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Welcome to another episode of **Attraction Pebbles**.

My name is D.Shen the founder of Shen Wade Media and Commitment Triggers where we teach you how to show up as a high value high status woman who easily inspires a deep sense of emotional commitment from men.

Now first of all, let me ask you this, how did your assignment go from my last episode?

Did you go and use that concept of push and pull on at least 10 people? If you haven't, then don't watch this video until you do! Because I'm also going to give you an assignment at the end of this episode, and I don't want you to have double homework!

Right? You don't want too much homework, do you?!

Alright, so today I'm going to show you a few attraction pebbles revolving around this idea of demonstrating higher value. Demonstrating higher value.

This is really important. This is critical. If you want to attract men, and in fact, attract people to you, you want to demonstrate higher value.

Here's the truth, it may not sound so elegant, but it's the truth and I'm not going to sugar coat it for you.

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The truth is, we all live social hierarchies. Let me say that again... we all live social hierarchies. There's always people who are high value high status, and there are always people who are low value low status.

It's just the way it is! I know you may not like it, but you have to deal with it. It's like gravity, you know, you may not like it, you may not agree with it, but the moment you step off a cliff, you'll feel it.

You see, sometimes we feel like we should be equal and share the love and what not, that's great, and it's very noble... but we can't ignore the facts.

Every single animal that lives in social groups have to deal with hierarchy.

Think of a pride of lions, or a pack of wolves or a troop of monkeys... there's always hierarchy. It's not bad, in fact, it's the hierarchy that helps the animals hunt and work together and achieve more than what they could do alone.

And same with us humans.

There's always a hierarchy.

Think about it... who's Brad Pitt? Or who's the president? Who are the popular celebrities? You know who these people are, but you probably have never met them in person, right?!

We know them because of this hierarchy that we always live in.

This is the reason why we love celebrities, I mean LOVE! Think about it, we love to read and gossip about what celebrities eat for lunch! That's crazy, but that's what we do as a society.

We all have an obsession with celebrities' lives, because we are built to follow high value high status people.

We are all magnetically attracted to people of high value. And with the same token, we are all repelled, to some extent, by people of low value.

Now that doesn't mean we have to always operate from that place, but all of us have that inside of us. That's what I want you to understand.

So your job in dating and attraction is to show up as that high value high status woman, and the Attraction Pebbles I'm going to teach you today is going to help with that.

You see, here's the thing, when we meet someone new, usually we take a period of time to suss them out, and they do the same to us.

We try to figure out who they are as an individual, and how much intrinsic value they have as a person and vice versa. And that also always happens when you're dating someone.

You literally have to show great value for the other person to feel an emotional attraction to you. I mean, let me ask you this... have you ever met someone or dated someone who you thought was ok at first, but as time went on, their perceived value decreased every time you saw them?

I mean, what happened? You lost attraction for them, or you stopped liking them, maybe even as a friend. This idea of value is crucial for you to understand, especially in dating.

Now, you're probably wondering what is value?!

Well, value means different things to different people. And Value in dating means different things for different men. However, there are some universal categories of value.

Now, your value as a woman can be broken down into 3 different categories. There is vitality as reproductive value. There's your health and reproductive value, there is your social value, and then there is your spiritual value.

I'm not going to delve too deeply into these particular categories, as we cover that in our other programs. But the biggest take away point here is that you have to show up as that high value, high status woman.

The person, the individual who has so much intrinsic value, that it is impossible not to see it and feel it.

And when you do show up as a high value high status woman, what that indirectly communicates in dating, is that hey, I am valuable, I know I am valuable, my time and my attention is valuable.

So what tends to happen is that the other person feels like they have a lot of value to give as well, and that they are highly esteemed, then they'll come forward. They'll become more attracted to you, and they will try and show their value to you. However, if the other person doesn't feel like they are a high value individual, then what tends to happen is that they shy away, they'll pull back.

And one of the benefits of this is that the people out there, the men out there, who are just looking to take advantage of women, they will naturally shy away from high value high status women, because they know that they can't take advantage of those women.

So let me, right now, give you a couple of attraction pebbles, examples that you could use today would help you demonstrate higher value.

Now, Here's an easy one... "Hey high five... too slow".

Now, as what you can imagine, you gotta do that quickly before they get to high five you. The whole point is to make them miss.

This is something we normally do to kids, right? It's fun, it's playful. But, when it comes to dating, it's the same energy that we want to put forth. That playful

flirtatious energy. So it's very useful to use these kinds of gestures when it comes to flirting and dating.

This is useful when someone has achieved something small, but good.

That's when we high five, right? But instead, as a playful gesture, you pull your hand down and you're like... "Ah too bad, you missed!"

And by the way, when you do this, the other person may feel disappointed and feel slightly rejected by you, which is actually a very good thing. But to make it better, I usually say, "Hey I'm just kidding, high five!" And I follow through with the high five.

Remember the point here is to demonstrate high value. And if you do it playfully, it won't look like you're a terrible person.

The whole point here is to tease and be playful.

Here's another one.

If someone is trying something out for the first time, or a bit nervous about a deadline... you can give this one...

"Go ahead... try it. How could you lose with me as a friend?"

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I once had a hairdresser as a client of mine, and I taught her about these higher value pebbles, and after a couple of weeks, she came back to me all excited because she came up with her own versions.

She was cutting the hair of a man she was interested in and she was flirting with, and she goes... "Wow, you're so nice I'm going to charge you double!"

I was like that's fantastic! That's exactly what I was talking about. See, not only was she able to inadvertently demonstrate her value in that one sentence, but also, she did it playfully when she incorporated some push and pull.

Do you see how this works?

You see, once you get into the flow of how this all feels, you'll be able to create your own on the spot. And it's going to be completely natural because it came from a spontaneous moment of you being you.

So here's your assignment. I want you to either take one of mine or come up with your own attraction pebble and do it to at least 5 people in the next week.

You're very welcome to steal mine so you don't have to come up with your own. But make sure you go out and get some practice at this!

It takes practice to get good at it. Do it to someone right now, or at least practice it to yourself. Say it out loud. I promise, it will help.

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In the next episode, I'm going to teach you the antidote to being needy. This is the holy grail for you, if you've ever felt a little too needy and that neediness has pushed your man away. So stay tuned for the next episode, it will blow your mind.

By the way, are you enjoying these attraction pebbles? I hope you are, because they work! And once you master this art of throwing attraction pebbles, I can promise you, you'll never be boring.

No one will ever see you as boring! Ever.

Alright, so wrapping up this episode of attraction pebbles, I want to leave you with one last thing, and this is fantastic if you're in a bar or a club or any social environment.

Just pretend for a moment that a man has put his arm on you. "Hey hey, hands off the merchandise. That will be \$30 dollars please. Oh you did it again. That's another \$30. You must be rich. How are you going to afford all this?"

Alright, remember keep it fun.

I hope you make good use of these attraction pebbles. I'll catch you again in the next episode of Attraction Pebbles.