

Reading Time: 3 minutes

# Designing Covert Suggestions

## Embedding Commands in Conversation

Covert suggestions are the backbone of mind control language. They allow you to plant ideas, evoke emotions, and subtly guide someone's thoughts—all without their conscious awareness. By embedding commands into casual conversation and mastering techniques like pacing and leading, you can influence others in a way that feels natural and seamless.

Let's dive into how to design covert suggestions and use them to guide interactions toward your desired outcomes.

## Why Covert Suggestions Work

Covert suggestions work because they bypass the listener's critical mind, speaking directly to the subconscious. The subconscious processes information holistically, meaning it's more receptive to subtle cues, implied meanings, and emotionally charged language.

When you embed a suggestion within casual conversation, it doesn't feel like a command—it feels like an idea they've come up with themselves. This creates a sense of autonomy while still guiding them toward the outcome you want.

## The Core Components of Covert Suggestions

### 1. Embedding Commands

Embedded commands are phrases or words hidden within a larger sentence structure. They act as suggestions, delivered in a subtle yet effective manner. Example:

*"As we talk, you might start to feel more relaxed and open to new ideas."*

The command *"feel more relaxed and open to new ideas"* is embedded within the sentence, making it less likely to trigger resistance.

### 2. Using Tonality and Pauses

The way you say something can be just as important as the words themselves. When delivering an embedded command, use a slightly different tone or pause briefly before and after the command. Example:

*"You might notice how easy it is... to feel deeply connected in this moment."*

The pause draws attention to the command, amplifying its effect.

### 3. Pacing and Leading

This involves matching the listener's current state (pacing) and then gently guiding them toward the desired state (leading). Example:

*"I know you've been thinking about how to improve your connections, and as you explore these ideas, you'll find yourself naturally feeling more confident in your approach."*

## **Embedding Commands in Everyday Conversation**

To effectively embed commands, blend them into everyday speech so they feel like a natural part of the conversation. Here are some practical examples:

### **In a Social Setting**

*"You know, when people start feeling really comfortable around someone, they often find themselves opening up and enjoying the moment."*

Command: *"start feeling really comfortable," "find themselves opening up."*

### **In a Romantic Context**

*"It's interesting how, when two people really connect, they just feel drawn to each other without even trying."*

Command: *"really connect," "feel drawn to each other."*

### **In a Persuasive Situation**

*"As you consider your options, you might realize how this choice aligns perfectly with what you've been looking for."*

Command: *"realize how this choice aligns perfectly."*

## **The Role of Pacing and Leading**

Pacing involves matching the listener's current state, while leading guides them to a desired state. The key is to start with statements or observations they can agree with, building trust and rapport, before introducing your suggestion.

## Pacing and Leading Example

*"You've been thinking about improving your relationships, haven't you? It's natural to reflect on what matters most, and as you do, you'll start to notice the little things that make a big difference."*

Pacing: *"You've been thinking about improving your relationships, haven't you?"*

Leading: *"you'll start to notice the little things that make a big difference."*

## Exercise: Designing Your Own Covert Suggestions

### 1. Choose a Desired Outcome

Decide what you want the listener to think, feel, or do.

### 2. Craft Your Command

Embed the command within a larger sentence.

### 3. Incorporate Tonality and Pauses

Practice saying the command with a subtle change in tone or a slight pause.

### 4. Practice Pacing and Leading

Write a short script that starts by matching the listener's current state and gradually leads them toward the outcome.

## Practical Script Example

Imagine you're at a networking event, and you want to leave a lasting impression on someone. Here's how you might craft a covert suggestion:

*"It's fascinating how, when people truly connect, they can walk away from a conversation feeling inspired and energized, don't you think? And as you think about the opportunities ahead, you might notice how valuable it is to keep in touch with the right people."*

Commands: *"feeling inspired and energized," "keep in touch with the right people."*

## Key Takeaways

- **Blend Commands Naturally:** Embed them in casual conversation to avoid detection.
- **Use Tonality and Pauses:** Highlight the command subtly for subconscious absorption.
- **Combine Pacing and Leading:** Build trust first, then guide the listener toward your goal.

By mastering covert suggestions, you'll gain the ability to guide thoughts and emotions subtly yet effectively, making every interaction a step toward your desired outcomes.