

Arise In Your Queen

ATTRACT YOUR KING

How To Soften, Let Go And Receive Men

I want to welcome you Sister Queen to **Module 1 - Attraction Vs Action.**

And today's lesson is called **"How to Soften, Let Go, and Receive Men."**

Let's start today with a quote:

You'll be amazed at what you get after you start believing in what you deserve ~ Olivia Jade

And this is going to perform a certain theme for us over the entirety of our time together, what you deserve. And it's not even about what you think you deserve per se. You're going to start to realize how powerful, adored, and cherished that feminine is in a woman because you are your own unique authentic self. Yes. And yet, as you allow yourself to blossom into, to rise into your unique queen, oh my gosh, you know, you just -- it's going to be a different world order for you.

Today you will learn:

1. Masculine - Feminine Polarity in Relationships
2. How to Be Attractive
3. How to Soften, Open and Let Go

If you feel like you need to in order to proceed Attraction Vs Action. Now, if there's one thing I want to start to do for you today is to re-orient for you the direction of where your energy usually flows.

And trust me, I know many of you, all of us, have had big scars, big wounds to the masculine. And I do want to invite you to review the Healing the Wounds to the Masculine in the Powerfully Feminine Intensive. Okay, I want you to review that.

Masculine And Feminine Polarity In Relationships

So, this concept, Attraction Vs Action, has a lot to do with basically core fundamental differences between masculine energy and feminine energy. But today, we're basically going to discuss it. We're going to discuss these core energy flows that are different between the masculine and the feminine, okay, and it's a particular way to embody and understand masculine and feminine polarity in the light of relationship in male-female dynamics. We're going to talk about today about how to be attractive and we're going to talk about how to soften, let go, and open.

So, what I want to start with is a little review of some core descriptors of the masculine and the feminine in order to illustrate one core thing I want to pass to you today, okay?

So, the masculine is about action, action, focus, doing, moving forward. It's directional and it's about leading. Now, the feminine is about receiving, spreading, inviting inside, letting go, and surrender. The feminine is about receiving, spreading, inviting inside, and letting go.

Now, this is important because one of the things that I want you to start to do is to reverse the tide of your energy, okay? So if there's one thing that I know about myself before I learn about the work on the femininity is, I was so oriented toward the pushing the tide out, the pushing, the doing, the striving, the constant moving forward, the action, the pressing in. And yet, just like how the ocean is, there's times for the tide to go out and there's times to let the tide come back in. Now, this that I'm describing, this metaphor here is a really important one for you to start to feel into yourself, to feel what would it be like to let the tide come back in toward you.

So, look, we're also capable, and we can all do so many things, and we've all proved that we could do the pushing and the striving, the men thing. We could do what the masculine can do. Hurray, gold star for us. Okay. We've proved it. However, you know, my position is always, that, one, it's going to -- it's not sustainable. It's going to burn you out eventually, okay? And two, importantly here, it causes problems in polarity in relationships, right? Now remember when I speak about polarity, I don't mean being polarized. I mean, masculine-feminine polarity and this is something you want. You want this in a relationship dynamic. And by the way, whether you're gay or you're straight, there's always someone that takes the masculine pole and someone that takes the feminine pole in successful relationships, right?

Now, you're here as women here because you're wanting to be polarized into the feminine and you want to be strongly in the feminine. You want to arise in your Queen, okay? We want this strong polarity. Why? Because it creates a beautiful sense of dynamic, creativity, sexuality, strong movements of communication once we understand each other, okay, and a lot of that is going to be coming out through this training.

The thing that I want you to get here about Attraction Vs Action in an overarching sense is, the feminine is about letting the tide come in towards you. You've done so much. What about letting go and letting things come back in toward you? It's okay. You know that I'm very big about, "Oh, we don't cut off the masculine to -- for the feminine." We just don't do it like that. It doesn't make sense. We all have these forces inside of us, but we want to become predominantly in the feminine.

And as I'm speaking now, you might want to do that exercise where we just feel inside of ourselves and feel how much masculine and feminine you're running on right now, okay? Because what we want to get to is something a bit more like 80% feminine, okay, and that we can get back to that at any time. Now, this becomes even more potent, pertinent, and important in masculine-feminine relationship dynamics. So, we're talking about letting the tide come back in. This is attraction.

How To Be Attractive

So, the next thing I want to talk about is how to be attractive and I've kind of already illustrated it, honestly. It's more about being, than doing, okay? That's another important fundamental descriptor of the feminine being rather than doing or pushing. So, when the tide comes back in, we get to be -- think of full tide when it's just still and the tides come in and you don't have to do anything other than shine your core authentic presence to validate your existence. You don't have to do anything to validate your existence.

One thing you're going to learn throughout this program is how hungry men are for the feminine. They wouldn't put in these terms, we've come a long way in terms of the true or false feminine-masculine-feminine model, right? So we've got a lot of understanding you've done in the pathway of feminine intensive. You're already understanding and implementing the 5 core feminine arts in your life.

Now, the rubber is hitting the road in dynamics in relationship. And this is where you're going to get a lot of feedback, a lot of important feedback from men. And trust me, they are not dull, they're not lock-headed, they're not insensitive and in fact, men are super sensitive to the feminine. They're sensitive to us and our needs and they want to make us happy. And trust me they know when a woman is feminine in her energy. Again, they wouldn't -- not necessarily have words to describe it, but they will really see it when you turn up like this.

This being in which -- think of it like a vacuum. When you be, you allow this vacuum of life to come back into you. You allow yourself to receive back from all of your love and your caring and your efforts. You get to do that and this is something we call out breath, right, that we speak about in the pathway feminine intensive. You have to create a lot of space for out breath in the feminine. And this receiving of the tide back into you is a way to do that, okay, this receptivity.

Now we're going to be talking about sensual feminine embodiment and a lot more about this moving more -- moving forward, okay. So, there's a lot about how you create this receptivity in your energy in your body and in your body language and we will get to that.

But I want you to just feel my words right now because remember, your feminine emergence or I should say, reemergence, is because I am talking to things inside of you that already know a lot of this. And it goes, "Yes, I know that, I know that." But we don't want to be just to know that from here. We want it to be, "Oh, I didn't know that I feel that inside myself." "Oh, that's just so juicy, my body, my energy, my feminine knows these things and she's ready to wake up and become alive." Right? And be loved and adored and cherished by the masculine.

Now, so much of what I'm going to talk about of course has a lot to do with primary relationships with a man, and yet so much of what you're going to learn works with men in general. Okay. It's just so beautiful.

So, this being -- this being attractive, receptive, this is like a pause awaiting, requires no words or justification. You don't necessarily have to say very much. In fact, you can just breathe and let the masculine force come toward you. And one of the things you're going to learn is the masculine has a lot to do with provision, provision being provided for. And that doesn't just mean amen or you're king, this is a provision by the divine. And if we don't create time and out breath and space, we don't get provided for by the divine masculine.

So, a few things to help you do that, which is our third topic today, which is how to soften, open and let go.

So, softening, or I want to call rounding things out, making things circular or rounded is a really important aspect to the feminine. So, I know when I go into men more than masculine, when I become directional, things become more like straight lines. The edges get kind of hardened or squared off.

So, one of the ways we can get back into our feminine is do things that brings circular motion back into our body, okay. Before I got on today, I did a little sexy dance break because I needed to feel my body be in circular fluid motion, okay, before I spoke to you today.

Now, another way that we learn how to do this and this is a big cultivation by the way as in to do this well, you have to cultivate your voice. So right now, I'm really in a very feminine voice. I'm more soft and fluid, even sometimes a little bit sing-songy. Now my voice is more feminine than a few minutes ago because I am directing and leading and teaching. So, there's a certain amount of masculine I need to bring. And see how I brought a bit more masculine back into my voice just then.

And let's go feminine again, more spaciousness, more fluidity, more softening. I really employed to practice this and to try this with men. They love the way our voice caresses them. We don't have to touch them to caress them with our voice. Similarly, a voice can actually block or push or attack somebody, right. We want to go into the fluid softening of our voice.

How to Soften, Open and Let Go

And the third way to soften, open and let go, I want to talk to you about is this concept of softening your resolve, softening your resolve. Now, I have had a saying for many, many years which was, if I'm in a fight or an argument with somebody, anybody, I would check in with myself and I'll ask myself, ***“Do I want to be right or do I want to be open?”*** And that's a question that you can ask yourself anytime.

For me, I want to be open more than I want to be right, need proving myself or my intelligence or my rightness on issue. Just isn't as important to me anymore. And you're going to learn some really important things about how to listen to men when they're speaking to you about certain things. And we don't need to do that with them. We don't need to prove our intelligence. They already know that you're brilliant and they adore you for your brilliance, by the way, so this is not about dumbing yourself down, no way. They will ask for your input. They will seek your counsel the more that you learn how to

receive, or listen, and sometimes have to soften your resolve, soften your stunts on something. Maybe you could go, maybe, maybe not, we'll see.

And the last thing I want to speak to you about with regard to letting go and softening and opening is look, I know how capable you are. The women that are attracted to work with me are smart, and savvy, and successful, and super capable. In fact, I would argue that you can probably do anything, right? You could be anything and you could do anything. And the kind of king that you want to be with, he's going to adore that in you, but we have to stop trying to prove that to them. They're going to work it out soon enough. You don't need to prove that to work to our king.

What I'm talking about is letting men in letting the masculine do more of the doing for you. I'll give you a little story. I think you all know that my father died by the time I was 13 years old. He was dying from age 10 to 13. Prior to that, my father was a medical doctor actually, but he was an incredible carpenter. He had a workshop and complete with every tool you can imagine. We also had yachts and so he used to work on the boats.

But he'd be in his workshops and I just adored my father. So I just hang around him and he will also ask me to hold things like hold the piece of wood for him while I was soaring it, or I would hang around in that workshop for hours and years, right? After my father died fondly enough, and then when I became an adult, so young adult and I started to have my own apartment, and I was working from a – working, et cetera, I realized, I could make anything and I could fix anything. I literally knew how to use any and every power tool out there.

And it's not like my father was handing them to me, it just got passed to me. And to this day, I can still fix anything. And in fact, I am actually a better maintenance person or builder than a lot of men. So, what have I had to learn to do?

Although I can do it, why not just let the men do it for me, because what do I have to prove? If he can do it, and he offers it, and it makes him really happy to provide for me, just let him do it, right? And for me, you know, try not to criticize, you know, try not to criticize or say it should be done better or worse, let him provide for you. Why do we always think that we have to prove that we're as manly as them?

There is no need for us to prove that we're as manly as them. They want to make you happy, they want to provide for you, your needs, they want to give to you, they want their masculine to come forward, and they want you to be able to receive it. All right, they really want to serve you. If there's one thing that I want to pass over this time, together, how much the masculine wants to serve the feminine in you. They are hungry for this, there are so few women out there that do turn up in the feminine.

We give to the masculine, by receiving.

Such an important concept.

In Review, what you've learned today is:

1. Masculine - Feminine Polarity in Relationships
2. How to Be Attractive
3. How to Soften, Open and Let Go

Now, head on over to the ***“Arise In Your Queen Facebook Page”*** and share **one key reflection** that you gained from the lesson today.

Great job and I'll see you in the next lesson **“Call In Your King”**