

The *Feminine* ATTRACTION System

THE PROGRAM GUIDE

WELCOME

You're here because you want to attract a loving and loyal man.

You realize that you've had the wrong strategy this whole time, but it's not your fault. You've been pushing him away, and maybe if you think about it, you can see how you may have repelled some exes too. Eek. That old strategy has also been keeping the not so good ones around. This has caused you heartbreak, wasted time, skepticism about relationships and now, maybe even a little fear & doubt about loving a man again.

You know now that you've been using a male dating strategy on men and **this** is why it has felt like you've been pushing a rock up the love hill.

You were using dating and relationship methods that made YOU fall for him. Now you know that using male dating and relationship strategies DO NOT work on men. In fact, they actually turn them off, make them change their mind even if at first he WAS into you and ultimately just repels a good man and a great relationship.

Not only that, using male dating methods with men will attract the men that bring you insecurity, confusion, and heartache. You know, those guys that are never ready for a relationship, make you do all the work and never commit.

All that is done.

You're ready to use the feminine attraction system with him so you can engage with him in a way that makes him feel so good when he's with you and makes you feel totally in control (and not in a masculine way!) can calm as a cucumber. So good that it helps him easily know you're the one for him.

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Learning and using the FAS is going to allow him to feel like being in a relationship with you is effortless, fun, totally different than with any other woman in the past and it's going to be so easy for him to connect with you deeply on an emotional level than he ever has with any other woman.

It's going to make **engaging with you or spending time with you** the ***actual thing*** that MAKES HIM fall head over heels in love, obsessed with you, feeling like you're the best part of his life and you're the one thing that makes him the happiest and best man he can be.

No more of him saying that he's "just not ready for a relationship right now" or you feeling confused by his actions or lack thereof.

With the FAS, the way you engage with him will have you stand out so he falls hard.

None of this is done with manipulation, lying, only showing certain parts of you or your life and hiding others.

This is honest, open and transparent feminine engagement that you've never learned before.

You see, feminine attraction is all about being yourself. So you'll never be nervous when you're with him. You'll always know what to say, do, heck, even what to wear!

And the confidence that comes from being totally yourself and comfortable in your own skin in front of a man is the most important and attractive part of femininity.

It's the thing that drives him crazy about a feminine woman.

Most women subconsciously operate in their masculine energy when they're with a man and this energy gives off the vibe of desperate, needy, insecure and fearful. All vibes that turn a good man off.

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A loser....he wants a desperate woman. A liar....needs an insecure woman. Little boy...wants a mom that's controlling and does all the work.

So when you're in your feminine, you're going to stand out and seem so unique. He won't be able to put his finger on why he's so into you. But you'll know why.

This feminine confidence attracts strong, masculine, loving and loyal men and repels the losers, liars and little boys.

Those immature guys won't stand a chance with the new you.

Remember, loving and loyal men operate completely differently than immature guys.

They want a totally different type of woman. A feminine woman. Not a controlling masculine one.

So when you follow the FAS you'll stop all the toxic attachment based bonds. You know what I'm talking about, the ones driven by fear, neediness and insecurity.

No more masculine energy that used to repel loving and loyal men that protect and provide. Now, that's all you'll date.

Masculine men date, court and handle relationships completely opposite to what you may be used to. So get prepared for romance and maturity. Grown up and safe love.

It's important that you understand that the way you show up and engage with him every single step of the way, allows him to feel, think and KNOW that you are the one for him.

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So every step in this process is important and NECESSARY to make him feel and think you are the ONE.

Do not skip any steps. Each is crucial to the entire process.

Think of this system as a recipe to bake a love cake.

This is a recipe with ingredients and instructions.

Not optional parts you can leave out.

Miss an ingredient or step in the baking process and the cake will be flat and dry.

The final product will taste bad (AND FEEL BAD) and not be good enough to serve.

The relationship will be painful and you'll break up.

In this program, you will learn exactly how loving and loyal men think, feel, behave and how they engage with feminine women.

When you follow these strategies, you will feel loved, chosen, safe, confident in his love for you. You'll trust him completely. You'll never wonder if he likes you or if he's into you.

You'll KNOW he wants you, wants to be with you and not want or be with anyone else. It's a total relationship game changer.

You will learn how the process that he, the loving and loyal man, takes so you know exactly what to expect every step of the way.

You'll never be confused about what he's doing and why he's doing it. No more confusion or fear. You'll feel calm and confident about the process. You'll feel patient and never need to rush things or ask "where is this going".

Ok so lets get into it!

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How to use this program FOR SUCCESS

This program is split into 4 chapters (or modules) plus the 2 bonus modules.

Chapter 1/module 1 is a crash course on love and relationships from his perspective and from the eyes of a woman. You must learn the difference between both so you can understand why what you've been doing hasn't worked with him and what **does** work with him.

Modules 2, 3 and 4 are 3 main points about him that you must know and always keep top of mind so I split the program up into those 3 topics or concepts. This is very intentional so you learn the concept itself, why it's so important and exactly what you need to do to encourage this behavior/feeling in him so you can get the results that come from this stage. This program was created for you to learn and retain the information and easily and effectively apply this information with him.

If you skimmed through the program, you'll notice that the 3 main concepts are Chase, Challenge and Give/Win. These are the 3 actions you need to influence in him, in other words the 3 things he needs to do, so he's attracted to you, consistently and continuously wants to see you/seeks you out throughout the dating process, and finally falls in love and wants to commit to only you.

I've set this program up assuming you are a single woman that wants to know exactly how you need to show up from meeting him to being exclusive in a relationship.

But no matter where you are right now, you can plug into it at any stage.

For example, if you're in a stage with him where you already attracted a great guy, you know he likes you but you're noticing you're feeling a bit anxious and unclear about his intentions with you and you find yourself going into masculine dating

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patterns, You're more than likely in the "challenge" stage and you can stay and focus more on those feminine behaviors.

But because this system is a full system, in other words, is a recipe with ingredients and step by step instructions, you can't miss or skip any steps.

For example, you don't want to skip to use the giving stage on a man when you first meet him.

That's like putting packages of flour and sugar in the oven and expecting a chocolate cake to come out in 45 minutes. It won't happen.

You need the right ingredients, the right measurements of those ingredients, mixed together in the correct way and baked at the right temperature for the correct amount of time.

That's like expecting that a 17 year old boy in high school with a 9pm curfew that lives at home with his mom and dad is going to make a great romantic boyfriend.

Good intentions, wrong ingredients.

But I still recommend you read/watch or listen to this program in its entirety but you can use it depending on where you are with him currently.

Again, I've set this program up assuming you are a single woman that wants to know exactly how you need to show up from meeting him to being exclusive in a relationship.

But no matter where you are right now, you can plug into it at any stage.

The bonus module is a big "never to do list" which is really important to have. But you get what you focus on. So I want you to focus on modules 1 through 4 so you can

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understand the difference between men and women and then remain focused on exactly WHAT TO DO with him.

That's it. It's that simple.

If you want more support on all the concepts I share in this program, you can join [Feminine Attraction Mastery](#), my exclusive and private community where I help women just like you, date with femininity (the thing that men love). You will get specific help on your dating situation. I share exclusive content only for this community and we discuss the best ways to apply the awesome strategies in this program. You get access to my mini-course, Master Your Feminine Energy, and go live twice a month with me for 1-hour full Q&A on everything men, love, feminine attraction and relationships. You can [click here](#) to join now for only \$17 a month. It's super affordable and you can cancel at any time. Join now before the price goes up!

Ok so let's get started!

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Module 1 - Why Men & Women Fall in Love VERY Differently

“Falling In Love” is not an event, but a process with distinct physical phases.

The feeling of being in love is an emotional and mental state that happens only after specific neurotransmitters (chemicals that help your cells communicate with one another) in your body are created but influenced by external experiences you have with a man.

And surprise surprise.....men require different ones than women. Men need three neurotransmitters to be present whereas we ladies just need two to fall in love.

Chemicals Create Connection

God made the human body perfectly with biological processes that are actually really easy to understand. They also require life and relationships to happen in a very specific order for you to reap the benefits of healthy attraction, love and long lasting commitment.

When you understand your internal system, how it functions, why he feels how he feels and does what he does and how these chemicals are influenced by your experiences with him, you'll be able to feel more in charge of the dating experience and feel extremely confident everytime you communicate with a man.

The Feel-Good Chemicals

A woman has to have two neurotransmitters, dopamine and oxytocin, that build up to a certain level in order for her to be attracted to a man and ultimately fall in love.

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Men need three, testosterone, vasopressin and dopamine. These 3 are critically important because they help him experience the feelings of attraction, drive to court you, bonding, and then committing which he will only do when he's in love.

So what's the overall message here?

He needs to chase/pursue you in order to feel like he is moving towards a woman he is actually attracted to and interested in. He wants to know that if he gets you, he's with a woman he is naturally and physically attracted to. This is very important to him. He will not be with someone that was forced on him because someone else knows what's best for him. A man trusts that he knows what he likes and he wants to go after things he wants and is interested in. This helps him build his self confidence in trusting his gut, his feelings and his desires. Aka his ability to lead himself and create the life he wants. Especially the love life he wants.

His Masculine Design

Testosterone - makes him competitive: sports, games, and getting you to like him.

Vision - His vision is made to spot *moving objects*. Men have greater sensitivity to rapidly moving stimuli. In other words, if you want to get his attention, you should be moving.

Pursuit spot - When a man spots someone he's interested in, his pursuit spot lights up and floods him with testosterone that tells his feet to start moving towards her.

Hypothalamus - This part of his brain makes it so he wants to acquire and defend territory, space or areas in this world. The interesting part? When a man has a lot of testosterone, he doesn't want to stop acquiring it! This is why he likes video games and is better at the chase. Women tend to stop after she gets what she wants or if it fails. Whereas he keeps going and trying to get more and more. This is typically why men tend to be very successful in businesses and build very large ones.

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Amygdala – This area of his brain is his threat detection system. He uses it for hunting, gathering and protecting. He’s always on the lookout for faulty things that he’s hunting and won’t “kill” something that looks suspect, desperate or bad.

Hippocampus – This area of his brain is used for memory and spatial navigation. Meaning, his hippocampus helps him remember where he got his last yummy meal when he went hunting yesterday. A man will remember where you are to find you.

When males are deprived of testosterone, most of these functions are impaired or lessened.

But remember, testosterone is in abundance when attraction/interest/desire is present.

In other words, when he’s attracted to you he will always seek you out anywhere, ask to see you and come back over and over.

When a man spots, because you being you, got his attention, gained his interest and made him attracted = competitive, aggressive, spot her, pursue her, acquire territory, hunt & gather, always remember where she is in order to return and find her..

Men Chase, Women Choose

Men are built and designed to chase, be challenged and give.
It makes them stronger, feel respected by himself and others and like a winner.

Pursue, challenge, give and want to win.

Don’t go to him. Don’t make it easy. Don’t make him feel like he’s failing.

I realize this is contradictory to what you were taught.

He will go to you when he’s interested and attracted.

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He will meet your expectations and standards and he will go by your timeline and pace when he wants you. Have and maintain high expectations and standards. Be hard to find, reach, keep his attention

He will give you support when he knows you need it. He knows you need it when you ask for it.

The Biology of Love (neurotransmitters & how they help you)

The Mind of a Masculine Man (what he wants & needs)

Men need respect (accepted, praised, needed)

Men need a challenge (to chase)

Men need to give (their resources, protect and provide)

Men want a prize (high value woman that requires time, effort & has high standards)

He is a logical thinker

The Feminine Design (what you want & need)

You need love (seen, accepted, treated with care, attention, conversation)

You need support (emotional, mental, leadership, financial, protection, a plan)

You need rest (your cycle, recharge, energy to serve)

Be yourself (express yourself honestly, hobbies, fulfillment)

You are an emotional feeler

The 3 Stages to Love

Physical Attraction - makes him CHASE you

Emotional Connection - makes you worth the CHALLENGE

Bonding - makes him want to stay with a woman who let's him GIVE & WIN

The physical attraction makes him want to pursue you and initiate the falling in love process.

The emotional connection makes him feel like you are worth the challenge and effort to have you.

The bonding stage makes him want to give to you and makes him feel like a winner.

In the Modules 2, 3 and 4 we are going to cover each stage, what neurotransmitters need to be present in his brain in order to feel certain emotions that when felt in a certain order and at a certain level, he will have the mental/emotional state of "falling in love."

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This is the feminine way to approach a relationship with a man.
Done any other way, he fails to truly fall in love with you and know that you're the ONE for him.

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Module 2 - He Needs To Chase

In this first stage of the feminine attraction system, you will be focused on the start of his chase.

This is the process he goes through in this stage:

Because.....

He is best at seeing/spotting moving objects.

He knows he's interested and attracted because he sees it.

He wants what he is interested and attracted to.

When he's attracted, he will want to know more about the thing. His pursuit spot lights up in his brain and floods him with testosterone.

Testosterone in his system makes him take action and pursue what he wants.

He goes after what he wants. Especially a woman he wants.

NOTHING will stop a man from pursuing a woman he's interested in. Nothing.

He is simple and logical and follows a process. He doesn't overthink or complicate things with his emotions.

If he wants it, he will go after it.

Men understand that things worth having, things of high value, take time, effort and perseverance to obtain. He believes this about a good woman too.

So it's YOUR job to help him understand that you are that woman. You're different from the rest. It won't be easy and you are definitely worth the effort.

How To Inspire Him To Start The Chase

Always be moving. Be busy. Do what you are there to do.

Walk into a room and take up space like God sent you there.

Have fun. Be happy.

Move around.

Be different/unique/yourself.

How You Know It's Working

HE approaches you or reaches out somehow.

HE initiates the contact.

Neurotransmitters At Play

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Dopamine
Testosterone

What Not To Do In This Stage

Do not TRY to get his attention.
Do not ask him out on a date or offer your phone number.
Do not suggest what to do on the date (if he asks you out).
Do not tell him when to call or text you or when you're available.

Emotions To Evoke In Him In This Stage

Curiosity
Interest
Desire
Attraction

When he's interested, attracted to you and wants to know more about you, he will chase. He will make the move towards you.

This will look like:

- a direct message on social media asking to see you or for your phone number,
- him approaching you at work, church or anywhere in public and asking you for your phone number,
- him texting you or calling you

What is NOT Chasing

Him liking a photo or story of yours on social media.
Him commenting on your photo.
Him paying you a compliment, ie. "you look hot today".
Him texting "I miss you" "thinking of you" and even "I love you"

You may be asking why? Because these are LOW EFFORT ways of him getting YOUR attention to let you know what HE thinks of you.

What does actual chasing look like? Chasing looks like a person running after another person that's moving around and away from him. Right?

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Think of likes, comments or texts that express what **he thinks of you**, like seeing a car in front of you with their car signal letting you know that they are going to turn left. It's just an indicator. There's no action. Just information.

You want to hear, read or see physical action and words that clearly show you that he is asking to know more of you or to see more of you.

In the world of sales, these are "buying questions". He wants to know how much you cost and what it's going to take to get more access to you.

When he is interested in more from you, he takes an action that reveals he wants to know more about YOU and/or wants to see you.

But you should always be **moving** on with your life and doing what is important to you. Work, play, rest, hobbies, etc. Never sitting at home waiting for him to call, text or get his attention.

He should feel like you're NOT interested in him and interested more in your great life. This will make you stand out and make him curious about you. This will typically create desire and attraction, fill him with testosterone and make him come to you. Masculinity is an initiating energy. He always starts it.

If he does not reach out, HE IS NOT INTERESTED.

A man that is interested will reach out. Pay attention to the men that reach out.

You just need to be yourself because you want to attract a man that likes what he sees in YOU.

You don't have to be better than her, you just have to be different. Be you.

And by different, I mean feminine. Respond with that beautiful feminine "***with or without you***" vibe. It's HOT to him. It drives him crazy and keeps you on his mind. He will want to know more.

Remember.....

Always be moving. Be busy. Do what you are there to do.

Walk into a room and take up space like God sent you there.

Have fun. Be happy.

Move around.

Be different/unique/yourself.

Think, "***This is some of what my life looks like. And it's amazing. Wanna know more. You have to come to me and explain why I should stop what I'm doing to listen, respond and spend time with you.***"

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Module 3 - He Needs To Be Challenged

If stage one is he needs to chase and come to you, this stage is to get him to continue to keep coming back and go deeper with you.

The stage of emotional connection means not just staying on the surface. This is about not just having a man that is interested in the physical exterior attraction. Some men, this is all they want from you. How do you know if he just wants you for physical pleasure? Because that's what he uses, gives him pleasure, is interested in and it's what you give him or he talks you into. This looks like only texting, talking on the phone, last minute booty calls, sex and only staying surface in terms of what he gives you about himself. He doesn't make his emotions available to you. He doesn't allow himself to connect to you. He stays surface and superficial. No proper dates. No sharing his deep personal information or stories. No extra effort from him. He stays low effort, no emotions, no chasing, taking from you and staying on the surface.

In order for this to happen, you must still be getting his attention, interest and creating attraction. This means dopamine and testosterone are still getting produced.

How To Challenge Him

Create Space (the 5 space creators)

With time, tell him your standards and allow him to meet them

Watch him and decide if he is compatible with you

Focus on your amazing life!

When on dates, ask questions to learn about him

How You Know It's Working

HE texts you

He calls you

He asks you out on dates

He continues to ask you out dates

He puts in effort to planning dates

He shares personal and private information about himself

He meets your standards

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Neurotransmitters At Play

Dopamine
Testosterone
Vasopressin

What Not To Do In This Stage

Don't respond too quickly to his texts.
Do not see him on back to back dates.
Don't share too much personal information at first.
Do not let him know you like him too soon.
Do not get too physically close to him.
Do not rush the dating process
Do not ask him "where is this going"
Do not cancel your plans to see him
Do not plan dates

Emotions To Evoke In Him In This Stage

Curiosity
Anticipation
Vulnerable
Accomplished
Interest
Desire
Attraction
Confused

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Module 4 - He Needs To Give & Win

In this stage, you are focused on making him give to you and make him feel like a winner. By this point in your dating relationship, he is clearly interested in you. You like him and you want a commitment and to be with him only. That's great!

But the way he decides that you are the only one for him is by him making sure that you need him and that he can "make you happy." He wants to be where he is needed and this is your chance to show him that you need him!

The goal of this state is to create a bond with him. This is the bonding stage.

When he feels successful with you, sees you as a team player, deeply connects with you, he will never want you to leave. He won't want to be with anyone else.

You must create experiences where he helps you with things, solves problems.

He must feel successful, aroused/stressed, trusted, appreciated, useful and needed.

This will create vasopressin in his system which creates more receptors which creates more vasopressin with more moments of bonding and more receptors. I know that sounds a little confusing but your job here is simply to help him feel like a winner. He feels like a winner when he helps you with things and when he is challenged and overcomes it with you.

How To Inspire Him To Give & Win

Help him to see and experience that life with you is better

Ask him for help

Be vulnerable and share stories about yourself

Praise him when he does something for you

Compliment his brave or strong actions

Talk to him about a project or plan he has

Accept him for who he is

How You Know It's Working

He asks you to be exclusive with him.

He stops dating other women.

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He tells you he loves you.
He wants to see you more

Neurotransmitters At Play

Dopamine
Testosterone
Vasopressin is the MAIN focus in this stage!

What Not To Do In This Stage

Do not feel the need to take control of everything in your life.
Do not judge him.
Do not try to change him.

Emotions To Evoke In Him In This Stage

Curiosity
Anticipation
Vulnerable
Accomplished
Interest
Desire
Attraction
Empowerment
Confidence
Trust