

# ATTRACTION CONTROL MONTHLY

*Volume 1*



**ShenWadeMedia**  
Because You Deserve Love

The background of the entire image is a close-up, high-resolution shot of a red fabric, possibly silk or satin, with deep, flowing folds and a visible weave texture. The lighting creates subtle gradients of red, from deep burgundy to a slightly brighter, more vibrant red, highlighting the contours of the fabric.

# ATTRACTION CONTROL

- M O N T H L Y -

Volume One:  
“Attraction Is Not Your Choice”

Attraction Control Monthly is a subscription program designed to teach women how to become more attractive to men, and how to attract a man for the long term.

As you probably already know, attraction is a very important element in relationships and in life. It determines whether you will be able to attract the man of your dreams, and also whether you will be able to keep that man. It can even make the difference between saving your marriage or seeing it collapse.

In this series we will share with you the best strategies and techniques for becoming the kind of feminine goddess men get hooked on. And we will show you the principles for achieving a passionate, long-lasting relationship that combines the best of both worlds: gut-level attraction and desire intertwined with a bond so solid that others will recognize you are destined to be lovers for life.

Every month, you will receive a new volume of ACM's life-changing ideas and exercises. So keep yourself subscribed, and learn the concepts and skills to create a passionate and exciting love life that other women can only dream about.



## ***The Bad Girl Notice***

Attraction Control Monthly is Copyright © 2012-2020 by Shen Wade Media Pty Ltd. This means that it is illegal to copy, distribute, or create derivative works from this book in whole or in part, or to contribute to the copying, distribution, or creation of derivative works of this book. As noted on our website, [TheFeminineWoman.com](http://TheFeminineWoman.com):

If you try to copy, steal, or distribute all or any part of this book or this web page without permission, we will have our attorney contact you and make you wish that you'd never had such a stupid idea in your life. Count on it. In purchasing this book, you agree to the following: You understand that the information contained on every page is an opinion, and should be used for personal entertainment purposes only. You are responsible for your own behavior, and none of this book is to be considered legal or personal advice.

Furthermore: All of the images in this series are also for entertainment purposes. Extreme care has been taken to make sure credit goes to the rightful owner; however, that may not always be possible. If any of these images belongs to you, please contact us and we will give you full credit.

We regularly and actively search the internet for people who violate our copyrights, and we expect you to abide by these rules. Now that we're finished with the bad girl notice, let's learn how to build and maintain attraction with a man...

# *Contents*

|  |    |
|--|----|
| Why Learn About Attraction?                      | 6  |
| Attraction Is Not His Choice                     | 16 |
| Attraction Is Never Logical                      | 25 |
| Attraction and His Commitment to You             | 31 |
| Attraction Is a Drive                            | 40 |
| You Cannot Stop Attraction                       | 44 |
| Attraction Affects Mind, Body and Soul           | 47 |
| We're Not Meant To Be in Long-Term Relationships | 50 |
| Relationships Are Counterintuitive               | 55 |
| The Two Factors in Attracting Men                | 59 |
| What Makes a Long-Term Relationship Work?        | 65 |
| The Differences That Build Attraction            | 74 |
| The Polarity of Masculine and Feminine           | 78 |
| Next Volume of ACM                               | 79 |

## **Why Learn About Attraction?**

Hey there. It's D. Shen and Renee here, and we want to congratulate you for joining us at Attraction Control Monthly, and welcome you. We're now going to embark on a journey together in which we'll teach you some of the world's most advanced concepts and strategies for creating attraction with men, and for building a relationship so passionate and committed that others will envy it. It's really been our pleasure to create this series, because we're excited for you to experience the transformation it will bring to your life. Enjoy — and keep in touch. We're eager to hear how ACM is helping you to attract and keep the devoted love you've always dreamed of. Having from a man

"I could have married Jess," said Troy, "but I would have been marrying her just to keep her happy. With Francis... I married her because she was endless. There was something about her that even after two years together, I knew I'd never get tired of her."

"And you love her, of course," said Renee.

"Oh — no question."

"Can I ask you something else?" Renee asked.

"Go ahead."

"Well, is Francis the perfect woman? Would you say that she's the perfect woman?"

"Not physically. Physically... to most guys, she'd probably be about a 6."

"Which is alright," said D. Shen.

"Yeah, because it wasn't that; turns out I couldn't care less about that. It was her eyes... her soul... I dun-no..."

"Do you mean to say that she was radiant and alive?" Renee asked.

"Exactly." Troy leaned in further, his whole body making his agreement obvious.

There was a pause. I still wanted to hear more.

Then he said, "She was endless." Again.

Renee laughed. "What do you mean?"

“Well, not only is she attractive, she just has the whole package. She’s free to be who she is, and every other woman got boring. .”

“Well, maybe for you — you’re a lawyer, with interesting thoughts and a dynamic personality on top of it.” “Yeah, maybe.” He shrugged. “But she had other men wanting to be with her, and give her a good life and future, you know? It wasn’t just me.”

Renee nodded. “Are you saying that Francis is so radiant because she doesn’t reject any part of herself, and is both dark and light in energy?”

“Yeah. I think that sounds about right. She just makes it easy for me to want to give her everything... without even asking. It just makes me happy to marry her, and give her attention. With my exes, all of that was hard; I didn’t want to give them attention. I was happier not committing to them, but I didn’t want to leave them.”

“Sounds like you’re in love with Francis. Still.”

“True.” He nodded and smiled. “Can’t deny that.”

We had this conversation with an old college friend of Renee’s a few years ago, but it’s stayed with us ever since for two reasons:



1) Troy made it clear that it was easy to choose his wife Francis, and  
2) He confirmed our idea that a woman is easier — in fact, irresistible — to commit to, when she accepts her own feminine energy enough that she can attract a man on an emotional level — and repeatedly attract him on an ongoing basis just by being her full self.

We met Francis at her wedding to Troy, and she confirmed the impression he had given us of how she conducts herself — with the grace that marks the type of woman men want to commit to. Francis makes attraction look easy.

In this series, we will delve deeply into what attraction is, how to keep it alive in your relationship, and how to have your man devoting himself to you emotionally — all by being deeply feminine, and by letting that feminine energy run through your body fully without detracting from your masculine energy (because a woman who has both energies is even higher value).

Here's what we believe: We believe that life without attraction isn't really a life. Life without attraction is like riding a bicycle with flat tires; something just isn't right because there's no "oomph" to it. Not only that, but life doesn't "flow" as easily, because you don't feel as alive as you could be.

“Life without attraction is like riding a bicycle with flat tires...”

After all, what naturally creates life? A man and a woman. It's the attraction that occurs between the masculine and the feminine, whether those energies are embodied by the man or the woman. So if you don't know how to ignite and build attraction with any man you want, then you will be missing out on life's most precious gifts. You might feel frustrated and lonely. And in this state, it's only too easy to make dangerous mistakes with a man you'd like a future with — because when we act from a place of loneliness with men, it comes out low value because it's essentially a form of value taking.

This is not to say that you can't express loneliness. What I'm saying is that acting from a genuine place in your body that calls you to do things because you feel 'there's not enough love to go around, I am lonely' is value-taking.

You can be a goddess by giving from the right place and mindset. You can be okay expressing loneliness, just as it is. As the feeling that 'of course life feels lonely sometimes.' Rather than 'but I'm lonely. I need company.'

Both are okay – it's just that one has the potential to take more value from a man.

The simplest truth that Renee discovered, through her own painful and embarrassing mistakes with men in the past, is that the difference between a woman men won't commit to, and one who can get almost any man to commit, is the ability to be OK with showing up as a high-value, feminine goddess. If you're already in a long-term relationship but don't know how to build and maintain attraction, then the passion and excitement in your relationship may naturally fizzle out. But you can definitely reconnect with the parts of you that will reignite the attraction and commitment from your man.

Without the ability to create attraction in your life, it can also become easy to feel deflated. But knowledge is power. And the more knowledge you have, the more power you have to make a better life for yourself. Feeling your own high value and knowing how attraction works exponentially expands both your confidence, and your options in men — regardless of your age.

High-value feminine energy exists no matter what your age. That's why it's valuable: It's timeless and infinite. But these days, society is

so focused on producing “capable” women that we don’t always get taught or encouraged to express that part of ourselves — and so we disown the powerful feminine woman we were born to be. And with ever more women entering what was traditionally a masculine work environment, the devaluation of femininity continues. Intent on competing with men and maximizing productivity, many women place their own inner femininity on the back burner (because, as noted earlier, femininity and feminine energy are not always congruent with the energy of the workplace). It’s little wonder that women are finding it increasingly difficult to attract really good men. But once you know how to trigger the emotional attraction that causes men to fall in love, and once a man is emotionally in love, that’s it.

“One and only” and “one of many” are the two categories that men naturally put women in when they are first attracted to them. If a man is in love with you emotionally, you will be his “one and only,” rather than “one of many.” And as this incredible goddess who knows how to ignite that spark with any man, you will have your pick of them.

What if you’re not 25 anymore? Well, haven’t you noticed that some men really like older women?

And haven't you noticed that a woman's attractiveness either deepens and widens with age, or shrinks with age? I mean regardless of your physical appearance.

If it was being 25 years old that matters, then Christian Bale's wife and Hugh Jackman's wife would be kicked to the sidewalk for being older than their successful and handsome husbands, wouldn't they?

If a man is in love with you emotionally, you will be his one and only, rather than one of many.

Many people, men and women, end up in boring relationships. Their attraction just peters out and dies. The truth, though, is that it doesn't have to. Not for you. But here's the problem we all have: Attraction is counterintuitive.

What does that even mean? It means that knowing how to build it is not something we arrive at through logic or reasoning. And most of us aren't taught the rules and mechanics of attraction; no one models how to build it with the opposite sex for us. So it's our pleasure to share with you the concepts and tools you'll need to become the high-value woman men want to devote themselves to.



First of all, let's get this straight: Being high value makes you incredibly attractive, and therefore gives you great power. Yet attraction itself is neither good nor bad. It is what it is, and can be used for good or evil. Attraction can be used to manipulate people and get them to do things they normally wouldn't do, or it can be used to create the most passionate, loving and lasting relationship imaginable.

Attraction is like money: Both are resources that can shape our lives. You can use money to help yourself or others, to create a brighter future for yourself or others, or you can use it to destroy lives and corrupt souls. It's what you do with money that makes you either good or bad, and the choice is up to you. The same goes for attraction. Having the skills to trigger attraction with men is like having the ability to withdraw an unlimited amount of cash any time you like from an ATM, without ever having to worry about security again.

A close-up photograph of lavender flower spikes against a warm, golden sunset background. The image is framed by a white decorative border with rounded corners and small circles at the corners.

What is life without  
that *spark*,  
that *passion*,  
and *attraction*?

## **Attraction Is Not His Choice**

"I prefer cool girls," Tim said. "They're just easier." He turned to look at Valerie.

"What, so you can't handle me?" Valerie said, feeling a storm brewing in her chest.

"Maybe. You just need a guy who can take good care of you. But that guy is not me."

Valerie opened her mouth to say something, then stopped herself. What am I supposed to say to this? She thought. Getting told I'm not the "cool type" is hard enough, never mind him finding any way he can to get rid of me.

"OK..." She said. It was all she could muster while wanting to yell in his face that he was a gutless jerk. She visualized raising her arms in the air in the middle of the café and roaring a bunch of insults at Tim. Weak-ass man, she thought. They had been together three months and this was all he could say — before blowing her off?! Tim looked out the window and stroked the bottom of his chin with one hand, forming repetitive V-shapes with his fingers.

"I guess I won't be seeing you anymore," she finally said.

"We can still be friends," he offered.

Valerie uttered a noise that sounded like "Pffft."

A long silence ensued.

"Why didn't you say what you wanted earlier?" She asked.

"I don't know. I just went along with it... It was fun."

"Even though I wasn't the cool girl you wanted?" She frowned, feeling she would burst out of her own skin with anger.

"Look, I don't know. We had fun. I just need somebody cool, and there are better guys out there for you. I can't give you what you want."

There's no use, Valerie thought. She could argue with him all she liked, but his mind was made up. "Cool girl"? What does that even mean? It seemed like a stupid thing to say to a woman. But at least this guy was talking to her, even if he was humiliating her at the same time — a horrible but preferable alternative to the disappearing acts the last two men had done.

Valerie, in the above scenario, is experiencing what a lot of us experience: a man letting her down softly, but painfully. It's not like men communicate much honestly early on, when the sparks are flying. They seem to go along with everything then, but when things get to the point where the woman wants more — they can start behaving strangely. Now, every man will be attracted to a different kind of woman. And some men aren't ready to commit. But wherever there is genuine commitment from a man, there is also one quality that is universal in the woman: She is attractive, meaning she creates attraction with the man through her high-value vulnerability and feminine energy.

If you ask a guy, "What do you want in a woman?" Most will respond with either a blank stare or a smart-ass joke. Often, however, even the deepest men will give you an answer that's based on logic — which may not match whom they fall in love with at all. This is because what a man thinks he wants in a woman is not necessarily what would make him feel emotional attraction — and enough of it that he would genuinely commit.

Attraction is an unstoppable force that pulls a man toward you, and makes him want to be with you emotionally.

Have you noticed that men sometimes go crazy over a woman



who isn't what you think of as the ideal? A woman may not be the classiest, the prettiest, or the best dressed — yet she still fills men with desire. Truth be told, this is a huge part of what men really want: a woman who makes them feel alive with the excitement that only attraction inspires. Attraction is an unstoppable force that pulls a man toward you, and makes him want to be with you emotionally.

You must be aware, however, that this is not something most men can articulate. (As we know, most men have a hard time articulating things altogether!) And most men do not know what they really want until she shows up in front of them. But when the right woman does appear, they are compelled to give her everything. Every woman has her own unique feminine energy. However, the freer a woman is in her own feminine nature — and the more trustworthy she is — the more likely she is to show up for men as the one and only (although there is a big cost associated with showing up this way, because women can feel pressured to compete with other women to be sexy and lusted after by men).

So what universal qualities or behaviors make a woman trustworthy?

- 1) Vulnerability — to him, and
- 2) Waiting to have sex until there is some sign that he is actually emotionally invested in her and willing to commit. The faster a woman has sex based on her own desire — without feeling how

committed a man really is to her — the less trustworthy she is to men as a whole.

Now, every woman wants sex at some point. So we need to work with our desire carefully, not allowing ourselves to be sexually vulnerable unless the man is genuine. You may want to have sex casually, with men you don't want a commitment from. But just consider that every opportunity comes with a cost, and in this case, the cost is that what we do with our bodies becomes habit — and how we show up to men becomes habit. So letting men in without their emotional care or commitment, especially if you do it frequently, can mean that you show up as one of many — just because our bodies send out the energy that we practice.

If we habitually inhabit this detached way of relating sexually to men, it will scare the good ones and may even repel the highly valuable, devoted men.

Devoted men do not want to be with sexually detached women because the offering can feel cheap — a de-valued version of devotional feminine energy and wildness. In fact, according to research in “Social Psychology and Human Sexuality: Essential Readings” (Roy F. Baumeister, ed. Psychology Press, 2001), women with high mate value are much less sexually accessible. Men also potentially sacrifice high-value options for committed relationship

through a reputation for being promiscuous, so it is not only women who make this sacrifice!

We need to work with our desire carefully, not allowing ourselves to be sexually vulnerable unless the man is genuine.

Now back to Valerie, who found out several months later that Tim had become engaged to a new woman, and was thrown into a maelstrom of hurt and jealousy. She poured her feelings out to her friend Georgia: "He said he wanted a cool girl. But this girl doesn't look cool. She looks just as high maintenance as any other woman!"

Georgia sighed. "A guy once said that to me. Remember Ed?"

"Yeah," said Valerie.

"Well, he didn't say it like Tim said it to you, but he did say that guys like cool girls. And when I finally got over Ed, I worked up the guts to ask my friend Rob what Ed meant by that. Rob was good, he said: 'The guy says he wants a cool girl, but he has no clue what he wants. A lot of men don't know. What he probably wanted was a girl he was madly in love with, who, you know, pulled him in to her, that kind of attraction.'"

"Riiiiight," said Valerie. "So what did you say?"

“Well, by then I was pretty much over Ed, but I guess he just meant that guys want to feel really attracted to a woman as well as love her.”

“Yeah. I guess that didn’t happen with Tim and me.”

“It’s OK, honey. Not all men are like Tim.”

What Valerie couldn’t work out intellectually in her dating life was that attraction isn’t logical — although she “knew,” at a gut level, that Tim couldn’t be talked into feeling more for her. A man either feels more for a woman — or he doesn’t. And the reality is that as nice as Valerie and Georgia might have been at that point in their lives, their energetic depth wasn’t enough to draw men in close with the emotional pull they long to feel.

We’ve all had this experience. Does showing up as the one and only mean that all men will want to commit to you? Not at all. In fact, showing up as high value can mean you eliminate or deflect more men faster — and realize, in the process, that you have to be emotionally willing to reject any man who offers you anything less than his total presence and at least 75 percent trustability. But showing up as the one and only will place you out of the one-of-many category, and get men falling in love more often than they fall in lust with you.

To be the one and only, you also have to be trustworthy in the eyes of a man — and you must be willing to settle for nothing less than a very trustworthy man, a rarity in itself. It's tempting to settle for less because we hate being alone. But the potential cost in time, and in hurt for you, is too great to do anything less.



**Remember this,  
a man will always act  
upon his emotions  
first, rational  
thoughts second.**



## **Attraction Is Never Logical**

The problem with attraction is that although we are perfectly capable of being logical, humans are not logical. Most of our day-to-day decisions are far from logical, and our feelings for people illustrate this. Attraction is not something we can control.

This is because we come wired with a certain nervous system and a brain comprised of three parts: the cerebral cortex, which is what separates us from other members of the animal kingdom; the paleomammalian brain, a set of interconnected structures known as the “limbic system”; and the brain stem, commonly called the “lizard brain.” The cortex enables us to perceive and to reason, and gives us the ability for language, abstract thinking and planning. The limbic system supports a number of functions including the flow of adrenaline, motivation and behavior, and also houses emotions and long-term memories.

But most important for our purpose is to understand that the lizard brain, the most primitive part of our nervous system, is responsible for instinctual behaviors involving aggression, dominance, territoriality and ritual displays. In other words: It governs instincts, and contains the pleasure center as well, so the lizard brain dictates many of our most important impulses — which we then label “decisions”!

It governs instincts, and contains the pleasure center as well, so the lizard brain dictates many of our most important impulses — which we then label “decisions”!

Here’s an everyday example: We know that chocolate isn’t good for us. It isn’t good for our blood-sugar levels, it isn’t good for our teeth, and it certainly isn’t good for keeping us fit and healthy. So why do so many of us still walk to the supermarket to spend our hard-earned money on a chocolate bar? Because our primal lizard brain has kicked in, and it knows that tasting that chocolate will be pleasurable. Even though we know logically that chocolate is bad news, because of the decision our lizard brain has already made, we simply act on our desire instead. In fact, sometimes our cortex pipes up and we find ourselves justifying why chocolate is beneficial to our health, or why we deserve to be eating it: It’s got anti-oxidants; it must be good for me! Yeah. Right. And gambling is also good for us because it raises our heart rate — just like exercise!

Can you see how illogical our lizard brain can be? And how it routinely leaves our thinking, feeling brains in the dust? So the point of all this is that we have far less control over ourselves than we’d like to think. And in reality, most of our behavior derives from the hardwired responses of our instinctive brain. Now, this doesn’t mean that we

don't have any influence over our actions; of course we do, or no one would ever have a satisfying relationship, a thriving business, or even a successful diet. But you need to understand that attraction is not a logical choice for any of us. It is a pre-programmed reaction within your primitive lizard brain — and within the brains of men when they are emotionally attracted and lusting after you.

So, since you really don't have much choice about who's attracted to whom, the best thing you can do is to show up in a manner that maximizes the potential for men to find you attractive in a way that inspires their commitment.

Begin by knowing that wanting to be attractive is not wrong. A lot of women reject this desire in themselves because it brings up emotions they don't want to feel, or emotions that don't feel safe — for example, the fear that they are not pretty or “woman” enough.

Next, think about a time when you felt incredibly attracted to a man (just imagine it if no one comes to mind). Imagine feeling that deep, gut-level attraction. It might have been someone for whom you shouldn't have felt that way, but who cares, no one is going to know, so just feel that attraction pulsating through your body.

What happened? You probably had an instant response. You may

have locked eyes with him, you may have looked at him and then looked away. You may have felt overwhelmed by his presence. Maybe the world seemed to stop when you saw him. Regardless of what you did or didn't do, this process of noticing him began without your making any decisions.

Your instant response, even if he was a bad boy, wasn't a thought like, Oh my goodness, I choose not to be attracted to this man because he's probably a douchebag, he clearly wouldn't treat me very well, and he almost certainly wouldn't make a great partner for me. And even if you never had any relationship with him, that initial trigger for attraction was there. You can't choose it. Your feeling of attraction comes first, and your logical thought follows — although sometimes it can take quite a while to catch up!

What you need to remember is that it works the same way for men — and not just with sexual attraction. We know you've had men wanting to have sex with you. And almost any woman can trigger a man's sexual desire, even if you don't consider her good-looking. But the type of attraction we are showing you how to inspire in men is deep and emotional, and when they feel it, the same illogical thing happens to them. Falling in love, or romantic love, makes men do crazy things for you that their buddies would laugh at them for. And they have no control over doing those things for you!



The power of attraction is also one reason (but by no means the sole reason!) That many women get themselves into a toxic relationship with a bad boy. Women are sexually driven toward men who present as the fastest and strongest providers, even if we know logically that they aren't capable of committing, or capable of committing to us because they don't share our feelings. Once we're in this kind of situation, we tend to make up a relationship in our heads. Then we justify all his shortcomings because we feel so attracted to him, and he's so "exciting" — even if he never keeps his promises, is arrogant, cocky and inconsiderate to us, or treats us like dirt on his shoes — all the while saying, "Oh, but I love him..." Or, "Oh, but... He's so hot."

By the time we realize and arrive at a more logical place in our mind, perhaps through a friend or even our-selves, we've already gotten ourselves caught up in a web of steamy attraction! And because we have three different brains, we can feel a lot of conflict. We want a man who is safe, yet also makes us feel excitement and variety. We don't want to be bored, right? Yet, we also don't want a man who will just get up and leave us with no warning.

Well, there actually are men who combine these attributes, and they're around more than you allow yourself to believe. But they're not easy to find unless you understand how attraction works, and how it can serve you to get what you want.

*It is our primitive brain that  
is responsible for attraction...  
It's meant to be illogical,  
and it doesn't always make  
logical sense.*





## **Attraction and His Commitment to You**

Attraction is the No. 1 factor in getting a man to commit to you. That's right. If you want a man to give you his whole heart and have it be his choice, if you want him to commit to you — whether it's his attention, his time, his energy or his money — then you must first have attraction in the relationship. It's like what Georgia's friend Rob said: Guys want a girl who makes them feel “pulled in to her.” This is especially true if you ever want your man to propose to you. He needs to feel that pull of deep attraction.

What is this pull? The pull is radiance. The pull is dark feminine energy. As well as light feminine energy. We will discuss dark and light in depth in future volumes.

Radiance is opening in your truest self, which shows when you relax your breath and breathe deeply into your belly. This allows your natural, authentic feminine energy to show up. This full expression of yourself — when you are unafraid to be open, and to feel your genuine feelings without fear that it will make you look bad, or not like the cool girl — is what produces the pull for men. It's a mind-bending paradox: The only thing preventing you from being a cool girl is trying to be cool!

A lot of women, like Valerie, try to be cool. But this is a case of suppression — suppression of their soft vulnerability and wild femininity (sometimes it's become so second nature that they don't even realize they're suppressing it anymore). But this energy will bubble up again when we dig — or relax — through our fears that we won't be consistent with our identity if we are more authentic. For example, if we feel anxious about “inconveniencing” anyone else, or compelled to be kind, so we won't hurt others, then we will act according to that identity rather than allowing our radiance to shine through. As self-help guru Tony Robbins says: “Humans have a very strong need to stay consistent with their identity.”

D. Shen and I are here to help you bring a trustworthy man into your life while you open further into your natural state. To do that, you surprisingly also have to acknowledge, love and respect the surface identity you try to keep. It has served you very well in many ways. But most of the time, it won't serve you with men and dating, because your identity is a shell and it was developed very early on, when you had to find a safe way to get your parents' love, but before you were old enough to consider men romantically.

Let's be more honest and authentic now. We want to go deeper, beneath your surface layers of identity and the personality you feel safe adhering to most of the time. We want to ask you:

- Isn't it true that having no commitment from a man feels scary? You may know from past experience that it can feel unsafe and insecure...
- While dating casually might be fun, isn't it true that being with a man who lovingly strokes you... takes you to a sexual and spiritual place you can't go by yourself... and makes you cry with pleasure and gratitude... would make you feel ecstatically alive?
- And, although you can take care of yourself and make your own decisions, isn't it true that a man who could help guide you to more efficient and enlightened decisions in your life, while loving and caring for you, would make you feel a level of trust and surrender beyond your comfort zone? But that in surrendering beyond your comfort zone, in total trust of him as a masculine man — you would feel like he had given you a beautiful gift you'd never been able to feel before?
- Isn't it true that it's nice to have a man who makes you swoon when he walks into the room?
- Isn't it true that doing everything alone, without someone who loves you deeply, feels scary?
- Isn't it true that deep inside your body, you have an innocent and genuine craving for a trustworthy man?

These feelings are scary. They're why we settle for showing up as one of many. These feelings are why it feels safer to close ourselves off to a man, not letting him see that he might have hurt us.

We want to be the "good" person we identify as. But by being good, we are being cruel: We deprive our-selves of nothing less than perfect trust, surrender and love with a man; and we deprive him of the surrender and trust that inspires him and turns him on. Instead, we settle for weak men we can boss around, or men we can please to stay safe. Or, should we be lucky enough to have a good man (even if he is not 100 percent trustworthy), we deny him the spiritual and sexual bliss of experiencing a woman who is willing to try trusting him.

So, choose a man that you trust 75 percent and inspire him to become more trustworthy by giving him your loving trust — which is the gift of your vulnerability. Or, just choose a loser you really can't really trust so that you stay safe, and never have to trust anyone more than you trust yourself.

If we had to tell you one thing we've learned in the many years we've been together & everything we've been through, it's that true commitment from a man doesn't come easily. D. Shen was even the commitment type. But before D. Shen became deeply devoted to me, I really had to surrender myself to trusting him beyond what was comfortable.

If I hadn't have done that, if he hadn't tried to break down my walls and if I didn't choose to gradually let him more and more, there would have been no commitment. He would have pushed to no end for me to stop putting walls up, or he would have left.

Now, if you're just dating a man, how can you show that trust?

You begin by sitting across the table from him on a dinner date, and when he looks away and loses presence with you, show in your face and eyes that his actions made you feel sad. When he looks back again, you summon the fluidity and grace to smile or give a bodily responsiveness to him when he does give you his full presence.

For example, it could be a deep sigh of relief. Or it could be that when he says; 'oh what?' When you look sad, that you say, 'oh it's okay now.'

And so on and so forth... It's a game we play continuously: You demand nothing less than his full and undivided attention, since you're opening yourself to him with your feelings. And if he doesn't really care about you — you move on, knowing that the gift of your trust will find, and be given to the best man for you.

Don't forget that by doing this you are helping him and you are helping the world. The world WANTS more present men. And one

way that men become more present is by having courageous and responsive women teaching them to be.

Now is the moment that you choose to trust and surrender.

This is high value to a man who will commit to you. You don't have to trust a man all out, stupidly — not at all! All we are asking you to do is trust a little bit beyond your comfort zone, which, little by little, will expand. In time, the right man, the one who is strong and masculine, will sense your willingness to give your trust and see it as value.

Remember Rob? Well, this is what it means to pull a man in. Don't be afraid to show a little hurt or sadness. Anything less, and you are losing an opportunity to be with a committed man.

Here's what's true about men when it comes to committing to you: As much as we all like to think that we are pure, virtuous saints inside... on a regular basis in our day-to-day lives, we find ourselves asking, in one way or another: "What's in it for me?" What's in it for the good men is your trust and your vulnerability. This is value — and so is your feminine energy, of course.

Does it seem unfair (because it's hard for you) that men want your vulnerability? Well... If you were going to buy yourself something,

from lunch to a new apartment, wouldn't you be asking, What's in it for me? And is it worth the cost?

For a man to want to commit in a relationship with you, he would also like to know what's in it for him. Again — don't forget! — weak men won't see vulnerability and trust as value; they'll run from it because they're not ready for that. The kind of energy they want is that of “easy” women who satisfy only their impulsive desires — these impulsive desires being desires for a quick ego boost (avoiding having to feel their own fear), or just an impulsive, opportunistic sexual desire. Never forget that men are opportunistic sexual-ly, moreso than most women.

What about the strong and masculine man, who is ready to commit? If he feels that what he'll get in return is not worth his commitment, then he simply won't commit in the first place. Why would he bother? So then the question becomes what he perceives as valuable. What, in a man's mind, is going to be worth enough that he will commit naturally? The answer is attraction. A strong attraction will always bring a man straight back to you.

You see, if you were to view a man's world through his eyes, you'd see that his day-to-day existence is dead compared to the excitement and purpose he could have with you. You can fill up his heart with



the radiant gifts that emanate from your true, feminine core — all of which involve being more of yourself. You and your feminine energy make a man feel alive, and give him that spark he can't supply for himself.

Remember our friend Troy? Remember how he said that he would have committed to keep his exes happy — but that when he met Francis, he fell in love... and that everything his past girlfriends had wanted from him, everything he'd been reluctant to give them, was easy to give to Francis? "She was endless," he said. And because she gifted him with her feminine energy — her ability to freely express all the parts of herself — Troy didn't feel trapped with her. Francis offered him the unapologetic dark and light feminine energy of her true self, and made him feel alive as none of his exes had. Ultimately, there is nothing more valuable to a man, and that's what will inspire him to enter into a deeply committed relationship.

True emotional commitment  
from men, comes as a result of a  
*depth of attraction*  
*and connection*  
not compatibility or time  
spent together.



## **Attraction Is a Drive**

Think about “Drive” with Ryan Gosling, “A Man Apart” with Vin Diesel, or “The Notebook.” Each of these movies pulled in enormous amounts of money from audiences because men indulge in that fantasy of being pulled in too. They want that. So if you’re thinking it’s women who need this fantasy, not men — step outside your own mind for a moment. The last time we checked the Facebook fan page for “The Notebook,” roughly half the fans were male!

You see, too many women still think that sex is pretty much all that men want, and that withholding sex until marriage will make them commit. This idea may seem logical to some extent, but there’s a huge problem with it: It originated centuries ago, when sex was a taboo that wasn’t talked about much, and birth control was known as “abstinence.” Sex has lost its value in the last 100 years. And in the 21st century, sex is everywhere and sex is cheap.

It’s on billboards, it’s on television, & it’s everywhere on the internet. And if you’re anywhere near civilization, you can’t go even a day without seeing or hearing something sexually suggestive. Research has shown that on average, each of us is exposed to more than 10,000 marketing messages every single day... so that we, as a society, have really become desensitized to these sexually oriented suggestions and references.

It is no longer commonplace for a man and woman to wait until marriage to have sex. Teenagers are having sex at younger and younger ages. And although prostitution has always been known as “the world’s oldest profession,” a whole new industry called “sex tourism” has emerged relatively recently, in which people travel to find sex in places where their currency is worth more, so that they can lure needy and vulnerable locals in. The porn industry is even one of the driving forces behind the development of broadband technology!

Our point: Most men can get sex readily at a very cheap price. It is no longer a mystery nor a rarity. And although they will still try to get it from you, that doesn’t mean they will call you again afterwards — simply because sex in itself is no longer worth as much as it once was. Yet attraction, emotional attraction — the kind you see in “The Notebook” — is. And the movie’s female lead, Allie, is a good example of the kind of woman who inspires it.

Remember: Whatever is commonplace is cheap. Whatever is rare is highly valued, or even treasured.

Attraction, true attraction, is rare — and so it is valued. Sex won’t inspire most men to commit, but you cannot buy attraction and you cannot trade for it. You cannot go watch TV to feel true attraction.

You could be the richest person on Earth and feel no attraction and a lack of attractiveness. And this is why attraction has maintained its intrinsic value, and why it is an integral part of the commitment process in any relationship.

In fact, deep attraction in itself, without sex, is enough to drive a man to want to commit to you. That is the very nature of romantic love. Sex with that person is nice, but you just want to be with that person. Some-times, having sex with them can even feel cheap by comparison. A good example of this is what happened when Ryan Phillippe's character finally got the chance to sleep with Reese Witherspoon's in "Cruel Intentions." He didn't want to anymore, because it cheapened the emotional attraction their relationship had developed.

This movie is popular for a reason: It relates to people. And people relate to it. It's not just a movie; don't ever let people tell you that, because it's not true. Movies are made because people relate to them — and because they are inspired by stories like these. Here's what is true: Most of the people who complain that this kind of movie is "unrealistic" will never find true love and commitment — because they don't believe, and aren't willing to be the women who inspire that kind of devotion. But it does exist. We promise.





TO INSPIRE A DEEP SENSE OF  
NATURAL COMMITMENT FROM  
MEN, IT'S IMPORTANT TO  
CREATE AND MAINTAIN THE  
*attraction & connection*  
WITHIN THE RELATIONSHIP.



## **You Cannot Stop Attraction**

Have you ever had a moment in your life when you started to feel attraction for someone... and knew you shouldn't, but couldn't stop yourself? It wasn't right for whatever reason, but it was like you were on this roller coaster with no exit, and you couldn't stop the feelings that were burgeoning inside you, even if you tried? This is because you cannot stop attraction. The best thing you can do is ride it out.

Here's why: Attraction is an automatic and complex response initiated and experienced by your body, mind and soul. And once the process begins, it is very difficult to stop. Logic, as noted, has little sway, and will-power won't work. It's like trying to stop a steam engine in its tracks as it's gaining speed and momentum.

This is why you have to keep and maintain the attraction in the relationships you do want. If your man has started to feel deep attraction for someone else, then it is almost inevitable that your relationship will suffer dire consequences. And one of the only ways to prevent that from ever happening is if you already have a strong sense of attraction in your relationship.

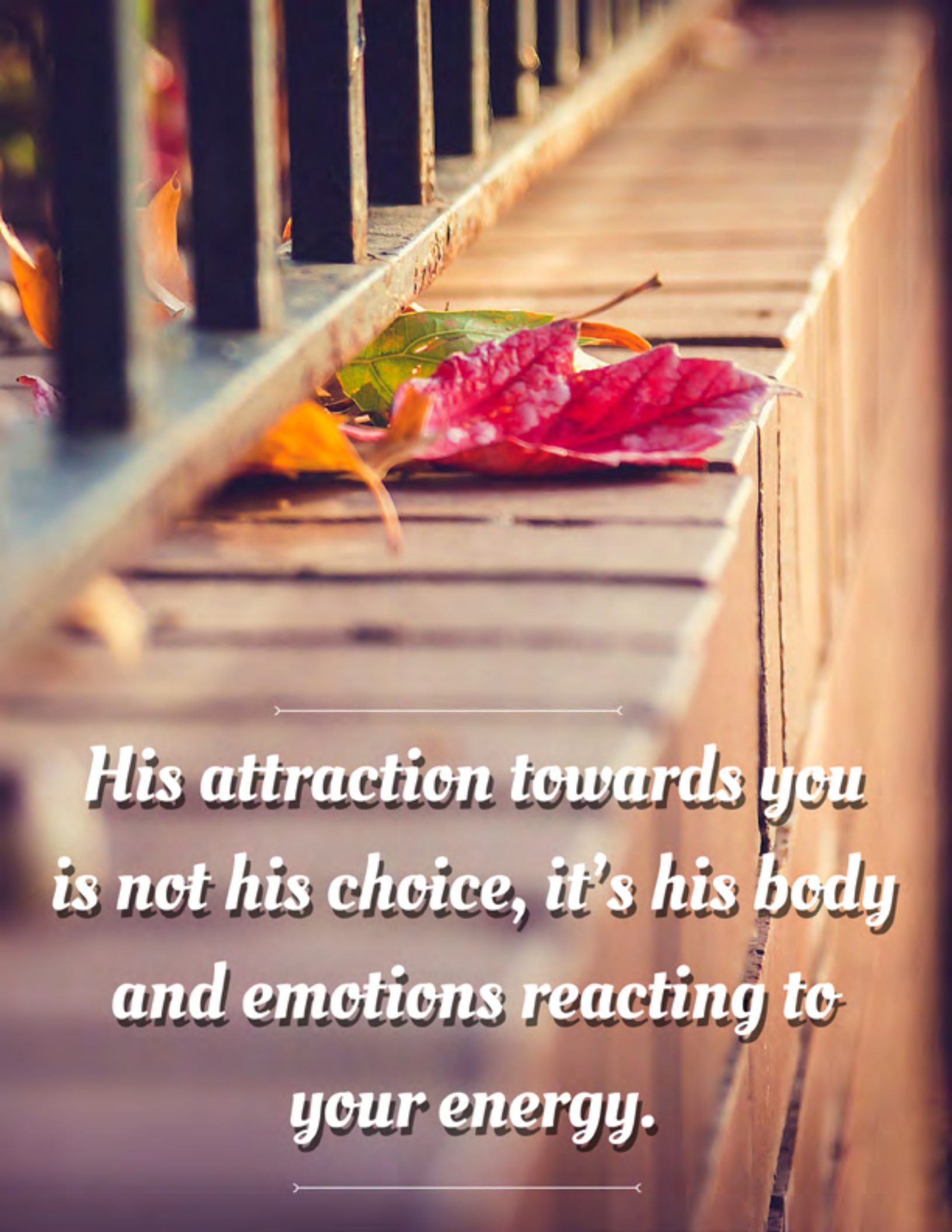
Have you ever worried that he would cheat on you? Have you ever kept yourself awake at night wondering if he is dreaming of being



with another woman? Well, if you really do have that strong attraction in your relationship, then it is difficult — if not impossible — for your man to feel attraction for anyone else. Nor will he look for it. You see, men are far more idealistic than women are. Research by anthropologists has shown that women are far more pragmatic than men in relationships.

This means that when we show up as the one and only, rather than one of many, he will idealize us. Men are likely to feel emotional attraction as well as lust for their one and only — but the attraction is simply not strong and deep enough for one of many to warrant his devoting everything to her. (And if one man wants to be in a relationship with a woman, thousands of other men will almost certainly also crave that woman. Emotionally. That woman is the type of woman men call their one and only.)

Research also shows that people fall in love at all ages, from small children to senior citizens. Falling in love is nothing to do with your age.

A photograph of a wooden walkway or bridge with a railing, featuring several autumn leaves in shades of red, orange, and green scattered on the surface. The scene is captured in a warm, golden light, suggesting a sunset or sunrise. The text is overlaid on the lower half of the image.

***His attraction towards you  
is not his choice, it's his body  
and emotions reacting to  
your energy.***

## **Attraction Affects Mind, Body and Soul**

If you think that attraction occurs only in your mind, then you are definitely missing out on the whole picture. Attraction is a complex cascade of physical, hormonal and experiential changes. Under its influence, your body will be producing different hormones and biochemicals, and it will even bring more blood to certain areas. Your mood will be different. And you will see life through a different lens, a different set of filters.

Scientists have discovered that men and women in love naturally produce a staggering amount of dopamine (an excitement chemical), serotonin (a happiness chemical) and oxytocin (a feeling-loved chemical) in the brain and body. So attraction is an experience you feel throughout your entire being. It affects your mood, your emotions and your body. In fact, science has shown that people are apt to make drastically different life decisions if they are feeling a strong sense of attraction; both men and women tend to take more risks when they're in this state.

People are apt to make drastically different life decisions if they are feeling a strong sense of attraction; both men and women tend to take more risks when they're in this state.

Scientists have also discovered that attraction begins within the first .05 seconds of initial contact. That's one-twentieth of a second. Talk about a first impression! When it comes to attraction, the first impression really may be the most important. And as they say: You don't get a second chance to make a good first impression!

A man will already have sussed you out way before you've even had a chance to say hello. By then, he's already made his first and most important judgment of your attractiveness and your energy. And your energy — for example, if you show up as one of many, but also your willingness to let all different types of energy show up as you trust him more — is crucial for getting to a serious relationship.





If a man feels a deep gut level attraction for you, then he becomes completely fixated on you and forgets anything else.



## **We're Not Meant To Be in Long-Term Relationships**

We've talked briefly about the primal part of our brain and how it affects us in relationships. But have you ever wondered why most relationships just don't work out?

When we first started our search for answers, we had a lot of questions. We often wondered why it was that people didn't seem to stay together, or if they did, why they ended up more like friends than lovers. Or why they clearly stayed together because it felt safe and comfortable, not because they couldn't pull themselves away from each other if they wanted to. Why do people cheat? Why would that married man, with his wife walking right beside him, stare longingly at other women passing by while ignoring his wife? And why on earth do 80 percent of long-term relationships and marriages fail?

First of all, it's because most people don't have access to the information, understanding and tools they need to make their relationships lasting and blissful. We're never really taught how to be great lovers and long-term partners. But we also need to be given the secrets of attraction to make it work, because we're not actually constituted to be in long-term relationships; our instinctive

brain was designed to create attraction that would last through procreation. Or as anthropologist Helen Fisher explained, romantic love was designed to last as long as it would take for a man and a woman to come together, fall in love, make a baby and raise that child through infancy.

Beyond that child rearing time frame; we need to grow and evolve in our skills, knowledge and courage to-wards relationship. That's what we are here together for.

We're not actually constituted to be in long-term relationships; our instinctive brain was designed to create attraction that would last through procreation.

So we have three levels of brain matter, but we are driven primarily by our instincts, and those aren't designed for long-term relationships — nor happiness. As Einstein once noted, most people need only their brain stem to function. We have evolved from reptiles, and reptiles don't have spiritual beliefs. They operate on the most basic level there is. (Are you getting the picture of why relationships are so difficult for most of us? Can you see why it's rare even to have a relationship work out?) The great thing about human evolution is that we've developed a spiritual side, allowing us to have compassion and connection, fulfilling friendships and relationships — if we desire them enough.



These days, we are living much longer than our ancestors. When we were cave dwellers, we lived for 15 to 20 years. In the 1700s and 1800s, we only lived to 35. That's not too long ago, is it? With that relatively short lifespan, it was OK that the initial stages of chemistry lasted only, say, three to nine months. Now, however, we are living into our 80s, 90s and beyond. Never in human history have we had the potential to enjoy such long-term relationships! But we must realize that to make them happen takes understanding and care, and, most of all, the secrets we are giving you here to create that lasting relationship with a man.

These are secrets your teachers and friends didn't have to share with you, secrets your female competitors — (and there are many competing for a man who is willing to commit, and even more through online dating sites) — would love to know. It has never been more important to get the edge and to own the game of attraction with men — so that you don't wind up, for example, cycling through men who pursue you intensely for three months, then suddenly disappear.

If you want to be in a long-term relationship with man, then it is important to understand that there are two major focuses in a relationship: the attraction side of things, and the relationship side

(attraction and connection). Back in the cave days, there was no such thing as a long-term relationship because people weren't around long enough to have them. Yet a lot of our attraction mechanisms emerged and developed from those early times.

So how can we use our primitive attraction mechanisms to make our lives and our relationships passionate, as opposed to causing misunderstandings, jealousy and other negative feelings? How can we have a great relationship in this 21st-century world while also fulfilling our animal instincts?

What feels intuitive, what  
feels comfortable will  
almost always destroy the  
*attraction* in the long run.



## **Relationships Are Counterintuitive**

You probably hear — often! — that to succeed in relationships, you've got to “communicate.” This actually means very little. Nearly everything we communicate gets misunderstood, or doesn't even get through — despite the fact that we are talking and communicating constantly, day in and day out. And if communicating means talking, then it certainly is not the answer to a great relationship. Talking alone will never make a relationship better; you need to communicate at the same time that you are building attraction.

The truth is that being able to find and maintain a loving relationship in which the passion and love increase over time (yes, we said increase) is counterintuitive. In relationships, what is intuitive is usually wrong and harmful to the relationship. What does that mean?

It means that we just act on emotion, doing what feels intuitive and what is impulsive. And it's because of these emotions and intuitions that our relationships eventually lose their attraction and passion.

In relationships, what is intuitive is usually wrong and harmful to the relationship.

It is intuitive to be lazy and not exercise if you don't have to. It is intuitive to eat the most “comforting” food. And it's intuitive to do

what's comfortable and easy in a relationship. After all, we're creatures of comfort. Unfortunately, comfort will destroy our relationship and long-term happiness just as it will destroy our health.

It's intuitive to spend every waking moment with the one you love when the relationship has just started to kick off. However, spending every waking moment together is also the quickest way to kill the attraction and mystery in a relationship. It's like if you were to eat your favorite foods, every single day, for every single meal. You would get sick of them very quickly.

In a relationship with a man, especially in the initial one- to five-month period, we are very vulnerable to doing things intuitively, which ends up destroying our relationship with him altogether. As women, if we invest time in a man, we want to push for more commitment. It's natural... it's intuitive. And yet, this intuitive response can be deadly in the first few months, when a man is not mentally and emotionally where you are in the relationship.

Most of us make most of our decisions with men based on what seems intuitive. Think about it... What do you do when you've fallen in love and he stops calling you? Do you calmly think it through before making all the right decisions? Or do you worry and do something that just makes things worse? In the past, what have you done when

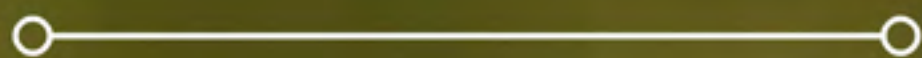
your man seemed to have done nothing right? Did you roll your eyes? Make him feel bad? Just get pissed off? Aren't these normal emotional responses? In doing any of them, though, you most likely made him feel negatively toward you, not necessarily toward his own behavior.

What do you do when you feel hurt? Or when you feel that you have been treated unfairly by a man? Your intuitive response may be to establish some fairness by getting angry... It may be doing more to try to please him... Or it may be you going to learned helplessness (learned helplessness is another way of saying that you zone out. Or check out from relating and holding eye contact).

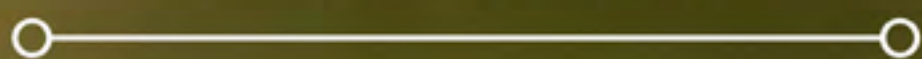
So – remember that almost all intuitive responses will destroy the attraction in a relationship if we don't talk about them or address them. And almost all intuitive responses will add to the cycle of toxicity and destruction in a relationship. So it's time for us to learn what is counterintuitive together.

If you have ever been told that you can't be passionate or in love forever, you've been lied to. And you've most likely been lied to by people who have never mastered their relationships or emotions, nor gotten out of themselves enough to experience true love, let alone believe in it.





Talking by itself doesn't create **better relationships**... working on ways to deepen the **attraction** and **connection** is the only way.





## **The Two Factors in Attracting Men**

When it comes to creating that deep attraction and desire in men, there are two important factors you need to embody. We've noticed over the years that women who have the most difficulty attracting men are also the ones who have neither of these two factors. These women find it hard to get a man's attention, let alone his attraction!

Now, there are literally hundreds of other ideas out there, online and freely available, that are supposed to get a man attracted to you. But you know what? Most of them are hit-or-miss, generic old rehashes like "Men like confident women!" Oh! Really?! Well, that is true, as far as it goes; we all know that we should be confident in order to become more attractive. We all get it intellectually. But that intellectual understanding just doesn't cut it. We believe what's really needed are strategies — in this example, to make that transition happen from low self-esteem to healthy self-worth and confidence — and not just contemplating the ideas in your head.

We've also noticed that with the information overload available in the last few years, women are confused about what they need to do to make attraction happen. There's a lot of conflicting advice out there. So we think it would be valuable to help you reduce all that clutter in your head, and simplify the whole process. We've thought about building attraction for a long time, and realized something

really fascinating: Everything that works in building attraction falls into one of two categories:

- 1) Showing up as a high-status, high-value woman, and
- 2) Showing up with feminine qualities and feminine energy.

If ever there was a secret to attracting men like bees to honey, this is it! So let's take a moment to explore the significance of these two factors.

Whether you like it or not, we live in a hierarchical world. There is always going to be a social order. We cannot escape it, no matter where we go. Why? It's because hierarchy is built into our nervous system through millions of years of evolution. In fact, every species of animal that lives in groups has hierarchies. Think about a group of monkeys; there are always alpha males all the other monkeys try to suck up to. Same with humans.

We know... there's a part of us that wishes we were all equal too, so we could just give love no matter what. And that's the human, spiritual side of us, but it's just not the whole truth. We cannot escape hierarchy. And if you want to test this... just enter a new group of people. Immediately you'll notice them checking you out to see where you fit in the hierarchy. You might even notice other women refusing to warm up to you until you prove that you are

trustworthy and care to connect with them.

So the best thing you can do for yourself is to show up as a high-status, high-value woman — because when you do, men will automatically be attracted to you. In fact, people will be more attracted to you. You will become magnetic to all others, because we all love to be around high-status people!

The best thing you can do for yourself is to show up as a high-status, high-value woman — because when you do, men will automatically be attracted to you.

Kim Kardashian and Paris Hilton may (or may not) show up as very intelligent women, but they never have any trouble attracting dates — simply because they obviously have social status. You may not necessarily want to be like them; that's up to you. However, you can use their example to gain the key to infinite devotion from a man by being your high-value, high-status and authentically feminine self. (This is why we follow, or even know about celebrities!)

When you don't take steps to show up as high-status and high-value... you inevitably become that human doormat both men and women walk all over. We've known quite a few women who found themselves in this boat, and it never has a pretty ending. There are, of course,

many fascinating ways to show up as a high-value, high-status woman (and that's a program in its own right). For now, we just want to touch on some of the most basic ways.

Half of showing that you are high value is your mindset, and the other half is your actions. When we talk about actions, some examples of what we'll be teaching you in future ACM volumes include pebbles, push-and-pull comments, negs, challenges and dares, et al.

The other half of creating attraction with men comes down to showing up as a feminine woman, and showing up with an overflowing sense of feminine energy. We believe that more and more, women today are losing touch with their own feminine essence. And yet, for deep attraction to happen, you need that more than anything else.

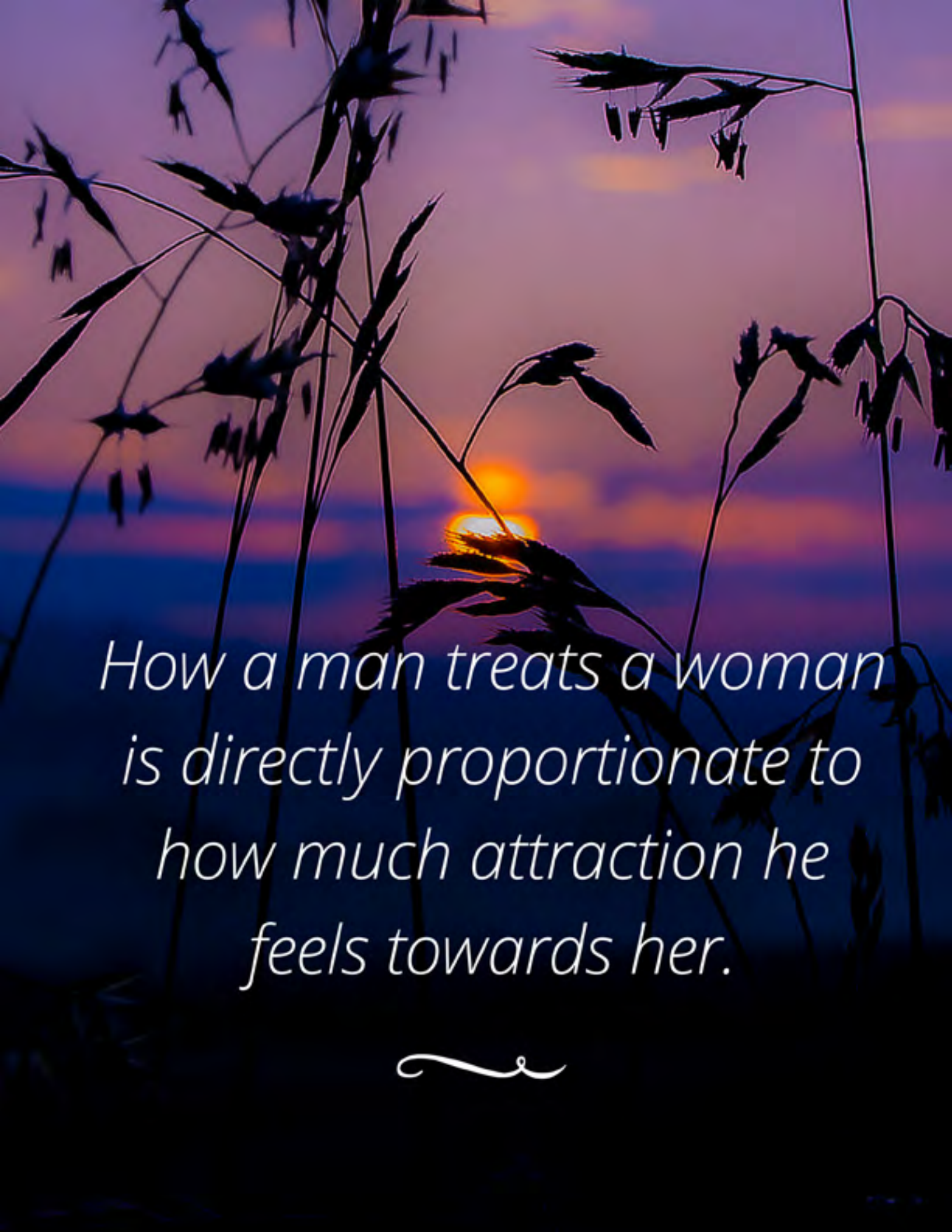
In a world where we value maximum productivity above all, what's happened is that we've overlooked and undervalued femininity. You see, femininity is naturally changeable, and therefore it can be a hindrance when your job is to be productive.

And by the way, you may have hated yourself for this inconsistency in the past! Think back to a moment like that when, for example, you said something you didn't mean even though you knew you didn't mean it... and then hated yourself for it. Well...

That was you rejecting your own femininity in order to be productive. The good news is that you probably got the job done; the bad news is that you pushed down that feminine part of yourself. So we're here to tell you that it's OK to let yourself be more inconsistent, and let that femininity surface. We always tell women, "Men will want you for sex, but it's your energy they will fall in love with!" This is the importance of the feminine energy.

And having it comes down to these two factors: Show up as a high-status, high-value woman; and show up as a feminine woman who exudes feminine energy.

To go in to HOW to show up as high value, high status takes a whole volume of ACM or more. The volume on how to do this will come straight to your email in the coming months.



*How a man treats a woman  
is directly proportionate to  
how much attraction he  
feels towards her.*





## **What Makes a Long-Term Relationship Work?**

It comes down to how much two people have in common. Commonality is generally what brings people together, and it's what makes a relationship work. Commonality with others makes people feel understood and safe. It makes them feel, whether they are consciously aware of it or not: They are just like me! And therefore it is safe to be around them.

For example, if your hometown is London, and you meet someone in your travels who is also from London, this creates a rapport and a bond that wouldn't normally be there. But most people have the idea that the more they have in common with a guy or a girl, the better their relationship is. It's a common misconception, and it's common because it's intuitive. It feels natural to gravitate toward people who are most like us, and it's intuitive to think that the more alike a man and a woman are, the happier they will be together in the long-term.

We hear it all the time: They should be happy together because they have so much in common! And commonalities are what give us certainty, and the feeling that we are safe, understood and loved. However, commonalities never equal passion. It's your differences that equal passion and create attraction.

Commonalities never equal passion.

It's your differences that equal passion and create attraction.

Renee sat down not long ago with a childhood friend, and they like to chat about relationships. Although they clearly have different values, they've known each other since they were 5. So they were talking about his relationship with his wife, and he was telling Renee the story of how they got together. Somehow they got on the subject of looks, and her friend came right out and said, "Yes, I know I could get prettier [than his wife], but I have a lot in common with Hannah [not her real name]."

His comment really made Renee think. She thought... a lot of things, among them: If I were his woman... well, I certainly wouldn't want to be, because I believe that we should all be with someone who thinks we are the best. But it's not even about how pretty Hannah is. Saying to a third party that you could get a prettier wife is a very blatant way of saying, "I know I can do better." So it's not only about the fact that he thought he could do better, and felt the need to tell me that, but also that the energy I got from the whole conversation was that he had settled.

And you know, in our time working with women, and studying human psychology as well as relationships — our greatest passion — we have learned that a lot of people settle. They settle for something they think will be safe, or they settle for less than what they'd really like because they don't think they can get (or deserve to get) any better. In the case of Renee's friend, the whole theme of their conversation was that he had settled for commonalities.

Sometimes we settle because we feel insecure, and commonalities feel safe to us. In fact, being with someone who has many things in common with you, but with whom you have little to no passion and attraction, is a good way to stay safe — and to feed your own cycle of insecurities! While commonalities are an absolute must for any relationship to work (and not just work, but thrive over time), there also have to be differences. And although Renee's friend and his wife also had theirs, our point is that too many people settle for relationships in which they have a lot in common with the other person, mistakenly believing this will fulfill them.

Too many people settle for relationships in which they have a lot in common with the other person, mistakenly believing this will fulfill them.

We are by no means discounting commonality. It's very important in a relationship, or else there would be misunderstandings, frustrations and fights the neighbors would hear. You may know a couple who fight constantly; there's literally no time for peace. You'd swear they'd break up at any moment... yet at the same time, they have so much passion between them that they can't keep their hands off each other. So they fight like crazy, and make love like crazy. It's almost as if the man and the woman are from two totally different worlds; they drive themselves nuts and spend long periods of time apart. Yet they have so much attraction and chemistry that they keep coming back to each other.

This can happen if there are no commonalities, and thus no understanding of each other. On the other hand, commonalities will never get you lifelong passion in a relationship. They'll get you friendship and companionship, and having your man as just your best friend and not your lover ends up feeling boring and lifeless.

Now, here's what happens in most intimate relationships. Have you ever heard people say: "The passion has gone"? We've even heard people talk about this as if it's to be expected: "Seven years together! What do you expect?"

Well, actually... you should not just expect the passion to dissipate, not if you understand how attraction works. Although it's natural for it to diminish at some point, even just at moments, if you put into practice what you are learning here, you should never have to expect a permanent loss of attraction. Settling for comfortable is a sign of mediocrity. It's a sign that you are not willing to get off your butt to actually live, and have the relationship you dream of... instead of just talking about it.

Settling for comfortable is a sign of mediocrity. It's a sign that you are not willing to get off your butt to actually live, and have the relationship you dream of...

So what kind of commonalities do you need to have with your partner? The most important ones are your values. You must share the same values for the relationship to work long term. For example: Your man loves to travel a lot, and this meets his need for variety. However, you prefer being a homebody. Is there a way to satisfy you both? What if you want children and he doesn't? What if he were to reject all the things that mean the most to you, whatever they may be? Some of these scenarios would certainly cause some clashes, because you don't value the same things.

We are not talking here about which movie to watch on a Saturday night. We're talking about important life values. Here's the thing: We can always compromise about the movie. But if it's about how many kids to have, or whether to have kids at all... that's a much bigger problem. So it's very important to have a similar set of values in order for a relationship to have a solid foundation from which to grow.

Here's a quick exercise to help you clarify your own values and your man's, if you are in a relationship. Please note: If you are not in a relationship, then think about an ex-partner. You will get clearer just by looking at your past relationship(s). If you can, write down your responses to these questions:

1. List these feelings in order of most to least important:

- a) Being happy \_\_\_\_\_
- b) Being secure \_\_\_\_\_
- c) Being free \_\_\_\_\_
- d) Being right \_\_\_\_\_

Contradictions are everywhere in life. To be human is to be a contradiction. We can't always be happy and right at the same time.



We can't always feel secure at the same time we feel free. But what we value more determines our actions and how we feel. So now that you've ordered the list for yourself, ask your man the same question. And if you are single — put yourself in your ex's shoes.

What's interesting is that, throughout life, we tend to make friends with people who tend to have the same values we do. Think, for just a moment, of someone you've known in the past and hated. Were their values different from yours? Would they answer this question very differently than you? On the other hand, think about someone you're fond of, a person with whom you really get along. Do you share similar values? Our guess is that you do.

2. List the following in order of importance:

- |   |    |
|---|----|
| A Being significant and important (in the world, to people, to have a legacy, to win self perceived-competitions) | 1. |
|   | 2. |
| B Being loved and accepted  | 3. |
| C Being adventurous   | 4. |
| D Being safe and comfortable  |    |

Again, you can see that this question really makes you think about what's most important to you. After you've put down your own answers, ask your man for his.

3. What are the three most important things in my life?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Once you're done, think about your man's answers to this question, and/or what your ex's would be.

4. If your house were burning down and you could only take three things with you, what would they be?

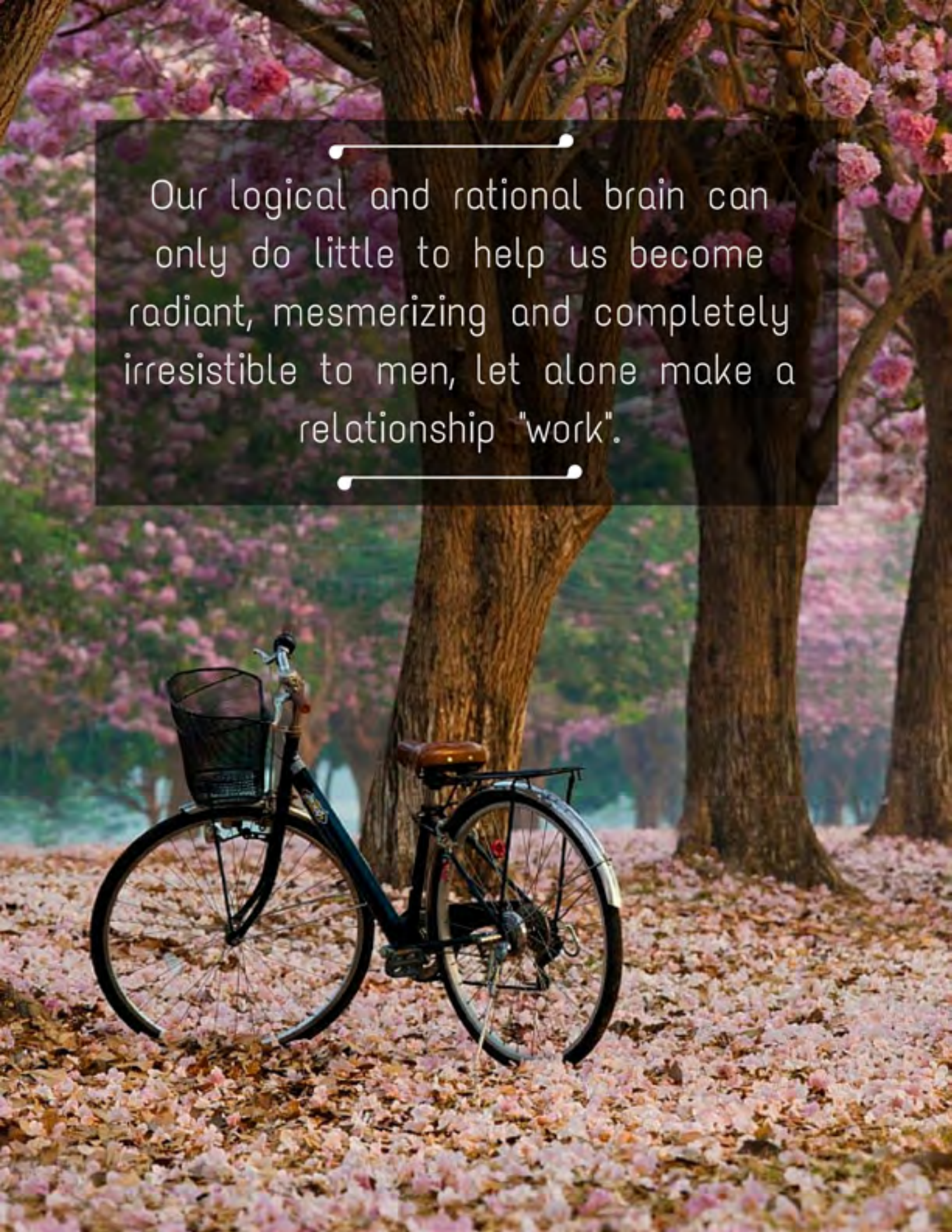
- |                         |          |
|-------------------------|----------|
| a) Your children        | 1. _____ |
| b) Your spouse or lover | 2. _____ |
| c) Your work or career  | 3. _____ |
| d) Yourself             |          |

5. List these from most important to least:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now you can probably imagine that the more values you share with someone, the more rapport you will have with each other. Remember that it's important to have at least some values aligned with your lover's, because a big difference in values will eventually, inevitably, break up a relationship.





Our logical and rational brain can only do little to help us become radiant, mesmerizing and completely irresistible to men, let alone make a relationship "work".



## **The Differences That Build Attraction**

So having things in common is great; it means that you won't have as many misunderstandings and disagreements. However... to produce all the juiciness of attraction, the sexual chemistry and passion, you need to have differences. And in order to build attraction, you need to recognize your differences and embrace them. So what do we mean by differences? Your femininity and his masculinity (which we will talk to you about in detail in future volumes of Attraction Control Monthly)... and the different roles that you fill — in life and in the relationship.

In order for a relationship to thrive, in order to have love and passion, you must have the same values but different roles — and the key place you must have different roles is in your relationship. Again, a relationship that is based more on commonalities than differences will have no passion. Too much in common kills passion. Think about it: There's an enormous difference between the role of best friends and the role of lovers. That difference is passion, and a sense of raw attraction. So it's imperative to understand that you and your man have very different roles in your relationship.

Here are a few questions to help you understand which roles you take and the differences in those roles:

1. Do you like and prefer leading others, or do you prefer to follow?

---

---

2. Do you prefer a challenge? Or do you prefer experiences that are nurturing, relaxing, and give you a feeling of connection with others?

---

---

3. Do you ask for directions when you're lost? Or do you prefer to figure it out for yourself?

---

---

4. Can you easily multitask, or do you prefer to focus on one thing at a time?

---

---

Of course, you need to compare your man's (or ex's) answers with your own. Remember, the more yours differ from his, the more different the roles you are taking on in your relationship with him. And the more different your roles, the more attraction there will be

in your relationship. This difference in roles is really the difference in your core polarity.

In the relationship between a man and a woman, polarity is the dance between the masculine energy and the feminine energy. And although having things in common is great, having different roles and different energies is essential to creating and maintaining long-term attraction. Now you can use the questions above to see your relationship from this perspective, and predict how it will play out.

If you want your relationship to last a long time, without fights and misunderstandings that last an eternity, then you need to focus on having the same common values. If you want your relationship to be filled with passion and attraction, then learn to show up in more feminine roles. (We'll explore these extensively in next month's volume of Attraction Control Monthly.)





○ — ○

Having a list of commonalities  
is great, but appreciating the  
differences, *that ignites the fire.*

○ — ○

## **The Polarity of Masculine and Feminine**

Men and women are designed differently. (Thanks for the news, Captain Obvious!) No, seriously, there are far more differences than you (or we) could possibly imagine. We're talking about physical differences, emotional differences, and psychological differences — and these are not due to social conditioning; they're innate!

In fact, scientists can now accurately predict a child's grades in mathematics by testing the amount of testosterone in the bloodstream... when the child is only a fetus in the womb! (The more testosterone, the better at math; the more estrogen and other feminine hormones, the better the child will be at languages and linguistics.) Yet another confirmation of the huge differences between masculinity and femininity.

Without these two forces, attraction would not be possible. It simply wouldn't exist. There would be no force that could attract or pull two people together in a passionate embrace. So if you want to learn how to draw from this source of attraction at will — then you have to understand polarity. You have to learn to show up in the roles that are more feminine, and therefore more attractive to the masculine energy. You don't have to be physically blessed, you just have to know when and how to tap into your own feminine energy.

## **Next Volume of ACM**

We hope you've enjoyed this month's Attraction Control Monthly. It has been a real pleasure for us putting it all together for you.

We have something very special for you next month in volume 2 of Attraction Control Monthly. We'll explain the origins of sexual polarity, and focus on the core differences between masculinity and femininity.

(This is something that is often misunderstood but very powerful once you understand it.)

When you know the secrets of polarity and becoming more feminine, you can use them to create attraction with any man, and men will automatically — without your even asking — adore you and yearn to be with you.

Think about Elizabeth Taylor, who always had men around her (and was married eight times) for a reason: that mysterious combination of feminine energy and being high value. Of course, the world we live in is very different from the world into which Elizabeth Taylor was born!

Back then, feminine energy was more encouraged (and expected) than it has been for the last 50 years — which means there's an even greater need for it now.

Understanding how to tap into your feminine energy in this day and age will no doubt make you stand out from other women.

So the second volume next month is called “Creating Attraction Using Femininity,” and in it you’ll learn more about how to unleash your own inner source of natural feminine energy to pull the best men close and closer, into relationship with you.

We’ll also discuss what contributes to your core feminine energy and what doesn’t, so that you can stop second-guessing yourself and begin radiating the self-confidence and magnetism of the goddess you were born to be.

That is all from us for this volume of Attraction Control Monthly.

So go out and practice what you’ve learned here, and we’ll see you again in our next issue in a month time.

Take care now, and we will talk real soon!

With lots of love and hugs.



Renee Wade and D.Shen  
[ShenWadeMedia.com](http://ShenWadeMedia.com)


# DO YOU KNOW WHAT THE COLLECTION OF UNSPOKEN YET *UNIVERSAL* FEELINGS, DESIRES AND FEARS IS *INSIDE OF EVERY MAN?*

If You Don't, How Would You Ever Become THE Woman to Get Through to Him?

Give us the next two weeks as we hold your hand and walk you through the inner workings of every single man.

[CLICK HERE TO LEARN MORE](#)






Do you know the one specific  
**EMOTIONAL TRIGGER**  
within every single man in this  
world that inspires him to want to  
**COMMIT**  
to one woman, want to  
**TAKE CARE OF HER**  
and  
**WORSHIP HER**  
**AND HER ONLY**

Learn what kind of woman men  
simply love to commit to,  
[CLICK HERE TO READ MORE](#)

**COMMITMENT  
CONTROL 2**

 **ShenWadeMedia**  
Because You Deserve Love



# THE SECRET CUBE

 ShenWadeMedia  
Because You Deserve Love



Imagine playing a **simple game**,  
that reveals his ***secret thoughts, feelings and desires...***  
... without him even knowing.

Limited Edition Members Only Program Inside The Library Portal



# HOW DO OTHER MEN AND WOMEN PERCEIVE YOU ON FACEBOOK?

**QUIZ TIME:** [click here](#) to find out if people  
perceive you as high value on Facebook



# HERE'S WHAT OUR READERS AND MEMBERS FEEL ABOUT OUR WORK

“

*I can't think of anything more to add... Everything I saw, or read was just wonderful! I want to say Thank you, and that I absolutely LOVE this program... I was interested, so I could keep my Husband interested in me forever ;)*

*We have a wonderful relationship, but I feel like it takes work to keep things going good. Anyhow, thanks again, and please tell Renee & David Thank you also!!!*

Sunshine Anderson

“

*I found Rene's articles quite informative and insightful and enjoyed reading them.*

*By the way, Australia is a beautiful country and I found the Aussies to be quite friendly and warm people. Thanks again and you stay awesome as well.*

Jessica

“

*Your heart and your ability to explain this is wonderful, Renee. Thank you. This is one of the videos that I will come back to, over and over again. I think I get something new every time I come back to listen to it.*

Loretta Sweat

*More Customer Testimonials on the next page >>*



# HERE'S WHAT OUR READERS AND MEMBERS FEEL ABOUT OUR WORK

“

*I am completely enjoying the videos and have listened to them over and over again as I seem to gain more knowledge from what is said. It's all really simple and logical but it does feel like a moment of clarity almost like a light bulb is switching on. Society has forced us to think everything is complicated.*

Iris Wolff

“

*So many other “relationship courses” and “learn about men” articles are about trickery and manipulation. I don't want that, and I love how this course comes from a sincere place of acceptance: if you learn how to make men happy, it will in turn allow them to make you happy. And that's what I want... nothing more, nothing tricky. Just to give and get passion, acceptance, and happiness in my relationship.*

Karen Dreisigacker

“

*Woop :)*

*Thank you so much for giving me the opportunity to purchase the bundle...truly grateful. I couldn't imagine interacting with men without buying this program and would love to buy more in the near distant future...*

*Much love and thank you to shen wade media content for helping me to turn my life around, there is nothing quite like it.*

Soul Transition

*More Customer Testimonials on the next page >>*



# HERE'S WHAT OUR READERS AND MEMBERS FEEL ABOUT OUR WORK

“

*I cannot tell you how grateful I am for this video. Since I've been single, I've had countless girlfriends tell me that I was "letting him use me" in this situation or that. The truth is—I was doing what I wanted to do! I don't regret a single minute.*

Lisa

“

*A real eye opener and it sums everything you would want to know about self progrsss and the dynamics of any relationship in clear easy steps. Thank you both for your efforts. This is not just the end of a programme but the beginning of an exciting journey. ^ \_ ^*

*I also wish you all the best with your relationship i hope it works out with the in laws. Keep us posted. :-)*

Reem

“

*You both have changed my life and you are both completely brilliant! I love seeing that you are doing exactly what you were put on this earth to do, so very special!!! My man is currently in the "withdraw" mode so this truly inspires me and gives me hope for the future.*

*When I first started your program I was scared of commitment myself, now I embrace it and know how important it is to relay what I have discovered to my man. The best is yet to come! Thank you!*

Kathy Teran



# About Renee

***Author, World Class Coach & Thought Leader on Femininity, Sexual Polarity and Intimate Relationships.***

What began as a journey out of incredible pain in her own past relationships with men, became a passion and a mission to help other women from across the world show up as higher value higher status women.

Renee is the founder of TheFeminineWoman.com, where she has become a catalyst for the femininity movement, inspiring & educating women to embrace their own feminine energy whilst keeping their strength and autonomy. The Feminine Woman has reached and impacted the lives of over 5 million women across the world, both in the most privileged areas, and the most underprivileged areas.

Through this process, she has advised and coached many well-known individuals and as well as a number of celebrities, newsreaders, politicians, lawyers, doctors and world class researchers.

Through her own struggles, Renee started to realise that everything starts from within. She understood that once the internal world was at the right place, things in the external world would take care of themselves. As a woman, if you can show up in a high value and high status way, then you have all the power when it comes to men. The confusion will slowly fade away, the insecurities will disappear.

So since those realisations, Renee has made it her mission to help and support women in their pursuit to reclaim their feminine essence, show up as a high value high status woman and feel empowered in their intimate relationships.

In Renee's private life, she's happily & passionately married and the loving mother of two beautiful children.





# About D. Shen

***Author, Coach, Thought Leader in the fields of Attraction, Gender Psychology, Commitment & Long Term Relationships.***

D. Shen is also the founder of [CommitmentTriggers.com](http://CommitmentTriggers.com) where he teaches women how to show up as high value high status, how to inspire a deep sense of emotional commitment from any man and create that healthy, passionate relationship we all crave.

Together with Renee, they founded Shen Wade Media, an online publishing company that offers coaching and training in the areas of attraction and love.

From very early on, D. Shen recognised a lack in the right education and training in the world when it comes to love, attraction, and long term relationships. There were plenty of self proclaimed experts but very few pieces of profound wisdom or insights.

How do we reconcile the fact that passion, happiness and security don't always fit within the same relationship framework? How do we overcome common issues such as men don't like to commit?

So for the past decade, he took it upon himself to research and figure out the science as well as the art of long term commitment, falling in love, and staying in love. He has consulted with and worked with leading authors, researchers and public authorities in order to create and shape better solutions, better education and better understanding.

D. Shen deeply believes that we all deserve love in this lifetime. He believes that every single one of us has the capacity to create that deep soulmate relationship that we all crave. Sometimes the only missing piece is the right awareness, education and skillset.

That's where he comes in.

# CONTACT US



**CLICK HERE to visit  
Commitment Triggers**

**Visit My Facebook Fanpage**



**CLICK HERE to visit  
The Feminine Woman**

**Visit My Facebook Fanpage**



**SHENWADEMEDIA HELPDESK**