The Geisha Secret was written by a dating and relationship expert, under the pen name Hanako. Recognizing that the geisha has fascinated men for centuries, Hanako extensively studied the geisha as a means of understanding the secret of attracting men. Little has been written about the true geisha. Most westerners are familiar with the fictional geisha as depicted in western novels and movies. The true geisha lived in the secretive and exclusive flower and willow world. Outsiders were not allowed entry into her world and it was taboo to reveal details about the geisha’s life. Hanako brings together the geisha’s history, revealing how the geisha captured men’s hearts. She applies the ways of the geisha to today’s modern world so that you know the secret to winning a man’s heart. The name Hanako is Japanese for flower (hana) child (ko), which is symbolic of the flower and willow world. Hanako represents all of the women who are hoping to find a man or to be married – a flower bud ready to be nurtured so she can blossom into an exquisite bloom that is desired and loved by men. Hanako is the guide who will teach you The Geisha Secret and how to forever change the way men perceive you. She has passed The Geisha Secret on to you so that if carefully followed, then it will change your life as it has done for so many other women. 7 THE GEISHA MYSTIQUE Behind the Japanese geisha’s strikingly painted face, exquisite silk kimono, and flawlessly choreographed dance, lies The Geisha Secret – the definitive way for women to prepare for finding love. The geisha practiced her secrets for centuries, captivating men with he r beauty, intellect, and masterful talents. Contrary to the American depiction of geisha as high-end courtesans, geisha were artists – an exclusive class of accomplished dancers, musicians, and conversationalists, performing at the highest levels of Japanese society. 1 Men respected, revered, and admired the geisha. They longed to know her and the mysteries of the flower and willow world The world where the geisha lived and few were allowed entry. Access to the geisha was limited and it was her exclusiveness that made men desire her more. Men passionately loved her as she uncovered men’s deepest desires, leaving her image of gracefulness and beauty forever imprinted on history. Today, the geisha is more relevant than ever because modern women have lost their touch with men. The Geisha Secret will lead you through a journey of transformation, from an ordinary woman into a woman who is loved and desired by men. You will learn how to accentuate your strongest attributes and become the best woman you can be. You will be exposed to the geisha’s way of life, learning how to achieve success with men. The Geisha Secret will show you how to embrace your femininity and captivate a man, while remaining an independent woman. It will teach you that you should never lose your identity to gain a man’s love. A woman is more attractive when she has her own ideas and pursuits, while retaining the sensitivity and ability to understand and respect a man’s needs. You will discover that if you possess insight into a man’s desires, coupled with unique talents and achievements that define you, as well as the kindness and beauty that lies within you, then a man will love you more than any other woman. The geisha mastered the art of desirability and men were drawn to her because she was man’s ideal female companion. Over the past century, women’s role in society has changed, but men have remained the same. They continue in pursuit of the ideal female companion. They desire a woman who is feminine, beautiful, and skilled at understanding a man and his needs, while also being accomplished and independent, without being contentious. They want a woman who has mastered the delicate balance between being supportive and attentive in one moment and being decisive and independent in another. The Geisha Secret is what every modern woman must know if she wants a boyfriend or to be married. When you follow and faithfully practice The Rituals of The Geisha Secret , your relationships with men will change. Men will admire your inner and outer beauty. They will want to hear what you have to say, desire to be near you, and want you to love them as much As they love you. I invite you to uncover the mystique and allure of the geisha, where you will learn The Geisha Secret and the way to win a man’s heart. Everyone wants to know how magic is created. The geisha world has such deep secrets 8 and techniques – I could spend my whole life trying to find its core. After three or four hundred years of history, its secrets are still intact – and always will be. 2 9 THE RITUALS The Rituals describe the ancient techniques of the geisha, recounting her history and how she became one of the most desired women in the world. The geisha possessed distinct qualities and talents that have been perfected so that she could be her best: from making herself uniquely beautiful and accentuating her attributes to emphasizing her femininity and becoming a subtle vision of sensuality. Her beauty was deep and vast, and her words and presence were healing and uplifting. To be in her presence was to experience a fantasy – a world of exquisite beauty where men indulged in the finest cuisine and were privy to the best in art and conversation. The geisha was, first and foremost, an artist, exhibiting great talent as a musician and dancer. Her art included writing calligraphy and performing the intricate tea ceremony. To be one of the few who knew her, meant that you were a friend of a renowned artist. As the geisha had a clear vision of how to perfect her talents, The Rituals will help you determine what is your art as a woman. When you uncover your art, you will possess the ability to understand your best qualities and talents and exemplify them. For you to become admired and desired as the geisha was, you must practice The Rituals with dedication and perfection, with your heart at the soul of each Ritual. The Rituals are not a quick fix for problems with dating or relationships. Instead, they are a way of life that will help you become forever desirable to men and empower you to be the best woman you can be. Each Ritual can be practiced independently, but they are most effective when they are implemented together. When you allow The Rituals to become the essence of your being, you will be transformed into the ideal female companion. Men will be intrigued by you, love you, and seek to give you their hearts with the hope of their affection being returned. Appreciate and practice The Rituals as they will help you develop a renewed sense of self and bring you success with love. Ritual 1 Make Yourself Uniquely Beautiful Ritual 2 Embrace Your Femininity Ritual 3 Demonstrate Subtle Sex Appeal Ritual 4 Embody Elegance Ritual 5 Exhibit Intelligence and Accomplishment Ritual 6 Exercise Humility in Everything You Do Ritual 7 Act with Kindness Ritual 8 Perform Thoughtful Acts Ritual 9 Be the Prize that is Pursued Ritual 10 Wait to Give Yourself to a Man Ritual 11 Be at Ease in All of Your Endeavors 10 Ritual 12 Show Your Appreciation Ritual 13 Be Compassionate Ritual 14 Be Deliberate in Your Communication Ritual 15 Be Attentive at Key Moments Ritual 16 Deeply Connect to a Man Ritual 17 Allow a Man to Embrace his Maleness Ritual 18 Be an Independent Woman Ritual 19 Be a Dynamic Hostes s Ritual 20 Keep a Man Intrigued The geisha created a life of beauty. She made herself into the image of the perfect woman, the embodiment of Japanese culture and refinement, a living work of art. 1 11 R I T U A L 1 MAKE YOURSELF UNIQUELY BEAUTIFUL Beauty The geisha transformed herself into an iconic beauty A man fortunate enough to be in the presence of the geisha was immediately mesmerized by her beauty. Her makeup was meticulously applied, accentuating her lips to create a perfect rosebud against her delicately painted white face. This enabled her to stand out when performing on a dimly lit stage. Her luxurious black hair was ornately styled and worn up, revealing the nape of her neck. She adorned herself with accessories – parasols, fans and handbags – crafted from handmade paper, silk, and bamboo. There were many aspects that were integral to the geisha’s appearance, but her kimonos were the most critical. The geisha valued her kimonos over all other possessions and referred to them as her soul and the indispensable badge of her craft.1 She wore the most exquisite kimonos in all of Japan – equivalent to today’s finest couture dresses, costing a year’s salary or more for each of them. Being one-of-akind works of art, the geisha took an active role In designing her kimonos. She chose the colors and patterns, which revealed her sense of style and personality. The design of her kimono symbolized her status within her hanamachi . 2 The hanamachi were the flower towns within the flower and willow world, also known as the karyukai . Throughout the karyukai in Japan, geisha belonged to different hanamachi . The most famous hanamachi is Gion in the city of Kyoto. The most beautiful, talented, and accomplished geisha came from Gion. A geisha from Gion started her training as a maiko (apprentice geisha). When she completed the arduous process of becoming a full-fledged geisha, she graduated to 12 geiko . The style of the geisha’s kimono was important as it exhibited her current title. For the maiko , her kimono emphasized her youth and beauty. Her wide sleeves indicated that she was unmarried, and fluttering her sleeves was a declaration of love. A junior maiko wore kimonos richly patterned with chrysanthemums, water patterns, maple leaves, autumn grasses, turtles and cranes, and other symbols, reflecting the season. A senior maiko wore kimonos with fewer patterns and with one shoulder undecorated, while a Geiko wore kimonos without any patterns above the obi (sash). The designs on the kimono and the geisha’s accessories alternated according to the season, reflecting the natural elements of each season. The geisha’s kimono was twice the size of a standard kimono worn by Japanese women. Made of a single piece of tan (cloth), dressing in a kimono was a difficult skill that had to be learned. Many geisha had assistant dressers to help them dress. A kimono did not have any buttons or fasteners and was wrapped around the geisha, tucked together with the left side over right and seared in the front with a dozen braids. The kimono was completed with the tying of the obi around the waist, the hardest part of dressing the geisha because it required strength and dexterity. Having a good assistant dresser was critical for the geisha’s success. 3 As an artist who performed at a professional level, the geisha believed that no matter how accomplished she was, her hard work was to no avail if she did not have the proper clothes to compliment her beauty and accomplishments. 4 Guests of the karyukai appreciated and admired the geisha’s appearance as much as her artistic accomplishments. The maiko , as an apprentice geisha, wore the most elaborate and complicated costume, turning her into a work of art. Accentuating the geisha’s beauty was most important at the maiko stage because she was first being introduced as a geisha and guests knew very little about her. The art contained in her dress was symbolic of the artist she was to become as a geiko . When she graduated to a geiko , she had reached the level of an established artist and became well known within the hanamachi . Her dress and make-up remained exquisite, yet less elaborate. Accentuating your physical beauty is most important as the first time you meet a man is equivalent to being first introduced. As the maiko made a profound impression on men with her unique, exquisite beauty, you should be memorable to a man when he first lays eyes on you. Exemplify beauty and men will be drawn to you Every woman has it within herself to be beautiful, no matter her shape or size. It is up to you to bring forth both your best inner and outer qualities so that you shine on the outside and men take notice of you. A man is initially attracted to what he first sees. Yet, each man has his own preference, which makes all shapes and sizes beautiful. What differentiates women from one another and elicits an immediate response from men as it relates specifically to their appearance is irrelevant to a woman’s shape or size. Stripped down to her base features, the woman who stands out may not be naturally the most beautiful woman, but she stands out as unique because she Understands how to make herself more beautiful. She wears her clothes to 13 accentuate her feminine figure, yet done tastefully to enhance her physical beauty. Her physique is toned and healthy, with skin that radiates. She is energized and confident and knows how to make herself more attractive. Every woman has it within her to be the woman men notice first. The process begins with accentuating and tending to your appearance so that you look your best. As you are working to bring out your best physical traits, remember that equally as important to your exterior beauty is your inner beauty. In most cases, your inner and outer beauty in combination is what will entice a man to ask you on a second date and desire to date you long-term. Your physical beauty should merely be a window into the abundance of your inner beauty. Significant time should be spent developing your inner beauty – possessing qualities such as kindness and compassion, and being accomplished. Realize the significance of your outer beauty, however your inner beauty is what is most attractive. It is difficult for a man to know how deep your beauty runs without giving him an indication of your interpersonal qualities. Tend to your physical beauty and devote attention to it as the geisha did because a man is more likely to notice you if you look your best. You will further draw him in when he discovers that your beauty is deep and vast, unlike any other. Achieve exceptional beauty To feel and look your best, there are practices that will enhance your beauty that are easy to remember and to incorporate into daily life. Many of them you are already aware of, but know that if you incorporate all of them as one, then you your beauty will stand out to men. In combination they will build your confidence and instill a positive mindset. When you walk into a room, you will embody a presence that men will notice. To become the woman who stands out among all others, begin with honestly assessing yourself and decide which areas in your life-style should be changed or improved. Do you feel that your hair rarely looks nice? Are you frustrated because you are not eating as healthy as you should, resulting in feeling sluggish and bloated? Is exercise your greatest struggle because you feel as If you never have time for it? Begin enhancing your beauty by incorporating a little change into your life every single day. As the geisha devoted much time to transforming herself into a vision of beauty, you should be able to do the same with a commitment to making some small changes. Your transformation will take some time if you want it to be long lasting. Tend to your body and provide yourself the best you can to ensure your own health and well-being. View accentuating your physical beauty as a healthy way of life that will bring an abundance of positive energy to your body, soul, and mind. Nourish your body with healthy food What you put into your body directly reflects your appearance and your energy level. Own your body and your health. Try to eat food in its most pure state, which will cut down on unnecessary calories. This will enable your body to be filled with the nutrients it needs to help enhance your beauty. Practice moderation when eating unhealthy foods, and avoid processed foods. Food is processed to enhance flavor and extend shelf life, which is done by using unnatural products. When you eat most packaged food, you are filling your body 14 with chemicals that it is not meant to have. Consuming too many processed foods will effect your appearance and your internal body over the long-term. Along with eliminating processed foods, limit your intake of sugar. Many products that advertise low fat, fat free, or low calorie are misleading because they are high in sugar. For sweets, decide how many days a week you can eat them and commit to it – maybe only on the weekends or three times a week. Choose fruit as an alternative for dessert. Also, consume fatty foods in moderation. Do not substitute low-fat, processed foods for the fatty foods. Stick to low-fat, natural food (e.g., fresh fruits and vegetables, natural grains, fresh fish, and grain-raised organic chicken). There are many healthy foods that taste great and will make you feel better. Seek them out and incorporate them as the staple of your daily diet. By eliminating processed foods and limiting yourself to a small amount of sugar and faYour skin will glow and your body will slim down to its natural size. Give to your body rather than deprive it Never starve yourself or deprive yourself of important nutrients to lose weight. The media uses celebrities and models as the definition of beauty, but that does not mean that that is the best way to look or what women should be striving towards. A skinny woman whose primary focus in life is to stay thin and who believes that her skeletal frame is what makes her beautiful, is nothing more than a skinny woman in a shell. The majority of men prefer a woman whose body is defined with curves. Comparing yourself to other women will only cause frustration. Accept your natural body and embrace it. Focus on how to make your body look its best for your size and frame by maintaining an ideal weight through eating healthy and exercising regularly. Remember that there are many aspects that make you beautiful – it is not your body alone. Exercise to tone your body and feel your best Exercise is a necessity for your body, mind, and spirit. You may feel that you can never be the woman who exercises constantly, but do not look at exercise as a dreaded chore. Walking to a location rather than driving is exercise. Taking a stroll in the park with a friend is also exercise. There are other forms of exercise that you can do that require greater exertion, such as yoga, running, soccer, tennis, or pilates, which are great for the body. Exercise does not have to be expensive. If you do not live near a gym or cannot spend the money on a health club or gym membership, then you can run, cycle, or swim. Alternatively, there are many exercise DVDs that you can buy and do at home. Your physique will improve if you exercise for forty-five minutes for four days a week, which is not much time each week. Write down a weekly routine to help you stay focused and follow through with it. For instance, you can play tennis on one day of the week, go to yoga on another day of the week, and take long walks on two other days of the week. Choose a routine that produces results and is most enjoyable for you so that you are able to maintain the regime over the long-term. Also, take advantage of opportunities to walk instead of drive. If you do not live far from your work, then walk to and from rather than drive or take public transportation. Use the 15 stairs instead of an elevator. Perhaps at work, try walking during lunchtime. An extra ten minutes of walking here and there adds up over a week. You will find that continuous physical activity will not only help you look your best, but you will also feel better mentally and physically. Men will find you more attractive because of the positive energy that you gain from exercise. Rejuvenate with sleep and vitamins Sleep is critical to rejuvenating your body so that you have energy and look and feel refreshed. Adequate sleep also helps in preventing wrinkles and pre-mature aging. The more sleep you get, the better you will look and feel. If you feel tired, then you will look tired. If you feel refreshed, then you will look refreshed. Vitamins will also help to give your body energy. They assist with fighting off illness and nourish your body with any nutrient deficiency you may be experiencing. Taking vitamins and getting enough sleep are easy ways to keep your body healthy. If you can afford it, then try to get facials regularly. If facials are too costly, then come up with a regime to clean your skin with quality products. It is important to avoid sunbathing for long periods of time. A little sun is healthy, but sunbathe too much and you could be accelerating the aging Process. You cannot reverse the effects of too much sun. The only remedy is prevention. The better you take care of your skin, the slower you will age and the prettier your face will be as you grow older. Since the body will change over time, then men look more at facial characteristics when searching for a long-term mate. Dress well to accentuate your beauty and flatter your body When a woman dresses well, she is twice as beautiful. Make the extra effort to dress well. This does not mean that you have to buy an expensive wardrobe. Live healthy Limit your intake of alcohol and do not smoke. This includes being a social smoker. When you smoke, you fill your body with toxins. The more you smoke, the faster your body ages. Plus, most men find smoking unattractive. Smoking will make your clothes and breath smell bad. When consuming alcohol, you should limit it. Alcohol is often loaded with calories and sugar. Drinking a lot of it is counter-productive to all of the work that you do to maintain a healthy life. Tend to your skin, especially your face A man spends most of his time looking at your face. Your skin should look the best that it can. There are many men who feel a woman’s body is second to her face and that a beautiful face is the most important physical feature of a woman. Realize that men do not care that your clothes are expensive or that you are wearing the latest fashion. When you dress to follow fashion trends, you are dressing for other women, not men. When you dress for men, you should wear clothes that accent your best physical assets, whether your clothes are ten years old, purchased on sale, or are of the latest fashion. If you are at a loss on how to dress, then ask a friend with good taste to give you tips. The key is to wear clothes that enhance your assets. If you have great legs, wear skirts. If you have 16 great arms, wear sleeveless shirts. Practice the rules of simple beauty. Your Makeup should be natural so that you look beautiful, as if you are not wearing any makeup at all. Your clothing should enhance the silhouette of your body, but not reveal so much to appear naked. The sight of you should tempt a man to imagine. Develop your own sense of style The geisha had a style that was uniquely hers, making her more memorable to a man. Having your own style exhibits feminine strength and beauty. Your own style distinguishes you from the masses and shows that you are willing to take a risk. It also shows that it is important for you to be yourself. These are all qualities that men find attractive. By expressing confidence and a strong sense of self through your appearance, you are enhancing your beauty. The geisha created a beauty and world that uniquely belonged to her, leaving her imprint on the world. Your beauty should be forever memorable to a man so that it brings out the best of you. A woman should own her beauty You possess the ability to accentuate your beauty so that you look your best. The same held true for Christy and Laurie, best friends living in New York City while in their early thirties. Both were working hard and trying to meet men. Both had similar features and bodies, but each took a different approach as to how they tended to their bodies. Each had the chance to improve their future with men by looking their best. Yet, only one actively worked to do so, resulting in her being more successful with men. Christy was perfect on paper with an undergraduate degree and MBA from Ivy League universities, followed by a highly coveted, powerful job on Wall Street. She was a bilingual world traveler and very successful. She even owned an apartment in Manhattan and a house in the Hamptons, a rarity for a woman in her thirties. She was also well educated on business and current affairs. It was amazing to watch her converse with men, many who were leaders in their industries. Men liked being around Christy, as did women, and everyone was sure to invite her to social events. Between work and friends, Christy was never short of invitations to parties and dinners. However, the one thing she wanted most – a date – rarely happened. When Christy graduated from business school, the men she liked would only ask her out on dates every now and then. Christy struggled with her Weight and never exercised, which effected her mental well-being and selfconfidence with men . At this point in her life, Christy was moderately over her ideal weight and was visibly upset that she did not have a boyfriend. As time passed, Christy put on more weight each year and became more depressed about men, resulting in less dates. Eventually, men who were equally successful and intelligent as she rarely asked her out. Friends found it difficult to set her up. Christy wasn’t lacking in personality. She had an incredible career and could have supported a husband and a family. The problem was that men of the caliber she wanted were not attracted to her physically, coupled with her low self-17 confidence when viewing herself as a woman that men want to date. Christy had numerous male friends, more than most women do. They respected her greatly, but none of them transitioned into a boyfriend. Yet, there were changes Christy could make in her life to be the woman men desire. Christy already had many qualities men seek in a lifelong partner – intelligence, accomplishment, humility, and an easygoing, light demeanor. When Christy graduated from business school, all that she had to do to improve her selfconfidence and physique was to establish an exercise routine and eat healthier. She needed to lose some weight and tone her body to put her in an improved state both physically and mentally – a predicament many women face, which is achievable if they commit to becoming healthy. Christy’s challenge was that food was always a big part of her life. She was an excellent cook and her life revolved around excessive meals with no dedication to exercise. Should Christy decide to work towards getting to a healthy weight and tending to her body, she will then look her best. Men That she likes will be interested in her. Every woman should have options and have the opportunity to attract the man who is right for her. Christy’s friend, Laurie, was in a similar situation as Christy after business school. Laurie was not as quite successful as Christy in respect to her job and social life. However, Laurie embarked on a different path. Initially, like Christy, Laurie also ate excessively and rarely exercised. She would snack on sweets throughout the day and never count calories. If she was sitting with a friend who was eating donuts, then she would eat three of them. After two years of these eating habits, Laurie could not ignore the fact that she had put on over twenty pounds and her clothes no longer fit. She had lost her drive to socialize and spent less time going out. Much to her dismay, she was also going on a lot less dates and was depressed about men. Ignoring her problem, she bought a new wardrobe for her new body and continued on with her same eating habits, exercising rarely, and putting on more weight, while spending her time alone or with her closest girlfriends. One day, her parents said that she had to get healthy or her life would lead to a path of problems. Laurie was very close to her parents and their comments hit her hard. Rather than shying away from her predicament, Laurie started talking openly to her friends and family. She asked for their advice and input on how she could get back to a healthy life style. To begin, Laurie committed to following a strict diet and exercise routine. Everyone quickly noticed a difference. Within months, her body had completely transformed. Laurie looked great. She started introducing some of the ‘bad’ foods back into her diet, but she did not eat them excessively like she had in the past. She was fine with one piece of cake whereas before she would have had a second slice. Her body had trained itself to be satisfied with less sugar and less food. What was even more amazing was that Laurie was not starving herself nor denying herself all of the pleasures that food offers. She continued to tone and slim down because she was exercising regularly. She had rediscovered her love for sports and was actively playing in leagues. By no means was Laurie at an unhealthy weight, like many models. Laurie was a healthy weight for her size with a toned body and men took notice because she looked and felt great. When Laurie would walk down the street in a formfitting dress and 18 high heels, she would catch men’s eyes. When she would go to a bar, men would ask her out. Friends were setting her up again. Laurie was now at the point where she was turning down eligible men who did not interest her. Laurie’s life had taken a different path from Christy’s because Laurie made the effort to be healthy and look her best. Laurie continues to exercise and maintain a balanced diet. She also dresses well and tends to her body by getting facials, manicures, and pedicures. If one looks at Laurie, then one instantly sees a pretty and well-put together woman. Although Laurie does not have as dynamic of a personality and is not as intelligent or successful as Christy, this does not initially matter because men were first attracted to Laurie’s physical appearance. Men are visual and initially gravitate towards what they see in front of them. A woman’s inner beauty will make her more beautiful and desirable in the long-term, but it is difficult for a man to discover a woman’s inner beauty if he has little or no physical draw to a woman upon first meeting her. The geisha understood this concept and devoted much time to her appearance. Her beauty stopped men in their tracks and fascinated men for centuries. Be uniquely beautiful – practice Ritual 1. The geisha put much effort into her appearance and was universally recognized for her striking, exquisite beauty. She understood how a woman’s physical beauty can increase a man’s desire and attraction to a woman, enticing him to want to know more about her. You have the ability to accentuate your features so that you are more attractive to men. As you work to look your best, remember that the geisha did not define her physical beauty by the size of her body. Instead, her beauty was defined by her striking face, dark smooth hair, exquisite kimono draped across her figure, elegant walk, and delicate touch. It is the presence that you exude, Coupled with tending to your body and appearance that will make men notice you. She (the maiko) has the classic looks of a Heian princess, as though she might have stepped out of an eleventh-century scroll painting. Her face is a perfect oval. Her skin is white and flawless, her hair black as a raven’s wing. Her brows are halfmoons, her mouth a delicate rosebud. Her neck is long and sensuous, her figure gently rounded. 5 19 R I T U A L 2 EMBRACE YOUR FEMININITY Feminine The geisha valued the power of her femininity The geisha understood the power of her feminine mystique and she accentuated these attributes to influence men. Taking the Japanese fashion of the time and elaborating upon it, the geisha created a style that was more feminine than the traditional Japanese dress. This was prominently displayed in the maiko costume of an apprentice geisha. The popular image of the geisha adorned in a sumptuous kimono, accented with white makeup and elaborate hair ornaments, is the dress of the maiko . A maiko developed her craft as an artist and worked towards earning the title of geiko . When she became a geiko , her kimono changed to being more subdued and she only painted her face white when performing. Whereas a maiko’s dress was precisely designed to accentuate her appearance because as she was still learning how to be as skilled and accomplished as a full-fledged geiko , it was believed her most attractive attributes to men were her beauty and femininity. Beauty is seen as innate while artistry is learned. It took many years of practice before the geisha reached the level of a professional artist. When she achieved the title of geiko , her great artistic talent transcended her beauty to a higher level few women achieved. To begin her journey to become a geiko , a young woman aspiring to become a geisha moved into an okiya (a house where geisha lived and trained) as a shikomi (the first stage as an apprentice geisha). She started at the bottom of a strict hierarchy and earned her place with humbling duties . She scrubbed floors and performed other cleaning duties, but also did so looking tidy. She began learning how to dance and play 20 the shamisen (a three-stringed instrument), percussion, and flute. Her goal was to acclimate to the traditional hanamachi life. 1 She completed her shikomi training with a formal dance test at the kaburenjo (dance institute), graded by prominent hanamachi grandees. If she passed, then she was ready to become a fledgling maiko or a minarai (meaning looking and learning). Throughout her career, the geisha continued to observe and study, training for many years, so that she could master her art. It was this steady challenge was that food was always a big part of her life. She was an excellent cook and her life revolved around excessive meals with no dedication to exercise. Should Christy decide to work towards getting to a healthy weight and tending to her body, she will then look her best. Men That she likes will be interested in her. Every woman should have options and have the opportunity to attract the man who is right for her. Christy’s friend, Laurie, was in a similar situation as Christy after business school. Laurie was not as quite successful as Christy in respect to her job and social life. However, Laurie embarked on a different path. Initially, like Christy, Laurie also ate excessively and rarely exercised. She would snack on sweets throughout the day and never count calories. If she was sitting with a friend who was eating donuts, then she would eat three of them. After two years of these eating habits, Laurie could not ignore the fact that she had put on over twenty pounds and her clothes no longer fit. 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She started introducing some of the ‘bad’ foods back into her diet, but she did not eat them excessively like she had in the past. She was fine with one piece of cake whereas before she would have had a second slice. Her body had trained itself to be satisfied with less sugar and less food. What was even more amazing was that Laurie was not starving herself nor denying herself all of the pleasures that food offers. She continued to tone and slim down because she was Exercising regularly. She had rediscovered her love for sports and was actively playing in leagues. By no means was Laurie at an unhealthy weight, like many models. Laurie was a healthy weight for her size with a toned body and men took notice because she looked and felt great. When Laurie would walk down the street in a formfitting dress and 18 high heels, she would catch men’s eyes. When she would go to a bar, men would ask her out. Friends were setting her up again. Laurie was now at the point where she was turning down eligible men who did not interest her. Laurie’s life had taken a different path from Christy’s because Laurie made the effort to be healthy and look her best. Laurie continues to exercise and maintain a balanced diet. She also dresses well and tends to her body by getting facials, manicures, and pedicures. If one looks at Laurie, then one instantly sees a pretty and well-put together woman. Although Laurie does not have as dynamic of a personality and is not as intelligent or successful as Christy, this does not initially matter because men were first attracted to Laurie’s physical appearance. Men are visual and initially gravitate towards what they see in front of them. A woman’s inner beauty will make her more beautiful and desirable in the long-term, but it is difficult for a man to discover a woman’s inner beauty if he has little or no physical draw to a woman upon first meeting her. The geisha understood this concept and devoted much time to her appearance. Her beauty stopped men in their tracks and fascinated men for centuries. Be uniquely beautiful – practice Ritual 1. The geisha put much effort into her appearance and was universally recognized for her striking, exquisite beauty. She understood how a woman’s physical beauty can increase a man’s desire and attraction to a woman, enticing him to want to know more about her. You have the ability to Accentuate your features so that you are more attractive to men. As you work to look your best, remember that the geisha did not define her physical beauty by the size of her body. Instead, her beauty was defined by