfortable with the dark and light aspects of your feminine self. It will draw awareness to the suppressed sides of yourself, increase control and give you full access to the dark feminine persona.

You will need to embark on a spiritual and emotional process of purging and acceptance of any shame, repressed emotions, trauma and desires that have been buried. On the next few pages I have included shadow work questions to ask yourself. Write your answers in a journal and spend time deliberating over the results. These are designed to bring forth repressed emotions and begin connecting you to your dark feminine.

Dark Femininity and Shadow Work Questions

1. Describe yourself as a person, being as brutally honest as possible.
2. What do I not love about myself?
 - a. Why?
 - b. How can I change this/learn to accept it?
3. What makes me feel jealous?
 - a. How can I turn this jealousy into something that will benefit me in a healthy way?
4. What things are triggers for you?
 - a. Where do you think these negative feelings stem from?
5. When is the last time you felt let down (by yourself or by others)? Describe that feeling and whether it was rational

6. What is a promise you have made to yourself that you have continued to break?
 - a. Why?
7. What is an emotion I like to avoid?
 - a. Why do I avoid it?
 - b. What can I do to express this emotion in a healthy way?
8. What am I addicted to?
 - a. Where do these addictions come from and do they help or hinder me?
9. Are you a victim of trauma and if so how?
 - a. If yes, how can you heal from this trauma?
 - b. How has this trauma made you who you are today?
10. What is something your inner child needs to hear?
11. What is something your younger self needed but never received?
 - a. How can you give this to your inner child?

12. What is something that makes you feel shameful?
 - a. Why is this the case?
 - b. What is one way you can transform this shame into confidence?
13. Does being vulnerable make me uncomfortable?
 - a. Where does this come from?

It is important to honour your good and bad. The light and dark sides to your personality. The dark feminine doesn't let her dark side fully consume her – she instead acknowledges and embraces her painful qualities and transforms them into something that will benefit her. Bring the darkness to the forefront and celebrate it.

I recommend also getting therapy, to help you uncover past traumas completely, in a safe space.

Once you've done the shadow work, open your heart to allow yourself to awaken your dark femininity. Meditate and fill your heart with your own love, adoration and acceptance. Use the Isha system for deep meditation to attain peace and develop your intuition. Get ready for the process ahead.

Selfreinvention: The Femme Fatale Persona

After engaging in shadow work and uncovering the dark sides of ourselves, we begin the process of uncovering our full potential. The next stage is complete reinvention.

DARK FEMININE TRAITS TO ACKNOWLEDGE AND EMBRACE

- Sexual expression
- Destruction and Rebirth
- Mystery
- Rage
- Emotional intelligence
- Emotional embracement

THE FEMME FATALE PERSONA

First, let's establish what the traditional femme fatale is like. How she behaves, how she thinks and how you can apply this to yourself and become one.

“Femme Fatale” directly translates to mean “deadly woman” in French. The dark feminine femme fatale you’ll become takes this one step further. She has learnt how to seduce, manipulate and destroy.

Whilst people think being a femme fatale relies on appearance, as we’ll establish later in the book it is your **attitude** that changes everything.

So how does one become a femme fatale?

Through research and evidence from my own life, I have created a short list of three key components of transforming into the femme fatale:

- **BECOME A MYSTERY**
- **SHOW GLIMMERS OF A SHADOW SELF**
- **SEX APPEAL**

1. *Become a mystery*

This will be touched on a little later in the book but this is an important stage in the reinvention process. A femme fatale is a mystery to others. She is difficult to comprehend, unpredictable and different to the rest of the herd.

As humans are minds thirst for certainty and stability. Therefore, when we are met with something that cannot be fully gauged, our minds work overtime trying to figure it out. This is why being a mystery works – it is one of the things that makes people obsessed with you and their imagination begins to run wild.

Lets look at Alexa Demie as an example again. Part of her widespread admiration and magnetism lies in what we *don't* know about her. What we're unsure about. She's the perfect example of how ambiguity and mystery triggers curiosity and obsession.

Another reason why being a mystery is important is because it protects your peace and prevents you from being too susceptible to the actions of other people. The normalisation of social media and cellphone addiction has led people to believe that sharing your highlight reels and posting every single day is necessary to be considered interesting. In reality, being too prevalent on socials negatively affects your mental health more than anything else.

How do you become mysterious?

- Post less, talk less, be less available
– post every so often on socials and when you do, make it good.
- Be unpredictable to breed uncertainty
- Practice strategic absence and periods of being away
- Conceal your intentions
- Allow other people to speak highly of you but never brag about yourself
– let word spread organically about your accomplishments

2. Show glimmers of a shadow self

The “shadow” as described by Carl Jung, is usually suppressed and hidden from outside view. By hinting at the darkness, you become more thrilling and powerful in comparison to those who are constantly trying to be perfect.

This is the reason and evidence why dark feminine women are so alluring and exhilarating. They represent a connection to a side of ourselves we're all afraid to unlock.

You must be careful and selective with doing this.

Only reveal this side of you when appropriate. Formal, depressing or tragic situations are not the place for revealing your darkness.

Never get too dark or reveal too much. Remember it is supposed to be a *glimmer*. Your dark side is supposed to be something to intrigue people not the scare them.

3. Sex Appeal and Magnetism

Sex Appeal and Magnetism are two of the most poignant and rememberable qualities of the femme fatale. In contrary to popular belief, these

have less to do with your physical appearance, body, or face and are instead entirely reliant upon how you feel about yourself and how connected you are to your sexuality. The reason why most women cannot get in touch with their sexual side and feel fully confident is because they have repressed feelings of shame and insecurity when it comes to sex.

Sex appeal and sensuality has been argued to be something innate that cannot be learned or developed. I disagree. I went from being wildly socially anxious and uncomfortable around men especially in a sexual sense to being a sexual siren. Connecting to your sexual side and tapping into that part of yourself is part of the dark feminine. Sex appeal is something you discover within yourself and looks different with everyone. Whilst some people may find it easier than others, it is a skill not a trait.

Ways you can develop your sex appeal/magnetism:

- Practice mirror work. **Mirror Work** was a technique developed by Louise Hay as a gateway into the inner psyche. It involves saying affirmations to yourself, examining your features, dancing, being naked, all while looking in the mirror. It is a transformative experience and positively impacts your sensual and sexual energy.
- Decide which features you like about yourself and capitalise on them. Are your eyes your favourite part of your face? **Draw attention to them** by wearing bold and colourful eye looks or thick eyeliner. Got a great bum that you want to flaunt? Change your wardrobe into something flattering to your body type to accentuate your curves. It's all about emphasising the things you love about yourself to boost your confidence and use it as a tool to translate your sexual energy.

- Explore your body and learn how to make yourself feel good. Invest in a vibrator.
- Speak slowly and sustain eye contact. Careful speech that is in a low voice, with calculated word choices, as well as being the last person to break eye contact are signs of confidence. However, be careful not to speak too slowly as you'll ruin the effect – use it sparingly, for example when you meet someone for a first time or if you'll trying to create sexual tension.
- Buy lingerie. Lingerie is not just for women with partners – it is for yourself too. Underwear can revolutionise your perspective on your body so invest in some quality, sexy pieces, even if you have no aim to show anyone.

**EXAMINE YOURSELF FROM AN
OUTSIDE PERSPECTIVE AND HOLD
YOURSELF ACCOUNTABLE.**

This stage of the process requires intense and unforgiving honesty with yourself. You must separate your emotions from reality and look at yourself objectively. It first involves asking more hard questions. This isn't to make you dislike, doubt or hate yourself – rather the opposite. It aims to eliminate your flaws and be 100% real. The biggest defence against your competitors in life is to figure out your flaws before they can, erase or hide them, and reinvent yourself completely.

Ask yourself these questions – make sure to be honest with yourself:

- What are my attractive/best qualities?
- What are my unattractive qualities?
- How do other people describe me?
- What do I like and dislike the most about myself?
- What is my biggest flaw?

- What makes me vulnerable to others?
- What can I change?
- What bad behaviours do I justify?
- How have I been a bad friend/partner to others?
- What do I most want to improve about myself?
- How can I better embrace my emotions?

Now, envision the femme fatale version of yourself you've always wanted to be. You want to get specific and answer these questions:

- What does the ideal version of myself look like?
- How does she speak? Walk? Dress?
- How would other people describe her?
- If I became this person, what would my life look like now?

- What would her life look like in five years?
- How do men see her?

Ways you can enhance your understanding of the femme fatale:

- Construct her daily routine – from the time she wakes up to when she goes to bed. You can also use this as an opportunity to script an ordinary day in her life
- Create a vision board to demonstrate her aesthetic and manifest her into your reality
- Go online and find the clothes she would wear. Compare it to your wardrobe and make necessary adjustments.

You can become this version of yourself at any moment. It is not necessary to change your appearance to do so – in fact, looks have little to do with being a femme fatale. *Anyone* can overpower and manipulate a man. This is all

down to recognising your power, connecting to your dark feminine persona and channelling it into your present reality.

This is a message for all my bad bitches who have low self-esteem and don't believe they have power to harness. The first step to taking control is **believing you have it**. There are plenty of beautiful and conventionally attractive women who are treated terribly by men because they have no clue how powerful they are. They haven't tapped into it yet and are facing the consequences. And there are also women who are "ordinary" or unconventionally attractive at first glance but have men literally wrapped around their finger.

It is the energy that makes you hot and mysterious. And energy doesn't lie. Tell the world that you are sexy and important, and **everyone will believe you**. Ever looked back on photos of an old hairstyle you had that you absolutely loved at the time, but now absolutely

hated it? However, when you got it everyone was complimenting you and treating you like you're the shit? **If you believe you're the shit everyone else will too.**

When it comes to men specifically it all becomes a lot easier. But first, work on your self concept, reinvent yourself and *invest in yourself*.

Part Two:

Investing in yourself

Investing in yourself is putting time, money and resources into bettering yourself, your life and your future. This is an integral part of the femme fatale transition.

Often, us women unconsciously invest in the people around us, especially the men we are involved with. This is not necessarily a bad thing but can result in **overcompensation**, **neediness** and **dependency**. What do these things look like?

- Needing validation from others to feel good about yourself
- Jumping at every chance a man throws at you to hang out

- Sacrificing vital needs (sleep, studying, eating) for a man and working around HIS schedule
- Working overtime to impress other people especially men
- Comparing yourself to other women and doing everything you can to be more physically attractive to other men

The secret to ending this negative cycle of chasing and depending on others is to redistribute this energy towards improving and loving yourself. This will enable you to **detach** from social outcomes and see yourself as a prize. Once I started investing in myself, I saw the world start to invest in me too. Men started courting me rather than just trying to fuck and duck. I started getting flowers, gifts and most importantly, *respect*. And I eliminated every man that wasn't worth my time because I knew exactly what I deserved.

Investing in yourself is an adventure. It means becoming the person you've always dreamed of and realising that she's been there locked inside of you all along. It's allowing the dark feminine to shine and catering to her needs, refocusing your energy on the things that matter and watching your manifestations come to life.

So how can you invest in yourself?

MENTAL, EMOTIONAL AND SPIRITUAL HEALTH

- Eliminate the toxic and bad in your life. This relates to foods, behaviours and people. Cut off people who do not make you feel good about yourself. If this means losing a lot of people this is okay – what is meant to be will be.
- Practice using affirmations (see next part) to reprogram your subconscious mind and ensure you speak to yourself with love

always. Never ever talk down on yourself and speak highly about yourself around others. They will unconsciously digest these beliefs too.

- Replace bad habits with healthy ones
- Become selective with how you utilise your time – consider time to be a currency with which you need to spend wisely
- Exercise regularly and put your physical health to the forefront (health is wealth)
- Invest in good skincare products and have weekly self-care routines to show yourself extra love
- Read more books especially self-help
- Become comfortable with your own company – in order to stop depending on others you need to develop independence

PHYSICAL APPEARANCE

Although energy, attitude and your aura are fundamentally the most important traits when becoming a femme fatale, it would be ridiculous of me to gloss over the blatant power of pretty privilege and how this can advantage you in your seduction process. However, the difference between this and common knowledge is such: you don't have to have a specific look or even conform to modern beauty standards to be a powerful and seductive woman. You should aim to look your best (emphasis on *your* best). No two women are the same and comparison is a complete waste of time. Your focus should be to enhance your appearance and play on your features to be more attractive.

This isn't about winning the genetic lottery but instead investing in your physical appearance. This doesn't refer to getting lip fillers, spending £££ on designer clothes or getting a BBL (unless you want to do all those things of course). Instead I'm talking about the simple things that lead to

big results: taking care of your teeth, getting a flattering hairstyle, wearing makeup that suits your face.

Have you ever tried to replicate a celebrity's makeup or style and it just looked so bad on you? But then you try something else and it completely works? This demonstrates the importance of **individuality**. We all have our own aesthetic and there's something out there for all of us. Taking inspiration from others is a start but instead of trying to look like someone else, the femme fatale develops her own style and finesse.

Do you notice that in Euphoria every woman in the cast is incredibly beautiful and seductive in their own way, and yet none of them look similar or even have the same aesthetic? Sydney Sweeney and Alexa Demie look nothing alike but they both are sexy and seductive. They both radiate confidence and decorate themselves differently, and both are magnetic in their energy.

But again, they're almost polar opposites in appearance and dress sense. This shows that we all shine, and can be magnetic, but in different ways.

For me personally, I had to learn which makeup suited my face. I tried it all. The 90s thin brow. The 2014 Instagram brow. The dewy and glowy makeup looks. Intense eye looks. It took me a lot of experimenting as well as dedication to find what worked for me. But once you find what works the time invested is so worth it.

Practical tips for finding your aesthetic and improving your physical appearance:

- Determine your face shape (oval, long, round, square, heart, diamond) and skin undertone. Base your makeup around these.
- Draw emphasis to your favourite facial features. Love your lips? Invest in lots of different lipsticks and find the shades that work for you. Love your eyes? Try out

eyeshadow. It takes a lot of experimenting but this is why it's called investing – a lot of time needs to be spent perfecting your look.

- Invest in teeth whitening and take care of them. It's no secret that a brighter smile makes you more physically attractive. No need to elaborate on this
- Figure out your aesthetic and refine your wardrobe. Throw out the clothes that don't suit you. Stop feeding microtrends.

Sexy and Powerful

Affirmations to use

These affirmations are designed to change your self-concept and help you to quantum-leap into the best version of yourself. Feeling sexy and confident is the biggest key to become a hot and mysterious femme fatale. By saying these affirmations and believing them, you will train your self-conscious to believe you are these things (and you are!). The difference between you and the girl you want to be is the **energy**.

Fake it until you make it. Eventually you'll believe the words you're saying, even if you don't right now.

- I am divinely protected
- I have a completely magnetic seductive
vibe that people fall for
 - I am sexy and mysterious
 - Why am I so powerful?
- I radiate confidence wherever I go
 - I'm so hot without even trying
- I can get anyone and anything I want
 - People always get lost in my eyes
because of how alluring and
mesmerising they are
- I am the most powerful woman in the
world
 - I'm completely unfazed by the
behaviours of others
- I can manipulate any situation to get
what I want
 - I am in complete control of my
emotions

- People are in awe of my beauty
- Everyone is so intrigued by me – I am a complete mystery
 - I am the IT girl
- I am the embodiment of the femme fatale
 - I'm so intimidating
 - The world is my runway
- I am filled with extreme love for myself
- I am letting go entirely of all negativity, dislike and self-hatred towards myself
 - Anything I want I get
- Everything I wish for is already mine
- I am the main character, and my life is amazing
 - I radiate mystery, sensuality and magnetism
 - I am the best version of myself

- There is not a single man on Earth that can hurt me or make me upset. I make them upset.

*Affirmations to speed up your
manifestation results*

- I manifest whatever I want, whenever I want, and the results come to me immediately
 - Everything I think of that I desire, arrives immediately
 - The moment I see something I want, I always get it
 - All my positive wishes for myself are fulfilled instantly
 - My life is perfect in every shape and form
 - Immediately in this present moment I have an amazing life

Phase two:
Seduction and
Manipulation

**HOW DOES THE FEMME FATALE TREAT
MEN?**

Now onto the nitty gritty. Upon research I found that out of all the seducer traits a woman could inhibit, the femme fatale was the most powerful, seductive and manipulative type out there. Embodying this took me from the needy, crying ex-girlfriend into the vengeful dark feminine fiancé, ready to destroy the shitty man I had let into my life.

There are **three ultimate rules** for you to remember. If you take anything away from this book take these! Take notes, open your eyes and focus on these vital pieces of wisdom:

THE THREE ULTIMATE RULES OF THE FEMME FATALE

1. *Anyone you chase in life, runs away*
2. *The less you need him, the more he wants you*
3. *If you act like a prize, the world will believe you*

Rule One: Anyone you chase in life, runs away

The Femme Fatale never, ever chases a man.

The secret that men don't want you to know is that they **love the chase**. They love the process of trying to get what they want. This relates to sex, relationships and any other type of intimacy from a woman.

As a woman it is okay to have one-night stands, sleep with a guy soon into knowing them and enter a relationship quickly. There is no shame in this and I will never criticise women for the same things that men do.

However, if you want to **control** a man you need to put these things on hold and take it slow. The longer you take to give him what he wants the more he will work for it.

A dark feminine woman, a femme fatale, knows that men must earn the ability to touch her. She doesn't settle for less and wants proof that they desire her as much as they claim. She sets boundaries and never ever ignores them, and

when a man does not respect these boundaries, she quickly disposes of them.

Not chasing a man means several things. It means not centring your world around them. It means not texting first and not planning dates. It means having options. All these things force men into their masculine and makes them more likely to *court* you.

A feminine woman is a receiver. She falls back into her passivity and allows men to put in the work to prove themselves. Taking this further, the dark feminine woman accepts no less than what she deserves. She puts men in her place when needed but is still loving, seductive and sensual when he is doing well. She never overcompensates or acts needy for a man.

*Rule Two: The less you need him,
the more he wants you*

Neediness and dependency is the quickest way to lose a man. When trying to win a man over, show that you have your own life. You don't need him, he can only add to your life not become it. When he messages you at 2am to come over you won't respond because you'll be fast asleep preparing for the day ahead. When he goes on a date with you but doesn't get you flowers, doesn't pay or compliment you, you will be extremely unimpressed and won't put up with it. Why? Because you love yourself.

By investing in yourself, your goals and your dreams, this will become your reality regardless.

The trick is to detach from other people and love yourself so much that you won't allow anyone to impress you so easily. This is beneficial in all aspects of life, not just dating.

*Rule Three: If you act like a prize,
the world will believe you*

Here's a powerful teaching tool from a woman who spent the day with Marilyn Monroe that changed my life:

“I’ll never forget the day Marilyn and I were walking around New York City, just having a stroll on a nice day. She loved New York because no one bothered her there like they did in Hollywood, she could put on her plain-Jane clothes and no one would notice her. She loved that. So, as we we’re walking down Broadway, she turns to me and says, ‘Do you want to see me become her?’ I didn’t know what she meant but I just said ‘Yes’ — and then I saw it. I don’t know how to explain what she did because it was so very subtle, but she turned something on within herself that was almost like magic. And suddenly cars were slowing, and people were turning their

heads and stopping to stare. They were recognizing that this was Marilyn Monroe as if she pulled off a mask or something, even though a second ago nobody noticed her. I had never seen anything like it before.”

Marilyn Monroe was living proof that confidence and self-belief can change your reality. When she said “do you want to see me become her” that was evidence that you can become a femme fatale at any moment. You do not have to dramatically alter your appearance or spend thousands on new cosmetic and aesthetic items to do so. But if you believe you’re a prize and shift your self-concept, everyone else will see you as one.

Men will bow at your feet. You won’t have to lift a finger but will still have them wrapped around it. And you know what’s even better? Your control over men is just a minor side-effect to changing your energy. Everything else in life will fall into place simply because you adore yourself.

Detachment

One of the most important skills to learn when it comes to seduction is **detachment**. The definition of detachment is “the state of being objective or aloof” – this is exactly what you need to be. It means you are disconnected from the individual

There are several benefits to practicing detachment:

- Being detached allows you to act in a rationale way and ensure your seduction is not soured by your emotions. It allows you to see things for how they are and not how you want them to be and enable others to be themselves without looking for their potential. It removes your expectations

- Remaining detached also makes people more dependent on you – when they realise you don't need them they are more inclined to respect you.
- Detachment is also beneficial when it comes to your manifestations.

HOW TO BECOME DETACHED FROM PEOPLE, THINGS AND MANIFESTATIONS:

1. Acceptance

Realise that not everything is meant for you, what is meant for you will find you and everything else will dissipate. You are responsible for your own happiness and when you place it in the hands of other people you're at risk to their own behaviour and decisions. No matter how much you want something, or someone,

they can leave at any moment and you can't let it destroy you. It's how life works.

2. Release

Learn to let go of things that aren't working out. Stop forcing situations. Embrace the mindset that "everything happens for a reason".

With manifestations, utilise the **law of assumption** to detach. When you are obsessed with the outcome you hold onto any limiting beliefs you may have, which prevent your manifestation to come into your reality.

3. Allowance

Allow yourself and others to be your unrestricted selves, free from judgement. Accept yourself and others in their entirety.

*Step by Step how to
make someone obsessed
with you*

Now let's get right into it. The reason why you bought this book. These steps are the reason I was able to get every man /person I wanted to be obsessed with me. This information was retrieved from several books found in old charity shops, speaking powerful dark feminine women and combined with my own knowledge and practice.

Use this wisely. Obsession is not always beneficial and sometimes it can be dangerous and scary. Make sure you don't go too far, unless you want someone stalking you and thinking about you obsessively every second (this has happened to me).

Before beginning the process of obsession, you need to make sure you are susceptible to these techniques yourself. This is why I recommend becoming fully comfortable in your dark femininity and encapsulating the femme fatale persona before starting the seduction/obsession process. You need to be confident in yourself and make sure you aren't in a vulnerable position otherwise it will not work.

Once you're ready you'll know.

The first step to inflicting obsession with someone is choosing your target. Every single man fits into a category and every single man can be manipulated into obsession. It is important to analyse, observe and understand your target before you start the manipulation process.

With each target there is one thing they are missing from their lives. Use this to make yourself alluring to them and begin the seductive process.

TARGET TYPES:

1. THE GEEK

The geek is the term for men who take everything logically. They compartmentalise everything in their lives to be explored through thorough analysis and are usually incredibly intelligent.

How can I tell if a man is the Geek?

They usually have an interest in sciences, maths and computers as well as a “geek” social label on them already. They speak logically and rationally, rarely using emotion to dictate their decisions. They analyse things deeply and observe. They actively enjoy reading and writing.

How do you make them obsessed with you?

The geek is missing excitement and adventure in their lives and their need to feel superior due to their intelligence leaves them in a complete

mental prison. To make them obsessed you need to do one of two things. To start, you cannot threaten their intellectual superiority by appearing smarter than them: this will push them away. Instead you must seem superior as a student of life – be exciting, spontaneous, full of new adventures and experiences. Be impulsive without explaining the reason behind your actions. Let them dominate you when it comes to logic and intelligence but dominate them and lead when it comes to experiencing life.

Do NOT threaten their intellect or try to be smarter than them. This is a quick way to get them to hate you.

2. THE INNOCENT

The innocent man is the easiest to manipulate. They see the world through a lens of kindness and vulnerability. They lack bias towards the world and see the good in everyone. I personally don't

enjoy manipulating the innocent as there is not much to gain.

How can you tell a man is the Innocent?

They tend to be quite submissive and naïve. They act vulnerable.

How do you make them obsessed with you?

Completely avoid being innocent like them. Instead, reveal your dark femininity to them and life experience. Pose as a leader, someone who is superior to them. Innocent types are innately submissive and feel inferior. Once you get them to like you and create enough rapport, bring them into your big bad world and make them feel like they can't go forwards without you.

3. THE COLD ONE

This type refers to the men who show little to no emotions and are seen as “cold” or “tough”. They

appear to lack vulnerability, and this is often due to wanting to protect themselves emotionally as a result of past traumas, miseducation etc.

This is easy to tell as it is an obvious guard they put up daily.

How to make them obsessed with you?

The cold one takes a lot of work. You have to be slow and careful with the process as they are extremely resistant to taking their walls down and are very detached. You have to affirm their toughness and masculinity. Be fun and playful, never too serious.

When you see a moment of genuine happiness in between the coldness, that is a path to their emotions. Make a mental note and then use that topic to slowly break down their walls.

Never ever try and force a connection between you. They will see right through you and you will lose the opportunity for obsession.

4. THE NARCISSIST

We've all met a narcissistic man. They're self-absorbed, think the world revolves around them and are incredibly high maintenance. They are obsessed with themselves (but in the worst way possible).

How do you make them obsessed with you?

The secret to the narcissistic man is that they are completely unsatisfied with themselves and their lives, and therefore seek validation as much as possible. Therefore the pathway to their obsession is to fuel their self-obsession by feeding their egos. Keep feeding it, and then, every so often completely stop. Give them no attention, compliments or validation. Their constant thirst for attention will make them hungry for more.

Keep doing this cycle and they'll be wrapped around your thumb completely.

If you want them to do something for you tell them they can't do it. Challenge them. They'll drive themselves crazy trying to convince you they can.

However, when threatening their ego make sure you don't overdo it. Find balance with it: validate, then pull away, then challenge.

5. THE CONTROLLING ONE

These are men that have an uncanny thirst for domination in all aspects of life. Their desire for control is usually psychological, due to feelings of powerlessness and vulnerability in childhood. They are usually the boyfriends that try to control what you wear, who you're friends with and what you do with your life.

How do you make them obsessed with you?

Controlling men lack a sense of security in their lives and so they attempt to gain control of everything to override this. All you have to do is make them feel like they're in control. They don't actually have to be in control and you will secretly be the one pulling all the strings. Which is why after a while you'll start being unpredictable. They can longer pull the strings and go obsessed trying to reel you back in. This process of lunacy will help you keep them forever.

6. THE ONE THAT IS SCARED OF COMMITMENT

These are the most popular men that I would use my techniques on. These are the men that are scared of being in a relationship and pull away when things start getting serious. You can tell these men by the way they act: if they shut down emotionally and act nonchalant most of the time, it's highly likely that they are this type of man.

How do you make them obsessed with you?

One of the number one rules of dating is that **everyone wants what they can't have**. Therefore the number one way to make them obsessed is to keep your intentions a secret and never discuss the future/what you want from them. Have other options, almost mirror their nonchalance. Never put a label on your relationship or even call them a friend. Allow them to be the one to chase you.

7. THE ROMANTIC

The romantic is another easy type to seduce. These are the men who are in love with the idea of love. They want a girlfriend; they want the commitment, and they want to be with you until they die. You can tell a romantic by how much effort they put into your situation. They're usually readers, or like movies, as they engage well with the fantasy world. The reason why it is easy to make these types obsessed with you is because they think that is what love is.

How do you make them obsessed with you?

You have to give them the fantasy. The romance, the sweetness, the exciting adventures. But the key here is to make sure you **do not get attached**. This is because at the last moment, when they get too comfortable or when they mess up, you will turn completely cold. They will miss the kind and sweet side to you and go obsessive trying to get it back.

8. THE PLAYER

These are men that play with the emotions of women. They have multiple partners with the hope to gain approval from others, and feel validated when they leave girls that are in love with them. They tend to have lots of hook-ups, intimate relationships and continuously keep their options open. They're usually quite cheeky, flirty and make a lot of dirty jokes. In their mind they can never be tied down.

How do you make them obsessed with you?

Never be straight with them. Be flirty, show a fun, sexual side. But never give it to them. Insult them playfully to slightly damage their ego but then pair it with a laugh to show that you're just playing around. Keep your cards close to your chest. It is also helpful to analyse their behaviour and try to deduce why they are the way they are. Once you find their weakness you can directly point it out and watch their shock at the accuracy.

Another way to seduce them is to act completely innocent. This is because it makes them believe they are in complete control over you, when secretly, you're the one pulling the reigns.

9. THE IGNORED AND UNAPPRECIATED

These are the men that are usually out shadowed by their peers. They are most often considered the least attractive of their group and as a result have become the self-proclaimed comedic relief of the

cohort. They are most often inexperienced when it comes to women but most often have a genuine and sweet personality. What they want most secretly is to be the Player. They want the attention and adoration from women. But as they never get it, and never have, they've learnt to lower their expectation and are comfortable in their position.

How do you make them obsessed with you?

The first step is to build rapport. These types are usually incredibly funny so get to know them, make them laugh. The next step is to show them the most attention when they are with their friends. Give them a light, but not too excessive compliment, one that is true but won't raise too much suspicion. Give his friends little to no attention. By doing this you raise the intrigue of the other men whilst also giving this type the attention they've never received. Continue building a relationship with them and showing

them favour. This is all you need to do to make them obsessed: it is attention and validation they crave, so continue sustaining it and they'll be loyal to you forever.

Be careful never to feed their ego too much. Also give them a little, inch by inch. They'll fall in love with your kindness and sincerity.

WHAT ARE THE MAIN REASONS FOR SOMEONES OBSESSION?

1. You are the ideal versions of themselves
2. You fill a void in their psyche
3. You bring out the most suppressed sides of themselves

Why would *you* want someone to be obsessed with you?

There are several reasons why you would want to make someone obsessed with you. For one,

someone has severely hurt you and you'd like to get revenge.

This was my ultimate purpose for learning manipulation. I had been cheated on several times by one particular guy and he had completely broken my heart. So, by learning these techniques I managed to make him infatuated with me. He descended into a hole I'd created of passion, delusion and mania. And as soon as he thought everything was perfect I completely destroyed him. His obsession with me still exists to this day. Every few days I'll get bombarded with calls, emails and texts, all from him begging me to come back. If he sees me getting to know a new guy, he does everything in his power to ruin it. For me, this is annoying and one of the downsides to making someone obsessed however it is evidence of how extreme the consequences of seduction can be.

Another reason is to get something you want out of a guy. Infatuation breeds compliance. When you're obsessed with someone you'll do anything to make them happy with you. Guys are easily influenced especially when they're being driven by seduction.

The last reason why I purposefully invoke obsession in a guy is to control them. Obsession makes you weak and vulnerable. It debilitates your defence mechanisms and leaves you serving someone other than yourself. Men have hurt me so much in my life that being the one in control brings me peace. And it has also made me realise how weak they are. So much so that even when I have completely shifted my priorities onto myself, my goals and future, they'll still be chasing me.

The Steps

Now let's proceed with the steps and strategies for obsession. The target types are your main foundation for setting your traps. Once you've deduced what kind of category they fall into, you can begin implementing the following strategies:

Choose your target.

Make sure when you're choosing a target you're choosing someone you've had time to initially observe. Have a brief understanding of their character before you act. What type of girls do they usually go for? What target type do they most reflect? How easy will the seduction process be? Try to gauge an understanding of them through the way people describe them, but don't ask too many questions so as not to raise suspicions. Make

sure you've established which target category they fall into and understand how to appease to them.

Get their attention.

It is important to be **receptive** and practice open body language when trying to get the attention of a target. The dark feminine woman can be intimidating but when trying to get the attention of a target she is peaceful and wears a broad smile. (Note this is only in the early stages to get their attention and increase the likelihood of them coming to you. When you need to establish boundaries or they're disrespectful turn the friendly stance off.)

The best way to gauge the interest of a target is to be different and stand out. As a femme fatale, this would come naturally to you anyway. You are mysterious, hot and unattainable, but at the same time you are also

fun, charismatic and social. You're a walking juxtaposition. Depending on their type, exude an air of superiority, importance (men tend to subconsciously compare themselves / pay attention to intimidating women).

Do the opposite of what everyone else is doing. Don't post often on social media. The femme fatale is selective with what she gives her time and attention to – so don't be at every function. But when you do show up, look your best and feel your most confident. Be confusing and unpredictable, have unpopular opinions and make people laugh. Good memories are facilitated by emotion. Want someone to remember you? Look them directly in the eyes and be bold. Speak openly and. Reveal little things about yourself to make someone feel special. People are led by their emotions, not rationale.

*Be charismatic and build a
friendship.*

This is a necessary step in the seduction process as it is what begins to disintegrate their walls. However, there are some important things you need to keep in mind. Despite the overtly flirty and sexual nature of the femme fatale, although you shouldn't suppress your sex appeal, you mustn't flirt with them at all at this stage. This is to ensure that they cannot gauge your intentions and you can sustain an aura of mystery and keep them uncertain.

Mirror their body language during conversation. This is playing on a phenomenon that occurs in the human body known as *mirror neurons* which illustrate closeness or empathy. This technique therefore is incredibly clever, as it stimulates these feelings in the opposite person. Again, make

sure this is not obvious. Mimic the person a few seconds after they've gotten into a position.

Use your own body language to subtly seduce. This can be done by tilting your head slightly and leaning in to show good listening skills; pointing your feet in their direction; keeping your gestures and physical posture open and keeping your mouth slightly open every so often. These are all considered attractive subconsciously.

Listen well. An important trait for a seducer is being a good listener. People's favourite thing to talk about is themselves, and it's a way you can closely observe their behaviour. The more you listen, the less you have to say about yourself too sustaining the mystery. Ask them open-ended questions and remove any judgement you may have.

Sell the fantasy.

This stage of the process is important. It is simple but not easy. Before this stage ensure you are completely confident in your dark femininity and sensuality. You are the fantasy, the prize. Believe it and demonstrate it and people's imaginations will run wild with ideas. Show little snippets of your exciting life. Turn up to a small number of selective events and wear your best outfits. Tell stories, be charismatic, **play the character**. You can have complete fun with this – it's like telling a story.

The way you carry yourself is the way you will be treated. If you want to be perceived as the mysterious, hot femme fatale, you have to act the part. Be dreamy, romanticise your life and be passionate. There are exceptions though. Turn on the realism at serious moments unless you want to be perceived as a

terrible person. Timing is everything, suss out situations and determine where and when to amp up the magnetism.

Appeal to more than the physical. Most seducers aim to rely on their physical appearance to sell the fantasy. Although your appearance can help, this is an amateur move. Suggest a higher power and illustrate a belief in it. This can be for any religion or simply spirituality – you have to show a dislike of the physical plane. Find a connection between you and the target and milk it. Make them feel like you're the only person in the world who truly understands their perspective. Put effort in to educate yourself in general and develop an open mind. The goal is to appear superior intellectually than your counterparts (this doesn't necessarily mean in intelligence, but *how* you think and the type of knowledge you know about). This elevates the seduction to a point where they are completely unaware that

they're under your spell – physical attraction is obvious and playing with it to get what you want can raise suspicion. But when someone is attracted to the way you think and feels like you understand them completely? You've got them in the perfect trap.

Create an association. People psychologically associate you with different characteristics, colours and environments without you even realising. How do you manipulate this to your advantage? If people are going to associate you with certain things, you might as well decide what they are. Give yourself certain features so they indirectly associate you with certain traits. Decide on the characteristic you want and work down. Want to be associated with sexiness and seduction? Discuss things that you consider sexy (things, books, films) and wear sexy things. Wear the colour red a lot as it is associated with lust or wear black if you want to channel your dark

femininity and be associated with mystery/power. However, don't tell people what you are, act the part and let them realise for themselves. Constantly mention the sexy, and you'll become it in their minds without them knowing.

Create an experience. Their time with you has to be something to remember. It's about creating a fantasy, using emotions to drive their experience and blurring the lines between real life and illusion. Seduction is

Strategically disappear to induce mystery. Strategic absence is one of the most alluring behaviours of the femme fatale. Keeping the upper hand is the only way to lead the seduced and the only way to do this is by breeding uncertainty. Calculated surprises cloud their vision making the seduction process more difficult to escape. It makes you one step ahead and leaves them incapable of predicting

your intentions. So as soon as people get comfortable with your presence and know what to expect from you, taking a small hiatus is what will bring back the intrigue. This is what adds to your unpredictability and mystery. No one can ever be sure of what you're doing, where you're going and when you'll be back. This will also teach people to respect your presence and value your time.

Make them feel as if they are important and the only person you want/care about. Instill hope through showing them non-verbal interest. Give them ambiguous compliments but never ever directly state how you feel about them or your intentions. Make sure your attraction to them isn't too obvious or obsessive – the point is to make them unsure.

After a while, destroy their expectations by pulling back. This is called **pattern interrupt**, where someone becomes accustomed to a

specific thing or behaviour, but the pattern is suddenly disrupted. How this works is as soon as they start to be a little bit certain about your behaviour, you'll switch up and they'll be forced back into uncertainty. You can use this to help you emotionally detach from them also – with every pull back use it to adjust and reprocess. Be careful not to do the push-and-pull process to soon and to sloppily – it all must be subtle. Pattern interrupt is what makes them constantly wonder and obsess.

Blur the lines between hope and fear.

Pain and pleasure is the core of desire. We've already clarified that mixed signals and uncertainty is what obsession feeds on. It breeds overthinking and every time you alternate between each emotion you maintain an intense obsessive cycle between you and the target.

So how do you do this? First implement hope by demonstrating interest & attraction but never verbal confirming it. Be sensual, seductive but never give them too much attention. Never say your intentions.

Destroy this hope by creating **grief**. After a period of things going well and them getting too cosy, withdraw their pleasure. Deprive them of what they want almost entirely, and they'll fall to your feet. But leave enough to tease them, just enough so they'll keep trying. Play with their hope.

Silence is a powerful thing. It both can make you appear more confident/sure of yourself, as well as breed insecurity in others. When you pull back and fall silent they will believe they were at fault. When the target does something wrong, or something that would traditionally upset you, do not react. Instead fall quiet and cold. When prompted, be vague, say you'll

discuss the reason with him later. And then when he asks you enough times tell him firmly but politely that he irritated you with his behaviour. Hold back on giving him any pleasure or warmth for a little while. You'll notice them doing everything they can to compensate for their poor behaviour, as well as never doing it again. Their ego will be on overdrive trying to win you back. You can also turn on the coldness when you notice the target starting to get to comfortable and relaxed with you. Silence overall encourages people to step up their game and be on their best behaviour again.

Using time to your advantage – Take things slow with men. Use the time you've been blessed with to analyse them, observe their behaviour, gain an understanding of who they are. Don't give them too much too soon. The Femme Fatale is careful and calculated. She doesn't act on impulse. She carefully watches

her prey and then, when the time is right, she strikes. Patience is extremely important as well as remaining emotionally detached from the person.

Be exclusive. As a mysterious woman, it is integral to your aesthetic to have an exclusive aura about you. Exclusivity represents the elite and superiority. It also acts as a defence agent against unsupervised negative energy, and by keeping your circle small you protect yourself. Additionally, when others see that you are selective with who you surround yourself with, it makes them even more determined to get involved with you.

Destroying your prey

Combatting resistance is something you'll also have to do to overcome the target completely. Humans can naturally be resistant to seduction if they feel like

you're either 1) not their type or 2) scared of change. This is perfectly fine and is a natural part of the process. In order to respond to this, just be patient. In fact, sometimes you want to conjure tension to stimulate desire. **Creating a forbidden romance** is the best kind of resistance. Insuatiating a sexual or romantic tension that cannot be fulfilled increases desire – everyone wants what they can't have so if you convince them that you can't be theirs, they'll want you 10x more.

Get them to do anything you want by using reverse psychology and calculated disdain. Reverse psychology is when you convince someone to do something by telling them to the opposite. It's also known as strategic self anti-conformity and is a popular manipulation tactic. This can be helpful or harmful, but using this to your advantage will allow you to get exactly

what you want from men. The normalisation of the term “reverse psychology” has led people to be too conspicuous with it, reducing its effect. You cannot be too obvious when doing this as the minute you make them suspicious they will raise their guard. The trick is to rely on one of two voice tones: flirty & seductive or nonchalant. You can also manipulate their actions by becoming immediately cold when they don't do what you want them to do, however this only works when they're deep in their obsession with you. Use this wisely and not too generously.

Inflict insecurity. Insecurity is one of the most powerful seduction components. Why? Because the people we most want to impress are those who make us feel the most insecure. When you go from being complimented, paid attention to and made

to feel special by someone and then they make you feel the complete opposite, it hurts. Then, once they soothe your insecurities, feed your ego, you start to feel better, seeing this as a sign that they truly want and adore you. But then the cycle continues and you're completely destroyed, over and over again.

Making your target feel insecure is the part of the process where their emotions take the forefront, preventing them to make rational decisions and breeding their obsession with you.

How do you make them insecure? First you must find what they are insecure about. People do not overtly say what they are insecure about, so you have to infer this from their behaviour. This can be deduced from their body language and if they exhibit defensiveness about a certain topic.

For example, if someone is completely happy with their dress sense, when someone insults it they'll laugh it off. However, if they are insecure about it, you'll see through their tone and body language a slight shift. They'll get defensive. Observation is the only way you'll be able to figure these things out so you have to pay attention.

Next, you have to find a connection between you and their insecurity and use this to trigger it. For example, if they are insecure about you leaving them, hint at it playfully.

Immediately after this you must soothe this burn by suggesting the exact opposite. Give them hope, e.g. by telling them you'll never leave or abandon them. This begins the cycle of validation. By creating this cycle you create an environment where you

control how good they feel. They'll go mad trying to impress you.

Make sure the digs aren't too obvious otherwise they'll be confrontational. Act as if you're joking, as if you haven't noticed this is something they're insecure about.

Keep them at an emotional distance.

Never commit to them emotionally and the second they think they've seduced you, immediately withdraw and turn on the cold switch. Fluctuate between how much of yourself you give to them. Never give too much or too little. You have to make them scared of losing you. People don't value what they think will last forever. If you get in an argument with them and they threaten to leave/stop talking to, *encourage them*. This will communicate your independence and the fact you don't need them.

Leave them at their most happiest. If you want to sustain their obsession and desire for you forever you have to leave at some point to inculcate the ultimate trap: keeping them locked in your seduction forever.

When you've had them wrapped around your finger for a certain amount of time (I recommend a year) and have gotten all that you want out of them, showcase their desires before their very eyes. Give them one last taste of a future with you, make them believe they finally have it. Once they're certain, pull away and leave them. Go completely ghost. Do this and you will have successfully conquered them, leaving them hypnotised forever.

Step by step on how to heal from a breakup (and get your ex back)

If you're reading this chapter, I'm assuming one of two situations: either it is because you got dumped and you want your ex to realise that you're the one for them and take you back; or you broke up with someone and now they won't take you back. There's no shame in either however for this I will be focusing on the primary scenario.

I've been dumped several times – but after following these steps and taking this seriously I got several exes to run back. By the end of it, I didn't even take half of them back anyway.

These steps won't just help you to get an ex back who dumped you but will also help you to recentre, improve and enhance your life after a breakup. It will help you to heal quickly, reflect

on the situation and decide if you even *want* them back. And the ultimate glow up is a mental glow up if you ask me.

The Steps

1. Immediately after you get dumped, cut off all contact from your ex. Do not text, call or grovel with them. Act completely content with their decision and do not show them any vulnerability. Be mature about things and if you can, end on a good note. From this you will begin the **no contact period**.

WHAT IS THE NO CONTACT PERIOD?

The no-contact period is a period of 30 days where you completely ignore and stop speaking to your ex. Once the relationship has ended and they've dumped you, you stop speaking to them

completely. You don't reach out, you unfollow them on all socials and you **stop** posting on social media. This is only for a month.

This is proven to make exes see you in a better light. During a period of separation, people forget the bad memories. They forget the reason they dumped you and instead reminisce on the good times. Taking time away gives them a chance to remember why they loved you and forget where it went wrong.

This no-contact period also allows you to begin Project Rejuvenation. By not posting on social media this leaves him wondering what you're doing, but also enables you to enhance yourself and your world behind the scenes. Once no contact has ended he will be met with a whole new, improved version of yourself that is doing amazing without him.

2. Begin Project Rejuvenation. During the 30 days of no contact, you will

place all focus onto yourself. You will invest in yourself using the methods given previously. You will create a vision board, morning & night routines, and follow them strictly. You will reconnect with friends and make new ones. You'll go out when you want and meet new people. But you won't post it where he can see it.

3. Start a new hobby. This hobby can be anything in the world as long as it keeps you busy. There are two reasons for this. First, the opposition to sexual and romantic energy is creative energy. So therefore, in the healing process it is integral to do something creative to replace the romantic void. Secondly, by having something that keeps you busy and entertained that isn't another person,

it will enable you to detach from other people as you are the one making yourself happy. Hobbies also make you more attractive – they show you're interested in something other than men.

4. Practise meditation, saying affirmations and listening to dark feminine subliminals. These will directly target your subconscious to change your self-concept. This way, if and when you do come into contact with your ex again they'll be introduced to a completely new version of yourself: the femme fatale.
5. Release your rage and purge your emotions from the breakup. Although you may not be completely healed, make sure that by

the end of the no contact period you are more emotionally stable and secure than you were at the start.

HOW DO YOU EMOTIONALLY PURGE FROM A BREAKUP?

Releasing your rage, sadness and heartbreak freely is a key characteristic of the dark feminine woman. The dark feminine woman is mature, but she feels her emotions in its entirety. The difference between her and an emotionally unstable woman is she has control over her emotions but doesn't let her emotions control her. You can do this through cathartic art, meditation and writing letters that you'll never send.

6. Take yourself on three dates. One of the dates will be with a friend you haven't spoken to in a while, one will be with a family member and one will be solo.

7. When the 30 days are up this means two things. The first means that you can reply to a text or call from your ex from this point forwards. It also means that you can now start posting on social media. After a long period of time of not hearing from you, not knowing what or how you're doing, when you return make sure it is good. Post while still retaining your mystery. It will turn your ex mad.
8. Decentre your ex from your mind and life. Although this is a time you can now communicate with them, you need to remain emotionally detached and patient. You need to wait for them to come to you (and believe me they will). Men always come back at some point however

the waiting will be the hardest part. If they dumped you it is integral to not be the one to message them first as they need to feel like they're initiating things. Use the law of assumption to help with this. Mentally move on from the situation and if you're ready, onto other people. Having options is something that will benefit you in the long run regardless.

9. When he returns (and he will) put your seduction steps into action. This is why emotional detachment is so important: you cannot see your ex as the man who loved/hurt you. Instead, you have to metamorphosise him into your *target*, your prey otherwise you will not conduct the seduction process properly.

10. If you want to destroy your ex, carry out the seduction process until the very end. If you want to get back with them, eliminate the last two stages of the process. Instead **mirror their behaviour**. Use mirroring to disarm and manipulate. In other words, match their energy. If your ex has other options, you must get other options too. If you and your ex have agreed to be exclusive, respect that and be loyal. However the instant they disrespect you or show signs of disloyalty, proceed to conquer them completely until they surrender. If they aren't showing signs of commitment, leave. They'll come running back.