



**THE SIMPLE  
PLAN - DO IT  
DAILY!**

The plan is very simple and yet, if you fully commit to it which I expect you to do, you'll quickly start to notice the changes as you start/continue this journey.

So daily I want you to do the following things:

## **1. Listen to ATLEAST one of my files daily and repetitively**

Without fail. Listen to my voice and files atleast once every day, more if you can. The more you listen, the deeper I'll sink and the more profound and quickly your transformation will happen.

## **2. Watch hardcore interracial porn daily**

Without fail. I want you watching whitebois/sissies etc getting fucked by big thick black alpha cocks every single day. A minimum of 30 minutes a day should be sufficient (more would be better).



### **3. Collared, Locked & Stuffed**

Make a point of wearing a collar, being locked in chastity and being stuffed by a big black cock (real or dildo) daily whilst you're watching porn. A kind of ritual for yourself.

### **4. Fill your social media feed**

Start a new account if you have to. I want your entire social media feed filled with beautiful strong black alpha men and for you to scroll through it daily liking, leaving comments and sharing to your own profile.

### **5. Recall your experiences from the audio files**

Take time to recall the experiences you had whilst listening to the files at random moments throughout the day. Take a deep breath, think back to how you felt and let that feeling be rereated in your system. Do this a few times every day.



## **6. Stay locked for increasingly longer periods of time**

If you aren't already, start experimenting with being caged/locked (chastity) and start to extend the amount of time you stay locked for. This will increase focus on your transformation, increase your willingness to serve to the best of your ability and help keep you hyper focused (along with my files) on the path.

6 simple things that I want you to do for me daily. No excuses.

