

# The Alpha/Dominant Male Subliminal Training Six Volume Set For Gay Men Version 5.0 Instructions

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## Introduction

First of all, I'd like to thank you for, and congratulate you on, your purchase of the Alpha Dominant Male Subliminal Training Set For Gay Men, Version 5.0.

Literally years of research, development, testing, refinement and improvement have gone into this subliminal training set. This program is descended from the version for straight men, which first came into being in 2006 as a program designed and built specifically for it's author, and wasn't even released for public use until 2008, after two years of testing. As has been the case in previous versions, Version 5.0 is a big step forward in power, technique, coverage and design. This is intended to be the last version released of this program.

As always, I am confident you'll find it immensely helpful and useful for becoming an Alpha/Dominant Male. It took so long to build because – as usual – I had to literally invent new ways to create subliminals in order to implement all the material you'll be getting on the subliminal level while keeping it *effective*.

This is very likely the most advanced, powerful, life-changing subliminal you'll ever come across. It took a month just to upgrade the scripts from the previous version and build the audio. This is ultra-powerful stuff.

For 2009, I re-designed the 2008 build process. In the 2010 set, it was re-designed again, and again in 2011. This release once again forced a redesign of the build process, because quite simply there was no way to build it otherwise. It is bigger, more complex, more powerful and more intricate than I could have built at any time previous to this, in part because I simply didn't know how to yet (constant research and development pays off!) and in part because I simply did not have the right tools or sufficient processing capacity.

This version requires 80 minutes per stage, even using all the optimization methods I know of, which have previously allowed me to build in just 60 minutes per stage. No longer; there's just no way to keep it inside of 60 minutes per stage anymore.

In 2011's release was the long awaited ability to safely play the program in the presence of females without affecting them at all. Now it is even more safe and specific, only affecting the homosexual man". As with the 2011 release, this release uses three tracks per stage: one silent/ultrasonic; one masked/ocean surf; and one masked/trickling stream.

## Preliminaries

The Version 5.0 Alpha/Dominant Male subliminal training set for gay men is designed to act as a major part of your training in becoming an alpha and/or dominant gay male. There are two other parts you should also have in order to achieve the best possible results. The following are two books aimed at straight men to show them what it is to be alpha, on a basic level. This should largely apply very well to gay men also:

1. Ideally, you should obtain a copy of the following basic books and read them at least three times each while using the training set:

- (a) *How To Become An Alpha Male: Attract Women and Become Successful At Seduction*, by John Alexander (You can get this book on [Amazon.com](http://Amazon.com) or at [Lulu.com](http://Lulu.com))
- (b) *Double Your Dating*, by David DeAngelo. (As far as I know, you can't get this book in print. It's available from [DavidDeAngelo.com](http://DavidDeAngelo.com), [DoubleYourDatingEbook.info](http://DoubleYourDatingEbook.info), <http://www.DoubleYourDating-Book.com>, [DYDReview.com](http://DYDReview.com), and [DoubleYourDating.com](http://DoubleYourDating.com) along with his other products. Get DYD and worry about the other stuff later, if you decide you want to get it, after you've finished using this training set. Too much at once is only going to overload you.)

2. If you want the guys to notice you, and you want to improve your social skills, you must get out there and socialize. It doesn't need to be "hunting for a mate" type socializing, but at least get out there and enjoy the company of others. You will learn a lot about how to implement this programming by interacting with others, if that is not something you commonly do. While there are some attraction techniques used in the 5.0 set concerning gay men, the great Wayne Gretzky once said, and correctly, that "you miss 100% of the shots you don't take". Get out there and socialize.

These books are very basic, but if you have not been exposed to this information previously, they will help you in many ways. These are the books that I found to be the most useful, well written and worthwhile while I was doing my research and while I was testing the original version of this training system on myself between 2006 and 2008. They taught me seriously important basics that I use and value to this very day. Get those books and read them until your eyes fall out. Then, go out and socialize. Even if you have been exposed to it before, reading them (or reading them again) can only help.

I'd like you to know that I do not get any kickbacks, profit or benefits at all from the sale of those books or suggesting them to you. They are recommended *only* because they are well written, useful and effective, and because they will help your subconscious maximize the effectiveness of this already incredibly powerful training set. The training set by itself is really amazing, but if you read these books too (at the *very* least, once each; preferably, every few months for a year) the results will be even moreso. The more this information is in your conscious *and* subconscious minds, the better. Think of them as tools to put booster rockets on your 5.0 Alpha/Dominant Male Subliminal Training Set For Gay Men. I recommend getting both, but at the very least, get one of them. If you can only get one, get John Alexander's book, as it's more on point. And please remember that these books are high quality reading material, so please don't pirate them. They really are worth buying. (I would buy them both again in a heartbeat if I had to. DYD is basic, but it's very important basics, especially if you don't already know it. Consider this an investment in yourself and your future.)

Also, please don't pirate, share, lend, give away or otherwise make illegal copies of this set. It has been six years in the making, and has required literally thousands of hours of work on my part. I appreciate it when people respect me enough for my work, skill, knowledge and effort to pay for the value they receive from me. If you find a pirate copy, or end up with one, please report it and get a legal copy. Thank you.

## Instructions

This subliminal training set is designed to be used in a specific way. Because of how it had to be made in order to have maximum effectiveness and impact, it must be used:

- Stage by stage, *in numerical order*;
- For *exactly* 32 days per stage (except the Refresher stage);
- Back to back, with little or no gap in between (except the Refresher stage);
- Every day (or better yet, every night) for 8 to 12 hours (except the Refresher stage).

In other words, it is going to require slightly more than six months to work your way through this entire training set. You should listen to the program stage you are using *at least* 8 hours exposure per day/night, but do not expose yourself for more than 12, as you need to allow your mind to process the barrage it is receiving and be able to build on it, just as your muscles need time to build up after a workout. If you find yourself exhausted all the time while listening to this program, you may need to back off the amount of time you're using it a little bit at a

time until you find what balances you out again; being tired from the process is normal, but it shouldn't negatively impact you in other directions.

You should also do your best to never miss a day (or night, depending on when you use the program), and use it every day/night without fail, if at all possible. **Use each stage for exactly 32 days/nights.** Mark when you started on a calendar and keep track of when to switch that way. And last but not least, it is highly recommended that you use this program playing on speakers in loop mode all night long as you sleep, and an hour or two while you are awake each day (up to the limits previously mentioned).

*A quick note on speakers versus headphones/earbuds: Speakers are recommended because they provide the best usage experience and results for use while sleeping. However, while you are awake, they are not as good an option as headphones. Headphones allow you to take full advantage of the specialty audio effects used in the subliminal, which force your brain hemispheres to work together as a unit and produce much better results. To get best results from speakers, position them on opposite sides of your head, equally distant. To get best results from headphones/speakers, calibrate volume carefully before use, especially use of the ultrasonic audio. For the long term safety of your hearing, considering that volume is difficult to determine, it is not recommended that you use ultrasonic audio with headphones or earbuds.*

If you don't read the books I recommended, and don't do anything special (like getting out of your house and going out to socialize), it will probably take longer to see your first noticeable social results, and they may not be as obvious. If you do the things I have suggested, you'll see things changing in your thinking, actions and attitude in pretty obvious ways (and probably quite rapidly). You may even start to think you can stop using the set before you have finished it fully.

Don't.

***Use it as instructed!*** Commit to using **all six stages**, for 32 days/nights each, and using them for enough time per day/night, every day/night. In other words, even if you think after three or four months that you don't need to finish the program because you're already there – **do it anyway**. You won't regret it, trust me. It is definitely worth what little effort it requires. ALL six of the stages are going to have an important impact, and they are designed to balance each other out in specific ways that you will need. Only after finishing all six can you really get the full impact and effect of using this amazingly powerful program. Don't play with it – do it right, or don't do it at all.

## What Should I Expect?

You should expect, first and foremost, that no two people will respond at the same speed, or in exactly the same way. So what you read about people experiencing on the forums may or may not apply to you. While subliminals certainly do work, and my subliminal programs are without a doubt among the very best, most powerful, most effective and fastest working in the world, how fast they work depends on a few things:

1. **Which stage you are currently using.** Stage 1 is designed to be primarily a “garbage removal” stage, and while it does introduce alpha male training groundwork, not everyone will notice much happening from this stage because it's designed primarily to lay the foundation for the other stages. If you are “clear” already of what it is working to erase, remove and neutralize, you'll notice little change in yourself through this stage. In such a case, the alpha training groundwork will usually show through, but not the garbage removal process.
2. **How much you resist them.** If you are very accepting of them both consciously and subconsciously, expect to start seeing noticeable results within as little as two days. If you are like most people, you'll probably begin to see noticeable results (aside from an immediate tiredness impact as you acclimate to such heavy mental exercise) in between two and four weeks. Subliminals can be resisted entirely by people who are very strong willed and stubborn, but this set is designed to help even resistant people to benefit from the effects. If you are a very strong willed, stubborn person, and you have not seen any results within 32 days/nights, then move on to the next stage. If you do not see significant results by the end of the six stages because of resistance, run through the whole set a second time after taking 1 month off.
3. **How much of the material you have already mastered.** If you are new to all this, chances are this will all be new material and you won't have had a chance to develop any of the Alpha/Dominant Male

characteristics in yourself yet. This is where you will see the most change. But if you are already on the way – at say an intermediate or advanced level – while you can still benefit from using this program, the effects may not be as obvious for you since in all likelihood this program will only be strengthening much of what is already there. Rest assured, it's still having an effect, so keep going! Please note that this subliminal is not educational in nature (it is not teaching you, it is training you), but works to change you and your thinking, beliefs, actions, attitudes, personality and responses.

4. **How consistently you use the program.** If you don't use it every day/night, expect the results to take longer to achieve. The more regularly and extensively you use it, the faster the results will be had. (Come on, now, how hard can it be to press play once or twice a day? Or, if possible, to just leave it playing in your bedroom 24/7? Stop making excuses and just do it.)
5. **How much exposure you get.** If you only use this program for an hour a day, don't expect to see much in the way of results. This is an extreme subliminal training program, and I had to push it to the limits to fit all the training materials into just six stages. To get good results, an absolute minimum of eight hours a day is strongly recommended, and my personal preference is to use these programs on loop mode as I sleep, all night long, every night. That gives me 8 to 10 hours of exposure a night. More than about 12 hours of exposure will not have significant increase in results, as your mind and brain must have time to process the input for maximum results.
6. **Whether you have the volume set properly.** The ultrasonic version of this subliminal set consists entirely of "silent" subliminals without any masking sounds. That means you will not hear these ultrasonic tracks when you play them, even at normal volume, unless you have exceptional high-frequency hearing (or they are playing too loudly, or your speakers can't reproduce them properly). *Make sure you don't accidentally set the volume to zero when using them*, because if you do, you'll be wasting your time and electricity, as one of my ex-girlfriends found out the hard way. The masked versions of the set, which use the ocean surf or a trickling stream as a masking sound, can be played at a comfortable volume at which the lowest volume areas can still be heard. However, the best volume at which to play masked subliminals is midway between the lowest volume you can hear them, and the highest you can stand.

As for results, by the end of the six month training course, you can expect to see:

- Increased self confidence
- Increased self respect
- Improved self control
- Less interest in and concern withn what others think of you, your choices or your actions
- More interest and comfort in being your own man and doing your own thing
- Better self esteem
- More positive self image
- Stronger sense of self
- Being able to handle rejection without taking it personally
- More social confidence
- Less to no social anxiety
- Enjoying socializing more
- Much more confidence and relaxation when dealing with men in general, and especially those you find attractive
- Willingness, confidence and ability to simply walk away from situations you don't like
- Refusal to allow yourself to be taken advantage of, walked on or treated poorly by anyone

- Alpha/Dominant male body language
- Alpha/Dominant male attitude
- Alpha/Dominant male “aura” of unexplainable sexual attractiveness that others love so much
- Alpha/Dominant male eye contact and communication
- Better, more easily expressed sense of humor
- Enjoying the company of others, and especially handsome gay men, more and more comfortably and easily
- Seeking out handsome gay men to enjoy the company of
- Having handsome gay men notice you more, find you more attractive, and want to be with you more, physically, sexually, romantically and emotionally
- Treating (and taking) socializing as just a fun game
- Being entirely unconcerned with getting the interest of any man, because you know there are plenty more where he came from
- Refusing to allow others to dominate or control you
- Taking care of yourself better, in terms of exercise, eating, hygiene and dress
- And more.

**New in Version 5.0:**

- Acceptance of, and feelings of deservedness of, being treated well
- Deserving respect from others
- Self love and liking yourself
- Valuing yourself
- Extended ego balancing
- Strong, centered masculinity and masculine presence
- Destruction of negativity within you concerning yourself and others, and replacement with positivity
- Self acceptance with continual striving to be better than you are
- Destruction of laziness
- Motivation boost
- Doing what needs to be done, because it needs to be done, and that is the way of the Alpha
- Extroversion enhancement and training
- Self forgiveness
- Social stability, skill and strength
- Overcome abandonment issues
- Success training
- Gratitude
- Self trust
- See yourself as man, instead of boy

- Leadership training and development
- Decisiveness training
- Authenticity and congruency training
- Destruction of jealousy and possessiveness, and replacement with self security, self reliance and self satisfaction
- Constant self growth and progress
- And more.

You can expect that the effects of using this program properly for at least six months will be long term or permanent. If you think you need a refresher at any time after you have run through the entire course, simply run through the refresher stage of the program for 32 days. If you go for more than 6 months without using the refresher or the program, it is advisable to use the entire program from the beginning.

I also suggest running through the training once per year for at least a few years with the latest version of the program. Once you have purchased this program, you are entitled to a significant discount with proof of purchase, so keep your purchase receipt! Upgrading from your current version to the next version – from Version 2011 to Version 5.0 in this case – entitles you to a 50% discount of what you purchase. (The 25% discount for upgrading has been discontinued.) That means that upgrading your set each year not only gets you the latest and greatest new technology, but you’ll be paying a heck of a lot less for it as well!

Literally, you are going to end up transforming yourself into a new, stronger, better man, and the benefits go far beyond simply how you are going to be so much more successful with gay men. The importance of the books I suggested is so high because they help you understand the “why” and “how” of some of what is in this training program better.

## Setting Up Your Subliminal Training

There are a few things you need to take into account and do when setting up to use your subliminal Alpha/Dominant Male training program. First of all, you’ll need to understand that the set comes in two different subliminal formats: ultrasonic (silent), or masked (ocean surf or trickling stream).

The ultrasonic version of the set is effectively a silent format. That means that the sounds are within a pitch range that does not register very well on your ear drums (so you can’t consciously hear what is being said, even if you can hear it at all) and yet it is also able to be heard and fully comprehended by your subconscious mind. (Think of the subconscious as that part of your mind that dreams while you sleep.)

The best explanation I have found for this is that it vibrates special hairs on the inside of your ears that are responsible for helping you maintain your balance. These hairs are not connected to the part of your brain that consciously decodes sounds, so you do not hear the subliminal through them consciously, but you still get the entire benefit of what is being said subliminally. Whether this is actually how it works or not, I have been unable to verify; what matters is that somehow, the ultrasonic audio does get through clearly to the subconscious mind and is very clearly understood.

The masked version is set to ocean surf or trickling stream cover sounds, and these tracks are entirely within the normal range of human hearing.

For the ultrasonic subliminals, you will need to use speakers, headphones, or ear buds that have a frequency response of at least 20,000 Hertz on the upper end or higher – the higher the better. You’ll also need a player itself that can handle this frequency range, but most players can, since 20 kHz is the standard CD playback specification.

If you use headphones or ear buds, keep in mind that the volume should not be above 50% if you are playing the ultrasonic version. Ultrasonic subliminals do not use volume differencing (as masked subliminals do) so the volume is the same as anything else you would listen to. To prevent possible damage to your ears, you should never listen to anything at a volume higher than 50% on headphones or ear buds. It works just fine at that volume when using headphones or earbuds.

I recommend using speakers if you are going to use the subliminal all night long, as this will allow you to move more freely and safely while you sleep. Headphones tend to come off while you sleep, and unless they are wireless, the wires may become entangled, which can become a choking hazard or disconnect the headphones or earbuds.

If you use speakers, set the volume for a comfortable volume by playing the trickling stream audio first. Then, replace that with the ocean surf version and fine tune the volume so that the lowest volume areas are at least faintly audible to you still. The result is an ideal volume for the ultrasonic.

Another great way to play your subliminals is on a laptop or desktop computer that is located in the same room as your bed, if you plan to use it while you sleep. You must use a player program that allows you to loop your selection, however. Windows Media Player has often been a problem with this in the past. If you need a program that can play your subliminals on loop mode, I suggest you use a program called Audacity. This is actually a sound editor, but allows you to play your audio files and loop them, too. It is freely available without charge, and can be used on both Windows and Linux platforms. You can get it here: <http://audacity.sourceforge.net/> The calibration of volume is done the same way as with stereo speakers. Please note that Audacity will require that you re-start the loop sequence every 9 hours of play. Set-and-forget play is possible with a CD player, and some mp3 players.

## Pillow Speakers

Pillow speakers are a good choice for playing your subliminals, but adjusting the volume is difficult if you are using the ultrasonic version. Many pillow speakers are of questionable quality and ability to play ultrasonic and/or stereo audio. You need pillow speakers that can do both. Furthermore, their volume ranges are typically very low. If you have a pillow speaker, you should only use it for playing ultrasonic subliminals if it passes the following three tests:

1. When playing a normal audible program on it, can you hear it well enough through the pillow that the speech in it is comprehensible no matter what direction your head is facing?
2. Does the speaker play the ultrasonic audio without static at this volume?
3. Can you play stereo audio on the pillow speaker, and differentiate the left and right channels?

If the answer to all of these questions is yes, then go ahead and use the pillow speaker. Otherwise, find some other way to play the program, as either it won't be effective for ultrasonics, or the stereo channel limitations will reduce the effectiveness of the program as a whole even in masked format.

Because of the volume differencing of the masked version, pillow speakers may not be the best way to play the masked version of the program, as the pillow may muffle or diffuse the subliminal audio too much. All versions require stereo speakers, headphones or earbuds to be fully effective.

## Warning! Warning! Warning!

*This subliminal training program is specifically designed for use by adult men only.*

While precautions have been taken to prevent and/or minimize effects on non-adults, **DO NOT** use it when people under 18 years old (or the age of majority, if that is different) are within hearing range! Subjecting them to this subliminal program could have serious negative consequences. This is not a game: **NEVER** subject a person under the age of majority to this subliminal!

Furthermore, this program deals in part with sexual interactions, and is therefore not legal for use by persons under the age of majority or age 18, whichever is higher. It is your responsibility to prevent such usage.

## Frequently Asked Questions

**Question #1:** I have used Stage 1 for the required eight hours a day for 32 consecutive days, but I haven't noticed any changes. What gives?

**Answer:** Stage 1 is designed to “normalize” you. If you think about it, every man who uses this program is coming from a different background, location, age and so forth, and each one has a unique set of ideas, beliefs attitudes and experiences concerning himself that are responsible for his current state of being. The biggest challenge I faced in translating my years of research and development into a program that genuinely does what it is supposed to do was finding a way to overcome this fact. I handled this process in two distinct ways:

1. The “normalization” process, through Stage 1, and
2. Taking the time to phrase the scripting very carefully to account for as many variables as possible.

When you use each stage properly, you will get the desired result (unless you manage to resist it for some reason). However, Stage 1 is designed to act as a clearing and foundation building stage more than it is designed to be an alpha male/dominance builder, because if we started trying to build alpha-ness and dominance before we made you ready to become alpha/dominant, your old ways of thinking would make the process much less reliable and effective, and the outcome would be much less predictable and permanent. If you go through Stage 1 normalization and notice little or no difference, it is a good indication that you probably had a fairly good self image, self esteem and “alpha/dominance build foundation” to begin with.

Since there is no way to know this for sure before you go through normalization, and because the process has serious long term benefits for even men who notice no difference, you should consider Stage 1 just as important as (if not *more* important than) all the other stages. In other words, **do not skip Stage 1** just because you think you’re “already there”, or you’re impatient! If you want this to work, follow the directions and do it right.

**Question #2:** I have been using Stage 1/2/3 and have noticed I am getting more irritated and irritable with the stupid things people do. Is this normal?

**Answer:** Yes! Alphas and dominant men generally don’t have time or patience for stupidity, manipulation, BS and time wasting in the people around them. Later stages will transform this irritation into a much more refined response. This effect has been reduced as much as possible while still maintaining the reason for it’s presence, which is to push you out of beta-hood and into becoming alpha.

Just continue using the program according to the instructions and try not to get yourself in too much trouble shocking the people around you with your newfound intolerance for their BS. It does sometimes take time to learn how to respond differently than you are used to, and this requires a period of calibration in which you learn what the right responses are for your new mindset.

**Question #3:** I am getting into more arguments with (mom, best friend, boyfriend, brother, cousin, etc.) since I started using this program. Is this normal? Should I be worried?

**Answer:** This is normal. You will notice that you argue more with those who are used to dominating or controlling you, or being dominant to you. Your newfound refusal to be taken for granted, treated poorly, controlled, dominated or walked on like a doormat will spark some arguments as you adjust to your newfound inner strength and the effects of your dominance training.

Parents will be used to being the ones in charge, especially if you still live with them. Friends, siblings and family members may have been more dominant than you in the past. Others may be used to manipulating you. Whatever the case, you won’t be easy to control, take advantage of or manipulate once this program starts working.

Expect a period of adjustment as you get used to your new attitude and how to express it. And yes, you might even end up losing your boyfriend, if he is a manipulator, domineering, very lazy or control freak. Changing your circle of friends somewhat, and even your significant other is to be expected as your inner self no longer matches your outer reality. Your subconscious mind will always seek to manifest your outer reality to match your deepest beliefs and attitudes, so there is often a period of change and adjustment as you grow into the “new you”.

Trust me – you won’t have trouble finding a replacement for any lost boyfriend, and new friends will be easy as pie once this program is in full force. In fact it’s likely that once you’ve been through all six stages, you won’t be concerned with having a boyfriend anymore – and that fact will make you *seriously* magnetic. Guys are magically attracted to alpha men who don’t want or need them, and who won’t put up with their BS. If you don’t believe it, get started and just watch what happens in the next six months!

**Question #4:** I have been using the program for \_\_\_\_\_ months now, and I can’t get guys to leave me alone anymore. They seem to be irresistibly attracted to me, and they follow me around like puppies, ask me out and even offer me sex. I have had marriage proposals. This is ridiculous! How do I get them to stop?

**Answer:** Oh, you poor thing. Every man’s worst nightmare – being an alpha dominant stud. Isn’t that why you bought this program in the first place? Sorry to tell you this, but you’re going to be rather noticeably attractive and interesting to gay men from now on. Just make sure you finish the entire set before you stop using it, and run through it again once a year for at least a few years. By the end of the program, you should have dealing with attractive men down to a science, and they’ll probably be having a hard time not being attracted by your no-BS attitude. Such is the life of the Alpha/dominant male. Get used to it. I’m sure it won’t be *too* difficult.

**Question #5:** My refusal to put up with the BS guys pull since I have been using this set has really put them off to me. What is going wrong?

**Answer:** Nothing! You’re acting like an Alpha/dominant male. The guys you are talking about obviously not used to this, and they don’t like not being able to control, manipulate or walk all over you. Ironically, the more you irritate them with your independence, self sufficiency and refusal to put up with their shit, the more they outwardly hate it and secretly love you. But they won’t admit it until they have seen you pass enough “shit tests” to prove that you’re a real man now. Just keep using the set, and don’t worry about them. If they don’t come around, they’re not worth dealing with anyway. That means they are not for you, so nothing lost.

**Question #6:** Can I use this program with other programs?

**Answer:** It is possible, but strongly recommended against. If you want the best of what AM 5.0 has to offer, you must use it alone. If you insist on using it with something else, do so during the second run-through, so you know what effects AM 5.0 has on you first; adding a program dealing with a subject it already covers only distracts from the rest of the program unnecessarily, and gives skewed results. Note that the refresher stage is too “heavy” for use with anything else. *Never use anything else with the refresher stage.*

If you do use this program with something else, only use one additional single stage program of Type B. The following table shows which Type B programs will disrupt its intended effects on which stages:

Title	Do Not To Use This Program With AM 5.0 Stage:
Deep Gratitude & Appreciation	1, 2, 3, 7
Happiness & Joy	1, 2, 3, 4, 7
Zen Attitude	1, 2, 3, 4, 7
Deep Inner Peace, Tranquility & Serenity	1, 2, 3, 4, 5, 7
Remove Negativity Within	1, 2, 3, 7
Become Irresistibly Attractive To Gay Men Sexually	1, 2, 3, 4, 5, 6, 7
Become Irresistibly Attractive To Gay Men	1, 2, 3, 4, 5, 6, 7
Positive Thinking, Positive Attitude	1, 2, 3, 4, 7
Seek The Challenge	1, 2, 3, 4, 7
Ultra Success	1, 2, 3, 7
Winner’s Mindset	1, 2, 3, 7
Anger Management	1, 2, 3, 7
Disconnect From Other People’s Negativity	1, 2, 3, 7
Forgive Others & Let It Go	1, 2, 3, 4, 7

**Question #7:** Can I use the refresher stage with anything else?

**Answer:** No. The refresher stage is rather highly compressed, and believe me, you should not attempt to use it with anything else.

## Troubleshooting

### Ultrasonic Version:

Ultrasonic subliminals are hands down one of the very best and most powerful kinds of subliminals you can get, and they may even work well for people with some kinds of hearing problems. However, they have certain requirements to be useful.

First of all, you must play them on a device that can reproduce audio with a pitch of 20,000 Hz or higher. It is not uncommon these days for players to be manufactured at lower specifications simply because most people cannot tell the difference between their favorite song played within a pitch range of 20 to 20,000 Hz, and their favorite song played within a pitch range of 40 to 10,000 Hz. Since less pitch range makes for cheaper manufacturing (which translates into more profit for the manufacturer) some players will be unable to play this standard program format. These players produce the same problem that is produced if you play the program on a pair of speakers, headphones or ear buds that does not have the 20 to 20,000 Hz frequency response: staticky speech.

If, when you play this program, you hear staticky speech, it could be that the player cannot handle the frequency response required (14,000 Hz to 20,000 Hz). It could be the speakers, headphones or ear buds. Or, if you're lucky, you just have the volume up too high. These programs should play without obvious sound at the same volumes you use for other programs, unless you have really loud "normal" volumes. At least 75% of the volume range should be able to play without static.

If you hear staticky speech (you won't be able to make out what is being said) and the volume does not fix the problem:

1. Try playing the program from a different set of speakers, headphones or ear buds, and make sure they have the proper frequency response rating.
2. Try playing the program on a different player.
3. If you are using a computer to play it, try using a different software program to play it. The two programs I use the most to play and record audio produce different responses on the same laptop. Audacity seems to be a good choice for playing ultrasonic audio.
4. Double check the volume is not outrageously loud.

**If you or someone else being exposed develops a headache or nausea while you are using the program, the volume is most likely too high!** Stop using the program immediately. Wait for the symptoms to go away. Then try again at a lower volume after re-calibrating volume using the trickling stream masked track.

#### **Masked Version:**

The masked versions are covered by ocean sounds or trickling stream, and uses no ultrasonic audio. Instead, it uses "volume differencing". Therefore, anybody who has the ultrasonic version, who cannot find a way to make it work with their speakers or equipment, will have to use one of the masked versions instead. If you purchased the ultrasonic version, and cannot make it work, please use one of the masked versions.

The masked version has very little that can go wrong with it. It will play on any functional speaker at all. However, to get the best results, you should remember that because of the use of volume differencing, masked subliminals have a shorter range of distance from the speaker that they will remain effective. If you can hear the low volume areas of the ocean surf, you are close enough. If not, try turning up the volume until you can always hear the low volume parts of the ocean surf or moving closer to the speaker.

## **Precautionary Information**

Ultrasonic audio, like any other sounds, can cause hearing problems if you listen to it at unreasonably high volumes. If you have the ultrasonic version, use an audible program to set the volume to a comfortable level. Then, drop it down one notch; and *then* play your ultrasonic subliminals on it.

Babies, infants, children, some younger adults and many types of pets may be especially sensitive to ultrasonic audio. It may agitate them, cause headaches, or make them cry. Do not play the ultrasonic version of this program around them if it causes distress.

This program is designed to change your thinking, attitudes and actions in powerful and sometimes dramatic ways. You should expect that your personality, thinking and attitudes will change significantly, and thus so will your choices of actions. When these changes take place, those who know the old you may not like what they see because the new you will be different. It is common for a person who is undergoing this Alpha/Dominant Male Subliminal Training to shift their social circles significantly. Some of the people you associate with when you start the training

will not like the change in you, and they may not stick around. Some of the people you associate with when you start the training may very much dislike the new you. Some of them will be impressed with the changes you undergo, and you will certainly attract new people into your life who will fit your new personality.

When I was undergoing the process during research and development of the 2008 set, I lost my girlfriend because I would no longer put up with her whiny/complainsy/princess attitude. At the same time, I went from being in the “friend zone” with one of my (very hot) photographic models to being quite literally the love of her life. During the testing of the 2009 version, I ended up leaving her because I refused to be manipulated, cheated on or taken advantage of. These actions would never have been possible without using this program. Expect changes in the world around you as you change within yourself.

## Notes

Not every man is the same, and not every man will change in exactly the same ways because no two of us start from the same place with the same set of circumstances or personality traits. Furthermore, not every man will be the top Alpha or most dominant in every situation, because there are always someone who will be more Alpha or more dominant out there in the world. And then you must consider that everyone will have a different style of masculinity through which they express their Alpha-ness and dominance. Therefore, your level of Alpha-ness and dominance when you finish this training program may be more or less than someone else who uses it. It all depends on where you start from, how much you want it and how much you put into getting it. Unless you really resist the program, expect to see some big changes in yourself during the six months that you are using it.

Also, as I have said before, expect some people to really dislike the changes you are making to yourself. Those who know you when you start are used to the “you” they already know and have become comfortable with. When I began using this training on myself originally, during R&D, some people I knew *really* didn’t like it. I went from being a very weak “nice guy” beta male to a strong, no-nonsense dominant, self respecting and self sufficient man. *Those who didn’t like it, didn’t like it because they could not control, manipulate, take advantage of or walk on me anymore.* You should expect to encounter that from time to time.

It is also possible to have people begin telling you that you’ve suddenly become an arrogant jerk. This will depend heavily on your personality when you start being affected by the training. If it happens, it will partly be because this may be something they’re not used to seeing, but it will also be partly true. After all, strong man who does not allow others to walk all over him, and who has a strong positive self image, is often viewed as an “arrogant jerk” or an “asshole” by those who are not as strong or self actualized, just as a strong Alpha or dominant woman who does not allow others to walk all over her, who has a strong positive self image is often viewed as being “stuck up” or a “bitch”, etc. Less self-realized people don’t like being outshined in these ways, and their automatic response is usually negativity and trying to tear you down. (The rest usually respond with simply following the leader – you – or they will just get out of the way.)

The good news is, people may not always outwardly like the strong, dominant or Alpha male who outshines them (especially other guys), but they will tend to secretly respect and admire him. The bad news is, if you have a problem with your ego getting out of hand or being arrogant or cocky before you start this program, you may need to be very careful to keep these traits under control after you are using the program for a while. There is a difference between calm self assurance and confidence, and actually being a cocky, arrogant jerk. Yes, there are men who will flock to even that type of man, but that is not how a true Alpha acts. The true Alpha has himself under control, and does not have anything to prove to anyone else. He has a strong, positive self image and he refuses to be walked on, controlled, manipulated or taken advantage of – but he also is not a prick about it. Top Alphas tend to be very polite and respectful, in fact. The program is designed to build a True Alpha within you, so this should not be a problem once you finish adjusting to the new you.

As a result of my extensive testing, I have toned down the self confidence building a bit, but if you already have a healthy ego, you will still have to remain vigilant that you do not go overboard with it and end up being too arrogant and cocky. On the other hand, being just slightly arrogant or cocky is very, very attractive to most men. It is a fine line that you must walk, and when you have become a true Alpha, you will walk it automatically, without even trying. Again, it does require experience and calibration, so if you make mistakes, just learn from them and move on. As William E. Gladstone once famously (and rightly!) said, “No man ever became great except through many and great mistakes.”

**Disclaimer**

By purchasing and/or using this program, you accept full responsibility for how you use this program, whether you follow the instructions or not, and all results you get from using this program.