



# EXTRAORDINARY ANCHORING WORKSHOP MONTH #8

## Navigating Our Emotional World As Feminine Women

Emotional Leadership in romance belongs to the feminine.

Feminine is the leader when it comes to expressing and feeling emotion and deepening the emotional bond in the relationship between the man and the woman.

**Reason for focusing on feelings: Our emotions or feelings are the juice in a romantic relationship connection.**

Without emotional connection, there can be no romantic relationship. And when there is emotional connection in a relationship, once you know how to build and keep this kind of connection with a man - you know you've got your man's heart forever.

**A man can go only as deep with you and within a relationship, as you can go within yourself.**

When women say "he's afraid to overcome his fears of commitment", what they don't see is that their man is only a mirror of their own fears and lack of commitment to overcoming her own fears.

When a woman says, "he doesn't offer me any guarantee and move ahead with plans", what they fail to see is how they don't honor their own feelings and don't move ahead and give themselves the guarantee and safety they need and are depending on the man for it. He can feel it, and that's exactly why he doesn't move ahead.

A man can go only as deep with you, as you are willing to dive deep within yourself.

This is why engaging and learning to feel and be with our feelings is one of the strongest ways to build a deep, lasting emotional connection with your man.

## **Understanding the 4 different ways we can connect with men:**

- Mental: through debates, long discussions, exchange of ideas
- Spiritual: through goals, admiration for knowledge, desires
- Physical (sex): which becomes extremely important for connection in a committed relationship
- Emotional: through sharing of feeling states.

For a man, what keeps him loving and engaged and connected in a romantic relationship are 2 elements:

### **1) Sexual intimacy**

### **2) Emotional intimacy**

A man will never leave a woman with whom he experiences both of these elements, and, in that sense, men are pretty simple creatures.

Notice how I didn't say he needs to debate well with you, or be able to have long and deep conversations with you. It's not important and it's not what I sit and have with Chris every night.

**Today's masterclass is about getting deeper into our feelings, and understanding how we can deepen our connection with our own bodies and hence with our feeling state, and bring more of that into the world of romance and our relationships, especially with our men.**

What we're doing today is going to give you the answers for:

→ How to deepen the connection with yourself, and how to deepen the connection with your man

→ How to express what you feel more confidently

→ How to bring more juicy connection and sex (yes, sex increases when emotional intimacy increases!) into your relationship, and understanding how all of this starts with you

→ It will also help you understand why your man “isn’t feeling it for you” or “hasn’t been feeling it” for you - and what you can do about it.

## What does building emotional attraction in a man look like?

Again, even though I ask this question, remember this is a way of being, not something you do to get or keep a man.

This is the way you want to be in the world, every single day - that’s how you start to embody this work.

## What are feelings?

Feelings are body sensations that originate neck-down, and not thoughts produced in the head.

So: “*I feel hungry*” is a feeling...

... BUT: “*I feel you should call me*” is not. That is a thought. A very controlling one at that.

You feel something else behind that thought.

Maybe you feel *neglected*, maybe you feel *tired* from always calling, maybe you feel *taken for granted*...

Also: “*I feel sad*” is a feeling.

... BUT: “*I feel you should find a solution to our relationship limbo*” is NOT a feeling. It’s a thought.

The feeling behind it could be: “*I feel **anxious**, I feel **urgent**, I feel I cannot go on like this... I feel **helpless**... I feel the need to move forward, I feel the need to find a solution.*”

Examples of more feeling words:

*“I feel restless, afraid, hungry, thirsty, excited, disappointed, dissatisfied, grateful, happy, unhappy, confused, insecure, exhausted, crazy.”*

## How do you find feelings?

By connecting with your body.

Use the Body Scan tool!

## How do you express feelings in your relationship?

*"I feel \_\_\_\_\_"*

*"This feels \_\_\_\_\_"*

*"That felt \_\_\_\_\_"*

N.B.: There is no other replacement for the word "feel"!

## Expressing Positive + Negative Feelings

**Rule:** It's okay to express negative feelings, as long as you're expressing positive feelings with the same intensity.

A common mistake women make is that they use feeling messages often to express that which doesn't feel good, but rarely use them to express that which does feel good.

Remember, men thrive on appreciation, and they thrive on your happiness. Nothing turns a man on as knowing that he can make you happy.

Your ability to express your happiness, your excitement, your joy, your glee then becomes equally important to your capacity to foster connection with your man, as do your ability to voice that which doesn't feel good.

Examples:

*"It feels so good to be out here with you. Thank you for arranging such a special date!"*

*"Thank you for taking out the garbage, honey. I feel so supported. You're the best!"*

*"Yay! I feel so excited to see this movie. HURRAH!"*

*"Oooooohhh. this feels so cosy..."*

Negative:

*"I feel lonely in this. I feel unsupported in this."*

*"I don't feel like driving tonight... I feel a bit tired..."*

*"I feel a bit worried about my parents... They're far away and getting older..."*

**Correct way to express feelings:** Only about YOURSELF, and in short sentences. They have nothing to do with another person.

## **Baby steps to progress**

Goal and set intention - more feeling messages in your relationship

### **1. Feeling for yourself**

Journal every day!

### **2. Feeling in the presence of others**

Start practicing with low stake - family, friends.

### **3. Feeling in the presence of men**

Stay in your body when you are with your man, and bring yourself to share feelings more often.

N.B. No perfectionism is allowed! You will make errors and say the wrong things, but that's okay. Embrace it and start again. 😊

# **HOMEWORK**

## **1. Implementation**

This week's assignment is to post on the group only in feeling messages - for the entire week!

You will focus on mastering and embodying this tool in your daily life, by journaling your feelings daily, and sharing them with us and with men.

## **2. Program Review:**

1. *Soulmates Forever* - training call 3

2. *Leap Into Love* - module 5