

The *Feminine* ATTRACTION System

Module 5 - THE NEVER TO DO LIST

(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.)

Alright, welcome to this module. This is the to -don't list, the never to -do list when you are in your feminine, when you are attracting this wonderful man. These are all the things that you don't want to do. Basically, everything that we're going to talk about in this video lesson is how not to be masculine. I have this video called the sacred masculine girl versus a confident feminine woman. I'm going to link it below because I want you to watch it. It's on...

I had it on part of my The Blooming Podcast. And this was a video that went crazy viral on Instagram. When I described what the sacred masculine girl is, you know, if I had a dollar for every DM that I got from that video, it would go crazy. So many women were like, you described me in a way that no one's ever been able to describe me. It was like this very torn woman who wants to be with the man but is scared of him.

who never wants him to leave, but she always leaves him. It's this very just needy, fearful, and insecure woman. But what you end up looking like is a scared little girl. And you're defensive. You want to protect yourself. You don't let yourself be vulnerable. So one of the defence mechanisms is you want to stay in control. And the way that you stay in control is either by hiding or hustling. So...

I describe this really, really well in my mini course called How to Master Your Feminine Energy, which you get for free when you join the Feminine Attraction Mastery Community. It's very, very inexpensive. Click the link below. You can learn all about it. But of course, it used to be \$47. You get it for free when you join the community. And I talk about the sacred masculine girl versus the confident feminine woman.

and she is very controlling because she's scared. And the differences between the sacred masculine girl and the confident feminine woman is the sacred masculine girl has these two virgins. You're either a hider or a hustler. And in that program in the How to Master Your Feminine Energy, I describe the sacred masculine girl what the hider is. Think of a hider as staying home, doesn't want to put herself out there.

doesn't want to get hurt, doesn't want them to get hurt, so she is a people pleaser. You're very, think of this energy as I don't, I don't want to get seen, because if I get seen, maybe I'll get hurt. But it's also, I don't want to put myself completely out there, and I don't, I want somebody, but I don't want to get hurt. So the best way for me to do it is to hide my emotions, hide who I truly am, hide how I really feel.

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You want Chinese, I want Mexican food, I'm never gonna say it because I'm too scared I'm gonna lose you. Okay, we'll eat Chinese even though you hate it. So it's like hiding my emotions, hiding my thoughts, hiding how I feel, what I want, what I don't want, what I'm angry about. And you're just hiding, but it comes off as you look really nice, but deep down I call it like a nice girl.

It's like Mr. Nice Guy. It's the perfect little girl. But inside you hate everybody. You're resentful. You get mad at people. This is like, people call it pleasing. One of my clients is a really great coach. Her name is Justina. What's the name that she calls it? I'm gonna find out. I'm gonna link it below. She's a really great coach. If this resonates with you, you really wanna work with a coach that works with women like that. She's a great coach. She does this.

I can't think of the word. It's not pleasing people. It's this, like highly sensitive people, women right and you just don't want anybody to get hurt. So you just like walking on eggshells kind of thing but inside you you're like angry. So that's the height of the hustler is masculine strong single successful. I'm gonna control everything. I'm gonna be the aggressor. I'm gonna be the one in charge. I'm gonna chase you

You guys, this is what you know, when you're in your masculine, you're in your masculine, you're doing the chasing, completely throws off feminine attraction. You will horribly, horribly and unintentionally, when you're in your masculine and you're taking, I'm sorry, you're giving and you're in action, you're initiating contact, you're controlling things, what you end up doing is you actually repel loving and low masculine men because you're already in the masculine and you attract.

losers, liars, and little boys who attract narcissists, you attract cheaters, you attract lazy guys who don't do anything, who are takers, you attract guys that just want booty calls, you attract guys that just want to stay surface, that just want to, that, I'm not really looking for anything, so you don't want to be that way. So we're going to talk about in this lesson all about the things not to do. The first one is obviously not to chase. We don't chase.

Guys do the chasing, you do the choosing, right? This is the beautiful part about being feminine. What's great about the feminine attraction system is guys feel like they're the ones in charge, right? You're so laid back and hanging out, they feel like they're the ones leading and planning dates and climbing that feminine staircase and giving and you're like, you're my hero, all these types of things, right?

And what's great about that is it puts them in what feels like to them as them being the buyer. They feel like they're the ones choosing because you're not putting pressure on them. You're not like, what are we? When are we going to be exclusive? Are you my boyfriend? What do we call this? What are we doing? I like you. Nope. You're cool. Right? So the other

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part is this chasing energy. We don't chase. Right? You don't start it with him. You guys can be friends and meet at work.

You guys can be friends and meet at church. You can be friends in your friend group. You can have just in any way you guys can like to be around each other, but don't be the one that starts the romantic dating, right? You're not asking for his phone number. You're not asking, you're not planning the dates. You are not doing the initiation. He needs to see you. He needs to feel, I'm not even interested.

take it or leave it with or without, you'll have a great life. He's like, whoa, right? So he does the chasing. We don't chase. You do not chase. If you are in that stage, if you're thinking, is he chasing? no, I'm the one that's chasing. Stop. You will push him away, okay? Or you're gonna attract feminine guys, like just guys that don't lead, okay?

The next one is not selling. Remember, I don't know how you found me, if you found me through the video when I talk about how the thing that women do wrong, they've been doing, you're either doing, if you're single and relationships feel like you're the one that's overworking, you feel under loved, you feel overwhelmed, you feel confused, you never know if a guy likes you, he's never making a commitment to you, he's not choosing you, he's not making it exclusive, he just...

He's just surface. He doesn't ask you out on dates. He's not calling. He's not finding you, right? This is typically because you are in your masculine, you're way too available, and you're selling yourself. You're the one that's trying to impose yourself and you feel like that sells the energy. He knows too much. You're like, I have a great job. I have a great...

career, I have a great, I make all kinds of money, look at my house, look at my body, look at my sex, look at my boobs, look at my legs, you're giving it to him on a silver platter, you're showing too much, nobody wants that, especially a man. Because what that does is, what it ends up doing when you're selling yourself, you're the convincer, he's the resistor. There's always a convincer and a resistor in mostly any situation. I'm trying to tell you who I think, I'm trying to get you on my side, like an argument or whatever.

But especially in dating, somebody is the initiator that is the starter and someone is the resistor and the follower. You want him to be that way. So if you find yourself feeling like you're trying to show him that you like him, you're trying to explain to him, you're trying to show all your good stuff, you're selling energy, he doesn't want to be sold. He will naturally resist. He will stop, right? He's the one to sell you. You're the buyer. You're the one who gets to say yes or no, right?

So we buy, he sells, he's the seller, not us. We're the buyer, we decide if we want it or not, right? We're the one going in the store like, hmm, and he's like, look what we have at the store, I'm like, I don't wanna buy that, right? So if you're selling, and you're talking about you

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too much, talk, talk, talk about me, me, me, me, me, I'm great, I have all these things, pushing them away, it feels too needy, too insecure, okay? The next one, you're giving.

If you are giving too much information, if you're giving money and plans and gifts and food and letting him know your schedule, you're always posting on social media, there's no curiosity, he knows too much, there's nothing to be curious about, he's not gonna be, not gonna create that curiosity, right? You give anything, too much information, too much sex, too much closeness, right? You call him, there's no gap.

between response times, where all the space that you need to be creating, there's space, we need to create space, if there's no space, and you're giving to him money, plans, food, your plan, let me pay, let me pay, let me make the dates, let me pick you up. Remember, he needs to give effort. When a man gives, that's how he falls in love. Giving is like the number one thing. When we talk about this whole feminine attraction system, I want you to think of...

A man falls in love when he gives, a woman falls in love when she receives. Think about how you feel when a guy is into you and he takes care of you and he tells you he loves you and you feel safe, you feel secure. Think about the guys that when they are working for you and they're giving to you because remember he needs to give time, his effort, and he needs to reach your standards, right? So when he does that and he's giving his time, his ideas, you're like, show me what you got.

You make the, where are we going? You make the plans. You set the ideas. Why should I have you in my life? My life is great. Give me something to work with, right? My life is great. You have to give me something or else like I don't have, I don't, I'm sure not gonna give to you. I'm not your mom, I'm not your coach, I'm not your teacher, I'm not your therapist. I'm not gonna fix you, right? So notice if you're doing that, notice if you're giving.

Stop. He needs to be giving effort. He needs to be giving his time. He needs to be going up that staircase. Right? All right. Next one. Sex.

Why is sex the thing that we don't want to give too soon? Because it fills you up with oxytocin, you fall in love, it kicks your judgement offline, so you can't think logically and you can't see if you guys are compatible. It also kicks your amygdala offline, which is your threat detector system, your alarm system, and if those two are offline, now you trust him and now you love him. This gives you trust, where at first you should be,

sceptical and have doubt in a good way. Who are you? I don't know who you are. You could be a threat to me. I want to see who you are. Now you trust him. You just met him two days ago. No, no, no, no, no. Why? Because you slept with him. When we have sex, oxytocin makes us trust and makes us love, makes us bonded to him. Now we don't want to let go. Now you're, now you get territorial. Your body goes into, that's my husband. He's the father of the baby that he probably impregnated me with.

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Our bodies are very biological. Even though it's, we're in 20, while I'm recording this, it's 2024, it doesn't matter what year it is now, our body hasn't evolved. Evolution, when God made us, he made you perfect to be able to bond with him and make him your husband, and you guys have sex when you get married. So women, when you have sex before, you guys are in a committed relationship, what it does is it makes you kinda cuckoo. Here's why. Because oxytocin makes you bond to him, and you're like, that's my husband.

and you're like, why aren't you calling me in the morning? You're my husband. You're like the father of my kids. That's what it feels like in your internal system. You feel like you love him and you feel like you trust him. So when you trust somebody, what are you gonna do when you trust somebody? You'll give him your social security number, you'll give him money, you'll give him the keys to your house, you'll let him inside. You will give him just anything because you trust him. You'll give him the benefit of the doubt. He hasn't earned that yet.

You don't know him yet. Remember, psychopath until proven innocent, until proven sane. He could be psycho. Obviously, trust your judgement. You know yourself, you know people. But I say that to kind of be extreme so that you can be on alert. And sex makes us so, so trusting, so loving. And it makes you not be able to judge if you guys have true chemistry, true compatibility, true connection.

You trust him too much, red flags look pink. You start trusting him and when he tells you he doesn't want to see you this week because something, you're like, it's because it's, we start making excuses for guys, okay? No, in the beginning, you want your judge online, you need logic so you can see him very well, and you need your amygdala online, you need a threat detector so you can see if he's drinking too much.

He doesn't have, like I said before, his credit cards are getting declined. He has a wandering eye. If he's not, if he can't carry a conversation, if he doesn't make plans, if you just want to be noting all these things and you need to be watching him during the emotional connection stage so you can see if he's somebody that you want to spend more time with. So sex too soon is a no, no, no, ladies. Your body is something he needs to earn.

You don't give it away to just anybody. Okay, this is something you really need to protect. It's so, so important. I'm gonna preach this till the cows come home, okay?

okay, the next thing, the next thing never to do or just you want to notice if you like him, it notice if you're being really, really impatient because of the time. Remember the feminine staircase, we have to climb and give effort over time in order to build that vast, the precedent in order for you guys to bond. So patience is your best friend. Time is your best friend. You need time to get to know him and to, and to like him. Right. So if you notice what you're getting, you're gaining patience.

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This is like, you need to calm yourself. You need to stay busy and do things, okay? Impatience is time builds vasopressin, which makes him bond with you, which makes him fall in love, which makes him see you as a team player, which makes him want to be with you forever. Again, we're not manipulating men here. That's not what this program is about.

You want to do it organically, but if you notice yourself being impatient, get with women that are dating just like you. Join the Feminine Attraction Mastery Community. It's very inexpensive. You're around other women. We're all talking about our dating experiences. I'm sharing mine there. And you're going to want to be around women so we can kind of calm you down and get you focused and just practise patience. Okay, so if you're noticing your impatience, we start getting very needy, start getting very insecure.

You start getting very controlling and that pushes a man away. You start getting crazy. You start getting demanding. You start acting like a little girl. A man wants a woman. He doesn't marry a little girl. Little girl, he knows there's something wrong with a man being with a little girl. No man wants that, okay? He wants a woman that's very happy with her life. And she's okay with time passing because she's busy doing her life and she's not dependent on the guy, right?

The other thing is that these are enemies to his heart and his mind. Okay. The other one is making him wrong. So when, when you're getting to know him in the emotional connection stage and you're, and he's showing you like, he likes, you know, hockey and he likes listening to, you know, rap. And he likes, you know, playing poker with his friends every two weeks or whatever. And these are things that he likes to do. These are hobbies he has. These are great friends. He has, they're not.

bad things, but they're just different from your interests and you make him wrong for having certain interests, this will feel like judgement to him. This will feel like you're not accepting him. This will feel like when you make him wrong, you make him a failure, you make him not successful, and a man doesn't want to be with a woman where he feels like a failure or he feels wrong or he feels like he's making you unhappy.

So notice, if you don't like a guy that plays poker, if you don't like a guy that likes hobby, I mean hockey, if you don't like a guy that has a job with the city or whatever it is, drives a certain kind of car, maybe he's not the kind of guy for you. Or do you have really high expectations or unrealistic expectations? You need to check yourself here, right? He gets to be whoever he is. And there's this concept that I teach in the feminine attraction mastery community.

called being, are you being a team player? Are you thinking about the player or are you thinking about the, are you thinking about the player or are you thinking about the team? And there's this concept I teach in there where if you're just focused on the player, like you're thinking of one guy on the team and you're not thinking of the overall, you're not thinking of

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the overall team, it forces you to just focus on him and he feels very judged and it will push him away. So notice if you're, if you don't like certain things about him,

and then you say it to him and he feels judged, he won't want to be with you. Imagine if a guy said, I don't like your job, I don't like your car, I don't like the way you do your hair, I don't like the way you do your makeup, I don't like how you talk. You would feel so dumb and embarrassed and shameful and like, I would feel mortified. I would not be with a guy who says anything about me or judges me. I'd say, get another girl, keep it moving. I'm not changing, this is who I am.

There's things I'll compromise on when we're in a relationship. But if you're judging my job or that I'm on social media or that I have a YouTube channel or I have a podcast or I make videos, keep it moving. This is part of my purpose. Like this is part of God's will for my life. I'm not changing it, right? You wouldn't like it. He doesn't like it either. So if you're making him wrong for things that he is, you will push him away. Okay. Another thing that's going to push him away is when you stay with a guy, when you should leave him.

A guy knows when he isn't into you and when you're just settling and you're being needy and scared. If he sees that he's like treating you wrong and you're staying around, he will be so turned off. Trust me, but he will stay because he's gonna try to get what he wants from you. But you need to be able to walk away when you know that he isn't the right person. This will make him, because you're not respecting yourself, he won't respect you and you're just setting yourself up.

for him to break you, for him to hurt you, for you to get what's called, you have an attachment wound, you're gonna have an emotional rupture. I teach about this in the Feminine Attraction Mastery. If you wanna know more about this, join the community for sure, okay? I talk a lot about the don'ts, because these are the things that women work on that are the hardest. If you wanna learn about that, join the program. I wanna talk about the things that are your, these are your competition to his heart.

These are the things that are against, that are gonna be against you and him, that are gonna keep you guys apart, okay, that you need to keep aware of, and then you need to keep top of mind. The first one that's gonna, that's your comp, that is your competition between bringing you guys together and bonding and being together is other feminine women. Men know a lot now. There's so much information online. People didn't talk about masculine and femininity even two to three years ago. Men know these terms now.

Men know that they want a feminine woman. And if you're hyper masculine, controlling, hustler, or a hider, needy, fearful, insecure, and he meets a woman that's very feminine, these are your competition. They are going to hurt you. So you need to watch out for your masculine tendencies, your energy. Feminine women are your competition because we're.

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Women are doing the work. If you're buying this, if you watch this and you're watching this program, you're doing the work, you're being feminine, other women are gonna be so threatened by you because you're softening up, you're getting, you're following, you're learning how to date the right way, you're learning how to have high standards and you're learning the steps. Trust me, you are like, other women are like jealous of who you are, but if you're in your masculine,

Other women are doing this feminine. A lot of women are buying this program and trust me, they're your competition. Men want feminine women, so this is who you need to look out for, okay? The other thing that's your competition that's gonna keep you guys from getting close is your fear, your insecurity, and your neediness. You need to notice if you're constantly on edge and you're anxious, if you're defensive, if you doubt him. One of the things that I think,

can interfere with a relationship in a woman's past. And if you let your past relationships with other guys that didn't work get in the way of your relationship with him now, this is a big, big issue. This is one of your biggest blocks to his heart is your past and your fear about you guys being together and you fearing getting hurt. This defensiveness, this protectiveness, it comes off as very masculine.

scared energy and it can get very controlling. These are things that you actually need to work out internally with yourself. You need to forgive him your past. You need to really get aware of this. This is really helpful to do in therapy, church, things like that. The other thing that's your competition for you guys to get close is his apathy and his need for, and his desire to just be alone.

Some guys are like, women are drama. There's so much work. I'm not even gonna, I'm not even gonna try it. Like apathy means like I'm not here or there. I don't want a woman. I don't, I want one, but they're too much work. I just don't even care anymore. I could get my food delivered to me. I can get somebody to clean my house. I can have porn. There's just so many easy things for guys out there now that these, this is, this is something that you're, is you're up against is, is this like, I call it like the,

the easy baker woman, like a woman that is like, it's just a technology, like all the things that he would want a woman to do, like cooking, cleaning and supporting him and taking care of him and sex and companionship. A lot of guys can get that online now with dopamine hits. And this is one of your competitions. He just is so tired of all the women out there. This is why I tell you, you don't need to be better than other women. You just need to be different. You just need to be feminine. You just need to be soft and chill and fun.

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and like who you really are when you're a happy woman and you'll win them over. Okay. Let's see. All right. So the other ones that I want to talk about is, so, other things that you need to be doing is you need to have your own sources of oxytocin. Remember when you feel loved and you feel secure and you feel safe in your life, you're not going to,

feel like you need a man right now. A lot of women want men and they get very insecure and needy because they don't have their own natural sources of oxytocin, their own healthy sources of dopamine, of serotonin and endorphins. I call this dose. I talk a lot about this in my community. When you have your own great life, you have so much fun and love and connection in your own life that when a guy comes along, you're like, what?

hey, what's up, like I'm busy living my life, I'm so happy. Women that don't have a life like that, they think that the only way that they're gonna be happy is with a guy, the guy's gonna make them happy. That's not true. That's a lie that Hollywood has sold to you so that you could watch all the romantic movies and get focused on being beautiful so you get the guy. That's not true. If you have a great life and you have sources of where you're getting natural dopamine from a great career.

Oxytocin, because you have great relationships with friends and family. Serotonin, because you have sources of joy in your life and happiness and love. Endorphins, because you're working out, you're moving your body, you're healthy. These are all natural sources of those healthy, happy hormones. If you don't have them, like, notice that these are things that you need in your life, because it's going to make you a happy woman and it's going to make you really attractive to him. So this is, these are...

These are the cheat codes that I'm gonna be talking about. These are ways to make you feel really great so you look attractive to him.

Now back to the never to do list. So the things that I want you to think about is if these three steps in the feminine attraction system are he needs to chase, come to you, he needs to be challenged, he needs to move, he needs to give his time, his effort, he needs to meet your standards, and he needs to win, then the opposite would be you chasing him.

you making it easy instead of a challenge and you making him fail instead of him winning, right? And when I say you make him fail, I say that with like, I don't mean it that you are causing him to fail or it's your fault. No, a person feels the way they feel based on their own feelings, but we can inspire and influence situations. Women are so beautifully influential and you have the ability to create scenarios where he feels like he's winning.

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And so if you're creating situations where you guys have a lot of conflict, let's think of stage three. If you guys have a lot of conflict and you guys aren't overcoming it, if you're always breaking up with him or you're always leaving and being hot and cold, you look really inconsistent, he can't count on you, you guys aren't people that can overcome stress together, right? You guys can't overcome things together. If you're having sex with him too soon and he doesn't build up that vasopressin to bond with you later, right?

if you make him wrong, if you're not leaning on him and being vulnerable and asking him to help you, to support you, to show you that he's capable of giving, of helping you, or maybe he doesn't do it, right? If he doesn't offer these things, if you ask him for advice and he can't, or you're with somebody and you recognize that.

He's not somebody you trust or respect or that you do see that way. These are ways that later on, it will cause issues in your relationship. Why? Because if you're with a man that you don't trust, if you're with a man that you don't respect, if you're with a man that you don't think can help you with problems because of who he is, later on in your relationship, this will cause it to fall apart. Because if you can't feel that way in the beginning when it's the honeymoon stage, it's not gonna get easier. It gets worse later.

People show you who they are in the beginning, believe them, and know that whoever he's showing you is who you need to make a decision on. Remember, you're still qualifying him in these stages. So you wanna notice if you're not able to see him and feel like you wanna give him opportunities to win, right? Or if you notice that you yourself, you don't get vulnerable. You're not letting him in. You're not asking him for support. You can't...

fall back and follow him and let him give to you. Your standards are really low. He doesn't have any standards to raise up, right? That takes me back to stage number two. If the stage is, he needs to be challenged. If you're making it easy, he's not moving along the feminine attraction system. He needs to feel like you're not easy to get. If there's no space between you guys, if you respond really quickly, if he knows all the information,

If you're not creating privacy, right? If you guys are having sex too soon, there isn't that thrill of the chase. He's not challenged. Your standards are so low and you're the one that's like making it really easy. I want you to keep it top of mind. Is he being challenged? No, I'm making it so easy. This isn't gonna create that emotional connection, right? Notice in that stage two, are you guys having experiences where you're opening up and you guys are going deep? You're being in your heart.

You're being vulnerable. You're making him work up and lead and have experiences where you're being vulnerable and sharing things and then he's sharing things. You guys aren't connecting like that, right? It should feel challenging for him the same way challenging for you in the sense that, wow, we have to get vulnerable. We have to share. If you're too

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scared, if you're too fearful to connect because you're defensive, because you think you're going to get hurt, because you think he's going to cheat, this is your own internal stuff.

Or is he creating a world, excuse me, where you don't trust him because he's hiding things. He's very deliberately not letting you in. I wrote down this post the other day. Let me pull it up because I think it's really, really good. Five ways that you know he's not... Five things you're experiencing that are signs that he's Mr. Wrong. And these are things for you to look at with him, okay?

you feel confused about how he feels. A masculine man has intentions with you and likes you, he makes it very clear how he feels about you. He tells you he likes you. There's no confusion. When you're confused, this is bad, okay? Confusion is actually, when you're feeling confused about how he feels, this is usually because he's confused about who you are. If you're very inconsistent, if one day you're up, one day you're down, you're inconsistent, he's like,

One day you're feminine, one day you're really masculine, one day you're protective, one day you're trying to be cool. He's like, I don't know who I'm getting. He's confused, you're gonna feel confused too, okay? So that's one sign. You don't know his intentions. This is him not stating to you, hey, I wanna date you, I like you, I'm dating you to be your.

hopefully be in a relationship with you. If he doesn't state that to you, he's a guy that doesn't communicate well, he's not willing to be vulnerable, he's not making his emotions available to you, okay? You don't know when your next date is, when you're gonna see him next. This is, if you're experiencing that, a red flag, bad, not good, right? You should always know the next time you guys are gonna see each other. After every date, he should be locking you down and saying, when am I gonna see you next?

making plans, he's not waiting until the last minute to see you. He knows you're a busy woman, he knows he needs to get things on the calendar, he's making plans with you, okay? And the other one is you don't know the vision for his life, either because he doesn't have one, or because you feel too scared to ask him, like, what are your plans, what's your five year plan, right? There's something that happens later in the relationship, but these are things that you should know, and if you don't know these things, or if you feel this way, confused,

You don't know his intentions, you don't know how he feels about you, you don't know when you're gonna see him next, you don't know what his plans are for the future of his life. These are signs that he's not letting you in, he's not going down and opening his heart and sharing with you. You guys don't have an emotional connection, okay? All right, so those are the three. He's chasing, if you're doing the chasing, no, no, no. He needs to be challenged. If he feels easy for him, if you're making it really easy, there's no staircase, there's no standards, no, right?

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if the next one he needs to win, if he feels like a failure, he's losing, he feels like, I can't win with her. If he's not helping you, if he's not solving problems and creating solutions for you, he's not feeling like a winner. He's now not gonna see you as a team player, as somebody that's a good long -term partner for him. Wow, when we work together, we get the championship ring. Bad sign, yeah?

Okay, cheat codes, these are the things that you need to know. Time is your best friend and it's a gift, right? It allows you to learn about him. So you need to make time for your friend. Time is good. Time is not bad. Time apart is good. Time between your response is good. Time between your dates is good. Time dating him from meeting him to commitment is good. It's fine, this is normal. Most of us are used to rushing. Most of us are used to impulsive, like,

Trombones like this aren't good, right? Wait to be physically intimate. I'm gonna say this till like forever, right? Never assume he's your boyfriend, right? Until, and always assume he's seeing other people, always. And we're getting to know each other, we're friends. I'm not sleeping with him yet anyway, like we can, he gets to date other people, I get to date other people. I'm still figuring out if I like him or not, right? You always wanna err on the side of caution and assume so you're not surprised.

unless he tells you very plainly, like, you're the only person I'm dating, I wanna be exclusive with you, you wanna assume that he is. Always conduct yourself as if he is seeing other women, and if you knew a man was seeing other women, how would you treat him and how would you act with him? What would you do with him and what would you not do with him? You wouldn't sleep with him. That's one of the things I want you to see. If you knew he was dating other people, I wouldn't, heck no.

Impossible, right? He wouldn't be getting physically intimate with him. If you're seeing other women, nope, we're friends. So you don't get that with me, right? I only get that way when we're in a committed relationship and we're in a committed relationship, that's when I do anything physically intimate. So, cool, right?

I say let this motivate you. If you know he's dating other women, be unique, be different, be feminine. You don't have to be better, you just have to be different to stand out with him, okay? Do not ask him to be exclusive. Do not be the one that asks, where are we? What are we doing here? When are we gonna be boyfriend and girlfriend? Are you seeing other people? You don't care. I'm still qualifying you.

I'm deciding whether I like you or not. You have time on your hands. Time is good. You're busy, right? Be different. You are platonic friends until he's made it romantic, right?

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You're qualifying him for compatibility. You want to know his standards. You want to know what values he has. If you guys are compatible there, you want to know where he's going. You want to know how he's getting there. Vision, mission, standards, values. I talk a lot about this in the feminine attraction mastery community, okay, about what you should be looking for. Really specific details. One thing I want to make sure you know is chemistry is not compatible. Chemistry is like attraction.

It's you guys getting along, it's that witty banter, you guys are like a good fit, like talking wise and things like that. And you guys are comfortable around each other. That's chemistry. Compatibility is for the long term, are we a compatible match? Where our lifestyles match, our values match, where we're going matches, how we're getting there matches, our standards, we both have high standards. This is compatibility. Do we fit?

This is: do we feel good together and do I feel comfortable with you and am I attracted to you? Very different. You want both, but don't think that you guys mean just because you're attracted to him and he's attracted to you, that means that you guys are gonna be good partners later. Compatibility is super, super important. I talk about that more in the community. Privacy's pretty. This creates curiosity. We want him to be curious in the first stage. So you're private with stuff. He's like, who is she? So hot.

Space between dates creates anticipation. You want him to not know, like, my God, I have to wait a week to see her? Yeah, I'm busy. It's all right. I'll see you then. Right? You want to talk to, you don't need to talk to him every day. Right? I'm sure texting and stuff is fine, but let him reach out to you. Okay? Gaps in information. Good. He doesn't need to know everything right away. Right? He doesn't need to know that you're in love with him and you like him and he's totally the perfect guy for you. I Don't need to know that. He needs to know like,

show me work for it, right? In a perfect, like loving, in a great, respectful, loving way. Time between your responses creates respect, value, and standards. He thinks she's busy, she's working, she values her time, she's not needy, she respects her time, I respect her, right? Number 12, you help him win.

by asking for support, for advice, solving a problem together, sexual arousal with no climax, asking him to help you fix something, asking him to describe a plan to a goal that he has, asking him to, or when, let's say when you guys are in a relationship, when he helps you climax, this builds a lot of acid press and he feels very successful when he does that, right? And I'm saying thank you, being appreciative.

He feels like, yeah, I'm needed, I'm capable, I'm purposeful, I have a purpose here. She's really grateful for the effort that I'm putting in, for the things that I'm doing, for the way that I'm giving to her. You're saying thank you. When you say thank you, that means he gave it to you, right? If you're saying thank you, this is good. If you're never saying thank you, this is a

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red flag. If he's saying thank you for things, that means you're giving, okay? You should be receiving here. He needs to fall in love, okay?

expressing that he makes you feel safe or secure. That's a great way of him making you feel purposeful, right, and winning. Whatever you do with him today, he will believe that you do this with every man you date. Rarely do men think that they're the exception. She never sleeps with guys on the second date. Like, it's just because we're in love. No, he's going to be like, if she does this with me, she does this with everybody. So if you want to show him, I respect myself with everybody. I'm not a ho, I don't just...

sleep with anybody, I take my time, I have high standards. This is what you can expect. I'm like this with friends, I'm like this at work, I'm like this with men I date. I'm not like this with everybody. So whatever you show him is who you're gonna get, or who he thinks he's gonna get. And a man doesn't want to marry, men don't think that they can turn like this is a very derogatory term, but I'm gonna say it, because people know what it means. He doesn't think he can turn a hoe into a housewife, okay? A man that...

commits to a woman, he wants a woman that is valuable, respectful. He likes, he's proud to have on his arm. Immature guys like hoes. Immature guys like women that are showing their body, they look at you more as objectified instead of as value. He looks at you like a trophy in a bad way. Like look who I got on my arm. It's all ego. It's very different from masculine, loving, and loyal man, okay? Don't drink too much alcohol. This is so important.

I've said this before, I think in module three, in the emotional connection stage, it kicks your judge offline and your alarm system offline. And you'll do things you wouldn't normally do sober. Think of the things you've done drunk. I'm thinking of mine.

You just don't want to do that. Okay. So, one or two drinks max or no drinks at all. You want to be watching things that you're doing. You want to remember if you drink too much, you want to have memories of your guys' dates and your guys' conversations. Okay. So you want to remember that.

I want to give you, I want you to be aware of the things that make you fall in love too fast. Just so you're aware of what actually gets you going, what makes you connected to a guy. And so you'll be careful not to do too much of this too soon because then that's when you get, remember when you fall in love, you can fall in love not just with sex. Sex gives you the biggest hit of doping, I mean oxytocin, but there's other ways that you can fall in love. And if you do these, if you do this too much, you get this too much and you don't manage it,

you'll kick your judge offline and you'll kick your alarm system offline and then you'll get very needy. You'll trust him too much and you'll love him too much and now red flags are out the window. He gets to do whatever. He's great. He's yeah, he went on a trip with his ex

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-girlfriend, but it's okay. No, right? You need to watch these things. Okay, so the experiences that make you fall in love is attention.

affirmation and affection. So attention is like consistent communication, even via text. If you're constantly in communication with him, you'll fall in love. Don't talk to him too much. Create gaps of, remember, time where you don't talk to him too much, right? You're busy. A lot of voice to voice conversations, you're going to fall in love. A lot of face to face conversations. That's why we want to keep gaps between them, right? So you can spread it out and you're not flooded with oxytocin.

quality time together. And again, these are good things, ladies. These are really, you want to talk and to text and to see him and quality time. But because there's gaps, you start the falling in love process slower, right? It's a slower process than before. Like I remember when I went on a date with a guy and I liked him a lot and we saw each other Friday, Saturday, Sunday. And I mean, I was like,

totally into him. My body was like, my gosh, we spent hours together each day. Like, are you kidding? Don't do that in the beginning. Let there be time, right? So he can miss you. He can build anticipation. Affirmation. So when he flirts with you a lot, when he gives you a lot of compliments, this makes us feel so beautiful and so loved. A lot of this, guys play into this a lot because they know that it gets you. So just be careful of this and try not to get too flattered, okay? Affection.

kissing, physical intimacy, sexual intercourse. This is like heavy makeout sessions. Obviously sexual intercourse, you're going to, it just shoots you up with oxytocin, okay? When he helps you, okay? When he supports you. When you guys are connecting emotionally over shared experiences or things in common in the emotional connection stage. Remember, these are bonding and emotional connection things, right? So these are great. You're liking him, but you just have to notice.

The more oxytocin, it throws you off a little bit. So you need to be very aware of this, right? So you can manage your emotions and be watching for things still. You're great, but a lot of guys know these tricks and they use them, right? But trust yourself, your intuition. You know when you get a good guy, right? This is a really, really big, what do I call it? Like a...

Something you should really keep top of mind, if you're a woman who's experienced a lot of childhood trauma, you typically have a very strong threat detector system. Your amygdala is like, instead of it being a little puppy, it's like King Kong, gorilla, crazy, big monkey ape. So it's a lot louder. So when you are dating, you can get very anxious and you can go into stress responses a lot.

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And what happens here is it can cause you to have a lot more anxiety and nervousness and fear, and it can cause you to do things that you wouldn't normally do. You can get a lot more controlling. You can get a lot more defensive because you think you're going to get hurt again. You can get very people-pleasing and want to sleep with them to calm you down because sex makes you calm down. And so you want to watch for this. You want to make sure. And if this is the case, you should be in therapy, right? Getting treatments like EMDR, internal family systems.

Coherence therapy, these are great, great therapy. I've been in therapy for the past five years. Best thing I could do for myself. I feel very secure when dating. I feel very comfortable with men. I don't get anxious like I used to. I mean, at all. I feel like the prize. I feel like they're the one winning. Like, show me what you got. So this is really, really important. When you have a big amygdala, when you have a big threat detector alarm, right?

What you, what typically what that is, is a lot of anxiety or fear and nervousness. But what it also is, is there's a lot of cortisol and adrenaline in your system. And what a lot of women tend to do to get this to calm down is we will do the four F's. And these are very specific to dating and they fight, cause a fight just to get, like get your aggression out. You'll fly, run away, break up with him and say, no, he's no good. I'm just, I'm leaving. Cause you want to, you want to feel safe.

You'll overeat, the other one is food. So you'll overeat to calm yourself and regulate yourself. And the other one is sex. You'll want to sleep with him because a lot of women, that oxytocin, it really calms down. Remember, what's one of the things it does? It kicks your amygdala offline. So it shuts it up. And sex makes you feel really bonded to a man. But what it also does is it kicks your logic offline. Now you're not thinking well, and you're also not using your.

good healthy detector to see the red flags, right? So you've got to be careful. If you're noticing you're causing fights for no reason, if you want to break up with him all the time, if you're overeating and now you're going to gain weight and you're not going to be comfortable in your own skin, and if you're having sex to kind of get him to like you, because not only do you think he's going to like you if he has sex, but you know it calms you down. It creates that big dose of oxytocin and it kicks your amygdala offline. So it actually numbs the threat, the anxiety.

but then it can make you even more anxious, because now you think he's your husband. Your body thinks that's the father of your children. You get very needy and full of anxiety. So these are really, really, really important to notice and you want to keep top of mind. I can go on and on and on, but these are the main ones that I think are really important. And I could talk about them forever, but these are the main ones that you need to be looking out for.

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Remember, he needs to be chasing, coming to you, because you're moving around. He needs to feel challenged. He needs to give his effort, his time, his plans, and he needs to be giving, giving, giving. You receive. You're not feminine, right? Don't make it easy. And he needs to feel like he's winning. This means that you're, that he's, you guys are solving problems together. He has that sexual arousal, no climax. This is a new way of being. I realise that a lot of these things, you're like,

I don't know, it is simple, right? But dang, it's a whole new way of being. Once you start dating this way, you will never date another way. It is, you will see the kind of men that you attract. You will be able to get rid of the bad ones and only keep the good ones. Why? You're gonna notice when a guy isn't coming to you. You're gonna stay single. When I say single, you're gonna be alone because you're not gonna be the one going after guys. You're actually gonna be allowing guys to come to you.

And this can be kind of activating for women sometimes because you're noticing like, I don't know, nobody's coming. Trust me, they'll come. Why? One of the things that I encourage women to do is create a life where you're doing things, where you're happy and you're living your life. When you're out living life, you're meeting men, okay? Don't just be home. This is like a problem. We talk a lot about this in the feminine attraction mastery community. We're always talking about great ways to meet men. Women are in there talking about it. You want to join that program or the community.

And so it can be, it's new. I find that a lot of women, they don't realise how much they are the masculine initiator. Remember, the masculine initiates the feminine response. Femininity gets activated when a man leads, when a man gives and a woman receives. It starts with the guy. God made man first. He made Adam first.

then he made the woman to help him and be with him and support him and encourage him. So it is, you can't be in your feminine unless a man is in his masculine first. This is probably, if you forget everything, remember that first, okay? And remember that forever. Masculinity is the initiator. Femininity gets activated when a masculine man shows up. And here's what's cool. Masculinity doesn't need a woman to be there for him to be masculine, because this is a state of being.

Femininity is activated when it's masculine, it lets us fall back and just relax and it takes us out of our masculinity. You step out of it and you can just be and then you could just follow him and have fun and just be with him, right? But it's not, when you're in the initiator phase, when you're in the go -getter, you're in the masculine initiation. None of that, right? Because it doesn't let a man fall in love with you in this, and this is the way that you attract masculine guys that are loving and loyal and...

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actually bond, like literally bond to you, want to be with you forever. I hope you enjoyed this program. I had a great time making it. I had a great time doing all the research. I'm going to recommend a couple of books on, on, and you can read a little bit more about neuroscience and the brain and the male brain and relationships. I give a lot of great recommendations like this on my podcast, the Blooming Podcast. I really, really want you to, if you want to know more, you want to ask me questions about this program.

Join Feminine Attraction Mastery Community. It's a private community of women just like you, single, strong, successful, that are used to being the initiators, that are now working to really master femininity and date using the feminine attraction system. I welcome you. Please, if you want to ask questions, join that. You can cancel anytime. It's really fun. And yeah, just work it. It works when you work it, I promise you.

I'm in there sharing a lot of my stories too, so if you have any questions, I'd love to hear from you in the community. I can't wait to see you there. Again, if you have any questions, I'll see you in there, okay? Have a good one.