

Alpha Female 2011 Subliminal Training Set Instructions

August 26, 2011

Introduction

Before anything else, please allow me to thank you for your purchase of the 2011 Alpha Female Subliminal Training Set. This program took me months of work to build, and represents the current state-of-the-art for subliminal programming in the world. Never before has a subliminal program been this advanced in it's design and build.

However, as with many things in life, it is very complex to build something intended to be simple. This program is very easy to use, and is designed to be useful anywhere, and at any time you want to use it.

Terminology

A **subliminal** is something that you can sense below the normal threshold of conscious sensing. You sense and respond, but you are unaware of it consciously.

A **supraliminal** is something you sense above the normal threshold of human conscious sensing. You sense and respond, but you are unaware of it consciously.

Instructions

There are two main ways to use this program. You can use it with speakers, or you can use it with headphones/ear buds.

The set consists, for each stage, of three tracks: the ultrasonic supraliminal (silent), and two masked tracks, which respectively sound like the ocean surf and a trickling stream.

The ultrasonic supraliminal should be used only with speakers, as a safety precaution to accidentally exposing yourself to excessive audio volume without being aware of it, which is much easier with headphones and ear buds than speakers.

The masked tracks can be used with both headphones and speakers.

Ideally, you will set up the program to play on speakers in your bedroom, and leave them playing 24 hours a day. This will allow you to never have to worry about turning

it on, etc. except for the changing of the stages. The speakers would be best placed on either side of the head of your bed, but that is rarely possible, and not necessary.

All three tracks for each stage are exactly the same thing, presented in slightly different ways, which allows for the user to adjust the program to suit their desires. Some people prefer silent, others prefer ocean surf, and still others like the trickling stream tracks best. Whichever you prefer is what you should use for each stage; **you do not have to use all three tracks for each stage.**

Set the program playing, starting with Stage 1, and adjust the volume as follows:

1. Select and play the Ocean Surf masked format track.
2. Adjust the volume so that the lowest volume areas of the ocean surf lull are at least faintly audible. If playing over speakers, make sure the surf is faintly audible where you expect to be spending the majority of your time within that room.
3. Replace the ocean surf track with whichever track you prefer to use, if it is not ocean surf.

That's all there is to adjusting the volume. Once you have the volume properly adjusted, select the track you prefer to use and start it playing. Then set it to play on single track loop, so it will play over and over again until you stop it.

Then play that track for 32 days straight before switching to the next stage. Always start at Stage 1 and move to the next stage in numerical order, 2, then 3, and so forth.

DO NOT use each stage for more than 32 days. The program is designed to be used for 32 days per stage. If you want to use a given stage longer, you should run through the program as a whole a second time to do so (which isn't a bad idea, regardless).

If you try to use the program for longer than it is designed for each stage to be used, you will unbalance the results. Each stage is designed to "push" in a specific direction, and the next stage is designed to balance this out and start pushing in a new direction. In other words, to make the desired changes, we must push you out of your current existence. To prevent any one push from going too far, each stage is designed to balance the one before it. Timing is important in this – so please follow the directions here.

What To Expect

Naturally, you are wondering what to expect. Because each stage is so complex and working to accomplish so much at once, it is impossible for me to adequately summarize as was done with the Alpha Male training sets of the past. Therefore, I will be a little more specific.

Unlike previous six stage sets, which focus the first stage entirely on clearing away negative cruft and building a foundation, this set uses the first three stages to do so, while mixing in actual programming into all three. This was done to make the results more effective for women in particular, since women tend to be more emotionally aware than men, and this allows for a gentler shift from one state of being to another.

Stage 1

Stage 1 is the initial introduction to Alpha Female programming. It is aimed at two primary goals.

Goal #1 is to purge negativity that is holding you back, help you release and heal old traumas that are holding you back, and normalize you so that you can get the most out of the rest of the program.

Goal #2 is to drop you into the alpha female training head first, and force you to hit the ground running. It begins training in many areas, including self respect, self esteem, self image, self reliance, self control, assertiveness, personal strength, improved communication skills, and much more. It also includes programming designed to help make your menstrual cycle, including PMS, as easy and painless as possible for you, while seeking to balancing your hormones and emotions during your cycle and make you respond in calm, positive ways. Here you are introduced to the idea of yourself as a self realized leader. Ego balancing is present, and so are mood enhancers and balancers. Improving communication with men starts here. Liking and loving yourself. Increasing personal integrity. Doing what is best for yourself, without harming others. Choose healthy, honest men for sex and romance. Accept and own personal responsibility for your choices, decisions and actions. Do the right thing. Be able to take care of yourself. Balance hormones to keep you as emotionally stable and healthy as possible. Reject and ignore negativity from others. Dissolve and destroy all useless negative stress within you. Release and heal past negative emotional traumas. Increase patience. Open up to sex and romance. Make yourself a good woman.

Automatically protect yourself against STDs. Destroy any need or desire to be manipulated by others. Give respect when it is earned. Become your own source of love and attention. Genuine gratitude for the good things in your life. Self security. Take initiative in life. Happiness and joy. Stand up for yourself whenever it is necessary. Destroy personal guilt, shame, fear and self loathing. Refuse to use or take advantage of others. Understand that a genuine alpha female is always a good woman. Positive thinking and attitude. Persistence and perseverance training. Become more courageous. Increase wisdom. Prefer and make your surroundings to be neat, clean and organized. Give yourself permission to enjoy life. Disconnect from, reject, avoid and remove from your life those people who influence your life in negative ways. Healing yourself emotionally and mentally. Destroy and dissolve useless regret. Learn from the mistakes of others, and refuse to make them yourself. And more.

Stage 2

Stage 2 continues the purging, normalizing and alpha female training, while introducing new concepts to replace lesser purging statements. There is a greater emphasis on alpha female training and less on purging and normalizing. Here you begin getting the first training in sexual self realization.

Training continues in assertiveness, self improvement, self reliance, self respect, self esteem, self worth, self control. Menstrual assistance continues. Mood balancing and enhancement, ego balancing, and improving communication with men continues. Leadership training increases in scope and intensity. Perception of personal value is increased. Social value is increased. Communicating comfortably with others. Body language and speech training for displaying high social value. Decisiveness training. Motivational training. Success programming. Honesty training. Speaking your mind. Increase sex drive. Purging negative associations to sex. Easily starting conversations with strangers. Do what is best for yourself, without harming others. Be considerate of yourself and others. Do your own thing. Choose healthy, honest men for sex and romance. Accept and own personal responsibility for your choices, decisions and actions. Set goals, and achieve them without harming yourself or others. Do the right thing. Make yourself a better lover. Improve sexual self confidence. Appreciate that your external sex organs and breasts are beautiful. Feel good about, like and appreciate your breasts and external sex organs. Be fair to and considerate of men. Become whatever you want to be. Be able to take care of yourself. Balance hormones to keep you as emotionally stable and healthy as possible. Reject and ignore negativity from

others. Release and heal past negative emotional traumas. Open up to sex and romance. Make yourself a good woman. Be kind, thoughtful, respectful and considerate of others. Always make sure birth control has been dealt with appropriately for the situation whenever you are having sex. Refuse to manipulate others. Destroy any need or desire to be manipulated by others. Give respect when it is earned. Kill personal neediness. Make yourself happy. Become your own source of love and attention. Improve sense of humor. Reduce menstruation pain or discomfort as much as possible. Make your menstrual cycle as light and regular as possible. Remain as calm and relaxed as possible emotionally during menstruation. Kill PMS. Improve your mental and emotional health. Actively socialize. Genuine gratitude for the good things in your life. Self security. Take initiative in life. Happiness and joy. Stand up for yourself whenever it is necessary. Destroy personal guilt, shame, fear and self loathing. Develop a strong, clear drive and purpose for your life. Understand that success is a choice, and choose to succeed. Understand that a genuine alpha female is always a good woman. Do what it takes to get what you want, legally, and without harming anyone in the process. Motivation to achieve goals. Optimism. Persistence and perseverance training. Easy socializing. Boldly seize opportunities to make your life better, without harming others. Let go of the past. Live life to the fullest. Automatically assume the leadership role amongst women you encounter. Automatically notice when a man is giving you signals of interest. Refuse sexual advances from men you are uninterested in having sex with in a polite, firm way. Increased ambition. Confidently express your true self. Extroversion training. Take charge of situations that need it. Detect and act on opportunities to improve your sex and love lives. Give yourself permission to enjoy life. Disconnect from, reject, avoid and remove from your life those people who influence your life in negative ways. Healing yourself emotionally and mentally. Destroy and dissolve useless regret. And more.

Stage 3

The last phase of focus on purging and normalization. Self improvement (self respect, self control, self reliance, self esteem, etc.) is set here. There is a shift towards opening you mentally and emotionally to your own sexual freedom and sexual self realization. Leadership training is “set” here. Training in effectively communicating with men continues. Liking and loving yourself. Ego balancing continues. Body language and speech training for displaying high social value. Decisiveness training. Destruction of procrastination. Honesty training. Speaking your mind. Increasing personal integrity. Purging negative associations to sex. Freedom and personal permission to have sex

when you want it, while remaining faithful to any committed or monogamous relationships. Increase sex drive. Easily starting conversations with strangers. Sexual self actualization. Do what is best for yourself, without harming others. Do your own thing. Choose healthy, honest men for sex and romance. Accept and own personal responsibility for your choices, decisions and actions. Do the right thing. Make yourself a better lover. Appreciate that your external sex organs and breasts are beautiful. Feel good about, like and appreciate your breasts and external sex organs. Be able to take care of yourself. Balance hormones to keep you as emotionally stable and healthy as possible. Reject and ignore negativity from others. Dissolve and destroy all useless negative stress within you. Release and heal past negative emotional traumas. Increase patience. Open up to sex and romance. Enjoy sex more. Make yourself a good woman. Training for increased sexual dis-inhibition in private. Automatically protect yourself against STDs. Destroy any need or desire to be manipulated by others. Give respect when it is earned. Kill personal neediness. Become your own source of love and attention. Reduce menstruation pain or discomfort as much as possible. Make your menstrual cycle as light and regular as possible. Remain as calm and relaxed as possible emotionally during menstruation. Kill PMS and PMDD. Improve your mental and emotional health. Actively socialize. Be physically active in fun and enjoyable ways. Genuine gratitude for the good things in your life. Self security. Inner tranquility. Take initiative in life. Happiness and joy. Make yourself more sensual and feminine every day. Stand up for yourself whenever it is necessary. Destroy personal guilt, shame, fear and self loathing associated with sex. Destroy personal guilt, shame, fear and self loathing in general. Develop a strong, clear drive and purpose for your life. Understand that success is a choice, and choose to succeed. Do what you want and need to do, without harming others in the process. Achieve orgasm more easily. Refuse to use or take advantage of others. Understand that a genuine alpha female is always a good woman. Positive thinking and attitude. Detect and act upon all opportunities for furthering your success, without harming others in the process. Persistence and perseverance training. Become more courageous. Boldly seize opportunities to make your life better, without harming others. Increase wisdom. Let go of the past. Prefer and make your surroundings to be neat, clean and organized. Develop and use bold, seductive eye contact and body language with men who interest you. Give yourself permission to enjoy life. Disconnect from, reject, avoid and remove from your life those people who influence your life in negative ways. Healing yourself emotionally and mentally. Destroy and dissolve useless regret. Learn from the mistakes of others, and refuse to make them yourself. And more.

Stage 4

Stage 4 is where the real training in sexual self realization begins. Freedom from society's control-based sexual restrictions on women are being removed, along with the emotional chains that hold them in place. Previous stages have made you capable of doing as you please with this freedom, since you will now have greatly improved and increased self respect, self control and self esteem. Perception of personal value is increased. Ego balancing. Awareness of personal sexiness, sexual value and passion building take place. Body language and speech training for displaying high social value. Decisiveness training. Motivational training. Success programming. Destruction of procrastination. Honesty training. Speaking your mind. Increase sex drive. Purging negative associations to sex. Freedom and personal permission to have sex when you want it, while remaining faithful to any committed or monogamous relationships. Self granted permission to fully enjoy sex. Increase sex drive. Easily starting conversations with strangers. Comfortably initiate sex when you want it. Sexual self actualization. Be considerate of yourself and others. Do your own thing. Set goals, and achieve them without harming yourself or others. Alpha female training continues. Make yourself a better lover. Improve sexual self confidence. Appreciate that your external sex organs and breasts are beautiful. Feel good about, like and appreciate your breasts and external sex organs. Be fair to and considerate of men. Become whatever you want to be. Balance hormones to keep you as emotionally stable and healthy as possible. Enjoy sex more. Make yourself a good woman. Training for increased sexual dis-inhibition in private. Be kind, thoughtful, respectful and considerate of others. Always make sure birth control has been dealt with appropriately for the situation whenever you are having sex. Improve orgasm intensity and pleasure. Refuse to manipulate others. Kill personal neediness. Make yourself happy. Improve sense of humor. Enjoy positive sexual interest and responses from men. Make your menstrual cycle as light and regular as possible. Remain as calm and relaxed as possible emotionally during menstruation. Kill PMS and PMDD. Improve your mental and emotional health. Actively socialize. Be physically active in fun and enjoyable ways. Inner tranquility. Make yourself more sensual and feminine every day. Destroy personal guilt, shame, fear and self loathing associated with sex. Develop a strong, clear drive and purpose for your life. Understand that success is a choice, and choose to succeed. Do what you want and need to do, without harming others in the process. Achieve orgasm more easily. Do what it takes to get what you want, legally, and without harming anyone in the process. Motivation to achieve goals. Optimism. Success with men, sex, finances and romance. Detect and act upon all opportunities

for furthering your success, without harming others in the process. Passion for life, love and sex. Easy socializing. Boldly seize opportunities to make your life better, without harming others. Live life to the fullest. Automatically assume the leadership role amongst women you encounter. Automatically notice when a man is giving you signals of interest. Refuse sexual advances from men you are uninterested in having sex with in a polite, firm way. Express your full passion and enthusiasm during sex. Increased ambition. Confidently express your true self. Extroversion training. Take charge of situations that need it. Develop and use bold, seductive eye contact and body language with men who interest you. Detect and act on opportunities to improve your sex and love lives. And more.

Stage 5

Sexual self realization training continues. Liking and loving yourself. Self esteem and self respect refresher. Ego balancing. Drawing the leadership and sexual self realization training to a logical conclusive close. Awareness of personal sexiness, sexual value and passion building take place. Destruction of procrastination. Increasing personal integrity. Freedom and personal permission to have sex when you want it, while remaining faithful to any committed or monogamous relationships. Self granted permission to fully enjoy sex. Increase sex drive. Comfortably initiate sex when you want it. Sexual self actualization. Alpha female training continues. Balance hormones to keep you as emotionally stable and healthy as possible. Dissolve and destroy all useless negative stress within you. Increase patience. Enjoy sex more. Make yourself a good woman. Training for increased sexual dis-inhibition in private. Be kind, thoughtful, respectful and considerate of others. Automatically protect yourself against STDs. Improve orgasm intensity and pleasure. Enjoy positive sexual interest and responses from men. Be physically active in fun and enjoyable ways. Inner tranquility. Completely enjoy having sex. Make yourself more sensual and feminine every day. Destroy personal guilt, shame, fear and self loathing associated with sex. Develop a strong, clear drive and purpose for your life. Do what you want and need to do, without harming others in the process. Achieve orgasm more easily. Refuse to use or take advantage of others. Positive thinking and attitude. Success with men, sex, finances and romance. Detect and act upon all opportunities for furthering your success, without harming others in the process. Passion for life, love and sex. Become more courageous. Increase wisdom. Prefer and make your surroundings to be neat, clean and organized. Express your full passion and enthusiasm during sex. Develop

and use bold, seductive eye contact and body language with men who interest you. Learn from the mistakes of others, and refuse to make them yourself. And more.

Stage 6

Stage 6 is a special stage, and a new approach to polishing and finalizing the program. It will strengthen and “set” all of the previous stages, and make you complete as an alpha female. By the end of stage 6, you should be fully self realized as a woman, an alpha female, and a sexual being.

Frequently Asked Questions

Q1: Why does the male alpha set differ so much from the female alpha set?

A: Men and women are very different creatures, and have very different needs. The male alpha set, complex though it is, is much less complex than the female set because women are, in general, naturally more complex in their physiology and awareness than men are. Therefore, more things tie in, and need to be dealt with for women. This set deals heavily with leadership and dominance training, but many other things are also included to produce a well balanced result.

Q2: I am finding myself getting into arguments with people more since I started the alpha female set. Is this normal?

A: Yes. Achieving a state of dominance and leadership naturally requires some reshuffling of the existing “chain of command”, and you’ll find that this produces some friction until you learn how to deal with your new circumstances, and others learn how to accept the new you. By about Stage 3, this should have faded considerably.

Q3: I’m not sure what assertiveness is, how will the program make me assertive?

A: The program actually defines assertiveness for you, and then guides you in becoming assertive.

Q4: I am not heterosexual, or I live with someone who is not. Is this program going to affect me/them?

A: The program deals with a heterosexual point of view and interaction between men and women, and is therefore specially locked to only affect heterosexual females.

Q5: Can I play this around children?

A: The program is designed to affect only “adult females”, but if a female child has decided that she is an adult, it may have some effect on her. Avoid exposing children if possible.

Q6: When will I start seeing results?

A: Results will become noticeable once the program starts taking effect. Exactly when this is depends on how much you resist it, how much you use it, how well you follow the instructions, and so on. Most women start noticing that they are suddenly very tired within a couple days, which is the first sign that it’s working, because it acts like boot camp for your mind and forces a large amount of energy use and effort “behind the scenes”. This will pass in a week or less, and you may start seeing results otherwise within 2 -14 days in most cases.

Q7: I am involved/engaged/married. Will this affect my relationship, and if so, how?

A: Yes. As you change, so will your compatibility with your current partner. Generally, the more healthy a partnership is, the stronger it will become as you make yourself a better, stronger woman through this program. If the relationship is unhealthy, it will tend to dissolve and end. A good result in either case.

A common concern is that if a woman uses this program, she may cheat on her current emotional/romantic/sexual involvement. The program is designed with several safeguards in place to prevent this. For instance, the heavy emphasis on self esteem, self respect, self control, self reliance, self love, etc. acts as a fantastic deterrent. Then there are the conditionals included to specify that the user must be single or otherwise uninvolved for her to be willing and able to act on certain suggestions, such as initiating sex with men she is attracted to. The goal is to make you a better woman, not make you promiscuous; but at the same time, the program is working to make you your own woman when it comes to equal rights with men sexually.

Where the changes in this program conflict with an unhealthy relationship in progress, they will tend to damage it. Because the program is aimed at improving you all around, it will only strengthen a healthy relationship, because the healthy relationship can only benefit from a more self actualized woman.

Q8: Can I play this around males?

A: Yes. It is designed to only affect heterosexual adult females.

Q9: What if I like a stage and want to use it longer than instructed?

A: Do not do that. Run through the program again, but don't unbalance the program by using each stage longer than instructed.

Q10: What if I miss time using the program?

A: In general, missing time only requires that you use the program for enough days consecutively to make up for the missed time. **DO NOT** miss days if it is at all possible! However, if you must miss days, and you miss more than a week at once, re-start the stage. If you re-start the stage, only do so **ONCE**.

Q11: Can I use the ultrasonic version of this program around children and pets?

A: To know that, you must adjust volume properly and then observe the children/pets in question. If ear aches, headaches or nausea result, or the pet seems distressed, switch to a masked version, or use the program away from children or pets.

Q12: Why am I getting headaches, ear aches or nausea using the ultrasonic version of this program?

A: The volume is too high. **Solution 1:** Turn off the ultrasonic, and wait for symptoms to dissipate. Then re-calibrate the volume. **Solution 2:** Use the masked version instead of the ultrasonic version. **Solution 3:** Turn off the ultrasonic until the symptoms go away. Lower the volume one notch, and play the program for an hour. If the symptoms persist, repeat this procedure until these symptoms go away.

Q13: Why do my pets act funny when I am playing the ultrasonic version of the program?

A: The volume is too loud for them. See Q11 and Q12 for options.

Q14: Why do my children cry/complain/suddenly become irritable when I play the ultrasonic version?

A: The volume is too loud for them. See Q11 and Q12 for options.

Q15: Will all children and pets be affected negatively by the ultrasonic tracks?

A: No. The results will depend on the volume, proximity, length of exposure and sensitivity to ultrasonic frequencies. My dogs listen to the ultrasonic subliminals I

use at night without even noticing; likewise, unless the volume is too high, children will generally just hear a high pitched whine which they will eventually ignore. If at any time you have a doubt about the volume of the ultrasonic and the safety of your children's hearing because of that volume, use a masked track or play the program away from your children.

Q16: Do I have to use all three tracks for each stage?

A: No. Each track is a different presentation of the same script, designed for you to have the option of choosing whichever one you like best. You may use any one, or all three, as you see fit, but only use them for the instructed 32 days per stage.

Q17: Can subliminals cause seizures in humans or animals?

A: No. People who have epilepsy and related neurological disorders may safely use this program, and any other subliminal program that does not include brainwave entrainment.

Q18: Will this program make me loose, easy, slutty or whorish?

A: No. On the contrary, it will make you respect and value yourself too much to do or be those things. But it will make you more open to having sex when you want it, with whom you want to have it, and otherwise generally on your own terms. A healthy woman is a sexually actualized and balanced woman.

Q19: What makes you think you could build a program for women, since you're a man?

A: The fact that I am male does not lessen my skill with scripting, creating effective subliminals, knowledge of human psychology or ability to think intelligently. Where I had doubts, I did research and interviewed actual, genuine, 100% non-simulated women to get the answers I needed, just as would any intelligent subliminal creator.

Q20: Since starting this program, my dreams have been much more intense and very strange. Why?

A: The program actively uses your dreams to help make the changes the program is seeking to make in you.

Q21: What about pillow speakers?

A: Pillow speakers are not recommended unless they offer stereo audio support and you can adjust the volume to clearly hear the masked tracks through your pillow.

Q22: Can I play this program using mono audio or listen to it in only one ear while doing something else?

A: Can? Yes. Should? No. The program makes heavy use of specific stereo audio techniques for maximizing the impact and effect on your brain. Use stereo audio and expose both ears whenever possible.

Q23: I have a question not answered here. How can I get it answered?

A: Simply post your question on our forum (<http://www.subliminal-talk.com>) in the appropriate section.