

ATTRACTION CONTROL MONTHLY

Volume 9



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 a visible weave and subtle sheen. The fabric is draped and folded, creating soft, undulating lines that flow across the frame. The lighting is even, highlighting the texture of the material.

ATTRACTION CONTROL

- MONTHLY -

Volume Nine:
“Live Your Own Fantasy Love Story”

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

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Our Primary Story

Hey there. David & Renee here.

Welcome to Attraction Control Monthly volume 9!

We hope you've had a great month, and we hope your love life is currently in good shape.

And if it isn't going as well as you may have planned, just remember, everything in life comes in cycles and seasons.

You can't have a beautiful spring without a chilling winter before it. You can't have a fruitful autumn without the scorching summer.

Every season has a beginning and has an end. Every season has its beauty and its downfalls.

After all, if you never experienced the spine chilling winters, then how could you possibly expect to value and be grateful for the fresh beautiful spring mornings that come shortly after?

But then again, you don't have to freeze in winter. You can ski, and have snowball fights, and enjoy snuggling close to the fire place.

There's always a beauty to every season.

You see, it would be unwise for you to expect it to be the same season all the time, just as in life and relationships. It is unwise to expect things to stay the same all the time.

Relationships are always evolving. They are not static.

And this is a part of why we have written this whole series of Attraction Control Monthly. We want to give you the tools to adapt in an ever-changing relationship.

We want to give you a full spectrum of concepts and exercises so that you can evolve with your relationship and not get stuck in the past.

So both of us have really enjoyed writing this edition, we are going to talk about one of the most important insights into building a successful relationship.

This concept, is called "our primary story" and we are going to look into your primary story about men and relationships.

It is unwise to expect
things to stay the same
all the time.



We All Have A Story That We Tell

Whether you like it or not, we all have a story that we tell ourselves and others. We have a story about why we are the way we are, why we are in the position in life that we ended up in.

Whether that story is true or not, is not the point. The point is that we all have a story we tell ourselves.

Here's the thing, we are all born to be storytellers. All of us. That means you and me and all of them!

Ever since tens of thousands of years ago, our ancestors told stories around a camp fire, to educate the younger generation. They told stories of their life experience, made up stories about animals, and retold stories of the generation before them.

This is how stories got passed down from one generation to another generation, it is a way for the wisdom to travel through time. That's how anyone and everyone learnt about life, and it's how our minds are build to learn.

Even in today's internet age, where information is flooded everywhere, it is still the most impactful stories that stick in our heads.

It was only in the last couple of hundred years that the institution of schools came about and we had “classes” to “learn things”.

Now there’s nothing wrong with the idea of classes for the purposes of learning, but we have to remember that by instinct and by evolution, we are storytellers.

We learn through stories, not concepts or ideas.

That is why we get told stories like Cinderella or The Ugly Duckling when we’re young (it teaches us about life!). And I’m sure that most of us would still remember the essence of the story.

Now on the flip side of the coin, what do you remember of the 3rd Newton’s law of physics? What do you remember of all the road rules you had to learn before you qualified for your driving license? You see, concepts are difficult for us to grasp without the help of stories. It is the stories that us humans can relate to.

So how does this relate to your relationship?

Well, right now, you have a story in your head about how your relationship is supposed to be, how your man is supposed to be, or why your relationships are going the way they’re going.

All of us have a story we tell ourselves, or a set of stories we tell ourselves about why our love life is the way it is.

Eg.

“No man wants me because I’m just too cool for all the men that I’ve met.”

That’s a story. Is it true?

“All the men I’ve met are emotionally unavailable, or don’t take any responsibility at all.”

Is this true? Are men all just one dimensional like that? And if you believe that, then what does that say about yourself?

By the way, can’t you inspire a man to become more emotional mature? Or are you not enough as a woman to do so?

What about “men just want sex, that’s all they ever want!!!”

I can promise you right now, that this one is definitely and completely false. But if you tell that story to yourself, then all your life experiences will be filtered by that story and as a result, you’ll experience hurt, rejection and you’ll even sabotage your relationship with a good man.

"I can't be in a relationship because..."

I don't even have to fill in the rest of that sentence because whatever comes after it will always be an excuse of some sort.

"I'm settling for this relationship because..."

And the story that you tell yourself will always follow.

Remember, all of us are defined by the stories we tell ourselves. When we change our story, we change our experiences in life. Think about Oprah for a moment.

You may already know her story, but let me just give you a few facts about Oprah.

Her mother was an alcoholic, and she misspelled Oprah's name at birth. It was supposed to be Orpah, meaning young gazelle, but in a state of intoxication and confusion, she mixed up the letters r and p.

Oprah was physically and sexually abused as a child, and became pregnant at the age of 13. To make matters worse, she gave birth to a still born. Then Oprah spent the rest of her youth in and out of juvenile centers for drug related offenses.

Now how's that for a story? And she hasn't even reached adulthood. My question here is, did Oprah let those events in her life define who she is today? Did she sit down and let herself become a victim? The answer is an obvious no. But instead, the story she told herself was that now she had more "life experience" to share and connect with other women. She could connect on a deeper level with other women more than she could ever have without those "life experiences".

By the way, which story was true?
Both of them of course.

Yes, all those things happened to her. And yes it's also true that she now has a larger capacity to connect. Both stories that she could have told herself are true.

But here's the real secret.

Whichever story you focus on, you're going to feel. Now, Oprah had perfectly legitimate reasons to feel bad about herself and blame it on every man she comes across. But if she did that, then she wouldn't become the Oprah we know today.

Remember this, whatever you focus on, you will inevitably feel.

The problem is, most of us don't realize consciously what we focus on, so therefore we think our feelings are "naturally" coming to us! (Even worse, sometimes we feel like our feelings are justified by our story!)

Don't we all know someone who live in the emotions of self pity? And don't we instantly know the type of story they tell themselves! The stories you tell yourself become your life, whether they are true, or whether they are fictional.

But the challenge - is your story helping you to experience more love, joy and excitement in your dating or love life, or is your story limiting you from experiencing any of that by sabotaging your own actions?

A row of cherry blossom trees in full bloom, with pink petals covering the ground. The trees are in the foreground and middle ground, with their branches heavily laden with pink flowers. The ground is covered in a thick layer of fallen pink petals. The background is slightly blurred, showing more trees and a hint of a blue sky.

*We all have a story that we
tell ourselves and others.
What is your story?*

What Is Your Limiting Story?

And yes, we all have limiting stories that we tell ourselves on a regular basis.

It is perfectly normal, and perfectly ok, but at the same time, you have to realize that sometimes if you want something new in life, you'll have to change the story that you tell yourself.

You can't have a fulfilling love life when you tell yourself that you don't deserve it.

You can't have a fulfilling love life when you tell yourself the story that it's not possible, or maybe it's only possible in fictional novels and Hollywood movies.

You are not going to find yourself a man who is going to treat you right if you tell yourself that there's no man out there like that, they only exist as characters out of a Nicholas Sparks novel.

You see, you're already telling yourself stories about love, about romance, about men, sex and relationships. (And those stories are going to shape your feelings and experiences in your world)

So what is your limiting story? What stories are you telling yourself that are preventing you from experiencing more love and more joy in this world?

What we're going to do is a quick exercise that will help you pinpoint what your existing story is right now in your love life, so that we can learn about what has been stopping you from having the love life you really want.



You can't have a fulfilling love
life when you tell yourself that
you don't deserve it.

An Exercise to Pin Point Your Story

As we have already established, we are all telling ourselves stories about our love lives.

If we tell ourselves good stories, then we have good experiences in our love lives.

If we tell ourselves negative stories, then that's also what we're going to experience in life.

So let's quickly do an exercise for you to pinpoint the story that you've been telling yourself about your love life. (You may have an idea of how this story goes already)

So I want you to get a blank piece of paper out, and a pen to write with.

I want you to divide the piece of paper into 4 separate compartments. And in each of the compartments, I want you to answer a certain question.

In the first compartment, I want you to complete the following sentence.

“When it comes to love, I am”

In fact, come up with as many answers as you can think of. Just write down all of them.

When it comes to love, I am...

Describe yourself, write down adjectives, metaphors, anything and everything that you can relate back to yourself.

In the second section, I want you to complete this sentence:

“Love is...”

Love is warm and fuzzy? Love is hurtful? Love is a game? Love is not real? Whatever you believe about love, write them all down in this section.

Ok, next section, I want you to complete this sentence:

“Men are ...”

So, men are all idiots, men are all, whatever it is that you believe about men, write them down here.

And the last section, I want you to think about this sentence.

“I haven’t experienced what I wanted to because...”

Really think about this, write down whatever comes up in your head, don’t reject any of it. If you have a thought, then write it down.

No one here is going to judge you for it, not even yourself.

So right now I want you to take at LEAST 10 minutes to fill in all 4 sections, be real honest with yourself.

We want to get an insight into those stories that you are habitually telling yourself, and once you become aware of them, you are able to shape a new story for yourself.

So go and do that exercise right now, and once you’re done, come back and continue reading.

Alright, so well done for doing that.

Did you get some new insights as to your own subconscious beliefs or the subconscious stories that you’ve been telling yourself?

It’s a good idea to start piecing all of these different components together and see what the real story is behind it all.

I want you to start reading what you've written, and start to weave it all into a story for yourself. For example:

"I haven't experienced what I wanted to because I believe men are scumbags, and I can't trust them. Love is not real and it's for losers, and I'm smarter than everyone else because I know the truth."

So start to piece the 4 sections together and start to really see the story that you've been telling yourself and living as a result.

Ok, here's what I want you to do next.

I want you to put this story aside, and we're going to come up with, or invent a brand new story for you.

You have all the rights to keep your old story, however it's hurting you. It's possibly making you miserable to some extent! It's even hurting the people around you, the people you love.

An old story is similar to an old map, totally outdated, and I don't want you to be outdated!

But before we do figure out what your new story will be, I want to share with you the 5 steps to a fantasy love story.

5 Steps To Your Fantasy Love Story

Let me ask you a question: Can you think of at least 3 love stories that have moved you and made you feel emotions so deeply that you never wanted to come out of the story?

It could be from novels, movies, or even in the people that you know. Can you think of just 3 love stories that you would love to experience in your own life?

I want you to write the names of those 3 stories down on a piece of paper and as I walk you through the 5 steps to a fantasy love story, I want you to refer back to your 3 love stories and see if they apply there also.

So what I'm about to share with you, is very interesting, and not many "ordinary" people know about it.

You see, I took some time to study some of the best love stories in our culture and I've noticed some common themes. There are common important key factors when it comes to having a great passionate love story. In fact, I'm fairly sure that movie producers and authors know this "formula" for creating a wonderful love story that "moves" us. The people who write soap opera shows, would

know this formula like the back of their hands.

I heard not long ago, that the script writers of any new TV show literally follow a “script” or a proven formula, to guarantee success of that TV show will be loved by the audience.

They literally follow this same formula again and again because they know that all the most successful shows and movies all follow this formula. So as a script writer and story teller, they simply can’t fail with the script that has proven to work.

And when I say “script”, or formula, I mean there are certain events and certain themes in that story that makes it popular.

For example, have you ever noticed that soap operas always have someone who’s injured, someone who’s falling in love, someone who’s having an affair, and someone in danger? It’s because these scripts work! And if everyone got along nicely in these TV shows, then no one would be watching and they’ll have to get a new job.

So what I’ve done, is created a 5 step script that will create your fantasy love story. These 5 steps are very prominent in every powerful love story you ever encounter. To illustrate this, I’m going to use a few examples that hopefully you can also relate to.

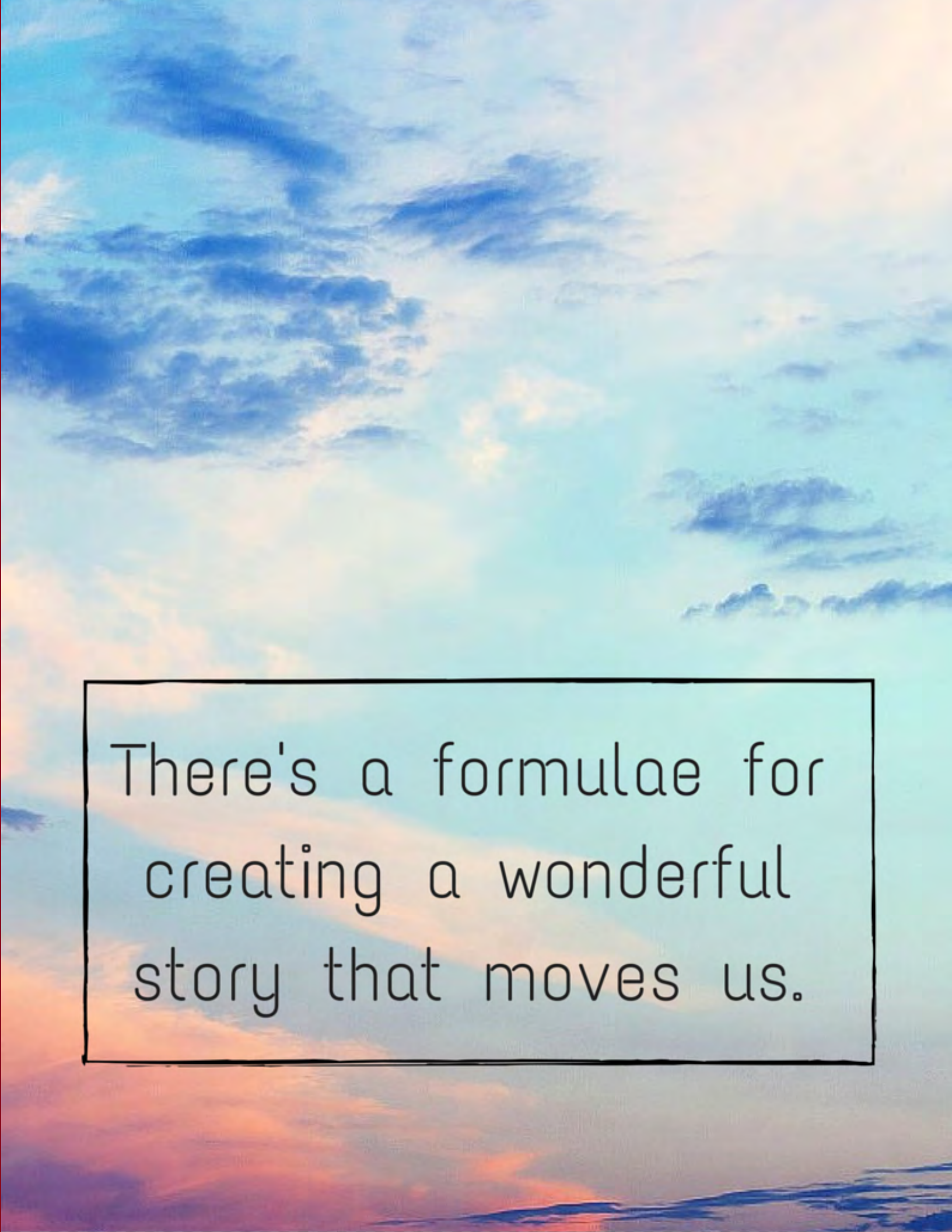
I'm going to use the century old story of Romeo and Juliet, the movie "Pearl Harbor", the movie "Serendipity", and a movie that we all love, "The Notebook".

These 4 examples are all based around powerful love stories, and that's what made them memorable.

So in the next portion of this volume of Attraction Control Monthly, I'm going to walk you through the 5 steps to creating your own fantasy love story.

Here's the run down on the 5 steps to living your fantasy love story:

- Initiate Chemistry
- Life Obstacles
- Time to Yearn
- The Destiny Element
- 5.The Beginning of A New Era.



There's a formulae for
creating a wonderful
story that moves us.

Step 1 – Initiate Chemistry

Step 1, you have to have chemistry. In order to create a love story, you can't afford to be short of chemistry.

This is why chemistry is the first step!

Every love story is initiated through this initial state of falling in love. This sense of chemistry in the air.

And when I say chemistry, I mean attraction, I mean that spark of curiosity and mystery.

It represents something new, something exciting. There's a sense of aura coming from the other person and you find it hard to stop thinking about him.

This sense of chemistry is a must in order to propel the rest of the events.

You see here's the thing. If there wasn't enough chemistry in the air, then there wouldn't be enough fuel to get through the other steps of this whole script, and the other challenges of life.

A relationship or love story without chemistry, is literally like a racing car, without gas. It won't go anywhere.

So let's take a look at the 4 examples I had chosen.

Did Romeo have any kind of chemistry with Juliet? I think the answer is obvious. We all know that in this Shakespeare play, Romeo was absolutely in love with Juliet.

What about the movie or novel "The Notebook"? Did Noah have any chemistry with Allie? Absolutely! If you look into this story, everything started as they met and started to fall in love.

The attraction was undeniable.

What about the movie "Serendipity"? This is a great lesson to teach us that you can fall in love within a couple of hours. It doesn't take a candle lit dinner, or a walk along a moon lit beach.

All it really takes is spontaneity, curiosity and a love for life itself.

As John Cusack spent a New York evening with Kate Beckinsale as two complete strangers, you may remember that they both started to fall in love with each other.

And even though they did not see each other for years after that initial spark, the memory of that night had deeply etched into the grooves of their hearts.

What about the movie “Pearl Harbor”? More specifically, I want to focus on the relationship between Rafe and Evelyn.

If you’ve seen this movie, then you’d probably remember that Rafe left for war just as the chemistry between him and Evelyn peaked. By the way, this chemistry, doesn’t always have to happen at the start. (However it is easier at the start of a new relationship, because “everything” is new)

It can also be reignited in a past relationship or in a stale relationship. The same rules apply, and the same feelings come back.

So how do we go about creating and initiating this chemistry?

Two ways. Number 1 is hold yourself as a high value high status woman. This will create a sense of aura, mystery and intrigue around yourself, which draws men into you.

The second way is to use your feminine charms. There are certain femininity cues that men are drawn towards subconsciously.

Now the exact details of these 2 things are totally outside the scope of this volume of Attraction Control Monthly. In fact, I can write many books on them alone.

But just for now, remember, to always build up this sense of chemistry, mystery and intrigue around yourself because that is the fuel for your own fantasy love story.

Chemistry, mystery and
intrigue will fuel your
own fantasy *love story*.



Step 2 – Life Obstacles

The second step is something that occurs in any story that is remotely half decent. Every single memorable love story has life obstacles that come in the way of the lovers. Just like every superhero movie has villains and other life obstacles in the way of victory and peace.

In fact, we should almost be thankful for those life obstacles both in our own lives and in those memorable stories, or else we would never be able to experience the magnificent joy that life has to offer. So if you want to live out your fantasy love story in real life, then you better construct some “life obstacles” between you and your lover if there aren’t any at the moment.

Think about it, in any good story, there is always a challenge, or a road block that must be overcome. It’s this challenge that gives strength, gives passion and gives that feeling of reward and accomplishment. A love story without any inherent obstacles is like a flat tire on a car, no matter how good the other parts are on the car, it won’t be very fast down the highway.

Renee and I learned this in our own lives, because from the start, her parents, and to an extent my parents, have tried everything to keep us apart. They didn’t approve of us, they didn’t want us together.

We kept hoping that it would change....now, nearly 7 years down the track, and they haven't changed one bit.

This has been very hard, especially on Renee. Because she's had to sacrifice a lot of family and friends whom, out of loyalty, chose to agree with her parents about the relationship.

See, a first, we kept thinking how difficult this made things. How selfish it is of our own families to not see and embrace the love that we have between us. Now though, we both realise that this is the one single gift that we have that is actually greater than the so called immediate 'positives', like everyone getting along.

Sometimes, our greatest struggles could turn out to be our greatest dreams.

So, now back on to superheroes. Of course we know that superheroes have super villains to deal with as the obstacle of their stories. Without the super villains, then those superheroes might as well retire.

But my question to you is, what do you think are the obstacles in a love story? (Villains don't work so well in love stories.) I'm sure you intuitively know them, because life itself has many "natural"

obstacles waiting for you and your relationship. So, let's think about this, what can get between two lovers?

Different jobs hours, weird hobbies, lack of common interest...

Ill health...

Age difference...

Totally different peer groups...

Distance...

Ex girlfriend, ex fiancée, ex wife, ex something...

Mother, father, mother in law, father in law...

Time travelling. (Uncommon, but certainly an obstacle in a relationship...Like Henry Detamble in the novel "The Time Traveler's Wife")

Let alone any other romantic interests that may come between two lovers...

You see, for a lot of people, just looking at the obstacles may make them think that they're in the "wrong" relationship... I think that's just a bad attitude towards love.

I mean, think about it. Did Romeo ever think that Juliet was "not right for him"? Even when both of their families are literally at war with each other? Absolutely not. And that's why this masterpiece by Shakespeare has lasted through hundreds of years and now taught

at schools across the world.

You see, in order to have a love affair like Romeo and Juliet, you HAVE to embrace the obstacles, not run away from them.

Of course, in today's world, most of us don't have the massive problems that Romeo and Juliet had back in their day.

But what is the difference between the guy who wants to give up and the guy who pursues even more?

Chemistry. (that's right, our very first step)

When you have enough chemistry, backing away from relationship obstacles becomes virtually a "non-option".

And by the way, I'm just curious to know what you think.

Do you think Romeo and Juliet would have had as much passion and romance if their families got along together?

Hmm, something tells me that they wouldn't have.

You see, here's what I believe. It's because there were enormous

obstacles in their lives that they had to overcome, that their passion was so intense. Because it was simply “wrong” for Romeo and Juliet to be together.

It was a “forbidden love”.

On a scientific level, doing something that is “wrong” or “forbidden” releases more dopamine in the reward centers of the brain. This means more of the feelings of being in love.

If everything was smooth sailing, then the reward centers of the brain do not get triggered. No dopamine is released and life would just be “status quo, same old” and boring.

A relationship that is “status quo” doesn’t get you to jump out of bed with excitement, unfortunately.

A smooth relationship doesn’t make for a passionate one.

Now let’s look at the other examples, what were the obstacles in the movie “Serendipity”?

First of all, John Cusack didn’t have any method of being able to contact Kate Beckinsale after their evening together. He didn’t know

where she lived, what her number was, and he was basically in the dark. He couldn't get to her.

The other obstacle was the fact that both of them already had partners at the time, and felt like it was wrong to dishonor that.

And ultimately, it was their years apart that made their hearts yearn for each other.

You see, these obstacles didn't repel both of them, but in fact, fueled their passion for each other.

What about the movie "Pearl Harbor"? The obstacle was obvious, Rafe had to go to war, and Evelyn was staying home. It was life circumstances and a war that pulled them apart.

If everything went smoothly for Rafe and Evelyn, then I can't say it would turn out the story that it turned out.

Let's look at our last example, the movie "The Notebook". What were the obstacle there?

Of course. He was a poor boy, and she was the daughter of a millionaire. She had the world at her feet and he didn't have two

dimes to rub together.

Her mother didn't approve of their relationship, and moved her across the country. The mother withheld all his letters to her.

Not to mention that when Noah finally did see Allie on the street, she was engaged to a wealthy, handsome man.

All of these were major obstacles and all these added to the passionate love story that it was.

Obstacles make everything more rewarding, remember that!

So the point of all of this is, embrace the obstacles. Thank the obstacles for being there. Sometimes the most passion is to be had, when there are the biggest challenges and obstacles.

You literally can't have much passion in a relationship without the presence of major obstacles. So don't run away from life's challenges, embrace them instead.

Now if you've settled in a relationship where there are no major obstacles anymore, then it's time to create some "artificial" obstacles. It's time to have some fun, and create some obstacles. Pretend that

the world doesn't want you two together.

Pretend that there's a conspiracy going on that everyone else is against you two. They want you to separate. They want you to part and never see each other again.

(This kind of reminds me of a recent movie I watched with Matt Damon, *The Adjustment Bureau*.)

Not only will this "conspiracy" help strengthen your connection together with your man, it will also make both of you feel more alive and treasure your time together at a deeper level.

*Love stories without
obstacles do not win.*



Step 3 – Time to Yearn

Step 3 is to allow yourself to yearn. Give yourself the time to miss each other. Give yourself the space to feel the loss.

You see, as much as I like to think that we're all saints inside and that we all deeply appreciate all the good in our lives, that's simply not true.

I think we have the capacity, I just don't think we're hardwired to feel appreciation on a regular basis.

That's why people do meditation and yoga on a regular basis to attempt to achieve a state that resembles regular gratitude and appreciation.

You see, here's the problem. We are designed to take things for granted. It's not our fault, and it's not his fault for taking you for granted.

We all take things for granted because evolutionarily speaking, taking things for granted conserved our energy.

(And of course, conserving our energy meant we had a better chance

of survival, and survival was everything.)

I remember when we bought a pair of new couches a little while ago. I found this fantastic deal on two leather couches that just seemed perfect in picture.

When I saw them in person, they were even better! Lemon slice colored leather, with fancy wooden trimmings, I couldn't believe how amazing the deal was for those couches.

So the day the couches arrived at our place, we spent hours trying to perfectly position the two couches to make them at home in the lounge room. It was perfect. I was over the moon, and I couldn't be happier with any other couch.

For a whole 4 days, I thought about just how wonderful those couches were. I would take sneak peeks at them when I was walking through the hall way, just to get a rush of those amazing feelings again.

But something interesting happened, a few weeks went by, a few months went by. Suddenly, one day I noticed that I was no longer as "excited" by the couches as I was in the first few days.

I mean, I was still happy, but I wasn't "over the moon" like I was initially.

Strange huh?

The couches were still the same, they were placed exactly where I thought they looked the best, but I just didn't feel the same about them anymore.

Law of familiarity kicked in.

There was nothing wrong with the couches, and there was nothing wrong with men. But the fact that the couches were ALWAYS there, meant that there was no more novelty or mystery.

In other words, the couches were there all the time and I had no opportunity to miss them.

In fact, if by some strange occurrence, the couches disappeared every Monday, Wednesday and Friday, then I would probably be more likely to still feel excited when they were there.

That would give me time to miss them, and therefore subconsciously appreciate them when they are there.

In your relationship, if you don't miss the other person, then you won't appreciate the other person as much when they're there.

This will kill the romance, kill the passion and kill the feelings of ecstasy that relationships can give you.

And all because it is our self preservation mechanism inside of all of us to automatically take things for granted.

I don't care how nice of an individual you are, this applies to everyone. It's just how our brains and emotional system is built.

So if you were to create your own fantasy love story, then you must include the time and space to yearn for each other's presence.

Give yourself and give your man the gift of missing each other. Don't always be together 24/7, even if it feels good at the time.

In fact, a lot of the times, it will feel comfortable and feel "good" to stay with your man, but that same feeling of comfort is the very thing that is killing the yearning.

I know this sounds strange and maybe even counter intuitive, but it's true.

The more you try and be together in “comfort”, the less the yearning, the less the passion.

Think about all the examples that I picked.

Did Romeo miss Juliet? You bet! In fact, they both missed each other so badly, they planned to elope secretly, and planned to abandon their families.

Here’s a line from Juliet in the original play:

“O Romeo, Romeo! wherefore art thou Romeo?
Deny thy father and refuse thy name.
Or if thou wilt not, be but sworn my love
And I’ll no longer be a Capulet.”

Because of the family feud, it was in fact easy for Romeo and Juliet to spend time away from each other, longing for the next moment they meet.

That’s a gift.

What about the movie “Serendipity”? John Cusack and Kate Beckinsale waited years and years before meeting for the second

time. And the chemistry between them was strong enough to make him vividly remember her years later.

The yearning and longing was made possible because there was no possible way for them to contact each other. If they had, then it would have diminished the built up tension, and destroyed their passion for each other.

What about Pearl Harbor?

Again, it's the same story of loss. Rafe went overseas to war, (it was his life passion and mission), and he missed Evelyn every moment he was away.

And war isn't just like a job. You can't just quit, you can't just return home at the end of a hard working day and relax. It's hard, it's taxing and the only thought that kept him alive was the thought that he will see her once again in the future.

That yearning kept him alive when everything around him wanted him to stop.

Lastly, one of our favorite movies, The Notebook. A very similar story line, and the same type of script.

Noah and Allie were forcibly separated for years at the peak of their romantic journey together.

It was I believe 7 years before they met up again.

You see, missing someone and yearning for their presence is a gift that you owe to yourself and you owe to everyone around you. It's not anyone's fault that we naturally will take people for granted, but it's our responsibility to keep people interested in us and never take us for granted.

In your relationship, if you don't miss the other person, then you won't appreciate the other person as much when they're there.



Step 4 – The Destiny Element

Do you believe in destiny?

There's no right or wrong answer to this question. And it doesn't have to be an absolute yes or absolute no.

I'm not here to tell you to believe in destiny or don't believe in it. I'm here to say that if you want to create that fantasy love story for yourself, then you want to feel like "it was meant to be".

Just think about this for a moment.

Doesn't it just feel so much better to know that your life is guided, and that "it was meant to be", rather than living life feeling like you have to really work hard to make anything happen?

It reminds me of a moment in the movie "Serendipity" where John Cusack was about to lose hope in ever finding his "soul mate".

"...The soft spoken, obsessive, Trager never looked the part of a hopeless romantic, but in the final days of his life, he revealed an unknown side of his psyche. This hidden quasi-Youngian persona, surfaced during the Agatha Christie like pursuit for his long reputed

soul mate. A woman whom he only spent a few precious hours with. Sadly the protracted search ended late Saturday night, in complete and utter failure. Yet even in certain defeat, the courageous Trager secretly clung to the belief that life is not merely a series of meaningless accidents or coincidences, ,but rather, it's a tapestry of events that culminate in an exquisite, sublime plan.

Ultimately Jonathan concluded that if we are to live life in harmony with the universe, we must all possess a powerful faith in what the ancients used to call "fatum, what we currently refer to as destiny." If you haven't seen the movie, then I totally recommend you watch it, it is a great love story and even more so, it will inspire you to believe that life is more than just a series of coincidences.

Rather, your life is guided by a force that is bigger than yourself, bigger than what you can control. Destiny if you will call it that.

But really, think about it. How do you feel when you tell yourself the story that " you and your lover met accidentally at a party, and since you found each other attractive, then you started dating. If you hadn't met that person at the party, then I'm sure someone else would have come along and you may have started a relationship with someone else"

Compare that to this...

"I saw him from across the room. I knew. He knew. It was like I knew him from another life. It was as if we were guided to find each other. I knew that it was meant to be."

Which one makes you feel better inside? Which one makes you feel like you are able to fall in love with?

Why is it always the story of destiny?

It's because inside of all of us, we all want to believe in destiny. It's like magic, we all want to believe it, but sometimes we don't allow ourselves to do so.

By the way, both stories are as true as each other, but it's the one you focus on that you will feel the most. And these two stories create totally different meanings and feelings.

So if you were to tell yourself a story about your own love life or relationship, make sure you include this destiny element in, because it will make your love life so much deeper with so much more meaning.

The image features a serene sunset scene with tall grasses in the foreground. The sky is a mix of deep blue, purple, and orange, with the sun visible as a bright orange orb on the horizon. A white rectangular box is superimposed on the lower half of the image, containing the text.

Destiny

- It's like magic, we all want to believe it, so allow yourself to right now, just for a moment.

Step 5 – The Beginning of a New Era

Ok, this is the last step to creating your fantasy love story. We've already covered 4 very important pieces of this "script". This step will help conclude the whole process.

It's time to see a compelling future, and have a vision of something great in the future. It's the beginning of a new era.

There's the anticipation of something beautiful that is on the horizon, something that you look forward to.

This anticipation is like a blanket of safety that sweeps over you. Everything will be alright.

In fact, this is the end of the script for your story, but the story doesn't end here. As cliché as it is, "it isn't the end, it's only the beginning"

In fact, it's the beginning of something new and exciting.

Now, truthfully speaking, everything has an end and everything has a beginning. But as long as you're focusing on the end of something, you'll feel sad, you'll feel bad.

But if you started to focus on how it's the beginning of something great, then you put yourself in a whole new state.

And when you're in a long term relationship of any sort, this final ingredient is the most important. Faith that something better is around the corner, if you can bring yourself to believe in that, will be rewarded.

And (just secretly) it's also the truth. It's not a lie. Because remember? Everything comes in cycles and seasons.

By the way, when you fall in love, what do you look forward to? EVERYTHING, right?

There's never an end to the fun, and always the beginning of something new.

That's what happens when humans fall in love.

So this element of positive anticipation has to be within every great love story. Think about the examples:

Romeo and Juliet were planning to run away together and have a "future" together without their families. They looked forward to

that, before tragedy struck.

In the movie “Pearl harbor”, Rafe looked forward to returning home to spend time with his girl Evelyn, and vice versa. They looked forward to the next chapter of their lives together in peace.

In the movie “Serendipity”, it’s a very similar story line where John Cusack looked forward to finding this soul mate and spending the rest of his life with her.

In the movie “The Notebook”, the anticipation for Noah was to win Allie back after all those years and spend the rest of their lives inside the house that Noah built.

Quite romantic don’t you think?

So in every story you tell yourself, ask yourself: is this the beginning?
Or is this the end?

And if you find yourself realizing that you’re telling yourself it’s the end, then there’s a problem.

The truth is, every end is a new beginning. Focusing on the new beginning gives your body and soul a sense of energy and positive

outlook, where as focusing on the end drains you of that same energy.

So this whole concept fits within the idea that your relationship has to be constantly growing, or else it's inevitably rotting and dying.

As the founder of McDonalds once said, "When you're green you grow, when you're ripe you rot".

The element
of positive anticipation has
to be within every
great love story.



Your New Fantasy Love Story

Ok, so they are the 5 critical steps to any impactful love story. Let's incorporate these into your new story.

So I want you to find yourself an empowered state of mind, and I want you to do a very similar exercise to the start of this volume. I want you to get a piece of paper out and divide it into 4 sections. In the first section, I want you to complete this sentence:
"I choose a passionate love life because..."

So again, whatever comes up into your mind, write it down.

In the second section, I want you to complete this sentence:
"I am now..."

For example, I am now a high value woman, I am now ok with giving myself the gift of missing a man, and giving him the gift of missing me.

So think of everything that you are now becoming in your new story.

It can be fictitious, it doesn't all have to be based on the truth. You are now designing a new character for yourself. You are taking on a

new role as this character.

Alright, so section 3, I want you to write down:

“Men are...”

Again, write down what your new character believes about men.

And in the fourth section, complete this sentence -

“To experience true love, I will...”

And write down everything you can think of. This is now going to become your primary story.

This is your new story. The story that is going to define your love life, the story that will give you hope when there isn't any, the story that will give you strength when you are down.

I want you to write everything down now, take 10 to 15 minutes right now and write all of that down.

The next thing I want you to do, is to read your original responses we did earlier in this volume. I want you to read those answers to yourself, and then decide for yourself, which one you are willing to follow through with.

Because here's the thing, you can't live in both of the stories at the same time. So take your pick right now which one you want to keep. And scrunch up the other sheet of paper and chuck it out. It's of no use to you now.

So for the next 2 weeks, I want you to keep the sheet that you chose, and I want you to imagine yourself as your new character embarking on a new journey.

I want you to imagine the 5 steps of creating your fantasy story, and incorporating them into your own fairytale.

I want you to visualize more details into this story. Bring life to the story. Imagine that every detail becomes another piece of the fabric that is your love life.

Remember, the more this story becomes real for you and becomes a part of your identity, the more and more you will see your love life shift in front of your very own eyes.

The stories that you tell yourself about your love life, will eventually define your love life. Change your story, change your life.

So start today to live your own fantasy love Story!



CREATE YOUR LIFE'S
LOVE STORY AND
BREATHE LIFE TO THE
CHARACTER THAT YOU
CREATE FOR YOURSELF.

Next Volume of ACM

That's it for another volume of Attraction Control Monthly. I hope you've enjoyed it and not only learnt a lot from it, but will also take a good look at some of the stories that you've been telling yourself. Remember, the stories we tell ourselves may or may not be true, but the moment we believe in them, is the moment those stories start to define our lives.

Your fantasy love story isn't only just a fantasy, you can experience that in your life right now if you choose to.

But if you do commit to yourself to create that fantasy love story for yourself, then make sure you include the 5 important elements that I have described to you in this volume.

Next month, we are going to look into advanced communication with men.

As you may know by now, men communicate in totally different ways to women.

That includes their body language, their tone of voice and also the words that they use. After all, there's a reason why there are so many books on "communication" between the sexes. Communication is the lifeline of the relationship, whether that is verbal communication or non-verbal.

So what I want to do next month, is to distill all the useful strategies and tips to help you communicate more effectively with men.

We're going to share with you specifically what works and what doesn't work when it comes to getting through to men.

These are advanced strategies, not just the overused "tips" from every other website or magazine.

So we're looking forward to teaching you all about it in the next volume of Attraction Control Monthly.

We look forward to having you join us next month and until then, take care of yourself!

Lots of love.



Renee Wade and D. Shen
ShenWadeMedia.com

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 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



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