

Reading Time: 4 minutes

## **Pacing and Leading the Subconscious - Guiding Her Emotions and Thoughts**

Pacing and leading is one of the most effective techniques for influencing someone on a subconscious level. By matching her emotional and mental state, you create a sense of alignment that makes her feel understood. Once you've established this connection, you can gently "lead" her into different emotional states or perspectives, guiding her thoughts and feelings in a way that feels natural.

In this lesson, we'll cover how to pace and lead her subconscious mind, creating a seamless flow in conversation that deepens connection and builds rapport.

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### **1. The Power of Pacing and Leading in Building Connection**

At its core, pacing and leading involve two steps: first, matching her current state (pacing), and then gradually guiding her into a new state (leading). This technique is powerful because it uses her current emotions as a foundation, allowing you to build trust and gently direct her into deeper states of connection.

#### **Pacing: Aligning with Her Current State**

Pacing is all about matching her energy, emotions, or verbal patterns to make her feel understood and comfortable. By mirroring her words, tone, or body language, you create a sense of harmony that makes her feel at ease.

#### **Leading: Guiding Her to New Emotional States**

Once she feels aligned with you, you can gradually lead her into new thoughts or emotions. By introducing subtle changes in your language, tone, or body language, you guide her into a deeper connection with you without her even realizing it.

#### **Example:**

"It sounds like you've had a long day, and you just want to relax now. (pacing)  
Maybe it would feel nice to let go and just enjoy the moment. (leading)"

By first acknowledging her desire to relax and then suggesting the action of letting go, you guide her subtly into a relaxed and receptive state.

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## **2. Techniques for Effective Pacing**

To master pacing, pay attention to her words, tone, body language, and even breathing rhythm. By mirroring these aspects, you build a connection that feels both genuine and intuitive.

### **Matching Tone and Speed of Speech**

If she's speaking softly and slowly, reflect that back. If she's animated and enthusiastic, increase your energy to match her level. This makes her feel you're in tune with her mood.

#### **Example:**

If she's speaking slowly about her day, you might say, "It sounds like it was a lot to handle... sometimes things just need time to process."

### **Mirroring Body Language and Gestures**

Notice if she leans forward, crosses her arms, or uses specific hand gestures. Subtly adopting similar movements reinforces the feeling that you're both on the same page.

#### **Example:**

If she crosses her legs and leans back, try mirroring that posture. She'll subconsciously notice the alignment, which increases her comfort with you.

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## **3. Shifting into Leading - Taking Her on an Emotional Journey**

Once you've matched her current state, you can begin to lead her gently. The key is to

introduce slight changes in language, tone, or gesture, guiding her toward the state you want her to feel.

### **Examples of Leading Statements**

- **For Deepening Trust:** “I know trust takes time, but sometimes, you just feel it naturally.”
- **For Building Excitement:** “Isn’t it amazing how some conversations can make you feel so alive?”
- **For Relaxation:** “There’s something about this place that just makes it easy to relax and enjoy.”

### **Example:**

“You seem relaxed and comfortable here. (pacing) And I imagine it feels good to be around someone who truly listens.” (leading)

This smoothly transitions from aligning with her mood to suggesting a feeling of being understood and valued.

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## **4. Using Embedded Commands to Reinforce Leading**

Embedded commands are subtle suggestions hidden within your language that encourage her to follow your lead. When you place commands in a relaxed, conversational tone, they bypass her conscious mind and are more likely to take hold subconsciously.

### **Examples of Embedded Commands in Leading**

- **To Encourage Openness:** “When people feel relaxed, they naturally want to open up.”
- **To Build Attraction:** “Some connections just feel right, and they make you want to get closer.”
- **To Inspire Curiosity:** “It’s only natural to want to explore something that feels exciting.”

### **Example:**

“You’re feeling at ease now (pacing), and when people feel this comfortable, they naturally want to share more.” (leading with embedded command)

This creates a subtle nudge for her to open up, making it feel like her own choice.

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## 5. Creating Smooth Transitions with Incremental Leading

The art of leading lies in gradual progression. Instead of rushing into deeper emotions, lead her incrementally by introducing small shifts in tone, language, or physical gestures. This keeps the flow smooth and makes each step feel natural.

### Incremental Steps for Leading

- **From Relaxation to Curiosity:** Start by creating a calm environment, then introduce elements that spark curiosity.
- **From Laughter to Affection:** Begin by sharing lighthearted stories, then transition into moments of shared vulnerability.
- **From Thoughtfulness to Attraction:** Begin with deep, meaningful questions, then lead into flirtatious comments.

### Example:

“This place has a relaxing vibe, doesn’t it? (pacing) It’s almost as if it invites you to explore new thoughts and ideas.” (leading)

Here, you start with relaxation and introduce curiosity, encouraging her to open up to new experiences.

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## 6. Practical Tips for Pacing and Leading

Mastering pacing and leading takes practice, so here are a few practical tips to help you refine this technique in a natural way.

## **Observe and Adjust**

Always watch for feedback. If she seems comfortable and engaged, continue leading. If she seems hesitant or uncomfortable, ease up and return to pacing.

## **Keep It Subtle**

Leading should feel like a natural flow in the conversation. Don't overuse commands or force the direction—let it be a gentle, seamless shift.

## **Adapt to the Setting**

Consider the context. In a relaxed setting, a gentle tone works best; in a lively environment, a more energetic approach may be necessary.

## **Example of Adaptation:**

“It’s nice here, isn’t it? It feels like you can just unwind and be yourself. (pacing)  
I think places like this bring out the best in people.” (leading)

This statement adapts to a relaxed setting and subtly encourages her to be her authentic self.

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## **7. Troubleshooting Pacing and Leading**

If she resists the lead or if the pacing feels off, adjust by reestablishing alignment. Sometimes a gentle recalibration is all that’s needed to restore rapport.

### **Common Mistakes**

- **Leading Too Quickly:** Jumping from pacing to leading too abruptly can feel forced. Instead, make the transition gradual.
- **Ignoring Her State:** Leading without aligning first can make you seem disconnected. Always start by matching her current mood or energy.

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## **Conclusion: Mastering the Subtle Art of Pacing and Leading**

Pacing and leading is about creating a rhythm in conversation that naturally flows from her current state to where you want her to go. By first aligning with her energy and then guiding her subtly, you can take her on an emotional journey that feels both seamless and genuine.

As you practice, you'll develop an intuitive sense for when to pace and when to lead, creating conversations that draw her in and deepen your connection. Each step becomes a shared experience, amplifying rapport and attraction in a way that feels effortless.