

THE EMPOWERED WOMAN'S GUIDE TO

Embracing Feminine Energy





In today's society, women have grown accustomed to functioning in their masculine energy.

This masculine energy, which is a linear, goal-oriented, results-driven, make-shit-happen kind of attitude, is great for most aspects of life but can be detrimental to our love life.

We are now so used to existing in the masculine, that when it comes to connecting to our feminine energy, we tend to feel uncertain and uncomfortable.

We misinterpret this femininity as weak and needy, rather than recognizing its power, beauty and strength.

But how is the "get it done" masculine energy so harmful to our love lives? Like magnetic poles, two of the same energies - masculine & feminine - naturally repel one another.

How can you tell if your “masculine energy meter” is turned on high?

- You take the lead
- You feel like you do everything,
- You even find yourself organizing most dates
- You're the initiator of most conversations
- You make the majority of decisions
- You're exhausted
- You're frustrated
- You are easily irritated
- You have a hard time receiving help
- You don't feel connected with your man
- Your romantic life feels stagnant
- Sex is a chore

When you're frequently operating in the masculine energy, you get burnt out. You may feel resentful that your partner isn't contributing more, or are sensitive about little things that happen to you on your dates.



Embrace Your Feminine Energy

As women, if we are always in our masculine energy we give off the impression that we don't need a man - which might be true on some level, however if a man feels that you don't need him or what he can offer you, he will then not pursue you. He will not ask you out, or call you for a second date or think of you as potential relationship partner.

Don't get me wrong, being an independent woman is empowering. And we should be proud of who we are and how far we have come.

However, like all things in life we need to strike a balance. If we convince ourselves that the only way to be really independent is to adopt a "no man is going to pay for my dinner or hold open doors for me, I can do that myself. I don't need to be taken care of" kind of attitude, then we run the risk of giving off an energy that men perceive as cold, emasculating and abrasive.



We need to give men more credit, not all are walking around in an air of superiority. They know women aren't all damsels waiting in distress for them to come rescue us. That said, man's role throughout history and evolution has been to be a provider and protector for his family, it is a deep seeded instinct within him. Ultimately what guys want, is to make you happy by fulfilling your needs and desires - if we can learn to let them.

This desire to take care of his woman manifests in many different ways, even without a romantic connection men seem driven by the same code of ethics when it comes to women. I'm sure none of these examples will come as a surprise to you:

- Wanting to grab something off the shelf for you at the grocery store
- Wanting to help carry something heavy for you (suitcase, box, groceries, or a bag)
- Opening the door of a building or a car Pulling out the chair for you,
- Helping you put on your jacket, holding the umbrella
- Carry your coffee to the table
- Offering to drive you to your car, even though it's 3 blocks away

When a man does any of these things, he isn't saying "You obviously need me, weak female" - he is simply deferring to his inner caregiver.

A simple thank you for his offer makes a man feel appreciated and acknowledged for his gallantry.



It can be hard as women to see these actions as gestures of care and not an attack on our ability to take care of ourselves.

The key is to receive these gestures with warmth, appreciation and a huge smile.

After all if you thought you did something nice and got scowled at, you wouldn't feel validated either.

Focus instead on your feminine energy - the warm smile that radiates from your soul, the soft way you float down the street with your eyes level to those who pass by.

You'll start to see a difference in how people receive you. Translate that attention into vavavoom and you'll be well on your way to having a fulfilling authentic relationship.

Ways to Tap Into Feminine Energy

The key is to transition out of your Masculine Energy throughout the day, into your Feminine Energy - especially prior to a date.

Few easy ways are:

- Take 15-20 minutes to shift out of work mode.
- Change your clothes
- Put on perfume
- Light some candles
- Diffuse essential oils
- Play your favorite music
- Have bubble bath
- Go outside during the
- day and slowly breathe in the fresh air
- Walk slower as you take in all the sights around you

Do more of what makes you feel good.

What makes you smile?

What makes you laugh?

What makes you feel bliss?

- Do these things MORE!

A sensual woman allows herself to feel pleasure in *all* areas of her life.

She knows what she likes, what lights her up, what makes her feel like a woman. And she isn't afraid to be very clear about it!

Feminine energy is all about creativity, flow, intuition, receptivity, spontaneity, sensuality, pleasure and expression.

Masculine energy is about getting shit done, staying focused and linear, task-oriented, organized and logical.

We need a good balance of both of these energies.

As women, we need to be particularly in tune with our feminine side in order to have deep, connected relationships with men. The masculine energy serves us when it comes to running a business, doing projects that require organization and management skills, or even in raising children.

Where many women fail, however, is that they are unable to shift out of the masculine and back into the feminine. This will play havoc on our love lives and relationships with men.

Embrace the beautiful feminine power within you. You can be both; a powerhouse and a fabulous woman at the same time!

Wanna have a chat?



Have more questions on how to integrate this feminine energy on a personal level?

Schedule a complimentary “Let’s Talk Love” call by clicking the gold button below, and we can explore this hot topic on a deeper level!

LET’S TALK