

ATTRACTION CONTROL MONTHLY

Volume 6



ShenWadeMedia
Because You Deserve Love

The background of the entire image is a close-up, high-resolution shot of a red fabric, possibly silk or satin, with deep, flowing folds and a rich, velvety texture. The lighting creates subtle gradients of red, from deep burgundy in the shadows to a brighter, more vibrant red in the highlights, emphasizing the tactile quality of the material.

ATTRACTION CONTROL

- MONTHLY -

Volume Six:
“The 8 Feminine Roles That Allure
& Attract Men”

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

Contents

| | |
|---------------------------------------|----|
| What Types Are You Attracting? | 7 |
| Be Careful Who You Attract | 10 |
| Throw The Wrong Bait, | 14 |
| Meet The Wrong Men | 14 |
| You Are Not Your Role | 18 |
| The 8 Feminine Roles that Attract Men | 21 |
| The Bubbly Princess | 29 |
| The Elegant Lady | 40 |
| The Yummy Mommy | 47 |
| The Mystery Girl | 58 |
| The Tom Boy | 65 |
| The Party Girl | 74 |
| The Mistress | 79 |
| The Kill Bill | 85 |
| How To Adopt A New Role | 91 |
| Next Volume of ACM | 96 |



Be clear to
yourself now,
what kind of man
do I truly want
to attract into
my life?

What Types Are You Attracting?

Hey there. David & Renee here.

Welcome to this month's of Attraction Control Monthly. We hope you're doing well, we hope this month has given you as much pleasure and joy as it has given us.

Now, have you ever had the experience of seeing another woman, knowing that she wasn't necessarily the most physically attractive woman around, but somehow she draws men in like there's no tomorrow?

What is going on there?

Well, that's a mystery that we will be answering for you in this month of Attraction Control Monthly.

You see, there are roles which attract men, and there are roles which repel men. If you show up as someone in a role which repel men, guess what? You will have a lot of difficulty attracting men, and wonder where all the good men are!

If you live your life in one of the 8 roles that I'm going to introduce

you to, then you'll never have problems attracting and alluring men, because men are hardwired to be attracted to these feminine roles. Just as if you throw salmon bait, you'll probably catch salmon, if you throw eel bait, you'll probably catch some eel.


So in this volume of Attraction Control Monthly, I want to share with you 8 feminine roles that attract men, and not just any men, but men who are mature and high status themselves.

Now obviously these 8 different feminine roles will all attract a slightly different type of men.

If you want to attract a rock star, you'll probably want to be a groupie, if you want to attract an athlete, you'll probably want to be a fit looking woman yourself.

So as you read through this month of Attraction Control Monthly, just keep asking yourself, what kind of man is it that I want to attract into my life?

And who do I have to be to attract him?

A close-up photograph of a pink tulip flower with green leaves in the background. The flower is in focus, showing its petals and stem. The background is blurred, creating a soft, romantic atmosphere.

If you want a man to *truly* love
you deeply and feel a deep
sense of attraction to you,
then we have to look
beyond mere attention.

Be Careful Who You Attract

There are people in the world that you do not want to attract into your life.

You don't want to attract people who treat you badly. Especially men.

You don't want to attract people who do not have your best interests at heart. Your life is too precious and you're too vulnerable in an intimate relationship to attract people who aren't high quality.

And you certainly don't want to attract the kinds of people who rob you of your time, which is in the end the most valuable resource we all have.

You see, what happens a lot is that women want to attract a certain type of man into her life, but her subconscious actions are actually attracting a different type of man (or men) altogether.

And then, she justifies the whole process by concluding that there are no good men out there!

Now have you ever known someone who feels this way? I bet you

have.

So what we really have to do for ourselves is understand who we're attracting into our lives on a subconscious level, and match that with who we want in our lives consciously.

Most women are subconsciously very insecure, very shy and lack in confidence.

Guess what types of men she is likely to attract into her life?

Mostly men who are also very insecure, and lacking in true confidence. Also, men who are out to take advantage of women who are insecure.

You see, the world is full of people who's trying to take advantage of you. They're on the telephone trying to sell you something, they're on almost every street corner and in every magazine.

(of course not everyone is trying to take advantage of you, I just wanted to generalize and say that the world is full of those people to make a point that you have to be smarter in this world. You have to make better decisions in this world)

And a lot of men love to take advantage of a woman who seems insecure, because he could have his way with her without her having much of a comeback.

I've seen women fall into this over and over and get mistreated over and over by these types of men.

And I'm sure you don't want to do that to yourself. There are millions of good, responsible men who exhibit all the masculine traits you want in a man in this world. You don't have to just settle for whatever comes your way.

Too many women these days settle for the first man whom pays her any attention! Of course there's nothing wrong with attention, however it's not the same as love.

If you want a man to truly love you deeply and feel a deep sense of attraction to you, then we have to look beyond mere attention!

We have to learn how to attract the types of men that you are actually interested in! So to do this, you need to know what roles you need to be in, in order to attract those "better" men. And in this volume, we offer you the 8 best feminine roles to attract and allure the right types of men.

*You are so much more than the
vibe that you're putting out.*

*You are so much more than just
the role that you live yourself as.*



Throw The Wrong Bait, Meet The Wrong Men

Let me ask you this:

If you were to go fishing and wanted to catch a big fat fish, would you use a cheeseburger as bait and throw it into the water?

I hope not.

Last time I checked, fish don't have much of an affinity for cheeseburgers.

In fact, if you speak to someone who loves fishing, you would learn that you have to be sometimes very specific about which bait you use to catch what types of fish.

Not all fish are attracted to the same bait.

Not all men are attracted to the same type of woman.

Some fish love to eat worms, yet some other types of fish love to eat insects. Some men love women who are quiet and soft and caring, yet some other types of men love women who are outgoing, friendly and very social.

You see, if you throw a certain bait into the water, you will attract a certain type of fish back to you. Not only that, it may repel the other fish.

If you want to catch a carp, then you want to learn what kind of bait would attract carps.

Similarly, if you show up as a certain type of woman, you will attract a specific, certain type of man, over and over and over, and repel the other types of men.

That is the exact reason why so many women find it “hard” to find good men.

By the way, good men are everywhere, they’re on the streets, they’re in the shopping malls, they’re sitting at your local Starbucks.

There will never be a shortage of good men in the world. It is literally a demographic impossibility.

But if you throw the wrong bait, they aren’t going to bite. Instead, you’ll have other kinds of men nibbling at you.

Just think about this example:

If you want to attract a man who is very intelligent, and a high achiever, would you hang out in the dusty local pub at 10pm on a Friday night, or would you have better luck even at a place like the local book store?

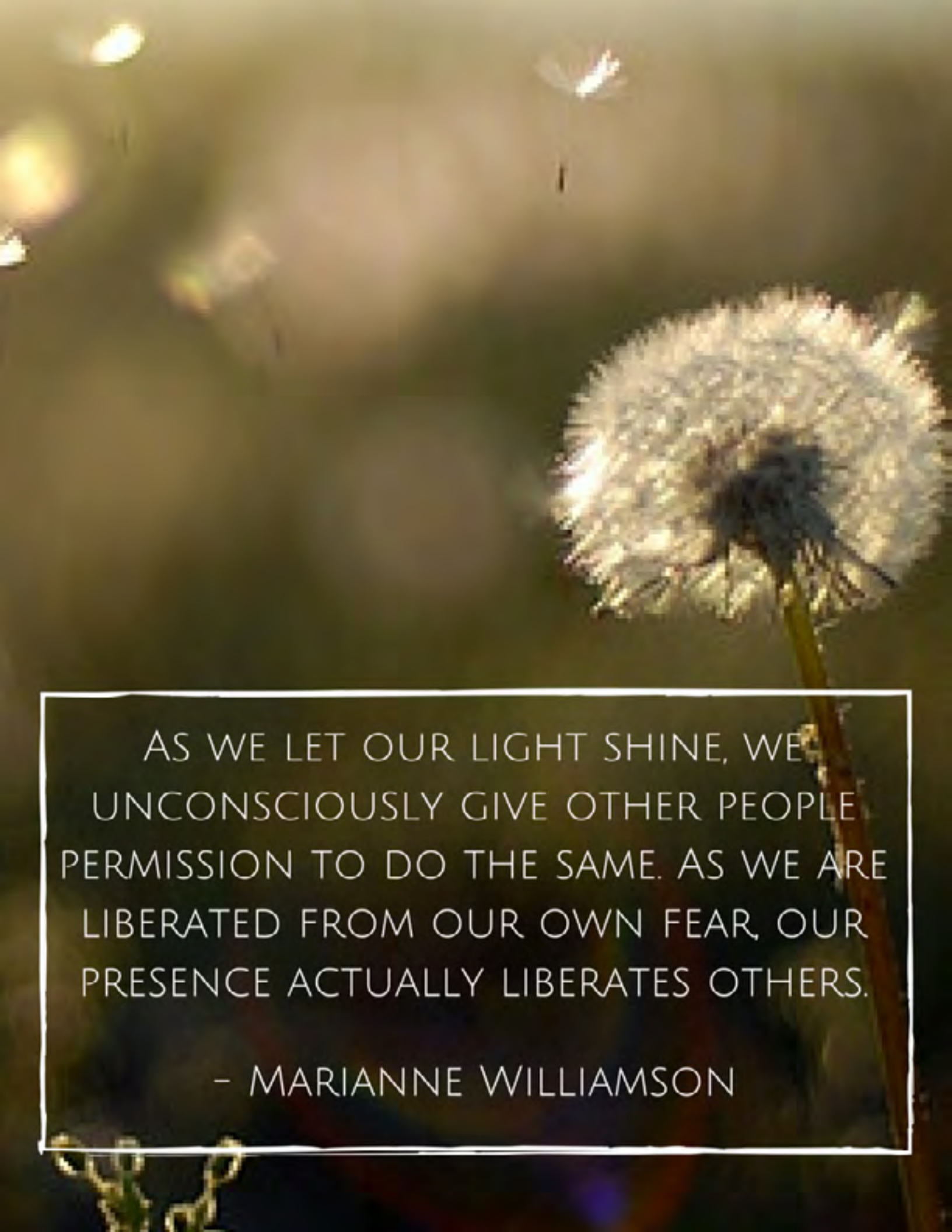
Exactly.

You'll have a lot more success attracting the right types of men when you're aware of what kind of "vibe" you're putting out. And you can change your "vibe" anytime you want. You can change it completely over night and that will be ok.

Because here's what you have to remember, you are so much more than the vibe that you're putting out. You are so much more than just the role that you live yourself as.

You are not the role you show up as. Imagine you are an actress with infinite number of possibilities of the roles that you can play, you can see that every role has its gift and its downfall.

So through this volume, I want you to feel like an actress. I want you to take on different roles, perhaps roles that you're not familiar with. I want you to experiment with all these different roles, because it's going to be safe here and I promise I won't tell anyone!

A close-up photograph of a dandelion seed head, which is glowing with a warm, golden light. The background is dark and out of focus, featuring several bright, circular bokeh light spots. The dandelion stem and some leaves are visible at the bottom left.

AS WE LET OUR LIGHT SHINE, WE
UNCONSCIOUSLY GIVE OTHER PEOPLE
PERMISSION TO DO THE SAME. AS WE ARE
LIBERATED FROM OUR OWN FEAR, OUR
PRESENCE ACTUALLY LIBERATES OTHERS.

– MARIANNE WILLIAMSON

You Are Not Your Role

You have shown up in predominantly one type of person at different stages of your life.

How do I know? Because all of us do it subconsciously. It's just the way we identify with ourselves.

And what happens when we get in to an intimate relationship (and I'm also speaking from experience here) is that we tend to react to, respond, and interact with a man in the exact same way we did yesterday, and the year before, and god forbid, 10 years before. For sure, you would have shown up with different snippets of the other parts of you at times, but the key is that the majority of us show up in the same role the majority of the time.

But you are not your role.

Meaning, even if you feel like you're the "good friend" of the men around you, or the "elegant lady" all the time, that's not YOU. There are other parts to you as well, other roles that if you let them show up, would completely, and I mean completely, transform your love life. So it's important to remember, that if you feel stuck in a 'rut' of some sort in your love life or your relationship, and you

feel like you're having the same problems over and over again... it's probably because you're showing up in the same role. Having the same outlook on life that that role has.

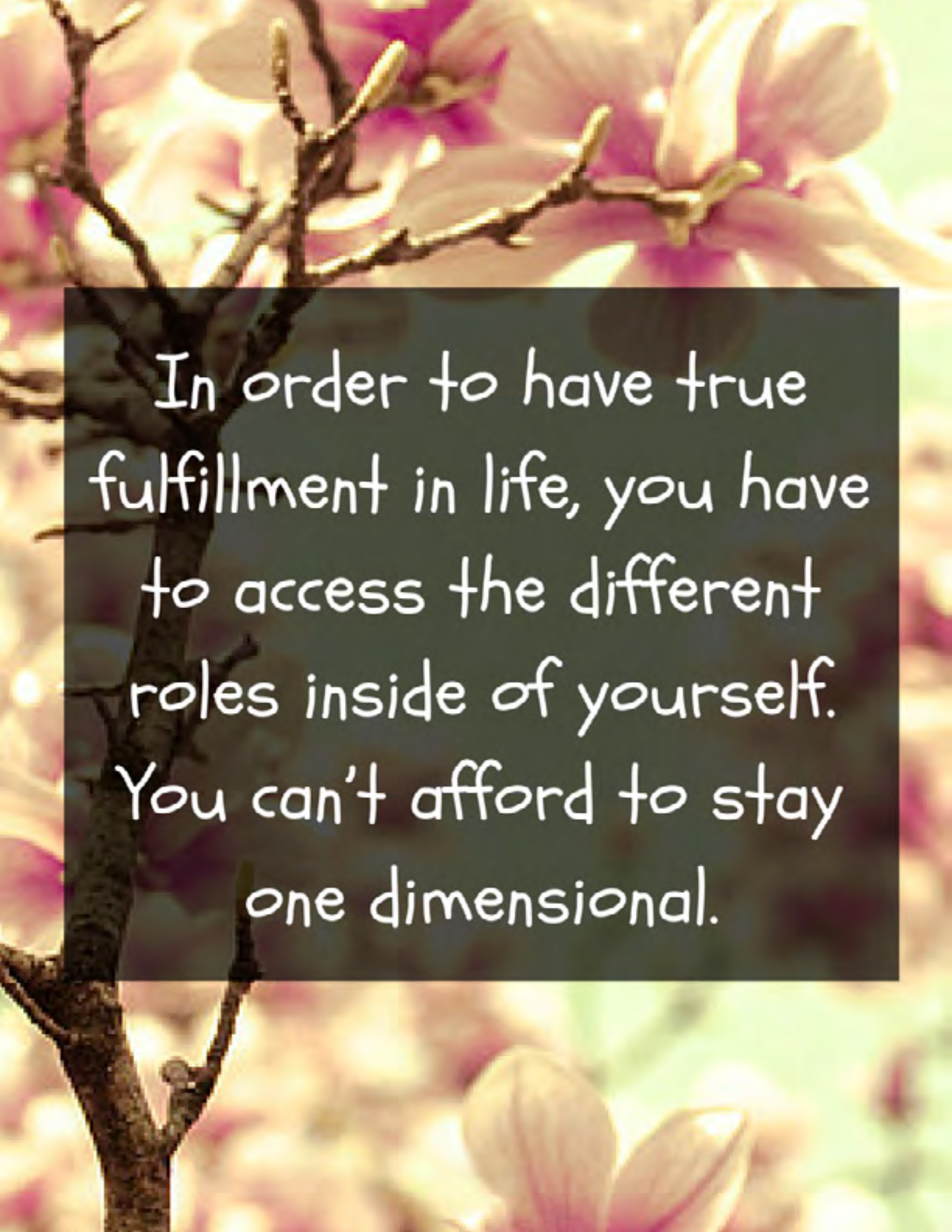
If you find yourself being the bubbly princess all the time, or the elegant lady – that's not all you are.

You are not that one-dimensional.

And if you've ever had a friend of yours who seemed to attract men like crazy, maybe because she was more "out there" or sexual, and you felt like you were hiding in the shadows of this friend, then the good news is: you don't have to!

That person that your friend is; can also be you, any time of the day. (it might piss your friend off because you'll steal her limelight), but that doesn't matter. You're not here, alive in this world so that you can diminish yourself. So get ready to embrace all the roles that you are, and keep in mind the words of wisdom by Marianne Williamson.

"As we let our light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence actually liberates others."



In order to have true fulfillment in life, you have to access the different roles inside of yourself. You can't afford to stay one dimensional.

The 8 Feminine Roles that Attract Men

The 8 feminine roles that I'm about to introduce you to, are archetypes. In other words, everyone is a combination of one or more of these different roles, and it's insane and not recommended to think that you should just be "one" of these roles and not the others.

After all, you're not that "one dimensional" now, are you?

In fact, being one dimensional will hurt you and the people around you in your relationship more than you can imagine.

It doesn't matter what type of man you have in your relationship, he will get sick of a one dimensional woman. It's true. Just think about it.

If you had a man who was only ever one particular way, it doesn't matter how good that is, you will get sick of it sooner or later. You will become satiated with that role and would want variety in something different.

In fact, if you're in an intimate relationship with a man who would always be the same way, and always 'show up' in the relationship

as the same man all the time, my bet is that you'd start to feel suffocated. Or even repelled, or even this – some people get so sick of their partners after decades of being with the same kind of person that they dread the thought of going to bed with them at night and they feel sick with the thought of just touching them.

This reminds me of the movie “Bedazzled” where Brendan Fraser was playing a character who wished that he could be different and so he made a deal with the devil in exchange for 7 wishes (the devil was Liz Hurley in the movie, by the way).

So firstly he wished he was rich, then he wished he was sensitive, then he wished he was big, tall and strong, then he wished he was important.

And every time he wished for something and it was granted to him, he immediately realized all the downsides to that particular “role”. For example, when he wished to be more sensitive, he suddenly became too sensitive, and that totally repelled the woman whom he was trying to woo.

So he learnt that being too sensitive was not the way to go, but instead, it's important to have a balance of all the different roles. And that is really the takeaway point from all of this. In order to

have true fulfillment in life, you have to access the different roles inside of yourself. You can't afford to stay one dimensional.

There are positives and negatives to every single role that you take, even the best of them and the worse of them.

And there are huge lessons for all of us to learn in these positives and negatives.

So as you read through these 8 different roles, keep in mind that your job, in order to create a greater level of fulfillment and passion and happiness in your love life (and your life overall) is to incorporate these different roles into your life to make you more as a person and as a soul.

And ultimately, it makes you free. Free to be whoever you want; whenever you want.

So here are the 8 feminine roles that allure and attract men:

- Role 1 – The Bubbly Princess
- Role 2 – The Elegant Lady
- Role 3 – The Yummy Mommy
- Role 4 – The Mystery Girl
- Role 5 – The Tom Boy

Role 6 – The Party Girl

Role 7 – The Mistress

Role 8 – The Kill Bill

Now these archetypes cover a wide range of different behaviors that you commonly see in women. These 8 roles cover personalities that are either more deep and sensual, or more superficial. They cover more dominant behaviors, and also more submissive behaviors.

So in order to nicely organize these 8 roles, I've put together a table that divides these roles in terms of a couple of categories. As you can see from the table below, there are categories that are more on the fun side, as opposed to the deeper, more sensual side.

| | Fun and Joy | Deep and Sensual |
|-----------------------|---------------------------------------|--------------------------------|
| Caring/ Submissive | Bubbly Princess Elegant Lady | Yummy Mommy Mystery Girl |
| Daring/ Dominant | Tom Boy Party Girl | Mistress Kill Bill |

There are both dominant roles and more submissive roles.

And believe it or not, some men secretly have fantasies about dominant women. That's why there's a small percentage of men who love to hire a dominatrix which is basically a type of escort who tell men what to do (ie. Dominating these men).

Now if you understand the concept of polarity (something we talked about in volumes 1 and 2 of ACM), then it makes sense that the feminine men in the world would be attracted to those women who are dominating.

But sometimes being slightly dominating can spice up your love life by injecting a different feel and a different energy. (maybe not to the extreme of what a dominatrix would do, because that seems a little wild and over the top to me, I heard a few months ago that a dominatrix suffocated a man to death, not sure whether that's much of a turn on)

You see, it's all about balance. It's all about having different dimensions to the whole of YOU.

Have you ever known someone who has dated a complete asshole and after a while, she got totally sick of that, and so she swung the pendulum and started going out with totally sensitive men only to be completely bored with HIM after a while?

You see, there are gifts and downsides to both the asshole and the sensitive man. But if a man is only just either one of them (one dimensional), then they will get boring and won't be able to hold a relationship long term.

And so what we're going to do now is delve deeper into all 8 of these roles. We're going to talk about what the individual roles are all about, what kind of men are attracted to these roles, and also some downsides to each of the roles.

Now of course, I'll give you plenty of examples to go by, but I want you to start thinking for yourself as we go through them, what examples you can find in your own life, or in movies where you see women being in these particular roles.

Better still, if you can come up with certain memories and times in your life where you played a particular role that you are rarely showing up in in your present day life; that will give you a better idea of who else is inside of you and help you identify more and better with the different parts of you.

You see, the more connections you make by yourself in your own mind, the better you will understand these different roles. So just start looking through your favorite movies or book characters and

start to see which category or categories they fit within.

The more connections you make in your own head, the more you will learn and discover and become more. It will no longer be just an intellectual thought in your head, it becomes more of who you truly are at your core.

So without further ado, let's begin.



The more

authentically vulnerable

you are, the more you attract
those men would want to
take great care of you.

The Bubbly Princess

Ok, the first feminine role we're going to talk about is the bubbly princess. And I'm almost certain that you know at least a few people in your immediate peer group who could be classified as the bubbly princess.

Think about it for a moment. You may even have this role very deeply etched into your own history and personality.

Just think - pink, princess, prettiness, and you'll get the picture.

And if you have trouble thinking of any particular examples in your own life, let me suggest some good bubbly princess examples that we would all know from movies.

Here's a classic example, Drew Barrymore in the movie "The Wedding Singer". It is a great classical romantic comedy that just leaves us feeling warm and happy inside.

In the movie, Drew Barrymore played a young woman who was a freehearted waitress who was very bubbly and cheerful.

If you haven't seen the 'The Wedding Singer', I can promise you that

you'll love it.

Just looking at her smile in the picture above, you could almost see the joy and the fun that she's having, and that is an essential part of being in the role of the bubbly princess.

Think natural feminine energy, think of the enormous love for life - you get the picture. This is the bubbly princess.

Always happy to see people, never really rejecting anyone, no matter how weird they are.

Here's another example:

Actress Kate Bosworth plays a local "girl next door" character in the movie "Win a Date With Tad Hamilton".

She plays a very down to earth young woman who doesn't really have a care in the world. No stresses, no burdens, she's just loving life!

And that's what's so precious and attractive about the bubbly princess role. She just loves to have fun and to unify people and spread joy and positivity.

You could probably think of many other examples of the bubbly princess, because it is one role that is very much encouraged by society for women to be, and there are many movie roles based on the role of the bubbly princess.

For example, Reese Witherspoon in the movie “Legally Blonde”, Isla Fisher in most of her movies, and in fact, animated movies love the bubbly princess role as the lead female character.

Think of Rapunzel in the movie “Tangled”, think of Jessie in the “Toy Story” movie series, think of Tinker Bell, Cinderella, and The Little Mermaid.

These are all bubbly princess characters.

So let’s think about this for a moment. In order for you to truly embody a role or an archetype, you **MUST** be congruent in the message that you want to express to the world.

What I mean by that is, people will notice it if you contradict yourself, or come across as “fake”. Many women in the world try to “fake” their way to things, but that never, ever works.

If people don’t consciously know you’re incongruent, they at least

feel funny around you.

What makes the bubbly princess so vibrant? It's her energy. Where does that come from? It comes naturally from her love of life and it shows on her face, in her body language, and in the way she moves. So if you're hating life right now, it's going to be very difficult for you to get into the bubbly princess role. If you tried, you'll probably just come across as fake or ingenuine.

So, what kind of men are attracted to the bubbly princess? The quick answer is, the men who like to take care of a vulnerable woman.

You see, you really have to be vulnerable to be in the role of the bubbly princess, because in a harsh world, it is hard to defend yourself when you're such a princess.

So, really, the types of men you would attract are more so the "gentlemen" type who have a strong urge to take care of a feminine woman.

Remember, the more authentically vulnerable you are, the more you attract those men would want to take great care of you. The genuine gentlemen (and don't you love those?!)

Now here's a disclaimer:

If you are at all, fake or ingenuine in your vulnerability, the real gentlemen will sniff that out very quickly and realize that you're only doing it to "GET" something in return. That you're only doing it to suck out his attention, or his resources or to leech on to him to get him to give you something or do something for you.

So you will in fact, in the end, attract those men who are equally as ingenuine and equally as selfish in return.

In fact, I had a friend in high school who was like this. She would use a fake girly, princess voice to get things from people, even women. And she'd try to take people's food, she'd try to get someone's sympathy or approval; and after a little while, people started complaining behind her back and rolling their eyes about how annoying this was.

The fake bubbly princess will only last you so long in getting you what you want in life.

And, the interesting thing is, this friend of mine has now attracted a man who is from a 3rd world country (nothing wrong with that), who has little work opportunity back home, who verbally abuses

her, puts her down, and within under 6 months of dating her, asked to open a shared bank account to show they are de-facto partners (so she drove him for a whole two days interstate to get paperwork fixed so he could apply to become an Australian citizen), and they are now renting a property jointly, also to show he is in a de facto relationship.

Now, there's nothing 'bad' about that per se until you get the inside scoop on what he does and says to her.

On top of all that, he openly tells her that he has been violent to his past girlfriends AND when she expressed that she was a bit scared about the joint account and had some resistance, he cracked it at her, saying he only had her. No one else. Whereas she had all her 'Australian' friends.

Now, really. If someone was doing such a big job for you, helping you get a citizenship to a country where lots of people would give their left arm to be a permanent resident in, you don't turn around and make them the baddie when they express concern. You reassure them about your intentions, right!?

ESPECIALLY when it's a woman.

Not so in this case.

I know these things because I spent hours on the phone with her with her telling me how badly her self esteem had hit rock bottom ever since she entered the relationship, because he'd tell her she was stupid and slow and inefficient and a whole host of other things.

My honest belief is that to show up as a fake 'bubby princess' so often, which she still does even after almost a decade since we finished school pretty much whenever there are men around (she doesn't do it with women as much), she has an underlying belief that she is not enough, because someone who feels like they are enough, and that they have value to add to others would be FAR more in tune with what value they can actually add to people around them, and instead of faking a role to GET something, they'd embody the bubbly princess role in order to spread genuine feminine energy.

So, back to the bubbly princess role.

When men see a bubbly princess, someone who has so much natural energy and love for life, he knows that's rare. He knows that she is vulnerable to life like a blossoming flower in the desert and he would feel compelled to protect that, because it is WORTH protecting. (A lot of women these days are simply not worthy of a

man's protection)

If you want commitment from a man, the bubbly princess does a great job of it. She lights the man's life with fun and love that other women simply can't do.

She injects men's lives with a sense of aliveness and excitement that makes men want to give up their treasures for this feeling.

Now of course, being the bubbly princess means that you will also repel some kinds of men. As for any role you take in life, there are those who will be attracted to it, and those who are repelled.

That isn't a bad thing.

Sometimes you want to repel some men in order to attract the man you really want. And if you try and please everyone, guess what? You'll please no one and have no one.

So don't try and be everything to everyone at every moment, because that will only drive you mad.

So what kind of men are repelled by the bubbly princess?

The weak ones. The men who know inside that they don't actually have the ability to protect someone as vulnerable as the bubbly princess.

So they don't even try to approach.

The men who are insecure within themselves, wouldn't approach a bubbly princess. They may be somewhat attracted, but wouldn't have the confidence to do anything about it.

The men who are out in the bars and clubs looking for a new sex object, wouldn't go for a bubbly princess. That's not the sexual energy that they're looking for.

This is because the bubbly princess is more about cuteness, love, and joy of life, than of deep and dark instinctive desires.

So what are the downsides to being a bubbly princess? It may be easy to think that this "bubbly princess" role sounds so good, so why shouldn't you be in this role all day long?

Well, here's the thing, there are many downsides to it. First of all, because the bubbly princess usually carries on with life at a very superficial level, you miss out on the depth of life.

You miss the depth of what life has to offer, and because of this, the bubbly princess will become BORING after a while.

She doesn't have any depth, and it's depth that makes life meaningful, and worthwhile. So unfortunately if bubbly princess is all there is to you, then you will become incredibly boring, especially in an intimate relationship.

After all, aren't you in the relationship to get to a deep place of love and attraction?

Another downside to being the bubbly princess is that you'll be approached by a lot of men! Now, you may not think this is necessarily bad, but just imagine being approached all the time, on the street, in cafes, and you'll get sick of it very soon.

You see, the light feminine energy that the bubbly princess exudes attracts men a lot, and because it is an open/inviting kind of energy, men will have less resistance to approaching you. Whereas the next role, the Elegant Lady has more a sense of higher aura to her, and less down to earth. This means that men would have more resistance to approaching the elegant lady, as she is less open, less inviting. So on that note, let's go to the next role.



AS MEN AND WOMEN,
WE'RE ALWAYS DRIVEN
TO FIND SOMEONE WHO'S
"BETTER THAN THE REST".

IT'S A TRAIT THAT IS
HARDWIRED INTO ALL OF US.

The Elegant Lady

The Elegant Lady is slightly less open and less inviting compared to our first role – The Bubbly Princess.

She doesn't have the bubbly nature or the cheerfulness but she shows up as a more confident woman.

She takes great care of herself, and has an aura of self-assuredness, and a sense of pride deep in her psyche.

The elegant lady is like a queen, someone who truly knows her own value, and therefore doesn't need anyone to validate it for her.

The elegant lady is truly a rare find in today's age, where most people are overly insecure and always seeking validation externally (outside of themselves), through other people.

The elegant lady knows that she is desirable, and doesn't need to prove it to herself or to other people. She doesn't go out and seek significance and attention from others, in fact, she sometimes hates the attention because she has had too much of it.

She has a sense of mystery to her that draws men in. It makes men

(and women) wonder, “How is she so confident? She must be some sort of goddess to be this confident.”

This back to the last volume of ACM, where we talked about becoming a High Value, High Status Woman.

Let me give you some examples:

Well, there was a royal wedding not long ago, which Princess Kate Middleton got married to Prince Williams.

She was very poised, very calm and collected (even though the whole world was looking at her walking down the isle).

You see, the elegant lady has to hold herself very well, has to have a sense of confidence and charisma. This is what separates her from the rest of the world!

And of course, the elegant lady is never vulgar, never disrespectful, and would never do anything that is too inappropriate in the moment.

Here’s another example. If you’ve seen the movie “Pearl Harbor”, well, the character that Kate Beckingsale played, “Evelyn”, would be

categorized as an elegant lady.

She was very poised and had a sense of inner confidence to her that was very appealing to men.

You see, the elegant lady is very much admired by the people around her; men and women, due to her grace, and her refined taste and choices.

The elegant lady really is her own woman.

So what kinds of men would be highly attracted to the elegant lady? Well, first of all, men who also have high status and a lot of class, and someone whom appreciates the same in a woman.

Someone who doesn't like, and a man who doesn't appreciate easy or "cheap", low value women.

Men who have good taste in women, who don't want anything but the best, will be highly attracted to the elegant lady. This is because this role of the elegant lady represents high status and high value. It represents a woman who is "better" than other women.

Of course, we all know that there's no such thing as better or worse

than anyone else, but in our “monkey” brains, (our limbic system), we still categorize people in terms of social hierarchy.

So, as men and women, we’re always driven to find someone who’s “better than the rest”. It’s a trait that is hardwired into all of us.

Here’s one thing that differs between the bubbly princess to the elegant lady. The elegant lady is much harder to approach for men than the bubbly princess. The bubbly princess is down to earth and very connection oriented, whereas the elegant lady is more “walking on air”, and more goddess like.

This means, 90% of all men will not approach, due to feeling inadequate and lacking in confidence in front of the very confident, charming, elegant lady.

However, men will look and maybe even stare, as they habitually do. But most of the time, they would be too scared to come over and approach.

This is good and bad. Good in the sense that only the most confident men will have the guts to approach, and bad because you may miss good hearted men approaching you.

There are a lot of good hearted men out there who aren't 100% confident in themselves to be able to approach women and start a conversation.

So by being too "elegant" and too "classy", you may be reducing the chances of men approaching you, especially the ones who haven't had much experience in talking to women.

Of course, sleazy men won't find an elegant lady that interesting, because she wouldn't respond to the advances of sleazy men. And she won't succumb to a sleazy man's need for 'instant gratification'. Here are some other downsides to the elegant lady.

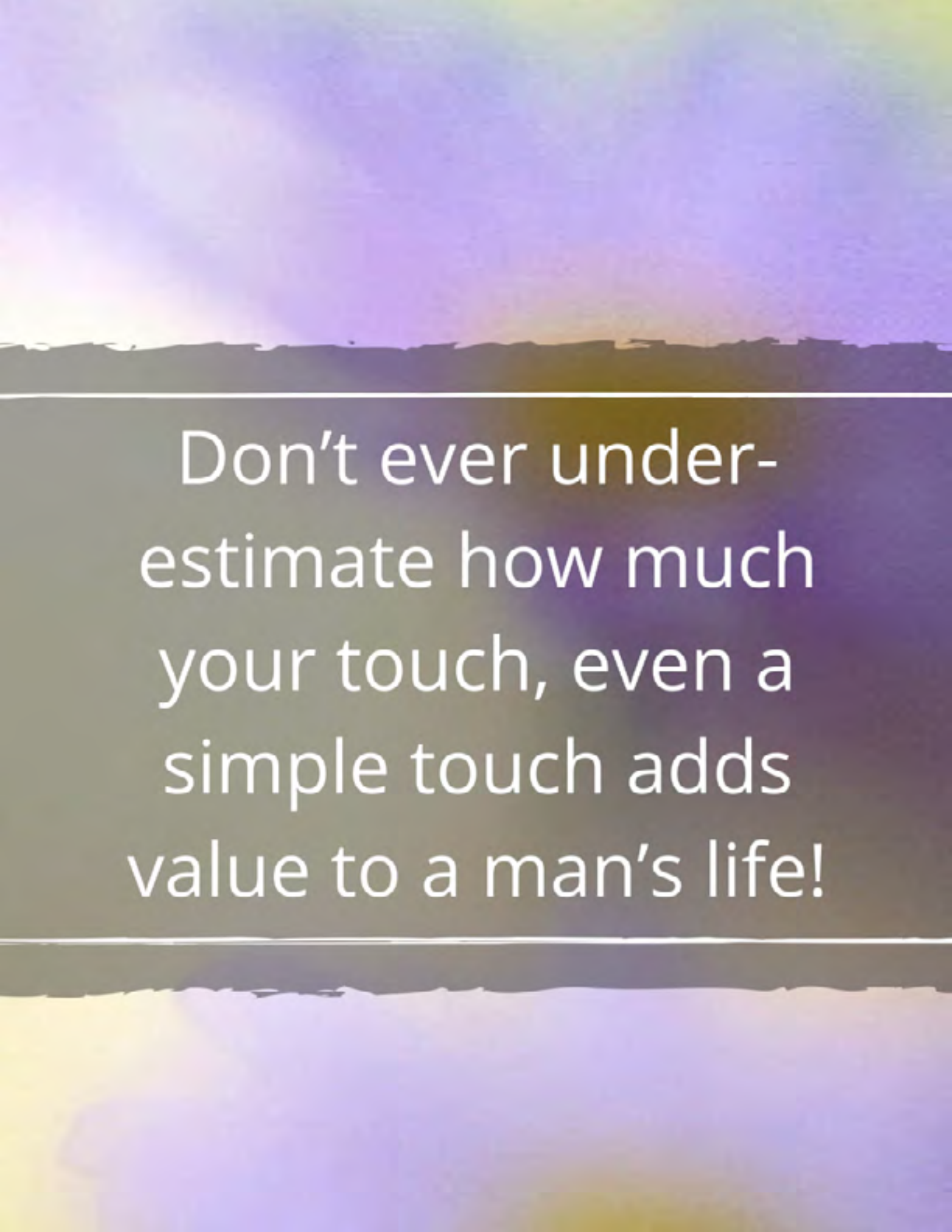
She may sometimes come across as arrogant to some individuals. This may offend a small percentage of people.

From a man's perspective, the elegant lady is harder to have fun with and connect with than the bubbly princess. Since she is less down to earth, this may intimidate some people when they're trying to connect with the elegant lady.

And it is not easy to connect on a deeper level with the elegant lady, whereas our next role, the yummy mummy is all about connecting on a deeper more sensual level.

This doesn't mean she can't connect on a deeper level (many elegant ladies do lots of charity work, etc) but it's harder to get to that place of deep connection with her.

I mean, imagine being Kate Middleton. It's very restricting, having to be 'at your best' all the time, having to present as the highest value woman out there. You always have to act "appropriately". And that is a downside to the elegant lady – it's harder for men to connect with you.



Don't ever under-
estimate how much
your touch, even a
simple touch adds
value to a man's life!

The Yummy Mommy

The yummy mommy is different to the first two roles that I've introduced you to. You see, the first couple of roles may seem very fun to be and seem like the only roles you'll ever need, but that's not true.

Neither the elegant lady or the bubbly princess has much in terms of depth to their personalities. They don't have the depth of emotional qualities that a more sensual role has.

And this is crucial.

Why?

If you want to have a long term relationship with a man, and have him be fulfilled long term with you (and not to mention be fulfilled yourself, because you're never really fulfilled unless you're feeling free to express ALL the parts and roles you have inside), then you have to bring a variety of depth to the relationship table, so to speak. This means, you can't be happy all the time, can't be cheerful all the time, can't be bouncy and full of energy ALL the time.

By the way, no one is happy, or cheerful or bouncy ALL the time. It's

impossible, we're human, and we all go through different moods and different life experiences.

So by having a wide range of different emotions from day to day, going from deep to surface, back to deep again, you keep a man interested and intrigued.

You almost re-create yourself every single time to be a new woman. Because here's the thing about relationships.

No matter how good looking you are, or how charming you are, if you're the same person very single moment, you'll get boring. That's it.

Remember this, you will get boring in a long term relationship if you're the same person all the time.

Think about it, what would happen if you had just one single type of food for every single meal every single day for the rest of your life!? You would get so sick of eating that type of food in no time, and it doesn't matter if it's your favorite fried chicken or lobster crepes.

This is because life is more than just about one particular thing, life is about variety and us humans love to have variety in our lives. Our

brains are specifically designed to be turned on by novelty.

Any kind of novelty in our lives trigger a massive release of dopamine in our brain, which makes us feel incredibly good.

This is why, it's SO much fun to be on a holiday, versus going back to work on Monday morning.

This is why a sleep over is SO much more fun than sleeping in your own bed.

This is why eating out is so much more fun than staying at home and cooking something that could be healthier.

So I hope I've sold you on this idea of needing to have different depths in your personality and adopting both roles that are more superficial and roles that are more deep.

So the yummy mommy is a role who really embodies her womanly instincts. The whole reason why I've named her the "yummy mommy" is because she has a depth of caring that usually comes with having your own babies.

You see, a lot of women before having kids never develop a deep

level of care, and therefore lack that depth to her personality.

So the yummy mommy role is all about having that care element infused with her already established womanly charms.

She is confidently submissive. In other words, she is very comfortable in being a woman and allowing her energy to show through without having to “control” everything.

She is now the queen, and no longer the princess.

The yummy mummy uses touch a lot, and is not afraid to use her hands to touch others as a way to communicate. Think about it, mothers have to touch her babies in order for the babies to grow up healthy. If she didn't, then the baby will end up having what the medical society call “failure to thrive” syndrome.

So the yummy mommy knows how to use touch as a way to feel a deep sense of connectedness with other human beings.

She knows how to seduce a man, and she is certainly not afraid to do so. She isn't afraid of or hesitant about her own sexuality like the first two roles we talked about.

And the yummy mommy's touch really enlivens a man, and makes him feel loved. Don't ever under-estimate how much your touch, even a simple touch adds value to a man's life!

Scientific research has shown that even the smallest or slightest touch skin to skin, increases oxytocin levels in our bodies. So use touch! Touch a man's shoulder to indicate your appreciation, or to flirt. Touch truly is powerful.

So the yummy mommy is much more open about sex, love and intimacy, not because she is "dirty" about it all, but because she knows that there's a deeper level of connection that is within sex and intimacy.

And most of all, the yummy mommy isn't afraid to show her emotions. She doesn't need to hide them in the eyes of the public. She perceives no need in having to be elegant all the time, because she knows that life is not always elegant.

Sometimes there are good times and sometimes there are bad, and she appreciates all the seasons of life.

So let's think about some good examples of this yummy mommy character.

Actress Salma Hayek plays this role very well in many of her movies such as “Bandidas”, and her incredible performance in the movie “Frida”.

She has this sense of emotional and sensual energy to her acting that has both depth and humor.

And it’s this depth of character and depth of femininity that is so attractive to men. This is the difference between a fresh 18 year old who has had no life experience compared to a woman who has had a lot of life experience and grown to love and appreciate life as what it is.

And one of the best things about the role of yummy mommy is that you can be this at any age, at any time. The sexiness that shows through with a yummy mommy’s sensuality is incredible. So age doesn’t matter.

A lot of women think aging will be the end of them, but they clearly are thinking like women, and not seeing it from a man’s perspective. Older women can turn men on in a way that is far beyond what a youthful woman, or a bubbly princess can.

Also think about the amazing movie, “Closer”. If you have never seen

this movie, you must see it! It has Natalie Portman, Clive Owen, Julia Roberts and Jude Law in it they are all fantastic.

It is a classic movie that shows us exactly how men are drawn to different roles. Natalie Portman plays the role of a young stripper, whilst Julia Roberts is an older woman.

What I found most interesting about this movie was that Clive Owen's character said, when they were all tangled in a web of love, lies, lust and betrayal in relation to Natalie Portman's character, that "she has the appeal of youth", but both men in the end were so driven to Julia Roberts' character. An older woman, but with depth.

Now of course, yummy mommy doesn't have to be someone who is a mother, per se, but someone who exhibits the qualities of a yummy mommy. So a great example would be Cristina, the character played by Scarlett Johansson in the movie "Vicki Cristina Barcelona".

Cristina didn't worry about the shallow matters of the world, she cares more about feeling and experiencing the "juice" of life. She prefers to ride the rollercoaster of life with ups and downs of emotion, rather than staying on the sidelines and keeping things safe.

These are the qualities of the yummy mommy, someone who appreciates the deepness and richness of what life holds, and not afraid to show it.

So, what kind of men would be attracted to the role of a yummy mommy?

A few actually.

She would attract men who are turned on easily by her expression of her sensuality and sexuality.

Men who are craving a deep intimate connection (which by the way, is an inevitable thing if any human being wants to seek fulfillment). Because she isn't trying to hold anything back, and is really outwardly expressing her feminine nature, many men who are out looking for sex would try to approach.

Men love her energy and he would feel both safe and excited in her presence.

But, very few men – only the men who also share her sexual depth, could fulfill the yummy mommy.

The yummy mommy would attract the kind of men who are much more sexual in nature, and mostly men of real depth themselves.

I guess that could be seen as a downside and an upside. If you don't want to be seen as a sexual object, this is a terrible role for you. Obviously the more outwardly dark feminine you are, the more you will attract men who just want to "get" sexual energy from you.

Also funnily enough, a lot of younger men and school boys love the idea of an older woman who is confident and sexy. Of course, when compared to younger women, the yummy mommy has so much more confidence and so much more love to give.

I guess it would be their fantasy to have someone who could "take care" of them as well as having a woman with so much depth which a lot of younger girls lack.

Now here's the downside to being a yummy mommy, a lot of men find it hard to deal with her in everyday life. You see, she's all about emotions and filling up with the flow of life and he's trying to be objective in to tackle life (masculine energy is always objective).

This difference creates a lot of friction between the man and the woman (which can be good or bad, good when it is turned into

passion and sexual tension, bad when it turns to miscommunications and resentment).

And because the yummy mommy is very open and inviting, it could definitely make her man somewhat jealous by her expressing her energy in front of other men.

This is more a “monkey brain” trigger once again, that men will automatically feel jealousy if his woman shows any little sign of sexual energy in front of other men.

Whereas the next role, the mystery girl is a lot more closed and introverted, a lot more quiet.

You see, the mystery girl is all about intrigue and mystery, and not about sensuality, caring and openness.

So let's move onto the next role.

Men are drawn to the mystery
because there is the promise of
uncertainty and excitement.



The Mystery Girl

The mystery girl is a role that you don't see very often. It isn't a role that is often glorified in the movies or on television.

The mystery girl is a woman who seems too mysterious for men to work out, because men find it hard to categorize her into any stereotypes.

By the way, we all categorize people into stereotypes when we meet someone new, we can't help it, it's an automatic thing that we do.

Why's that? It's because by categorizing people into specific categories in our heads, it is easier to figure that person out, because we already have some rules and beliefs in place for those categories. But the mystery girl is someone who doesn't quite fit the mold. She isn't your typical girl who is easy to understand. There's something deeper and more mysterious about the mystery girl.

Maybe even something mysterious and dark.

This can both intrigue men, or repel a lot of men. (If you're truly feminine, you will intrigue a lot of men, if you show up as more masculine, then you will repel men.)

So in contrast to let's say the bubbly princess, whom is almost an open book, the mystery girl is more like a 2000 page tome with only inscriptions on the cover.

The mystery girl can be on the borderline of being gothic or emo, and is that kind of introverted character.

Here's a great example of that in recent movies.

Bella Swan played by Kristen Stewart from the Twilight Movies Series is a good example of a mystery girl. In the movies, she doesn't try to make friends, she isn't open like the bubbly princess, but instead she is inwards into her own feelings.

This introvertedness isn't due to her being shy or lacking in confidence, but it's because she doesn't see a need to go out of her own way to open herself up to others. She has better things to think about and feel about.

(This is important, the mystery girl isn't introverted because she doesn't have the confidence to be extraverted. That would just make her shy and perhaps self conscious and there's nothing mysterious about that. Instead the mystery girl HAS to be confident in herself, that's the whole key to being seen as mysterious.)

And in the Twilight movies, we discovered that Bella Swan also has a real depth to her character, that she really indulges in her feelings. She was somewhat like a trouble soul, with something heavy hanging over her life. And to men, they love to come to her and try to “rescue” her from her troubles.

This is evident in the 2 main characters, a vampire and a werewolf both attempt to be her hero in the movie series.

Here’s another example.

Actress Natalie Portman recently won an Oscar for her performance in the movie “Black Swan”. The role that she played, was largely the role of a mystery girl.

Even though her psyche in the movie was somewhat twisted and distorted, she gave an aura of mystery that lead others to want to “rescue” her from her troubles.

You see, men love to be heroes.

Men love to fix things.

And so men are drawn to the mystery girl because men would feel

like he could potentially be the hero for her.

You can't be a hero without a problem, and that's what the mystery girl has. It's the whole "damsel in distress" idea.

Also another movie that Natalie Portman played a role of the mystery girl was when she was 13 years of age in the movie called "The Professional" (or in some countries called "Leon")

It was really a great film and the start of her amazing career as an actress.

She plays a troubled child with no real family, who took a liking to a professional hit man. The hit man, played by Jean Reno, was a real tough, hard and closed individual. (I guess if you are a man and you are warm and open, you'd make a pretty bad hit man!)

However as tough as a professional assassin is, he had a soft spot for Mathilda (Portman's character), and he eventually became her protector/ guardian and rescued her from her troubles in life.

So as you can probably see, men love this particular role because of two things. The alluring mystery of her character and his need to rescue/ help her out of her trouble.

These are exactly the type of men the mystery girl would attract. She would attract someone who is confident but also very caring in a masculine way.

We're talking about a man who wouldn't stop until the problem is fixed.

By the way, a man who is NOT confident, would never even try to approach and start a conversation. He would simply have no reason to, because the mystery girl doesn't give much indication that she wants to be approached.

In fact, sometimes she could seem like an outward bitch to a lot of people just so that others wouldn't bother her.

So a man doesn't just have to be confident, but also caring and likes the role of a provider. And when I say provider, I mean more so providing safety than providing money or resources.

But unfortunately here's the downside to all this. If the problem is TOO big to handle for the man, then he'd want to run.

No man likes to face self inadequacy in the form of having a problem too big he can't solve.

That's like admitting to the world that he isn't much of a man.

So he either goes and finds some other "smaller" problem to fix, or loses that masculine drive to do anything at all.

Talking about masculinity, the next four roles we're going to discuss are slightly more daring than the first four. That doesn't mean that these next four roles are masculine roles, they're just not as submissive as the first four roles we have been talking about.

You see, sometimes by changing from more submissive to a slightly more daring and dominating role, it injects a sense of excitement to life and to your relationship.

Also it brings a sense of connection and respect that being overly submissive doesn't give you.

So with that said, keep your mind open to the next four roles. Your job is not to turn into a masculine woman. It's to play with these roles because they are a lot of fun and men are indeed attracted to these roles.

So next we have the Tom Boy.

If a woman understands a man's struggles and a man's challenges, then that makes him feel even more of a man when he does succeed.



The Tom Boy

I think a lot of women out there can relate to this role. Many women especially of this generation have grown up being taught to be strong, to be smart and to kick butt at life.

(Nothing wrong with that of course. I think everyone enjoys kicking butt at times, especially when it's a tough opponent like life itself!) So a Tom Boy is a woman who likes to do "guy" things but still remains very feminine at her core.

There are actually great advantages of doing this.

You see, when a feminine woman dresses up and performs manly duties, this contrast brings out more of her feminine traits.

In other words, if you have 9 men in blue overalls working and one feminine woman in the same uniform, amongst the ten men, then she is seen as THE most feminine thing in that picture.

This is purely because of the contrast between the highly masculine group and masculine activity versus the feminine woman. (Which makes the woman stand out 10 fold)

Compare that situation to 10 women all sitting together, then it would be harder to BE that most feminine object of the group.

Again, there is less contrast in the group so therefore it's harder to stand out.

But the biggest reason why men really appreciate the Tom Boys is because men feel like they would be understood and appreciated for their own struggles and triumphs, and because they will be around someone they can relate to.

If a woman has never had to overcome an enormous obstacle in life, then she could never truly appreciate it when her man goes through that every day or every week.

And without that appreciation and respect, men don't feel like men. And if men don't feel like men they will do other things to make themselves feel like men.

So if a woman understands a man's struggles and a man's challenges, then that makes him feel even more of a man when he does succeed. Think of all the "Fast & Furious" movies that have been released. (There's 5 of them all up.)

Every single one of these are masculinity charged, high octane movies has a token woman who also does the “dangerous” jobs that the lead characters do.

That’s the role of a Tom Boy. And men all over the world love these women and find them attractive.

A very good and recent example is Jordana Brewster in the movie ‘Fast Five’.

She plays the girlfriend of Paul Walker and goes out and does the ‘badass’ jobs along with the men. In the movie, she gets pregnant, so it’s clear she’s still feminine. She also maintains that slight softness in her character throughout the movie. She’s not like the women who are completely butch.

And by contrast, she’s really feminine and attractive to highly masculine men who appear in these movies.

Because it’s such a masculine environment in these movies, it makes these women seem even more feminine in contrast.

And they get the benefit feeling both attraction and connection – the connection that comes from having something in common with

the woman, and the attraction that comes from her not rejecting her own core essence.

And it's always so fascinating to me why so many men love the idea of women and cars, or women and guns.

Perhaps it makes the women seem more dangerous, and more daring, and that's exciting.

So just to give you some examples, the typical one would be Angelina Jolie in the movie "Tomb Raider", which was once a series of video games loved by boys and men.

For all those who don't know much about Tomb Raider, she is a gun wielding long haired heroine here; to beat the baddies and save the world.

And of course, let's not forget Angelina Jolie's role in "Mr. and Mrs. Smith", where she plays an international spy who is able to kill a room full of men with her fingertips.

You see these roles are obviously and totally exaggerated for the sake of Hollywood movies, but in real life, a Tom Boy does normal manly things but remains feminine deep inside.

(A lot of women do manly things in today's society but become more and more masculine over time, so you have to avoid this, or else men wouldn't be attracted to you in the first place)

What about Renee Zellwegger in the movie "Cold Mountain"? She had to do the manly duties around the farm because all the men had gone off to war.

And from her character, men could also really appreciate her inner strength and ability to survive in such harsh wintry conditions.

You see, the Tom Boy isn't afraid to get her hands dirty. She isn't going to whine about the little things.

She certainly doesn't care about being overly elegant nor proper. She just wants to do what she loves.

And men do really appreciate that in women, when they can see that a woman CAN remain feminine even in a harsh or masculine situation.

Because it is rare to see that.

(And if a woman can still be feminine in those situations, then it's

only logical to think that she must be “very” feminine normally.)

So - the men who would actually be attracted to the Tom Boy would be any man who actually appreciates a woman’s strength and doesn’t feel intimidated by it.

In other words, a man who is masculine enough to still see her vulnerability instead of feeling threatened by her presence.

When a man shares the same particular interest as the woman, then he would feel more connected instantly.

It’s like, if she does karate and so does he, then they instantly have a ‘uncommon commonality’ that most people don’t have. And this commonality helps to bond the pair whether in an intimate relationship or in just a friendship.

Again, the key is you have to stay feminine most of the time, or else men will lose interest very quickly.

And one of the ways to stay feminine is to NOT compete with men directly head to head. That will just cause issues.

And if you want to know what really “breaks” and crosses the line

between a tom boy who is still attractive and a woman who is just plain butch and unattractive, it's this: if your goal in mind is to compete with another man in anything, then you're not attractive to him.

This kind of competition is what men like to do between each other, not with women.

(Because to beat a man at his own game, you have to be ultra masculine, and you probably don't wanna do that.)

Also a man would be interested in a Tom Boy because of the fact that she is more daring than the average woman. You see, when a woman is shy and reserved, she can have a tendency to be boring. And she can be 'restrictive'.

But you'll never get that with a Tom Boy. She is almost as daring and adventurous as a real boy. And that level of playfulness can be a turn on to a lot of men.

On the flip side, you will turn off some men who prefer the "traditional" types of girls. The ones who love baking and cupcakes and floral clothing, the color pink and other cute things.


The men that Tom Boys will repel are the ones who will be intimidated and don't want to feel like they're not enough in her presence.

And that's really the downside of being a Tom Boy. You may make men around you feel like they're not enough.

A lot of men who aren't very centered in their own masculine energy and who are slightly on the weaker side of masculinity get intimidated by women who seem confident and seem self assured. As you have seen in these high octane movies that the women who are usually the Tom Boys are hard to approach and are usually surrounded by other men. (usually very masculine men.) This makes it definitely more difficult for anyone else to come forward and strike up a conversation.

No to mention a Tom Boy has a bit of attitude that really requires a real masculine centered man to engage her, or else men will usually turn away and leave.

Talking about attitudes, the Party Girl definitely has some attitude.

A photograph of a forest floor in spring, densely covered with small, vibrant bluebells. The flowers are in sharp focus in the foreground, while the background shows blurred tree trunks and foliage, creating a sense of depth. A semi-transparent dark rectangular box is overlaid on the upper half of the image, containing white text.

We all have to look after our own responsibilities in life, and if we don't, then sooner or later, it will all catch up to us and cause us more pain than we could imagine.

The Party Girl

We all know about the Party Girl. She needs no introduction. We all have friends who love to play the role of the Party Girl and it doesn't take much to figure out what she's all about.

The party girl is all about having fun, being daring, poking fun at guys, loving to have a great "Partayyyy", and 'owning' the social situations between her and her friends.

Some great examples don't just come from movies, but actually from real life. For example, Paris Hilton and Lindsay Lohan are very much known for their "Party Girl" behavior. (Of course, when they're out of rehab.)

Party girls love to have fun, and sometimes that fun extends to an abuse of alcohol and drugs (which is no good, and certainly not attractive)

And going to rehab may prove that you're as bad as nails, but what kind of mature and responsible person would want to be in a long term relationship with a drug addict?

But it's not all bad.

The party girl has the gift of always looking for fun to have. And men love that. Because with these women, there's always something EXCITING going on. When she's bored, she looks around for new people and new events to attend. So that really adds value to a man's life.

Not to mention the party girl is usually dressed nicely (sometimes revealingly) and hanging around other party girls.

The party girl would definitely try out new things in the name of FUN, (they're not afraid to try drugs and other more daring things). She loves to suggest new ideas and initiate new things to do because she is always after the next thrill and the next thrill and...well, the next thrill!

She doesn't care what you think, and isn't afraid to tell you to piss off either. The true party girl definitely doesn't let other people step all over her.

And men love that attitude and the outwardly expression of enthusiasm. To men that she is ready and happy to have a good time with him. The party girl is always out for her own fun and is addicted to that release of 'dopamine' or that excitement in her life. So what types of men would be attracted?

Mostly men who are looking for a bit of fun and nothing serious.
That's right, nothing serious.

Men will come and flirt with you and try to touch you, but mostly just for their own instant gratification.

A man who is looking for a serious relationship, would find it hard to get the party girl to settle down and focus on the relationship instead of partying.

He would feel like she's on a totally different wavelength and she's just not right for a relationship.

The party girl is always on the edge, enjoying herself and without much regard towards the consequences.

This is good and bad.

Good in terms of she is NOT inhibited and allows herself to have a heap of fun.

Bad in terms of she is lacking in responsibility.

She is the one getting on drugs, she is the one getting in trouble

with friends, men and the law.

She is the one who is likely to accidentally get pregnant.

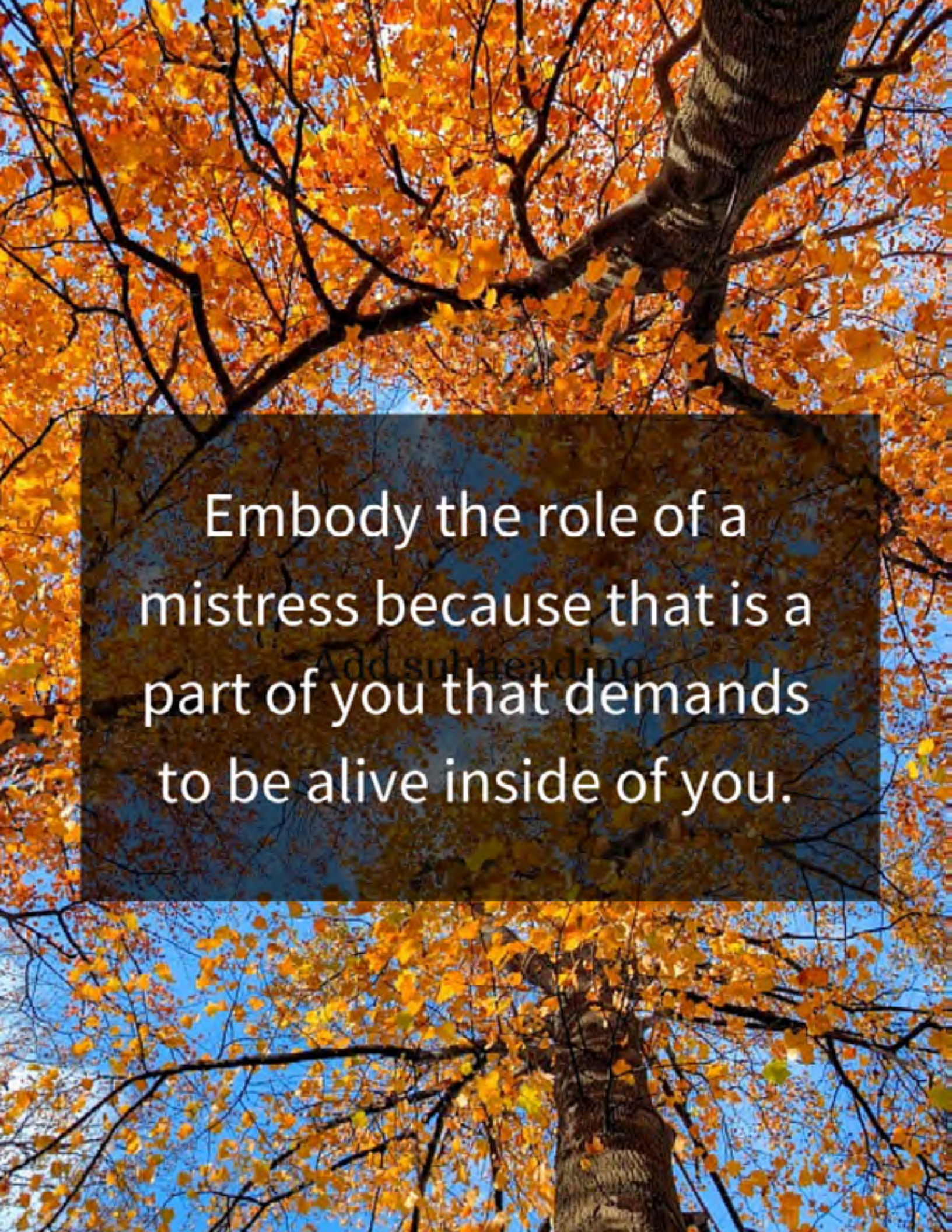
She is the one who is pissing off other people who are not in “her” social circle. She always has an ally or a group of allies that she leads around to parties.

So for a long term relationship, this role isn’t the best to be in ALL the time. Little doses are fine, but being in this role all the time will cause massive issues.

You see, we all have to look after our own responsibilities in life, and if we don’t, then sooner or later, it will all catch up to us and cause us more pain than we could imagine.

If the party girl role lives long enough, it sometimes develops into the role of the mistress.

The mistress is all about fun also but for the mistress, her energy is not directed everywhere like the party girl, but instead on one man.



Embody the role of a
mistress because that is a
part of you that demands
to be alive inside of you.

The Mistress

The mistress plays with fire as a hobby.

Figuratively speaking.

She is one to live almost entirely on her ability to seduce and capture a man's attention.

The mistress is full of desire and passion, usually full of sexual energy.

She wants to seduce a man and make him ravage her.

She gets off on the fact that she knows she has the power to influence and manipulate men to her liking. And she's certainly not afraid to use her powers.

See, a lot of women are afraid of their inner mistress and afraid to play that role. I think a lot of us have been taught growing up that sex is bad, dirty, filthy and should never be talked about.

So these women grow up, find themselves a decent man who cares about them and a "good life" (this very term scares me like you

wouldn't believe) but never really develop the mistress part of themselves.

Years down the track and they find their husbands with an actual mistress on the side, because he isn't getting that dark energy in his own relationship.

Then the divorce follows inevitably.

Just look at what happened to a lot of famous couples, like Tiger Woods, Michael Jordan, Ashton Kutcher...

You see, there's nothing wrong with being in the mistress role.

The common conception is that mistresses cause relationships to break down and break up marriages, but that's simply not true.

Mistresses break up marriages only when they use their own roles in a negative destructive way, which I would never recommend.

That's the same as the idea that guns don't kill people, it's people who kill other people. The guns are merely just a tool for people to use, for better or worse.

If you use the mistress role in your own relationship, and give yourself and your partner that experience, then there wouldn't be a need to do it outside of the relationship.

So the point is, don't be afraid of it. Embody the role of a mistress because that is a part of you that needs to be alive inside of you. Here's a good example of a mistress.

Liz Hurley in the movie "Bedazzled". She is really known for her mistress like roles in movies. After all, she's really good at playing that role.

Funnily enough, in the movie Bedazzled, she plays the devil. Yes, the devil.

So she literally plays with fire.

Of course, as the devil, she plays with men and their desires like a string of hair around her fingers.

And she's not afraid of the consequence of it either.

You see, the mistress knows her ability to seduce and tempt men. She loves the control that this gives her.

So men who are looking for sex, love this. It just means that they don't have to work as hard for sex.

Men who are in for a long term relationship, will find this role very satisfying but also frustrating.

You see it's hard for any man to start a long term relationship with a mistress. She isn't the whole "package", and she's not marriage material. So a lot of men would probably filter her out and disqualify her as a suitable long term partner.

But for sure, the mistress packs a bunch of excitement and passion to any man's life, guaranteed.

You see, men want the mistress to himself, and don't want her to be exposed to anyone else, or else he will just get deathly jealous.

Facts show that people get murdered because of this kind of jealousy. (And in very gruesome ways too, not a pretty sight) So this is a very powerful role to take up, and you will really have to be responsible using your powers as the mistress.

It doesn't even matter how you 'look', if you play this role genuinely, you'll have a man's blood boiling. Remember, men are not women.

So even though you would find ugly men unattractive – doesn't mean that men don't find a physically not so pretty woman sexually desirable.

The mistress is capable of producing great desire in men, but also an enormous amount of jealousy.

This is her greatest gift, and her greatest risk or downside. So use it carefully.

Now, we're up to our last role, which is our toughest role of all of them, The Kill Bill.



If you're truly feminine deep
at your core, then you have to
express more feminine
energy in your life or else you
will not be fulfilled long term.

The Kill Bill

Funny name, I know.

I was inspired by the role Uma Thurman played in the movie “Kill Bill”, and therefore named this role after the movie.

Let me tell you, she is a tough chick in the movie. Not only does she have guns ready to fire at you, she’s got a ninja sword sharp enough to chop anyone into sushi.

She is truly the tough one.

And she will snap you like a pencil if she doesn’t like you.

Now, this may all sound very anti-feminine to you, and I agree, it’s not exactly the most graceful, lady like thing to do.

But there’s a reason why men like it.

In this world where there are many men who aren’t very masculine or who are conditioned to be soft to fit into the society, many of them have taken a liking to these strong feminine roles.

Perhaps strong is a little understatement in the case of Uma's role in Kill Bill.

Some men in this world love the idea of a strong woman to boss him around and initiate his life for him (Personally not my cup of tea, but I have no judgment here)

That's where the dominatrix comes into it.

Just in case you need a clearer idea of what a dominatrix is a dominatrix is a female who takes a dominant role in bondage, discipline, domination and submission according to one online source.

Simply put, men pay HIGH prices to hire women to dominate and torture them.

It sounds so bizarre yet it's a huge industry. Much bigger than you could possibly even imagine.

Just a quick search on Google revealed a whole bunch of dominatrix oriented websites which held over hundreds of thousands of visitors every single month.

So that just proves that there are a lot of men who love to be dominated. (It's almost always men as the clients)

Here's another great example of The Kill Bill role in a movie. You may have seen this one, it's the "Million Dollar Baby" with Hillary Swank.

She plays the role of an overly ambitious female boxer who overcomes all her obstacles in attempt to become a champion.

Again, she is tough as nails and more centered and grounded than most men in today's overly "metro-sexual" world.

So as you probably know, masculinity is attracted to femininity and vice versa. So because this role of The Kill Bill is slightly on the masculine side, the men who would be most attracted to these roles are more feminine men.

Men who are on the soft side are the ones who like to have the strength and direction of these women.

Here's something important now to think about. If you're truly feminine deep at your core, then you have to express more feminine energy in your life or else you will not be fulfilled long term.

You have to live what is at your core, which makes up your biology and your physiology and your hormones.

If you don't, you will always find yourself miserable.

Now I don't know what you are inside. I can't tell you whether you're truly feminine or truly masculine at your core. Most women (about 80%) are feminine at their core.

And just remember, just because you're a woman doesn't mean you're naturally feminine at your core.

10% of all women are masculine at their core as a global ratio. Another 10% of all women across the world are neither masculine nor feminine.

There's nothing wrong with that, it just means that you have to know yourself and express what is truly at your core. (And only you can know what is at your core.)

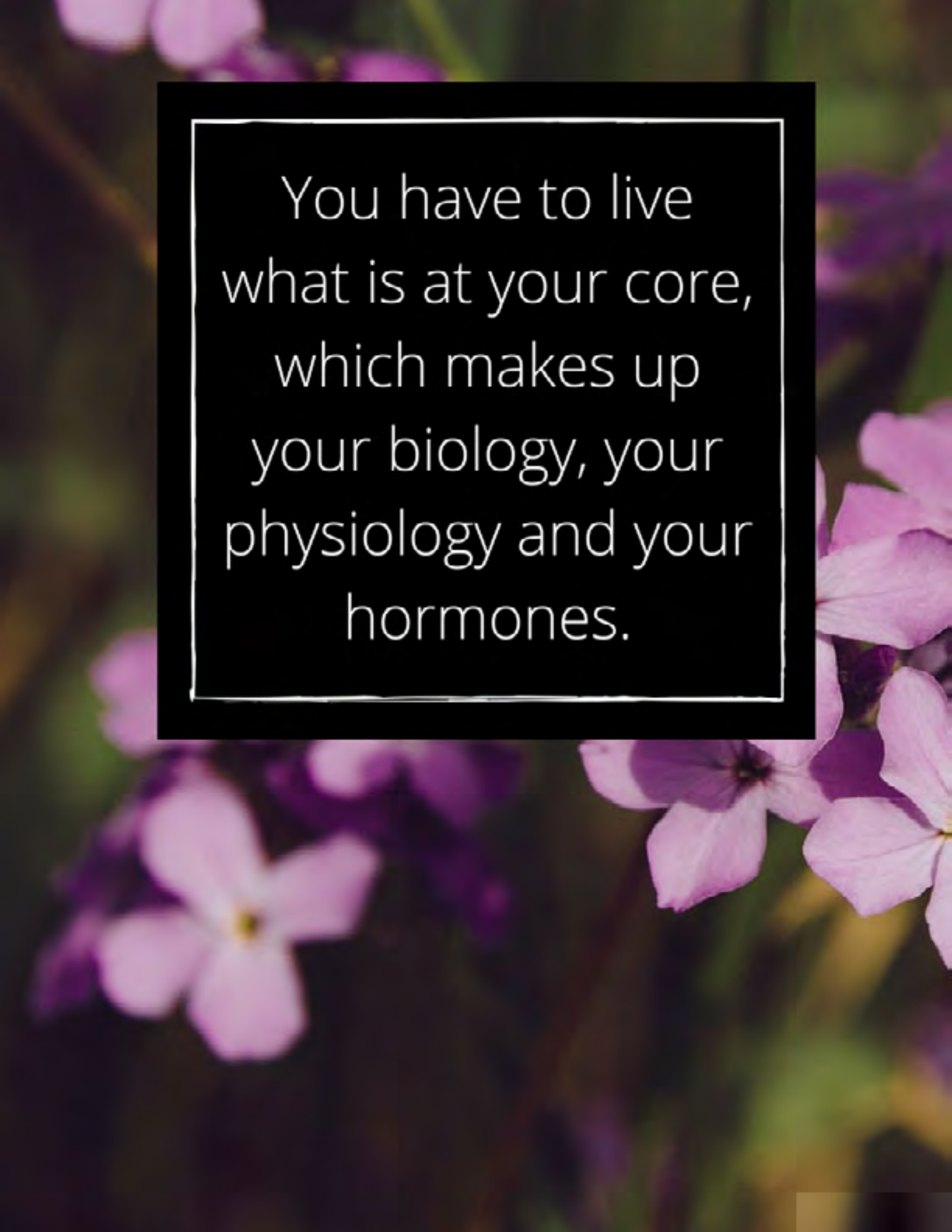
So here's a quick and easy way to tell whether you're masculine or feminine. If you prefer someone giving you a complement and you respond better to a compliment, or words or praise; then you're more likely to be feminine at your core.

If you prefer to receive a challenge – if you get stronger and more tough in almost every situation where there is a ‘challenge’, and respond much better to challenges and respond best under stress, then you’re more masculine at your core.

So, this role may not really be for you, I’m not sure. But just remember, if you’re slightly on the masculine side, then you will attract slightly feminine men into your life.

And, just remember, just because you enjoy a challenge every now and then doesn’t mean you are actually masculine.

But if you let go and become like a giddy little girl (if that term doesn’t suit you, let’s try giggly or starting to laugh) when a really masculine man comes next to you and protects you, or when you’re feeling emotional and a man comes and protects you or shelters you in some way – you’re most likely more feminine.

The background of the image is a soft-focus photograph of pink cherry blossoms. The flowers are in various stages of bloom, with some showing five distinct petals and yellow centers. The colors range from light pink to a deeper magenta. The background is dark and out of focus, making the blossoms stand out.

You have to live
what is at your core,
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hormones.

How To Adopt A New Role

Believe it or not, it's actually very easy.

There once was a good saying, "practice makes perfect".

Guess what? The more you practice living in a certain role, the better you will be at that role and the easier it will be to integrate it into the rest of your life.

So how do we start to adopt a new role into our lives?

Here's how. Watch other people who are already living in that role. Copy exactly what they do. I mean exactly. The way they walk, talk, gesture, their body language, their spoken language, everything! You want to impersonate them to the last detail over and over until it becomes natural for you also.

Now we have given you quite a few examples in this volume of Attraction Control Monthly, so an easy way to go about it is to watch those movies over and over and over until that character becomes you and you become that character.

Follow every single word and repeat after them. Stand the way she

is standing in the movie. Be the absolute best copycat you can be and mimic their every move.

This is how you're going to get better at a new role. And trust me, if this is a completely new role for you, you will feel slightly awkward at first. It will seem strange and weird to you, but that's natural.

It's like taking up a new hobby, it takes a bit of time to get used to it. But it's very important for you to actually get off your seat and copy exactly what the character is doing, and do it often.

Repetition is the mother of skill. It takes a heap of repetitions for you to gain a new skill, and this is just another skill you'll have to learn.

It's just like actors and actresses have to learn new roles for new movies, you have to learn new roles to not only enrich your own life but the life of your partner.

And, if you're worried about becoming EXACTLY like someone else, and that repels you (which I understand) – don't worry. You won't. As you begin to develop the traits and behaviors of these different roles; you actually bring out those little parts of you that HAVE been in those roles in your past, and over time, these bits and pieces all

become a part of you, in that role.

So here's what I recommend.

Work out which of these 8 roles I shared with you, that you are most comfortable with. The more comfortable you are with a role, the more you live in that role.

Now, since you're comfortable already, there's not use practicing that even more, so let's pick just 1 other role that you want to focus on.

Ideally something that you haven't been too comfortable with in the past.

Spend the next 3 weeks finding other movie characters or real life characters who embody this role and mimic them.

Do what they do, speak the way they speak and put yourself in their body.

If you could commit to doing this every single day over the period of a month, I can guarantee that you'll have multiple attractive dimensions to you that men can just not get sick of.

And it's this multi-dimensionalism to you that keeps men intrigued, attracted and forever grateful that you're in their life.

And, by the way, multi-dimensionality has to be EARNED. One dimensional comes naturally. Because it's easy. But multi-dimensionality really is something you develop.

So you can be sure that you'll be a rare catch with this kind of depth and changeability.

And, with a bit of time, the more you 'DO' something, the more it will BECOME you.

Why?

Because, most of the things that make you really admire and respect other people don't come 'naturally'. A lot of things don't come naturally.

Humans have tricked themselves in to believing that having things come naturally is best.

When, really, what you have to do is condition behaviors and habit in to yourself. Because this changes your physiology.

You can change your own mood, your own emotional state with just some new movements of your body.

Imagine yourself as an Academy Award winning actress, acting out her new role. It's exciting, it's fun and it brings more juice into your life.

So, just go ahead, model others who show up in the role you want to develop naturally, and soon enough, it'll become a well developed part of you.

Next Volume of ACM

That's it for another volume of Attraction Control Monthly. I hope you've enjoyed it and learnt a lot from it.

The key thing to take away is for you not to just stay in one single role all the time. You have to learn to become multi-dimensional by getting into and out of different roles.

Of course it's not necessary that you practice and live in all 8 of these roles. Because it may just overwhelm you with what you need to do or what you should do. Just focus on about 2 of these 8 roles and learn to master these 2 roles.

Ideally choose 2 roles that are more polar opposites than similar. You want to have a wide range to your personality.

If you had chosen two very similar roles ie. The Bubbly Princess and The Elegant Lady, then you're only living in one small quadrant of your personality. So the aim is to have wide range, with both slightly dominant and submissive, both caring and more superficial.

Next month, we have a volume of Attraction Control Monthly that addresses a problem a lot of women have and it is legitimately

a serious problem. It's the problem of being too insecure in the relationship.

So next month, we're going to tackle this issue and the name of the next issue is "Eliminating Insecurity and Escalating Confidence with Men"

But that's a story for next month, for now, go and do your exercises, and we will see you again in the next month's issue of Attraction Control Monthly!

Take care now!




Renee Wade and D. Shen
ShenWadeMedia.com

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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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