

## Introduction

Welcome to the Manifest Mr. Right Program. You have just taken a crucial step towards getting the love life you deserve.

Right now, you KNOW that you are destined to meet and spend the rest of your life with your true love.

You also know that your life isn't quite where you want it to be.

You can actually FEEL your mission calling you.

Because ... you WANT a life full of love, passion, joy and fulfillment, and ...

You know that you will NOT feel fulfilled without a love relationship that you truly deserve.

Maybe there's a little voice in your head right now, asking ... why are you not living the life you want already? Why are you not ALREADY experiencing the incredible life full of love you truly deserve?

Well, even if you don't realize it, there's a frightening truth behind your lack of success in your love life right now:

There is actually a tiny (but powerful) voice in your head that's holding you back.

A voice saying that you CAN'T achieve what you're looking for.

A voice saying you don't DESERVE a relationship full of love.

A voice you don't WANT to listen to ... a voice you might not even consciously realize IS THERE ...  
... But it IS.

What you need to know is simple: the messages this voice is giving you are not actually coming from your true higher self. They are actually a trained 'survival response' that comes from your upbringing, your environment, and the people by whom you're surrounded.

Humans are social creatures; it's only natural to 'pick up on' the emotions and beliefs of others.

And NOBODY is surrounded by positive people 100% of the time (which is why you need this book and program, to 'undo' the negative programming that's keeping you trapped right now!)

Let me give you a quick example of what this might look like for you ...

For instance, you may have grown up in a community or around people always saying that "true love doesn't exist" ...

Or maybe you've heard some of the expressions that often go along with these beliefs ...

Expressions like, "I wasn't born with a silver spoon in my mouth ... I don't know the right people ... I didn't go to an Ivy League college ... I'll never be as successful, rich, or happy as the people who were BORN to it!"

These sayings are common. And they usually accompany a life of LACK (particularly one where you see others seemingly doing LESS than you, but getting so much more.)

And so you learned to believe that these amazing things – success, money, abundance, true love, an incredible career - are things only 'other' people can have.

People who have the "right families." People who "know the right people." People who "went to the right schools/have the right skills/have so much money behind them that they almost literally CAN'T fail!"

What most people develop, instead of true aspirations for success and a bright future, aren't aspirations ...

They're expectations.

Expectations that getting anywhere you want in life will involve hard work, pain and sacrifice.

And ... here's the REALLY scary part ... oftentimes you don't even realize you HAVE these expectations. They're just planted silently inside your mind ... shaping your life ... and invisibly controlling your destiny from the inside.

And it is THESE beliefs that have led to choices and situations that have taken you off the one true path of your destiny.

Because when you are stuck in negative thought patterns, your own mind is actually working to make these thoughts become your reality – which is the exact opposite of what you want your reality to be!

What you need to know right now is that NONE OF THAT STUFF MATTERS ANY MORE.  
Starting right this second, you not only DESERVE true love, success, money, and happiness ...  
But you finally have the tools to make those dreams your REALITY.

And not some distant point in the future, either.

Not after a bunch of hard work, sweat and tears.

But starting this second RIGHT NOW ... and more quickly and easily than you could ever have imagined.

### **So First Things First ... Let's Do A "Mini-Reset" Right Now**

I want you to take a deep breath, and first of all, just honestly acknowledge wherever you're at right now as your starting place.

Just nod your head, and say ... "Okay. This is where I'm at right now."

IMPORTANT NOTE: "Accepting it" doesn't mean you have to LIKE it!

"Accepting it" doesn't mean you plan on staying where you are.

It simply means taking a good, honest look at where you are RIGHT NOW – where you are in your life, your relationship, your career, your finances – and just see what your current starting place IS.

Starting from an honest place of owning your reality is the first step towards creating a new, better, and ABUNDANT one, because it's the first step towards silencing that deadly little voice in your unconscious mind ... forever.

### **Here's What To Expect ...**

As you progress through this book, please bear in mind that the major growth and transformation you will be undergoing may feel uncomfortable to start with.

This is because in order to change your very thought patterns and make new connections, your brain has to literally "re-wire" itself, which can feel uncomfortable.

But this is actually a great thing – as it means that you are on your journey of self-discovery to becoming who you truly are!

So embrace these feelings of change and realize that any sensations of discomfort, fear, or “not-enough-ness” are NATURAL and TEMPORARY.

They’re not “rational.” They’re not based on REALITY. They’re merely a “detox symptom,” a sign that things are IMPROVING.

So if you start to experience those scary feelings of “this won’t work for me,” “I’ll always be stuck in scarcity,” “How am I ever going to meet my true love doing this ...”

... Then I want you to take a breath, RELAX your body, and think of those feelings as a kind of “internal cleaning house” (things always get messier before they get cleaner!)

**A note about how I describe men and women:**

One of the goals of this course is to help you to tap into your sensitivity, compassion, and curiosity, so that you can discover who you are, who your ideal partner is, and what you both need to be happy together. To that end, I attempt to describe the general differences between men and women, but please treat these as generalities and attempt to discover what makes you and your unique man harmonize and grow closer together.

Despite all of the differences between men and women, there are far more commonalities than there are differences. We all want to feel connected, loved, accepted, appreciated, supported, empowered, and fulfilled. And in this program, you’ll learn how to do that!

So! Enough chit-chat!

Are you ready to begin your journey?

The key to kickstarting your destiny to live the life of your dream with your man lies in your hands!

Read through the information below to find out exactly how the exercises in the book are going to help you to get your life on track in less than you can imagine.

And when you feel ready, get started with “Day 1” of your new life!

## How To Make This Book Work For You

- In this book, you will have FOUR short, focused exercises to complete EACH DAY.
- Each chapter also has exercises for you to do for that chapter.
- You can pick your own times; it doesn't matter 'when' in the day you do them, or "what day of the week" you do your weekly tasks.
- Just as long as you DO them, that's the main thing. Don't get bogged down in "knowing what to do" and not actually DOING IT. Analysis paralysis is a thing of the past, starting now!

## Daily Exercises

These daily exercises are designed to help you create healthy and long-lasting habits which will remove negative patterns from your life.

Is it the REPETITION and CONSISTENCY of these exercises that count. This will not feel hard (although amazing things will be happening on the inside!)

The reason this works to create INCREDIBLE effects is because your conscious mind feels nothing at all – instead, all the 'hard work' is done behind the scenes, done for you by your unconscious mind.

These exercises will help you shift your focus from your ex to yourself.

You'll prioritize your time to do things that make YOU happy and contribute to YOUR development as a person.

Staying focused on your personal dreams and goals will help you build your identity and consequently, you'll attract the right person you need in your life.

You attract what you give off, and you don't want a stressful, conflicted relationship. So, don't be that stressed out, anxious person searching for someone to make you feel secure.

You can't force love, and you can't make things happen until you truly let go. Let go with your mind and heart. Focus on what makes you happy now and learn to embrace who you are, and then the love of your life, the person who is right for you, will come into your life in less time than you can imagine.

## **Daily Exercise 1: Listen to the Romance Audio track**

Your Program includes the romance audio track.

This audio tracks contain AFFIRMATIONS which send powerful messages to your brain about your ability to accomplish your goals in your love life. You can listen to this recording, or any other affirmations that speak to you.

Focusing on listening to the romance audio track for just 5 minutes each day over the next three weeks will have powerful effects for imprinting these messages onto your brain.

The longer you continue to listen to your romance audio track, the more your mind will work to make these affirmations match your reality (you will literally re-program your mind to do this).

You will find that because of this, you'll begin attracting more attention from men.

Try to keep up the great habit of listening to this track each day until you have done this for a total of 60-90 days.

Then your subconscious mind will be now doing all the work for you to attract the relationship you want into your life!

Choose a time and place where you have no distractions to listen to this track each day. It is best to do this at the same time each day, as this helps you to develop a routine.

Note: For optimal effects, you need to listen to the audio track through headphones (you can listen to the track on your computer or load it onto your music-playing device).

## **Daily Exercise 2: Practice Gratefulness**

Your second daily exercise is designed to help you to recognize all the things you have to be grateful for in your life.

Unfortunately, all too often we pay attention to the negatives in life.

We allow self-limiting thoughts to run rampant in our minds, such as; "I'm not good enough, pretty enough, young enough, or If this relationship doesn't work, I will never have love again."

These thoughts are currently HOLDING you back from accessing all of the success, abundance and joy that your true destiny promises.

But the great thing is that you can start to break this pattern of negative thinking by getting into the habit of recognizing things that you are GRATEFUL for in your life each and every day.

As a result, you will find that you naturally start to pay more attention to the positive things happening around you in your daily life.

Your assignment each day is to write down three things that you genuinely feel grateful for.

If you have caught yourself thinking negatively about something during the day, try to use this exercise to counteract these thoughts by writing down at least one thing you are grateful for in regards to that particular situation.

If you want to, you can also note down one form of positive action you could take in regard to the negative situation you were thinking of. This will get you in the habit of taking action to better your life rather than dwelling on the negatives.

Over time, you will find that focusing on the great things you have in your life will cause a shift in your thought patterns, leading to more positive emotions and a brighter outlook.

### **Daily Exercise 3: Meditation or Visualization**

Your third exercise is to practice meditation for a short amount of time each day.

Meditation is a proven technique that helps you to clear your mind, connect to your soul, relieve stress and clarify where you wish to go.

By getting in touch with your soul, you will naturally tune into living your best and most authentic life.

Through daily meditation practice, you will find that you start to develop more of an awareness of your spiritual self and the things that bring you meaning in life.

Your daily struggles will be put into perspective and you will be astounded to discover the clarity and ease of which answers will come to you.

Meditation can take some time to adjust to, so be patient with yourself and commit to practicing it for just a few minutes every day.

If you haven't tried meditation before, don't worry - it will get easier with time. Here is a simple way to start:

Use the Accelerator Audio for this exercise and spend 5 or 10 minutes a day alone in a quiet place, without any distractions (free of the thoughts, comments and influences of others).

Sit in a position that feels natural and comfortable for you. Close your eyes and take several deep breaths while listening to the Accelerator Audio.

Once your mind is clear, ask yourself any questions that you want answers for. Sit still and listen to the messages and answers that you receive.

Often, you will find that the answers to your problems lie WITHIN yourself.

If meditation doesn't work for you OR if you prefer, you can substitute it with the visualization practice at the end of Chapter 1. [Extra Credit: do both!]

## **Daily Exercise 4: Fun Self-Nurturance Activity!**

Self-love is a critical element to achieve success in your love life. Therefore, your final daily exercise is to do an activity which is purely for the purpose of self-nurturance. You'll find a sample list below.

This exercise should be something that you look forward to each day!

A regular practice of self-nurturing activities will help to increase your self-awareness, get you in touch with your spiritual self and boost feelings of self-worth, love and accomplishment.

Choose one self-nurturing activity to do each day from the list provided below (there is also an option for creating your own). Spend at least 10 minutes doing your chosen activity each day.

Try to mix these activities up each day to make sure you are meeting all of your needs - taking care of your body, stimulating your mind, nurturing your emotional side and tending to the needs of your spirit.



After each activity, reflect on your thoughts, feelings and experiences during this time in the space provided in your workbooks.

- Move your body in a way that feels good to you: Dance, bike, Yoga, jump on a trampoline, or touch yourself in a pleasurable way.
- Massage, gardening, cooking (if you enjoy it), sipping and afternoon tea, spending time in nature
- Fill your home with pleasant things like flowers, aromatherapy, candles, plush fabrics
- Listen to soothing music
- Start a mindfulness practice of noticing thoughts and feelings, breathing, and witnessing sensations and emotions as they pass through you
- Feel emotions deeply as sensations and don't believe the thoughts, just feel the feelings. [More on that in the "Emotional Alchemy" chapter]
- Look at beautiful art: at a museum, online, in a bookstore, etc.
- Take out paper and colored pencils and draw your feelings, even if you're not sure what they are.
- Receive affection from girlfriends and pets
- Write down a list of 20 things you're grateful for as a daily practice
- Go out to dinner with girlfriends
- Take yourself on a date: visit someplace fun, beautiful, enjoyable and take in all the scenery, smells, and really be present to all the sensations you experience.
- If you feel angry, find a private place and hit pillows and express the anger to the pillow, and then allow yourself to be angry at yourself for not taking better care of yourself, and ask how you can take better care of yourself, and take action.
- Volunteer for a charity
- Learn to play an instrument, game, or new sport
- Write a blog to help others do something that you do really well
- Read a great novel
- Take a class in something that interests you

- Join or start a community of supportive women

Once you meet a great man, if you're putting all your eggs in your man's basket to please you, that'll feel like too much pressure for him to please you all the time, and it'll actually push him away. So it's important to get into a habit of making yourself happy, and then what your man gives you will be sweet icing on your delicious cake. Then you can have your cake and eat it too :)

I look forward to starting our journey in chapter 1! Let's begin!

## Chapter 1: Your Vision of Love

I'm sure you've heard it's important to make a list of the qualities you want in a man (and we'll do that later), but I find that what's most important is sharing your most important values, having a compatible life vision, and feeling "gotten", cherished, loved, and empowered to be who you most want to be in life.

### What Are Values?

Values are what make life meaningful to you; they guide your decisions and actions; They're our internal compass. Examples of values are honesty, creativity, freedom, security, family, love, or service to others.

The more you embody your most important values, and the more you connect to the source of love (which we'll learn in the next chapter) the more you'll recognize when you meet a partner with compatible values who will honor who you are and treat you with kindness. This is more important than shared interests.

Before you set out to meet more men, it's also important that you clarify your romantic goals. Do you want dating to culminate in marriage? Family? Life partnership? Traveling around the world? And in what timeframe? 6 months? 1 year? 2 years?

It's important that you clarify this at the outset so you can get curious in the beginning of your relationship with a man if he shares the same goals. Many women are afraid of scaring men away by saying what they want, but if you say it in an open, curious, collaborative way, like "Hey Ted, I'm curious, do you believe in love that lasts forever?" then it will inspire the right man. If he gets scared away, he wasn't looking for the same thing and it opens up your time to meet someone who wants the same things you want.

### First let's activate your values.

People usually fight because they have different values. For example if a couple is fighting about money, the surface conversation is about how much to spend and how much to save. When fighting about money, people usually stay on the surface, and decide that the other person is immature, or rigid. But if we go underneath the surface to what is most deeply meaningful to each of them, we'll see their values. The spender may value spontaneity, fun, beauty, and freedom; while the saver may value security, efficiency, or leaving a legacy.

Values don't inherently conflict. For example, there's a way to have a life full of both fun AND efficiency, couldn't there be? So if both people can develop compassion and understanding for each other's values, they can create a solution that honors both of them.

So let's do an exercise where we discover your top values to you as an individual, and the top values you want to share with your life partner. So turn to the list of values on the next page, and ask yourself the following questions:

**Question #1:** Choose the **top 10 values that stand out for you**. You can ask yourself the question: "Who do I want to be, as a person, to feel satisfied with my life, no matter what my circumstances are?"

After you choose 10 values, narrow it down to the top 5, and for each of those 5, write a sentence or two describing what each value means to you. That means, "What does it look or feel like when you're experiencing or expressing this value?"

For example: the value of Respect: I know I'm respecting others when I listen to their point of view and take their needs into account as well as mine. I know I'm being respected when someone listens to my point of view. I know I'm respecting myself when I stand up for my point of view instead of going along with what other people want for me.

**Question #2:** Choose the **top 10 values that are most important for you to share with your life partner**. Your shared values don't need to be the same as your personal values. And then narrow those down to 5, and Write a sentence or two describing what each value means to you and how you know you're expressing or experiencing it.

# List of Values

|                           |                       |                        |
|---------------------------|-----------------------|------------------------|
| Acceptance                | Forgiveness           | Predictability         |
| Accomplishment            | Freedom               | Pride                  |
| Acquisition               | Friendship            | Prosperity/Wealth      |
| Adventure                 | Frugality             | Purpose                |
| Aesthetics/Beauty         | Fun                   | Quietness              |
| Affiliation               | Generosity            | Recognition            |
| Authenticity              | Global Responsibility | Relationship           |
| Authority                 | Gratification         | Religious faith        |
| Autonomy                  | Happiness             | Respect                |
| Balance                   | Harmony               | Responsibility         |
| Challenge                 | Health/Fitness        | Risk-taking            |
| Commitment                | Helping               | Security               |
| Communication             | Home                  | Self-Awareness         |
| Community                 | Honesty               | Self-Awareness/Insight |
| Companionship             | Humility              | Self-Care              |
| Compassion                | Humor                 | Self-discipline        |
| Competence                | Idealism              | Self-esteem            |
| Competition               | Influence             | Self-sufficiency       |
| Conformity                | Independence          | Service to others      |
| Connection                | Integrity             | Sex                    |
| Conservation              | Intimacy              | Social status          |
| Contentment               | Joy                   | Socialization          |
| Contribution              | Justice               | Space                  |
| Control/Power             | Kindness              | Spirituality           |
| Cooperation               | Leadership            | Spontaneity            |
| Creativity                | Learning              | Stability              |
| Cultural heritage         | Listening             | Structure              |
| Curiosity                 | Love                  | Supportability         |
| Dependability/Reliability | Loyalty               | Survival               |
| Diversity/Differences     | Meaning               | Teaching               |
| Duty                      | Moderation            | Team Work              |
| Education                 | Mutuality/Reciprocity | Time Freedom           |
| Elegance/Grace            | Nature                | Tolerance              |
| Emotional Awareness       | Nurturing             | Tradition              |
| Emotional Expression      | Nutrition             | Trust                  |
| Equity/Fairness           | Obligation            | Truth                  |
| Ethics/Morality           | Parenting             | Variety                |
| Excitement                | Passion               | Wholeness              |
| Exploring                 | Peace                 | Wisdom                 |
| Faith                     | Perfection            | Wonder                 |
| Family                    | Personal growth       | Work                   |
| Financial security        | Play                  |                        |
| Flexibility               | Pleasure              |                        |

## **Vision of Love**

### **Why create a vision?**

Well, if you don't know why you're wanting relationship on a deep level, what's going to motivate you to live by your values when he doesn't call, or when he does something that upsets you? Because if you're relying on willpower alone to make changes, you and I both know that only lasts for so long, does it not?

You know what happens when you have fitness or weight loss goals and maybe you can motivate yourself for a few weeks, but unless you have a higher motivation, it's not going to be enough to get you out of bed at 6am. If your commitment is just cause you "should" do it, then you're just relying on willpower, which is an exhaustible resource, is it not?

The people who stick to a consistent fitness regimen are committed to something greater, a higher vision for themselves and their life. Perhaps it's to feel that they're a radiant picture of health and wellness. Perhaps it's to feel energized as they run after their children. Perhaps it's to feel slim enough to wear all the latest fashions that make them feel amazing.

So I invite you to consider, what is the higher vision and purpose for your relationship, or the relationship you want to create? Because when you know that, then it's easier for you to make inspired changes instead of relying on willpower to the commitments society asks us to make. Like, till death do us part, or our obligations as a husband or as a wife. Consider, how inspiring and motivating are those?

So let's create a vision of love that motivates you and inspires you to live into it! And when your future partner, it will motivate and inspire the right man for you!

## **Vision of Love Assignment**

**Answer the following questions in the present tense, as if they are already happening:**

1) How do you and your partner demonstrate your shared values together? What does that look like and how does that feel?

2) What lifestyle do you enjoy together that really lights you up? Where do you live? How does it look and feel?

3) What is the role of work and career for you and for him?

4) What is your vision for family?

5) What are all the things you do for fun together?

6) Describe a perfect day with your partner, where you feel loved, cherished, and adored. When and how do you wake up, how do you feel, what do you do and say throughout the day, what shared activities do you love to do together, and how do you go to sleep together? How does this feel to go through this day? Really flesh it out. [write in a journal if you need more space]

7) What are you creating together that contributes to your community and to our world? Some examples would be family, community service, or something you create together that serves the world.

8) How do you handle conflict and hardships together? What do you do and say that inspires deeper connection when your needs aren't getting met? How does he respond?

9) Do you want your love affair to culminate in marriage? Cohabitation? Kids or no kids? How long do you want to date before getting engaged, if that's what you want? The clearer you are, the more you'll be able to speak about it in an inspiring way, as we'll explore later.

## **Visualization Practice: Connecting to Your Higher Self**

Having these values and vision are great, and what will you do when your partner doesn't live up to them? Think about it for a moment, if your partner is slacking off, and you criticize them, you're sinking down to their level. And no one's practicing the values game, so where are you then?

So it's up to you to be the torchbearer, and lead by example. Values work, but it does take work to show up and live them, for yourself, not just for the relationship. Because if you're living true to your values, how would that impact your other relationships? How would that impact your performance at work? How would that impact your self esteem?

So I want to introduce you to a simple visualization practice that will condition you to act in alignment with your values. I want you to do this visualization practice any time you feel less than inspired about men and dating. (Or you can do it instead of your meditation practice, on a daily basis)

This practice will help you to act in a way that's in alignment with your deepest values. You'll be able to go through your day feeling empowered and inspired. You'll be able to respond with ease, with your dates, family, friends and colleagues, get triggered less often, and become more productive because you're focusing your energy on creating instead of reacting.

What this practice does is help you see and feel who you want to be.

Many studies have shown the effectiveness of visualization, or what's called mental rehearsal. In the most famous one, conducted by Dr. Blaslotto at the University of Chicago, basketball



players were split into three groups and tested on how many free throws they could make. The first group practiced free throws every day for an hour. The second group just **visualized** themselves making free throws. The third group did nothing. After 30 days, he tested them again.

The first group improved by 24%. **The second group improved by 23% without touching a basketball!** The third group did not improve which was expected. This shows the power of daily practice in visualization! So imagine what will happen if you do this kind of visualization around how you want to be?

The way they did it was not just seeing the ball go into the net, but really putting themselves there in their mind's eye: feeling the ball as it launches out of their hands, hearing the *swoosh* of the net.

**So that's what we're going to do For at least a minute, preferably in the morning:**

Find a comfortable seat, and gently close your eyes. Think of one of your values that you want to really live in your life, and bring that to mind.....And I want you to Take a deep breath in, ...and out...there you go, and (breathe in, ), take your value, (breathe out, ) and I want you to imagine you were reading a birthday card aloud to a loved with, with a deep wish for their life, sort of like what you would do for a child, and go ahead and read it to yourself, hear your words in your mind's ear.

And as you hear how beautiful your shared value truly is, you'll find it's natural next to **imagine your day ahead**, and you might **imagine a key moment in your day where** it is most important for you to **live this value**. So, Notice Where do you **find yourself**? What are you doing? Feel free to visualize your life with your future partner, and notice what it feels like to feel love and feel loved, while expressing your true self. Now you can let your attention settling upon How is it that you know you're expressing this value that's so important to you? I mean, How does it feel to be living true to your values? What emotions are you feeling here, now, as you **just visualize living this value**? And if it feels right you could ask yourself where is it in your body that you do **feel these positive emotions**? **Do** you feel them in your chest? Your belly? Use your awareness to sense if it is an expansion, a lightness, a warmth, or some other sensation? And it's good to become aware of how good that feels, is it not?

And now, could you imagine a difficult moment or conversation and what it would be like to express your highest value in response? What does that challenge look like and feel like when you **do something far more resourceful this time**, when you **express your highest value**? What do you say and do? How might the other person respond? How do you feel in your body? And now, What's one word, image, or symbol that sums up that experience for you? When it

feels right, you can open your eyes and return to the room. You can carry that with you throughout the day.

**I call this practice “Connecting to Your Higher Self” because your values lived are your best self. Later when we do a practice to transform challenging emotions, we’ll use this visualization. So it’s important to do this visualization regularly to get yourself grounded in your higher self.**

Now that you’re clear about your values and vision, we’ll discover and reprogram your blocks to living your vision, so you can be a magnet who attracts your ideal partner to you!

## **Chapter 2: How to Feel Unconditionally Loved, With or Without a Man**

In this chapter, we'll have an experience of love, and reprogram some of our core blocks to feeling it. Because once we experience love within ourselves, men can feel it, and feel magnetically attracted to our heart, not just our body. If we think we need a man in order to feel love, he'll experience that as needy and feel pushed away.

### **So what is Love, anyways?**

We spend so much time chasing after it, longing for it, and being upset when we don't get it, and we say things like "I love my mother," and "I love chocolate ice cream." So what is love, anyway?

We think we've experienced it in the exhilaration of falling in love and having it slip through our fingers. So how do we feel love again?

Our culture thinks love is an emotion, the emotion of infatuation.

Tigore Bengali, a mystic, said "Love is not in your sentiment. Love is the heart of existence itself."

What does that mean? It's about getting out of our ideas about the way things should be and listening with our heart. You can't experience love in your thoughts; you have to experience it the way you experience a gourmet meal or take in the beauty of a sunset. It's an experience that's always available when we learn how to tap into it.

Some words that come close to describing the experience of love might be acceptance or compassion. Love is the absence of judgment; the absence of insisting that life has to be different in this moment.

The recognition that everything is perfect in this moment, INCLUDING our desire to change it. I'll say that again. Everything is perfect in this moment, INCLUDING our desire to change it.

Trusting that when we fully embrace things as they are, with acceptance, THAT'S how we access the intuition for how to change it harmoniously.

Knowing that what we resist persists, and it's only when we really embrace this moment and everything in it, that we can express our desire to change things with a loving attitude. And that

loving attitude is what makes our partner feel safe enough to listen to us, so we can find that win/win agreement.

I'll give you an example of saying the same statement with love and without love, so you understand the profundity of the difference it can make in your relationship.

Let's say I'm upset because I was speaking my opinion on an issue, and you blew me off and said, "I don't want to talk about it, and walked out of the room."

Once I've calmed down I can approach you with love and say, [Soft tone] "I feel hurt because I remember the times we've listened to each other's point of view and I want to feel heard and understood by you, and I miss that." And that invites you into a safe dialogue with me.

Or I can say it without love, [harsh tone] "I'm hurt because I remember the times we've listened to each other and I want to feel heard and understood by you, and you didn't do that."

You'll notice the demanding tone in my voice, the neediness, coming from a lack of trust that you want to listen to me so I have to show you how mad I am. And that pushes you away, makes you less likely to want to listen. It doesn't provide safety.

As you might imagine, connecting to love allows you to have safe conversations about charged issues without turning them into arguments.

So how do we do that?

When we're triggered we have tunnel vision around how our needs aren't getting met. So it's important to take a moment and expand our awareness. You can do that by taking a few deep breaths [You can take 2 right now] and sense the feeling your body. Noticing, first of all, the parts of you that feel good.

Right now, I'll lead you through a little guided exercise. You can listen to it in the MP3 guided meditation "Connecting to Love."

### **Connecting to Love Meditation**

Start taking deep breaths, in and out. You can notice the support of what you're sitting or standing on, notice the caress of your clothes on your skin. And affirm that you are safe in this moment, so you can relax into the safety that is here.

I invite you to notice what it feels like to realize that there are 75 trillion cells that make up your body, right now, that make you, uniquely you, that it took billions of years of evolution, atoms, molecules, generations of people coming together to create the being called you, all of these cells are working 24/7 in miraculous, mind blowing, unimaginable elegance and precision that are all working together to keep you alive, without you even having to think about it. Your heart beats, your breath goes in and out, your organs function in harmonious unity, millions of neurons firing in your brain and working together seamlessly to allow you to hear and understand these words that I'm speaking right now.

You can imagine looking out your window, and see the variety of the colors: green trees, blue sky, that are designed to enchant you. The trees were harmoniously designed to produce oxygen so that the air that you're breathing right now can support your life, and the air that you're breathing out right now feeds the plants, in a perfectly functioning symbiosis that supports all life on the planet.

You can imagine looking at a piece of fruit, like an apple. If you just wanted to get nutrients you could take a pill. But the apple is sensual, has a fragrance, you can bit into it and taste the juice, and you can realize that all of reality is designed to provide for us, that we do have our needs met, even if there are things that could be better; they're on top of an exquisite matrix of life that is supporting our existence in this moment. And the privilege of having our needs for food, clothing, and shelter met allows us the pleasure of creativity, productivity, wisdom, the time to do things like read or listen to this course, and discover your unique purpose that brings you joy and the ability to give and receive love.

Keep breathing in and out, and feel how the breath is caressing your lungs.

We can experiment with receiving love, just by our thoughts and the images we see in our minds, right now. Whatever your spiritual beliefs, whether you believe in a higher power, or you believe in science, I'd like you to imagine right now, some higher being who is giving you love. It can be a deity, like Jesus or Buddha or the great Fuzzy Wuzzy in the sky; it can be your grandmother, whether she's still alive or not, or it can be someone you know loves you: friend, family, or even an animal. And just notice what it feels like to take love in from this being. What sensations do you feel? Warmth? Light? Spaciousness? Where do you feel it in your body: your heart? Your face or chest? Notice how much love you can let yourself experience, as you take deep breaths in and out; you can open your arms and EXPAND your ability to FEEL love right now in this moment!

And then once you take in the beauty and splendor of being alive in this moment, you can feel the part of you that wants things to change, feel that in your body. Anger is usually a heat in your chest, face, and arms, Sadness is usually a sinking feeling in your face and chest. Fear is

usually a tension in your belly. Check in and notice what you are feeling. It's ok if you can't feel that; just imagine you're turning towards yourself with the compassion that you'd give to a friend in the same situation. If you have a friend going through what you're going through right now, Imagine you're sitting next to them, maybe holding their hand and saying, "I feel what you're going through. That's tough. I'm here to soothe and comfort you." Then say those words to yourself. "This is tough, I'm here to soothe and comfort myself." And notice how you're feeling in your body as you do this.

Take that feeling of love in for another few moments and then return to the room. Feel once again the pressure of what you're sitting on, and allow your breathing to become deep once again. And, when you're ready, gently open your eyes and return to the room.

This love is not an idea. It's not a dogma from a religion that says "God is love." It's a direct experience that you can feel in your body, right now. Just by letting go of our idea that we are right, and opening up to the love and compassion that is always available to experience in our hearts.

Here's a quote from David Deida: "If she can allow herself to relax into her despair without protecting her yearning and wounded Feminine Heart, the yearning itself will reveal her divine nature. If she can allow herself to be absolutely open, without trying to fill the "hole" in her heart with food, or talk, or intimate hopes, this dark hole will eventually widen to the size of the universe."-David Deida

Practice connecting to this space of love any time you need an energy boost, or any time your man is pulling away and you need to feel loved.

It's useful to journal your insights.

### **So if we're connected to this infinite love all the time, why don't we experience that?**

Many things block us from experiencing the love that is always there, and we'll spend the rest of this book identifying them and reprogramming your patterns so you can reconnect to the experience of love, even when you're upset.

One thing that blocks us from experiencing love is our unmet emotional needs, which is why it's important to meet those needs from other sources in our life, and not just depend on a man to

meet them. This way we are more connected to love at all times. We will explore how to do this later in this course, so then we can ask for what we want from a more inspiring place.

You know when you get really upset when a need isn't met, and you don't know why you're so upset? Usually that's because of needs that have been unmet since childhood, and next chapter we'll do a powerful process to uncover those, and a powerful practice to heal old wounds, both now and with your future partner. That's a powerful process that we'll delve into for the rest of the course.

Today we're going to talk about the second thing that blocks us from experiencing love, which is our beliefs ABOUT love, which we learned from our family, culture, and previous relationships. This week, we'll identify and shift these beliefs.

I'll list a few of the beliefs that we have about love that prevent us from experiencing love, and then you can write down your own, and we'll do a short process to revise those outdated programs so you can experience the fullness of love in your life!

### **Here are some beliefs people have about love:**

- I'm not worthy to receive that much love. I don't deserve it.
- If I love fully, I might be abandoned, rejected, or betrayed, which will hurt too much.
- Love must come from outside; from this special person; I can't feel it without them doing certain things.
- We confuse love with infatuation; with the honeymoon phase; the excitement and being swept off our feet
- Love demands too much of me or my time or resources, and therefore I shy away from it
- I must be perfect to receive love; I have to earn it
- Love is not meant for me because.... (All the good men are taken; all my past relationship failed; I'm damaged goods in some way...)

This is a small list; and we each have our own unique version of a limiting belief that blocks us from fully experiencing love at all times. So I invite you to ask: what is my barrier to love, rather than what's wrong with the other person?

I like the Rumi quote that says: “Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”

So take a moment to write down your limiting belief(s) about love. It's ok if you're not sure about them yet, because we'll keep illuminating this concept and practice of belief shifting, and it might become clearer as you hear more.

In this course you'll learn how to shift your thinking, so you can choose new beliefs and start to experience more love, joy, and happiness.

First, I'd like you to really understand how life is happening through us, not to us, through the filter of our beliefs.

In new age and spiritual circles, we hear that we are the creators of our experience, and that somehow we create our experience through our beliefs about how things are. Or we've heard of the law of attraction, where we attract a man who matches our beliefs about what we deserve. But for many of us, it occurs like there's a big computer in the sky that's sending us experiences that match our beliefs, as if by magic.

So let's take a look at how this actually occurs, HOW we generate our experience, so that we can have the tools to generate the experiences that we want!

One of the main purposes of childhood and young adulthood is to discover who we are and where we fit into the world, so we can adapt and survive. Our brains evolved for survival, not thriving, so we make meaning out of our experiences that tells us who we are, who others are, and what's possible for our lives.

Then we develop ways of relating to others that reinforce and create evidence that these beliefs are true. So it's a self-fulfilling prophecy, designed to keep us safe and to help us to survive. We feel safe when we feel that we know how things are, even if that knowing is a limiting belief about us that keeps us feeling small.

So how are we the source of our experience? We interpret what's happening to us, and then we *respond* based on those interpretations. We see evidence that our belief is true, and it's a self-fulfilling prophecy.

So for example, if your father was narcissistic, and he couldn't really see, mirror, or reflect your feelings, you're likely to make false meaning out of that. As children we have 2 choices: we can decide that our caretakers are inadequate or crazy, which is too scary because then you might die; or you can decide that there's something wrong with you, in which case you have the chance of fixing it one day.



So Maybe you'll decide "I'm not wanted." Or "My feelings don't matter" or "I can't have what I need." Take a moment to notice if that might be similar to your story, or if you had another version of not getting your needs met as a child, and you created a limiting belief about yourself as a result. You can write down what this might have been for you.

The thing is, when we relate with men from the belief that "I'm not wanted," WE TAKE ACTIONS BASED ON THIS BELIEF, THAT GENERATE EVIDENCE THAT THESE BELIEFS ARE TRUE. That's how it's a self-fulfilling prophecy.

So for example, if I believe I'm not wanted, then I might try to figure out who I need to be to get love from men; who they want me to be. I might do things for him to try to earn love, feeling anxious underneath. So of course I'm not being my authentic self for him to want; that's not attractive to a quality man, who wants to love a woman who is present and in touch with her inner joy.

He'll just smell my inauthenticity and then lose interest, and then I get more evidence of not being wanted. But I want to highlight here that it's how I showed up NOT showing him my true pleasure, my true feelings, that caused him to lose interest. So how I showed up inside this belief can generate evidence that the belief is true.

Another limiting belief that I see a lot of women have is "I'm invisible; no one cares about my feelings and needs." This usually developed from a parent's irritability for the child having needs, so the child learns to disappear herself. So inside of that belief, "I'm invisible," when the child grows into a woman, she doesn't actually tell other people what she wants or needs, so they can't mind read what her needs are.

Or when she does express her needs, because she holds resentment about people not caring, she expresses them in an angry or demanding way, so others are pushed away by it and the belief that "other's don't care" is reinforced. So she is generating the experience of being invisible; but of course, she doesn't realize that people would care about her needs if she expressed them from the belief that they do care.

A belief that kept occurring for me throughout my life was "I don't belong." So when I believed this, I would not really make an effort to get to know people; I would not ask them the deeper questions to find out what we had in common. I wouldn't open up with them about what I really cared about, what really lights me up, and I kept interactions pretty superficial, because I was afraid of them thinking I was weird and not accepting me.

But then I never got to be truly accepted for who I was on a deep level, because I didn't reveal my deeper feelings, insights, or wisdom. So I kept generating the experience that I don't belong.

When I was a young adult and I realized that I was the one who was responsible for creating belonging by opening up with people about what really matters to me and asking them deeper questions, I challenged this belief by creating a deeper truth: that I belong with some groups and not others.

The only way to know whom I belong with is to open up with others in a deep way and get to know them in a deep way, and by doing that I'll discover with whom I belong. When I took action from this deeper truth, I now enjoy a deep sense of belonging with those who are close to me.

## **How to shift these beliefs:**

The good news is, our beliefs dictate our experience UNTIL we become conscious of them. Once we're aware of them, we don't have to let them run our lives any more. It's like our brain is a computer running outdated programming, and it'll keep running until we update it.

Here's a short process you can do that involves shifting your thoughts to a new belief that updates the program, and lets you let love in!

## **Belief Shifting Process**

**1. Identify your limiting belief.** Do you feel unworthy or undeserving? Don't make yourself wrong for this. Instead, give yourself compassion that this was the only way you could make sense of yourself and the world growing up. It served you in keeping you safe, or belonging to your family, but now that you're an adult, you can reprogram your mind to take in a new belief.

**2. What are the consequences of believing this in your adult life?** How do you show up when you're believing this, that generates evidence that this belief is true? How does this limit the amount of love you feel? Acknowledging the consequences allows us to get past the discomfort of changing our habits of thinking and try on a new belief.

**3. What's a more empowering belief that you can try on for the next month that might allow you to experience more love?** Using all of the creativity, courage, strength, and wisdom that you have developed as an adult, what's another belief that you feel inspired to try on?

I'll give some examples and then you can write down your own.

### **Examples of deeper truths to counteract false beliefs:**

I don't belong: I am an integral part of All That Is, profoundly related to the Whole. Everyone and everything belongs to me and I to them.

I'm not safe: I can trust my intuition to know how to create safety for myself and others.

I'm not lovable: I am deeply loved by all of life. I deserve to receive the love that others are giving to me, as it brings them joy to love me.

Other people's needs are more important than mine: Everyone deserves to receive what they need to be joyful, and that allows us to be authentically generous to others. When I ask for and receive my needs and desires, my happiness is a gift to those around me.

I'm a burden: My feelings and needs not only benefit me, but others experience joy by contributing to me.

I'm not enough: My very being provides extraordinary value, and is a blessing to those around me.

Choose a new belief that you want to live into, and it's ok if it doesn't feel true yet. Research shows that it takes 30 days to change any habit, and beliefs are just habits, so this one will feel true at first. It's like breaking in a new pair of shoes that might feel kind of tight at first, but then when you wear them every day, they get comfortable. Same with new beliefs.

You can also try on saying to yourself, "I want to believe that I'm loveable." If that feels more palatable than just saying "I'm loveable." Write this new belief down as a positive sentence in the present tense, because we'll do a powerful practice around it in a few minutes.

**4. Visualize what actions you will take from this new belief.** You can ask yourself, for example: "If I believed that I am lovable, what would I do differently? How would I treat my partner? How would I carry myself? How would I take care of my body? How would I treat myself differently as I go through the day? The more you visualize yourself doing things differently, the more likely you are to take those actions. For the rest of this course I encourage you to do a daily visualization practice that only has to take a minute, and I'll lead you through that in a few minutes.

**5. Choose one new action that you'll take this week from this new belief.** Each new action you take will lead you to an experience that this new belief is true, and it will become more and more true in your experience. Will you commit to loving yourself by doing pleasurable activities like taking a bath or getting a massage? Will you do something loving for a friend that you know

(s)he likes, like giving them extra appreciation or loving touch? And if you already do too much for others, I encourage you to take a loving action for yourself, and really let yourself experience the feeling of love, without it having to come from anyone else.

## Chapter 3: Evolving Past Patterns

This is an exciting chapter because we'll identify your relationship patterns, so you can brake them and find lasting love! You'll also identify skills you need to develop to make love last, discover how to heal old wounds and finally get your needs met! And from there, we'll identify they key qualities in a partner that will finally be a match for you.

First we'll identify the patterns that get you stuck. The purpose here is not to make you wrong, but to break the patterns. Patterns only have power over us when they're unconscious. Once we identify them, we can heal them. However, you have to be willing and open to the level of self-analysis that is required. This path is not usually comfortable at first, but in the end is worth it!

Identify whether the following patterns were true for either you or the men you keep attracting (or both). Put a "yes" next to any of the statements that's true.

Patterns:

- Do you avoid becoming close to others? Do you keep attracting men who are unavailable? ·
- Do you fear commitment? Do the men you attract fear commitment?
- Has fear of rejection become an issue repeatedly?
- Do you attract men who are unfaithful?
- Do you attract men who frequently criticize you or your feelings?
- Are you afraid of being alone?
- Are you or do you keep attracting men who are controlling?
- Do you or do you keep attracting men who have a hard time keeping promises?
- Do you or do you keep attracting men who are jealous?
- Do you keep attracting men who have a temper?
- Do you keep attracting men who are sad or moody?
- Do you find it hard to end a relationship, even when you realize it's harmful for you? ·

**Question: how much do these patterns remind you of your relationship with your parents or caretakers/siblings growing up?**

Patterns, like limiting beliefs, were put in place at one point to keep us from feeling painful feelings. We also tend to attract partners who were like our parents or caretakers, because our unconscious mind wants us to repeat the past in an attempt to achieve a "happy ending" this time around.

This happens very often. Believe it or not, most people choose a partner who emotionally resembles the parent or caretakers who didn't meet their needs as children. Because this partner is similar to their parent(s) they soon repeat the pain of their childhood. If, for example, your dad was emotionally cold or distant, you keep choosing partners who turn out to be cold or distant. Soon you're feeling the same pain that you felt as a child, all over again!

Why do we do this? Because to our unconscious mind, this is familiar. It's what you know. Your unconscious mind thinks that this time, you can somehow get your partner to give you the love or attention that dad never did, so you don't give up. No matter how much your partner ignores or hurts you, you try even harder to be loving, hoping that you will finally experience a happy ending to your childhood.

But the happy ending never comes, because your partner is as unskilled and limited as your dad was. If you approached me as a couple, and you were both willing to grow and learn to meet each other's needs, then I could help you grow together. But since you're single, you can break the pattern yourself, and start attracting men who are loving, kind, generous, responsible, and fun! This is the type of man you deserve to be with.

The only way out of this unhealthy pattern is to learn how to give yourself the kind of love and care you lacked as a child. This will reprogram your brain that that's what you deserve, and you'll start to attract and be attracted to more loving partners. You started to do that in the last chapter, and next we'll learn precisely which needs didn't get met in childhood.

In this chapter, we'll identify the needs and clarify the *qualities* that your True Love has to have in order to meet your needs. This is because in order for your partnership to be True Love, it is truly healing for both you and for him. When you are truly in a compatible relationship, when he meets your needs, it will ALSO heal HIS deepest wounds and meet his needs.

For example, if your deepest need is to have your emotions listened to and validated, and his deepest need is to be needed, because his mother was busy and didn't really, fully SEE him or

appreciate him for his gifts, then when he learns to listen to you, YOU'LL feel healed by receiving his love and HE'LL feel healed because he's feeling truly needed. This is a healing partnership where both people heal and grow through the relationship.

Sound too good to be true? This is how it is with my partner and me, as well as the couples that I coach. One of my emotional wounds is not receiving empathy from my father, because he didn't value feeling feelings. My partner's emotional wounding was having *his* needs not seen and recognized by his parents either. So when we trigger each other and listen to each other, it feels healing for both of us and every time we work through conflict together, it makes us feel closer than we were before, because we both feel seen, heard, and cared about.

We're able to be curious about each other's feelings and needs instead of fighting because of the healing work we both did when we were single. We identified our needs and learned how to meet them ourselves. You'll learn how to do that in the next chapter.

## **Identifying Our Most Important Needs**

Now we're going to do an exercise to identify the most important unmet needs from childhood. It's important to do this, because once you identify them, we'll both learn how to meet these needs ourselves AND clarify what qualities our ideal partner needs in order to meet these needs and have a truly healing relationship for both of you, leading to lifelong passion!

The needs in this exercise come from a book called "Hold Me Tight" by Dr. Susan Johnson, the founder of Emotionally Focused Therapy. These are a subset of the needs that we've been learning on the "Feelings and Needs" list, and they're written in a way that might strike an emotional chord and help us identify what our deepest needs are.

So here are the needs, and check in with yourself to see which of these needs really touch a deep chord in you. When they do, you can make a note of it, because we'll use this need in the exercise to follow.

### **I need to feel, to sense that:**

- I am special to you and that you really value our relationship.
- I am wanted by you, as a partner and a lover - that making me happy is important to you.
- I am loved and accepted, with my failings and imperfections. I can't be perfect for you.

- I am needed. You want me close.
- I am safe because you care about my feelings, hurts, and needs.
- I can count on you to be there for me, to not leave me alone when I need you the most.
- I will be heard and respected. Please don't dismiss me or leap into thinking the worst of me. Give me a chance to learn how to be with you.
- I can count on you to hear me and to put everything else aside.
- I can ask you to hold me and to understand that just asking is very hard for me.
- I need that reassurance that I am number one with you and that nothing is more important to you than us.
- I can count on you to hear and respect my opinions.
- I can trust you

Those are the most common emotional needs that we all have. Which one resonated the most with you?

I know when I heard that "I am safe because you care about my feelings, hurts, and needs," it really struck a chord with me, because I didn't always feel that people cared. So when I learned how to validate my own feelings and needs AND receive empathy and soothing from my partner, I truly felt transformed, and fully emotionally safe for the first time in my life.

Now we're going to do a deeper exercise to identify exactly what your unmet needs are. When you identify your needs, this can be like a missing puzzle piece, and then when you learn how to give this to yourself and ask and receive it from others, your puzzle of love will feel complete!

This next exercise comes from IMAGO therapy, developed by Dr. Harville Hendrix and Dr. Helen Hunt, which is a form of couples therapy based on partners learning to give each other their deepest needs that allow their hearts to truly heal.

Let's discover your needs first.



## Unmet Need Discovery Exercise

In this exercise, you'll find 7 sentence stems repeated 3 times. Reflect on each sentence stem and complete it with an example of a pattern that has triggered you most in your previous relationships. You can write this about an ex boyfriend or husband, or you can write it about a close family member or friend who triggers you now.

Here's the example of what the **completed sentence stems** might look like:

**I don't like it when...** *I tell you something I'm feeling and you say, "I don't have time for this now."*

**When you do this, I feel...** *rejected and scared.*

**When I feel this way, what I fear might be true is...** *that I'm not a priority for you and we'll grow apart, and our lives will go in separate directions, and I'll feel lonely.*

**What this situation reminds me of from my childhood/past is...** *When I shared my emotions with my father, he dismissed them and told me to "grow up" and look on the bright side. I learned that it wasn't ok to feel my feelings and I don't deserve empathy and compassion from a man. So I thought there was something wrong with me for having feelings.*

**What I most wanted to be different (in this situation from my childhood/past) was... OR  
What I most hoped would stay the same (in this situation from my childhood/past) was...**  
*for my parents to comfort me, reassure me that they loved me and that my feelings are ok.*

**The worst case scenario that I come to when you do this is...** *that you don't care about my feelings and will eventually abandon me.*

**Unmet Need: In these moments what I most long for is...** *to feel comforted and reassured when I'm emotional.*

## **Unmet Need Discovery Exercise #1**

**I don't/didn't like it when...**

**When you do this, I feel...**

**When I feel this way, what I fear might be true is...**

**What this situation reminds me of from my childhood/past is...**

**What I most wanted to be different (in this situation from my childhood/past) was... *OR*  
What I most hoped would stay the same (in this situation from my childhood/past) was...**

**The worst case scenario that I come to when you do this is...**

**Unmet Need: In these moments what I most long for is...**

## **Unmet Need Discovery Exercise #2**

**I don't/didn't like it when...**

**When you do this, I feel...**

**When I feel this way, what I fear might be true is...**

**What this situation reminds me of from my childhood/past is...**

**What I most wanted to be different (in this situation from my childhood/past) was... OR  
What I most hoped would stay the same (in this situation from my childhood/past) was...**

**The worst case scenario that I come to when you do this is...**

**Unmet Need: In these moments what I most long for is...**

### **Unmet Need Discovery Exercise #3**

**I don't/didn't like it when...**

**When you do this, I feel...**

**When I feel this way, what I fear might be true is...**

**What this situation reminds me of from my childhood/past is...**

**What I most wanted to be different (in this situation from my childhood/past) was... OR  
What I most hoped would stay the same (in this situation from my childhood/past) was...**

**The worst case scenario that I come to when you do this is...**

**Unmet Need: In these moments what I most long for is...**

Congratulations! You've clarified your most important emotional needs. This is transformative, because most people know what they want in a partner (6' tall, Master's degree, good income, shared interests) but they don't know what they most deeply need to make love last!

Now that you know what you most deeply need, we can identify the qualities of your ideal partner, based on him being able to meet these needs.

For example, if your deepest need is to feel important, he has to be emotionally available.

If your deepest need is to feel accepted, he has to be open minded.

If your deepest need is to be heard, he needs to be a good listener.

So write down the 3 most important emotional qualities that he has to have in order to meet your deepest emotional needs. These are some of your requirements for love to last. You'll be looking for these qualities in the men you date, and I'll help you notice over the first few dates if he has these qualities.

**Quality 1:**

**Quality 2:**

**Quality 3:**

In the "Meeting Our Own Needs" chapter, you'll learn how to meet these needs yourself, so you don't come across as being "needy," but you are on the path to self heal, so you can attract a partner who truly matches your loving vibe and has lots of love to give. Because when we unconditionally love ourselves, then we attract unconditional love from others.

## **Chapter 4: Forgiveness and Letting Go of Resentment**

The first thing that might come up in identifying old patterns and the way our needs weren't met is feeling of resentment and anger. Anger can be a powerful transformative force if used for healing. When we are able to get out of a victim role and transform the force of the anger into the commitment and stand we are making to ourselves and our future, it can be very healing and powerful.

### **PRACTICE: How to Let Go Of Resentment and Forgive**

**In your journal or in the space below, please write down the following questions:**

1. Who do you resent, and what do you resent them for? Make a list of each person and go through these questions for each one separately.
2. Feel the feelings that go along with the victimization. Feel them fully in your body, like we did in the "feelings meditation," with Self Compassion. Notice how the feelings are caused by thoughts of blaming them or blaming yourself. Notice how it's hard to let go of resentment from this place.
3. Even if it's only 1%, what can you take responsibly for in this dynamic? Even if what they did was wrong, how did you contribute? Did you grant trust too early or against your intuition? Did you not speak up for what you wanted or deserved? Did you give your power away? How did you covertly co-create what happened?
4. Ask yourself, "What has this situation cost me?" Notice the consequences of giving your power away or the other ways you contributed
5. What amends do you need to make to yourself to restore your power? What actions and choices would you need to take to heal your relationship with yourself?

6. Make a new Commitment to yourself about how you will show up differently in the future so that you will do things differently next time. In this way, you will have learned and grown from the experience and can view it as an expensive learning experience.

7. Now that you've learned and grown, what can you let go of about the resentment?

If you are on good terms with this person, you can share your answers with them. Or if you need help letting go, you can write a letter to them and not send it; you can bury or burn it. You can also imagine saying it to them in your meditation practice, and speaking from your higher self to their higher self.

I can also help you customize a ritual of letting go on our coaching calls.

## Chapter 5: If You're Still Hung Up on Your Ex

### What if you're still hung up on your Ex?

We all need time to let go. Your friends might be saying, "Just move on," but ending a relationship is like a death, and grieving is a natural process. If you haven't allowed yourself to grieve, try the following journaling questions. It's best to write it all out so use more space than is allotted in this book.

**1) Make a list of all the things you loved about the moments of connection you shared.**

What qualities about him did you like? What positive memories did you have? How did you feel in those moments when it was good and what did that provide for you? What was special about it?

**2) Make a list of all the bad stuff:** (same as above) whatever has negative charge, write it down. What qualities about him do you not like? What don't you like that he did and didn't do? What didn't work?

**3) What could have been: What dreams are you letting go of with him** (and these are keys for what you will want with the next person) Really write out the dream so you can mourn it.

**4) What is the cost of hanging onto this relationship?**

**5) What would it take for me to believe that there is someone else who has these same qualities, can meet my needs, and can create this dream with me?**

If it feels right as a letting go ritual, you can burn, bury, or rip up the sheet of paper after you write it.

Your body will still feel tied to him until you start to interact with new men, feel their energy, and experience them meeting your needs. Once you employ the strategies in the rest of this book to clarify what kind of relationship you want next and start meeting new men, your attachment will lessen and you will become more and more open to the possibility that someone else can fill a special place in your heart.

## Chapter 6: Meeting Your Own Needs

You might be wondering, what's the difference between having needs and being "needy?"

We all have emotional needs, as we identified in the last chapter. If we shove down our needs and pretend to be strong instead, we will actually push men away, because men want to be able to do things to make us happy, and if we don't need anything, he won't feel successful in doing things that make us happy.

Being "needy" is if we're attached to our needs getting met by HIM RIGHT NOW! We've all felt this. We've been around people who can't handle their emotions and demand that we do things for them in a certain way, otherwise they'll lose it.

True emotional health is when we can identify what our needs are, and we're able to find many ways of getting them met, not just one. That way we can ask people to meet our needs and not be attached to them saying yes. We have trust and creativity for how we can get our needs met in another way.

How do we know when we have an unmet need? Our feelings are like an internal compass. When our needs are met, we feel good, when our needs are not met, we feel sad, scared, angry, hurt, or uncomfortable. So it's important to feel our feelings to know how to meet our needs.

Imagine you put your hand on a hot stove and you couldn't feel anything. You might go "hmmm....something smells like it's cooking in here!" Because pain is telling us a message.

### **It's good to feel our emotions for 2 reasons:**

**1)** Once we learn how to hear the message and become aware of what needs/values aren't being met, we can focus our attention on what it would take to experience more of what we need/value. If we pretend that we're not feeling the emotion, it's like not feeling our hand on the hot stove: we lose the opportunity to discover what our needs are.

We're shut down. We might not feel too bad, but then we can't feel happy either.

**2)** Ultimately, this process gives us freedom. **When we resist an emotion, our life is run by that resistance.** We make choices, consciously or unconsciously, that are about avoiding that feeling. This is the opposite of freedom. Freedom, in this case, is being willing to feel anything so we can make choices that are in the highest good for ourselves and others, even if it feels uncomfortable, and access all of our wisdom and creativity, because nothing is holding us back any more.



## How to Feel Your Feelings Productively

I know you might be thinking, “Val, I already know how to feel my feelings. But there’s a whole new way to feel your feelings that helps you shift them and access deep wisdom underneath that helps you inspire your man! So keep listening.

First of all, emotions are physical. They are felt in our bodies. This is important because research (primarily by Jill Bolte Taylor) confirms that if you fully feel the emotion in your body, without resisting it, the sensation only lasts 90 seconds before it decreases in intensity, or shifts into something else.

What I mean by sensation is literally feel if the sensation is hot/cold, expansive/contracted, where in body, shape/color, etc. and it will change as you focus on it, which we’ll do it a bit.

**So what keeps the emotion there longer than 90 seconds?**

**One of 2 things:**

- **Mental judgments like “this shouldn’t have happened,” or “I shouldn’t feel this way!”**
- **Pretending we don’t have the feeling.** When we resist feeling the emotion, it stays there underneath the surface and doesn’t go away.

The feminine way to feel feelings is to be strong on the inside, so we can be soft on the outside and connect with our man even when we’re emotional.

Your mind might jump in and say “but I’m right!” and maybe you are...but notice that you’re unhappy.

You may be right from your point of view, but you’re not seeing the whole picture.

Have you ever heard the story of the 3 blind men and the elephant?

3 blind men approach an elephant, and try to describe what it’s like. One man feels it’s trunk and says, “it’s like a hose!” another feels its leg and says, no you’re wrong, it’s like a tree trunk!” The third feels it’s tail and says, You’re both wrong! It’s like a broom!” Who’s right? The only view that’s RIGHT is the one that includes the whole picture. You have yet to see your partner’s positive intention; their influences; beliefs/values/that contributed to Their point of view Only

when you see whole pic of both sides, with curiosity and compassion, that what's actually RIGHT emerges.

**The feeling is real and valid, but your story about it is only part of the whole picture.**

The only way to avoid the behaviors that cause arguments, like being demanding, withdrawing, blaming and criticizing your partner, is to switch your attention to your own feelings and needs, and learn to give yourself compassion and soothing. Then you can learn to ask for compassion and soothing from your partner, as well as give it to him. Otherwise as soon as you get upset, you can't help blaming and criticizing, cause you don't want to *feel* that way any more!

Even the notion of giving ourselves compassion for our emotions is labeled as self indulgent in our culture. The irony here is that it's only when we can give ourselves compassion when we're upset that we are able to be compassionate towards our partner. Because we can't give what we don't have.

And if you judge your own emotions, you won't be able to express them in an open-hearted way. If you feel jealous, for example, and you *judge* the jealousy, then you're not going to be able to say the thing that leads to connection; that turns partner into an ally.

For example, I could say, "When you were talking on the phone with your friend for an hour and you seemed so happy, I miss when we used to talk for hours, and I want to make more time to connect with you like that. Which turns your partner into an ally. But if you don't have compassion for your own jealousy, you can't think to say that; you might say something like, [harsh tone] "You talk more to your friends than you do to me! *They* must be more important to you." Which turns your partner into an adversary.

**So this is why we soothe our emotions.** You have to calm your nervous system so you can reconnect to love, and think straight again.

Recently I had a client share, "I'm proud I used self compassion this morning instead of continuing to try to communicate. I remembered how you taught if I was feeling resentful it's time for self compassion not communication. I didn't use the structure but I whined to myself about how unfair it was and soothed myself with acceptance and compassion.

I automatically shifted to be able to see where his trigger happened, more self compassion...and understanding why he was being like that. And I didn't feel I needed to get anything from him anymore. I was able to feel love and appreciation and express it and he ended up coming to me and giving me a big hug. Yumm! Funny, he explained to himself as he hugged me, which he's done before when he follows up an argument with giving me a hug, "You're just looking for attention"

Self soothing and self compassion can be very transformative, and can draw your man towards you because what happens on the inside is reflected on the outside.

**Here are some simple steps to soothe your nervous system and be with feelings when they're strong.**

I'll guide you through a short process that you can do on your own right now.

**Step #1: Ground yourself and soften:**

So right now, close your eyes if it feels safe to do so, and take some deep breaths all the way into your low belly, and relax your belly.

- Feel how strong your legs are, as if they're tree trunks. Imagine there are roots going down into the earth from the bottoms of your feet, and feel the strength in your legs. Feeling grounded, noticing the support of the floor/chair, and noticing that if you're listening to this right now, it's safe in the space immediately around you.
- Breathe all the way into your pelvis, and relax your belly, and soften your hips and pelvis. You can gently sway them from side to side and open up to feeling relaxed and open.
- Imagine that your heart is softening and opening, as if you could unzip your heart and shine compassion towards all of your feelings as they flow through you.

Now I invite you to remember when was the last time you felt an emotion, positive or negative? Did your partner say something or do something? (Or maybe he didn't say or do something that you wanted him to). What happened that you felt a strong emotion about? Bring that incident to mind and feel that feeling.

**Step #2: Feel the sensation in your body, without believing the story your mind is making up about it. Remember, you're only seeing part of the whole picture.**

Take some deep breaths, and with interested curiosity, like it's a small child who feels this way, intend to be with the feeling. Where mostly do you feel these sensations? Are they warm or cool? Are they sharp or more spread out? Tingly or numb? Open or closed? As you focus on them, do they stay steady? Do they rise and fall? Over time, do they intensify or subside? And if your mind wanders, bring it right back and keep noticing what you feel in your body. Notice if there is a color or a shape to them? Maybe you see images, maybe you hear a voice saying

something. Just be with it, with interested curiosity, and notice how the sensation changes as you focus on it.

Now place a hand, on whatever part of your body registers the most sensation, and allow yourself to feel the sensation for a few more moments. Perhaps you can feel what it needs from you, in order to let go. Or perhaps it needs more time. Just keep it company, like you would sit with a friend who feels this way, with compassion.

If it's hard to feel compassion, imagine that you're sitting with a close friend who's feeling this emotion, and start out by feeling compassion and caring for them. First send it to them and imagine them feeling soothed, and then take that same compassion and send it to your OWN feelings. Breathe in compassion and exhale out all of the tension from your body; release it out with the out breath; relax into how you're feeling. **And say to this part of you like you'd say to a friend, "I'm here for you. How do you want me to be with you?" And listen like you would listen to a friend.**

The answer might not come in words; you might see an image, a memory, a symbol, or just feel that this place needs soothing, nurturing, and care from you right now.

Whatever you experience, turn towards this part of you like a mother would comfort a child, and say something like, "It's ok for you to have that feeling." Take a few more moments like this, imagining that you could breathe in and out of your heart.

And once again, feel the support of what you're sitting on, bring your awareness back into the room, and slowly, when you're ready, open your eyes.

When you do this on your own, you may want to shake your fists, cry, or collapse on the floor. It's ok to do anything as long as you don't hurt yourself or him.

You can thank your body for sharing, and once again feel the support of the chair or floor underneath you, and when you're ready open your eyes.

### **Step #3: Inquire about the unmet need or value underneath the feeling.**

What are needs? You can see a sample list of needs in the attached handout called "Feelings and Needs."

On one side of the handout is a list of feelings. It's useful to name them, because that helps us to not feel overwhelmed by them. Naming them allows us to feel that we are bigger than the feeling, so we can feel it fully without the feeling taking us over. So just notice if naming the as

sad, mad, scared, etc. helps you to get a handle on the feeling instead of ruminating on the story.

On the other side of the handout is a list of needs.

It can be easy to develop the habit of identifying and asking for what we need, as opposed to telling him what to do.

If you take a look at the needs on this list, you'll see that they all are experiences that we're looking to have. For example: affection, partnership, or support. These are all experiences. **This is important because If I tell my partner what I'm looking to experience, he can co-create that experience with me. If I tell him what to do, he'll feel controlled.**

So let's take an example. Let's say I miss the romance that I felt in the beginning of the relationship. Maybe he used to plan dates, give me flowers or thoughtful gifts, and give me spontaneous attention and affection without me having to ask for it, and now he spends more time working or watching TV and doesn't do romantic things any more.

I could tell him what to do by telling him I want him to plan more dates, or give me more affection, but he will feel controlled because masculine men don't like being told what to do.

OR I can simply tell him what that need means to me, and what experience it gives to me, and that will allow HIM to decide how he wants to provide that instead of me telling him what to do. And we'll also learn later in this class how to give him what HE needs to *want* to give us what we need.

The needs I'll tune into here in this example are romance, intimacy and to be taken care of. There are many ways he can choose to provide that for me if I let go of my particular strategy of experiencing them and just allow him to tune into the experience.

So I could wait until we are already having a conversation and then I could say something like, "Remember the last time you took me on a date and I didn't have to plan where we were going cause you took care of all the details? I felt so carefree, loved, taken care of, and on top of the world. I feel so stressed out lately and I could really use feeling taken care of like that. It would mean the world to me. What do you think about that?"

So I'm asking him what he thinks so he can come up with his own way of meeting my need to be taken care of and for romance or intimacy. I'm not telling him what to do. Can you see the difference? How do you think your man would respond differently if you told him what you would love to experience instead of telling him what to do?

Now, he might *not* respond right away with a desire to meet your needs, but that's because he has his own needs that aren't getting met, so that's why we're going to learn what he needs to give us what we need. It's a give and take. This isn't transactional; it's just that we all have needs, and learning what each of our unique needs are allows us to collaborate to get everyone's needs met, which is what we'll learn throughout this course.

First we'll start by identifying your needs that are beneath your feelings. First you identify one of the needs on this list, and you ask yourself: "What does it look like and feel like to get this need met?" Then you realize that there are many ways to experience this need being met, and you can ask yourself if any new ideas come to mind for how to get this need met in a new way. This provides choice and freedom.

For example, there are so many ways that I could experience romance with my man. I could come up with 100 ideas! So by letting him into the experience and the feelings that I felt the last time we had romance, he can come up with his own ideas to be more romantic! And if he doesn't, then he has his OWN unmet needs, which you could get curious about, and collaborate about how to get both of your needs met, which we'll talk about next week.

Some people think that if you need your partner, that means you're co-dependent. Co-dependence is a term that came from the 12 step movement, when you're enabling someone with an addiction to not grow. It's when you sacrifice your own needs and focus totally on the other person. Unhealthy dependence is when you need your partner to survive. Now, if your partner and you weren't together, you would survive, right? But would you truly thrive, knowing that relationships are your best opportunity to grow, and give and receive love?

Interdependence is when people choose to need each other, knowing that there are emotional needs that come up when we become close with someone, such as to be heard, understood, valued, respected, and cared for.

You know you're not getting your needs met if you feel alone, misunderstood, unappreciated, or resentful, or your partner says something like "that's your problem; solve that on your own." Or if you get really upset about something that's out of proportion. Like let's say your partner goes out with their friends and you get upset and you don't really know why... and they say "What's *your* problem; it's just my friends. Why are you being so negative?"

**If it's hard to let go of your thoughts, question your beliefs or assumptions.**

What are you believing about this situation and does it serve you? Are you playing a victim role or telling yourself that what you want is not possible? What's a more empowering way to look at this situation? This also frees you up to discover the need and get creative about meeting it rather than focusing on how you're not getting what you want.

What's it like to feel your feelings in this way? You can bring your questions to the coaching calls.

## **Differentiating needs from Strategies**

If you look at each of the needs on the “Feelings and Needs” handout, you’ll see that there are many different ways to get each need met. How many ways can you think of to give and receive love, for example?

How many times have you heard someone say, “If you really loved me, you would... [go to the ballgame with me; not spend time with your friends, etc.] When someone says this, they’re not taking in the many other ways that you are giving love to them; they’re stuck on this particular strategy of receiving love.

What I’m asking you to do here is to be open to letting go of your particular strategy for getting this need met, and open yourself to other ideas for how to get this need met.

I’m not saying that you can’t ask for what you want; but if you ask and get a “no,” then we don’t have to be attached to that particular strategy. When we are open to other strategies for getting that need met, we experience much more choice and freedom.

For example, if I think I need my partner to listen to me, how else can I get this need met? It doesn’t mean I won’t ask him to listen to me. But since I’m putting my pleasure first, I’m going to meet my own needs first so I’m filled up, and then I can ask him in a more inspiring way.

What need would be met if he listened to me? I’d feel seen and heard.

Here are three other ways I can feel seen and heard: journaling, telling a girlfriend, and writing this book for you J

Once I get my needs met from other sources, then when I ask my partner to listen to me, I’ll feel less needy. I’ll communicate in a more pleasant way, and he’ll naturally want to listen to me. See how that works? I look forward to you experiencing the pleasure of sourcing your own needs too!

A good acronym to remember the difference between a need and a strategy is PLATO.

If the “need” seems to require a **particular**:

- Person
- Location
- Action
- Time
- Object

Then it's a strategy, not a need. Because each need has many different strategies to meet it.

**Here's a practice I developed that you can use any time you feel “needy” and you want to discover ways of meeting your own needs so you can feel more resourced.**

## **Self Empathy Practice**

**1) Notice or journal your judgments**, i.e. what's the mind chatter or critical thinking in your head? Don't censor it; just observe it. For example: He never listens! He is so insensitive! OR I shouldn't be worrying! Notice that your attention is usually on the other person's or your own 'faults' or a specific strategy as opposed to your needs. Question your beliefs, as above, and commit to discovering how to discover and meet your needs instead of focusing on your judgments.

**2) Notice what you're feeling in your body**: e.g. tense belly, shallow breathing, clenched jaw or forehead. Breathe and feel these sensations until they lessen in intensity, usually within 90 seconds.

**3 ) Ask yourself: What is the unmet need/value ?** What's important to me that didn't happen in this situation? What would I have enjoyed more of in that moment? Keep asking "what would that give me until you get to a need/value. Examples: I yearn for connection. I value consideration.

If you identify a need that you can give to yourself, right now, then you do that. For example, if you need acceptance, or empathy, or to be comforted, ask yourself...how can you give that to yourself, right now? Just like with self compassion, we can give ourselves empathy, acceptance, or comforting right now. You can give it to yourself the same way you've been giving yourself compassion. Imagine sending it to someone else, and then imagine receiving, it, and really take it into your body. And notice how the sensation shifts as you really allow yourself to take it in. That's connecting to the life energy of the need.



**4) Imagine having the need met.** You can do this by remembering a time in the past when this need or value was met. Remember what it looked like, felt like, smelled like, tasted like: really engage all your senses. And really take that in. You can also connect to the life energy of the need itself by asking "How am I getting this need met in my life already? For example, take the need consideration. You're getting that need when strangers avoid bumping into you, or when someone holds a door open. Notice the small ways the need *is* getting met, and feel the life energy of the need itself.

Notice any physical sensations, like relaxation, a feeling of relief, deeper breathing, sighing, or a renewed sense of well-being. Notice that when we shift our focus to what we value, we feel better immediately, even though nothing has changed in the outer situation.

You also might feel some sadness, when you imagine the need being met and you know that it was in the past, or its not as much as you long for. It's ok to feel this sadness and longing. That's a natural part of this process. You might cry or feel emotional, and that's ok too. Mourning is a necessary emotion to feel, when we don't have what we want. Just feel what ever is there, and give yourself compassion for feeling it.

And when you're ready to move on, go to step #5.

**5) As you imagine this need is being met, or remember when the need was met in the past, you enter into a more creative state of mind. Notice whether any ideas arise for how you can experience this need in a harmonious way.** When we let go of our specific strategy and focus on our needs themselves, we often become aware of new and different ways of meeting that need.

Remember the acronym to tell the difference between a need and a strategy is PLATO.

If the "need" seems to require a ***particular***:

- Person
- Location
- Action
- Time
- Object

Then it's a strategy, not a need. Remember each need has many different strategies to meet it.

As you remember this need being met in the past, or notice how it's being met in your life in other ways, allow yourself to visualize and feel the energy of the need itself. Then you can ask your intuition: what are ways of this need getting met that are available to me right now or in the near future?

A client recently shared how she put Self Empathy into practice. She said, "I struggled and succeeded last night. I got very triggered by something he said and I yelled at him. He felt hurt and angry and I apologized and he wouldn't forgive me right away. I felt more hurt and angry and blame went back and forth. I went to go give myself what I wanted from him- compassion, appreciation, love, forgiveness. It wasn't satisfying. But I kept trying and trying and doing it and doing it and eventually I took my power back and allowed myself to determine how I feel instead of him. Then I was able to be easy with him and he reached out for me over and over. **I felt like I'm learning magic powers.** And this morning I found that he had done all the dishes and cleaned the sink for me and my friend coming over!"

## How Frustration is Like a Sunset

Here's a story from a blog I wrote about how I put Self Empathy into practice:

Recently, I was feeling frustrated that my partner doesn't have as much time for me as he used to. In the past I would have feared he was losing interest, or accused him of not prioritizing me. Then he would have felt criticized and misunderstood. Not a recipe for intimacy...

Let me share with you how I processed through the frustration to get to the beauty underneath, and created more intimacy, passion, and love between us!

So I sat with the feeling of frustration. I breathed deeply, relaxed my body, and put my attention on the sensations, not the thoughts. The frustration was like a churning, warm energized feeling that went from my solar plexus to the top of my head. As I tuned into the feeling, I also saw an image of a shaking fist. The sensation was saying "why does he have to be so busy!" and growling.

I also feel a tug at my heartstrings, a sadness and longing to see him more, knowing that he doesn't have much time." I placed my hand on my heart and sent myself compassion, knowing that these emotions are so deep because I miss the feeling of love and connection. I open my heart and breathe into the sensations.

But its soooo uncomfortable! Churning, burning, magnetic emptiness, going on inside my torso. Feeling it as sensation. Warm, friction, feeling uncomfortable. I breathe and stay with it.

As I stay with the sensations, something happens. I have an experience of part of me looking down from above, as if it's the witness part; some eternal part of me that's watching my life and not being able to FEEL cause "it's" not in a body, and longing to feel ANYTHING. Feeling those sensations as exquisite, feeling gratitude and awe of the full spectrum of sensation, going from joy to pain, and everything in between. That if I dis-embed from the story of it and just feel those sensations, they're exquisite. It's still uncomfortable but I'm able to stay with a sense of awe, like the feeling of looking at a colorful, majestic sunset, and fulfilled by the wonder of taking in all the subtle nuances of the senses. Warm, tingling, pressure...except now there's a feeling of spaciousness around it. I bask this sea of sensations for a few minutes.

Now there's enough space for me to ask myself what I want. And I experience a memory of being with him, how deeply I feel touched, inspired, held, and honored. I breathe and fill myself up with the warmth, joy, and pleasure of that memory. I long for that experience more often. I feel the longing as a magnetic pull in my abdomen.

Now in that space of longing there's room for me to communicate the desire to see him in a way that appreciates him, instead of making him wrong. And because I have space around the feeling, I'm not coming from a needy place. I can just express that I appreciate him and I want more, and hear what comes up for him. I shared this with him and we're finding more time for each other now :)

## Chapter 7: Deal Breakers

It's important to know our deal breakers because if only one of them is present, it's in our best interest to end the relationship before becoming attached to him.

To discover your deal breakers, ask yourself, would I end the relationship if this situation or quality is present? If you wouldn't end it, then it's a need, and you can write it down in your "needs" list in the last chapter. The difference between a need and a deal breaker is that there are many ways to meet a need, whereas deal breakers are black and white.

### **Example of this are:**

- One of you wants kids and the other doesn't.
- One of you has an active addiction and the other doesn't want to live with it.
- One of you wants monogamy and the other partner doesn't.

You can see how these issues are black and white. You can't have part of a kid. You're either monogamous or you're not, though there are many types of open relationships. Most people are just not willing to make any concessions on that.

Here is a list of some additional possible deal breakers. You can use this list to inform your own, and write down your list in the space below. The below list is not a deal breaker for everyone; they are just ideas so you can craft your own list

### **More Examples of Deal Breakers:**

Doesn't take care of his health [specify]

Calls you names or other unhealthy fighting patterns

Smoking or excessive drinking

Gambling

STD's [which ones?]

Excessive debt [how much?]

Has a history of cheating

Doesn't keep agreements

Has a poor relationship with family and/or friends

Job Status [specify]

If he is mean or argumentative with others (this will apply to you eventually)

**Write your deal breakers here:**

If any of your deal breakers show up, your relationship is a no go. Let's talk about it on our coaching calls.

## Chapter 8: Relationship Skills

Before we get started in our dating plan, let's first assess the level competence you have in the skills necessary to attract and develop a healthy relationship. We all have areas where we're skilled at, and areas we need to grow. When we identify the areas you need to grow, you can focus on developing those skills through the lessons in rest of this book and during our coaching calls.

**Here are the most important skills in relationship. For each skill, assess your level of competence from 1-10. 1 means you don't have any skill in this area; 10 means you excel in this area.**

- 1) Flirting to attract a man in a public setting. How to inspire him to approach you and ask you out. OR how to approach him in a feminine manner.
- 2) If you are online dating, writing your profile so it represents your best qualities and attracts the type of man you're looking for
- 3) Getting 2<sup>nd</sup> or 3<sup>rd</sup> dates with men you're attracted to
- 4) Having the right boundaries so you feel safe and available to connect safely
- 5) Discovering in the first month of dating whether you both have the same values, goals, and relationship goals before you agree to be exclusive.
- 6) Knowing what your feelings and desires are
- 7) Communicating your feelings and desires from your heart, instead of criticizing, complaining, or demanding.
- 8) Listening on a deep level: for what he values, feels, and wants with genuine curiosity, and not making it about you.
- 9) When there is conflict, having a win/win attitude and knowing how to collaborate as a team instead of arguing.
- 10) Taking responsibility for your side of the issue

11) Supporting your partner in growing the way *he* wants to grow, as opposed to trying to change him. Knowing how to discover what will influence him the way he wants to be inspired.

12) Keeping agreements and commitments

13) Respecting his thoughts and decisions even if you don't agree. Voicing your feelings about his direction in a way that's respectful.

14) Balancing time for self care, career, and making enough quality time for each other

15) Forgiving and resolving hurt feelings

16) Expressing gratitude and appreciation on a regular basis (preferably every time you see a man)

17) Receiving graciously and joyously, with a feeling of deserving what you are receiving.

18) Being fully present with your partner, instead of living in the past or the future

19) Having a healthy relationship with trust

20) Focusing on and expressing what you want, instead of dwelling on what you don't have or don't want

## **Questions:**

**Which skills above are you best at?**

**Which skills need the most improvement?**

**What steps do you want to take to improve these areas?**

**These are the skills that you'll learn in the rest of this book, and in our coaching calls :)**

## Chapter 9: Transforming Your Inner Critic

We all have an inner critic that tells us we're not good enough, smart enough, or successful enough, and in order to have a fabulous relationship with a man, we need to relate to this voice differently.

Why? Because we wind up treating others the same way we treat ourselves. If we beat ourselves up for our own mistakes, then how can we be compassionate towards him? Yes it may be easier to forgive his faults in the beginning of the relationship, but eventually our true colors show, and we wind up being critical of him, if that's the way we treat ourself. Then we wind up pushing him away. Not only will transforming self-criticism improve our relationships, but we will be happier and more successful in every area of our lives.

**But you may be wondering, if I have compassion/empathy for myself, won't I just be lazy and selfish?**

**Why are we not self compassionate?**

**People think that self compassion is weak.**

The number one reason people give for why they aren't more compassionate to themselves is fear of **laziness and self-indulgence**. Kristen Neff is a self compassion researcher at University of Austin and has done extensive research on self compassion. She's found that this is simply not true.

Self criticism might motivate us in the short term, but in the long term, it actually undermines our confidence and leads us to be less motivated.

What type of mood do the words "You're such a lazy good-for-nothing, I hate you" put you in? Energized, inspired, ready to take on the world?

**Negative effects of self criticism:**

- 1) it causes us to feel inadequate and insecure, and then we take out our frustration on the people closest to us.
- 2) It narrows our attention so much that we miss the obvious and make mistakes.



3) When we're self-critical, we don't up to many things because we're so afraid of the self-hate that would follow if we admit the truth.

If we don't admit our mistakes we can't learn from them.

When we trust ourselves to be compassionate when we fail, we don't create unnecessary stress and anxiety.

We can relax knowing that we'll be accepted no matter what.

But if that's true, why should we work at all? Why not just kick up our feet eating pizza and watching TV all day?

Dr. Neff has found that self-compassionate people are more oriented toward personal growth than those who continually criticize themselves.

They're more likely to make specific plans for reaching their goals, and for making their lives more balanced.

She found that self-compassion in no way lowers where you set your sites in life.

It does, however, soften how you react when you don't do as well as you hoped, which actually helps you achieve your goals in the long run.

**Then Failure can be recognized as the master teacher that it is.**

**Thomas Edison failed over 10,000 times before invented lightbulb.**

**Quote after 700:**

"I have not failed 700 times. I have not failed once. I have succeeded in proving that those 700 ways will not work. When I have eliminated the ways that will not work, I will find the way that will work."

"Many of life's failures are experienced by people who did not realize how close they were to success when they gave up."

Thomas Edison

Dr Neff found that far from being a form of self-indulgence, self-compassion and real achievement go hand in hand.

It's not about letting ourselves off the hook. Rather, when we're not being so harsh, we can see ourselves with much greater honesty and clarity.

**Maybe we do tend to overreact, to be irresponsible, to be passive, to be controlling, and so on. In order to work through these patterns:**

- **Recognize the effects of our actions, learn from them, make amends, and create a new game plan.**
- **By accepting the fact that all people make mistakes and act in ways they regret, we can more easily admit our wrongdoings and try to make things right again.**

If we're consumed with feelings of shame and inadequacy because of what we've done, we are actually being self-absorbed. The key to getting out of THAT cycle is to let the emotions run their course with compassion, and then REFOCUS on what we're committed to.

**The curious paradox is that when I accept myself just as I am, then I can change. —CARL ROGERS, On Becoming a Person**

### **Story about my inner critic:**

I used to have a strong inner critic that would beat me up if I made a mistake, telling me I should know better, or I'm not good enough, etc. When I learned how to empathize with the voice instead of judging it, it stopped talking so harshly. It just needs me to hear what it's REALLY trying to tell me, before it goes away, and it usually has a different message each time.

Sometimes it wants me to comfort it; keep it company like I would a scared child or pet, and then it calms down and lets me try things that are uncomfortable. Or it agrees to quiet down *if* after I expand my comfort zone, I take a bath and relax. Sometimes it wants me to assess my performance, like ask what can I learn so I can do better next time?

It's not actually trying to criticize me; it just wants me to do a non-judgmental assessment to learn and grow, and then it calms down. The key for me was learning how to empathize, and then it shifts.

## **How to Transform the Inner Critic**

**1) Be aware of what words the voice is using.** What is the tone of voice that it's using? Ask yourself, "Would I speak to a friend or loved one like that?" If not, you can shift the way you talk to yourself, too. Be aware of the actual critical voice.

**2) Ask yourself, “What’s it’s positive intention?”** Remember from chapter one that there is always a positive intention. Learning to see this in yourself will also train you to recognize it in your man’s actions. Maybe the voice is trying to motivate you, or get you to change something, for your own good. It just has a language problem, which you can translate.

**3) Actually rephrase this positive intention into kinder, friendlier words.** You can ask “How would a friend speak to me the same way?” Maybe she would say something like, “I know you ate that whole bag of chips because you were feeling sad and you wanted to soothe yourself. That makes sense. How else can you soothe yourself right now, that is healthier?”

Over time, you’re training yourself to speak to yourself in a more loving, positive way. That will also help you to show up with your man in a more loving, positive way, so that you can support each other in living up to your full potential in a loving way, rather than a critical way!

## Chapter 10: Masculine and Feminine

Before we talk about meeting men, we first need to discover whether you want to embody more of your feminine energy or masculine energy in the relationship. This determines what kind of man will be compatible with you, and how you will go about meeting men in the first place!

Masculine and feminine energy isn't about gender, or sexual orientation. Both men and women have both masculine and feminine energies. You can choose to be in your masculine OR feminine as you go through your day, but to create passion and attraction in a romantic relationship, one partner chooses to be in the masculine and the other partner chooses to be in their feminine, and then you have passion. It's like 2 poles of a battery. The electricity flows between opposite poles.

### **Masculine energy is:**

- Strategizing, logistics, making decisions, and doing
- Analyzing and solving problems
- Providing

### **Feminine energy is:**

- Feeling
- Receiving
- Intuiting
- Just being
- The spiritual practice of surrender and following a Higher Power
- Collaboration

Think waltzing across the ballroom with your partner. He leads and you follow, but you also influence. He chooses the direction based on how you're expressing yourself, so you both feel good.

We all have both masculine and feminine energies within us, and we use them in different situations our lives. A man is in his feminine energy when he's creative, talks about his feelings, and enjoys the moment rather than achieving. We're in our feminine when we enjoy sensuality, music, art, fabrics, colors, textures, perfumes and candles, or taking a romantic walk on the beach in the moonlight.

We women have been taught that in order to be successful in today's world, we need to be in our masculine. We need to plan, strategize, achieve and accomplish. We probably need to use these qualities in our work. If you find yourself making to-do lists and feeling really good accomplishing goals, giving the people in your life advice , you're operating from your masculine during those times.

But if a woman wants to be with a man who's ambitious, who's giving, who's a good leader, and who wants to make the plans, then she needs to cultivate her feminine qualities in order to inspire him to have more of these masculine qualities.

A masculine man is going to want a feminine-energy woman to be the sensual, feeling, receptive and intuitive partner in his life. That means as women, we can change "hats" from being in our masculine at work, to letting my man run the relationship. We need to stop doing everything and start inspiring him to do more, instead of demanding or telling him what to do, which comes from us being in our masculine.

If you're with a masculine-energy man and he wants to make the plans, you can follow by collaborating. Respect his thought-out decisions when it feels good for you, knowing he wants you to benefit from the ease and comfort they provide. And lovingly express your feelings when it doesn't feel good, so you co-create together. You are both equal; you're just choosing to embody different ways of being.

This may go against what we've been taught about being equals in the relationship. But you are equals; you're just choosing to embody complementary energies.

There are some men and women who want to be in the opposite dynamic, where he is more feminine and she is more masculine and it works. Even same sex couples usually have a more feminine energy partner and a more masculine energy partner. There is no right or wrong.

### **Are You More Feminine or Masculine?**

Ask yourself: How do you see yourself in your ideal relationship? Are you in action, planning things? Do you want to be in control, make the decisions, be respected and appreciated for all that you do, and cherish your man's feelings and intuition? Or do you want to surrender to

romance, allowing your man to treasure your feelings, and and letting yourself have fun and pleasure, nurturing your home environment, taking time for self-care, allowing your man to create the structure? Take some time to think about what it is you truly want from a relationship.

A good question to boil it down is: is it more important for me to have my feelings cherished and to be adored? Or is it more important for me to have my thoughts and direction respected, and to give and be appreciated for what I provide? Yes we all want both, but which is *more* important to you?

I don't think there is a right or wrong way to be, as long as you discover what is truly your core essence. It's best to discover this before you start a relationship, because you'll look for different qualities in a man depending on whether you would rather be the masculine or feminine partner.

A feminine man is not necessarily effeminate, and can be very heterosexual. He is a loving, sensitive, usually creative type. He craves a strong woman who can ground him and provide him with the security of a committed relationship. He is turned on by a woman's strength, and he wants to provide the fun and sensuality when you come home from work! This type of man is very supportive and loving if you are the type of woman who wants to make the decisions and have a successful career.

It's important, if you are a more masculine woman, that you not be controlling. When you tell him what you want, ask him how he feels about that and empathize with his feelings. Choose a direction that helps him to feel good and he will be happy to follow your direction.

I'll explain below more about feminine women and masculine men, because about 80% of us are in this category, but if you're in the other 20%, you are normal. There's nothing wrong with you. You'll want to put the feminine qualities in the list of what you're looking for in a partner, and follow the masculine strategies of how to meet men that I describe later. We can explore this more in coaching.

## **Feminine Women and Masculine Men**

Masculine men are compelled and entranced by feminine energy. Most masculine men have difficulty accessing their emotions, even though they do have them. That's why, when a masculine-energy man is around a woman who is comfortable feeling and expressing her feminine openness and receptivity, he finds it easier to access his emotions. He goes from being "in his head" to being more "in his heart".

He can finally feel safe to let his guard down and just be himself, and that's the prerequisite for him to even be able to consider what it is he's feeling for YOU. On the other hand, when a

masculine man is around a masculine-energy woman, he stays in his head – thinking, analyzing and planning – and he won't be able to let himself go. He won't be able to access his feelings. In a nutshell: When he can't feel your feminine vulnerability and openness around him – he won't be able to feel his vulnerability and openness for you.

This is why feminine women often can't connect with a man. We're trying to connect with his mind, instead of connecting with his heart. A masculine man can't connect to us when we're in our heads. We have to touch the depths our hearts and bodies, and then he'll dive down into his own heart, where we two become one. If you like being with a masculine-energy man, you need to learn how to express your feminine heart energy.

A man doesn't fall in love because it's logical or makes sense. He doesn't fall in love with you because of your personality, your intelligence, or even because you're beautiful – he'll initially be attracted to your outer beauty, but that won't make him fall in love. He falls in love because he "feels it" in his gut, which makes no logical sense. He just feels safe to really be himself around you, like he's finally come home. This is why, if you like being with a masculine-energy man, you need to know how to express your feminine energy.

When we can express our feelings, emotions, and sensuality in an inspiring way, instead of a demanding way, he feels compelled to please us, and take actions that make us feel good.

So what happens if we try to plan, strategize, and tell our masculine man what to do? In the beginning of a relationship, this is one reason why men don't call or don't ask a woman out a second time. In a committed relationship, he may not leave, but he'll lose his attraction, feeling mothered and resentful.

Because he'll conclude that we don't trust him, he'll take our direction as criticism; that he can't do it right. This snowballs into how he stops doing things for us women, and then we feel like we have to do everything! Like this, you'll both be in your heads, and there'll be no one to carry the feelings, to offer the sensuality, creativity and true passion that creates the romance and intimacy that you want!

Does this sound familiar to any of you? In your previous relationships, did you find yourself doing all the chores, picking up after him, making plans, or generally acting like SuperWoman because you fear that if you stop then nothing will get done? Do you approach men, call him, drive to him, or give more than you receive and wonder why he's not that into you?

We think that loving our man means taking care of him, managing him, instead of receiving pleasure from him. Receiving from a man is like receiving a beautiful sunset, or receiving a massage by letting go. We need to re-learn how to receive and let go, and not have to photograph the sunset or tell the massage therapist how we like the massage so much that we

can't relax into it. We've forgotten how to let go. We suppress our feelings and the running commentary of thoughts through our mind never stops! We don't want to give up control because we fear the unknown, aren't sure where the relationship is headed.

But it doesn't have to be this way.

By taking baby steps of practicing experiencing and expressing your feelings without making him wrong, receiving from your man, and expressing gratitude for what he IS giving you, you'll be surprised by how he warms up to you. There's an art to expressing your feelings in a way that draws a man closer instead of pushes him away, and that's what you'll learn in this book.

You may find now that when you try to express your feelings, it seems like he doesn't care. This is because men need to be spoken to about feelings in a DIFFERENT way than you talk to your girlfriends about feelings. Ironically, he does care about our feelings, but most men get overwhelmed by too much emotion, and fear being controlled.

But when you don't try to control him and learn to fully experience and express your feelings in a way that is inspiring to him, he'll step up and start doing things that make you happy, because he wants to feel you feeling good! There is an art for how to do this, and I'm guessing your parents didn't model it for you, so it's not your fault you haven't learned. I teach how to have those collaborative conversations, where you work together as a team.

### **How I teach women to embody their feminine energy involves:**

- Discovering how to embody and express your own unique expression of radiance, no matter how you look, so you can mesmerize him with your inner beauty
- Awakening your body to an experience of ecstatic aliveness, so you can find pleasure in the simple, mundane moments of your life, which inspires his devotion to your pleasure
- Honoring and really being comfortable feeling your feelings
- Letting him into the depth of your emotions without making him wrong; letting him be deeply touched and moved by the beauty of your inner being
- Learning how to fully receive all that he is giving, so you can inspire him to fulfill your deepest desires.

These are themes that will be expounded on in this book, so you can deepen them more and more in your own experience.



In our culture, most women have forgotten how to simply just be, and really deeply cherish our own experience, without having to change it. Just being is attracting rather than pursuing, intuiting rather than thinking. Not trying to please others, not trying to control or manage situations, accepting and loving everything that is—including our desire to change it, and allowing ourselves to be guided to co-create instead of control situations.

When you really learn to embody your feminine energy, you simply attract what you need from your man; affection, fun, great sex, romance, excitement, mutual support, harmony, emotional Safety, a way to make decisions as a team— and a real soul-mate connection with your man. Because it is your embodiment of all these qualities that make up the feminine that naturally and effortlessly attract the masculine.

He just wants to do things that please you, and he wants to be appreciated for it. When you receive what he gives and appreciate it; whether it's opening a door for you or planning a date or fixing something around the house, it creates a tremendous feeling of attraction in him, and pumps him up to step up even more. When a man pleases you, he feels good about himself and he wants to get closer to you.

Stay in your feminine energy by being receptive and open to his attention. And if you're NOT getting it, instead of demanding it from him, you can get your needs met by self care, girl friends, any number of sources, until he's ready to give you more, and then you're always pleased!

If you're dating, he sees that you're secure in yourself and don't need to pursue him, and he'll want to step up his game so another man doesn't claim you first. If you're in a committed relationship, letting him take the lead, being receptive, and respecting his thoughts will fuel his passion for you.

He'll adore you and cherish you, and you'll be able to relax, knowing you're desirable, loved, wanted, and taken care of. Allowing a man to please us, instead of us trying to earn love and do things for him goes against much of what we women have been taught and are so used to doing. And that's why it works so quickly to transform his feelings for you.

Why is it so hard to let go of control and trust? Usually it's because we've been hurt in the past, and we think no one will do things right if we don't do them. These beliefs were learned from past relationships, either from our family or previous partners, and they have been formed into habits that are pushing your man away.

The good news about habits is they can be re-learned. You can learn how to trust your feelings and intuition; how to tell if a man deserves your trust and respect, and how to honor it, and how

to really allow yourself to receive pleasure! You just need a guide who has been there and can lead you in the process.

This is not about finding more clever ways to get him to do what you want him to do. It's not about tricks (again, those are all head games)– it's about creating a true, loving partnership--from your heart.

The feminine woman's power comes from guiding the man into his heart. She does this by connecting to it first. Just as he leads in dance, she leads in diving into the heart space. She makes it OK to be sensual. She is strong and confident in being emotionally available. Ladies, if you're looking for a way to feel powerful and assertive, it's not by berating and demanding, it's about being a leader in emotional heart-centered connection.

For example, my client Lucy was in pain, doing nearly all the chores, cooking, and caring for kids, while both she and her husband worked. She felt he wouldn't lift a finger unless she told him what to do. Sound familiar?

When I shared with her the loving strategy of doing less and watch how your guy steps up to the plate, she was skeptical at first. So I spilled another secret: stop relating to him in a way that even implied that he was doing it wrong. (A challenge, I know!)

So I taught her to feel her more vulnerable feelings: sadness, loneliness, longing, and to start connecting to her needs for partnership, support, and self care. She stopped doing everything and started nurturing herself, started getting nurturing from other women in her life, STOPPED resenting her husband, and appreciated him for everything he DID do.

She was shocked when he started stepping up more and listening to her feelings once he didn't feel made wrong for them, and they they had conversations about how they could delegate and take care of the work together. It didn't happen overnight, but once she started relating to her emotions differently, the relationship transformed. You can be sure she feels cherished and adored again, and I assure you their romance is alive once again.

The complementary energies of the masculine and feminine create romance, and sexual passion and emotional intimacy that allow both of you to feel safe, loved and supported.

## **Masculine and Feminine Communication**

Remember that the feminine in all of us wants our feelings cherished, and the masculine in all of us wants our thoughts respected.

If you are a masculine woman with a feminine man, remember to ask how he feels about the direction that you're choosing. Then empathize with his feelings and collaborate to find a direction that feels good to both of you. I describe this more in the "Give Up Control; Gain Partnership and Collaboration" chapter.

If you are a feminine woman with a masculine man, and you don't like what he's doing or choosing, don't tell him what to do. Instead, tell him you don't feel good about it, and ask if he's willing to choose something that you feel better about.

I'll explain more about feminine communication in the "Communicating Feelings" chapter.

## **Some More Qualities of Masculine and Feminine Energy [adapted from a list by Dr. Keith Witt]**

### **FEMININE:**

- ¥ YEARNING FOR LOVE
- ¥ FULLNESS
- ¥ SURRENDER
- ¥ DEVOTION
- ¥ YEARNING
- ¥ EXPRESSION OF EMOTION
- ¥ WILD
- ¥ IN THE MOMENT
- ¥ COLLABORATION
- ¥ THE FULLNESS OF LOVE
- ¥ MAGNETIC
- ¥ FLOW, SPONTANEITY, FLEXIBILITY

- ¥ CHAOTIC
- ¥ OPEN AND RECEPTIVE,
- ¥ PLEASURE THROUGH THE BODY
- ¥ SENSORY, CELEBRATORY, DANCE, MOVEMENT
- ¥ ADORNMENT WITH BEAUTY

### **MASCULINE:**

- ¥ PRESENCE
- ¥ HUNGER FOR FREEDOM
- ¥ DOING, TAKE ACTION, RIGHT AWAY
- ¥ LIVING ON THE EDGE OF DEATH
- ¥ DEDICATION, DIRECTION, STRUCTURE, MISSION
- ¥ LOGIC, RATIONALITY
- ¥ FOCUS: WILLING TO PENETRATE THE FEMININE
- ¥ CONSCIOUS PURPOSE
- ¥ DEPTH, PROFUNDITY, PENETRATION
- ¥ EMPTY VESSEL
- ¥ FOCUSED ATTENTION, STEADY EYE CONTACT
- ¥ HUNTER'S EYES
- ¥ WARRIOR
- ¥ DIVINE DISCIPLINE
- ¥ KNOW AND LIVE YOUR DEEPEST PURPOSE
- ¥ STILLNESS /MEDITATION
- ¥ DEPTH OF CONSCIOUSNESS

## **QUESTIONS**

Which qualities do you naturally embody, and which qualities do you want to embody more of?

What do you need to believe, learn, and do to embody more of these qualities?

How would it impact your life if you embodied the desired qualities?

## **Practice: The Art of Being**

I've talked about just "being" instead of doing, and our culture doesn't teach us how to do that. Right now, you can pause to notice your way of "being."

For example, you might be patient, loving, confident, open, defensive, receptive, etc. Take a moment to notice your quality of being, right now.

Feel the air as it caresses your skin, and as it tickles your throat and nostrils as you breathe. Notice the grounded pressure of the floor or what you're sitting on. Notice how you feel in your body when you're being this way; take some deep breaths and imagine your heart is opening to enjoy the pleasant sensations, and have compassion for the unpleasant ones. You can "be" with all of it.

Being is pure potential, like the egg waiting for the sperm to join it to create the magnificence of human life. Like the egg, when a woman is just embodying her feminine energy, she doesn't have to control her surroundings to make something happen. She knows that, before she walks into any room, all she has to do is to feel her heart, her charm, her creativity; to be comfortable with all her body's sensations, and she can light up the room.

So practice connecting to this feminine way of "being," of enjoying the moment and all of your feelings and sensations in it, and notice how that naturally makes you more magnetic.

## **Getting Into Your Body**

The most powerful way to activate your feminine essence is to put your attention on your body and move in a way that feels good.

To start out, let's put our attention on our legs to feel grounded, our pelvis to feel sensual, and our heart to feel loving.

- Feel how strong your legs are, as if they're tree trunks. Imagine there are roots going down into the earth from the bottoms of your feet, and feel the strength in your legs.
- Breathe all the way into your pelvis, and relax your belly, and soften your hips and pelvis. You can gently sway them from side to side and open up to feeling sensual.
- Imagine that your heart is softening and opening, as if you could unzip your heart and shine compassion towards all of your feelings as they flow through you.

Putting attention on these three points helps us to feel grounded, sensual, and loving. Practice feeling these 3 points throughout the day, and putting your awareness on your legs, pelvis, and heart any time you are stressed, insecure, or uncomfortable, and notice what happens.

All women have a radiance, an inner glow that shines outward, when she is in her pleasure. To activate your radiance, practice slowing down your movements and asking yourself, "how much can I enjoy what I'm doing, rather than just focusing on accomplishing it? Can I feel the pleasure of applying moisturizer on my skin, or brushing my hair, or feeling the sway of my hips as I walk down the street? You will feel lighter, and be more magnetic when you do this.

Some women notice that they start attracting more attention as they are enjoying themselves more, and it might take practice to be comfortable with this. I can help you to integrate this and feel safe with it, as we discuss this in the coaching calls. For now, notice if you feel uncomfortable and practice opening your heart to this experience too.

**You can also "do" the following activities to get more in your body (or create your own :) :**

- Dance,
- Take a bath
- Do yin yoga
- Adorn yourself with beautiful clothes
- Get a mani/pedi, get a massage
- Create art

- Listen to music

There are whole chapters dedicated to collaborating, feeling your feelings, communicating them in a way that inspires him, being receptive, and connecting to the source of love.

### **Client story of being in her feminine:**

Heather was worrying because summer was coming and she's been on a few dates lately but hadn't met anyone interesting, and didn't have any plans for the summer! She was on a few online dating sites and hadn't received any messages lately. She decided to take herself out, to treat herself the way she wanted to be treated, and went for a 5 mile bike ride in the park. As she felt the breeze against her skin, and felt strong in her body, she started to feel better.

She sat down in front of a lake and stared deeply into the water, reflecting back at her that she was alone. "What if I'm alone for the whole summer?" She wondered. "What if I don't meet a man who really sees my value? What if I don't attract someone who wants to treat me the way I deserve to be treated? Will I have to settle?"

And then she remembered the power of her thoughts, that what she focused on, she got more of. So she took a deep breath, and *received* everything that life was giving her in that moment. In this moment, she is safe, the air is warm and the breeze feels good. She has enough food and a beautiful home. As her body received the beauty of the lake, she started to affirm her own value. "I am valuable. I deserve to get everything I want. I am amazingly beautiful. If I attract men who don't treat me the way I deserve, I can affirm to the Universe what I want and keep looking. I WILL attract what I deserve because of ALL the love, beauty, and magnificence that I am!"

As she felt the power, value, and strength in her body, she felt a profound letting go, tension seemed to lift off of her body and ripple into the lake with the gentle waves made by the breeze. She knew in her bones that she didn't know how time works, that the Universe would provide what she needed in its own timeline, not hers. And that she just needed to let go and receive, feeling the joy of her own value.

The very next day, she opened her inbox to an overflowing amount of messages from men that wanted to meet her, so that the following week her schedule was full! She went out the next day with her friends, and met an adorable, fun-loving man that she had a blast with singing Karaoke and sharing meaningful conversation. She was once again in the flow of attention coming towards her because of the powerful experience she was feeling inside of her.

## Chapter 11: Meeting Men

### How do you find compatible men who treat you well?

Now that you've clarified your relationship goals, vision, values, needs, deal breakers, masculine/feminine, and important qualities, you're ready to meet men!

Where do you meet men? The best place to meet compatible men is through friends, or events organized with friends, since we tend to share values with our friends, and people they know are already "vetted." You can also ask yourself, "where do men with compatible values hang out?" (Maybe volunteering, in spiritual or personal growth groups, for example) And if you're dating online, say something about your values and your romantic goals; it will help to attract the right kind of man.

If you're a feminine woman, it's important to dress in a way that shows off your most beautiful characteristics. Whatever you style, show off your curves in a classy way. And wear makeup that accentuates your beauty. (I actually don't wear makeup and my partner likes that; but I do usually wear sexy dresses for him. To each their own :)

All you have to do to meet men anywhere is embody your feminine or masculine essence, feel your legs rooted, your pelvis and heart open, and make eye contact and smile across the room at men. It's best to hold eye contact and smile for at least 3 seconds. (You can count in your head: eye contact, eye contact, eye contact) If this is uncomfortable, just feel your heart, and imagine your heart is unzipping to yourself, with your legs grounded. Remember, he is probably scared of being rejected, and he needs a non-ambiguous sign that you want him to approach you.

When he does approach you, be receptive. Let him guide the conversation, showing interest in you, and only give him your number if it feels good to talk to him. Flirting is about how much you are enjoying yourself in his presence. I will talk much more in the "First Date" chapter about what being receptive means to a man you are dating. Remember that masculine men want to be the one chasing and initiating, so let him ask for your number; don't volunteer yours first or ask him for his.

This doesn't mean you can't approach a man. You can do anything while being in your feminine energy and still be receptive. To start a conversation in a feminine way, compliment him on something he's wearing or doing. Then let him take the conversation from there. Don't



compliment his physique, because then he may get the wrong message about your intentions. (Unless those are your intentions!) No judgement.

If you're in a hardware store, computer store, or somewhere else where it makes sense to ask a man to help you, that's also a feminine way to approach a man. Masculine men love being helpful, and once he helps you, he might ask you out :)

If you are a more masculine woman who wants to attract a feminine man, he might be more shy and sensitive. It's ok to approach him, start up the conversation, ask for his number, and call him. You'll know he's a more feminine man if he seems to turn on to you taking the lead, and continues to enjoy this over time.

### **The Importance of Community**

If you're not a member of a community who shares your values, this is a good time to join one. Spiritual groups, volunteer organizations, and meetups are usually made up of people with shared values, and you'll feel a sense of belonging to quell the loneliness that comes up in the case of lots of first dates. They are great ways to expand your social network, and if you tell your new friends that you're looking to meet your life partner, they're usually happy to introduce you to single men whom they think would be a good match! The more friends you have, the more resourced you'll feel when your man needs space, and the more perspective you'll have on all the ways of giving and receiving love.

Up until the last couple hundred years, all relationships were supported by community. We lived in small towns where most people knew each other and supported each other generally. It's only recently that many of us expect to get our emotional needs met from our partner alone, and most of us only have one or 2 close friends. The greater our social network is, the more resources we have.

What actions can you take to expand your social network?

## Chapter 12: Online Dating

### Do's and Don'ts For a Good Online Profile:

#### Do:

- Have professional pictures taken. Remember, men are visual. Show yourself in a variety of outfits: one casual, one formal, and one “date” outfit.
- Put vivid, romantic language in your headline, such as, “This queen is looking to find her king for a life of adventure!”
- Paint a picture of your life with vivid imagery, instead of describing what you do in intellectual language. For example, if I were to write a profile of my life I would say, “You’ll find me wearing a silk red blouse and stilettos while teaching a group of women how to speak from their hearts. You’ll find me wearing a shimmering dress dancing the night away to world music under the stars in the summertime.” Describe 3 or 4 different settings that paint a picture of your life.
- Write in a way that demonstrates your most important values.
- Say your romantic goals and intentions: for example, “I’m looking for a lifelong love affair that stays passionate and fun forever! Or I’m looking for a fabulous romance that leads marriage and loving family. Or I’m looking for a dazzling romantic partner to travel the world with! Whatever your romantic goals are.
- List your best qualities and the most important qualities that you want him to have
- Use humor, and show off your unique personality

#### Don't:

- Include pictures taken with other men, even if they're platonic. Men are turned off by this.
- Write in intellectual language. Make your language romantic and include a lot of imagery.
- Say anything negative about your past, other men, or yourself

- Give men your phone number. Block your number and then call them. There are all kinds of people online.

When men “wink” at you or send you responses, reflect back things that you noticed about them or their profile that you like. Men like to be complimented for what they do and say (not how they look) and include a bit of playful teasing too. If they try to make it sexual too quickly, that’s a red flag (unless that’s what you want.) We can explore that in coaching.

The point of online chatting is to move it into a phone conversation or an in person meeting as soon as possible. To do this in a feminine way, after a few back and forth messages, just say that it would feel good to speak on the phone; what does he think?”

If you meet online, I suggesting asking for his number instead of giving him yours. You haven’t met him yet and you don’t know what his actual intentions are. When you call, dial \*67 to block your number and then you can call him. In the beginning of a courtship, unless he’s told you otherwise, call him on a weekday afternoon. Otherwise he might be on another date.

When you’re on the phone, keep the call under 20 min, and see if he asks you out. It’s a highly individual process that I can cover in more detail in our coaching calls.

If you like him by the end of the first date, you can give him your number.

## Chapter 13: The First Date

If you're a feminine woman who wants a masculine man, don't accept dates at the last minute. You want to see if he knows how to plan ahead. If he calls last minute, you can say, "I'd love to but I'm busy tonight. How bout Saturday night, etc." You also want to see if he shows up on time and has made reservations. These are all good signs that he wants to play a masculine role for you.

The point of the first date is to enjoy yourself and learn more about him, and whether he could be a match for you. You don't want to play 20 questions, but you do want to find out what he enjoys doing, and what his life is about.

The most important things to do is to enjoy yourself, be receptive, and get a sense of whether you could be compatible. .

You don't want to waste your time, or bond too quickly with someone incompatible, but you also don't want to grill him and ask all kinds of questions about his family, his exes, or his job. You want to connect and find out what's important to him.

### **Some questions you can ask on a first date:**

- What are you passionate about? What's important to you?
- What do you most enjoy doing?
- Tell me some of the most moving and exciting things that have ever happened to you?
- What are your favorite books/movies and what do you like about them?
- What do you enjoy about your work?
- What are you like when you're at your best?
- Do you believe in [your romantic goals like marriage and family, a committed life partnership where you travel, whatever you want dating to lead to!]
- You don't have to ask him if he wants this with you, but whether he believes in what you believe in. Otherwise, your goals aren't compatible and you'll wind up getting your heart broken down the line. Take what he says at face value!

Questions like these are fun and they reveal his values, so you can feel into whether you have compatible values. If you sense you don't have compatible values or goals, no need to keep dating him.

Make sure to also answer these questions yourself, instead of just letting him talk. Many times he will talk about himself on a first date, because he wants to impress you. But the best way to impress you is by his interest in you. He might not realize this, because he's nervous, and he might keep talking about himself. So instead of asking him more questions, share your answers to the same questions. This will increase his interest in you, and you can feel him giving to you, which can make you more interested in him.

When you answer these questions, speak from your positive feelings when you talk about yourself. "I feel so thrilled to be doing [the job I'm doing] Here's why I feel good about it." Remember that sharing your positive feelings is how he is inspired into his own heart.

I don't mean say "I love you" on the first date (or before he does); this can scare him away if he's not feeling it too, and that is always an intuitive thing. I mean be gracefully receptive and appreciative, and share what feels good in the moment.

If you say, "I'm having such a great time tonight. I feel so good. I love the atmosphere in this restaurant. The food is so good! I'm having a great time with you." He is transported into heaven. He feels successful for providing you with a positive experience. He feels, on an emotional level, like he created the atmosphere and the food.

Remember don't complain or talk about your problems on a first date. Save this for when there's deeper intimacy. Don't say anything negative about yourself, about men, or about your dating/relationship experiences. Also, don't get drunk on the first few dates. You want to be able to assess his character before you get closer, which you can do best when you're sober.

You can also assess his intentions by the nature of his compliments. If he says, "You're beautiful; you look great in that dress, etc." Then those are good signs. If his compliments are of a more sexual nature, then that's probably all he's looking for.

### **Receptivity and Responsiveness: The 2 most important qualities for you to demonstrate if you're a feminine woman**

On a date, a woman will often treat a man the way she would want to be treated. When he opens doors for her, she wants to open the next one for him; she might not let him pay for dinner, etc. This actually dulls a masculine man's romantic feelings. What a masculine man wants is to have the opportunity to please you, to be received, and to feel your joy in receiving. This is what makes him feel more masculine, confident, and increases his attraction.

When a masculine man is attracted to a woman, he feels he might be able to make her happy, and that brings out the best in him. Your pleasure in receiving what he does for you is what makes him happy. When you gracefully feel pleasure in allowing him to open the door, pay for dinner, or give to you in other ways, you don't owe him anything. His attraction will increase when you joyfully receive and respond positively to what he does for you. This lights him up and makes him feel good about himself.

Receptivity means you're able to receive whatever is good in the moment, not just from him, but from being in the moment. It means you can find something good in every situation and appreciate it. Even if you can't find something good, receptivity means you are open to finding it, and you trust that your needs will be met if you stay open.

What makes a masculine man deeply attracted to a woman is how he feels about himself in her presence? How does he see himself through her eyes? Through her appreciation of what he does for her?

**Question:**

What are my beliefs about receiving? Do they serve me?

## Chapter 14: Navigating the First Few Months

Remember, being in your feminine is not just about following. It's also about vetting him for compatibility. Do you have the same end goals for dating? (Marriage or whatever *you* want) Do you have compatible values, purposes, and visions for what you want in life? What is his relationship like with his family, and what emotional needs does he have, and can you meet them?

And does he have the qualities, like kindness, compassion, curiosity, open mindedness, or whatever qualities he'd have to have to meet your emotional needs? These are questions that you want to artfully answer in the first few dates so that you can feel whether he's really right for you. There's an art to finding out these things in a feminine and enjoyable way, and it's something we can cover in coaching.

I recommend that you accept a second date with a man if you had a good time on the first date and there were no "red flags," even if there aren't "sparks." Many times sparks develop over time, once a man sweeps you off your feet by how he treats you. It's hard to tell that on a first date. Obviously you don't have to date him more if you don't feel anything after a couple of dates, but I find that many women reject a man after a first date because of no "sparks" and then they deny the opportunity for sparks to develop over time.

If you sense that your date is not a match, it's important to develop an attitude of trust that you'll meet someone else who is. If you keep putting your pleasure first, filling your life with fulfilling activities, living true to your values, and putting yourself in environments where there are men with shared values, you're bound to meet someone more compatible soon enough. If it's hard for you to trust you'll meet someone else, take this belief through the "Belief Shifting Process" in chapter 2 and transform it.

When you're sure you don't want to go out with a man again, just tell him you're not feeling it. If he grills you, you can say it's a gut feeling. You can't argue with a gut feeling. If you explain yourself, he'll probably try to argue with you.

If you do want to keep dating and he doesn't call back, don't call him if you want to be the feminine partner. You deserve to be with a man who wants to pursue you, so keep flirting with new men and you'll find one who will.

## **Pacing the Relationship**

When you do find someone who feels like a match, it's important that you pace the relationship, meaning that you don't see him all the time in the beginning. This is because of the difference in the way that men and women process intense emotions. In general, women are more comfortable feeling intense emotions on a regular basis, whereas men will eventually get overwhelmed by intense emotions if he feels them day after day.

If you two have an intense connection and you see each other most days in the first few months, it'll feel amazing to both of you, like you're indulging in Belgian chocolate ice cream. The issue for men is that feeling strong infatuation magnifies all his other feelings too, and most men aren't used to feeling their insecurities, sadness, and hurt very often. It makes him feel out of control. Most men suppress their feelings most of the time. So to have all his feelings magnified feels great for a time, but it'll overwhelm him after a few weeks or months. Then he'll interpret his overwhelming feelings as "maybe there's something wrong with her, since I'm feeling all these uncomfortable feelings" and he may become irritable, critical, or pull away out of nowhere. All that was happening is that he didn't have enough space to "miss" you, and integrate his feelings so that he didn't get overwhelmed. For him, he only knows that something feels wrong, and usually he'll pull away or get distant.

Understand that a man's lower tolerance to feeling intense feelings too often has to be honored in order for him to fall in love. So many women think that if he's coming on strong in the beginning, that means it's ok to indulge in seeing him all the time. What I've seen is that this feels great for a couple of months, then he gets distant, she gets hurt, and they wind up breaking up, where the relationship could have had a chance if they took it slower.

Men need to feel in control, even while they're falling in love. This is what makes him feel safe enough to lower his emotional walls. If the pace of the relationship moves too quickly and too intensely, he almost always feels out of control, has an emotional crash, and winds up pulling way back and hurting the woman. Have you had this happen before? Think back to a previous relationship and if this might have happened.

So if during the first few months you only see each other once or twice a week, he'll have the space to process his feelings, and not get overwhelmed by them. He needs space to think about how you fit into his life and his purpose, and missing you builds attraction. If you're slightly out of reach in the beginning, he'll want to pursue you and pursuing is part of what makes him fall in love.

## **Why Tension is Important**



Romantic tension is that feeling you get when you watch a romantic movie and you're not sure if the protagonists are going to see each other again. This sense of tension in him is what creates the urgency to pursue you. I'm not suggesting you play hard to get, but I am suggesting that you fill your life with other fulfilling activities and that you don't spend all your time with him, so that he doesn't feel fully satisfied in the beginning, so there's no more to pursue. Part of what makes a man fall in love is feeling that he has to earn you; men like challenges, and if there's no challenge and he has you in the beginning, then it'll sabotage his opportunity to fall in love, which happens over time for a man.

I know it might seem like "playing hard to get" but this isn't a game. It's a subtle awareness on whether there's tension or not; whether you're allowing him to feel fully satisfied in the beginning or if he's left wanting more. It's the "wanting more" that causes him to keep pursuing. It's what allows him the space to think about how you fit into his life, and into his heart, and allows him to want to move the relationship forward to deeper and deeper levels of commitment. Giving him that feeling of missing you is actually a huge gift.

Believe it or not, it takes men longer than women, on average, to develop a strong emotional bond. Just because it feels intense in the beginning doesn't mean he's bonding. He needs time to get over his fear of losing freedom, the potential of him getting hurt. Men are usually more calculated with their decisions and they take time to go through the process of whether he's ready to commit on a deeper level to you.

You can think about it like you're a "prize" to be won. Instead of focusing on pleasing him because he makes you happy, you can let him please you with his actions, and don't stop your life for him. Make plans with friends, take classes, go to the gym, spend time with family. Don't adjust your schedule for him. You can let him demonstrate his interest by calling you early to make plans for the weekend, not last minute.

Don't reject him by just saying "I'm busy." ; then he'll think you don't like him. Say something like, "I'd really love to see you. I had such a good time with you a few days ago. I can't wait to see you again but not tonight because I have plans with a girl friend/I have a work deadline/I'm committed to working out tonight. How bout friday night?"

Men need a challenge. They need to feel that they fought for you and won. He needs to feel that you have a full life, that you're not going to depend on him to meet all your needs as time goes on; that would take away his freedom and be too much pressure for him.

Trying to experience your own value from the man you're dating will only lead him to perceive you as low value.

To remedy this, choose an activity from the “How you treat yourself” chapter, and fill your life with enjoyable activities while you’re pacing the relationship.

### **When to Sleep with a Man**

Believe it or not, saying “no” to a man in the beginning, whether it’s to sleep with him or see him more often, even though he might feel annoyed or frustrated, will cause him to feel more passion. The thrill of pursuing you is what makes him feel like a man, and what makes him feel more alive.

Until you are ready to have sex with him, don’t invite him over your place or go over his place. Keep your dates to public locations. When men are in private, they will put on their best moves to seduce you.

I don’t have rules about how many dates to go on before you sleep with him; I have no judgment about one night stands or sex on the first date. I believe in women listening to their own intuition. Although NEVER have unprotected sex with a man you’re not 100% sure has been tested and isn’t sleeping with anyone else. And if you haven’t explicitly agreed to exclusivity, he’s probably sleeping with other women. Remember, if he wants to have sex with you without a condom, he’s sleeping with other women without a condom too!

When I first met my partner, our sexual chemistry was off the charts. And he told me that one of the things that inspired him to commit to supporting me in all ways is that we *didn’t* have intercourse for the first couple of months. We did have A LOT of fun though, moving sexual energy through our bodies with Tantric practices, and giving each other sensual massages.

Remember I said that men’s brains are compartmentalized? So picture men’s brains like a big apartment complex. The sexual apartment is a big penthouse with a hot tub and a king sized bed with plush pillows, and the emotional part of them is on the other side of the apartment complex, closer to the basement.

So there’s nothing wrong with being sexual with a man right away, but my partner told me, if he was having sex with me early on, he wouldn’t have had a chance to travel to the other side of the apartment complex to ask himself questions like, “How DEEPLY do I love her? Do I want to make her happy in all ways?” Because he usually only asks these questions when he’s shut out of the sexual apartment, so then he travels down to the emotional apartment and asks himself these kind of questions. So by the time we did have sex, everything about his being was and unconditional “YES!” to supporting me in all ways.

Of course, once we started having sex, I said to myself, “If I’d known how good it was, I probably wouldn’t have waited!” So it’s a very individual choice.

At the very least, I recommend that you ask yourself, “If I sleep with him, has he earned my trust that he isn’t just after me for sex? Or if he is just after me for sex, and doesn’t contact me again, am I really ok with that?” Only you can know the answer by feeling deep inside your heart. If the answer is no, then recognize the risk you’re taking, and look at the whole process of a learning experience in how to honor you and your needs/desires. If you don’t want to have sex before you’re exclusive, then you can tell him, “I’m really attracted to you and I’m tempted to [go to your place] but dating is to see if we’re compatible, and I only have sex when I’m in a serious relationship.

Then if he says he wants a serious relationship with you, you can say, “That’s wonderful, I’m flattered, and you should know that I’m looking for a relationship that builds towards [fill in the blank with your goals] (marriage, family, life partnership, whatever your goals are) Is that something you want too?” And then you can talk about what you’re both looking for.

If you’re not looking for the same things, and you still want to have sex, that’s your choice, as long as you can keep your heart open to other suitors. It’s more challenging when the hormones that are caused by intercourse get flowing through your body. When a woman has an orgasm with someone, oxytocin floods her system for the next few weeks afterwards. Oxytocin can make you more likely to trust him (even when you shouldn’t), get clingy, and be more likely to think he’s “the one,” even when he doesn’t have the same goals or compatible qualities. It’s important to know how oxytocin affects you, because you don’t want to bond with the wrong man. I don’t believe there is a right or wrong here; just different factors to consider. You don’t want to be in an exclusive relationship with someone who you know isn’t compatible.

Regardless, if he’s really into you, he will be more than willing to take the relationship slowly. If he’s only after sex, and you want to move slowly, then he’ll move on and you’ll be more available to meet a man who wants what you want. You’ll never lose your soul mate by taking the relationship slowly and leaving him with a feeling of desire for more closeness with you than he can have in the beginning.

## **Vulnerability**

You want to reveal your vulnerability slowly in a new relationship. Remember that most men aren’t comfortable feeling their vulnerable emotions like sadness, fear, or shame, and they need to get to know your more positive side first before they feel safe enough to experience your vulnerability; otherwise that might overwhelm him too. This is something that you can use your intuition around; it depends on how much personal growth work he’s done as well.

You want to build up to sharing your vulnerability by sharing your positive feelings, dreams, goals, and sharing the positive side of yourself first. I'm not suggesting that you be inauthentic, but remember that:

1) He's building a model of who you are in his head. If you meet someone for the first time and they are complaining about their life, you assume that's their personality. But if you have known someone for years as a generally positive person, and then they spend the day complaining, you won't think that's who they are, cause it's just a part of them that fits into your model of them as a whole. If he builds a more balanced model of you in the beginning, there will be much more room for him to hold your vulnerability over time

2) Vulnerability makes us feel exposed, and opens us up to be hurt. We want to "test" him by sharing our hopes and dreams first, and see how he responds. Is he interested, accepting, and curious? Or is he critical and judgmental? If it's the latter, then don't share more deeply. You only want to entrust your heart to someone who can honor it.

We all have a positive side and a pessimistic side; a needy side and an independent side, an up side and a down side. So in the beginning, it's more important for you to lead with your positive side, and then later you can be more vulnerable.

Studies show that the number one reason men say they choose to pursue a serious relationship with a woman is that she has a positive attitude and enjoys life. It's not that he doesn't want deeper emotional intimacy, but he takes longer to awaken the desire for this than a woman usually does.

Remember that men are usually focused on a mission. And the mission in the beginning of a relationship, for most men, is "To have positive, fun experiences with a woman who makes me feel good." Usually only when he has experienced this with some consistency is he ready to feel more challenging feelings. That is what makes him feel safe to go deeper and open his heart more.

That is why men frequently bolt when a woman expresses her hurt and tears in the beginning. Once he's made a deeper emotional commitment, this draws out his protective instinct and your challenging emotions (when expressed in a way that doesn't make him wrong) draw him closer to you. But in the first few months, before he's had a chance to open his heart and build a positive model of you in his head, he can drop his pursuit if he senses that you're not happy.

How can you tell if it's ok to share more vulnerability and challenging feelings? Because you do want to "test" him to see whether he can honor your feelings and see if he's emotionally unavailable. You can try sharing a challenging emotion that's not too intense to see how he responds. For example, "I'm feeling sad today because my friend's mom is sick and I've been

consoling her today.” This shows you care about your friend but it’s not something catastrophic for you. See how he responds. This is important. If he leans in and says, “Oh I’m sorry, that’s sweet of you to care for your friend.” Or if he’s otherwise accepting and caring, then he can honor your feelings. If he blows you off or says, “That’s life” and changes the subject, that could be a red flag that he can’t honor your feelings. This isn’t black or white; it’s something to observe over time. It’s an intuitive thing that we can explore more in coaching.

You might feel annoyed by the idea that “fun” is more important than emotional intimacy to men in the beginning, and many women feel that way. However, fun doesn’t have to be shallow. You can have fun asking about what he thinks the meaning of life is? What would he do if he had unlimited time and money, and knew he couldn’t fail? What does he want his life to look like in 10 years? These are deep and meaningful explorations that are fun and also allow for deeper intimacy in a positive way. And of course sharing your positive feelings helps him to drop into his heart.

## **Uncertainty**

It is totally normal for both you and him to go through a period of uncertainty in the first few months of dating, even if things were fireworks in the beginning, and even if you wind up marrying in the future (and doubts are natural when you’re married too). If one or both of you is feeling uncertain, you might mistakenly assume that this means he’s not right for you. When in reality it might mean that you just need to pace the relationship, let him give to you more, and as you receive from him, his heart has the opportunity to open more, and you will know more whether he’s the man who can make you happy.

A man may reach out less, or make plans less when he feels uncertain. If a woman pursues more (calling him, making the plans, asking where the relationship is going) it can increase his desire to pull away. This is why it’s important to give him space, and fill your life with other pleasurable activities like we explored in week 4.

If you are in the first year of dating and you ask for reassurance (which is something totally ok to ask for once he’s made a deeper commitment) it will usually push him farther away. He usually doesn’t understand his feelings when he’s taking space, and asking him to talk about something he doesn’t understand makes him feel stupid. It’s important that you maintain strong ties to your friends, community, and other fulfilling activities and DON’T pursue him more than he does during this time. You are training him not to take you for granted.

When you allow him to take space and when he has a positive connection with you on his return, then he opens his heart more to you. You have shown him who you are in a variety of circumstances, and have demonstrated that you don’t put pressure on him to meet all your

needs. He can trust you to love him even when he's not perfect, so he can then start to see you as the one woman he trusts with his heart and soul.

## **Exclusivity**

If and when you two decide to be exclusive, this is a wonderful opportunity to open your hearts to each other, become more vulnerable in your communication (making sure to pace that too) and experience deeper levels of intimacy.

I don't recommend that you agree to exclusivity until you agree that you're compatible in the following ways:

- You have shared goals for the kind of relationship you'd both like to create within a compatible time frame (marriage, life partnership, lovers; as long as you are both wanting the same thing)
- You are getting all of your important emotional needs met by this man, or at least you are satisfied by what you are receiving.
- You respect his purpose and the direction his life is going.
- None of your deal breakers are present

If you're not compatible in the above ways, then the longer you "take yourself off the market" to be with him, the more it'll hurt when you do eventually break up, not to mention that you can't turn the clock back.

I don't recommend you ask him for exclusivity. A woman truly feels loved, adored, and cherished when the man moves the relationship forward, and she inspires him by the ways we are learning in this book. Be exclusive, if you want to, when he asks. Until then, I recommend continuing to date other men.

Most men in modern times date more than one woman. He probably won't tell you that unless you ask. If he asks you if you're dating other men, you can say, "Yes but it's nothing serious." Then if he asks if what you have is serious, you can say, "Do you want it to be?" And that might start a conversation about exclusivity.

There is an art to dating multiple men that is empowering and feels good, and that is something that also deserves a whole other course, so I cover this in my 1 on 1 coaching.

**Never assume that he's "The One" until he says he is!** That's why it's important to talk to him about his romantic intentions before you become exclusive. Women can let their minds run way into the future, fantasizing about the wedding, the honeymoon, the house, the kids...when he hasn't said that's the life he wants. Masculine men don't usually change their direction for a woman. You need to follow the direction he already wanted to go in. It's important to assess that before you become exclusive.

Many men mistakenly stop doing as many romantic things when they're exclusive, not realizing that these things are not only important to "win" a woman over, but to keep her feeling in love with him. Women see that he's stopped and think he doesn't care, when really he just doesn't understand what giving support, planning dates, giving complements, buying flowers, etc. does for a woman.

This is why it's sooooo important to ask for what we need in the style of the "Asking For What We Want" process we learned in week 5. He needs to feel appreciated for what he is doing, and he needs to learn what your request provides for you, and then most men are happy to keep providing romance. This helps him to grow, to strengthen his self esteem by providing and experiencing you being happy.

Women are taught to be desirable but not to desire and ask for what we want. This is an important muscle to build, to "train" him in asking for what we want in a feminine and inviting way, and then he will be happy to do it. But don't expect him to know what you need without you asking!

When you can ask for and receive what you want, then he gains confidence that he can make you happy and he opens his heart more. If you assume he doesn't care, and you express what you want with a resentful attitude (Like, "Why don't you plan dates anymore?" vs. Asking in the method of the "Asking" chapter) then he will resist your attitude. But if you ask in a loving way, and happily receive, then that provides him with a feeling of fulfillment in making you happy.

It's easy for us at this point to start to take what he does for granted and stop appreciating it. Its crucial to understand that your receptivity and appreciation is what keeps his romantic feelings alive, and if you continue to appreciate him, then that will motivate him to keep giving to you.

The mistake that many women make in a committed relationship is assuming if she gives more to him, then he will automatically give more to her. She doesn't realize that when she starts giving more than he is giving, this puts her more in her masculine, and actually lessens his attraction.

The opportunity here is to appreciate what he is giving, put your pleasure first (like all the self nurturing activities) and ask lovingly for ways he can make you even happier. This gives him the

opportunity to succeed in making you happy, which is what convinces him that you're the woman for him. So rather than focusing on what you can do for him to prove how wonderful you are, instead you can focus on creating an attitude of receptivity. It's not that you shouldn't give to him; it's just about the balance: a woman should not give more than she is getting. This isn't transactional; it's understanding that a man feels happiest when he is able to provide for a woman's happiness, not when he is receiving more from her. By receiving and appreciating what he is giving, you ARE giving to him.

Once you have shown him that he can make you happy and you are receptive and responsive to what he provides, then there is more openness in him to receive your vulnerable feelings like sadness, hurt, or fear, without feeling that he did something wrong.

## **How do you know if he's "the one" for you?**

People say "you just know" if someone's right, but does that mean that if you don't "just know" there's something wrong? I could also write a whole book about this, and a few people have. My favorite one is "Is He Mr. Right?: Everything You Need to Know Before You Commit" by Mira Kirshenbaum. As I stated, uncertainty is common in the beginning, and if you feel uncertain in the first year, that is just an opportunity for you to pace the relationship more and allow him to pursue you and win you over; or else date other men.

**In the book, "Is He Mr. Right?: Everything You Need to Know Before You Commit" Mira Kirshenbaum describes in detail 5 dimensions of chemistry:**

- 1) You feel comfortable with each other and it's easy to be close
- 2) You feel physically and emotionally safe being in a relationship with him.
- 3) You feel it's fun to be together
- 4) You have real affection and passion for each other
- 5) You feel there's real mutual respect

I help people clarify if these things are there, and also I've found there are other important factors to compatibility, such as:

**Do you:**

- Have compatible religious beliefs



- Both want to have children?
- Want to live and/or retire in the same location?
- Want the same lifestyle?
- Have compatible values?
- Does one of you have an addiction that could undermine the trust in the relationship?
- What are your dealbreakers?
- How do you both plan and organize your finances?
- Are you sexually compatible?

It is only through pacing the relationship, vetting him for mutually compatible romantic goals and timeframes, allowing tension, allowing him to pursue you, and being receptive and responsive to his that both of your hearts can open and feel whether you have all these dimensions of chemistry, and whether you are right for each other.

By knowing yourself, and knowing the differences between most men and most women, we can create the right conditions for both of your hearts to open and then you can tell if the man is right for you. If you create the right conditions, then you can “just know.”

The man who is right for you has the ability to bring out the best in you, and he also has compassion and sensitivity to your emotional triggers, so that he can help you heal from them and be more whole. He won't be perfect, but you'll feel he's perfect for you.

Just because you're in love, that doesn't mean you're right for each other. Many people feel guilty ending a relationship if one of these aspects of chemistry isn't there, or if you know in your heart, after going through the process outlined above, that he is not right for you. I can lead you through a process for how to end a relationship amicably, because this is highly individual.

There is no need to feel guilty ending a relationship that isn't working, but there is a way to do it so that you both feel honored. And this will keep your heart open so that you can attract someone who is right for you.

## **If You Want More Commitment From Him**

If you're wanting more commitment from him, remember that commitment happens slowly for a man. He needs to feel that you fit into his life, his purpose, and that he completely trusts you

with his heart. He needs to experience who you are in a variety of circumstances. He needs to trust that he can really make you happy, and that you're not going to take his freedom away; that doesn't mean that he necessarily wants to see other women. But many women control how much time their man spends with his friends, whether he plays sports, etc. And you have to show him that you understand his needs, to reassure him that you will let him be him and love him for who he really is.

Your responsiveness inspires a gradual commitment. And your receptivity and appreciation for what he provides escalates his investment in you. For most marriage-minded men, it takes 6 months to 2 years to want to move the relationship forward.

Sometimes what can inspire him is your willingness to leave in order to fulfill your romantic destiny; that you're more committed to creating love that lasts a lifetime than you are to him. This is a delicate art, and something that I help my clients to fine-tune and have inspiring conversations with their man instead of roping him into a commitment.

Remember, if he doesn't ask you to be exclusive, that probably means that he's dating other women. Unless he asks you to be exclusive, you have every right to date other men (and he probably assumes you are if he doesn't ask you to be exclusive) Depending on your timeline, dating more than one man might be the right thing for you. I can help you figure that out.

When I first met my partner, he said he wasn't looking for a serious relationship, but he knew that I was. I just received from him what he was giving me and didn't expect more. I stayed open to other men in the beginning and he didn't want me to. So I said, "Ok, here's what I'd need in order to be exclusive." (I listed all my needs) And we even wrote out a document listing our commitments to each other. We sometimes refer to it when we have a conflict, to help us resolve it.

By applying all the principles in this course, he gradually was inspired to keep offering me more and more commitment. First committing to spending weekends together; then committing to meet all my emotional needs; then making more and more agreements of what he would provide for me, who he wanted to be for me; then asking me to be his life partner.

Now I feel so secure in our partnership, our future, and what we're creating together; how we empower and inspire each other to be who we most deeply long to be in the world. I feel so grateful that what I learn from our relationship allows me to help other women create amazing relationships with the men in their lives!

There are WAY more distinctions on how to inspire a man to exclusivity, commitment to a shared future, or how to inspire him to step up in a relationship. I give different advice to different women, depending on your unique situation. If you learn the skills and follow the

principles in the next few chapters, it goes a long way. Bring your questions to the coaching calls :)

## **Chapter 15: High Value Mindset**

Men want women who see themselves as valuable, meaning his life experience would improve just by being in relationship with you. He needs to feel that your connection brings him a deeper experience of love, joy, and happiness.

Thankfully, when you're experiencing yourself as valuable for your own sake, receiving your needs from many sources, and prioritizing your pleasure, then he'll also experience you as high value!

Just focus on what you have to offer just through your way of being, not just what you do. This will radiate out of you and enhance everything good about him.

### **So if your confidence takes a nose dive, spend some time thinking about and visualizing:**

- How does his life benefit from just being with you, without you having to do anything; just soaking in your radiance, physically, emotionally, and spiritually? You can imagine that you're a big light bulb, illuminating the room for him.
- Visualize his happiness in connecting with you and giving you pleasure, and you just receiving from him. Spend some time really taking in what this looks and feels like.
- Imagine that YOU'RE the prize and the safe haven for him. Imagine that he longs to be with you because of who you are; your inner radiance and your inner being.
- Know that there is nothing more attractive to a man than the glow of positive feelings radiating from a woman. When you send those positive feelings his way, it melts his heart. Imagine sending him your positive feelings of love and appreciation for anything that he's done for you recently, and feel how that pumps him up and makes him feel like a million dollars!

This works because you can clearly see what's in it for both of you, not just you and not just him.

It's important to do this visualization any time you feel a lack of confidence in your own value, because he can feel where you're coming from, and it'll inspire him to want to make you happy so that he feels happy too!

Remember, just your radiance, sharing your truth from your heart, being on his team, inspiring him with your feelings and desires, and being receptive and appreciative adds a TON of value to him. And it also feels good for you!

Your value has less to do with what you DO and more with how you see yourself, see him, support his purpose, act like you're on his team, receive him, and appreciate what HE does for YOU! These are the most important needs that most men have in a romantic relationship! Here's a quick tool you can use any time to own your value. And it's fun! It's called "Chocolate Ice Cream." Who can go wrong with a tool like that?

## **Chocolate Ice Cream Exercise**

Next time you find yourself thinking of your man as "the prize" instead of knowing and believing you're the "prize" that he wants to win, do this:

Right now: imagine your man is right in front of you and feel yourself melting, as if you're made of chocolate ice cream! Really feel your warm yummy core melting the ice cream and it gets all soft, sweet, melty and yummy!

Next time your man isn't paying attention to you, or he hasn't called, and you want to go into your head and analyze him, or you're thinking you're not good enough or pretty enough: be the chocolate ice cream!

Notice what your body feels like to be all sweet, soft, and melty, and notice what your man does when you feel this way! A man truly craves a woman who is enjoying herself and loves herself just the way she is: it's contagious and he can't help but fall in love with you more deeply!

## **Chapter 16: Put Your Pleasure First**

### **Masculine Men need to be Pursuers. Where are you in the love seat?**

Imagine you're sitting in a small, cozy, soft love seat with your man, basking in each other's company. Now ask yourself, who's giving to whom? Where are you? Are you leaning forward, touching him, talking to him? Notice who is leaning forward and who is leaning back.

When we start leaning forward, that naturally causes him to lean back and receive. This is ok for a little while, but over time it will kill his romantic feelings because he feels like we're chasing him, instead of him chasing us.

Chasing him feels natural, because we want more attention, connection, and love! And yet in order to really arouse his passion for you, he needs to be the one leaning forward more often than you are, with you joyfully receiving, and only giving back once you've received.

So now imagine the opposite: Imagine you're in that love seat, and lean back against the soft pillows, really enjoy the way the cushions support you, breathe in and allow the air to caress your lungs, really receive the colors, textures, and smells around you. This enjoyment of yourself sends non-verbal cues to him that you are receptive, and it creates the space for him to pursue you.

When you focus on you and your pleasure, he will feel entranced by your "vibe" and he'll feel compelled to come closer.

### **So take responsibility for our own pleasure and then let him join us!**

Whatever it is that we need from our man: attention, affection, to feel important, valued, beautiful, supported, taken care of...these are legitimate needs, and yet when we demand these things, he feels controlled. Think about it. How would you feel if I demanded that you spend time with me? Vs. Said something like, Hey I miss you, how are you doing, and really wanted to know?

But what if we really do feel lonely and angry about it? It's important that we take care of ourselves FIRST before giving to others. Why? Because who else's job it is? The only people

who are entitled to others taking care of them are children! And the only thing we do actually have control over is what WE do, not what others do.

**Your happiness is the most attractive thing about you. He will feel mesmerized and entranced when you're authentically happy, and share this happiness with him.**

A quality man can handle your vulnerability and neediness if you express it in the way I describe in the “communicating feelings” chapter. But men need space, and they need to feel that they’re pursuing you more than you’re pursuing him. So what do you do when you’re feeling lonely and your man isn’t available?

Recently I had a powerful experience of taking responsibility for my own pleasure. My partner and I spent the weekend with friends, and we had lots of flirting and cuddling, but no privacy. So naturally I was needing to connect with him 1 on 1 when we got home, and told him that in a loving way.

There was so much traffic on the way home that by the time we got home, he had an important work deadline to meet and we didn’t have time to connect 1 on 1. I understood, and he reassured me we’d have time to connect soon, but I was feeling so lonely by myself in the bed at night while he stayed up working.

All sorts of thoughts were running through my head, like “He must not want me enough, if he can’t make even 15 min to connect in a way that feels good.” There was an intense ache in my heart and belly, and I felt it in my body, and it didn’t seem that if I gave myself pleasure, that it would make me feel any better. I thought I needed to receive pleasure from him.

Still, I lay there, with no other options (too late to call a girlfriend) so I took myself through the “Emotional Alchemy” practice in chapter 24. When I opened up to my inner guidance, I felt that I could try touching myself the way I wanted him to touch me, and to open up to that being satisfying in a new way.

So I took my time, and explored different parts of my body with my hand, practicing feeling like I was both the giver and the receiver. I was feeling just as much pleasure in my hand as the giver, as in my body as the receiver.

I started visualizing that I was receiving the whole world as energy through my breath and into my body. I was wanting to feel wanted, and as I breathed in and out through my pelvis, I was receiving images of the whole Universe (plants, rivers, stars, trees, forests, deserts, the ocean) wanting me, and that energy flowing like a river into my body and filling me up with the feeling of being wanted.

I was also fantasizing about what I wanted him to do to me, but it was different than my usual fantasies; it felt like he was a conduit for the Universe giving love to me; since I felt him focusing on his work right now, it felt like I was receiving the message that I could receive the feeling of being wanted by the Universe, through visualizing the Universal energy flowing through his body into mine, as I pleased myself.

When I felt complete, the pain was gone and I felt peaceful and loving again. I did still feel that I needed to receive that feeling from him, but now I felt more patient to drift off to sleep and look forward to him giving me attention when he was ready. And I knew that if I approached him from this place of feeling filled up, but wanting more; as opposed to being needy and pushy, that he would respond to my desire with a loving attitude, and want to give more to me. And later the next day, he did :)

In the past I would have carried that feeling of loneliness and emptiness with me through the day, and grown resentful, and he would have felt my resentment and that would have turned him off. Since I took responsibility for my own pleasure first, and then approached him with what I needed, he was open and wanting to give to me the next day. He brought me flowers, apologized for being so busy, and lovingly nurtured me for hours. I got to experience his true desire for me because I let him have space, and I took responsibility for my own pleasure while he was gone.

**So what do you need to do to connect to your own pleasure on a daily basis, so you're not relying on your man to meet your needs all the time? You can refer to the list in the introduction and create your own :)**

## Chapter 17: Communicating Feelings

Most women try to connect with a man through his mind or his body, because that's how we're taught.

So what is the problem with that, Lucy? You may ask...

It may sound like that makes sense logically, BUT if you try to connect with his mind he'll see you as a friend. This includes talking about shared interests, values, or hobbies. Your conversations might be inspiring but it won't make him feel romantic feelings for you.

AND If you connect with him through your body, you might have a fun, passionate time together, because sex is important to men, but it doesn't make them fall in love. You might wind up being "friends with benefits" that way, and that's fine for some people, but doesn't inspire deep, lifelong devotion.

**So what is a woman to do?**

**Ladies hear this loud and clear:**

***The only way to a masculine man's heart is through your heart, by feeling and expressing your feelings!***

***BUT not in the way most of you are doing it and I USED to do it!***

You see, you have to drop down into your hearts and feelings, and then he'll drop down into his heart, and bam – YOU'RE CONNECTED!

And that is the secret – How to create connection that inspires action in your man!

Remember, a man doesn't fall in love because it's logical or makes sense. He doesn't fall in love with you because of your personality, your intelligence, or even because you're beautiful or have a great body – That is what most women tell themselves when they are not attracting the right man or they can't seem to get their man to meet their needs on all the levels they want.



You see, he'll initially be attracted to your outer beauty, but that won't make him fall in love and be committed to creating the relationship of both of your dreams.

He falls in love because he "feels it" in his gut, which makes no logical sense. He just feels safe to really be himself around you, like he's finally come home. This is why, if you like being with a masculine-energy man, you need to know how to express your feminine energy in a way that inspires, validates and makes him feel totally accepted for who HE is, because that compels him to WANT to fulfill your EVERY desire!

**This means sharing our feelings, moment to moment. How we feel about ourselves, about life, about him, about our desires.**

**Sharing positive feelings is good in any stage of a relationship.**

For example, on a first date, instead of talking about your job intellectually, you can say something like, "It feels so good to be a teacher. I get to make an impact on people's lives, and even though sometimes I feel exhausted, when I see the students absorbing the information, it really warms my heart and I feel re-invigorated."

Do you imagine what effect it has on a man's heart to hear a woman talk about her positive feelings like this?

When you're in a committed relationship, sharing about your day touches him much more deeply if you share moments that you felt your feelings, as opposed to your judgments and thoughts.

You can share more challenging emotions when you're in a more emotionally invested relationship. And it'll draw out his protective instinct and engender closeness and intimacy. If you're in the first few months of dating, you want to be more aware of sharing more positive feelings, and I explain about that in the "Navigating The First Few Months" chapter, under the "Vulnerability" heading.

**But not if you share your feelings the way most of us do; most of the time, we share our feelings in a way that makes him *WRONG*!**

One of my mentors says, "Men's emotions are like women's sexuality: you can't be too direct too quickly."

From the time they are born, the hormonal and physiological differences in men cause most men to be sensitive to feeling shame and inadequacy. Testosterone and other hormonal

differences cause boys to be naturally focused on accomplishing things and “doing it right,” and then our society also encourages this tendency.

From an early age, boys are encouraged to pursue goals and girls are encouraged to feel and communicate feelings.

You can visit a playground and easily find groups of girls sitting down and talking about their feelings, and then look across the playground and watch the boys working together towards some kind of goal, like getting a ball into a net or building the biggest structure out of twigs and rocks.

This is changing, and girls are encouraged to be goal-oriented too, most boys are encouraged to suppress their feelings so they can accomplish goals, and most girls are encouraged to open up and learn about their emotions. So by the time they reach adulthood, most men are much more uncomfortable talking about emotions than women are.

So when a woman complains, or tells a man what she’s unhappy about, he is likely to hear “I’m failing. I’m not good enough as a partner.” He won’t be able to hear anything else you’re saying, because he’ll want to avoid the feeling of shame, that he’s not good enough.

And shame instinctively motivates men to hide, which is why so many men are accused of withdrawing. So it’s important to balance sharing positive feelings with more unpleasant feelings, and to NOT blame him, criticize him, or make him wrong. That will push him away.

So how do we avoid causing men shame?

## **Positive Feelings are like Pillars in a House**

You can think of your relationship as being a house that’s held up by pillars. The pillars are the feeling of positive connection between you. They keep your relationship strong. If the pillars are strong, then there’s room for the house to be messy, for it to have problems that need to be fixed, and you can work together to fix them. But if you try to talk about problems when the pillars of connection don’t feel strong, they will start to weaken the foundation of the house so the relationships feels shaky, and might collapse under the weight of the problems.

## **Here are what keeps the pillars strong:**

**Balancing pleasant feelings with unpleasant feelings**

It helps if you Share your positive feelings every time you see him (or every day if life with him), no matter how small. What can you appreciate him for on a regular basis? Then he'll feel like he can win with you, and he'll be open to hearing your challenging feelings without feeling like he's failing!

Don't take it for granted that it feels good to sit next to him on the couch, or to have him do the little things he does for you on a daily basis. When you share that you feel happy, grateful, peaceful, content, or connected to him, he is pumped up and drawn into his own feelings for you!

### **Keeping the pillars strong with appreciation**

Remember most men really do value being providers. That doesn't just mean that he wants to provide for his family financially. It gives men a HUGE amount of joy and pleasure to be the ones providing for the people they love, especially their woman.

If he takes you out to a movie, on an emotional level he feels as if he had written the movie script and starred in it. When she likes the meal at the restaurant, he feels like he cooked it. When she compliments the movie or the meal, he feels complimented. A woman's appreciation for what he provides lights up his life the same way that his consideration of your feelings lights up your life.

Unfortunately, this also works in reverse. When a woman criticizes the movie, part of him takes it personally as if it's his movie script she is rejecting. When she talks about how bad the restaurant is, he might feel as if she is complaining about him. Without even knowing it, a woman can diminish a man's romantic feelings. By appreciating what he IS providing on a daily basis, this keeps those pillars of connection strong so that there is room for you to be able to share your unpleasant feelings and he doesn't have to hear them as if he's failing.

You can appreciate him for little things: is he a good financial provider, is he a good father, does he do little things for you? Does he make any plans for you or the family? How is he meeting your needs, even if it's in a small way? Voicing these things will make him inspired to do MORE because he will feel like maybe he CAN make you happy if there are things that you are already happy with. So go ahead and write down: what can you appreciate him for? It can be small.

For example, I'm writing this while my partner is working overtime, and instead of complaining that he isn't taking breaks to spend more time with me, I can appreciate the ways he does give me attention and watch them grow.

He's been taking breaks to meditate and the first time he did, he touched my hair on the way to it, and I smiled, breathed in the pleasure, and said, "It feels so good to have you touch me give me attention on the way to being by yourself."

So then on the way back to work, he paused and took longer to caress me and look into my eyes and tell me how much he liked me being here. Positive reinforcement is sooooo much more effective than criticism.

**The best appreciations aren't just about something they did. A good appreciation has 3 elements:**

- 1) Something specific that they did
- 2) A positive character trait about them
- 3) What it provided for you, especially your positive feelings

For example, instead of saying, "Thanks for making dinner," you can say, "Thanks for making dinner tonight. I know how busy you've been and it shows how much you value taking care of me. I feel so supported and cared about when I come home to a home cooked meal." Can you see how that's so much more meaningful than saying, "Thanks for making dinner?"

**Letting him know what you like about him, about the moment, about what he's doing or what he's done**

Even in this moment, when my partner and I are co-working and not sharing quality connection, I can always notice what I like or admire about him and the relationship. I just turned to him and said, "I'm so impressed that you are able to focus for so many hours. I love your mind and how dedicated you are."

Because men tend to take ownership of the whole experience, anything you notice positively will help him to feel good about himself and strengthen the pillars.

**Here's how to share your feelings when you don't want to talk about them:**

Sometimes we're feeling bad and we just want him to hold us and not talk about it. If he asks "How are you," and you say "fine," he'll feel shut out and that'll create distance between you.

Instead, you can say, “I’m feeling sad/mad/angry/icky” and I don’t know what I need, but thank you for standing here with me.” Or ask him to give you a hug, or whatever else you could use to feel soothed or comforted. This allows him to contribute to you and he’ll feel good about being there with you, even if you don’t feel good.

Saying that is attractive because you’re showing him that you love yourself even when you’re upset, and it gives him permission to love and accept you and himself too. He might feel mesmerized and captivated by your vulnerability.

If you say, “I’m feeling icky and get away from me,” that’s unattractive, because then you’re showing you don’t accept yourself, and you’re pushing him away. This makes it less safe for him to feel his own feelings around you too, and you may wonder why its so hard to get him to open up.

## **How to Share your Challenging Feelings: The Man-ifest Love Conversation**

There are 5 steps to this conversation, versus the disconnected conversation that most women have

To really put this into practice, before we delve into the 5 steps, let’s write down a sentence that you’d say to your man, or a man, about the feelings that you were feeling in the exercise earlier. How would you normally express to him how you’re feeling? Take a moment and write that down, so you’ve got something to work with.

Got a sentence? Ok great :)

Let’s dive in and see how we can transform this sentence into something that’ll inspire him to listen to you!

First of all, TONE OF VOICE IS SOOOO KEY! The tone of voice and your attitude will matter more than the words you say. Keep your tone of voice gentle and kind. If that’s challenging, you might want to do Self Empathy first before you talk about it.

### **Step # 1: Share your positive feelings every day, no matter how small.**

What can you appreciate him for on a daily basis? Then he’ll feel like he can win with you, and he’ll be open to hearing your challenging feelings without feeling like he’s failing!

**Step 2: Ask if it's a good time to talk.** Men are single focused and feel bombarded if you share your feelings without him being in the right space. It helps to share a positive intention first, something like: "I love you and it would feel good to talk about [an issue] so we can work through it out and feel more connected. When is a good time?" Not "We need to talk." Noticed how I said it would feel good. You're letting him know how to make you feel good. Take a moment to think of a time when you asked him during a time that he wasn't available; maybe he was hunched in front of the computer or in front of the TV and he blew you off. Take a moment what was going on for him? And what might have happened differently if you said something like, "Hey honey, it would feel good to talk about something important to me so we can work through it out and feel more connected. When is a good time for you?" And then wait until it's a good time.

When it is a good time, start by telling him your intentions. Do you want to work through an issue? Do you want advice? Do you want him to just listen to you to help you feel better? Men usually give advice by default, so if you want something else, just ask for it :) Ask him to just listen, or as for him to help you work through a problem so you feel more connected afterwards.

**Step 3: Take responsibility for your feelings without blaming him.**  
**Don't talk about his actions or tell him what to do or not to do. Don't talk about him. Talk about your feelings.** Not "When you didn't call me, I felt lonely. Instead, in a gentle tone of voice, "When I was sitting by the phone waiting, I felt lonely." That draws him into the experience, and doesn't make him wrong. Notice when I say, "When I was sitting by the phone waiting, I felt lonely." I'm talking only about myself and my experience, not mentioning anything about him.

So let's take that sentence or two that you wrote down earlier and make this really simple, so we can speak only about our feelings and our experience. Intimacy is "into me see" and we want to invite him to see the depth and beauty of our inner experience. This is a display of our unguarded femininity and it is mesmerizing for a man, as long as we make it about ourselves and not about him.

Most of the time we share our thoughts, not our feelings. Feelings are words like sad, mad, glad, scared, lonely, confused, uncomfortable, upset. You can refer to the list of feelings on the "Feelings and Needs" Handout for a list of feelings that don't put your man on the defensive. Because feelings can't be argued with. If you feel sad, that's your feeling. No one can tell you you don't feel sad. That's why it's great to share your feelings instead of making him wrong.

Notice the difference between when I say, "I feel sad, because I miss you and want to spend more time with you." which is just owning your feelings! vs. "You don't make enough time for me any more!" When I talk about my feelings, he is likely to feel connected to me instead of blamed.

Now, here's something to look out for, if...you want to share your feelings to create connection. we get confused, and just when we think we're going to share our feelings, we may make a judgment instead.

I'd like you to say to yourself "I feel like you're not listening to me". Now, that's a thought that can be argued. And we want to avoid arguments. Now you can say, instead, "I feel frustrated, because I want to be heard."

Notice which one is more likely to create connection?

So I'd like you to take a look at what you wrote down, and let's take a minute to word it in terms of just your feelings. I feel sad when....I feel angry when....and talk about your own experience, not anything about him.

**Step 4: Ask him what he thinks? What's going on for him?** This is good because most men want to solve problems. Or if you just want him to listen, tell him how good you'll feel when he just listens to you and doesn't tell you what to do; how wonderful it'll feel to be seen and heard. And when he shares his thoughts, LISTEN fully to him.

It's hard for most women to understand, but think about it: where in his life does a man truly feel listened to? When a man hangs out with his buddies, they don't usually talk about their deep feelings and deep inner perspectives like women do. So he really needs the woman in his life to listen on a deep level, to help him see and understand himself more deeply.

So when he's talking, LISTEN without interrupting and talking about yourself. Because men's brains are more compartmentalized, it's harder to go back and forth in a conversation when he's opening up. If he's opening up and you start talking about yourself, he won't be able to go as deep into himself.

Look your man deeply in the eye and don't interrupt him. This is something that feels awkward between men. But when a woman does it, it has an enchanting effect that can win a man's heart faster than you think! Try it!

### **Step #5: Appreciate him; what did he provide for you in this**

**conversation?** Let him know what feels good! For example: Thank you for listening to me! I feel heard and more connected to you now. Or Thank you for sharing your thoughts. Let's come up with a solution together. I really feel like we can do this as a team.

Voicing these things will make him inspired to do MORE because he will feel like maybe he CAN make you happy if there are things that you are already happy with.

Also remember to appreciate yourself! This may feel like learning a new language and it is the MAN-ifest Lasting Love Language!

It might seem like work to learn a new language, and the question is, what makes it worth it? Just keep remembering what you desire in your relationship – Affection, fun, great sex, romance, excitement, mutual support, harmony, emotional safety, a way to make decisions as a team – and a real Soul-mate Connection with your man. This is not about finding more clever ways to get him to do what you want him to do. It's not about tricks – it's about creating a true, loving partnership. It's about letting go of control and managing him in order to have the relationship you truly desire, doing what's in the highest good for both of you, creating true harmony.

I'll share an example, so you can really get how to put this into practice. I'll exaggerate it for the sake of clarity. Let's say that your man keeps texting other people while he's out on dates with you, and you feel angry because you think that's disrespectful. So here's 2 ways of sharing that. The first way is to share your judgments, criticize him, and tell him what to do. So you might say: "You always text other people when you're out with me. That's so disrespectful! Can't you put the phone away for one hour and spend time with me?" He's likely to feel controlled and defensive, and even if he puts the phone away, he'll be less inspired to connect with you. Or you can share your softer feelings, and not make him wrong:

"Can I share something with you? [When he says yes] It feels so good to take time away from our busy lives and connect with each other. I miss when we used to go out to dinner and feel like we were the only 2 people in the room. It feels so good to feel your undivided attention on me. So as I sit here, I feel angry and sad, because I miss feeling you here *with* me. What's going on for you?"

Notice how I talked about my feelings and my experience, not his actions or what he should do. If you say that, or something similar, with sincerity, he'll feel inspired to share himself and be more present with you. Of course if he's angry at you for something, he might share that too! So this is only the first step in deepening your intimacy and connection. The second step is getting into *his* world :) Which we'll learn about throughout this course.

**So let's put this together. Write a few sentences below that follows the steps.**

It would feel good to talk about \_\_\_\_\_ so we can work through it together and feel more connected. Is now a good time?

I feel \_\_\_\_\_. It would feel wonderful to experience more \_\_\_\_\_.

What do you think?



Thank you for\_\_\_\_\_.

Well done you're on your way to lasting love!

This is about sharing your feelings from your heart, not your mind. Your mind might make the judgement that he's being inconsiderate, but if you say that, that'll just trigger his shame and push him away. Instead, if you share what's in your heart (you value consideration and telling him what that provides for you in a considerate way) then it can touch his heart.

## Trusting Him

What does this all come down to? It's trusting him and believing in him that he does care about you, the relationship, and making you happy. That he does want to honor your feelings and meet his needs

**If he seems not to honor your feelings, that just means there's a need of his that's not getting met.**

A common question I get is "What if I speak vulnerably like this, and he still perceives it as an attack?" That's because HE has his own feelings and needs. So for now, if you can listen underneath the surface of his complaint hear HIS feelings and needs, and *validate* his feelings and needs, that's how you can create a way to meet your needs AND their needs.

For example, you might share vulnerably that you're jealous and he might say, "You shouldn't be jealous." In which case you can respond by validating his need, which is to be accepted. You might say, "honey, I know you didn't do anything wrong by going out with your friends, I *want* you to spend time with your friends. I'm not making you wrong. I just miss you, and want to talk to you about how we can make more time for each other." Do you see how I validated his need for acceptance, and then re-stated what I wanted him to hear?

This might seem complex, and it's just about holding space for both people's feelings and needs. We will go over this in the "Communication Flow Chart" chapter. For now, if you trust that he wants to meet your needs, and if he seems not to, it just means HE has a need that isn't getting met, it'll get you very far.

You might be wondering, "what if I trust him and he lets me down?" And yes that's a risk. But if you don't trust him, if you treat him as if he doesn't care, it will be a self fulfilling prophesy. He'll feel that you don't trust him, and in his heart he'll become discouraged. How much do you want

to spend time with people who don't believe in you and trust you? It feels bad to him, and he will feel pushed away.

If you imply with your words and actions that you do trust him, he'll feel compelled to rise up to the challenge! If you say, "I know it's hard but I know you do value the relationship and you can come up with ideas for us to spend more time together even though you're so busy," he'll feel motivated to live up to your vision of him.

## **Vulnerability**

There's a difference between reactive feelings and vulnerable feelings.

Reactive feelings are things like anger, frustration, jealousy, annoyance, and you'll notice that those emotions want to push people away. It's totally healthy to feel anger and move the energy by shaking your fists or by creating a boundary for something you don't want.

The thing with anger is that it's a surface emotion....meaning there are more vulnerable emotions underneath. Anger is hiding a softer, deeper feeling like fear, shame, hurt, sadness. When we feel ashamed we often get angry instead. Then we're not vulnerable and our partner can't hurt us. But then we never get our sadness soothed, and we miss the opportunity of closeness, because when we show anger instead, it can drive our partner away.

Vulnerable feelings are things like sadness, fear, shame, hurt, longing, embarrassment, or loneliness.

When you are able to share your vulnerable feelings with your man, it activates his protective instinct, and he will want to comfort and soothe you. If he was raised in a family where people didn't talk about their feelings, he might not know how to soothe you, and then you can communicate how to do that in the "Soothing Statement" exercise in the "Communicating Your Feelings" chapter.

My partner created an agreement to soothe each other when we're hurt. It says, "We agree to respond to the others hurt in a way that's supportive and also authentic for the responder. We can't avoid all hurt but we can give care and support!"

In the beginning of a relationship, you want to share your positive feelings more, and mitigate your vulnerability until he has shown you that he can honor it, and he has earned your trust. I talk about that more in the dating chapter. In a committed relationship, when you are vulnerable, it endears him to deeper intimacy with you.

We have many reasons why we hide our vulnerability. The first step towards being more comfortable showing it (and therefore drawing your man closer) is to identify those beliefs, and shift them.

**Here are some beliefs that people have for hiding their vulnerability:**

- We're scared of being hurt or having it used against us
- It feels awkward or uncomfortable
- Then I'm obligating him
- It exposes my inadequacies and flaws
- It makes me feel small
- It feels out of control
- I need to be strong
- I'd be giving up my power
- It feels humiliating

What's your reason to avoid vulnerability? Write it down and take it to the "Shifting Beliefs" process in that chapter, to create a new, empowering belief about feeling and sharing vulnerability in a powerful way!

And we can talk more about it in the coaching call.

If you feel your feelings and you still feel upset, then that's why I created the Emotional Alchemy process, to alchemize emotions so we can discover our needs and meet them in a powerful way too :)

## **Chapter 18: Give Up Control; Gain Partnership and Collaboration**

If you're having issues in your relationship, your man is contributing to the problem, and YOU also play a part. The thing that pushes kills a man's romantic feelings the most, besides feeling disrespected, is feeling controlled.

Don't try to control what he does, how he thinks, or how he behaves.

What happens when you try to tell a man what to do? He feels like you're being his mom, which kills his attraction for you. What you can do instead is make a request, which we'll explore deeper in the "communication" chapter. For now, stop telling him what to do.

If you're dating someone, controlling him can include saying things like, "Please call me every few days", or "I thought you said you'd call yesterday," or "I need you to open the door for me."

If you're single and looking to meet a man, controlling can be as subtle as offering your phone number before he asks, driving him somewhere, or in any way pursuing him instead of letting him pursue you. This includes offering to pay for him, make the plans, buy him things, or do things for him, except lean over and unlock his car door after he's opened the door for you. Especially in the beginning of a relationship, you want him to lead, because your joyful receptivity is what makes a man attracted to you, not your giving. A masculine man can only fall in love when HE is giving and you're joyfully receiving.

"When a woman expresses the best of her feminine side by being self-assured, receptive, and responsive, it brings out the best of a man's masculine side. The more a man senses that a woman needs what he has to offer, the more interested he becomes. Quite automatically he feels more confident, purposeful, and responsible. He is confident because her self-assurance sends a message that there is a job opening. He is purposeful because her receptive smile sends the message that he could get the job to make her happy. She has a need and he has the solution. Her responsiveness encourages him to feel he could be successful in fulfilling her needs. This encouragement makes him feel more responsible to fulfill her needs." -John Gray

### **How to Give Up Control And Gain Collaboration and Partnership**

**Here are the concepts, and we'll put them into practice in our coaching sessions.**

**1) If we can reach understanding of each other's needs, we can co-create strategy to get them both met**

**2) Strategies are in conflict; needs aren't in conflict**

**So I invite you, once again, to look at the feelings and needs sheet. If you don't have it handy, just pause this recording and open it now.**

**When you look at the needs and values on this sheet, you can see: each one of these needs has many different actions that one can do to meet them.**

**Let's explore an example.**

Let's say I'm angry because my boyfriend didn't do his chores. I could yell at him and we'd wind up fighting.

How effective would it be if I said, "What's wrong with you that you didn't clean the bathroom again!" He'll feel controlled and mothered, and will probably get defensive and you'll wind up arguing.

Or I could take a deep breath, look at what needs aren't getting met in me, and talk about my deeper needs in an inspiring way; and also look at his needs. So what do you guess my needs were? [I invite you to look at the sheet and guess]

My needs could be order, beauty, mutuality, partnership, integrity, or others.

Whichever one it is, I'm angry because I don't feel those needs being met. Enrolling him in why these needs are important to me, and listening compassionately to what his needs are, allows us to find a solution that meets both of our needs.

What needs might he be meeting by NOT doing his chores? [I invite you to look at the sheet and guess]

Perhaps by not doing his chores, he experiences space, spontaneity, freedom, independence, or purpose, by prioritizing other things.

So do order, beauty and integrity conflict with spontaneity, space, or freedom? Not necessarily. Once we identify both of our needs, we can co-create a strategy to align all of them.

Strategies are the way we get our needs met. So maybe he doesn't like doing chores. My strategy for getting those needs met is to have him do his chores.

But let's say we had a discussion and realized he doesn't like cleaning but he can contribute some other way. Maybe he can pay for a cleaning person to do his half of the chores. Maybe he can contribute to me in some other way and I'll want to clean, like giving me massages. So there are many different strategies for both of us to get our needs met, once we identify what they are. If you look at the needs on this list, you'll see that they aren't attached to the particular strategy of meeting them.

**When we're aware of our needs, then we have choice and freedom.**

Are you getting the hang of this? So the idea is to have each side share their point of view, their feelings and their needs, and then co-create a solution together.

We'll be exploring how to do this in the rest of the course.

For now, we'll do an exercise.

## **Collaboration Exercise**

Take a sheet of paper out, and remember the last time you got upset about something. Make it something mildly upsetting, not devastating; start small. So take a moment to look at the list of feelings and identify one or 2 or 3 feelings that you were feeling when that incident happened. you can pause this recording while you do that.

Next, turn the sheet over and identify one or a couple of needs that weren't being met in that moment. Very good. If you come up with a whole list, just narrow it down to the top 2 or 3 just to work with this exercise.

Next, we'll do our best to ask ourselves and guess: what do we think he (or the other person in this incident) was feeling when he or she did or didn't do that thing that was upsetting you? What feelings were they experiencing? You don't know, but with your empathy, you can guess. And you can pause this recording as you do that.

Very good. Now turn the sheet over and guess what needs they were meeting by doing or not doing that action? The theory is that everything we're doing is to meet some need, even if it's an

unskillful or unhealthy way of meeting it. So look at the sheet and guess one or a few of their needs. And you can pause the recording and do that.

Now that you have both of your feelings and needs written down, does that change the way you're perceiving the incident? Does that allow you to get into their world a little bit, even if you're just guessing their point of view? Just notice whatever shift is there.

Also, can you see that your needs are not necessarily in conflict? So if you're needing attention or affection, for example, and he's needing space these needs SEEM to conflict on the surface. But there is a way to collaborate to get both, is there not?

I worked with a couple who both had day jobs and when he got home he needed space to unwind, and she needed to talk about her day, otherwise she felt disconnected from him!

This is a common needs conflict.

On the surface, these two needs seem to conflict, but if each partner opens up about how they want to receive love and listens to the other person, they can create a solution that works for both of them. This is the essence of collaboration.

When you go deeper into what they both need, one partner needs space and the other partner needs connection. Space and connection don't inherently conflict, do they? You can come up with a solution that meets both people's needs in the same day.

The solution they came up with was that he has some time to unwind when he first comes home, and then they can connect about their day afterwards. This type of solution, where both people get what they need feel loved, is possible once you focus on what you both need.

So your assignment this week is to look at your needs and what you guessed to be his needs, and brainstorm some win/win solutions of how you can both have both.

Don't worry, this isn't about you giving up control to him; it's about collaboration and true partnership. There's plenty of room to make requests and boundaries, and create win/win agreements that leave you both feeling inspired and supported. You'll learn to choose your words in a way that puts him less on the defensive, and less controlled, and then he will naturally want to make you happy. When you are able to communicate what you want in a way that he can actually hear, he'll be drawn to shower you with affection and adoration.

## Chapter 19: Asking For What You Want

It may seem like he doesn't want to give you what you ask for, but that might be because he perceives your requests as demands, and feels controlled. Or, if you don't ask him for what you need, he assumes he's doing enough, even though he's usually happy to collaborate on how you can feel supported. So many times women allow resentment to build and then when she finally does ask for what she needs, he resists her request, and she assumes he doesn't care!

What actually happened is not that he doesn't care, but he is resisting her resentful attitude, and the picture that her complaints are painting of him of being unsupportive.

So it's important to ask for what you want before you let resentment build, with an attitude of collaboration. You can share your preferences and desires, and ask what he needs in order for that to work for him. Then he feels like you're on his team and he'll be empowered to give you more support!

### The Appreciation Sandwich

Ok, silly name :) But it works!

You can use the appreciation sandwich when you want to make small requests. This works because a man wants to provide more when he feels that what he's already provided is received and appreciated.

If you sandwich a request between 2 appreciations, (they have to be authentic, of course) then it'll be smoothly received.

For example, "I love the way you're touching me. Can you press a little harder? Aaah, that feels nice, thank you."

"Thanks for taking the trash out. Would you also put a clean bag in when you do that? Thanks so much; I feel really supported."

For more important requests that would take more effort on his part, I developed the 5 steps to ask for what you want.



## 5 STEPS FOR HOW TO ASK FOR WHAT YOU WANT

1) As with the Man-ifest Love conversation, ask if it's a good time to talk about something that would make you feel better, more supported, or more connected to him (whatever the conversation would provide for you) And thank him for showing up :)

2) Make the request: Something like "I need/want/would like/this is important to me."

3) Be specific: "This request met would look like:"

You'd be surprised how many misunderstandings there are about seemingly simple requests. For example, it's assumed that taking the trash out includes putting a new bag in. You might be thinking, "What jerk doesn't know to put a new trash bag in?" But remember, men's minds work literally and perhaps he thought "Take the trash out" didn't include anything else. So it's important to be specific, to avoid misunderstandings.

4) Say what this request would provide for you. This is the magic ingredient that allows him to tap into his nature as a provider, so that he can feel what it does for you, and be inspired to do it!

Here are some questions to ask yourself. If this request was done:

Who could you be?

What could you think?

What could you do?

What would your experience of life be?

How would you feel?

Most men are providers. So if you ask for what you want without saying what it provides, he hears it as controlling. If you ask him to make the bed, for example, you have to understand that it's more efficient not to make the bed so why are you nagging him to make it? He'll think you're trying to control him.

So by saying what it provides for you, you let him feel the happiness you're feeling when it gets done, and he gets to take credit for making you happy, making you feel good, and he feels such a tremendous feeling of accomplishment from you feeling good.

For example, "When I have to take the trash out myself, I feel gross and unsupported. When you do it, I feel that I have a teammate who does the one thing that I hate doing, so I feel really taken care of."

Remember that we all want to feel good. If he really gets how good you'll feel to be supported in this way, that's way more inspiring than being told what to do, isn't it?

5) Ask "What do you need in order to give it to me?"

This is where we have to suspend judgment (like if your man says "I need you to remind me ( because remember men have single focus) and you think he should just see that it needs to be done; this is expecting him to think like a woman. Be willing to see it from his point of view and remind him nicely, if that's what he asks for; this doesn't mean you're nagging him if he asks for a reminder.

If he doesn't want to meet your request, you can ask if there's an alternative way to provide you with what your requests would provide.

Remember, we're really looking for a feeling, an experience; and there might be other ways of getting to that experience that work for him. Just like we learned in week 2 about giving up control and getting collaboration and partnership.

If you're going through this process and he interrupts you, he's usually addressing one of these steps. For example, he might ask what it looks like, or why it's important to you.

He might say it won't work for him, in which case you jump to step 5 and ask what he proposes that would provide the same experience for you. So you really can't go wrong, unless he is combative.

In that case, you can use the "Connected Communication Flow Chart," which you'll learn next week, to find out what's going on for him, so you can collaborate. You'll learn exactly how to use this useful tool next week!

Is it hard to ask for what you need? Maybe asking has you feel exposed, vulnerable, picky, or needy....and remember, bearing our heart and soul like this is touching to a man. You can start with baby steps.

Also ask yourself, "What's the consequences of not having this request met?"

A client recently shared her insights about asking for what you want. She said, "There's something about when I ask for my needs that it doesn't matter so much if he's able to do it. I used to be so afraid to ask for things that were important to me because I believed that if he said "no" it meant I didn't deserve it. So I didn't ask, and then I felt resentful and unsupported.

Then I got that I was telling myself I don't deserve it if I don't ask. Now when I ask, it's cause I'm telling myself that I deserve it, and if he's not able to give it to me in that moment, it's ok. I know I deserve it, and when someone says "no," then I trust that I'll get what I need some other way, or it's an opportunity for me to learn to give that to myself, and I feel validated just because I asked."

We have to be willing to receive, which brings up all our beliefs about receiving and deserving.

Here's a quote from John Gray about being receptive:

"To need a man does not mean to need more from him. By focusing on appreciating what a man offers, a woman can avoid being needy. By cultivating the attitudes of self-assurance, receptiveness, and responsiveness, a woman can need more and yet appreciate what a man has to offer. A woman does not have to be helpless to ask a man for help, nor does she have to be hopeless to need his support. She can need more and graciously receive whatever he gives. It is always flattering to a man when he feels needed. From a man's perspective, a woman is most attractive when she is aware of her needs and she feels self-assured that her needs will be fulfilled. Just as a man is most attractive when he is confident that he will achieve his goal, a woman is most attractive when she is assured that she will get the support she needs.

When a woman expresses the best of her feminine side by being self-assured, receptive, and responsive, it brings out the best of a man's masculine side. The more a man senses that a woman needs what he has to offer, the more interested he becomes. Quite automatically he feels more confident, purposeful, and responsible. He is confident because her self-assurance sends a message that there is a job opening. He is purposeful because her receptive smile sends the message that he could get the job to make her happy. She has a need and he has the solution. Her responsiveness encourages him to feel he could be successful in fulfilling her needs. This encouragement makes him feel more responsible to fulfill her needs." -John Gray

So let's say he agrees to do something and doesn't do it? How do we remind him to do it without nagging? That's a great question.

The collaborative way to remind him is in a playful, loving way. We can either share our feelings about it in a playful way, like, “The bathroom feels gross right now. Ewwweeee!” So we’re just sharing our feelings, not telling him what to do.

Or we can address him collaboratively, such as:

“Hey hon. I know you’re busy and I trust you’re gonna do xyz, so I’m wondering if I can support you in any way?”

If he doesn’t do it after a long time, you can ask him again, “How do you want me to relate to you around this? Maybe it doesn’t work for you and we can come up with something else? I feel impatient and I don’t want to nag you.”

And it’s useful to acknowledge him for his priorities. If he’s working on other important things, or even doing things like watching TV to decompress, he needs to be able to choose when he’s going to do something.

If the timing really doesn’t work for you, you can share your feelings using the Man-ifest Lasting Love Conversation.

In step 3 when you share your feelings, you can just talk about yourself, not say anything about him, and say your experience: “I’m feeling scared that we’re going to have this leak in the sink forever, and the dripping annoys me, and it’s hard to focus when I’m in the office because I can hear it. I understand you have other priorities, so do you have any thoughts about what I can do about the noise? I want to honor where you’re at in your priorities.” That’s more collaborative.

I recently did this with my partner with ordering a new smoke detector. There wasn’t one in the bedroom, just the kitchen and hallway, and I felt unsafe. He said he’d order one, and it had been a month.

So I got vulnerable and shared with him my fears: that it was harder for me to fall asleep because I worried that the one in the kitchen wasn’t loud enough to wake me up, and the fear kept me up later. That bumped it up on the priority list and the next week, he bought interconnected smoke detectors that all connect to each other so if there’s a fire in the kitchen, the one in the bedroom would go off. And that’s just because I really got vulnerable about my experience without making him wrong.

If it seems like work to do this, just remember the benefits: that your man will be more inspired to do things that help both of you! And speaking from your heart like this, rather than telling him what to do, actually does feel better to us; it’s just a change in habit.

## Chapter 20: Boundaries

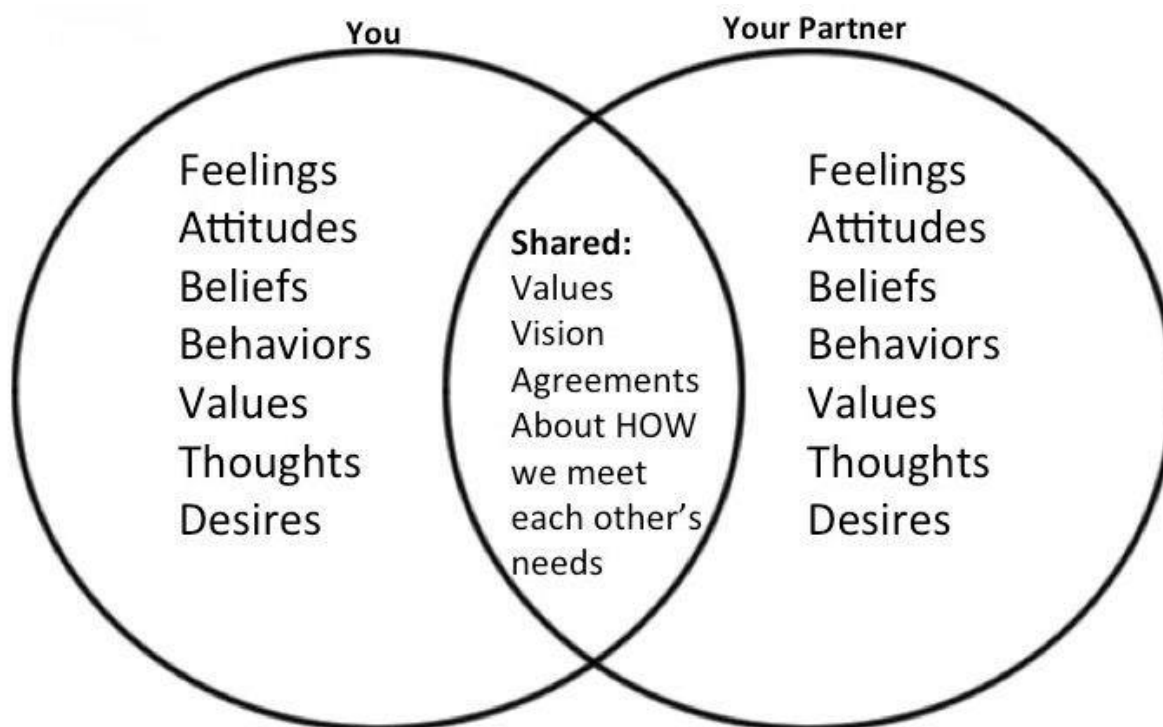
You might be thinking, hey wait a minute. What if I'm unwilling to give my partner one of his needs?

That just means that you have a boundary. And there are usually win/win solutions that honor both people's needs and boundaries, which is why next week we're going to dive deeply into exactly how to create a win/win solution!

**And remember, this means collaboration, not control.**

**So this week, we'll cover boundaries.**

We can think about a relationship as a venn diagram.



What we DO have control over goes in our circle, and what we don't have control over goes in the other person's circle. In the middle, we share a loving relationship, where we collaborate on how we give to and receive from each other.

### **What do we have control over?**

Our feelings (somewhat, by managing our thoughts and doing the Feelings Meditation), attitudes, beliefs, behaviors, values, thoughts and desires.

We don't have control over our partner's feelings, attitudes, beliefs, behaviors, values, thoughts and desires.

In a healthy relationship, you can't tell someone else how to be, behave, feel, eat, or dress, etc.

When you have a request, the loving way to ask for it is to speak about yourself, how you feel/need, and make a request, like we just learned in the "asking for what you want" section.

And what do we collaborate on? *how* we meet each other's needs, desires, and preferences.

Because if you look at all of the needs (on the "Feelings and Needs" handout), you'll see there are many strategies to meet them.

For example, if I have a need for affection, does that mean I can wake you up in the middle of the night and ask you to give me a massage? Maybe, if that's ok with you... (who wouldn't want a partner like that?)

A boundary just means you say "No, that doesn't work for me to wake me up and massage you when I'm sleeping. But I'm happy to give you a massage on Sunday morning after we have breakfast." So counter-offers are how you collaborate.

For example I worked with one couple where the woman had been giving a lot to her husband who was struggling in his career. She loved him, but she started to feel resentful, because she was giving and giving for years, and wasn't getting enough back. So she was angry when she came in, and she had lost attraction to him. He was willing to listen, but it really helped to have me there to receive all her anger so it didn't overwhelm him!

Once she vented, it became clear that she needed to create more boundaries. She got clear on what she felt good giving, and what she didn't feel good giving. It was tough cause her husband had to find other ways of receiving the support she had been giving him-through friends and other professionals-but then she felt attracted to him again cause she had gotten out of his circle. Then there could be enough space to CREATE attraction.

So from boundaries you can create agreements that work for both of you.

### **Questions:**

Where are you either giving too much and feeling resentful, or not asking for what you need?

Where are you trying to control your partner's [behavior, etc.]

What boundaries do you want to create?

### **How to create a boundary lovingly:**

For example, what if your man yells when he gets angry, and that's not ok with you?

What most of us do is make him wrong for yelling, and tell him not to yell. That's telling him what to do, which will probably make him more angry.

**Remember, a boundary is what *you* will and won't do; not what *he* can or can't do. That's staying in your circle.**

So what do we do instead? As always, share your feelings without making him wrong :)

You can say, "This doesn't feel good. I feel really small right now. Can you lower your tone of voice?" [This a request, not a demand]

If he doesn't, you can say, "I want to hear you; I can't be present right now. You can talk like that, but I'll leave the room and come back later."

If you can keep eye contact and talk in a soft voice, he won't have anything to fight against.

You have to be willing to actually leave the room, and you might have to leave to take care of yourself. But this is far more respectful to him than telling him what to do or what *not* to do, and it doesn't give him anything to fight against.

In general, to create a boundary, you can say:

"I feel \_\_\_\_\_"

"I don't want/I'm not going to \_\_\_\_\_" or "\_\_\_\_\_ doesn't work for me."

"Can we come up with a solution together? What do you think?"

This is powerful because we're not telling him what to do.

Of course with an abusive relationship, stronger boundaries are necessary, and that's something that I encourage you to reach out to me or another professional to work out so you can be safe!



## **Chapter 21: What Men Need**

Yes everyone has needs, and some of men's needs are different than women's needs. Few women know how to give men what they really need, and because these needs are like water to a fish, he won't even know how to tell you these needs; he just knows he's not quite happy with you when these needs aren't met. When you learn to really give a man what he needs, his heart opens and he is able to shower you with devotion, love, attention, and a desire to meet your needs!

So let's delve into what these needs are. Of course these are generalities, but I've found they apply to most masculine men (and women, but for men, these are the most important needs)

**Here they are, and I'll go into detail about each one:**

**Respect**

**To be seen/understood for his positive intention**

**To be listened to**

**To provide, to be fully received and appreciated for what he provides.**

**To feel powerful: like the leader of the tribe**

**Freedom**

**Connection that feels good**

There's one thing that many men say they need more than sex. Do you know what it is?

**It's R-E-S-P-E-C-T. Find out what it means to a man!**

Shaunti Feldhahn, a nationally syndicated newspaper columnist, author, and speaker, wrote a fantastic book entitled *For Women Only: What You Need to Know About the Inner Lives of Men*. After interviewing over one thousand men, she recounts the surprising truth she learned about them. Feldhahn confirmed what many other relationship experts teach, that respect is the #1 need for most men. I'll paraphrase her findings below.

Most men said that they would rather feel unloved than inadequate and disrespected. In Shaunti's survey, she found that "More than 80 percent of men— four out of five— said that in a conflict they were likely to be feeling disrespected. Whereas we girls are far more likely to be wailing, "He doesn't love me!"

Ironically, most of us do respect the men in our lives. But because of the ways that men and women think and communicate differently, most women unknowingly do and say things that leave men feeling disrespected, without even realizing it!

Have you ever shared something you thought was innocent, only to have him get angry or offended, and wondered, "What did I say?" Me too! And it's usually because he feels disrespected. Over time, this slowly kills a man's romantic feelings for you.

Here are the ways that the men in Shaunti's survey reported that men need to be respected, and the actions that we can take to convey respect in a way that will make him feel so "gotten," that he'll want to give you the world.

**Respect Type 1: Respect His Judgment.** This means a man deeply needs the woman in his life to respect his knowledge, opinions, and decisions.

This doesn't mean we don't have our own knowledge and opinions; it just means that we don't try to change his. It's easy for me to show respect by asking my partner for his opinion on things that he knows more about. But it can be much harder not to show disrespect. It takes a lot more effort for me to not give him advice when he hasn't asked for it, or not to question his decisions when I think he might not be making the best one.

Sadly, many men confessed that they felt as if their opinions and decisions were actively valued and trusted by their colleagues and friends much more than they were valued by their wives. While a man's colleague or friend will rarely tell him what to do, many men complained that their wives would order them around like he was one of the kids. I catch myself wanting to tell my partner to stop surfing the internet, or to go to sleep earlier, and then I remember that he'll feel patronized if I do that, and it'll kill the attraction. I had to learn that the hard way.

It's a choice to make between feeling that we're "right" or "in control" versus feeling romance, passion, and partnership.

Instead of questioning his judgement, we can share our feelings, which I'll talk about in future chapters.

**Respect Type 2: Respect His ability to figure things out for himself.**

Most men want — even have a need — to figure things out for themselves. They feel a great sense of accomplishment, which makes him feel like a man. For some reason, most men think it's fun to spend hours figuring out how to put together the piece of furniture without instructions. When we try to help him, even though we have caring intentions, he interprets that as not trusting he can do it on his own. So yes, that old adage of men not wanting to stop and ask for directions is true!

Most women want help, so we don't realize how important it is for us to let him figure things out on his own. It's not intuitive to us women that when we try to help him or tell him to ask for help, that he interprets that as distrust and disrespect. So the next time your man is lost and it's taking more time to get to your destination, you can ask yourself: which is more important, being on time for the event, or his feeling trusted by you?

Now you might jump in and say, "Why can't I give him advice with the things I know how to do and he doesn't?" And of course you can, especially if he asks for your assistance. But advice can quickly turn into instruction, and there we are trying to tell him what to do, implying he can't figure it out himself.

I, too, have been guilty of trying to "help" my partner, because I didn't trust him to do it on his own. And what if he's disappointed you in the past? In this instance, (unless he's struggling with an addiction or mental illness, in which case he does need professional help) it helps to remember that the only way we learn is to make mistakes and do a little better each time. Your patience and belief in him will mean the world to him. He needs to be told, "I know you can do it." Your belief in him will help him learn from his mistakes and think about how to do it better this time, because he feels respected and trusted by you, and this gives him TONS of motivation to make you happy and proud when he succeeds! This is how the male mind works.

### **Respect Type 3: Respect His Accomplishments.**

Now that we've seen how important it is for men to decide and figure things out, it makes sense that one of the most important things to a man is to try something, accomplish it, succeed, and have people notice.

Shaunti's surveys said, "We found that girls and women tended to have deep, hidden questions like, Am I special? Am I lovable? and thus needed to feel special and worthy of being loved for who they were on the inside. But the men and boys really didn't have those questions. Instead, they worried, Do I measure up? Am I any good at what I do? In other words: they deeply need to feel noticed, able, and appreciated for what they do on the outside."

That means that saying, “I’m so proud of you for landing that deal at work!” or “You’re a really great dad” is far more emotionally meaningful to a man than hearing “I love you.” Both the survey results, and my experience with men, point to this fact: simply noticing what he does and appreciating it makes a huge impact on a man’s happiness.

Shaunti quotes one man saying to his wife, “If you never told me that you loved me again, but throughout our marriage you simply told me how proud you are ... I’m not sure I would miss ‘I love you’ because of what it means in my heart to hear that you’re proud of me. It is that big of a deal.”

#### **Respect Type 4: Respect in Public**

Remember we said that the biggest drive for men in tribal evolution was to be the leader of the tribe? So this is still operating on a subconscious level. So when you treat your man as if he’s the tribal leader, his heart will be warmed to you like nothing else.

And when you tease him in public, it has far worse consequences than you think. One married man in the survey said “The male ego is the most fragile thing on the planet. Women have this thought that He’s got such a huge ego that I need to take him down a peg. No way. The male ego is incredibly fragile.” Often he seems prideful, but that’s just a compensation for secretly fearing inadequacy, so any kind of light teasing in public occurs to him as humiliation.

It may be hard for us to understand as women, but men don’t usually let their guard down with other men; male culture is more competitive. So the only time his guard is down is with the woman he loves, so she can hurt him like no one else can.

#### **Need #2: To be seen/understood for his positive intention**

Remember we said in chapter 1 how anything that’s not love is a misunderstanding? Usually when we’re upset, it’s because we think our partner doesn’t care or was trying to hurt us. Once we realize their positive intention for doing or being a certain way, then you can work through it instead of thinking that the other person doesn’t care!

Because men care so much about making us happy, they feel all the more hurt when we assume that they did something to hurt us, rather than being curious about what their real intentions are, which are usually much different than we think, since our brains are wired differently!

So the next time you catch yourself thinking that he's doing something to hurt you or he doesn't care, try getting curious about what his true motivations are underneath it? Is he focused on something else that's important? Is he clear about what your needs are? Take a look at the needs sheet on page [ ] and get curious about what need he's meeting by his behavior, and what's the positive intention underneath it.

Better yet, get curious by asking him! You can say something like, "I feel hurt so I must be misunderstanding you. I know you are the type of man who is loving and caring, I know you do care, etc. So help me understand why you did xyz, or why you said xyz." And really listen until you understand what the POSITIVE need or intention was underneath! I guarantee that if you look and listen deep enough, it's in there. And if you can't find it, this is an excellent question to bring to our coaching call.

### **Need 3: To be Listened To**

It's hard for most women to understand, but think about it: where in his life does a man truly feel listened to? When a man hangs out with his buddies, they don't usually talk about their deep feelings and deep inner perspectives like women do. So he really needs the woman in his life to listen on a deep level, to help him see and understand himself more deeply. So when he's talking about anything he's passionate about, LISTEN without interrupting and talking about yourself. Because men's brains are more compartmentalized, it's harder to go back and forth in a conversation when he's opening up. If he's opening up and you start talking about yourself, he won't be able to go as deep into himself.

Look a man deeply in the eye and don't interrupt him. This is something that feels awkward between men. But when a woman does it, it has an enchanting effect that can win a man's heart faster than you think! Try it!

So when he's talking, listen deeply. In your mind (and out loud if it doesn't interrupt his train of thought) ask yourself the following questions:

- What's most important to him about what he's sharing?
- What's he most passionate about?
- What really lights him up?
- What positive character traits are you seeing in him when he's talking?

And when it comes time for you to respond, reflect back the positive things that you noticed when you were listening. This will make him feel good about himself when he's around you, and then he'll want to open up to you more and see you as the only person in the world who truly "gets" and understands him!

### **Respecting his Thoughts:**

He has probably tried to connect with you by sharing his ideas and interests. Does he ever email you an article to read? Or share his opinion on an important issue? What he wants to be is respected for his thoughts on the subject, even if you don't agree. This is tremendously important to a man, because on some level he believes he IS his thoughts and opinions. Listening without interrupting, and finding SOMETHING about what he said that makes sense, or that you found interesting, validates him tremendously. If you throw in something about his character by saying, "That shows how sensible you are. Or how much you value keeping in touch with what's going on in the world."

He'll feel seen, and to a man, feeling seen by you is just as important as feeling loved is for a woman. So go ahead and think about how you can let him know you respect his thoughts. This DOESN'T mean you agree with all of his thoughts. But if you let him know that his perspective is valid BEFORE you challenge him, he'll feel received, which is very important for him to have romantic feelings for you.

### **Need 4: To provide, to be fully received and appreciated for what he provides.**

Because of millions of years of evolution, men are wired to be providers. Think about it: up until very recently (and still in many places in the world) women got their sense of purpose from having and raising children. Men can't have children, and the children couldn't survive unless the man provided security and sustenance for his family. Nowadays women can provide for themselves and raise children without a man, but our brains are still wired the same way. Men might not need to provide financially for a woman, but his brain is wired to receive a HUGE amount of happiness from providing happiness to the woman he loves.

This is why it's important for a feminine woman to cultivate an attitude of receptivity. When a woman lets a man provide for her, even if it's opening doors, paying for a meal, etc. And she gracefully receives it, he feels like he's on top of the world because he provided and you received him.

Receiving a man

Men can feel when you're receiving what they're giving you and appreciating it. When you're receiving and feeling appreciation FIRST then they're open to requests for more. If you're requesting something before receiving what he's already giving, he feels unappreciated and not open to giving you more.

For example, if I want my boyfriend to plan more dates, and I'm frustrated that he isn't, even if I don't tell him I'm frustrated, he can feel it. If I ask him from that place of frustration, he'll feel controlled, and not feel inspired to plan a date.

But if I remember the last thing he did do for me and receive that in my body, it will shift my energy. I might think of the last date we went on, and how wonderful it was to have him open doors for me, surprise me with a nice place, and hold my hand as we walked down the street together. As I remember that, my body feels receptive and grateful. In that space, I can appreciate him for what the last thing he did for me was, and how it felt.

Even if I don't feel gratitude, I will feel a softer feeling, instead of frustration. I might feel longing to be taken care of, or fearful that he doesn't have time. But the difference is that those emotions come from a connection to the beauty of what it feels like to get my needs met, instead of frustration that they're not met.

So I might approach him and say (after he's told me it's a good time to talk) "I sooo appreciated the last time you took me out. I loved the feeling of you holding my hand, opening doors, and choosing the restaurant. That made me feel so special, adored, loved, taken care of. I know you're busy and I feel scared that we can't make the time but I just want to let you know how enjoyable that is and ask you for more of that please!" He'll feel appreciated even if he doesn't know how to make time, so that will make the space between us feel good again, and it'll motivate him to make more time in the future!

## **Need 5: To feel powerful: like the leader of the tribe**

This need also comes from our evolution. When we lived in tribes, the strongest men became the tribal leaders, and they got more access to the scarce resources. He would be able to eat if there was a famine, and his family wouldn't starve. This mentality is wired into men and is underneath many men's drive for power and status today. It's a primal drive and if we are able to honor it, he'll feel loyal to you like no one else. This doesn't mean you need to let him make all the decisions or tell you what to do when you don't want him to. But when it DOES feel good for you to let him lead, you can know that this makes him feel like a man and it'll amplify his romantic feelings. So when it feels GOOD for you to let him lead (making plans, initiating sex, choosing shared activities) you can amplify the experience by letting him know you love how

strong he is, and how good of a leader he is. This will help him feel more masculine and want to do even more things to please you!

## **Need 6: Space**

This is covered in detail in the next chapter.

## **Need 7: Freedom**

For most men, freedom is one of their biggest values. Freedom is important to women too, but when we look at it from the perspective of the masculine/feminine energies inside of all of us, the deepest longing of the feminine is to feel and express love. The deepest desire of the masculine in us is to have the freedom to pursue his deepest purpose. This is why many men have a fear of commitment; it's not that they can't commit, it's that they're scared they'll lose their freedom. They might not want to be with anyone else, they just don't want to have their choices taken away.

So when you understand this, it'll be easier to see what your man gets out of activities like spending time with his guy friends, watching sports, or other hobbies that give him the sense of feeling freedom. If you try to tell a man he can't or isn't allowed to do these activities, he'll feel smothered and emasculated, and lose attraction for you.

This is why it's important to share your feelings and needs instead of telling him what to do, which we'll go into more detail in the chapters about collaboration and communication.

## **Need 8: Connection that feels good**

Yes women needs this too! I'm including it because THIS is what inspires a man to give up his absolute freedom out of choice, because being with you feels better than the other ways he experiences freedom. And of course connection to a man includes sex, but we'll address this in the chapter about sex.

Love is not about better communication.

It's about connection. Remember how well you communicated when you were first falling in love? It's not communication that creates connection with a man, it's connection that creates good communication.



Before you try to have a conversation with a man, it'll go MUCH better if you create a connection first. It's not that communication isn't welcome. It's the context in which it happens.

Remember the analogy of the relationship being a house that's held up by pillars. The pillars are the feeling of positive connection between you. They keep your relationship strong. If the pillars are strong, then there's room for the house to be messy, for it to have problems that need to be fixed, and you can work together to fix them. But if you try to talk about problems when the pillars of connection don't feel strong, they will start to weaken the foundation of the house so the relationships feels shaky. So create connection first, then communicate.

### **Here are 3 important ways to connect with a man: touch, activity, and routines.**

**Touch:** Touch doesn't have to be sexual. You can give him a hug, exchange short massages, rub his head, or anything that shows your love for him. When couples do this on a regular basis, it makes them feel connected and special to each other, releases feel-good chemicals like oxytocin, and makes it so that when you do talk afterwards, you're more likely to hear each other from a positive place, instead of a mistrustful or judgmental place. Write down an insight or action that you might take to connect with him through touch.

**Activities:** Men love shared activities. When you watch how men connect with each other, it's usually not talking about feelings. It's doing things together. Playing or watching sports, exploring the neighborhood or countryside, accomplishing a task or hobby together. Pick any shared activity that you can DO with your man and use that activity to feel connected, BEFORE you want to talk about your feelings. Write down an insight or action that you might take to connect with him through shared activities.

**Routine:** Because men are single focused, any interruption to his routine sends him into a slight stress response. So create connection by supporting his routine makes him feel supported and cared about. What can you do to support his routine? Can you make his morning coffee when you sleep over? Can you let him read the paper without interrupting him? Can you allow him to reach out to you first, so that he can have time to recharge and have a chance to want to make you more of his routine? Write down an insight or action that you might take to connect with him through routine.

## **Chapter 22: The Differences Between Most Men and Most Women**

In this chapter, we're going to take you into the inner workings of the male mind. Because I hear so many women saying "Why is this happening to me?" or "He's such a jerk!" When really she's misinterpreting where he's coming from.

Because in general most men's brains are wired differently than most women's... so we see his actions and we attribute them to "he doesn't care about me," when really its just because of the way that men and women are wired differently.

Of course this doesn't apply to all men...there is a continuum, and what I want to do is to apply this to your unique man and use it as a guideline, not a rule.

Because when we're able to understand what men have to go through: their struggles, fears, desires, and they way their brains are wired, you'll naturally respond to him with more empathy, and he'll feel that. Then he'll naturally feel more drawn to connect with you because you'll be the only woman in his life who really "gets" him. And that's powerful!

You see, your man might not be able to explain these things to you, because he might not even understand them himself. A lot of these things are deeply embedded in a man's experience, so it's like water to a fish.

The differences between the way men and women's brains are wired come from millions of years of evolution.

Anthropologists debate about the timeline and specifics, but from about 2 million years ago and 10,000 years ago (so the majority of human evolution) we lived in small hunter/gatherer tribes. So this period of evolution, over hundreds of thousands of years, contributed largely to much of our psychology and behavior.

For example, millions of years ago, if you were wondering along a path and ran into a saber-tooth tiger, your body goes into "fight or flight" and your body pumps up with adrenaline, with your blood rushing into your limbs so you can escape or defend yourself. Nowadays, when our partner raises his voice, he may just be passionately expressing his opinion, but our body

releases these same stress hormones that escalate and cause an argument. These reflexes are millions of years old.

So back in the hunter/gatherer days, men evolved to be hunters, since they were generally the physically stronger sex, and women had to stay back at the home base to take care of the children. The men would go out in groups and hunt for food, and bring it back to feed the tribe. If the men were successful, the tribe would survive, and if they weren't, then the tribe may not survive the winter when there wasn't other food to forage for. So men evolved to become really good hunters.

So I want you to imagine, for a minute, that you're a man in a group of other men, hunting buffalos. Buffalos are big and intimidating, and they're running all around you! So what would happen if you take your eyes off the target for just a second? You might get knocked down by a buffalo! You have to be completely present, focused, and in the present moment.

If he lets his mind get distracted with a thought (how's my girlfriend doing right now?) or if he lets himself get distracted, he could get injured or killed, and his family could starve. So men's brains evolved to become more focused and productive under pressure.

Men's brains evolved to be more single-focused and compartmentalized. If he's hunting and all of a sudden feels emotions about you, or has a fond memory of you pop into his head, he won't be a good hunter!

Women's brains, on the other hand, needed to have diffused awareness, to pay attention to the whole environment at once, so they could see what berries, leaves, and vegetables are edible to gather, while communicating and collaborating about the best way to gather and prepare them, and raising the children.

So this leads to the first major difference between men and women, which is:

## **1) Attention:**

**Men have focused attention; they only focus on one thing at a time.**

**Women have diffused awareness: multitasking; paying attention to many things at once.**

Women's brains have evolved to have a larger corpus callosum, the part of our brain that enables communication between the logical and intuitive sides. Men's brains are more compartmentalized.

Have you ever tried talking to your man while he was in the middle of something else and then been shocked that he wasn't listening to you at all and was tuning you out? Have you thought that meant he didn't care about what you're saying? Me too. Now maybe you understand more why this happens. It's not that he doesn't care, it's that his brain is wired to have single focus. It's actually hard for his brain to switch roles so quickly! Men usually need to wait till they've finished what they're doing to start something else or to have a conversation.

Also with our diffuse awareness, we notice everything that needs to be done around the house. And we think he doesn't care because he doesn't notice it. His brain is built to focus on one thing very deeply and tune everything else out!

Have you ever not heard from him for the whole day, and wondered why he wasn't thinking about you while he was at work, when it's easy for you to keep him on your mind, even when you're doing other things? This is why.

**Here are some steps you can take to harmonize with his single focus:**

**1) Don't interrupt him.** If you want to talk to him while he's doing something else, ask him when is a good time to talk later. Don't expect him to be available to interact with you when he's trying to accomplish something else. Schedule with him for when he's finished :)

**2) When you're talking, apply the 30 second rule:** Men need time to focus and dig deep into themselves for the answer. Because his brain is compartmentalized, it's not right on the tip of his tongue like it might be for you. Count to 30 in your head when you ask a deep question.

**3) Give him Transition time.** Because men go deeply into each role (work, husband, father, etc. ) And they need time to clear their head before going into the next one. When men were hunting, their minds had to be completely empty. This is why when he gets home, he might need to relax on the couch for a bit and read or watch TV before connecting with you. LET HIM. If you let him and don't judge his need for transition time, it doesn't have to take more than 20-30 min, and he'll be recharged and ready to embody his role as your boyfriend/husband, and pay attention to you again.

## **2) Compartmentalization**

Men usually only experience one emotion or issue at a time.

Women can experience many different emotions at once, and notice how all the issues fit together.

For men, issues are separate and fit into individual compartments. This helped them keep their focus on the goal at hand, and zoom out to strategize and plan. A man may think, “This incident goes in this box, and that interaction goes in another box.” This helped him be a better hunter.

For women, everything is connected to everything else. She can identify her and other people’s emotions and help connect them together. This is necessary in the complex environment of gathering, preparing food together, and raising children. This may not be our role any more, but our brains were wired that way from evolution.

### **Have you ever had this kind of argument?**

Let’s say you tell your husband something that has been bothering you, “John, I’m upset cause you didn’t invite me when you stopped by the bar on the way home last night.”

He says, “I didn’t think to invite you cause you told me that morning that you weren’t feeling well, and I only stayed for a half hour anyway.”

You: “When you didn’t call me to ask, I felt that you didn’t care. It’s just like last week when you stopped by the deli and got a sandwich for yourself and didn’t think to get one for me too.

Him: “I knew you were having lunch with a friend that afternoon, so why would I pick you up a sandwich when I knew you’d already eaten? And we talked about that last week. What does that have to do with going to the bar last night?”

You: “There’s a pattern of not having consideration for my needs. You could have called and asked if I wanted a sandwich. But you didn’t think of it. Its just like when you leave your dirty laundry on the floor instead of putting it in the hamper. You don’t think to consider that I’m the one who has to pick it up for you.

At this point, he’s confused and having trouble following the conversation. You started with the bar, and now you’ve moved onto the hamper.

For you, all these issues are connected together. You’re trying to help him see (though you’re making him wrong, which we’ll address later in the chapter about how to share your feelings) how this issue of consideration is important to you, through demonstrating a pattern in his behavior.

But for him, each of these incidents is in a different compartment. Stopping by the bar and not asking you is one compartment, the sandwich last week is another compartment, and the laundry on the floor is another compartment.

He'll probably withdraw at this point because it's hard for him to address all of your complaints at once.

## **How to harmonize with his compartmentalization:**

**Bring up one issue at a time.** Tell him how you feel, and what you were needing, and work out a way to address it differently next time. Demonstrating a pattern won't work.

If you had said, "I'd like to tell you how I felt so I can feel better next time, is this a good time to talk?" and when it is, say, "When you stopped at the bar without inviting me, I felt confused/sad because I was wanting more consideration, by you calling and inviting me."

He probably would have given the same excuse about you not feeling well and him only being there for 30 min, but if you STAY ON TOPIC then you can resolve it, and he'll be able to stay in the conversation.

You can say, "That makes sense, I did say I wasn't feeling well, and I still would appreciate you checking in. That would make me feel considered, and I would feel that you care about me and want to see me. Would you be willing to call next time?"

Then you could work it out. Of course he still might be defensive, but we'll cover how to handle that in the "connected communication" chapter. The point is that he'll be able to stay in the conversation, learn your needs and meet them next time if you stick with one issue and one feeling at a time.

## **3) Space**

Men were used to having space away from deep connection with others while they were hunting. They had to be completely still, focused, and quiet so as not to scare animals away, and they might have been gone for several days. Their brains evolved to actually need this space, or "cave time" as author John Gray talks about it. So men actually need space to feel like a man, which I'll go into further detail in the "why men pull away" chapter.

Men also need space because they relate to emotions differently. Women can feel their emotions, talk about them, and think at the same time. Men can usually only either feel OR talk OR think rationally, but not all at once, because of the compartmentalization. So they need to pull away, and have time to process, before they're ready to talk. Women see men pulling away and think they don't care! When really he's pulling away because he DOES care, and he's

processing his thoughts and feelings so he can share them when he's ready. But we women circumvent this process because we don't understand it.

So we need to give him space, and I'll talk about how to do that in the next chapter.

This desire for space and to feel "empty" is one of the reasons why men love to fix or accomplish things: When he completes a needed task, there is a sense of satisfaction that feels like a "positive emptiness," and can finally rest before the next task. This rest, or "transition time" is very important for men, to feel recharged. So next time you judge him for zoning out in front of the TV, know that it is a necessary part of the male experience, and he'll feel re-invigorated after he gets space.

#### **4) Outcome vs. Journey**

Men want to get to the outcome, solve the problem, and get to the point. They crave that experience of "nothing" after accomplishing something. That's when they experience peace, calm, and the feeling of accomplishment.

Women are more focused on the journey, experiencing the process. We want to accomplish, but not to get to nothing. We want to have lots of experiences; to amplify small things and make them enjoyable.

Remember that the point of a hunt is to kill the animal. It doesn't matter how the animal got killed, only that it did.

**Alison Armstrong coined the term "Meadow Report" for a certain type of communication that's important to women, and not men.**

Gatherers needed to tell the report to other gatherers at the end of the day, explaining the details of where to look for the berries that weren't poisonous. All the details are important: time, place, description of the type of leaf, what other plants are near it, and how to process the ingredients so they don't go bad and kill us. This was important for the survival of the tribe.

It's all about trust: women communicate details. If not, then it shows they don't trust you.

Imagine that you went to a party on Friday night and I asked you, "How was it?" and you said, "Good," and I asked, "Was Sally there?" And you said, "Yea..." and I said, "What was she wearing?" And you said, "A dress."

Do you think I would feel trust for you?

If a gatherer didn't provide details of the meadow and it's edibles, it's because she was hiding the info and perhaps planning to hoard it or leak the details for a competing tribe, etc. Hunters don't need to share details, it's all about "what's the point" so they can get to that space of peace and calm at the end.

So if women don't get details from men, we feel there's been a breach in trust and we feel hurt. And if men listen to a woman's feelings like, "What's the point?" we feel hurt.

### **So what's the solution?**

First of all, recognize that all of this is foreign to most men. They don't understand the importance of giving details in order to engender your trust. Men don't share these kinds of details with each other, so it won't occur to him. Recognize that it's hard for men to listen to a conversation without a point or problem to solve. So be kind to him and keep the meadow report to 10 min.

So as with anything you ask for [see the chapter on how to ask for what you want] tell him what it provides for you.

For example, you can say:

"Honey, I want to tell you about my day, and I'd REALLY love 10 minutes of you just listening without trying to solve anything; just letting me get this out. If you can do this, I'll feel SOOO connected to you, and so important and valued, and it would make me feel really turned on to you :) Is now a good time?"

Of course, these are my words, and you'll want to find your own words for this, so be playful with it! In time, you'll both really enjoy this when he sees how much it makes you happy and turned on to him afterwards, especially if you do visibly show how pleased you are by his attention and interest!

When you tell him upfront that the point is for him to just listen for 10 minutes, then he clearly knows what his purpose is, and that he's providing all these good feelings for you. He might feel resistant at first, but once he feels your satisfaction in him just listening, it can become more fun over time.

You can share what him providing details does for you in the same way.

I'll share more about how to ask for what you want in the "Asking for what you want" chapter.

## **5) Asking for help:**



Men don't want help unless they ask. They interpret your offer to help as not trusting them that they can do it on their own. Women always want help. If we say we don't, we don't mean it, right ladies? He really means it, so let him figure it out on his own. He'll feel more respected, which I go into more detail in the "what men need" chapter.

## **Chapter 23: Why Men Pull Away**

Space is such an important need for a man that I'm giving it special attention in it's own chapter.

Remember that most men's brains are wired to be hunters, and during hunts there was lots of space, quiet, and focus, so that he could be effective at stalking animals. So his brain is wired to seek this space, freedom, accomplishment, and to be by himself for long periods of time. It's totally natural for him.

### **Why Men Pull Away When You're Connected**

Research has shown that when a man has spent time deeply connecting with a woman, his levels of oxytocin rise. This is the hormone that makes us feel safe, warm, connected, and trusting. It feels good to both people, but when a man's oxytocin increases, his testosterone levels decrease, which actually causes his body stress!

He may feel the need to pull away when things are good and he doesn't even know why; he needs to pursue activities that make him feel like a man again: making money, sports, or other goal-oriented activities. Achieving these things raise his testosterone and dopamine, gives him an experience of his worth and value, and restores his healthy sense of self. If he doesn't do this, he starts to feel less powerful, and less of a man.

This is a biological difference, although there's a lot of individual variation. If you have kids or have been around babies, you may have noticed that baby girls can hold eye contact for longer. Baby boys want to connect too, but they get easily over-flooded emotionally by too much connection and need to look away more often.

Women have far less testosterone and thrive on oxytocin, so most women don't identify with a man's need for space, and they feel hurt and rejected. These are understandable feelings, if things were feeling so connected between you and all of a sudden you don't hear from him for a while.

I'll explain what to do later, but for now, understand that this is natural, and how you respond will make the difference between him feeling more and more safe with you over time, vs. Feeling judged and misunderstood, and needing more space over time.

## Why Men Pull Away When You're Disconnected or Arguing

Men also need space because they relate to emotions differently. Women can feel their emotions, talk about them, and think at the same time. Most men can usually only either feel OR talk OR think rationally, but not all at once, because of the compartmentalization of the parts of their brain. So they need to pull away, and have time to process, before they're ready to talk. Women see men pulling away and think they don't care! When really he's pulling away because he DOES care, and he's processing his thoughts and feelings so he can share them when he's ready. But we women circumvent this process because we don't understand it.

Have you felt skeptical when your man says in the heat of the moment, "I don't know what I'm thinking, or "I don't know what I'm feeling!" ? You might wonder, "How can he not know what he's thinking or feeling?" But what he means is, "Give me space to process my thoughts and feelings, because it'll take me time to integrate all of it so that I even know what to say."

So men need space when things feel good between you, AND when things don't feel good.

### **What to do when your man needs space:**

If you're dating, don't reach out to him more than he reaches out to you, and focus on giving yourself pleasure. After a few days you can reach out in a way that feels good, but make sure you're not pursuing, and not taking away his feeling of pursuit. You can text him a picture of having fun somewhere, but don't ask him out.

That's why it's important to maintain close connections with girlfriends/communities so you don't feel too abandoned when he needs space.

In the first few months of a relationship, it's normal for a man to not call for up to 2 months! So give him time and stay open to other men if you're not exclusive. After 2 months, then you can give up on him unless he has a really good excuse.

But if it's been up to 2 months, keep the conversation light when he calls. Don't ask where he's been. You can inquire lightly when you're on an actual date.

If you're in a committed relationship, you can ask him how he wants you to relate to him when he needs space. Ask when things feel good, and collaborate on how to get both of your needs met.

My partner and I made an agreement that when he needs space, he'll make a few minutes to tell me in person. He'll look into my eyes, use soothing touch, and say, "I love you and you are important to me, and I need space. What do you need to give me space for [however long he needs it]? Then we collaborate, and I'm happy to give him space.

So ask yourself, "How do I feel and what do I need when he needs space?" take these feelings and needs through the "Emotional Alchemy" process, and we can also discover what works for you on our coaching calls :)

I hope this chapter inspired you to get into his world, stop worrying about him, and look at space as an opportunity to create an amazing life for you and both of you.

## **Chapter 23: Emotional Alchemy**

It's all well and good to feel our feelings, but what about when we're really triggered and we want to alchemize the emotion so we can communicate it in an inspiring way and get our needs met and our dreams realized?

Once we alchemize our emotions, we can receive guidance for how to get our needs met in a harmonious way, and share our feelings with him in a way that inspires more love in him, rather than pushing him away.

**So when you're triggered, the most productive thing to do is to take a time out, rather than acting out of the emotion. As soon as you can make time to practice these tools of emotional alchemy, you can feel the emotion as a sensation in your body without the mental understanding, and alchemize your feelings.**

Emotional Alchemy is similar to Self Empathy, but it goes deeper because it connects the emotion to the part of you that knows the answers; the wise part of you that you've been connecting to since chapter 2.

**So here are the steps of Emotional Alchemy.**

**I'll lay out the steps, and then describe them in detail.**

- 1) Notice when you're triggered**
- 2) Time Out agreement**
- 3) Observe your judgments**
- 4) Feel and Soothe our Feelings**
- 5) Connect to your Higher Self, with the visualization that we've been practicing from chapter 2**
- 6) Inner-Dialogue between Higher Self and the feeling place**
- 7) Connect to the experience of the emotional need itself**

## **8) Make a request of yourself and/or others to meet this need**

**1) Notice when you're triggered.** This is important so you can pause and calm your nervous system, instead of doing or saying something you'll regret later. You can tell you're triggered because you start to feel strong sensations in your body: your heart rate goes up, you might feel heat in your chest or face, or you might feel a lump in your stomach.

As soon as you notice you're triggered, you need to soothe your nervous system, so it doesn't think a tiger is about to eat you, and you know you're safe, so the blood can come back into your brain and you can think clearly again. Then you can express your feelings and needs in a way your partner can hear them.

If you notice your partner is triggered, recognize that whatever you say to them, they're not in their right mind to hear you. When we're triggered our minds have tunnel vision: we can't help but try to prove we're right and our partner's wrong, yell, blow up, blame, distance ourselves, shut down, avoid, or get defensive, and we can't see the big picture. We temporarily can't see the other person's point of view and care about their feelings. Remember, when you're in fight or flight, your body thinks you're running away from a tiger and you don't care about the tiger's needs or you'd be dead.

So you need to help soothe your nervous system first before you talk about the issue. With practice, your partner and you can soothe each other, but first, let's focus on taking a time out and alchemizing our own emotions.

**2) Time Out agreement.** [This is if you're in a close relationship; if you're just dating, then you can do this on your own]

It's important that when you notice you're triggered or your partner's triggered, that you don't keep talking about the issue until you've soothed each other. Anything you say when you're both in fight or flight is just going to go downhill fast.

So I want to give you a tool called the "Time Out Agreement."

There are important elements to the time out agreement that make all the difference between it feeling dismissive, and staying connected.

1) you both agree on a signal to use as a time out, most commonly the T sign with the hands, and you BOTH stop talking about the issue at that point.

2) You agree on a time to come back and continue the conversation. This is how it differs from just avoiding the issue. Research shows it takes 20-30 minutes to switch from fight or flight into higher brain functioning when you're really triggered. So you can schedule a time to reconvene.

3) You soothe each other's distress by looking into their eyes, some kind of soothing touch, a soft tone of voice, and reassurance.

For example, you can say, "I'm sure we'll work this out," or "I love you and we'll get through this together."

You can also lightly touch their arm when you say this.

Eye contact, soothing touch, a soft tone, and reassurance go a long way towards calming the nervous system. Eventually you'll be able to sooth each other without taking a time out.

If your partner's triggered and you're not, you can soothe him and you don't have to take a pause, which is the quickest way of transforming conflict into intimacy. You can do this by asking him deeper questions about what he's experiencing, and listening to him without interrupting. We'll cover this in the communication chapter.

**3) Observe your judgments**, i.e. what's the chatter/critical thinking in your head? Don't censor it; just observe it for a few minutes.

**This is the same as step 1 of Self Empathy.**

You might want to journal, or just watch your mind. Only do this for a couple of minutes to avoid ruminating in the story.

With anger or other intense feelings, it may be useful to move the energy through your body before proceeding.

**Ways to move the energy:**

- Journaling
- Dancing or other forms of exercise
- Hitting pillows or screaming into a pillow

- Get out some markers or crayons and draw your feelings as any kind of art. Don't pay attention to how "good" it is; simply let yourself flow your emotions all over the page with color.

#### **4) Feel and Soothe our Feelings**

**Remember, the feeling is real and valid, but your story about it is only part of the whole picture.**

Right now, take a few deep breaths, in and out, as if you could breathe in and out of your heart center, and feel your feet on the floor or feel the support of what you're sitting on underneath you. As you breathe, become aware of the millions of cells in your lungs that seamlessly carry the oxygen through your millions of capillaries to each and every cell of your body, working together in seamless unity to support your life in this moment. Each breath is oxygenated by the trillions of plants in the world, intelligently designed to harmoniously provide us with oxygen, food, and shelter that's supporting you right now, and you are safe in this moment. Breathe in that safety and breathe it out.

Now remember a recent incident that you felt upset. Maybe your partner did or said something that triggered you. As you remember this incident, notice what you feel in your body. Focus on your body sensations instead of your thoughts. Notice where in your body you feel these sensations? Are they warm or cool? Are they sharp or more spread out? Tingly or numb? Open or closed? Maybe heavy, sinking, pressure, tingling, tightness....

**As you focus on them, do they stay steady? Do they rise and fall?** Or perhaps in time, do they intensify. **And if your mind wanders, bring it right back and keep noticing what you feel in your body.** Notice if there is a color or a shape to them? Maybe you see images, maybe you hear a voice saying something. Just be with it, with interested curiosity, and notice how the sensation changes as you focus on it.

Now you can ask yourself about your vulnerable feelings: do you feel sad? Scared? Hurt? Lonely? Ashamed? As you acknowledge the emotion and the sensation of it, I invite you to stay connected to the larger feeling of Presence that we just connected to. Allow your breathing to deepen, as you stay connected to the awareness of the cells in your body working together. And I wonder how easy it would be to relate to this emotion as a part of you, not all of you. Try on the phrase, "I'm noticing something in me feels sad, scared, hurt, lonely, or ashamed." Notice what happens to the sensation as you do that. From this place of presence, you can turn TOWARDS the emotion with compassion. You can place a hand, on whatever part of your body registers the most sensation, and allow yourself to send love and compassion to this feeling.

If it's hard to feel compassion, imagine that you're sitting with a close friend who's feeling this emotion, and start out by feeling compassion and caring for them. First send it to them and imagine them feeling soothed, and then take that same compassion and send it to your OWN feelings. Breathe in compassion and exhale out all of the tension from your body; release it out with the out breath; relax into how you're feeling. **And say to this part of you like you'd say to a friend, "I'm here for you. What do you need from me right now?" And listen like you would listen to a friend.**

The answer might not come in words, you might see an image, a memory, a symbol, or just feel that this place needs soothing, nurturing, and care from you right now.

Whatever you experience, turn towards this part of you like a mother would comfort a child, and say something like, "It's ok for you to have that feeling and that need." Take a few more moments like this, imagining that you could breathe in and your of your heart.

And once a gain, feel the support of what you're sitting on, bring your awareness back into the room, and slowly, when you're ready, open your eyes.

Break your state of being by getting up or shaking the feeling off. You can ask yourself, "What did I have for breakfast?" And take a moment to remember it.

**5) Connect to your Higher Self, the practice we've been doing since chapter 2. Say your "I am" statement, and visualize yourself living your values. Notice how you hold yourself, how you feel in your body, and connect to this deeper, wider center within you. Allow this deeper center to ground down through your feet and up above your head and fill the room.**

**Identify with your Higher Self. This is who you really are.**

**6) Identified with your Higher Self, turn towards the emotion in your body and lovingly engage in a dialogue with "her" . If it helps, you can imagine the emotion as a younger part of you.**

**You can turn towards the emotion in your body, and ask questions, such as:**

- How do you want me to be with you, right now?
- What are you needing more of in your life? [If the answer comes back that you need your partner to change, you can ask this part of you, "If he changed, what would that allow me to experience?" This is the need/value]
- If a limiting belief is there, you can lovingly challenge it by asking "What's the real truth?" And listening for an answer that comes from your Higher Self.



Listen to the feelings of the part of you that's emotional, and let "her" know you hear "her". You can have a dialogue between your Higher Self and the emotion, as if you were lovingly dialoging with a friend or a child, curious about what "she" needs.

**7) Connect to the experience of the emotional need itself. Imagine giving this to someone else, and give it to yourself.** Notice any physical sensations, e.g., relaxation, feeling of relief, deeper breathing, sighing, renewed sense of well-being.

If the need is for acceptance, empathy, etc...how can you give that to yourself, right now? Focus on what you can give to yourself and notice what shifts. [What do you see, feel, or hear in your head when you're giving it to yourself? Really embody that state of being]

We are connecting to the need itself, not just a particular strategy of meeting it. Really imagine yourself experiencing this need being met. Don't get attached to this particular strategy, but see the sights, feel the feelings, and really allow your imagination to explore the possibilities of what it's like to experience this need being met. What are several ways that it could look like or feel like to have this need be met? Allow yourself a few minutes for this. This allows our mind to create alternative strategies to meeting that need.

### **8) What request would I like to make of myself or another to meet this need?**

When we let go of our specific strategy and focus on our needs/values, we often become aware of new/different strategies to experience that need/value.

Once you have given yourself empathy, then you can give the other person empathy, to transform your judgment of them. This is necessary before you have a conversation with him, so you're not just seeing things from your point of view and making him wrong.

### **Questions to Ask Yourself to Get into His World:**

- What do you imagine he was/is feeling/needing?
- How was his behavior a defense strategy to avoid feeling pain; something he learned in childhood?
- How was his behavior a reaction to not feeling safe because of something you said or did?
- What does this need/value mean to him? What does it provide for him? Really get into his world and try to see things from his point of view.

**An example from my life:**

This seems like a lot of steps, and I imagine you might feel overwhelmed just reading them, but I assure you, it gets easier with practice.

I'll relay a story from my own life, so that you can see how it's put into practice.

My partner recently traveled for most of a month, and he had less time to connect with me than he had anticipated beforehand. I was feeling abandoned and missed the collaboration that we had shared, which was fine the first couples weeks but got really challenging as the month went on. I was feeling angry, abandoned, dissalusioned, frustrated, lonely, and scared that I was being too needy, but the feelings were so intense! So I went through this process often during the final week of his trip.

**Here's how I went through the steps. We were on different side of the country, so we can skip steps 1 and 2 :)**

**Step 3) Observe your judgments**

I journaled many things, without "believing" that they were true, such as:

Maybe he doesn't care about me or have strong feelings for me any more. Maybe he's not the right man for me. Maybe I'm too needy. Why am I feeling so hurt? I know he's doing his best, why am I being so needy? He should care about me more and reach out more. Maybe there's something I did wrong and he's mad at me. What if I feel abandoned like this in the future? What if this becomes a pattern?

**4) Feel and Soothe your Feelings**

I made time each day to feel the burning, churning feeling in my solar plexus. Sometimes it was a dull ache of loneliness, sometimes it was a radiating heat of anger or frustration. Each time I imagined it was a friend who felt this way, and I gave these feelings compassion.

**5) Connect to your Higher Self, with the daily visualization that we've been practicing from chapter 2**

In my daily practice, I am a channel for unconditional love, wisdom, and empowerment. When I connect to my higher self, it feels like I have grounding "roots" that extend down into the earth and help me feel grounded. I also feel love coming into my body from above my head, and filling my body with a lightness, even though the pain is still here, I imagine the pain surrounded by love and light. It feels more spacious.

**6) Inner-Dialogue between Higher Self and the feeling place**

I ask the pain, "How do you want me to be with you?" And it just wants me to feel it, which I do for a few minutes, and it decreases in intensity. I ask my higher self why I'm going through this,

and it tells me that first of all it helps me develop empathy for you, my readers and clients, so that I can have more empathy for the pain they're going through. When I hear that the pain feels lighter. Also I intuit that the need is for collaboration. The next time my boyfriend travels, I desire to plan out beforehand how we're collaborating to create something together that we check in around. Then I won't have to feel so alone.

### **7) Connect to the experience of the emotional need itself**

I remember times in the recent past that he and I have collaborated, like how we planned a weekend away together, or even how we plan to co-work and do domestic chores together, and it feels so joyful, so natural, and my body feels so light and energized.

### **8) Make a request of yourself and/or others to meet this need**

When I talked to him I told him about how joyful it is to collaborate, and told him how wonderful I've felt in the past when we've collaborated more. And how painful it's been to be missing that. Because I shared it so clearly, he didn't feel that I was making him wrong and when he got back, we brainstormed about how we can collaborate our schedules and projects better going forward.

So if I had shared my judgements with him from step 3, he might have just felt I was making him wrong. But because I went through this process, by the time I shared it with him, it lead to a happy outcome that feels really satisfying. I'm typing this now at his desk while we're coworking, after collaborating on how we're going to have a balance of work and play together this week. I'm feeling satisfied, knowing that this was a learning experience for both of us, and now our day has felt so richly connected because of the deeper appreciation I have for how we collaborate, having experienced the pain of not having it. Now I feel more connected to him than I did before his trip, because of the depth of connection we had talking about our experiences of being apart.

"Being in love and feeling in Love are two different things. You may feel in love when you are truly in Love, but sometimes you do not...often actually.

Feeling-in-Love is about being willing to experience all your feelings -including pain, fear, uncertainty, jealousy, shame, anger & sadness. Being-in-Love is about staying in the game regardless of how you feel, because you know the benefit (to your development) is worth the work and the pain.

Real Love contains inside it the entire spectrum of human emotions -from triumph & ecstasy to disgust and despair. Like white light comprised of all the rainbow's colors, True Love unpacks into all possible emotions -each one sacred, wise and valuable, worthy of honor. Every emotion -when experienced- gives you holographic access to your own wholeness. I feel therefore I am.

Love is about expanding the range & intensity of emotions we can hold in our body. Rather than seeking happiness, I recommend optimizing for aliveness. Aliveness comes from feeling all of our feelings as if our life depends on it. Because it does.”

-Annie Lalla

## **LAST CHAPTER: Using Our Dating Experts To Find Your Life Partner**

Working with one of our coaches to find your life partner is just like having an honest, supportive friend on hand to steer you through the murky waters of online dating. Imagine having a friend who is willing to go online and spend hours filtering out profiles, fielding messages, and help you setting up dates. Wouldn't that be amazing? Well, by relaying in our coaches that dream is a reality.

### **Why this is The Ideal Solution?**

Here at Self-Growth Academy, we take personal development seriously. We offer services to people who know they deserve the life of their dreams. If you are a woman looking to take charge of her own destiny and find her Mr. Right, we can help. **Our dating experts and coaching services are the perfect option for the mature woman who wants that special relationship with her dream man.**

When you need a haircut, you go to a hairdresser. When you need some help with your accounts, you schedule an appointment with an accountant. Why should your love life be any different? When you need to find the perfect date, we can help.

### **How Self-Growth Academy Will Change Your Love Life Forever!**

Whether you have already tried online dating or are completely new to the scene, we have all the tools and expertise you need to succeed with eligible men.

We take all the hassle out of choosing the right dating site, setting up an irresistible profile that will Attract the perfect guy for you.

We will also help you messaging men. We know how to get men interested, how to keep a conversation going, and how to move from flirty online messages to real-world interaction.

### **A Truly Tailored Service**

You can rest assured that every message we send is perfectly tailored to represent your

personality, and we never use “one size fits all” scripts or templates. We understand that everyone is unique. No two women are the same. Once we know your preferences, lifestyle, values, and core beliefs, we can put together a list of criteria to use to narrow down your online matches. If we get it wrong, we’ll work with you to put it right. We never use copy-and-paste profile content. Every single profile is carefully written to reflect each client’s personality.

### **We Put Your Safety First**

Sadly, there are a lot of scammers and con artists out there. We use our experience and judgment to screen out these men. You can enjoy complete peace of mind, knowing that you won’t fall victim to any scams. Your coach will be on hand every step of the way, telling you how to have a safe, enjoyable dating experience. Need an insight into your date’s psyche? Want help in running a background check? No problem!

### **We Never Waste Your Time**

Not only do you have to be wary of scammers in the online dating world, but you need to avoid men who just aren’t worthy of your attention. Maybe you’ve already stumbled across timewasters, losers, and men who aren’t even serious about finding a relationship. Your time is precious. Don’t waste another moment. We don’t let these men anywhere near our clients – they deserve only the very best!

### **Our Coaches Give You The Full Package**

We don’t just set you up with eligible dates. We’ll give you lots of advice to help you look and feel your best. Let’s face it – in the dating world, appearance matters. You never get a second chance to make a fantastic first impression! Whatever your body shape and style, we’ll make you look amazing. Your dates will be blown away by your elegance and sophistication. Get ready to look and feel better than ever!

Not sure how to move a relationship forward? No problem. Your dedicated, friendly coach will be on hand to tell you precisely what to say when your date phones or texts you, and how to keep the spark of attraction burning. After all, there’s no point in meeting the man of your dreams if you aren’t sure how to move things to the next level. Some of us have a lot of love to give, but aren’t naturally gifted in the art of developing romantic relationships. Sound like you? That’s OK – let Self-Growth Academy guide you.

### **Your Privacy Is Assured**

We know that finding the right person can be a delicate matter. You might not want the whole world to know that you’re on a mission to find The One. Not to worry! Your secret is safe with us. We take confidentiality very seriously. Your coach will keep your details private at all times.

## **Here's How It Works:**

### **1. Schedule a FREE initial 20mins consultation by [clicking here](#).**

This 20-minute call acts as an introduction. We'll explain what we can do for you, and ask you a few questions about your relationship goals and lifestyle.

### **2. You will then be assigned a personal coach who is experienced in working with women just like you.**

### **3. Your coach will take time to get to know you as an individual.**

They will pay close attention to what you want and need in a relationship, what you like and dislike in a partner, and how many dates you'd like to go on each week or month.

### **4. Your coach will personally help you create profiles on carefully-selected dating sites.**

Your profiles will be polished, perfected, and written to attract exactly the type of man you want to date. If you want any changes made, we'll be delighted to tweak them until you love the end result.

### **5. Your coach will help you throughout the entire online dating process.**

They will help you send the right messages, and they'll help you set up dates that fit into your schedule.

### **6. After each date, your coach will ask you for feedback.**

This will help them refine their approach and move you even closer to finding the right man for you. If you lack confidence in your looks or social skills, we'll be on hand to help you out. We understand that dating is daunting at any age, and dating when you have been single for a long time is an intimidating process.

### **7. Once you've met a great match, your coach will be on standby to guide you through the early stages of your relationship.**

You'll learn how to keep his interest, how to escalate the relationship at the right speed, and how to make sure you share similar relationship goals.

If you desire a mutual, loving relationship with a genuine man, don't leave it to chance. [Click here to schedule your FREE 20mins consultation!](#) Mr. Right could be just a couple of weeks away.

**Here are a couple of reasons why you should let our dating experts help you find your ideal partner:**

1. It saves you time. No more evenings and weekends in front of a computer!

2. It saves you from having to read inappropriate or annoying messages on dating sites.
3. It keeps you safe.
4. It boosts your confidence.
5. You'll receive guidance every step of the way.
6. You'll have a stream of eligible men eager to meet you. You'll feel sexier and more desirable than ever before!
7. It's discreet, easy, and effective.

## FINAL WORDS

Congratulations on reaching the end of the “Manifesting Your Life Partner” manual :)

Whatever your experience, I know that your true love is either in your life now or will be. How do I know this? Because I believe that we wouldn’t want something if it wasn’t possible for us. Sometimes, we have to surrender to the Universe’s timing.

In the book *Eat, Pray, Love* by Elizabeth Gilbert, there is a quote about destiny that I find inspiring. She writes: “Destiny is a play between divine grace and willful self effort. Half of it you have no control over, half of it is absolutely in your hands and your actions will show measurable consequence. Man is neither entirely a puppet of the Gods nor is he entirely the captain of his own destiny. He is a little of both. We gallop through our lives like circus performers balancing balancing on two speeding side-by-side horses. One foot is on the horse called “Faith,” the other on the horse called “Free will” and the question you have to ask every day is which horse is which, which horse do I need to stop worrying about because it’s not under my control and which do I need to steer with concentrated effort.”

When finding your true love, your work is the work in this book. The rest is trusting timing :)

Whether you contact us or not, it’s useful to journal the answers to the following questions, so that you can fully take in the changes you’ve experienced as a result of you doing the work. These questions are included in your workbook.

- How has my dating life shifted since reading and implementing the lessons in the book?
- What were the tools and practices that helped the most?
- How are men treating me differently?
- How have I shifted my feelings towards myself and about men?
- What challenges do I still have in my love life that were not addressed in this course?



