

Arise In Your Queen

ATTRACT YOUR KING

Dating With Dignity

I want to welcome you back Sister Queen to **your Bonuses!**

And today's lesson is called **"Dating With Dignity"**

Let's start today with a quote:

Someone who is worthy of your love will never put you in a situation where you feel you must sacrifice your dignity, your integrity, or your self-worth to be with them. ♥ ~ Anonymous

Today you will learn:

1. Foundations Of High Value
2. Looking For Relationship-able Men
3. Candice's Dating Rules

I'm going to assume for the sake of this discussion that you are seeking a relationship...long term, maybe marriage, not just sex or friendship... for the sake of today's discussion.

Dating is the first contact we'll make with our King.

Hence, you want to date with this ultimate relationship in mind.

You want to turn up creating foundations for an actual relationship.

Primarily, you want to be able to BE YOU.

Really BE YOU...feel safe and comfortable to turn up really authentically yourself.

Next,

You have to drop the belief that there are no good men life out there!

This just isn't true...it may, however, have been a reflection of how YOU have been turning up in the dating world...so far.

This is exactly what you're correcting during this Salon.

When you turn up as a Queen whilst dating, you'll energetically resonate with Kings.

...Yes, you'll still have to sift through some Wanna-be Kings...but:

Kings will recognize the Queen in you.

Foundations Of High Value

Arising in your Queen means raising your vibration in order that you resonate with different men...Kings

Take time and space...to do this...

Now, dating is reallllly vulnerable...for everyone.

Don't turn up invulnerable...you ARE vulnerable!

YOU ARE ALSO THE PRIZE!!

Let him win YOU, let him win points with you.

He wants to!

....go back to the "understanding men" module if you need to.

YOU DECIDE who deserves you, your body and your sexuality...Your life!

If you need to work on you first...then turn off the dating apps and do the Powerfully Feminine work first.

Dating IS A PROJECT...an endeavor.

So, be serious about it....it's important!!!

Get serious about your boundaries, your dating rules, your communication and about how you turn up.

You want to have super duper clarity on "what you want"...return to the list of how you want to feel...back to the first module.

You DO care about how you're dating....don't pretend you don't care....you do!!!

...when you have clarity on your rules, value and boundaries...dating can be really fun!

Looking For Relationship-able Men

Then, you'll be constantly asking yourself "*Is he a relationship-able man?*"

How will you know this?

Through your feminine know-how.

Listen on....here are some really feminine ways to show up on dates:

Lean Back, Slow Down, Let Him Lead

Sit back and be the Queen...be in your Queen energy.

Lead what?

Conversation, dates, decisions, pace of dating

Lean back: sit back and open

Slow Down: your voice, your cadence, timing

Let him lean in...let him pursue you....Let him Lead: this is really masculine

As soon as we start pursuing we are in our masculine...this is a turn off and will make Kings turn away from you.

It's emasculating!!!

Don't attach too soon...you don't know him!

We get attached to the fantasies that we build...

You want to turn up as a Queen with boundaries and clarity about what you want (as per the list that you created in the first Module about how you want to feel with him!)

... STOP all fantasy timelines with this man....you don't know him yet!!!

Stop all fantasies...watch for what IS happening, how he IS responding, how he IS leading...

Is he leaning in?

Is he leading dates, discussions, events?

Is he interested in you?

Does he ask you questions?

You don't know him for 6 - 12 months +
1+ years...real view of who they are...

You want to lead with your feminine, your vulnerability...whilst having clear boundaries

You don't lead with your intelligence or success

Is he a relationship-able man?

Keep asking yourself this question (inside yourself)....and "*listen to learn*" about him and his values.

- Will he protect you and the couple bubble? We'll get into this more in our last module around Stan Tatkins' work.
- Is he interested in talking about a relationship?
- Do you feel like you're his top priority?
- Do you want the same things in relationship?
- Is he willing to work on a relationship? e.g. talking about it, perhaps going to relationship workshops? Reading about it?

Candice's Dating Rules

Online Dating Is How We Date in the 21st Century

50% of all marriages start with online dating

Pros: it affords a broad reach into communities...

A broadcast occurs

Allow time to respond to profiles

...to talk on the phone

Turn them on for say 3 months....30 mins a day

What to say and not to say on dating profiles:

Write about *how he'll feel in your presence*...be poetic, evocative, spaces, life.

Not about what you do, or what you've achieved.

Safety and practicalities

Only give your phone number when ready

Don't let them pick you up at your home

nor see your licence plate of your car

Red Flags

Pay attention to Red Flags!

...whether about your physical safety or any other red flags that don't feel good to you as you proceed with dating.

Don't argue it away...watch, listen to learn, and see if he repeats this behaviour.

Be compassionate, he's human, but pay attention to your intuition!!!

Pre-dating guidelines

At least 2 before meeting

It will eliminate someone on their voice...is this a voice that you want to hear every day of your life?

Can you converse easily?

Time is precious!

First date

Light weight coffee date

Don't dress too sexy...don't give it all away!
No drinking...you want clarity!!!

Next dates

Let him lead!

...but feel into what amount of time feels good to you

...dinner or hike

Preferably not movie or show as you're wanting to talk and get to know each other

Transitions (from masculine to feminine)

Use the Powerfully Feminine Intensive training tips to get you back into your feminine polarity

Change the space

Bath

Change of clothes

sexy dance break

Deeper into dating:

Sex timing

Slow it down!!!

Why?

When you have sex with a man you're telling him that everything that he's done prior to that was enough for you to give your body to him!!

Your body, your energy and your sexuality is the ultimate prize.

...so, if you give away early...he believes that he's done what he needs to to get that anytime he wants.

Meeting others

This would be further along...after you're trying a relationship together.

In Stan Tatkins' work when he talks about the couple bubble...you need to enjoy this time alone together...don't rush it...before you include others in the relationship...i.e kids, parents, siblings or friends.

What You Learned Today Was About:

1. Foundations Of High Value
2. Looking For Relationship-able Men
3. Candice's Dating Rules

Now, head on over to the **"*Arise In Your Queen Facebook Page*"** and **share how your dating adventures are going for you.**