

# ATTRACTION CONTROL INSIGHTS

Using Your Inner Femininity to Trigger Polarity with  
Men

With Leilla Blackwell



**Interview Introduction...**

**David Shen:** Hey, there! It's David Shen here.

**Renee Wade:** And Renee Wade. And welcome to another session of Attraction Control Insights, where we interview leading experts in the field of dating and relationships.

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**David Shen:** You see, here is the thing. In the many years that we've been teaching, coaching, and helping women, we realize that there's no faster way to make progress, than to have multiple perspectives from people who are the leaders of their field.

**Renee Wade:** Mm! And this is why we've found the best experts to share with us their knowledge and experience in finding love, triggering attraction, establishing that loyalty and trust, and frankly having the relationship that other people envy.

**David Shen:** So we really think you're going to enjoy this interview. I suggest you sit back, take some notes, and let's get started!

*(intro music)*

**Renee Wade:** Hey, everyone! It's Renee here. Today I have the privilege of interviewing Leilla Blackwell, who is a relationship speaker and coach, and who is a specialist in marriage education and divorce prevention. She provides strategic guidance for individuals and couples in attaining lasting love that is both passionate and fulfilling, through her private coaching, her events, and her website, [LeillaBlackwell.Com](http://LeillaBlackwell.Com). Now, what I love the most about Leilla, is that not only is she an example in her own life of having a lasting and passionate relationship with her man—in fact, it's a relationship that's lasted over two decades, now!—she's also helped and inspired others to do the same, for the last decade. What I love about Leila's work is that she is one of the rare people on this planet who actually understands the dynamics between the masculine and the feminine energy. A lot of experts talk about it, but not a lot of them understand it. This is especially important for women, because so many women these days find it so difficult to make the transition from the masculine workplace, to return to the feminine energy—because, you know, no matter what you look like or how smart you are, ultimately it is the feminine radiance and the feminine energy that is the most attractive and mesmerizing to men. And so, I'm so glad I have Leilla here today to help us and to share with us some of her knowledge and experience. So, Leilla, are you there?

**Leilla Blackwell:** I am, yes! That introduction was incredible, thank you.

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**Renee Wade:** Oh, thank you for being here. Thanks again for being with us. It really is my pleasure to have you here. Can you tell us a little bit about how you got started in this space of being a dating and relationship coach?

**Leilla Blackwell:** Yes, absolutely. Well, my husband and I both did not have the best role models for healthy relationships, growing up. Both our parents had multiple divorces, didn't have very good relationships, sometimes very volatile relationships, that weren't really great models for how we wanted to see our future. And, I know for myself, that meant that I was starting with a blank slate. I didn't have any pre-conceived ideas about what a great relationship would look like, so I went on a hunt for what that would be like. And, my husband and I, as I mentioned to you, have been together since I was high school. So, he was my high school sweetheart, we've been together—

**Renee Wade:** —a long time, yeah!

**Leilla Blackwell:** Absolutely. And, in trying to discover what makes a great family dynamic—which is really where my search started—I started working with families and working with parents on their parenting skills, and children on education. So, most of my professional life has been spent teaching people how to parent their children, and educating children. I quickly realized that there was a greater need, than teaching children how to read and write, and music, and all those things. I realize that the greater need was support, for families, by helping parents develop stronger relationships with each other. So that's kind of my inspiration, was to support the family unit. And then, as I started doing that more and more, I realized that it's a bigger issue than I could have even understood starting out. So my inspiration to do this work, has unfolded gradually thorough my experience with working with couples, and now I realize that the best place to start building healthy families and healthy futures— and a family could be simply a husband and wife together, whether they choose to have children or not—but building that healthy family unit starts from before a couple even becomes a couple.

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**Renee Wade:** Wow, that's such a beautiful motivation. Thanks for sharing that. I know you do a lot of personal coaching with women, so, what do you think are some of the biggest and most common issues that you see women have, when it comes to love and romance?

**Leilla Blackwell:** The biggest challenge that I think women have with love and romance is what you were talking about, earlier—is, making that transition between your work life and your home life. It is very difficult, and, honestly, I work with lots of women who don't have children, but I even work with lots of women who do have children, and who are stay-at-home moms, and not in the work force—and they have the same problem, believe it or not. You would think that being at home and being a mommy is a very simple place to be, but in reality, you spend a lot of your day being a drill sergeant, and telling people what to do, and being in charge, and people look to you to take care of them—and that's a very masculine place to be. So, even in those instances, I think all women, across the board, have that issue with flipping that switch, with who they're being in their daytime life, and who they'd like to be in their evening.

**Renee Wade:** Yeah, I guess regardless of whether you go to an office or not, it's getting into that space of masculinity that can be hard to get out of.

**Leilla Blackwell:** Yes, absolutely. 'Cause it's so productive! And people respond very quickly to it! *(laughs)*

**Renee Wade:** *(laughs)* Yes! Yeah, that's true, that's true. So can you tell us a bit about feminine energy, and why it's so powerful when it comes to dating and relationships with men?

**Leilla Blackwell:** Well, I think for women, we find that productive power in the masculine. But when we're in our masculine, basically, it has a utilitarian feature. That's basically where we go to, to get certain things done—not everything, but certain things done. And, being in the feminine is where our true power lies, because that's what's

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inherent in our bones. That's what comes from inside of our body. And, whether you are a man—

**Renee Wade:** It's in our biology.

**Leilla Blackwell:** It's in our biology, exactly. It's our build. And so, going to those places to lead an effective life, is where we find our power. And I just want to say that, whether it's for a man or a woman, your naturally inherent masculine or feminine energy is where you're going to find your power. So, just like women are losing their power because they're masculinizing themselves in order to be more socially acceptable—because, of course, our sensuality tends to not be as desirable in the work force or at PTA meetings the same thing—and the same for men. They are being de-masculinized because people are afraid of that intense masculine energy. So, it happens on both sides, and if men and women could give themselves permission to immerse themselves in that natural inherent energy that comes from within them rather than being socialized to the opposite pole— or to be basically neutral, is what it is— then our family life, our home life, our love lives, would be much more powerful—but so would our professional lives!

**Renee Wade:** Yeah, absolutely. You know, I'm really curious—you mentioned, there, the neutral energy, which I guess is showing up as more asexual or just unnatural to what you were born with. Do you have an opinion on what that shows up like, if you're more neutral rather than masculine or feminine?

**Leilla Blackwell:** Yes, absolutely. What that shows up, in a relationship dynamic—not necessarily in the work force, but in a personal and intimate relationship dynamic, is a pervasive politeness. So, it kind of shows up as a polite partnership. You know? What we all strive for is to have a passionate life with our partner, a passionate partnership, and when you have more neutrality going on because both people are shy of really entering into the fullness of their sensuality, their sexuality, their natural masculine or feminine energy—What happens is, they become more neutral, and then they're just more polite with each other. And they're a little more tolerant of each other. And, you

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could really live in a relationship like that, until death do you part, but it would kind of be a prison sentence.

**Renee Wade:** It would be, yeah. It's trapping the full expression of yourself.

**Leilla Blackwell:** Absolutely.

**Renee Wade:** Wow, thank you for sharing that. So, for a woman who's single, what would you recommend that she do to attract a good man—rather than attracting the types of men that she isn't really attracted to? So, the more feminine types of men—or, the overly apologetic types of men—that we don't find very attractive, as feminine women?

**Leilla Blackwell:** That's a great question, and it's a complicated one. It does depend on the specific woman and what exactly it is she's looking for, but because of the theme of your group, I would imagine that we're looking for feminine women who want a masculine man, right?

**Renee Wade:** Absolutely, yeah.

**Leilla Blackwell:** Okay. So, when you are a feminine woman that wants a masculine man, it is important that you really embody the type of woman that this type of man would be attracted to. What I mean by that is, because—especially when us as women, when we're single, we tend to take on the role of the man in our own life.

**Renee Wade:** We don't really have much of a choice, do we? I mean, somebody's got to take the lead, if...

**Leilla Blackwell:** Exactly. Someone has to take care of us, someone has to move us forward in life—someone, and so that tends to be us. A long time ago, it used to be we would still be at home with our fathers and our family, and our fathers would still play that role in our life, which would leave us able to still be feminine in our moment

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because we weren't necessarily fully responsible for ourselves. And it's not that being fully responsible for ourselves is a bad thing, it's very empowering to know that you can exist and move yourself through life on your own. The challenge with that is—is again, flipping that switch, with when you know you want to be in a relationship with a man—is making that transition, when you're with the man that's your potential mate? To be a feminine woman. And by that time, so many of us are out of practice for what that even looks like— we're so out of touch with what it is to be a feminine woman, and honestly, simply, it is that when you are with a man that you are attracted to, because he is a masculine man, is to allow yourself to be feminine. Allow yourself to smile, to be happy—

**Renee Wade:** Indecisive. *(laughs)*

**Leilla Blackwell:** Exactly, to be indecisive. To be superfluous. To be, you know, all of those unpredictable things that let him see the adventure that life could be with you.

**Renee Wade:** Wow. That's beautiful.

**Leilla Blackwell:** We're often so reserved and so controlled that they don't get to see that part of us. And, of course, I understand not feeling secure enough in a new situation, especially when you're just beginning with someone to be the fullest of yourself and to give it all over to that person. I completely understand that, and there is a delicate balance that happens there, so that you're not giving away your whole heart before you even know if this person is worthy of it. But it is important to step into the role, and if your goal is to be married—A priest once said to me that he has so many—'cause I often give presentations at churches—and he said to me that, he so often gets couples in front of him, who are engaged and planning their wedding, and they just want to be married. They both just want to be married—but they don't understand that what they're signing up for, is that the woman is not just getting a husband, she is becoming a wife. And the man is not just gaining a wife, he is becoming a husband. And that so many couples are coming to him not understanding that who they are is going to change, in this process of melding their lives with someone else. As a woman who has

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that as a goal for herself, it's important to be aware that ultimately there are parts of yourself that you will be giving over to another person.

**Renee Wade:** Do you have some examples of that?

**Leilla Blackwell:** Okay. For instance, I have an assessment online, and it basically goes through a lot of different feminine traits and masculine traits and allows the person to kind of pick and choose what they identify most closely with, to see how much in the feminine they live, and how much in the masculine they live. So, a single woman, who is living life on her own, may in her regular everyday life, be a little more neutral, because she does take on both roles. Now, because she falls into the habit of doing this, she starts to identify with it, which means she is less identified with her feminine even though it's not a conscious choice. And so, when she becomes involved with a man who will now take on the masculine role in her life, she ends up doing battle with him and competing with him to hold on to those masculine traits that she has—by habit, and through necessity—taken on. So, for instance, I know that there's kind of a warrior and queen dynamic that can go on in a relationship. But in a single woman, she needs to be her own warrior. But, she also needs to be the queen in her life or the goddess in her life, however she chooses to identify herself, and she needs to nurture and take care of herself in that role, as well, because she does have her own sense of what's going to make her happy. And, you know, the goddess in her wants to be taken care of, wants to be adored, wants to be cherished and nurtured by someone. And that would be her warrior. But when a man comes along, and wants to become her warrior, because she's already still in that warrior mode, she's playing that duality in her own life, it's difficult for her to lay down the gauntlet and allow him to pick it up. It can often be difficult for her to let go of some of the control that she has over her life, and the protective factors that she has put in place to keep her safe and to keep her happy, and to allow someone to come in and take that over. Someone who may come in and be her warrior, in a way that's different that she has been protecting herself.

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**Renee Wade:** Right. Okay, so, we're really going back to that idea that if you actually want to be married, you're going to have to allow yourself, as a woman, to surrender to direction—if what you want is a masculine man.

**Leilla Blackwell:** Yes, to surrender to direction, to surrender—

**Renee Wade:** His direction, yeah.

**Leilla Blackwell:** His direction, his guidance, and his counsel. Now, again, we're talking about not a “king and peasant” dynamic. We're talking about a warrior and goddess dynamic, or a warrior and queen dynamic. So I don't want to give women the sense that it means that they have to diminish their own importance in their own life, in order to accept the guidance and importance and counsel of their man. And because we don't understand that slight difference, and I think that in a lot of the work that I do with people, showing them that goddess and warrior dynamic, or that queen and warrior dynamic, helps them see that they're not giving up any of their power.

**Renee Wade:** I love the warrior and queen dynamic, because they're both very full words. The queen is obviously someone who does have power, and so is a warrior, so I think that giving your feminine energy—or even giving a part of yourself, naming that part of yourself a queen—that would actually help. What do you think?

**Leilla Blackwell:** Absolutely. I think naming yourself that queen absolutely helps, and even for a man I find allowing them to call themselves that warrior, and to look upon their woman as their queen, gives them insight into what their ultimate role in their intimate relationship is. I have clients who come and who don't understand the difference between contributing to their wife and guiding their family and counsel—those types of dynamic—and control. You know? He wants to pin it on control, and I don't know a woman that really wants to be controlled. She wants to be taken care of, she wants to...

**Renee Wade:** For her own good, yeah. For a man who cares about her.

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**Leilla Blackwell:** Yes, absolutely, and so what I try to do is to show and teach men, that the way to give that energy to their woman is in a protective way. Even if that protection means protecting their woman from the things that she may do that are not appropriate for herself.

**Renee Wade:** Yeah. Yeah, sometimes we need that.

**Leilla Blackwell:** Yes, absolutely. And as a woman, it's being open to those ideas. It's being open to accepting that from a man, understanding that where he's coming from is not a place of control, it's a place of wanting to connect—being completely present in your life, and wanting to be there to protect you from the dangers of the world, which is where he finds his ultimate satisfaction.

**Renee Wade:** Yeah, yup. It's true to his authentic place, and his authentic self.

**Leilla Blackwell:** Absolutely.

**Renee Wade:** So... I guess, for a woman to do that, though, I know the biggest issue for us would be trust. Trusting the man. So, would you say that—if you're in the dating world, that it takes a while, maybe a certain specified time period— for a woman to see that she can trust a man? Or does it depend on the man, does it depend on her? Or, is there a time that we can say, "Hmm... yeah, I can trust this man." Or do we just go little by little?

**Leilla Blackwell:** There is no specified amount of time. I'd love to be able to tell you, "Wait three months, and then trust him."

*(both laugh)*

**Renee Wade:** Yep.

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**Leilla Blackwell:** However, there are key indicators. There are key indicators that will help any woman—and any man, for that matter—understand when it's naturally and organically happening in a relationship. So, when you have—I will speak to the woman, now, because that's the group that we're talking to—but when you have a woman who's getting into a new relationship with a man, when he starts to show you indications that he has the feeling or the need to protect you, that he has the feeling or the need to give to you, that he seems to be along the path of cherishing you as a woman—then you can start to let your guard down, a little bit. Then you can start to give to him in small doses. Basically, as a reward for the energy he's giving you.

**Renee Wade:** Right. I like that.

**Leilla Blackwell:** Yeah. Because the way that a man knows that he's falling in love with a woman, is not because she is so giving and loving him, the way he knows he's falling in love with a woman is because he wants to protect and give to her. That's why engagement rings go from the man to the woman, because he has an inherent need that comes from within him, to give.

**Renee Wade:** Yeah. Absolutely. You've hit on such an important piece, there, because so many women get into a dating situation, and they really, really like the man. Then they start purchasing him gifts! And I mean sweet little gifts—I knew of a woman who purchased a gift to this man, I think it was a picture—a framed picture that said, "Your smile is like sunshine" — and, you know, she really meant well. She thought that she was giving love, but it just doesn't set up the right dynamic early on, does it?

**Leilla Blackwell:** No, it doesn't at all. And there are men out there—and even masculine men—who will gratefully accept these gifts. And it's not that they think that anything bad is happening. They may not even be threatened by it. However, the dynamic that it sets up in the relationship, is that he starts to realize he doesn't have to work as hard.

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**Renee Wade:** Ah. Yep. Yeah. It's subconscious, though, as well—I guess, maybe, they don't even know what it makes them feel, isn't it?

**Leilla Blackwell:** They don't. They don't. It just allows them to relax into the relationship, and it's not that we want to play games and make them work for it or work harder, but a man—men are hunters, masculine men are hunters, they really value what they have to go after. They really do. And so when you are trying to do this wonderful thing—there's no judgment in it, it's not a good or a bad thing, it's just— what is the relationship dynamic that you want? If you want a man who's going to really value this relationship, he's got to be able to have the opportunity to go for it. He needs to be able to have the opportunity to work for it. And as a woman, for us, I mean—the giving comes from sweet little gifts like that, to giving sexual favors, to all sorts of things that we're willing to just give and give and give—because that is our nature, to want to be giving and nurturing. But it's important in the early stages of a relationship to let him decide what his feelings for you are first— before you start to nurture him. And so, when he starts giving you little gifts, like bringing you flowers or chocolates or taking you out for dinner, you can reward him for those things and show your appreciation to him by giving him slightly less intense gifts. Like, taking him out—instead of taking him out to dinner, maybe cooking something for him, and having a picnic in the park. You know, something like that—that is more from the heart?

**Renee Wade:** Yes. Okay. And you're saying do that after he's already indicated that he's giving to her?

**Leilla Blackwell:** Absolutely. Because that shows that he's developing feelings for her, that shows that he's in the process of falling in love with her, and if she starts giving him gifts first? It confuses him. It confuses his drive, in the relationship—and it confuses his emotion. The way that men's brains work, is— they don't experience emotion, until they have experienced action. So, when a man has a thought, that thought leads to him making a decision. That decision leads to him taking action. That action leads to a result. And that result inspires emotion.

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**Renee Wade:** Wow.

**Leilla Blackwell:** Right? For women, we have a thought—and we have a feeling about it...

**Renee Wade:** Yeah. *(laughs)*

**Leilla Blackwell:** ...and then from that feeling, we make a decision...

**Renee Wade:** Yes. *(laughs)*

**Leilla Blackwell:** ...and based on that decision, we have another feeling about it.

**Renee Wade:** *(laughs)* Absolutely.

**Leilla Blackwell:** And then based on that feeling we take action. And based on that action, we have a feeling about it!

*(both laugh)*

**Renee Wade:** We just kick the feeling cycle up all the time!

**Leilla Blackwell:** Exactly, and so all of our actions and decisions are punctuated by emotion. It doesn't work that way for men. So when you throw in giving him a gift, and he's like, "Well, now I have to have a feeling about this gift. Do I like it? Do I not like it?" And that completely distracts him from what he feels for you. You want him to focus on developing and understanding and becoming connected with his feelings for you as a woman. And you don't need to distract him by throwing in gifts. You don't need to distract him by throwing in sex! Even though he really wants you to have sex with him. That is just a distraction, and it will actually retard his development of his emotion for you. It will stunt the development of the relationship. It will prevent both of you from

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forming an intimate friendship—which is what you need to have as the foundation for a future together, that is intimate and passionate.

**Renee Wade:** So you're saying, men take action—just to confirm—men take action and then have a feeling about it?

**Leilla Blackwell:** Men take action, which leads to a result—

**Renee Wade:** Leads to a result, and then...

**Leilla Blackwell:** And then they have an emotion or a feeling about that result.

**Renee Wade:** Wow, thank you for sharing that insight.

**Leilla Blackwell:** Yes. And it's really how their brains are hardwired. And that doesn't mean that there aren't men out there who are not emotional men. There are plenty of emotional men, but that just means that they perceive results sooner than other men. It doesn't mean that they circumvented this hardwiring in their brain, it just means that they may be pleased by or upset by or have an emotion about a smaller result on the road to the ultimate result—if you understand what I mean.

**Renee Wade:** Yes, absolutely. That makes sense. So, do you have anything to say to women who might feel a bit disappointed in the types of men that they're meeting? I mean, I know sometimes it's really hard for women. They become disillusioned or just—For example, a lot of women meet a man, and he's keen. And he chases her for a little while and then... it's gone, in three months. Or, there's the other common scenario, where they're meeting men, but they're not quite fully attracted to the man.

**Leilla Blackwell:** Yes, I do. I understand that, and it is very difficult to get through, because then you pour yourself into the idea that, "this is The One." Right?

**Renee Wade:** Yeah!

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**Leilla Blackwell:** And then you realize a few months—or sometimes, unfortunately, a few years down the line that he’s not the one for you.

**Renee Wade:** That’s a painful place to be.

**Leilla Blackwell:** It is a very painful place to be, and so many women tend to just stay with it anyway, because they feel like, “Well, I’ve invested so much time, and I’m with this person now, so I’ve got to try and make the best of it.” And, you know what? You only really want one man. You just need one man. So, don’t waste your time and attention by being disappointed with the ones who aren’t him! Just love yourself—and love them, on their way out of your life.

**Renee Wade:** *(laughs softly)* Love them on the way out of your life.

**Leilla Blackwell:** Love them on the way out of your life. And so, don’t stop loving. Don’t use this to become disappointed. Don’t use it to become angry—even with the man! Chances are, he’s not deliberately wasting your time. He just wasn’t The One, and you were trying to make him The One.

**Renee Wade:** Yeah, that’s a very empowering way to look at it. How would you suggest women get in touch with their true feminine energy, in order to attract that good quality man? Do you have any exercises, or things that you can do maybe when you wake up in the morning—just, triggers for the feminine energy?

**Leilla Blackwell:** Absolutely. It is a wake-up-in-the-morning kind of thing. It has to be a daily, daily activity. But it doesn’t have to be any special, you know—thing that you do. It’s whatever makes you feel good. So, when you’re taking a shower, get into your sensuality—and that doesn’t mean self-pleasuring, that just means —be aware, of washing your arm. Be aware, of your hands on your body. Be aware of everything. Don’t just scrub through and hop out. You know? Allow yourself to languor. Allow yourself to immerse into that full body experience. It could be from taking a shower, to putting

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lotion on your body—you know, moisturizer on your body, it could be how you get dressed— what you choose to get dressed in. Find sexy underwear to put under your sweatpants when you're going to the grocery store. Be sensual at every moment. Find a piece of jewelry. You know, a long earring that hits your shoulder and rubs against your chest, that reminds you that you are a feminine being. You know, just find something that makes you feel pretty—even if it's underneath, it doesn't have to be for anyone else. Find something, everyday. Every day, keeping your ritual. Whatever makes you feel good. Being a woman is feeling good.

**Renee Wade:** You know, when you said that about scrubbing your body, or using soap or lotion—I can't think of an exact movie right now, but it reminds me of movie scenes where the woman is unknowing—She doesn't know that the man's behind her, watching her, and she's just slowly doing her thing, and he's just mesmerized by what she's doing. And I think that, that's—We all love scenes like that, but I don't think we're all comfortable with that, in real life.

**Leilla Blackwell:** That's right— But it's how we take care of ourselves, right? And it's not our man's job to nurture our sensuality. Our sensuality is who we are. It's not up to him to make us feel sexy. We are sexy— comes from inside, and we've got to get in touch with that every single day. Don't skip a day.

**Renee Wade:** That's nice. So, I'd like to move on to a bit about polarity. So why is polarity so important in a relationship? Especially in a long-term relationship?

**Leilla Blackwell:** Well, in any relationship that's basically what we refer to as chemistry. So, if there's no chemistry, there's no spark. If there's no spark, there's no passion. And again, we go back to the prison sentence. So, if you're going to be in a long-term relationship with someone, it is really important to nurture that polarity, and to be aware of it. It really is more of an awareness of who you are showing up as, in the relationship. Are you being feminine? And, are you allowing him space to be masculine? And I know we keep throwing those words around, but basically what that means is—

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Are you being soft, and allowing him to be hard? Are you being open, and allowing him to be present? Are you receiving his gifts, are you open to receiving his gifts?

**Renee Wade:** Hmm, yeah—I think that, yeah, that word, “soft” is very powerful, if you just stop and think about it, and use it because—I think, sometimes, just being in any moment and walking around the house, or just—actually softening, using that word and just—softening. ‘Cause, you know, stress and tightness in our shoulders, we’re always—you know, with our everyday lives, it’s so easy to become rigid. But I noticed—yeah, loose is the word, and I notice that when I allow myself to be soft, I actually feel better. I experience so much more in my life, you know? I don’t feel dead.

**Leilla Blackwell:** Yes. You do because you’re open. And when you’re open, you’re open to receiving the gifts of your man, you’re open to receiving the gifts of the world!

**Renee Wade:** Yeah. Absolutely. And, obviously, you’ll attract—you’ll probably attract more men that way, by being soft. You have to be more willing to eliminate the men who aren’t right for you—

**Leilla Blackwell:** That’s right.

**Renee Wade:** Yeah. But it’s definitely a very fast way to attract men, being soft.

**Leilla Blackwell:** Yes, it definitely is a fast way to attract men—and you’re right, you’ll attract all men. *(laughs)* Where your power comes into play, is that you then have the power to choose who fits the best, with the life that you envision for your future. Whose vision would take you where you want to go.

**Renee Wade:** Okay, so would you say—‘cause when you said, then, choosing which man would suit you and where you want to go with your life... That’s more of a masculine quality, don’t you think? Because I think women—we’re a bit indecisive. So, I guess we’d have to be conscious about really knowing and sticking to what we actually want.

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**Leilla Blackwell:** Yes, and for us, I think, choosing—It comes from more of a feeling-place. So, when I say choosing—Yes. How we make our choices, can be masculine or feminine. It's not about having a checklist of qualities, that someone has to live up to—and standards, that someone has to live up to. It's more about how you feel that chemistry, that polarity, when you're with that person, and you soften. Do they hold you up? Or do they let you fall? That's the dynamic we're talking about. It's not so much—because, honestly, I chose my husband. But in choosing him, I didn't pursue him. There's a difference between choosing and pursuing. I am very happy to say that I chose him, because at that time and space in my life, coming from the background that I came from, I needed that power.

**Renee Wade:** His power? Or your choosing power?

**Leilla Blackwell:** My woman power, my choosing power. And I needed to know that I was not putting myself in the place of being taken advantage of. I had my own standards for the type of person that I wanted in my life. And, you know, as a cute sixteen-year-old girl, I wasn't necessarily looking for my husband, but there were lots of cute, sixteen-year-old boys who, you know, could obviously take advantage. Or boys older than sixteen, as a matter of fact, who could obviously take advantage of someone who is young and who is open. So, in that sense, I know that his qualities— his masculine qualities— caught my attention. And this goes into, kind of, how we met and it was—we met at a leadership academy, which was kind of like a vacation spot, almost. But, I was a peer counselor in high school, and he came from a different high school, and we kind of went on this retreat together—a bunch of kids with teachers and things, from different high schools, who were in a leadership position. And, um, I don't know if he noticed me first—but I know that I did notice him, and that he was someone that I enjoyed noticing.  
*(laughs)*

**Renee Wade:** Ahh. Okay. You know, I find it incredible that you actually were able to make that decision, like you said, to not be taken advantage of—and to actually, to feel the power from making that choice. But, a lot of women don't feel that they have the

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power to make that choice. They get themselves repeatedly into situations where—not necessarily that the man’s physically abusing her, but that he just does not respect her. So, was there something different about your life experience, what— something that you went through that made you able to do that at such a young age? Or, is there something you can share with us to make the women listening more in touch with that part of themselves that is actually able to make the right choice for themselves, where they’re not being taken advantage of?

**Leilla Blackwell:** I think at the time, for me, it was very unconscious. Because, obviously, at sixteen years old, you’re not living the most conscious life. You kind of just go with the flow of things. But looking back on it, because it’s very vivid in my memory, how things happened between us—Looking back on it, I can see the pattern. I can see how our relationship was set up from the beginning to be a beautiful one. You can’t predict the success of any relationship, and even in over twenty years together, our relationship is still young, because we’re still young. We have a lot of life left in us. And who knows what can happen with us twenty years from now?

**Renee Wade:** And you guys have children, don’t you?

**Leilla Blackwell:** We do. We have three. Three children.

**Renee Wade:** Wow. That’s incredible.

**Leilla Blackwell:** But looking back at that time, when we met, and I know that I chose him—I think that, setting it up so that even though I chose him, I didn’t feel, as a sixteen-year-old girl, that I wanted to pursue any boy. And I know that for a lot of young women today, that’s different. They feel that power in themselves, to pursue a guy. But at that time, I wasn’t in that frame of mind. I just knew... that I was cute!

*(Wade laughs)*

**Leilla Blackwell:** *(laughs)* And that helped.

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**Renee Wade:** That helped a lot?

**Leilla Blackwell:** Yeah, I mean, at the time. It's not that I was better-looking than any other girl, but in your youth, you tend to have the feeling good in yourself that "I'm young," right? And the whole world is at my fingertips, and I can do no wrong. It's basically how you feel when you're at that age, even though you have doubts about yourself, we all—especially at that age—feel insecure about our bodies, but there is also some sense of "What have I got to lose?" Right?

**Renee Wade:** Yeah. That's true.

**Leilla Blackwell:** So, I think at that time, I was in that mindset. That, here I am, I think he is a wonderful person. Just, a wonderful human being. And I was impressed by who he was, as a person—and as a man, as a young man. And I found myself drawn to him, and so I would notice things that he would do, and in noticing him, it allowed him to notice me. So, it wasn't so much that I pursued him—I didn't talk to him first, I didn't go after him, but I would notice him.

**Renee Wade:** So how did you notice him? What did that look like, in actions? Did you give a look, or...?

**Leilla Blackwell:** I would. I would give a look! And I would see him, and it could be in a sea of other people. But I would see him, and I would notice the things that he was doing, doing well—and I would be doing things well, myself. We were at a leadership retreat, so it was very physical—you know. We're doing, kind of, the rope-climbing stuff, and all those test yourself kind of things. Obstacle courses, and things like that. So, I was excelling in my own right, so I was showing that I was a capable and significant person in and of myself, and I was noticing what he was doing—and seeing him being superb, and in his element as well. So, we both were coming from a place of feeling at our best.

**Renee Wade:** I guess, yeah, that really helps. Just to set up that kind of dynamic.

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**Leilla Blackwell:** Yeah, it does. And so, that's not the dynamic that everyone, going on a date, is going to be in. There's not going to be some obstacle course where they can show off! It does help when you're starting to date someone, to set up a date—instead of making it like a job interview, where you're sitting opposite each other over dinner, having a serious conversation about how great you are, it really is helpful to be more playful. And to set it up, so that, as a woman, you can be playful. And as a woman, you can see him be dynamic. Right? So, it's great to go and do fun things, like, playing pool—or go gaming, do things that are fun. You know?

**Renee Wade:** Yeah. I like thinking of it from that perspective, like, for example, if you're a single woman, and planning dates, thinking about it from the perspective of, "What can I do—What could we do, together, so that I actually get to see him being dynamic?" So that you get to not only just test and see what he's actually like, but you get to potentially give him the gift of feeling more masculine.

**Leilla Blackwell:** Yeah. You give him the gift of feeling more masculine, and you can be playful with it. And a man loves a playful woman. Being playful is a very feminine quality.

**Renee Wade:** Absolutely.

**Leilla Blackwell:** Yeah! So, you get to see him at his best, and you get to be at your most playful—which sets up a great dynamic for the start of a relationship.

**Renee Wade:** Yeah. So, maybe, then—What do you think about the first date, thing? Maybe women shouldn't—maybe the women listening are considering, perhaps, not actually having a sit-down dinner the first date, but maybe we can conjure up a couple of other examples of what to do. Would you have any in mind? Like, maybe... 'Cause, I mean, you don't know that person that well, at that stage, but maybe you could go to a—Maybe if he's into ball games, then you can go to a ball game. Then he would be in a place where he understands what's going on.

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**Leilla Blackwell:** Yes, absolutely. Go to ball games, go... You know, if you want to go out for a few drinks at night, go to a sports' bar. You know? His attention may not— It's a little bit dangerous, 'cause his attention may not be one hundred percent on you? But if he's checking out the score every once in a while, and you can engage with him in the ball game, that's an awesome thing. You know? You can go, again, to places where you can play pool—or, you can even—Whatever it is that you have fun doing, and that you think he would have fun doing. And if he's setting up the date, you can even—you know, suggest, Oh, let's do something fun—" and see what *he* comes up with!

**Renee Wade:** Yeah. I think that's such a way better idea than sitting—like you said, sitting down and talking about each other, and practically interviewing each other. It puts so much pressure on each other, and neither of you can be authentic, 'cause you're worrying about it and nervous about it for the days beforehand—and it's just, it's not how attraction was meant to work.

**Leilla Blackwell:** No. It's much better to see each other in action. You know? See each other in action, and just go out, and—and move, do things like go dancing. Clubs are great. Go dancing together. They're not necessarily great to meet someone there, but if you're with someone, it's great to go (*laughs*) someplace like that with someone, where you're moving your bodies and you get to be sensual as you dance—and he gets to be masculine, and show you how he can show up for you, and, you know, enjoy the sensuality that you have to offer. You can do things that are related to motion and movement, gets you out of that state of being still and interviewing each other, which is so dry and boring—And you don't really understand who the other person is, yet, you're not at ease with them, so you don't really know what they need to know about you. So, you're going to tell them all this stuff that they might not really be interested in—like a job interview—and then you both start competing with each other for who's more significant in their life.

**Renee Wade:** (*laughs*) Yeah. Yeah, I think that's so important also for the women listening, for their associations, the unconscious associations with dating men? Even if

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you don't end up with that man, you still have a good, positive, novel experience in your memory bank, rather than just—You know, that helps you. The kind of memory that helps you move on from one experience to another, without feeling, “Ugh! Not another one, what if it turns out like that again?” ‘Cause a lot of us give up after having bad experiences, and I don't think the traditional interview-style meeting would help with that.

**Leilla Blackwell:** You're absolutely right, because it's a dry, boring date—and who wants to sign up for another one of those? But at least, even he's not the right guy for you, and you find that out after the first or second date—you still had fun!

**Renee Wade:** Yeah. Absolutely. So, I'm really curious to know—you and your husband have been together for so long. You know, there is this idea out there that men won't commit, or men are fearful of commitment, so I'd really like to know what you believe has made your husband willing to commit to you for so long?

**Leilla Blackwell:** Well, I think it's because I approach life with an adventurous spirit? You know?

**Renee Wade:** Oh, okay. So he can be free.

**Leilla Blackwell:** Yes. He can be free—to a certain degree. *(laughs)*

**Renee Wade:** Oh! I should say free with you, like you—okay, yeah.

**Leilla Blackwell:** Yes. He can absolutely be free with me, and I am free with him. And we have a relationship where we trust each other, and because we have that trust, we are honest. And by honest, I don't mean that once in a while I may not tell him that those shoes cost twenty dollars when they might have cost slightly more than that, but—

*(Wade laughs)*

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**Leilla Blackwell:** I mean that I can be honest with who I am. That I can offer up to him my light, my dark, my pretty, my ugly, my good, my bad—You know, I can offer up to him anything, and know that he loves me anyway. And that means that, for him, it's not always going to be the same—he's not always going to know who he's coming home to that day. But that's sense of adventure, it's never boring, it's never dull, it's never dry. You know? We have three children of varying ages—we have a teen, a tween, and a toddler.

**Renee Wade:** Oh, wow! That's a big difference, yeah.

**Leilla Blackwell:** So, you know, we are in all stages of development with children, and it's so important just to make sure that we are one hundred percent there for each other. And it's a gift that we give each other, but it's also a gift that we give our children, so that they see what real love is like, and that as they grow up and they look for relationships for themselves, they can understand not just what unconditional love from mother to child is, or from father to child is, but what unconditional love between a husband and wife is. So that they know to expect that, and to look for that, and to—to not settle for less than that, in their own personal relationships, but having that unconditional love for each other means that we're both free in our relationship, to be who we are. He can be who he is, with me, at all times. And I may not like everything that he does, but I—

**Renee Wade:** You're bound to dislike some things. He's a man. You're a woman. Yeah.

**Leilla Blackwell:** Absolutely! So I may not like everything that he does, but I will always love him.

**Renee Wade:** And that's so important for a man to know.

**Leilla Blackwell:** Yeah. And so, that's one thing that I always try to teach people. It's that, relationships may be conditional— but your love should never be conditional. Your love for each other should always be unconditional, and though you may need certain

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things to come into the relationship from each person, like you need fidelity, you need commitment, you need—there are certain things that you need to be there for each other, in the relationship with each other, but if certain things happen, that doesn't mean that the love itself is conditional.

**Renee Wade:** Wow. Hmm, I like that. You said, that you think one of the reasons why he's still so committed to you after so long, is because of your sense of adventure, and that he doesn't know who he's coming home to and that's pretty uncertain— but, the truth is that a lot of women don't actually have the confidence to let themselves be that unpredictable. So, I'm curious—Are you of the opinion that men—because I certainly am—that men actually like the unpredictability? 'Cause a lot of us women just will not accept that, and refuse to be that way, and we think that men like us to be consistent, and not emotional, and we have to be not crazy—What's your opinion on that?

**Leilla Blackwell:** I do think that it's important that we allow ourselves to let loose, and not be so reserved. I do tend to agree that a man doesn't necessarily want to come home to someone who's bipolar every day—

*(both laugh)*

**Renee Wade:** Yeah!

**Leilla Blackwell:** You know, you can be unpredictable without going off the deep end to crazy. So, you may have your crazy moments, and that sets him up to be challenged every once in a while. And men love to rise to a challenge. And so, if he can feel significant and be able to conquer that challenge—Not necessarily conquer you, but to conquer that challenge that you present to him every once in a while, when you're in that moody place, or that slightly crazy place? He will feel more powerful. He will feel more powerful in himself, that he was able to overcome that challenge, that was between the two of you. That doesn't give you license to be crazy all the time, because that becomes tiresome. Men have needs, too. They also need to feel nurtured and they need to feel loved, and they need to know that there's someone also considering them.

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And if you just want to give into your crazy every time you have a chance, then he's not going to know that he can rely on you to be there for him as well.

**Renee Wade:** Yeah. That's so true. I know a lot of women listening, here, would be wondering, "Well, where do I find a man like that? How do I find a man who is actually willing to see my crazy as a challenge, and rise to it?" Do you think that's just a question coming from fear, that we don't actually really believe that men want that, when they do? Or do you think that there are some men out there, that give off signs that we can look for and eliminate them—if they're not the type of man who would be willing to be that committed, and who wouldn't be so willing to take a woman in her fullness like that, into his life.

**Leilla Blackwell:** Yeah. Well, it again goes back to building that trust. So, that time period that you're taking to build that trust with a man—the trust goes both ways, remember. So, you're not necessarily going to want to unleash the crazy on a new guy, on the second date. *(laughs)* You're going to want to wait until that natural and organic dynamic is happening—because, remember, this is all of you. And you don't give over all of you to someone who hasn't proven themselves capable of caring for it. Right?

**Renee Wade:** Yep.

**Leilla Blackwell:** And so you don't want to set yourself up for rejection, or abuse, or misunderstandings because you've unleashed the crazy on somebody that wasn't really there yet! So, if you haven't established a loving relationship with someone, then it's kind of unfair to give that over to them. He's got to be invested in the relationship on some level before that type of challenge is going to be attractive to him. So, if you are in a stage, if you're dating someone and you get to that point where you feel that they're worthy of continuing to see them because the direction, the focus, the vision that they have for their life is a vision that you feel you can invest in—And you want to continue a relationship with them, and you see the signs in them, of— they want to protect you, and they want to take care of you, and they want to give to you. When you start to see that, then you can start to unleash the crazy—a little bit at a time! *(laughs)* In that sense,

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he will be willing to rise to the challenge, because he'll already be in the mindset and the state in your relationship, of wanting to protect you—from anything that's going to affect you. That's the challenge.

**Renee Wade:** Yup. Yeah. I tend to agree with you. It can take a lot of time for two people to build that trust, where they can then fall into that place, to be able to “unleash the crazy”.

**Leilla Blackwell:** *Yes*

**Renee Wade:** And also for the man to be able to show his weaknesses, or to do things that—you know, 'cause men have their things. Just as we have our crazy, men have their things that they do that we also have to be willing to not tolerate, but love, in him. In return.

**Leilla Blackwell:** Yes. Absolutely. But if you're not already invested in the relationship, you'll see those things and think, “Oh, my goodness. What am I getting myself into?” You want to offer him the same type of consideration. And it's not about trapping him, and then showing your true nature. That's not what it's about. It's more about—again—not confusing him. You know, just like you wouldn't throw those strange gifts in his way to confuse him from developing those feelings for you, you don't necessarily want to confuse him by going all nuts on him before he's had an opportunity to really see the beauty in you. And, I think a lot of women fall into that trap, where they unconsciously start to test a man before he's really given them any indication that he's up for that challenge.

**Renee Wade:** Yeah, and it can be hard for us 'cause we are always testing— in a way.

**Leilla Blackwell:** Yeah, yeah!

**Renee Wade:** So we have to be conscious of it, and not go too far, and not expect that he's actually “our man” — before he is. *(laughs)*

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**Leilla Blackwell:** Exactly. And, you know, a lot of people think that, in order to have trust, that honesty comes first. And that's not really the way that things work. Trust has to be developed over time, gradually—it can happen, more quickly for some people than for others—but the trust has to be built, in order for both people in the relationship to feel able to be honest with each other.

**Renee Wade:** Hmm, yeah. That's true.

**Leilla Blackwell:** I mean, obviously, dishonesty in a relationship in the form of deception, or cheating, or, you know—those kinds of things—are going to kill the trust. But we're not talking about that, we're talking about being honest with who you are—showing yourself to that person, we're talking that level of honesty. Uh, giving over all your feelings, talking about the depth of your heart, and opening up and giving yourself over to that person, in an honest, complete and open way. That takes time to develop, and so that doesn't come before trust. Trust comes first.

**Renee Wade:** Hmm... I see. So, what would you say—I mean, you've been with your husband for so long, how did you two overcome difficulties? Because I assume that you've been through a lot together. You said you've grown up together and you've had three children together, so, do you have any conflict resolution strategies? Or, how did you guys pull through?

**Leilla Blackwell:** Yes, I think—I don't want to give anyone the illusion that our relationship has been perfect. It hasn't. *(laughs)* And, while we haven't necessarily been in any dire crisis that has come between us, we've had real challenges in our life together, and I think communication is key. It sounds very clichéd, but it's clichéd for a reason. Open, honest communication is really the place to go. The dynamic can be very combative, if you don't know how to communicate with each other in a productive way—and, that's when things can fall apart. But, my husband and I have learned how to communicate with each other, in more of a productive way, where even when we're pissed as hell and we just want to scream and shout, um, it's not that everything is nice,

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but we've learned how to communicate and take roles to have difficult conversations with each other. Um, there is another relationship expert—her name is Dr Pat Allan, I don't know if you've ever heard of her...?

**Renee Wade:** Yes, absolutely. Mm-hmm.

**Leilla Blackwell:** Yes. So, she has this method of communication, where she talks about one person being the cherished one, and another person being the respected one. And, it works tremendously well, and I encourage everyone that when you're getting into a difficult conversation with your intimate partner in life, that you take those roles. It doesn't mean that you have to be the cherished one and the respected one for every conversation that you're having, but I'll briefly explain what that communication style looks like. It essentially is—for the intents and purposes of this interview, we'll say the woman would be the cherished one and the man would be the respected one. And that doesn't mean that the woman is not going to be respected, exactly—and it doesn't mean that the man is not going to be cherished in this conversation, either. It just seems that, the woman—women typically prefer to have their emotions, felt. They speak their emotions, they come from a feeling place—a heartfelt place. And a man comes from a thinking place. Right? He wants to be sure that his voice is heard, and that his thoughts are known and respected, and the woman wants to know that her feelings are known and heard, and that her feelings are being considered. So, if you communicate with each other in this style, where the woman may say something like, "I feel this way. What do you think about that?" And the man may come back to her and say, "I think this. How do you feel about that?" So, when you're having difficult conversations, it could be something simple—we'll take an innocuous thing, like, "What's going to be for dinner tonight?" Oh, it could be, like, "Okay, honey. I didn't feel like cooking tonight, but I kind of feel like having Chinese food. What do you think about that?" And he might say—he might come back and say—"Oh, I don't think I'm in the mood for Chinese food tonight. I'd prefer some pizza. How do you feel about that?" You know? And, what that does is, it sets up a dynamic where no one is canceling out the other person. There's no competition in a dialogue like that—and men don't want to compete with their wife. They don't want to compete with their woman, with their girlfriend, with their intimate

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partner. That competition is not attractive. We're not talking about the friendly playful competition, we're talking about in life. So, if you say to a man, "I think this—" and he comes back to you with, "Well, no, I think this—" you're doing battle with each other, and you're canceling out each other's thoughts. Right? So, when you have a conversation when one person is feeling and one person is thinking, you're not canceling each other out, you're just bringing something different to the conversation.

**Renee Wade:** Yeah, absolutely, and I think— Absolutely what would be helpful for women to know about, is—'cause it's hard to, when you get into that relationship, you may be wondering—so, how do I start this dynamic? I think it's important to acknowledge that most men are not going to spend a lot of time saying, "I feel such-and-such," though you can actually lead by starting, a woman can lead by saying, "I feel this" and you could naturally be more likely to fall into that.

**Leilla Blackwell:** Absolutely. Yes. Yes, it is easier for a woman to fall into that feeling place and not expect the man in the relationship to come from that feeling place. I mean, it's just biology—as I discussed earlier. *(laughs)*

**Renee Wade:** Yeah. Yeah, it is.

**Leilla Blackwell:** When you have these dynamics, see, both people in a relationship need to be number one.

**Renee Wade:** Yes

**Leilla Blackwell:** Yes. But they need to be number one in their life as well, and in the relationship. You both—and if both people need to be number one, they can't be number one at the same thing. They're continuously stepping on each other, and stepping over each other to vie for that number one position.

**Renee Wade:** Yeah. It's so common, too.

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**Leilla Blackwell:** Yeah! So if you can find that place, and make room for each other, to be number one...

**Renee Wade:** Yeah. You each take a unique role, and you respect them, for being number one in that role.

**Leilla Blackwell:** Absolutely. As a woman, your feelings are always nurtured and cherished, even if he has a different thought. Even if he thinks differently from what you think—and you can go back and forth with this for a while, it doesn't mean that any resolution comes any faster. But, both people leave the conversation leave the conversation feeling loved, nurtured, respected, and cherished.

**Renee Wade:** Yeah. And I think that when you start—just looking at my own relationship, with my fiancée—in the past, if I'm looking, now, back into scenarios where I've started off something off like, "Well, I think..." Or, something along those lines, then we naturally fall into a masculine discussion, and what happens is, halfway through, I start feeling angry because he's not nurturing my feelings— but I set up the discussion that way! *(laughs)* So we've really got to be conscious!

**Leilla Blackwell:** That's right. And it is a conscious thing. And, you know what, we can all start off that way. You might not know that what you're getting into is going to become a difficult conversation, and so you find yourself in one, and you start getting that feeling? Switch into it at that point. It's okay to start late in the discussion. It doesn't have to start from the beginning, you don't have to undo anything, but if you slip into that role at the point that you realize that this is not as productive a conversation as you thought it was going to be, and things will naturally start to fall into place.

**Renee Wade:** I agree with you. So, I'd like to just, quickly, before we finish, I'd love to speak to you a bit about confidence and self-doubts, 'cause I know we all have them. So, I'm curious to know how you've personally dealt with your own self-doubts in your relationship.

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**Leilla Blackwell:** The truth is, Renee, I haven't. I haven't. I don't expect to, I don't strive to. I think a little bit of self-doubt—there's nothing wrong with it, I don't beat myself up, but I do still have doubts. I always have doubts about, am I good enough? If I do this or don't do this, will he still love me? You know, that doesn't ever go away. And I still feel like—like I said earlier, just because my husband hasn't ever cheated on me to date, doesn't mean he never would! You know? Just because he has loved me the way that I've needed to be loved, up until now, doesn't mean that he'll always do that. People change over time. And so, I still have those doubts. I have those doubts about myself, my own worthiness, I have those doubts about my relationships, I have those doubts about my husband—You know, I am a woman, I am human, and I will continue to be so. But I embrace those things in myself, and I realize that it actually adds to my femininity, it adds to the level of vulnerability that I show up with in my relationship—So, I don't need to shy away from those doubts. I think, as women, because—especially— as women, when we get older, or when we're having children, we start to need that certainty. We start to want to feel sure and secure about everything in our lives—but that's a fallacy, and you'll frustrate yourself trying to find that place where you feel totally one hundred percent comfortable with who you are. I doubt I will ever be there. You know? And I'm not trying to get there. I accept myself, and what I have developed is a sense of acceptance that I'm not perfect. He's not perfect. Life is not perfect. *(laughs)*

**Renee Wade:** That's nice. Thanks for sharing that, that's actually a really refreshing way to look at it. You know, I think that those moments of insecurity, if you can allow yourself to feel them, actually make the moments of confidence sweeter. As you say, nothing is supposed to be perfect.

**Leilla Blackwell:** No. And honestly, a woman's brand of feeling good, doesn't have to come from confidence. It doesn't have to come from erasing doubt. You know? We're warriors, we're free spirits, there's always going to be something for us to consider and doubt and wonder "What if...?" We're going to always be there. So, you don't have to feel confident. Confidence is actually a masculine trait. It's what women find attractive in men. Men don't find—They don't care if you're confident or not! It's not that they won't find a confident woman attractive, it's that they don't care if you're confident. What men

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care about is, “Do you feel good?” When you show up as a woman who feels good, which means you’ve accepted the fact that you aren’t perfect, and you will have self-doubts, that—but you still feel good in life, even though everything may not be perfect—that’s going to be attractive to a man. You know, man’s ultimate goal? Is to make their woman happy. But if we can’t show them in advance, that it’s possible—

**Renee Wade:** Yeah, that you *can* be happy?

**Leilla Blackwell:**—for us to be happy?

*(both laugh)*

**Leilla Blackwell:** It’s going to be difficult for him to find you attractive. So, find a way to be pleased in life. To find pleasure, to take pleasure from life. When you show to the world—not even a man, when you show other women, when you show anyone—when you bring to the world a spirit of enjoying the pleasures of life, of being capable of being happy and being pleased by life? Yeah, absolutely that’s what’s attractive. Because I know, I can look at another woman and see her level of attractiveness. I can find attractive women everywhere, and the same things I find attractive in other women, is the same thing that men find attractive in other women.

**Renee Wade:** Yeah, we’re all attracted to radiance.

**Leilla Blackwell:** Yes—radiance, that glow, that—that—that verve, that zest for life. So, whatever life is offering you, you don’t have to strive for some elusive confidence in yourself. Leave that to the men. Let them be confident. That’s what we find attractive. Just be happy. Be pleased, and be pleasing.

**Renee Wade:** Wow, that’s amazing. While you’re saying that, I keep thinking how lucky your, um—do you have one or two daughters?

**Leilla Blackwell:** I have two daughters and one son.

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**Renee Wade:** How lucky are they to have such an amazing role model, that's all I can think of right now.

**Leilla Blackwell:** Oh, thank you! I strive to earn that title, of their mother, every day.

**Renee Wade:** Wow. That's so beautiful, thank you so much for an amazing, magical session. I've loved speaking to you. What I want to know now, is how can people—how can the women listening to this interview find out more about you?

**Leilla Blackwell:** Well, you did mention my website, earlier—it's [LeillaBlackwell.Com](http://LeillaBlackwell.Com)—and that's Leilla, as in the Hawaiian "Lei", L-E-I-L-L-A. So it's [LeillaBlackwell.Com](http://LeillaBlackwell.Com) and there are lots of amazing resources there. You can access some old audios that I've done, I have some products coming up—one of them is called *The Evolution of the Soul Through Your Soulmate*. I also have a quiz that you can take, it's called, "What's your sex factor?" And that has to do with the polarity that we've been talking about, it's a little test that you can take so that you can see what ratio of feminine versus masculine that you are, and that will help you determine what your ultimate masculine man would look like, so that you can determine what masculine qualities in you that you really kind of need to hold on to, because they're really grounded in who you are—and then find a man that you don't have to compete with, for those. And then, when you're dating a man, you can show and be your most feminine self by being aware of what those feminine qualities are.

**Renee Wade:** Ah! Okay. That sounds amazing. So, what can we expect from you in the future? Will you do more one-on-one coaching? 'Cause I know you do a lot of that. But will you perhaps start a few seminars?

**Leilla Blackwell:** The crux of what I do is one-on-one coaching because so many relationship dynamics are so unique to the individual, but I absolutely will be doing more seminar-type things, and I'm actually working on putting up a 90-day kind of self-help program—where it's not totally self-help, but where you can get a little bit of

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encouragement from me throughout the month, kind of little check-in calls, so that it's not a total coaching thing, and it can become a little more affordable than traditional coaching might be—so it's kind of a combination, the best of both worlds, where you'll get some audio and video things that you can explore on your own, as well as a check-in with me a few times a month.

**Renee Wade:** That's exciting. Okay, and is there something else? You were talking about a test, in the beginning, for... femininity?

**Leilla Blackwell:** Oh, that's the sex factor assessment.

**Renee Wade:** Oh! So it's the same thing. Okay.

**Leilla Blackwell:** It's the same thing, and it's free on the website. You know, you just sign up with your name and your e-mail address, and you'll get it in your inbox.

**Renee Wade:** Oh, awesome. Okay, thank you so much for your time and your expertise, what you've shared today with us has been absolutely invaluable. I'd love to have another opportunity to speak with you in the future, but for now, I wish you the best of luck with everything. Thank you so much, Leila!

**Leilla Blackwell:** Thank you, Renee. It's been a pleasure!

*(end of interview)*

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