

A woman with long, dark, curly hair is smiling broadly, looking upwards. She is outdoors in a field of white flowers, with green foliage in the background. The image is bright and sunny.

Module 2

Tap Into Your Feminine Energy

Feminine

(Yin)

“Cold”

Internal

Shadow

Feeling

Intuition

Attraction

Flexible

Flow

Sustainable

Process



Masculine

(Yang)

“Hot”

External

Culture

Thinking

Logic

Assertion

Rigid

Go

Peak Experience

Outcome

To attract men, you want to cultivate a way of thinking, feeling and behaving that embodies the feminine energy.

Masculine Energy Actions

Convincing

Debating

Ordering/telling men what to do

Demanding

Being pushy

Using logic and reasoning to “win arguments” or
“make him see your point of view”

Planning ahead instead of staying present

Strategising

Overthinking

Be The Watcher (Watch Your Thought, Feeling, Action Model)

What was I thinking and feeling that caused me
to act “demanding”?

What was the outcome I was after?

Did it work?

Triggering A Man's Chase Instinct

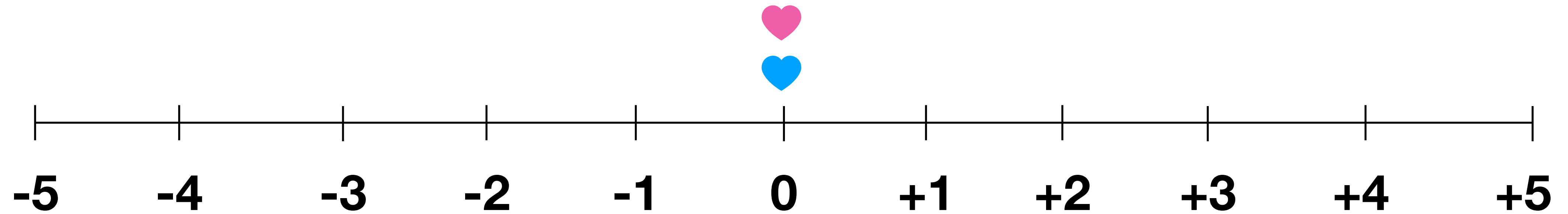
“Cold/Cool” = Chased Energy

High Desire = ++Action

Low Desire = Inaction

MANAGE DESIRE

DESIRE SCALE



Lower Desire/Manage Your Desire

- I'll probably never hear from him again
- I don't know anything about him
- He's probably not going to keep talking to me
- This "other thing" is way more interesting and important than him

Thoughts that Create Desire (Avoid/Minimise)

- I like him.
- I want to talk to him.
- I want to see him.
- I want to go on a date with him.
- He's special. He's unlike anyone else I know.
- I want ____ with him.

Tips For Trigger His Chase Instinct

- First 3-6 months, manage your own desire for him, keep it 1 or 2 notches lower than his.
- Don't be TOO cold or he will mistake that as you not being interested at all - or you're not ready/not sure.
- 7:3 ratio how often he's imitating contact vs you.

Feminine Energy = Presence

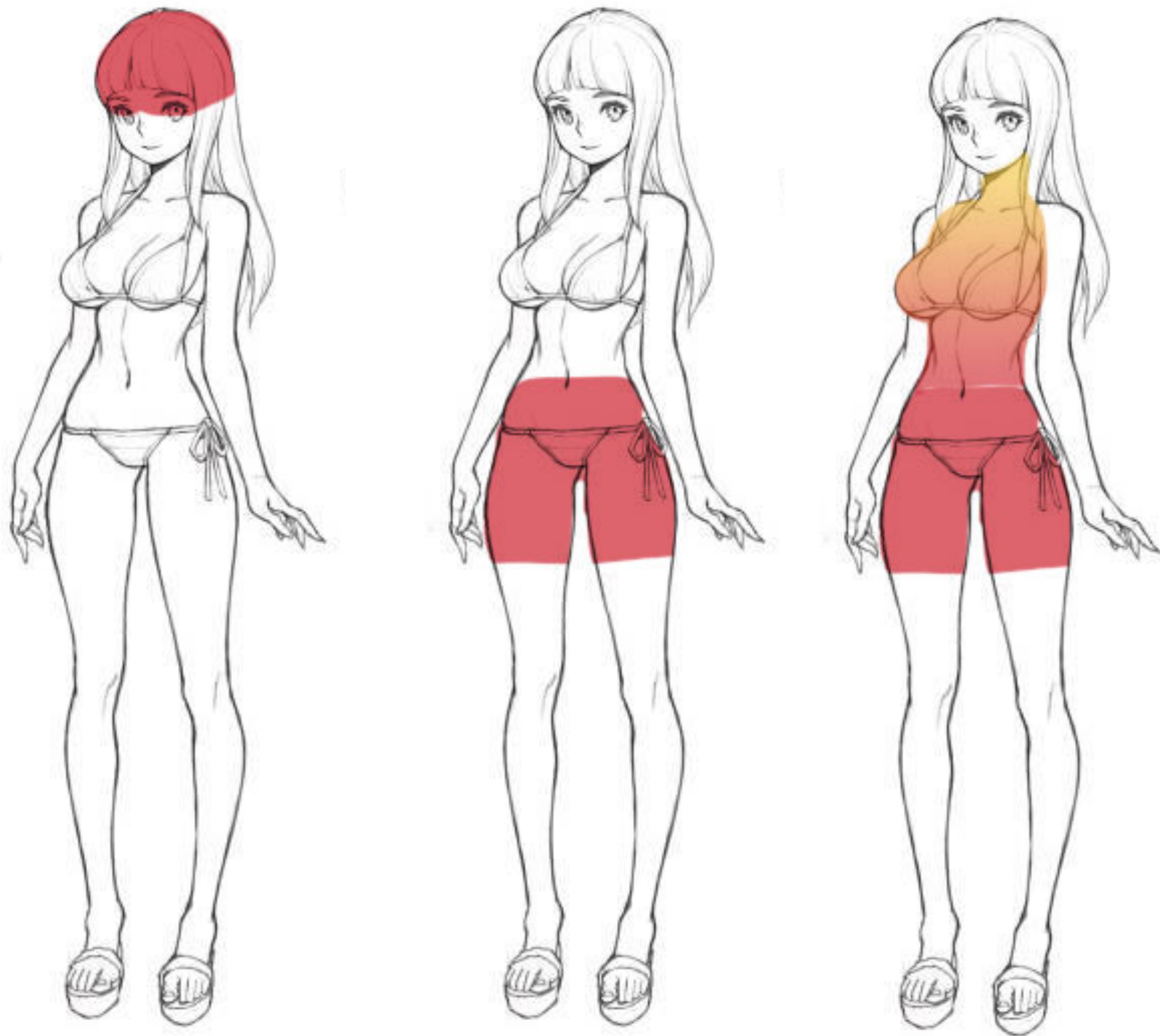
What am I going to do today?

Does he like me?

What is he thinking?

Imagining the past,
the future, a story

“Access to How You Feel”



- Step 1: Send attention to your “womb space”/lower belly/center of your pelvis and your legs.
- Step 2: Breathe deep into your lower belly.
- Step 3: Soften your heart.
- Practice dropping down into your lower belly/pelvis area when you’re with a man.

1. Be Open to Receive

- Deserving energy
- Integrity with yourself
- NOT take on his problems as something you need to solve.
- NOT “proving” your worth to him by being overzealous, over-doing, over-pleasing.
- NOT constantly questioning and being suspicious of him.



Examples Of Being OPEN to Receive Him:

- Allow him to pick where to go for dinner.
- Allow him to pick you up for your date.
- Allow him to pay for your meals.
- Allow him to help you with a small favour.
- Allow him to give you advice or give help.
- Accept his compliments warmly.
- Appreciate him when he makes an effort to please you.
- Enjoy receiving in bed. Allow him to do “the work”.
- Allow him to kiss you, hold you, come to you and just “receive” the feelings in your body.
- Allow yourself to believe him when he says “loving words” to you.



How To Receive:

- Step 1: Feel how it feels in your body.
- Step 2: Focus on being grateful and being appreciative.
- Step 3: Do the next most natural thing in that moment.
Eg. thank him, smile at him, hug him. (But only if you complete step 1 and 2).



2. Let Him Lead

- In a feminine and masculine world, only ONE person can lead.
- Allow a man to lead you somewhere dark and unfamiliar. To perhaps do things “differently”. To do things the “wrong” way.
- Allow him to take you to a new part of town you’ve never been to before.
- Allow him to walk ahead of you.
- Allow him to make a decision about what to do on the weekend.
- Allow him to cook a meal for you WITHOUT intervening.



You're Testing Him

- If he is a quality man, he will naturally lead you down the path to a committed and long term relationship or marriage.
- Provided you **show up authentically** and **stay open to receive from him**.
- If he doesn't agree to progressing to the next step after a reasonable amount of time...
- If his actions are inconsistent...
- If he doesn't put effort in to court you and make sure you can trust him...

He is NOT the right man for you! (even if your gut says otherwise)

- Men know if they like a woman immediately.
- Most women's real challenge is their own feelings of unworthiness, fear and habitual approval-seeking way from Toxic/Non-Committal Men.
- Recognise when you're chasing and running old unhelpful patterns and stop doing it.

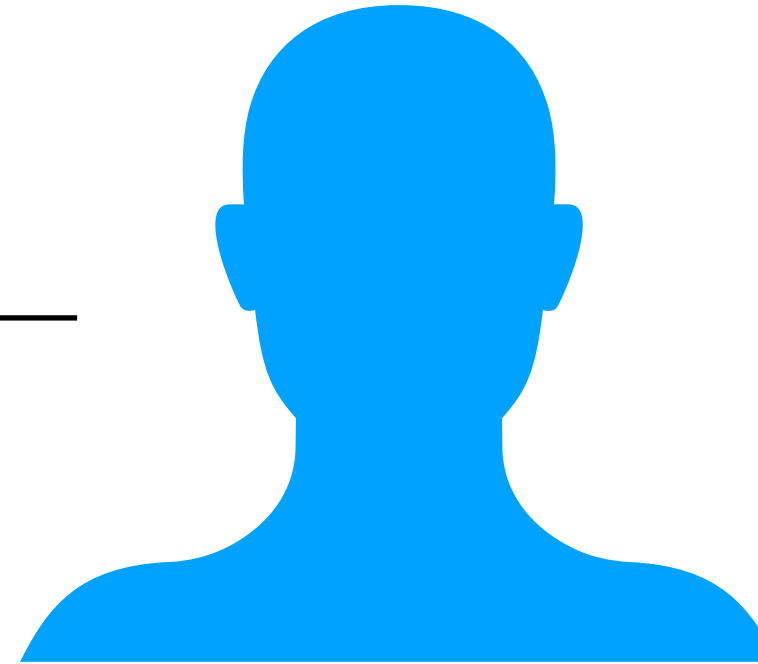




3. Present Focused

- Women with PRESENCE are Present Focused.
- Be extremely present to what is going on in the moment, in your body, as well as in your environment.
- Observe your environment and people with POSITIVE INTENTIONS.
- Be turned on to what is happening around you, be in your body and allow yourself to go with the “flow”.

Example:



Past

Did I screw it up already?

Did I sound too stiff?

Will I repeat my past mistake?

What if he turns out like my ex?

Why can't I get past this?

Present

If a man is not directly in front of you, he doesn't exist!

I'm feeling [emotion] right now.

What is perfect about this moment?

What can I believe to make myself feel "happy/relaxed/peaceful" right now?

What can I be curious about right now?

Future

Will he still be interested in me in 2 months?

Will this even work out?

What should I say next?

Will he ask me out next week?

Will we be in a serious relationship in 2 months and travel to Europe together like he promised me?

4. Be Expressive



- Show your emotions with your face and body language.
- Enjoy how your body feels, how it feels to emote and express yourself using movement.
- When you express negative emotions it will make men very uncomfortable. However, that doesn't mean you shouldn't show it.
- Show the emotion you're feeling underneath. If you don't feel well, if you're feeling sad, if you're feeling bored, its ok to show it.



5. Be Warm

- NOT just being happy, positive, enthusiastic about everything.
- Imagine “opening your heart” and sending LOVE to him, from a place of worthiness and self-love.
- Get curious about him.
- What is he thinking about? What is he feeling? What is he worried about right now? What does he get excited about? And how can you send love by simply being there, listening to him, to hold that space for him to make feel he can talk and share anything WITHOUT being judged.



6. Appreciation Field

- A way of looking at your surroundings & at people through a lens of '**Appreciation**'.
- This is especially useful when you're:
- Feeling nervous on a date.
- In the middle of an argument with your man.
- Feel stressed because your mind is conjuring up the worst case scenarios.
- Feel impatient because things are not happening fast enough.



7. When Men Pull Away - Leaning Back

A man pulling away within the first 6 months of dating is going to happen, and is completely normal.

He needs space to assess how he feels about you.

What NOT to do:

- Reactively start shutting him out/pushing him away because you think something has gone wrong.



Leaning Back

- Allow the anxiety/disappointment/sadness, then accept reality. If he isn't contacting you, he doesn't want to and that's ok.
- If he's meant to be in your life, he will be.
- Focus in on your "lower belly" and breathe deep into that lower belly.
- Physically remove yourself from a man's presence - walk out of the room or place.
- Do Thought Work.
- Do physical exercise (take a walk, low intensity exercise).
- Do an indulgent activity: read a book, watch a movie, call a friend, take a bath, go out to eat etc.
- Do activities you LOVE to do.
- Practice thinking loving, supportive and EMPOWERING thoughts about yourself.

8. Touch (Secret Weapon)

- Touch is a *fast-acting* magic tool to disarm a man and lower his defences. It's a way of bridging the gap between you and a man.

WARNING:

- Do not use touch when a man has just pulled away or is clearly very upset.
- Do not use touch until you know he is receptive and open to it.





8. Touch (Secret Weapon)

Emotional Risk:

- He may reject you.
- He may not be ready to receive you.
- He may continue to remain cold and distant.

Before you touch a man, make sure your heart is OPEN and you are being warm.

8. Touch (Secret Weapon)

When to Use Touch:

- Once there has been space between you and him and the tension has cooled significantly.
- He is reaching out to you (even if it's in a defensive way).
- He appears open to you again.





8. Touch (Secret Weapon)

Here's how you can Touch him:

- First, make sure you feel him in your heart as you do this.
- Walk up to him, look him in the eye and give him a sincere embrace.
- Sit next to him on a couch and lean into him, wrap your arms around him.
- Go up to him from behind and embrace him from behind. Melt into his back.
- Put your hand lovingly on his leg.
- Put your hand lovingly on his arm or shoulder.
- Press your cheek up against his cheek and sigh into him.
- Run your hand through his hair.

8. Touch (Secret Weapon)

If he rejects you, do NOT get angry.

Stay OPEN.





9. Increasing Joy / Playfulness

Tips to incorporate more JOY into our lives:

- Schedule it on the calendar (for relaxation and fun).
- Manage your “stressful” thoughts.
- Get plenty of sleep (at least 7 hours)
- Drink plenty of water.
- Exercise regularly.
- Meditate or do Yoga.
- Surround yourself with as many things you love as possible (friends you love, decoration you love, a job that you love etc)



How to Handle Setbacks

- Be flexible.
- Sometimes being in “joy” simply means DOING NOTHING.
- If you’re super stressed and joy is in the last thing on your mind, lean into Appreciation and breathe into your “lower belly” instead.
- Take it SLOW. Nothing needs to be done RIGHT THIS SECOND.



10. Slow down to speed up

- If you want marriage/kids/the love you want faster, you must slow down.
- Give yourself 2 years to reach your goals.
- DO tell him what you want and what you expect.
- Not an excuse to avoid your emotions.
- Trust that as long as things are going well and there is solid communication on both sides, he'll be happy to move to the "next stage" with you.

Best Time Of Day To Activate Your Feminine Energy

- First thing in the morning.
- After you finish work.
- Before a date with a man.
- Before spending quality time with a man.
- During an argument or when there's tension with a man.
- At night before you go to sleep.

Expressing Your Truth Elegantly

- Always be in tuned with your feelings. Even the most acute negative emotion.
- Always put your feelings (your heart) BEFORE your fear of his disapproval.
- Do NOT withhold *any* nagging/negative emotions (no matter how small).



Expressing Your Truth Elegantly

Verbal Communication:

- Voice: soft and slow.
- Choose your words wisely. (Fewer words is better)
- Direct and to the point.



Expressing Your Truth Elegantly

- Express your feelings as succinctly as possible.
- “I feel/I’m feeling/I felt... I thought/I’m thinking....”

Avoid using languages patterns that start with:

- “You should have...”
- “You never...”
- “You always...”
- “You didn’t...”



Expressing Your Truth Elegantly

What to Do/Not Do.

- Allow for a lot of space/empty silence between sentences.
- Allow him time to process your words.
- Do not rush him or talk over him.
- WAIT for him to finish talking.
- Go into the Observer position as he expresses HIS truth.
- Breathe into your “womb space”/lower belly.



Expressing Your Truth Elegantly

Body Language:

- **Do NOT** face him directly when having a difficult conversation. Men are very sensitive to confrontational body language.
- **Do NOT** stare him down *unless* communicating a clear boundary or standard.

