

# **Welcome To “The Step By Step Action Guide”**



**Hello, my name is Cheetu and I am here to guide you through the complete feminization process as can be found in my “7 Steps of Feminization” package.**

**As you have probably gathered by the name the whole transformation process is covered in 7 easy steps.**

**There is though some important information that I need to tell you about this feminization package before we continue on to the steps.**

- The package has been designed around the use of audio files, which make use of two main methods. These methods are the gaze and breathing methods, which have inductions embedded within them.**
- The audio files have been designed to be used in a specific order, so if you are serious about feminization then it is highly recommended that the sequence is followed.**
- For the best results it is important that you focus your mind on being feminized with no other distractions.**

- It is vital that you can devote as much time as possible to listening to the audio files. The more time that you can devote the more likely it is that your subconscious mind will be able to take in everything contained in the inductions.
- The greater use you make of the audio files the better feminization results you are going to achieve.

The “7 Steps of Feminization” package has been set out in a simple session planner:

- **Learn To Relax**
- **Freedom from Fears and Blocks**
- **Desire of Feminization**
- **Feminization of Mind**
- **Feminization of Body**
- **Feminine Sexual Communication**
- **Eternal Sexual Feminization**

In this guide I am not going to provide you long and complex instructions on how to use the audio files, they are actually very straightforward to use.

I will though provide you with some of the key elements to successful self-hypnosis transformation.

I have brought these elements together over a period of 14 years; I have tried many processes that work and many that have failed.

You though do not need to search out the successful methods as I have made them the core elements of the “7 Steps of Feminization” package.

All of my experiences have been condensed in an organized system that I call the “**3 Keys of Transformation**”.

## **Key no.1**

### **Every Session Has To Be Activated**

All of the audio files are just that audio sound. To get the best out of them it is necessary to activate the sound. This activation is achieved by listening to the files time after time. It will become obvious when a session has become active.

## **Key no. 2**

### **Every Activated Session Has To Be Empowered**

After activation it is then vital that each session is empowered by your conscious mind. With proper preparation it is then possible for the sessions to penetrate into your subconscious mind. This empowerment can be done with the repetition of the words that can be found in each session. This can be done aloud or silently. You will soon find that you can feel the difference that the sessions will make on your body and mind.

## **Key no. 3**

### **Become the Session**

Once the first two keys have been understood and followed, you will start to see some ultra-transformations to your being. It is vital not to resist this transformation and you need to “become the session”.

Many people at this point will then want to sit in silence for several hours each day, just letting the sessions transform them. This is a perfectly acceptable approach and it is a very productive way to allow the session to work.

I do recommend that the correct sequence of session use is followed –

- 1. Learn to Relax**
- 2. Freedom from Fears and Blocks**
- 3. Desire of Feminization**

It is then necessary to choose one of the following four packs –

- **Feminization of Mind**
- **Body Feminization**
- **Feminine Sexual communication**
- **Eternal Sexual Feminization**

Again the recommended sequence should be followed.

Looking at the steps in detail –

### ***Step 1: Learn To Relax***

The first step to your feminization is made up of one audio file that allows the mind to cool and the body to relax.

This step is extremely simple to use and to allow for transformation it is necessary for you to be confident, relaxed and in a happy frame of mind.

This relaxation file though is best used in conjunction with the spiral that comes with the pack.

The spiral needs to be in your eye line at a distance of a couple of feet. The spiral can be either printed off or used on your computer screen.

Remember though is you are viewing the spiral on your computer screen then background lighting should be switched off to allow for complete concentration on the spiral.

Once you are comfortable then play the audio file and enjoy the first step on your path to feminization transformation.

***Timings:***

|                                       |         |
|---------------------------------------|---------|
| Minimum Number of Uses Each Day -     | 1 Time  |
| Recommended Number of Uses Each Day - | 3 Times |
| Minimum Number of Days Usage -        | 4 Days  |
| Recommended Number of Days Usage -    | 7 Days  |

***Step 2: Freedom from All Fears and Blocks***

It is of course necessary to fill your mind with positive thoughts, at the same time though it is necessary to rid your mind of all troublesome negative thoughts.

This audio file is designed to clear out all of the negative thoughts that are instilled by society, and are obstacles preventing you from achieving feminization.

Unless you clear out all of the negative thoughts, you will be unable to achieve your desired result.

**Step Goal** – To achieve freedom from all physical and mental blocks as put in place by society, and to create a harmony of fearlessness.

***Timings:***

|                                       |         |
|---------------------------------------|---------|
| Minimum Number of Uses Each Day -     | 1 Time  |
| Recommended Number of Uses Each Day - | 3 Times |
| Minimum Number of Days Usage -        | 4 Days  |
| Recommended Number of Days Usage -    | 7 Days  |

***Step 3: Desire of Feminization***

This next step of feminization will transform your initial wish to be feminized into an intense desire.

In terms of self-hypnosis there is actually a huge difference between a simple wish and a desire. A wish is something that you think about but put no effort into achieving your goal.

An intense desire though is something that you put your body and mind into your efforts to reach your goal.

The process involved is similar to that of the first step, and again involves listening to the audio file included in the pack.

This step though allows you to learn how to prepare your subconscious mind to accept the feminizing commands that come later in the sessions.

The audio file allows you to awaken the energy needed to transform your body, focusing all of your will-power on becoming feminized.

Once awoken, the desire will allow the rest of the transforming process to take place, as directed in the other audio files.

**Step Goal – To achieve an intense burning desire for feminization that cannot be stopped by any obstacle that may be placed in your path.**

***Timings:***

|                                       |         |
|---------------------------------------|---------|
| Minimum Number of Uses Each Day -     | 1 Time  |
| Recommended Number of Uses Each Day - | 3 Times |
| Minimum Number of Days Usage -        | 4 Days  |
| Recommended Number of Days Usage -    | 7 Days  |

***Step 4: Feminization of Mind***

This step is made up of a collection of 6 inductions, all of which are focused on feminizing both your attitude and also your inner self-image.

This is achieved through suggestions that have been designed to change your social life.

You will find that some suggestions may be the repetition of a single word, whilst some are sentences that are designed to be heard throughout the whole night.

**Feminization of the mind is a good place to start your feminization.**

***Timings:***

|  |                |
|--|----------------|
| <b>Minimum Number of Uses Each Day -</b>     | <b>2 Times</b> |
| <b>Recommended Number of Uses Each Day -</b> | <b>3 Times</b> |
| <b>Minimum Number of Days Usage -</b>        | <b>15 Days</b> |
| <b>Recommended Number of Days Usage -</b>    | <b>30 Days</b> |

**Sequence of Inductions:**

- 1. The Aura of feminization**
- 2. Feminizing your Being**
- 3. Feel Woman to Yourself**
- 4. Feminizing Hormones**
- 5. Feminine Confidence**
- 6. Feminine Attraction**

***Step 5: Feminization of Body***

**This step is compiled from five audio files, each designed to enhance your body, voice, hairs, skin and the size of your breasts.**

**You will find that this pack is very effective when it comes to results. Any of the included suggestions can be picked up and used for between 45 and 60 days, and you will see results.**

**As the weeks pass then you will add additional inductions to the session, to build up to an overall feminization of the body.**

***Timings:***

|  |                |
|--|----------------|
| <b>Minimum Number of Uses Each Day -</b>     | <b>2 Times</b> |
| <b>Recommended Number of Uses Each Day -</b> | <b>4 Times</b> |
| <b>Minimum Number of Days Usage -</b>        | <b>45 Days</b> |
| <b>Recommended Number of Days Usage -</b>    | <b>60 Days</b> |

## **Sequence of Inductions:**

- 1. Facial Feminization**
- 2. Feminine Body**
- 3. Breast Enlargement/Enhancement**
- 4. Feminine Voice**
- 5. Feminine Soft Skin**
- 6. Feminine Hair**

### ***Step 6: Feminine Sexual Communication***

**This pack is all about developing your ability to communicate using the universal languages of sex and seduction.**

**Within the pack you will find some inductions that focus on attraction, whilst others look at the improvement of your sexual performance.**

**There is a collection of 5 multi-session inductions that are very user friendly, split over morning sessions, night time sessions, all day sessions and whole night sessions.**

#### ***Timings:***

|  |                |
|--|----------------|
| <b>Minimum Number of Uses Each Day -</b>     | <b>2 Times</b> |
| <b>Recommended Number of Uses Each Day -</b> | <b>4 Times</b> |
| <b>Minimum Number of Days Usage -</b>        | <b>20 Days</b> |
| <b>Recommended Number of Days Usage -</b>    | <b>30 Days</b> |

## **Sequence of Inductions**

- 1. Sexual Hormones**
- 2. Enjoy Sexual Moments**
- 3. Power of Seduction**
- 4. Sexual Satisfaction**
- 5. Sexual Performance**

## ***Step 7: Eternal Sexual Feminization***

This final step is designed to feminize your sexual life.

This is done by looking at the core of your being, and solving any mental or physical problems that may be inhibiting your feminization.

The pack is made up 3 super powerful single word inductions that have been developed to help to activate the body's relevant senders of sexual health and pleasure.

### ***Timings:***

|                                       |         |
|---------------------------------------|---------|
| Minimum Number of Uses Each Day -     | 2 Times |
| Recommended Number of Uses Each Day - | 4 Times |
| Minimum Number of Days Usage -        | 15 Days |
| Recommended Number of Days Usage -    | 30 Days |

### **Sequence of Inductions:**

1. Eternal Orgasms
2. Sexual Arousal
3. Enjoy Orgasms

I wish you all the best with your feminizing transformation

Cheetu

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