

ButLifts Attraction Training

Increased Height, Confidence, Attraction, & Poise.

Part 1. The String Secret

Have someone read these lines to you.

- 1** Stand at a full-length mirror.
- 2** See your height.
- 3** Feel a String pull-up out the center of your head.
- 4** Pull it up your head, neck, shoulders, & pelvis.
- 5** See yourself rise taller by 2-3 inches.
- 6** Feel your head pull-up and lengthen your neck.
- 7** Feel your head tilt back, eyes and chin up.
- 8** Tighten your Abs & squeeze your Butt.
- 9** Feel lighter, taller, and thinner.
- 10** Feel your spine stretch longer and straighter.
- 11** Lift up and out of your pelvic bones.
- 12** Feel your string lift you even higher.
- 13** Now relax but stay tall.
- 14** Stay right there.

continued on back

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Part 2. The Poise Walk

Have someone read these lines to you.

- 1** Next, you will walk 30-40 feet in a straight line.
- 2** As you do, feel the String pull you up.
- 3** Walk as if you are on a narrow balance beam.
- 4** You will walk heal-toe, heal-toe.
- 5** Now walk like that in a straight line.
- 6** It's Ok to stumble. This is a new you being born.
- 7** The string pulls you up. On a beam. Heal-toe.
- 8** When at the end, turn and walk back like that.
- 9** Keep your eyes up as you stay tall.
- 10** Smile as you walk.
- 11** Feel proud of who you are. Chin up. Eyes up.
- 12** Feel good. Be confident. You are tall & poised.
- 13** At the end, relax. You did great. Clap.
- 14** Walk this way until your next Session.