

# The *Feminine* ATTRACTION System

## Module 1, Video 3 - His & Her Love Recipe

*(This is a transcript of the full video lesson. This is not the FAS guide. Please refer to that document in the individual module page. Please excuse any grammar or mistakes.)*

I hope I've convinced you about men chasing and you choosing. You are literally designed to receive him, for him to come to you, and for you to be the chooser. He is designed to pursue you, right? Now, I'm going to talk to you about the biology of love. This is probably the most important part. I keep saying this, but it really is important, I promise.

The experience of falling in love with a man, him being in love with you, and you being in love with him is an emotional state. It's an emotional state in your mind and body. What that means is it's a state of mind, a state of thoughts you have, emotions you feel, and behaviors you exhibit. Think of it like the state of mind you have when you're going to work out or play tennis.

Or the state of mind you have when you're getting ready for a party, right? Let's say you're going on a date. I have my "getting ready" state of mind: I get my clothes ready, shave my legs, get my nails done, make sure my hair is right, and take hours doing my makeup and hair. This is the "snatched" state of mind, right?

When you're in love, it's no different. It's a beautiful state of mind and an experience we all seek. But what it really is, is a recipe. Love is a recipe of certain neurotransmitters and neurochemicals that you experience in your brain after having specific experiences in a certain order.

After you have these experiences and feel certain emotions caused by these neurotransmitters, you experience being in love. For example, "I'm in love with Michael," "I'm in love with Josh," "I'm in love with Ryan Gosling."

So, that state of mind is an experience, like happiness. You might think, "I'll be happy when I lose 20 pounds," but you could choose happiness now. Similarly, you could choose to feel love for someone, but that deeper feeling of being in love is like a cocktail—a recipe. And, like any recipe, it has ingredients and instructions.

Love, like a recipe, requires specific ingredients in certain measurements and a specific process. When it comes to feminine love, the way a feminine woman falls in love and makes a man fall in love with her is different from how a woman with masculine energy does it. It's the complete opposite. When a woman does it in a feminine way, there are certain ingredients and measurements involved.

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Think of a recipe: you have chocolate, flour, eggs, sugar, baking soda, and baking powder, right? Each has specific measurements, like a cup of flour, three eggs, a cup of cocoa powder. They're combined in a certain way, at a specific temperature, and for a certain amount of time. Love is no different.

The way feminine love works, the way a feminine woman attracts a man, involves specific ingredients and instructions. A man needs to experience certain emotions in a specific sequence and timeframe with you. When he does, the love recipe is complete, and he is in love.

This kind of love is different, ladies. The love from a feminine woman is incomparable to the love a man feels for a woman with a lot of masculine energy. I know this because I've experienced both. I know what it's like to be loved by a man when I was in my feminine, and I know what it's like to have an attachment with a man when I was in my masculine. It's night and day.

If you want to learn about masculine energy love, you can check out all my content on YouTube and my podcast, The Blooming Podcast. I'm here to teach you about feminine attraction, how men are attracted to a feminine woman. In the Feminine Attraction System, men experience certain things with you that create certain neurotransmitters in their brain, leading to specific emotions over time. This creates falling in love and devotion.

I want to talk to you quickly about the biology of love with men and women. Love is a recipe. It's an emotional state created by certain neurotransmitters. The feeling of being in love is different for women and men. You already know yours: we see a man we are attracted to, see his qualities (great job, handsome, kind), and quickly become enamored. We want to be near him and spend time with him.

If we connect physically and through conversation, if we kiss or make love, oxytocin floods our bodies, and we start falling in love. Women are easy in this sense because we are emotional creatures. We feel deeply and quickly. For those who don't, you may have internal blocks, which can be worked out in therapy or with a coach. My deeper coaching program helps with this.

Women can fall in love quickly with good conversation, constant communication, and physical intimacy. So, you need to be very careful when dating because we can fall in love even without physical presence. Women can do long-distance relationships because we fall in love with conversation, while men don't. Men fall in love through experiences.

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Men need three neurotransmitters: dopamine, testosterone, and vasopressin. Dopamine creates attraction. Testosterone adds desire, challenge, and pursuit. Neuroepinephrine adds a nervous, excited energy. Vasopressin, the bonding hormone, is created through sexual arousal without climax. Healthy stress and overcoming challenges together also contribute to vasopressin production.

Men need these three neurotransmitters to fall in love. Their recipe takes longer; they need to be in the oven longer. We could fall in love in 10 minutes; men take longer. They need certain experiences to create these neurotransmitters and feel the necessary emotions to fall in love.

Physical attraction creates curiosity. Emotional connection creates anticipation. Bonding creates polarity or empowerment. The neurotransmitters testosterone, dopamine, and vasopressin contribute to these feelings. I will teach you how to naturally and effortlessly guide him through these stages.

Stay tuned, and I'll see you in the next videos.