

Natalia Kobilkina

33 DAYS TO THE DREAM

Handbook of mastering energies

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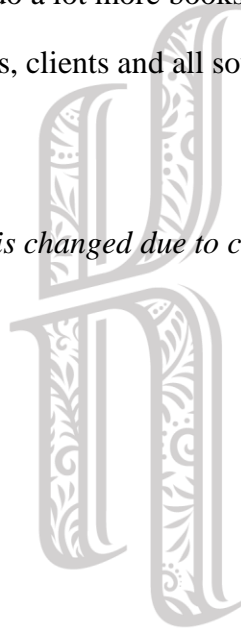
For the writing of this great book I am very thankful to all my teachers, my unique family and my parents who have been together in love and respect for 40 years now.

Thanks to my husband, the Greek God Takis Dretakis who loved me and took care of me throughout the entire time and makes me feel like a goddess every day.

Thanks to my publishers Catch a story and the entire team of Symbol Media for the great work and motivation. You and I can do a lot more books together!

Thanks to all of you – my dear friends, clients and all soulmates who went through the path of happiness and love with me.

Identity of participants in the stories is changed due to confidentiality reasons.



33 DAYS TO THE DREAM

HANDBOOK OF MASTERING ENERGIES

The title of this book tells you that you are only 33 days away from making your biggest dream come true. In fact, I promise you a lot more: if you follow my recommendations and work on yourself, in 33 days you will achieve the change that will turn your life around for the better.

This book's motto is:
JUST DO IT!

Try and see. Some things may not work for you, some may give you breathtaking results. It's all about experience. What's important is to do it!

This book is a handbook for all women being brave enough to set goals and the having the willpower to achieve them. Because nowadays there are no princesses and the good life is for those who are able to make it happen.

You will object now that there are girls who marry successful men and they are not required to do anything else but be pretty for their husbands? I hope you don't think those girls do not have the necessary qualities to be in the world of big business, big markets and big pleasures? You do realize that to be with a man with money and influence you have to match him, right?

Rich men have one common feature – strong energy. Even if a miracle puts you with one, if your vibrations don't harmonize with his, the story will be short and bitter. For the two of you to be happy, for you to be at the level of your strong man, your energy should be as strong as his. This is the only way your vibrations will match and you two will support each other, have common goals and common pleasures.

It's not easy sharing a life with a strong man. But it's interesting, exciting and it's worth it. Maybe you already have him? If you do not feel satisfied this book will help you understand the reasons for the mishaps in your relationship. There is a way to change your relations – you will achieve it by changing yourself.

It's not easy being with a weak man also... Then you take all the responsibilities and you are again not completely happy. How to change this? By changing yourself, of course. And this way – him also.

Science has the necessary knowledge about the men - women relations. I will give you this knowledge in a way you can understand it and I will also provide you with a system of exercises to work with. Don't wait for any adultery, separation or other unfavorable emotions to happen to start searching for the reason! Find out now why life is this way for you. And if there is something in it that you don't like – change it!

This system is a way of life – for 33 days you will keep losing your habits, your beliefs, you will release yourself from any holdbacks, oppressive memories and insecurities. You will build your new understanding about yourself and about the others, about the principles of human relations. You will turn into a completely new woman.

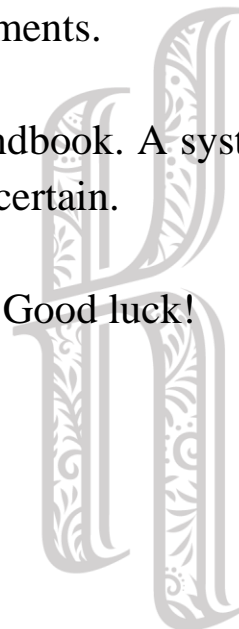
I guarantee you that if you do the exercises strictly, if our work is the center of your focus, you will make your dream come true, whatever it is.

The book is structured in such a way that you will do some exercises directly in it. There is a diary as well. **Do not rush to write down.** Read everything one time. Think. And then make the hard decision to change. Then read again...and apply. Without skipping a difficult task, without postponing for later. Read, think and apply. Just do it!

This book is not a story. It is not just another motivating text that has one or two impressive statements.

This is a self-perfecting handbook. A system tested by me personally. A system where results are certain.

All you need to do is use it. Good luck!



DAY FIRST
FORMULATE YOUR DREAM

<p>The man is happy when he has a goal. The woman is happy when she has love.</p>

To love and be loved – this is the major goal of us women. When we achieve it, everything else aligns happily.

In this book I will often give examples of my own life.

My dream was to have a happy marriage with the man I love.

I am very thankful to the Universe that this came true!

I want every other woman to have a happy marriage, wonderful children, the work of her dreams and free time for pleasures.

When it is all achieved, small dreams are in line. For example I had a dream to go to a wonderful trip to the Maldives. I could afford it myself long time ago but I wanted my husband to gift it to me and for us to be there for my birthday, in the best hotel, on the best island. And this is exactly what happened!

If you believe and apply the system, wonderful times with your loved one are coming. I wish you this!

I work with the principle of only recommending practices I have personally tested, checked, implemented in my life. When I see the results in real life, I have the necessary vibration and power to influence people. It is like violins – you put one next to the other, then you make a sound (vibrations) through the first one then the second one starts too.

I have tested and experienced the entire system and now I give it to you.

So let us take the first step: clearly define and formulate your dream.

The dream should be realistic, positively formulated, in present tense, specific and concrete, depending on you, with clear time frame.

Inaccurately formulated dream is for example ‘I want Ivan to love me’ – you can want it all your life, ‘want’ doesn’t mean ‘have’. And it’s not ecological to use names. Better say ‘I live in relations with my love and we will be married one year from now.’

Now write down your dream:

What day is it today? Calculate 33 days until your dream comes true. Write down the date here:

Now you know what you want and when it will happen. For our work to be successful, let us follow these

RULES

1. Homework exercises are mandatory, not optional. I don’t guarantee anything if you don’t do your homework.

2. During the homework exercises alcohol is prohibited. In these 33 days of transformation you must not drink alcohol and smoke! You choose your new self! Better quit smoking forever. Alcohol you can drink from time to time after the 33 days, but definitely not every day.
3. Keep a diary – you will find it in the end of the book or use a nice notebook. Every evening write down how did you feel, what did you overcome and what you achieved throughout the day.
4. Do not share with anybody about working with this book. Homework and exercises are a secret. People should not know why you sometimes act strange and weird. In order to have results – keep the secret!
5. Give 100% of yourself and do it for you. Don't allow anybody or anything to distract you from your goal. You fight for yourself and you are the most important person in the world.
6. Say important things out loud, do not only keep them in your mind. Every important belief from the book should be said out loud at least 3 times!
7. Mark even the slightest progress. And do not dare criticize yourself! If you see you have missed something or didn't do it in the best way possible – just say that you will do it again. And do it until you feel satisfied with the result. For me it is important to feel proud of your life.
8. If you are a woman – in these 33 days you must start to wear only dresses and skirts. Pants are out of your wardrobe, they are not clothes for women!
9. Maybe you will say this is too drastic? Yes, it is too drastic. But I also don't know a better way to make the quantum leap and change your life now. You are 33 days away from the life of your dreams. Just do it!

When I started working on this book, I found an old notebook from a personal development seminar where I was trained. At that time I felt dissatisfied from my life. I wanted to do many changes but I didn't have the courage. I am thankful for the teachers in my life who were explicit and helped me jump into my new reality.

Explicitness – this is a quality that will be your rope for climbing up.

Together we explicitly decide to change our lives!

Say it out loud! I will constantly make you say these beliefs out loud. In my practice I saw how things work in a new way when people say them out loud.

So I will ask you to say out loud at least 3 times:

I explicitly decide to change my life and be happy!

Now we can continue.

I have been teaching for more than 15 years in more than 10 countries. For this time I have met over 300 000 people in person. My books are published in tens of thousands of copies. Trust me, work and change will come!

More information you can find at natalia.bg

In this book we will work on your vibrations rising up to the level of a **CLASSY WOMAN** and so you can have a man who complies with them next to you. The result is one word only: **HAPPINESS**. The path to it is **ACHIEVING THE DREAM**.

Why do I believe having a man is so important for a woman?

Because I saw hundreds of successful women who are alone or with the inappropriate men. None of them was happy. I know women who do not have a successful career but have a wonderful family. And they are truly happy. For us women to feel loved and desired is the most important condition for happiness.

Besides I believe it is important not only to have a man but a man with whom you can realize your potential as good as you can.

WHAT STRATEGIES DO WOMEN WHOSE RELATIONSHIPS OFTEN FAIL CHOOSE

A woman's relationship will not be very happy when:

1. She fears being alone

Then, even with a partner, we feel even lonelier and the relationship turns into roommates situation.

2. She wants to have a child

Then often pregnancy comes difficultly because we use the man as a genetic material, we have not developed loving environment for our child and it does not want to come to us, it tries to escape. In such cases there is constant danger of miscarriage.

3. She gets older and thinks it's time to build a family

Then we often involve with a man who is not ready to give. And he uses us as a maid and sometimes as a wallet.

4. She wants to escape conflict, difficult parents

In this case either she finds an oppressive man and he turns into a copy of our parents, or he does not work and we have to take all the responsibility and take care of ourselves and him as well.

5. She wants him to level her up or have money

Then the relationship becomes as between daughter and father and the main issue often is sex. The woman cannot sexually stand the man but is dependent and forces herself.

In all these situations the **choice is based on the fear energy**: fear of loneliness, fear of abandonment or rejection, fear of control or fear that she will not be interesting if she chooses the love.

What I aim for and what all of you my wonderful ladies can find in yourself is healing your trauma and taking the path of love.

When you **chose from the point of view of love** you feel fear that you lose control. You feel that you constantly need this partner. You are in love with him, for him you are willing to change. You really want to give birth to his children exactly because you love him. You are ready to give up your samurai role and take the woman's path. I often say that the woman shall be geisha, which translated from Japanese means 'creating beauty'. And this means everything around her should be beautiful.

In mythology God Ra is the God of Sun and Light. And the beautiful and happy woman is the blessing of a family – because everybody is happy when being next to her. **I call her the 'classy woman' – the woman with the love and light inside of her.** This is why men choose classy women.

Please, say out loud:

I am a classy woman. Being next to me is beautiful and I share my light with other people.

STAGES OF WORK WITH THE BOOK

My work is to take you through three stages:

1. Finding out through your brain what stops you from having a worthy man, what stops you from being a classy woman.
2. Clearing your brain from the stereotypes that hold you into your current vibration level.
3. Working with developing techniques and building a development strategy for the future.

The dream you wrote down in the beginning is only one of the success manifestations that you will achieve following the system.

The goal we set is the big gain from your work with me.

I will formulate the goal:

To be a classy woman (dream woman), to have the power and the necessary qualities to live the way you want.

EXERCISE
MY GOAL

What do you understand to be the 'dream woman'? Describe the qualities of the dream woman!

What are you lacking to be the dream woman? Write down your goal:

And here are the goals of my other clients:

- To keep the man I have chosen.
- To be successful, accomplished and loved.
- To be appreciated.
- To build a family with the right man in smooth and joyful cohabitation.
- Not to underestimate myself.
- To be successful in my occupation.
- To be cared for and desired.
- To find admirers.
- To receive energy.
- To learn to love myself.
- To raise my self-esteem.
- To find a man who wishes to live his life with me and who adores me.

WHAT DO I UNDERSTAND TO BE THE ‘DREAM WOMAN’

1. This is mostly a happy woman (regardless of age, weight and status).
2. This is the woman who is chosen by two main categories of men – alpha and beta-males.
3. The classy woman living according to her standards.
4. She has a man of her standards and receives of him attitude complying with her standards.

5. This is a woman earning money according to her standards.
6. She travels and explores the world according to her standards.
7. She has relations with people of similar lifestyle.
8. This is a woman having a happy family, children and respectful relations with her parents.

The dream woman has a dream man next to her.

Belief of the day:

I am a dream woman and I deserve the best.

The purpose of our work here is:

To raise your standard of life.

In March 2015 I was in London for an Anthony Robbins seminar and he talked about standards a lot. I thought then whether I live according to my standards. It turned out I didn't. I wrote down my new standards. It took me almost 2 years to make the actual changes. I got divorced, changed my home, my car, I developed new projects, opened offices in new cities and countries, I met and married the man of my dreams and we travel the world together, creating beauty and love. It took me 2 years ever since I wrote down my standards. Maybe it will be quicker for you.

HOMEWORK

MY PERFECT LIFE

Write a story 'My Perfect Life' and describe in details what does living according to your perfect standards mean. In which country and city do you live, in what house, what do you work, what is the person next to you like, do you have children, what are your relations with your parents, what car do you drive, what friends and companions you have, how often do you have sex and how exactly, where do you

travel, how do you do sports, do you do art. Describe other things that are important to you.



And now write down:

- How did you achieve it?

- What did you change?

- What stages you went through in order to reach there?

- What motivated you and helped you?

- Did you have any difficulties on your way?

- How did you inspire yourself when you were feeling lazy or scared?

Starting work on the plan on:

Do not go to the second day without doing this homework.
If it takes more time – it's normal. Explore yourself, it is better to do slower but secure steps. Feminine energy flows easily and calmly.

Always start with the steps that are easiest for you.

For example if it is easy to fix your relations with your mother and father – do this first. Then change your body. Then learn a new language. Constantly develop yourself upward.

When you succeed mandatorily celebrate it!

It often happens that people achieve a certain goal and instantly start with the next one. This way your psyche is not stimulated to achieve the goals and you soon start to notice that you don't have the energy for new endeavors.

Celebrate after every new achievement! Let rewarding yourself be one of your main habits!

EXERCISE
I REWARD MYSELF

Write 20 ways to reward yourself:

- | | |
|----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |

- | | |
|-----------|-----------|
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

Start to strictly apply them. Write in the diary how exactly do you reward yourself. And when you do it – do only this, do not think about your next goal!



DAY SECOND
INNER WOMAN AND INNER MAN

Women born in a woman's body but living according to a man's model often get sick, have issues with men, they are tired and dissatisfied.

For the first time I met these notions reading K. G. Jung. He says that each of us has anima and animus in us – feminine and masculine energy.

Then I encountered a seminar by the world-famous coach Merlin Atkinson and she complete Jung's picture. Atkinson divides people into 'bambi' and 'godzilla'.

BAMBI AND GODZILLA

Bambi are the people with more feminine energy. They don't have ambitions, they are process-oriented, they don't want and cannot fight, **for them it's easier to step back and ask for help than fight for their rights.** They have softness, moderation, ability to contemplate in themselves, they do not need to be the center of attention, and they greatly support others.

People with more masculine energy were godzilla. They fight and love challenges and risks. **They want to impose and take responsibility.** To be the center of attention is typical for them. They want others to live by their rules and find it difficult to make compromises and succumb.

Sometimes we are bambi naturally but because we have to survive and fight in life we turn into godzilla. We work a lot, even give orders, but inside us we feel this is wrong and that this is not our life.

The opposite also happens: we are born as godzilla but the father or our spouse pressure us and then we constantly protest, we often have conflicts or go into depression if we don't have the opportunity to show our potential.

EXERCISE

EXPLORE YOUR NATURE

Let's explore your nature together.

Close your eyes for a moment and image that inside you live the inner man and inner woman.

Pay attention to the right part of your body, this is where your inner man lives. This is the connection to your father.

Describe your inner man, what is he like? What does he love? What does he do? What is important for him? How old is he? What is his role and what is his percentage in you? Is he the leader and what trauma or problem provokes him to appear?

Then move the focus of attention to your left part. There your inner woman lives. What is she like? How does she look? What does she want? How old is she? Does she appear often in your life? What percentage of you is she? What does she dream of? What is her message? This is the connection to your mother.

Can you ask your inner man to step back and let her lead your life?

If your inner woman takes up 60-70% of your energy – congratulations! This is the perfect ratio.

If she is less than 50% - you are traumatized and live mainly through your masculine role. It's time to change things!

Why do we avoid our inner woman?

The main reason is traumas. Somewhere in the past we have seen our father hurting our mother and we promised ourselves that this will not happen to us. Somebody humiliated us and we decided we want to be strong.

We saw our father cheating or he was very week and our mother had to survive. And being loyal to her we repeat this scenario.

EXERCISE
MY INNER WOMAN

Write down how your inner man appears in your life – when you are in this energy how do you dress, how do you speak, what do you do, what choices you make, what partners you attract.

Now describe how your life changes when you allow yourself to be a woman. How do you dress then, what do you change? How do you feel? What men come to you and how do you communicate with them?

If you allow yourself to live mostly through your feminine energy what specific things will you change? What will you stop doing and what will you start doing?

Find models of women who according to you have a lot of feminine energy and observe them, communicate with them, absorb some of their behavior and manners.

Women who are born in a woman's body but live according to the man's model often get sick, have issues with men, are tired and dissatisfied.

Repeat three times out loud:

I choose to live through my feminine energy.

**MEDITATION
FOR INNER WOMAN BALANCE**

This is a practice of the Larissa Renar's teachings. Most such practices you can do at seminars we conduct in Bulgaria.

Take one of your pictures printed on paper. The eyes should be clearly visible, I want a big-eyed picture. Lay down comfortably.

Close your eyes, relax. Breath in and out. Breath in and out. Pay attention to your inner energy. Explore the left part of your body, it is your inner woman.

How does she feel, what do you feel? If you were to paint her, if you were to create your inner woman, what would she be? Imagine starting to create her, start from the feet. Her toes, ankles, knees, hips, genitals, ass, waist, breasts, arms, face, hair ... see what your inside woman is. Is she dressed? If she is dressed, what era are her clothes from? What does she look like, is she modern, is she from another era, is she with loose hair, or a pony tail, is she conservative, or is she free? Just observe and create her. How does your inner woman manifest into your life? Do you have place and space for her? Is she just the way you want her to be?

Stay with your eyes closed and say out loud: *'I have space for you. I have space for you. Take up all the space, it is yours. I have space for you. Take up all the space, it is yours.'*

Imagine your entire inner woman get distributed and take up the space in your life. Her energy is what it is. Understand her message, what would she say if she could speak.

Now pay attention to the right part of your body and invite your inner man, your ego, your strength, your success. See a man who gets on his horse or knows how to drive a car in present times. A man who defeats all dragons and all problems. A man who takes on responsibilities. A man who knows where he is going. A man who wants to save his princess and find love in life. A man who is willing to pay for love, to fight, to do battles to find love. What is your inner

man like? Imagine creating him - his feet, ankles, knees, hips, genitals, waist, arms, head, hair. You create your inner man. How is he dressed? Does he have a vestry, armor? Is he modern? How tall is he, how old is he? What is he doing in your life?

Who takes more space and place into your life – him with his strength and achievements, with constant running and discovering new worlds and horizons? Or the inner woman who calmly waits at home, waiting to be rescued, does the woman things, being loving, tender, gentle, hidden? What is your inner man's message? If he could speak with your inner woman, what would he like to say?

Now open your eyes, take your picture and look through the eyes of your inner man. What do you feel when you see this woman, what do you think of her, what is your first impression, how do you treat this woman? See through her defense reactions, see through her fear, through her complexes, blockages, look inward. And say what you want to tell this woman! Everything that comes to you.

Could you, as a man, let another man take care of her? Would you trust that there is another man in this world who will look after her? And that the woman will be as fine as now when you do it? Would you give up your seat? Would you say to this woman: *'I have cared for you enough, now I give my husband the place next to you to take care of you. I'll watch over you and not let him hurt you, but we'll give him a chance. You can be yourself, be playful, open, childish, seductive. Let's give him a chance!'*

Observe your reaction to his words. Allow your woman to take 70% in you and your hidden man to be behind you and the woman to step out to the front.

Gently inhale and when you feel ready, move your body and return here. Open your eyes and return here! And see what your first impression is about what happened to you.

Write down your experience in the diary.

GETTING THE WOMAN TO THE FRONT

Our inner man often has a sword in hand and when another real man comes our man is suspicious to him and starts: ‘Are you richer than me?! Will you take care of her better? Will you give her love? Will you cheat on her? If you do it, I will leave you, I will kill you!’

Then real men see a man inside of us. The woman is somewhere in the back, hidden, invisible. **And they start to communicate with us as with another man.** They expect us to pay bills as well, to take responsibility, to be equal to them... they see in front of themselves one big dick! And since you have a dick, they communicate with you as with a man.

We will work on getting the woman to the front. The inner man should always be behind us and if needed, he will take care of us. But only if the situation becomes tragic or dangerous, this is when he comes out. If we want to have men in our life, it is important that the woman is to the front so we can trust other men that they will take good care of us. Without this inner confidence this is hard to happen.

You should trust the world.

During these 33 days, while you are working with this book, image that before sleep you put the woman in front of yourself. During the day, meeting men, imagine the woman walks in front of you.

HOMEWORK

I AM A WOMAN, YOU ARE A MAN

Make it a habit, when you meet a man walking down the street or elsewhere, say to yourself, 'I'm a woman and you're a man.' You will be surprised at how much resistance there will be, how strange you will feel. I did it for a few days and my head ached because it was only then that I realized I had a dick on my front side. It is especially strong when driving, we drive in a masculine, cheeky way. Generally, a woman does not drive, but since we are women who drive cars, we are already quite into the masculine energy.

Be persistent, **say mentally to everyone you meet, 'I am a woman, you are a man!'** The purpose here is to believe you give the woman to the other man to take care for her and that he will do it well. If you believe that you are creating this energy field that a man who can take care of you may come into, literally you will be told the following: 'I can take care of you, trust me, everything will be alright!'

With a client of mine, a big tomboy, we did deep cleansing with constellations. She had a man she cared for, supported him, and finally he got a mistress, took all her money and disappeared. We worked with her to start respecting and loving men, to be a woman. And literally the next day she comes and says, 'My old love from America appeared, I have not seen or heard from him for 12 years. And suddenly I got an SMS from him!'

They met and she asked him if he was afraid of her before. He said, 'Not that I was afraid of you, but you would not allow yourself to be kind, gentle, to take care of someone.' He said exactly the words she allowed herself to let in – with her we worked to say aloud, '*I allow love in my life, I allow someone to take care of me.*' And after a few hours, this man appeared.

You need to make room so that the **man takes the right place**. You have to allow men to take care of you and protect you, they have muscles and they fight, this is their genetic feature. **The man is programmed to provide security, status**, to be the one you can have children with because he will take care of you and will give you financial security.

Our men make as much money as we can spend. To give an example: At the dawn of human kind, our ancestors lived in caves. The man went hunting and killed a mammoth. If his wife eats a mammoth for one day, the next day he will still run off to search for a mammoth. If she saves it and eats it all year long, the man will go hunting once a year - why go hunting every day if she doesn't eat the mammoth?!

Now it's the same – we should spend our man's money. When we spend their money we allow ourselves be in the feminine role. But first we have to believe there are men who will do anything for us, will take care of us, will take the man's responsibility, will provide security, status, money for us.

Now say three times out loud:

I am opening space for a man who will take the responsibility for me and will give me status, money and protection.

Imagine he is next to you, on your right, you open space for a man. Imagine he is next to you - strong, able, capable to feed you, to protect you.

DAY THIRD
WHO IS YOUR PERFECT MAN

How you see your man is what he becomes

As a sequence of what we said so far, people are divided by the specifics of their energy. What matters is what energy prevails in you: fire, water, earth or air. We humans are like nature. There are volcanic people and they burn quickly and calm down quickly. There are people like mountain lakes - they are calm and you can hardly reach them. There are people fast like a river, they are always moving towards their goal.

It is important to understand your energy and the energy of people close to you so you can feel happy.

It took me a lot of years to understand why my ex-husband did not get motivated by money and achievements. When I started dealing with archetypes I found out that he is an artistic type and for him inner world is very important, money will never motivate him. For so many years I have been pushing the wrong buttons and I was dissatisfied with the results. When it became clear to me who I am, I found out what kind of man would make me happy. Now I am happy to be with the right man.

EXERCISE
MY PERFECT PARTNER

Prior to continuing reading – describe your perfect partner.

Carefully read this description and analyze what are the types of men to be most often around you. What is the kind of man you feel best with? What should you become to feel better? Do you need to look for a change in yourself?

I promise that by the end of this book you will have a clear vision on what your perfect partner is and what to do with him, if you want a long-term relationship.

MEDITATION PERFECT MAN

We will do a meditation called 'Perfect Man'. If you have a man, you will imagine him as being perfect. If you don't, you will imagine the perfect man you want to attract in your life.

Sit comfortably, relax. Close eyes. Inhale and exhale. And imagine the lunar path. The moon. You can see everything you want. There is light. There is an opportunity to dream and to desire. The moon is in front of you and there appears the shape of your perfect man. The man you really want. The man you yearn for. The man you dream for. The man who is very important to you. The man of your dreams. Sense what you need to be so this man can see you. And start to say to yourself: *'I am divine. I am beautiful. I am graceful, I am loving. Please come into my life! I will love you. I will support you. I will serve you. I will bow before you, seduce you. I will do everything for you to feel truly loved and happy with me.'*

Now imagine, if you have a partner, how you release a beam of light and love from your heart to his. If you don't have a partner release the beam into the Universe so your partner who is destined for you can feel a spark in him. A spark of hope. A spark of love. And imagine how you unlock your heart for him. And you say: *'I want to love you! I want to allow myself to be loved by the right man!'*

When you acknowledge your divine nature and power this man slowly starts to face you. To see you, knowing your power and your qualities. You know you respect and honor him. He turns and you see his look – how he looks at you ... how you look at him. How you connect. How each one of you opens their field for the other one. *'I just love him and he loves me.'*

See how old you man is. What is his nationality. What will be the language you speak. How will you take care of one another. How will you feel yourself when with him. What will you do together. See how you meet and how you live together. Can you imagine another person living with you? Can you imagine waking up next to another person, that there is a man in your bed? And you take care of him. And he is there for you. Do you see how the two of you develop together? How he holds your hand and how things just happen. *'I love and I am loved. I am desired and understood. My man supports me.'*

Notice what the feeling to be loved and supported is. *'I entitle myself to be loved. I entitle myself to feel and desire. To be with my man. To be here because of you!'*

And he says: *'I am here because of you!'*

See how you serve men at the moment. How you talk about men. How you talk about your father, about your brothers, about your colleagues, about men around you. Do you bow before them? Are you thankful to them?

Now put your hands on your heart and bow before men, acknowledging their power, their might, their greatness and the fact that they can do what you cannot. Acknowledge their beauty. *‘I am thankful to men about what they do for us. I love men! I am thankful.’*

Keep this warm attitude towards men and imagine your perfect man is rich, one evening he comes home with a briefcase full of money. And he tells you: ‘Honey, we are very rich. See the millions I have. Spend all you want. Do whatever you want with the money. I have plenty. For our future!’ What would be the thought in your head if you have a really rich man? How does this make you feel?

Remember your feelings!

And you can gently open your eyes and come back here.

Write down in the diary how it is very important for you to have a really rich man, what the feeling to be with him is. Do you really allow yourself to think you can have a really rich man by your side?

If you don’t have the man of your dreams next to you this means either you have limiting beliefs or traumas from your exes. Or you don’t have the appropriate coverage. Then work with your marital cost.

Limiting beliefs may be:

- This is impossible
- There are no available and decent men
- Rich men cheat
- He will hurt me ... and so on.

Explore them and write the contrary. Find examples with your friends or in history of human kind so you can prove your positive beliefs. If you feel like you don't do well alone, welcome to the Geishas seminar!

After this meditation I suggest you write down a detailed portrait of your loved one according to the next exercise. If you already have a partner – just add or edit his qualities.

What you see in your man is what he will become.

EXERCISE MY SOULMATE

Imagine now that somewhere in the world your man, your soulmate exists. What is he doing now? How does he feel now? Maybe he feels lonely and unhappy with you? And maybe he is feeling fine, but he doesn't know that he can be much happier with you? Imagine sending love and light to him from all your heart. You really want to be happy no matter what he does and where he is.

And now describe in details:

1. How you want to feel with him (for example: ease, joy, laughter, excitement and so on)

2. What does he look like (height, weight, eye and skin color)

3. What is his job (occupation, field of work, income)

4. What are his interests, does he have a hobby and what will you do together

5. What is his character

6. What will he want from this relationship (marriage, children, sex, travelling, communication)

7. In what way will you find out this is him (for example my way was that he will play Moonlight Sonata on piano)

8. What will your sex life be like (how often, conservative, with open relations or no, do not forget about the size as well)

9. When and how will you meet him, how much time will it take for you to live together

10. What compromises are you ready to make for him (This is an important point, you will see why from now on in the book. Compromise might be with age – too young or too old, or that he will smoke or drink, that he doesn't make much money or that sex is not so good, or something else). There is always something that will not be perfect, this is the cost of relations.

Imagine him and then write it down in the diary. And start to look for this man exactly. **Men are everywhere if you work on all the matters and act according to this book I guarantee you that in near future you will have a man.**

Now let's add some clarity on men.

Years ago I read 'Love Tractate' by Anatoliy Protopopov, translation from Russian by Miroslav Piseshki and it changed my understanding about society a lot. You can find the book in Internet free of charge. I will give you the main points and my interpretations on this work.

Society has always lived in hierarchy and there have always been dominators and subordinates. Learn to recognize people according to their sociological characteristics. **Find out where you are in the scale and what men you attract.**

SOCIOLOGICAL FEATURES OF MEN

1. The alpha male has a mission

To alpha males we relate large-scale businessman. They are successful, brave, they want classy ladies. You can instantly recognize the alpha male because he is rich, successful, he often has a big car and his own driver.

The main alpha male criterion is that he has a mission, he knows what he wants and **takes responsibility** for his decisions.

This man is never whiny, he does not expect you to solve his issues, he is very proud and very hard to live with.

This man estimates you from the first second, you have to impress him at first glance. With him **no mistakes are allowed**. This is the top

male. He is the classy man, the rich, cool, interesting, special, sometimes not so handsome but very strong man. This is a man **building an empire**. This is a man who becomes a legend. He is a millionaire but his main feature is taking the responsibility for his choices.

The alpha male may cheat, he may be monogamous as well, he may lie or be honest. The looks have nothing to do with it. I know alpha males who are short, even small. For example Napoleon is a typical alpha male. But also Boyko Borisov and Putin are alpha males.

The alpha male **will not step back**. He will rather suffer than do this.

A girl told me that her mom was coming back from work and called the husband to pick her up. The husband said he doesn't want to pick her, he is at home and doesn't want to go out. The mom comes home, starts a quarrel that this is family car and he must pick her up with their family car. How could he say no? The father throws the keys at her, tells her this is her car from now on and he doesn't want to hear such things. The first thing he does is buy a new car the next day. And he never touches the old one anymore.

The same family leaves for the seaside, departure is set to be at 11:00 o'clock. The mom comes down at 11:10 and the father is gone. He left for the seaside alone. She has to find a car, organize the children and leave alone. He said it, this means his word is strong. He may suffer, but takes responsibility for his choices. He says: 'I know maybe I am the suffering one but I want my rules to be followed. I said what I said and this is it.'

If you want to have a strong, handsome man next to you, handsome in the sense of masculine power, the alpha male in life is interesting. He

takes you to islands, expensive stores, you live in beautiful houses, you are proud of the alpha male.

2. The beta male is a family type

The second type we will explore is also good, personally for me the better family choice – the beta male. He is a small-scale businessman, he doesn't build an empire but manages his business well. Beta males are managers. They are the **alpha male's right hand**. Beta males are also smart and want classy women.

The beta male is more of a family type, calmer, more prone to monogamous relations. He aims to have a family and is the best family type, a **wonderful father**, supportive, not so strong and strict as the alpha male. The beta takes **fewer responsibilities, less risks**. The alpha risks too much, sometimes lose all but also wins all. The difference with the beta is the scale of the responsibilities, the beta is not so much of an eagle, he doesn't fight as much. And in my opinion, if you want a peaceful marriage choose the beta male. He is also successful, intelligent, rich, interesting, but he is not so much into ruling an empire.

3. Gamma males – not much ambition and wants a free housewife

The gamma male is a **regular guy** who wants a free housewife. He is a paid worker who goes home and expects a meal and clean house. Of course a lot of beta males earn a salary and want the same. The difference here is that the betas love their job and are professional, while the gamma hates life and his job. The wife works all day and in the evening she is at her second job – a free housewife. The gamma is a man who has **no goals and ambitions**. Work for him is a punishment and way to survive. He blames the government and all around him for his problems and poverty. He is lazy and foolish and he doesn't want to change. He is not ready to develop and has very primitive needs.

The gamma male is weak, mundane. He doesn't want to invest in you. He is not only cheap but he has nothing to give you because he is poor. Even if you want a trip to Maldives you will not get it – he is plain and doesn't have the energy and power to give it to you.

The gamma male doesn't need a classy woman. If you take a gamma male or a loser I can tell you what your future will be like – from now on you will live for a month's salary, with loans, money will never be enough, you will struggle, your children will not be in private schools and kindergartens. Your whole life you will collect money for washing machine, for TV or a quick vacation at the Black Sea. With such a man you choose a poor life, you choose to work and in the evening go to the supermarket and go to the house with the bags as a horse. And then cook, clean, do laundry, iron... this is what your life will be.

4. Loser seeks for a savior

The fourth category is the one of losers – these are all **alcoholics and problematic men** seeking their savior. The loser wants the woman to help him, to support him, to be constantly next to him. If you already live with such a loser know that there is **no getting out** of this one, you will constantly have to develop him and invest in him. If this is the type you choose, think about psychotherapy. The chance that he will change is minimal because he is used to living like this and this is normal for him.

If he is a loser you have to save him from alcohol because when he comes home drunk – you have to calm him down, to clean and wash him, to put him to sleep. Here the woman is constantly in the role of a mother, she is understanding, supporting, helping. And all this time she says: 'One day he will change! One day he will heal, he is such a good man. This is the father of my children!'

If you choose this life for you, **you need deep psychotherapy** to believe in yourself. Go to my Geishas course or the 33 days to the dream online program.

WHAT KIND OF MEN YOU ATTRACT

Let's analyze what kind of men you attract at the moment. Our goal is to raise the vibrations and change ourselves to such an extent that we can have alpha and beta males.

Yes, they are not that many. The alpha males are about 10% and the beta ones – 20-30%. This is a maximum of 40% of men in our entire society but we are also prominent women. We are not 'random'- we have jobs, we speak languages, we are smart. So we will aim at classy men and we are not ready to live with just whoever. We are women-gifts and we will not waste our lives for the inappropriate man. Yes, there are poor men. There are problematic men and they are there. But let the women, appropriate for them go there. Everybody has their own karma. You choose your own destiny. Choose the best for yourself!

Pavel Rakov has a very good example: Imagine a woman who looks very bad – fat, ugly, drunk. She goes to a man and says: 'Come on, you go for the beer, I will buy cigarettes. We will meet here in a minute.' This is a loser-type woman. A man who is a loser says: 'Why would I go to get beer and you for cigarettes. Let's switch. Or can't you do it all?'

The gamma male will say: 'Okay. Come on!'

The beta male will look at her strangely and ask: 'Cigarettes?!?
Beer?!?'

The alpha male wouldn't even think of such thing.

This is why we will work to get alpha and beta males only.

BECAUSE OF LOVE, NOT BECAUSE YOU HAVE TO

Alpha and beta males look for a woman who they can make happy and she will be their business card. For the alpha and beta males is very important that you are pretty, well-maintained, smiley, smelling great, happy and satisfied. If you are like this, this means he is a decent man. He will be happy if you cook, but not just because you have to.

Alpha and beta males will not want you to cook and clean. When my man comes home he tells me:

‘I’m hungry but I will order in, I don’t want you to cook and ruin your nails, take a break. Come let’s talk and cuddle while food comes.’ Of course if I have cooked dinner he is happy but it is more like a bonus and not an obligation.

If cooking gives you pleasure – cook. Sometimes for me it is a great joy to do some housework or clean. But what’s important is I keep saying to myself: it’s important to do it because of love, not because you have to!

While the gamma or loser male expects you to be a maid, he is looking for it, there is a good joke about it: A princess lived in a kingdom. She was smart, beautiful, loving and kind. One day the princess went to a swamp and saw a frog. The frog spoke in a human voice: ‘My princess, I am a prince, enchanted prince, come and kiss me! As soon as you kiss me, I will become human. And you will start cooking for me, cleaning, taking care of my horse, spreading your legs for me, seducing me, working, taking care of me. And you'll have a man at home.’

In a few hours the princess made dinner and ate some nice frog legs.

Women who are worthy and beautiful are not thought to be free maids.

I warned you about me giving you homework and it is a must. Do you have a housekeeper? Even if you live alone you should have one. You are not a maid. If you don't have one, this is my homework for you.

HOMEWORK **FIND A HOUSEKEEPER**

In the beginning let her come once or twice a week or a month. And at least twice a week go out with your loved one to dinner, put on a nice dress and high heels, don't forget to do your hair.

Just start doing this for yourself, giving you this kind of life. You can make it your intent in order to have it in the future.

Belief: *I have free time for myself and I do only what I want.*

Everything starts with the intent.

Do not continue with this book until you call and arrange with somebody to come clean your house!

DAY FOURTH
WHO CHOOSES?

Your energy is your responsibility! You are your lover's sun.

Now I want you to analyze how you choose men. Answer the following questions:

1. Do you choose or you get chosen? How do you choose men, according to what criteria?

2. Do you love or are you being loved in your relationships?

3. Do you choose a man with the same values as yours?

- If you are a dream woman, what type of man will you choose and what type of man will choose you?

I will explain the difference in strategies. If you are an alpha woman, then you choose. The partner adores you, he worships you, he loves you. But he is less than you. You are in the position of a goddess, the great one, while he is worshipping you. He takes care for the children at home, helps you, supports you - he is the heart, and you are the ego in your relationship. You pursue goals, you travel, you achieve, you crush, you go, you fight, you win all the wars. He is the man behind you - loving, dear, kind, supportive ... He is there, he stays in his heart.

If you are a beta woman and he is an alpha and you fall in love, you are more supportive. You are the one who loves him, he is your god whom you worship and say he is great and you admire him. Then you are the one who wants a marriage, and he is the one who sometimes strays away from serious relationships.

Usually the more loving partner wants the marriage.

EXERCISE ANALYZE RANKS

Analyze your relationships. Being more loved than loving means that you are probably choosing a lower-ranking partner. If you are the one who loves and admires more, sometimes it comes to the point where you have to allow yourself to accept that you want the man to dominate. And you choose to obey. Then you agree with his decisions. You accept him and you respect him. You are his support, you are behind him. He is in front, he is god and king.

WHEN THE WOMAN DOMINATES SEX ISSUES OCCUR

Further we will work with traumas and we will cleanse them. You will find out why you can't enter into love rhythm. What is our problem of

letting him lead. We have to internally accept it, with all our heart. You need to decide:

I want to be dominated and I want to risk and love him as a god, from bottom to top.

If you chose to be an alpha woman then you will dominate, this is a safer position. He loves you, he admires you and will not leave you. Alpha women do not get abandoned, they are the ones who walk away. But you often feel you are more than him, sometimes you are like his mother. He often starts to have sex issues. This happens when the man has lower rank than the woman.

You are a woman. If you are just caring and supporting and ask him has he eaten, has he slept, if you tell him: 'Rest, everything is going to be okay', **you are a mother.**

If you, however, help in the business, give him money, invest in him, in his dreams, in his hopes, **you become his father.** And then the sex completely disappears. You just stop having sex.

I have a lot of clients like this, successful women but their men say: 'I am a great singer. Invest in me!' Or: 'I am a great athlete. Please, I need help to go to a competition!'

If the woman starts to give, she becomes the father. A client of mine told me: 'I gave him so much money, invested in him and he cheats on me. We don't have sex. He can't get it up when he is with me. And he is potent with other women.' She just turned into the father! **And if with the mother-type woman the man can have sex, then with the father-type he surely cannot.** This is why sex disappears in these relationships.

THE WOMAN SHOULD BE A REWARD

We don't help the man in the business if we want an alpha or a beta man. **We don't help when he has problems and we don't even want to hear about them!** He is a man and so he is born to solve them. I don't remember any alpha male telling his wife his problems. It just doesn't come to his mind, he has to solve them himself. He only shares them with the people on whom the solving depends. It is not his job to share them with his wife. He doesn't expect her to save him. She is not his mother. A woman should not be a mother, a woman should be a reward.

Of course the woman can be a business partner but then they work equally in their projects.

YOU ARE A SINNER IF YOU ARE A WOMAN WHO CANNOT DELEGATE

So now is the time to say that alpha and beta males are difficult in nature. Especially the alpha ones – extremely difficult. And if the alphas go nuts, they can be very offensive to us, blame us, think they are right all the time. I will later tell you how to respond to this. They can be very bad. Does this mean that you are of lesser rank? Not necessarily. Sometimes the gamma or loser can be much worse. Gamma often accuses you ‘you do not cook, you do nothing, what kind of wife are you, you just lie down, you just rest’, etc. It's just that the mode of indictment is different. The alpha man won't blame you for the house not being clean, it's just not in his rank. He wants the house to be clean, but he'll tell you, ‘Look for a woman, arrange five cleaners, hire a company to clean up.’

For example, my client's husband is a typical alpha male, they are very rich. He says, ‘I want the house clean. I'm not telling you to clean, but I want the house clean. Find 15 cleaners if you need, I have no

problem paying them. I want the house to be clean and me to not be bothered.

The alpha and beta woman's job in this case is to organize the process and delegate the duties. Delegation is the right setting of priorities. The alpha man does not expect you to do something yourself, but he wants it done. You organize.

The gamma woman does everything on her own. She just can't delegate.

TEN RULES FOR YOUR BEHAVIOR TOWARDS AN ALPHA MALE

1. If he has problems, give him time to settle them himself. Do not look for him and do not pressure him. During this period he is doing something independent, you don't have to burden him with your issues.
2. Learn to plan and don't tell him your needs in the last moment. Men need more time than women.
3. Learn not to react to harsh tone or behavior – sometimes the alpha male hardly controls his emotions. Do not take it personal!
4. Always ask twice as much – the alpha male gives half of what you want and he never does absolutely everything you asked for.
5. Organize the cleanliness and order in the house! Especially if you have children, the chaos and toys everywhere annoy most men.
6. Put on sexy clothes, especially in the house – never allow yourself to wear a dirty robe in the house.
7. Never yell at him in front of other people – his authority is sacred.
8. Speak to him in a soft, chirping voice and if you need to, play a little dumb at times.
9. Call him if you have something to tell him and don't waste his time with questions like 'Where are you?' and 'What are you doing?'

10. Do not blame or criticize him – keep your focus on his positive qualities.

DREAM WOMAN'S ENERGY LEVELS

Pavel Rakov gives 4 criteria for the dream woman qualities:

1. She is full of energy, happy and positive. She sees opportunities everywhere and is able to inspire faith and optimism in her loved one.
2. She has high intellectual and social level. She is able to accurately react in various situations, answer questions correctly and adapt easily. She is well-educated and confident in herself. This woman you can count on, she knows how to raise her man's status.
3. Her health and appearance are very good. She is well-maintained and pretty. Yes, looks matter and she knows this.
4. Fourth is the spiritual level. She is kind, lives with her conscious clean, she is gentle and loving. She is able to forgive and very elegantly give negative feedback. She honors her family and is able to show respect for the family of her loved one.

Let's see them in details:

Rakov says that the first energy field is what the alpha and beta woman should have. The dream woman is always energetic, smiley and positive. This is the law! **Men run away from grumpy women. Always! Nobody wants to have a grumpy woman next to them, she is repulsive.**

Why men choose women who laugh and have fun?

When the man sees the woman next to him is happy and smiley – this means his job is well done. Then he is satisfied with himself.

Otherwise the man starts to get angry at the woman who is dissatisfied with him and feels small and insignificant.

Then he becomes aggressive or passive.

Ask you friends if according to them you are positive? Do you take things easily or you are dramatic?

Do you often feel tired or you are cheerful most times?

Once we were with a group of girls and we met a Jewish guy. We started talking on various topics. He was funny and I laughed a lot. After an hour of talking and laughing he offered me to marry him.

- You've known me for an hour! How can you ask me to marry you!?
- We in Kabala believe that if a woman has an opened and loving hearth she laughs easily. She will bring blessing and prosperity to the man – he replied. – And vice versa, if she is grumpy, this is the man's biggest curse and him and all the rest know he is about to encounter poverty, diseases and problems with this woman.

In our group of ladies there were beautiful eligible woman and I asked him:

- Why didn't you choose them?
- They don't know how to laugh and look too criticizing – he said. – I don't feel comfortable with those women and I wouldn't give them anything.

So, my lovely one, **your energy is your responsibility!** You are your loved one's sun. Of course, it is important the laughter to come straight from the heart, if you are playing a role this won't work.

Secondly, it is important to be educated and constantly develop yourself. Think about the books you are reading, what concerts you go to, do you have a teacher, what is your reputation in society and do you have the trust and respect of your colleagues and close ones. Are you embarrassing your man in the society?

How a woman can embarrass a man?

If she is cheating, if she flirts and dates other men, if she criticized him in front of the children and other people, if she doesn't listen to him and does whatever she wants, the woman signals she doesn't take her man seriously.

Then why should other people respect him if his own wife doesn't respect him?

It is even funnier if a woman makes these mistakes and wants him to be successful and prosperous. This is quite a difficult task for a man - he needs her love and support.

The third thing men appreciate in us, as I mentioned above, is health and appearance. Think about how you take care of your health! Do you have time for that? What can you improve today - drinking more water, exercising, giving up on the dessert?

Fourth - how do you work on your soul? Do you go to church, do you pray in your own way? Do you meditate? Have you forgiven your loved ones, your relatives? Do you manage to be neutral and supportive? Are you wise? Do you support the spiritual beginning in your man?

My husband had never attended seminars or anything like that. And I saw that this would allow him to further expand the potential he has. I decided to give him a training - how to open our heart. It was a great ordeal! We both worked with our traumas and pains, but then we began to connect at a truly spiritual level.

Develop your spirituality and support the spiritual side of your soul mate!

EXERCISE

I AM A DREAM WOMAN

Think about which of the four levels are well-developed in you and which ones do you want to develop and enhance. What actions will you take? Describe them and start applying them as of today. Notice how this makes you feel.

CHOOSE THE BEST

Write it down in bold and then say it out loud:

I deserve the best!

What feelings come to you? How do you react? Do you feel it to be true? Can you accept this?

We will work for you to feel it like something that is genuinely in you. If now you don't feel like it but you are tingling on the inside, this means your energy starts flowing.

This is your new credo. For **33 days you have to say it to yourself and want it**. You enter the store and ask: 'Which is the best shampoo you have?' Get used to the fact that you deserve the things you really want. Spoilers are also something very good for us. Of course, classy ladies choose what they really want.

Tomorrow you go somewhere to lunch. You enter the restaurant and say: 'Which is the best table? I want the best table.'

Wherever you go, get used to saying: 'I want the best'. Just remember it. Call on the phone to book a gym instructor and say: 'Who is your best gym instructor?'

You will buy sunglasses? Look for the best optics, for me this is Leonardo. They have the most up-to-date world brands - Versace, Miu Miu, Bvlgari, Dolce & Gabbana, Persol, Armani, Tom Ford. You go to Leonardo and say: I want the best for myself! They will appreciate your attitude and make sure you will not get the best one in general but the best for you, the one that will boost your confidence and respectively your happiness vibrations.

We will choose the best. We love ourselves and we want the best.

We don't want much.

We want one thing, the best.

We want the best man for us. The best house. Get used to it, you really deserve to live large Get used to not giving up your energy for crap and junk. You want the best shoes, the best dress. You can say out loud:

I deserve the best!

I learned this from an alpha male. No matter where we were, he always asked, 'What is your best table? What is your best salad? What is your best dessert? Always! It was his way of life. He didn't even think to take anything ordinary or mediocre. Everybody was bowing in his presence. Alpha men, if they are real alpha men, instantly give you the desire to bow. You just can't match a man like that. Such a man is not even discussed.

But this men look for a beta woman. Two alphas cannot live together. The alpha male wants a beta woman who is classy but **will not compete with him for leadership**. He has a dick and he wants the vagina.

How do we increase our ‘dick’ or the male side of us?

By being focused on power, money, fame, achievements, proving yourself, goals and plans.

How do we develop our ‘vagina’ or the female side of us?

With soft and graceful movements, being surrounded by beautiful objects, yoga, dancing, art, taking care for children or sick people, devotion, softness, cooking, sewing, massages etc.

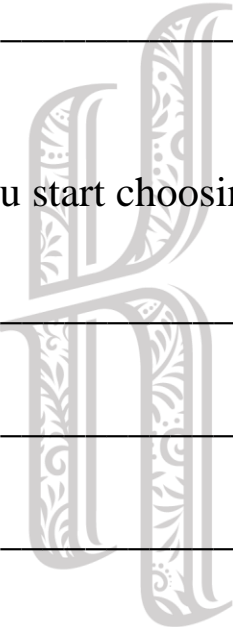
Maybe you don’t like the female side of you and you are used to raising your ‘dick’? Then why are you surprised you are meeting only feminine men? Opposites attract.

**EXERCISE
I DEVELOP MY FEMININE NATURE**

Write down what would be best for you. What best do you want as of today?

What will you do to stop developing your 'dick' and start taking care of your femininity?

Sense how you feel when you start choosing the best for you and write it down



DAY FIFTH
WHERE DO I WASTE MY ENERGY?

Fortune will come to a house with laughter.
Japanese proverb

They often ask me how I have so much energy.

You have energy if life gives you pleasure and happiness. If every day you wake up with a children's curiosity and willingness to live well and joyful.

First of all this is due to genetics and what is mostly your energy. And second of all – your way of life.

EXERCISE
LIKE-DISLIKE / DO-DON'T DO

Now make a chart:

I like and I do	I don't like and I don't do	I don't like and I do	I like and I don't do

For example:

- I like travelling and I do it
- I don't like cleaning and I don't do it
- I don't like working late but I do it
- I like doing sports but I don't do it

As you can see, the first two points help you increase your energy. The second ones decrease it.

Today, I ask you to check in which column you would place each of your daily activities. **If you live mainly in the 3rd and 4th category, you are probably quite unhappy.** And you probably either don't have a man or you have a very problematic and unsatisfactory relationship.

Maybe now you think it's impossible to live the way you want and do only the things you like. Not true! It's possible.

One of the things I don't like doing is working with documents. And I have a unique lawyer and accountant who love to do it! The fact that you do not like it does not mean that others don't like it. **Ask them for help and let what gives you grief to give others joy.**

**EXERCISE
I DELEGATE**

Think about what will you delegate and who will you ask for help. Just do it! Today is the day for changes! Write them down here and follow them:

YOU ARE YOUR MAN'S BUSINESS CARD

In order to be able to have a classy husband it is important to look like a classy woman. Always remember: You are your man's business card.

At work I communicate with a lot of classy men, millionaires and successful man. And I ask them what the role of their wives and lovers is, because I know both. The role of the wife next to the classy man is to be his business card.

Ask yourself:

If I am my husband's business card, what do other people think about him?

Look at yourself in the mirror:

Now see your nails, do you need a manicure?

Pay attention to your pedicure, do you need one?

How does your hair look – the longer it is, the classier of a lady you are.

Your body? Your facial skin? Do you have cellulite?

Do you put on hair and facemasks?

What do you do for your looks?

In order to have good self-confidence – it is important to be well-maintained.

I will give you some classy lady criteria but to be well-maintained is first of all. Manicure, pedicure, skin, all of this shows your class. You

are your man's business card. Write it down in bold letters and say it out loud:

I am my man's business card. They use me to judge on him.

Always the woman is used when evaluating the man. Always! This is the law! The way you look, what you are, this is your man's status.

With your beauty and youth, with your appearance, you level up the status of your man. Even when you accompany him to a business meeting that you don't understand anything about, stand by him affectionately, watch him, admire him as he talks. Alpha and beta men require you to be beautiful and emphasize with your behavior that he is the greatest man in the world. **It is your feminine responsibility to raise the price of your husband.** You should always be beautiful, loving and adorable. Forget about being without a mani-pedi. That's the norm! We aim for alpha and beta men.

EXERCISE IMPROVE YOURSELF

Look around and find out what you can improve in yourself. Should you change your wardrobe and style? Should you reduce your weight and exercise? Do you have to throw away your old clothes? Do you wear heels when you are with him? Are your clothes beautiful and men feel like they want to undress you? Do you wear beautiful lingerie even if you don't plan on meeting a man tonight? Do you smell good and does your perfume suit you? Do your clothes smell clean and are they ironed?

I'm sorry to say it, but men are much more critical of us than women, and if you want to have a loved one you admire, it's really important

to have a focus on your appearance. **If the man does not like the way you look, then he does not care how deep your inner world is.**

Accept the following belief and apply it:

I am a beautiful and well-maintained woman and invest time and money in my beauty.

HOMework WALK LIKE A STAR

The first impression is very important, men should immediately accept us as women. So let's think about walking. We must step confidently and gracefully, with a gentle and open smile.

There is an old Soviet movie called 'Office Romance' where the main actress is a big corporate boss. She is a typical man - she wears costumes, shirts, her hair is short, she does not use make up, she is always serious and everyone thinks she is old. And her secretary is a flirt. The lady boss falls in love with one of her employees. And her rebirth begins. The secretary tells her: 'Now we have to make you a woman!' And starts with the walk, shows her how to swallow her belly, how the ass goes to the back.

For you to start walking well imagine two ropes. The first one comes out from the top of your head and pulls the head up and the second one is in the center of the chest and pulls to the front. The chin is at an angle of 90°, the shoulders are straight, chest is forward. Walking with a book on the head is very useful for making a good posture. You step like a ballerina, toes first.

And here is the other homework: **in the next week, take a few minutes in the morning to work out the starlet walk.** You put the book on your head, your posture is upright, the two ropes are pulling

you. You step confidently, breath and balance, as if you are carrying a treasure. You are a treasure. Imagine being world famous, everyone knows you - you are Marilyn Monroe. You go into the restaurant and everybody wants to smile at you, to enjoy you. You shake your ass, step on your toes, your spine is upright, the book is on your head, and your ropes are pulling. It is much easier with high heels. This is why high heels are invented. And they may be comfortable if they are of a good brand, for example the Bulgarian brand Ingiliz. They make luxury shoes of natural materials and with distinctive design and already have 21 years of history as manufacturers, you will feel like a queen when you are wearing their shoes.

But what you radiate matters the most. Recently we were in Southern France and we stopped at a hotel in Marseille. The piccolo said:

- Excuse me, may I ask you something?
- Yes – I replied.
- You are a very famous woman, aren't you?
- Why do you think so? – I ask.
- Because of your radiance – he said. – You must be an actress or a host, some super famous woman, right? I can tell!

When we were in Thailand with the group, another man said the same thing. But I believe it a lot, I constantly repeat it to myself and people keep telling me I am famous. Even in London I go everywhere without a dress code, without any reservations. The look and the 'I am a star' feeling is important. Eyes of a queen! Radiating dignity. You know that people are looking at you. And you walk proudly. It's important to get used to this feeling. **If you are a classy lady, always walk to be seen.**

Imagine you are great. Say it out loud: *'I am a star. I am a star. It's nice to be a star'* Everywhere you go act like as if a camera is on you. Your behavior should be star-like, your gestures should be beautiful

and graceful. Do not sit and bend inward when you go to a restaurant. As of this moment your posture is upright, you are a classy woman.

Be careful not to dig into your purse. Choose comfortable purses with more inside pockets so you can arrange your things. What do you do when your phone rings? Most women dig into their purses, something always falls down... But you are a classy woman. First you take your purse, slowly put it in front of you and then open it.

The telephone rings. You take it out slowly, you put your purse down and then answer 'Hello!' Slowly – this is queen's manner. No shuffling. **The slower your moves, the more expensive you look.**

I have a friend, she is a really classy woman. I do everything quickly and she tells me: 'Natalia, Natalia, walk slowly so people can admire your beauty.'

You take deep breath and walk slowly – step after step, as if many men are looking at you, even if there is nobody. If you move quickly when there are no men around, this is now your habit. And when you are with a man you will forget, you will hurry and shuffle. Let it become your way of life to walk slowly and calmly. Gently reach for your purse and always have the queen posture. **Wherever you are act as if an invisible camera is on you.** Because somebody is always watching you. Waiters remember you, sellers remember you.

When you walk next to your man, always look towards him.

You are walking – looking at him, walking – looking at him.

It is very important when you are at the table to **stand up and sit down slowly**. Imagine as if you sit on his dick, slowly and gently. And singing: 'I am a star.'

Your clothes should be tight and accenting on the beauty of your body.

LAUGHTER IS A DOOR TO THE HEART

I told you the story about the Jewish guy who asked for my hand only an hour after we met. Remember:

Every man wants a woman who laughs because this is the criteria that she is happy! This means he is doing well.

Now I want you to analyze your last relationships and remember who of the guys were making you laugh out loud. Not just smiling, who made you burst into laugh? The level of energy we should maintain is a level where we are constantly smiling. Especially the alpha males want a woman who laughs. Mandatorily! Who did you laugh with? This is a way to keep your man.

By analyzing your relationships calculate the percentage – 0% means ‘I don’t laugh’, 100% is ‘I laugh a lot, constantly. I jump up, I am emotional’ What percentage will you say you are laughing with your man at the moment? Do you allow yourself to be a bit of a freak, like a laughing child? Calculate and work on increasing those numbers!

If you laugh less than 50-60% with your man, you should increase that. React positively to everything: ‘So what! Don’t worry, it’s okay!’ Be cheerful, this is healthy for your relations. **You shouldn’t be serious with men! If you have to, be serious in your job, but even there laughter can help push through difficulties with ease.**

When I ask alpha and beta males why did they choose their wife, what women attract them they say: ‘She was so smiley, she laughed so much at my jokes!’ The man always remembers your first smile.

Always! This for him is the most important. It's good to show emotions when you are with him. **If you are too serious and grumpy, your faith will include gamma males and losers. They like grumpy women.** So now is the moment to laugh. Let's make a laughter meditation.

HOMEWORK LAUGHTER MEDITATION

Take a deep breath and when exhaling we start to laugh with ha-ha-ha and ho-ho-ho. You should laugh for at least several minutes. Laughter breaks the blockages, harmonizes the energy. If somewhere there is a knot, an insult, guilt, dissatisfaction – laughter breaks them and releases the child's energy we have.

If the man gets insulted because you laugh you will compliment him.

Take a deep breath and start ha-ha-ha, ho-ho-ho. This is one of your homework, laughing a lot. There is a word in Russian 'hohotushka' being a woman who laughs a lot, who is always smiley.

If you find it hard to laugh, you probably have a lot of grievance and guilt in your heart, the little girl is locked in you. If you laugh easily, then you also open men's hearts easily. We have to laugh and have fun.

Laugh at least 5 minutes a day, just laugh. You will relax with this meditation. Give yourself this opportunity – laugh out loud. And your entire day will be different. **Starting today, for 21 days, you will be performing laughter meditation every day.** This is the time it takes to build a habit and laugh more easily. It is our job as women, when going out with our man, to laugh out loud. If there are insults or injuries, we will clean them up further.

So you laugh out loud all the time! Emotionally! Your job is to keep your energy level high, space around you should be full of light.

Every day give yourself reasons to laugh and it will be much easier for you to laugh if you don't have black clothes. Dress in pink and bright colors. The energy of the heart loves colors.

Take the following belief:

My heart is open to joy and laughter!



DAY SIXTH
PROVOCATIONS AND DIFFICULT SITUATIONS

The fundamental of proper communication is to see through
an emotion and understand his needs.

One of the things we always do on our way of transformation is get out of the comfort zone. Today I offer you a funny homework.

HOMEWORK
LUNCH WITH A STRANGER

My job for you today is to have lunch with a strange man. This is homework and according to the rules of this handbook, homework is a must. You go somewhere - to a nearby mall, to a nearby café - and ask a man to have lunch together.

I did it at a nearby mall. I went up there, went upstairs, where there were cafés with tables and you could sit. I took my food and looked around. I see a man eating alone at noon. I go to him, there are lots of free chairs around, and I tell him:

‘Excuse me, may I ask you — with a very wide smile - can I have lunch with you? I don't like to eat alone at all so just ... I will be very pleased to have lunch with you.

He, the dear one, almost fell off the chair, he was shocked. He said:

- Of course, sit down! –he was... very surprised.

And I sweetly smile again, I sit down and tell him:

- Thank you very much for the company, it's so nice! I may sound a bit weird ... - and I smile again.

I'm telling you this so **you're not afraid to look silly**. It's good to look stupid. You go, sit down and eat together, ask him questions (I'll explain what kind later) and laugh a lot at his jokes. **It's your job to laugh**. Do not think he will say no. **Men are much nicer than**

women, they do not reject. But if he still says no, you just go to the next table. Although I have never met a man to say no before. You are a classy and beautiful woman, with a nice dress, tasteful make-up, beautiful hair, you should not be denied. You do remember, we fix ourselves and we go out beautiful. Laughter should come out of you as often as you can. In addition, it is proven that **women who laugh easily - easily reach an orgasm.** They have a high content of endorphins, the hormone of happiness, in the blood. The field around them is very attractive. It's so good to be around them. People go to them like to a magnet or a bright light. They are literally attracted to this - with their biofield, with this childish laugh. You know how much kids laugh, they just laugh. And that is why we love them so much, they are sweet, adorable and we want to cuddle them, kiss them, exactly because of that very reason.

Today you go out to lunch with a strange man. Find time for lunch! Something like: 'I didn't have the time... I had a lot of work... It didn't work for me... I didn't go out...' is unacceptable.

Chose a nice, cool guy. Learn to choose the most attractive men, alpha and beta males, **without being afraid of them.**

HOW A DREAM WOMAN REACTS TO DIFFICULT SITUATIONS

I am not saying it's always easy being a woman. And for real, to live with a man is more difficult than living alone. But if you learn how to communicate with him – life becomes a fairytale.

The fundamental of proper communication is to see through an emotion and understand his needs.

Now I want you to imagine a situation. He comes home after work and feels very bad, he is quiet and sad. How would you react? What would you say?

I give you three possible reactions:

1. You ask him: ‘How are you, honey?’

The mistake with this questions is strong men do not speak about their problems and bear the responsibilities alone. He will take your question very badly, will close himself and will run away in the other room. He won’t speak at all.

2. You don’t react on it.

This way you will show him you don’t notice him, that he is not important and is insignificant, that you don’t see his feelings, you are stupid.

3. You say: ‘Oh, honey, thank God you are home! I am very tired too... Please, go downstairs and buy bread, we don’t have bread in the house. Please, do this and that!’

The mistake here is that he will decide you are a heartless bitch and you use him for the money, for the status, for acquisitions.

The three options are wrong.

How a high-energy woman reacts? The classification I mentioned above is according to Pavel Rakov who clarifies how men react.

This is what the right reaction is according to him:

1. You welcome him with a beautiful smile and hug him.

2. You notice he is not well and you say: ‘Today was not the best day for you, ha.’ Meaning you noticed he is sad. You add: ‘But you are

my hero and I know that as usual you will find the solution. I just know it.'

3. Then you raise your price: 'Believe me, now with my energy and with my company I will boost up your self-confidence! Because you have the right woman and everything will be okay. With a woman like me you can go through anything in life.'

4. Then you serve him dinner and say: 'You just eat now, don't say anything, I just love to look at you eat! I'm so happy you are with me!'

You are beautiful and smiley, you hug him, you are full of energy, you are satisfied. This is the male option.

When he comes home sad, just be there next to him, without pressuring him. Do not offer him sex! Even a blowjob is not appropriate at this moment. All the thoughts in his head make the blood go there and he can't even get it up. The blowjob proposal can even get him annoyed at that moment.

So just wait! It is very important to keep your energy level high. Alpha and beta males need high level of energy and women who are constantly happy and satisfied give it. You should be energetic. He enters, you meet him with 'My loved one is home!' You are like a happy child, jumping with joy that you see him but at the same time you are the wise woman. I.e. you show him you noticed his day wasn't easy, you understand him but he is your hero and you know he will do it, especially with a woman like you next to you. You radiate this message: 'Look at what pretty woman you have!' You say: 'You should eat, I made great dinner, just eat, don't speak. I love to cook for you and you to eat peacefully!' That's it! The alpha males need a woman who is loving and supportive.

ALPHA MEN LEAVE VERY EASILY

How do gamma and loser women react in this situation? They start to worry about their insecurities. They wonder: ‘Why is he grumpy, why doesn’t he speak to me, maybe he is bored with me. We never speak, we never communicate. What is this man, what is this relationship with such relations? I am sick and tired!’

The man is feeling bad anyways and with her reaction she just drags him further down.

She makes a great quarrel out of her insecurities and fears. Instead of the man getting support and energy at home to boost his level which is down due to problems, anyway, she drags him further down.

And he leaves. Alpha men leave very easily - something clicks into his brain and ... the end. Then no matter how much you talk to him, chase him, beg him - there is no turning back. If he decided he as leaving, he would just leave. These men need a lot of energy. Therefore, any woman who wants a rich man must be super energetic, with very, very high vibrations.

HOW TO DEAL WITH RUDE MEN

Imagine the following situation. The alpha male is cool, super cool. And says: ‘Miss, you are very beautiful, I don’t have time to lose, let’s have sex in my house and then go buy you a nice gift’. How would you react?

1. First option: If you get angry, if you say no, if you say: ‘Idiot, dumbass, how could you?!?’, maybe you will lose the nice guy.
2. Second option: If you say: ‘Let me fist get my gift and let’s think about the sex next’, he will decide you are a woman who can be bought and a bargain will start.
3. Third option: If you instantly agree he will think you are too easy and it will be just sex. Often cool guys do such crazy stuff.

How to react in such a situation? I give you a Pavel Rakov technique, he calls it ‘**The Three Cs**’ – first a compliment, then comment on who

I am and then compliment again. This is the classy woman's formula.
You say:

You are a very cool guy, super sexy (1)

+ and I am a woman who notices this. I need some time to be ready (2)

+ I know you are a very smart man and will appreciate my response. There must be a lot of ladies wishing to be with a guy like you. (3)

You set the boundary by saying who you are but also try to hide his rudeness with the compliment that he is a decent man and somebody else would appreciate him. This way you stay the classy lady for him. And then he will want you exactly.

Let's say you are at a restaurant and you are approached by a drunken man who slaps your butt. You say:

You are a very strong man. (1)

I am a woman who doesn't allow a man slapping her butt. (2)

I am sure there are women who would love to get slapped by you. (3)

Or let's say someone offers you: 'Let's drink wine, I really need a drink.' But you don't drink alcohol. You answer:

You are very caring and smooth, thank you for the invitation! (1)

I am a woman who takes care of her health and I will be happy to drink fresh juice together. (2)

I am sure a smart man like you will appreciate my choice. (3)

This works very powerfully, shows class.

Now remember about such dumb situations with men who already acted even ruder with you. For example somebody told you: 'We have been going out for three dates now, it's time we go to your place.'

How will you react using the CCC (compliment – comment on who I am – compliment) formula? Here it is **very important not to confuse ‘and’ and ‘but’**. If you say: ‘You are a handsome man but...’ you are already failing. **Only use ‘and’ – you are not mad, you are not oppressing him.**

And something else that is important: the alpha male **appreciates a woman who takes responsibility for his mistake on herself**. For example he took the wrong turn and you say:

‘Honey, I seem to be so pretty that you forgot where we are going because of my beauty. It’s my fault. You are a unique driver!’

BE YOUR MAN’S CHARGER

Men look for chargers in women. The more energy you have in yourself – the more high-vibration men you attract.

Highest VIBRATION is the one of the HAPPY WOMAN.

Which are the high vibrations? The space below has a line. Below the line and on the bottom ‘apathy’ – this is the lowest vibration. Higher put ‘guilt’ and then on top: ‘fear’, ‘insult’, ‘anger’, ‘irritation’, ‘intrigues’. So far all of them are negative.

Above the line write down the positive fields. Start with ‘interest’ (when you are interested what happens between the two of you), above it put ‘admiration’, then ‘joy’, then ‘thankfulness’, ‘love’, ‘unconditional love’, ‘unity’ (we are together and we are a team).

High-energy men need a woman who lives in the upper range of positive vibrations. They need a grateful, admiring, happy, contented, flying woman. **This way they get the fuel they need.** If you are in the lower range of negative vibrations - insult, anger, guilt, insecurity, fear - you will only attract gamma men who are at the same energy level. You will attract cowards who blame you, you will always be the one guilty of everything.

You should first raise your vibrations because if you are in the low levels, even attracting an alpha male by any chance (in a good mood at the time of acquaintance), you will not be able to keep him. You will have sex several times and this man will run away from you - you are not giving him fuel, he is not charged by you and he will not be with you. Or, if you are already married and your vibrations fall, he will find a lover with high vibrations, he must get charged somewhere.

Sometimes children charge. In one family, my acquaintances, the woman experienced a drop in vibrations when their first child came - she became blaming and fearful. Their daughter is a beautiful and smart child, but she is insecure and timid. The father wanted to get a divorce, but their second child was born, just like him - confident, smart, combative.

And he loves his second daughter so much that he stayed with his wife.

This child fuels him. When he comes home grumpy and his wife is even grumpier, the child runs to him saying: 'Daddy, daddy, I love you, daddy!' and hugs him, kisses him, cuddles him. This very, very strong man forgets all of his problems. His whole world light up, he

kisses her, puts her next to himself, they eat together. This child charges him, takes the role of the wife.

The alpha male must have a woman to charge him. This may be his daughter or a mistress. But they don't live without a high-vibrational woman. He needs energy and something should give it to him.

If you want to have an alpha or beta male you must be indulged in love, in positivism. You will have this man only if you have the energy for him.

How can you raise your vibrations?

Your level drops if you blame yourself about your habits or character features.

EXERCISE

TRANSFERRING FROM GUILT TO LOVE

Step 1

Think about situations you feel guilty for. Why do you blame yourself? What do you feel guilty for in your life?

I have received answers such as:

- I eat late.
- I am not the best mother and housewife.
- I don't have a man.
- I don't have time for myself.
- That my ex and I separated very ugly.
- That I don't pay enough attention to my children.

Why do you blame yourself? Write it down:

Step 2:

Now choose what the new actions will be that will help you remove the feeling of guilt?

You have two options:

Option 1: You stop doing whatever causes you guilt.

Option 2: You stop blaming yourself and stop wanting to change (you say: ‘Yes, I do have a belly, I do have an ass and so be it! I have them and I can love myself with them.’)

This way you transfer from guilt to love. You are making a conscious choice and take responsibility for your actions. If you postpone something, write it down below:

Now explore yourself: can you tell yourself and accept that you are disorganized, messy, that you delay important decisions, for example. If you say, 'No, I can't take it, it annoys me, it just won't happen', then you change and start doing other things right now.

You don't become the classy woman, alpha or beta woman, just like that. The dream woman has very, very good organization and great wisdom. Things are arranged for her. She knows how to be smart and knows what her priority is and that this is important.

If you're not that amazing at sex, you go to sexology seminars and start practicing sex habits. You start to have more sex, you learn techniques, massage. You're making an effort.

There is a very good online store, Sex Factor, everything is imported from Germany and is of high quality, they have luxury erotic lingerie and a variety of toys. You buy something that you find attractive and you give a push to your fantasy. You change, you get bolder, more challenging. You surprise yourself and your partner.

Of course, alpha men require lots and lots of sexual energy. The bigger the alpha male is, the more sexual he is. Gamma males are not sexual, their hormonal levels are low.

The two options I gave you are for **cases where you blame yourself for your habits or traits**. If you blame yourself for specific actions, then you are working to break free of that feeling.

For example, we read above, 'I blame myself for breaking up very badly with my ex.' Accept that you broke up with him as well as you

could. **You did the best you could do at that moment.** This is what you could – this is what you did. So much was your power at that time. Can you forgive yourself? Can you afford to say goodbye? Say it out loud:

I am just a woman and I have the strength to forgive myself. I have the strength to accept myself.

Try it! Write it here and say it out loud!

Forgetting it doesn't work. We can't forget. My therapist explained this to me: Imagine that for you to 'forget' some things there is a carpet under which you put everything you don't want to remember. At a moment the carpet becomes a mountain and it's not possible not to notice it. Then you have to lift up the carpet and face whatever is under there. And you say: 'Oh my!' If you forget it will start to smell, to rot.

We don't forget our guilt, it remains in us. **This is why you need to forgive yourself, to accept the facts and say:**

'I am as I am, this is what I can, this is part of me, but I want to improve it.'

And you start doing specific actions in this direction – to improve what you don't like.

For example: *‘I don’t like that I gained some weight. I accept myself as I am and I truly like myself being this weight. I still feel good. I love my body. Whatever it is – it is mine. But I want to be a bit tighter and I am starting to do sports.’*

I.e. the action I choose to decrease my sense of guilt when I eat is to do sports.

This way you take an engagement to do sports.

Choose now an action that would decrease your sense of guilt. What will you do specifically? Will you go to do sports, will you stop eating chocolate at night, you will start drinking more fresh juice, you will eat more healthy – what will you do?

My fitness instructor explained to me why it's not good to do diets. When you are on a diet, say, you are only drinking water and eating fruits, you put the body in stress. I was eating apples for 5 days, but my dear body got exhausted. The instructor explained to me that it is much more important to have 5 small meals a day, but to eat constantly, so your metabolism is constantly working. If your metabolism is not working as when you are on a diet, after this your body is so hungry that it wants to eat a lot to recover from the stress you caused it. That's where the yo-yo effect comes from. That's why diets don't really work. Now I just watch what I eat. Get rid of, say, fried foods to see what harms you and what helps you.

You do specific actions. I want you to write them down and start doing them every day. You do this list with engagements and start doing it:

Actions which will decrease my feelings of guilt:

1.

2.

3.

4.

5.

6.

7.



THE WAY TO A MAN'S HEART

Our job at an energy level is to **keep our vibrations high**. The path to a man's heart goes not through his career but the **positive associations with you**. He should associate you with beautiful moments in his life.

Why is the man sometimes silent?

When he is silent he recovers his strength. Sometimes it is good to be with him in silence.

Do not rescue him. Be with him mostly in joyous moments!

Pavel Rakov says: ‘I have been in military. There are men who are very rough with you there. These are your teachers. They give you hard tasks: do pushups, run fast, clean the toilet. They create difficulties for you and you remember them throughout your entire life. But actually you want to run away from military and you want this training to finish.

If a man with problems comes to you and you start rescuing him, say from alcohol, what does he associate you with in his mind? He associates you with alcohol and his problems. When he's already healed, will he want you to be the person next to him who will actually constantly remind him that he was an alcoholic? When your husband associates you with his problems, he wants to run away. You can figure it out for yourself, this is a classic - when he becomes successful, when he gets things done, what does he do with his ex-wife? He leaves her. What kind of a wife does he get? A lover who is with him only in joy. He gets a woman who he associates with something nice.

It is our job to not be with our man only in his pains and sorrows, not to be his mothers, but to be with him in good moments only.

Do not solve his issues instead of him. He created them – then he has the power to solve them. But of course, **believe in him.**

Alfred Hitchcock decides to film the ‘Psycho’ movie. He mortgages the house and pledges all his money to do it. His wife supports him but when the shooting starts he is being constantly accused he is doing something horrible and vulgar. Hitchcock is stressed and starts waking up at night asking his wife: ‘Do you think I did a big mistake and will we lose everything – the house, our reputation, our money?’ To which she calmly explained in the middle of the night: ‘Honey, you are a

genius and you will always be successful. And now sleep – you need strength and energy for tomorrow.’

I strongly recommend the Hitchcock’s movie about his life. You will then see what it means the right woman to be next to the man and how from an assistant at the lowest possible position she made him a true genius.

I have a lot of clients who tell me: ‘I gave him everything – a firm, money, I saved him and so on’ Even if you are a doctor you send him to other doctors. Why should you save him?

Let’s not get the roles confused.

If the woman enters the role of a savior, she becomes his mother and the man’s brain starts to associate her with problems. The woman’s business is to be with him in joyful times only. **The woman must be associated with love.**

HOW TO SUPPORT HIM

He comes home and you are laughing, you are happy, smiley, loving. And you don’t react to his problems! The best lovers don’t know any of the man’s business, absolutely nothing. She only says: ‘Honey, you are a hero, you will do great!’

You don’t solve the problem. You don’t even want to know it. When my husband talks to me about his problems, I tell him, ‘Honey, I don’t understand anything about your things. Let’s cuddle! Look how cool you are. What a nice day - let’s go to the park. Let’s just take a walk. ‘I just don’t let him tell me. I don’t want to know his problems. Neither do I want to know them, nor do I want to solve them. That is his responsibility, let him handle it.

Alpha males deal with problems alone. Remember this forever!

It is a mistake to enter in his sad moments, even if he wants it. You don't enter them. You say: 'Honey, I understand it is hard for you, but I want to take some rest.'

At the moment the divorce percentage in Bulgaria is 70-85%, in Russia the percentage is similar. The lowest percentage of divorces is in Israel – about 40%. In the United Kingdom they are about 40-50% which means this oath 'for better or for worse' doesn't work. If it works, why do people separate?

When times are hard, if you want an alpha male you let him work with the other men. **Men gather with other men and find solutions for their problems.** This is not the woman's job.

In 'Gone with the Wind' there is a scene where men go to talk about war. Meanwhile women talk about children and handmade crafts. Men gather and solve problems. They don't share with women what happened between them, war is their responsibility.

Actually the support is given from one man to another. **We are compassionate, but we don't rescue them.**

Of course, if you are in extreme situation and there are no men – you save yourself. And it's important to have survival instincts. But let the man be a man.

I often hear from women: 'He can't find a job and I have been taking care for him for years.' This is catastrophic!

You give him a deadline of three months and if he fails to find work and besides doesn't do anything in the house and doesn't help you

with the children – just break up with him. **A lazy man is healed only under the threat of his survival.** Maybe it sounds too severe, but isn't it severe the woman to work like a slave while her loved one doesn't take care at least for himself?

Beta males shouldn't be rescued also – this way they grow. Who will rescue them in the army? Nobody. **Men grow when solving problems.**

STOP BEING HIS MOM

What we first do with men is make them our sons and feed them with a spoon. We solve their issues and then say we don't find quality men. The man should take responsibility but before this you should stop taking responsibility.

In difficult situations you should be even unhappier than him.

You don't rescue him! You don't put yourself in his shoes! You don't say: 'Yes, honey, I will do it, don't worry! I understand it is difficult.' The alpha male should solve problems. This way they become strong and this is how they grow. Internally you **should stop being sorry for the man and start admiring him.**

If you feel pity for him then you feel pity for yourself and you are in the victim position. Release yourself from it. Learn to love yourself so you can **give love and not salvation.**

YOU JUST SAY: 'I CAN'T' AND 'I DON'T WANT TO'

Even if you have a business together something it happens this way. He has his responsibilities. It's not easy having a business together. You may help him but you shouldn't solve the problems. **You will take care of your responsibilities only. If he is to suffer in business**

this means he will learn his lessons. If he is to go bankrupt, he will go bankrupt. This is his responsibility.

If the man asks you to do something, **consider whether you want it.** You can say: ‘Honey, I don’t know any of this!’ Just play a bit dumb, from the position of a child and a woman, not from the mother’s position. You are not his mother!

It’s important to turn into his reward. In a woman who is next to him not to save him, not to help him but to be his reward. A little bit silly, fragile, you don’t do well, you just say: ‘I can’t. It’s difficult for me.’

And if you have different taste **you don’t settle for your man’s bad taste – you accept it.** He has good taste. You accept what he has done. And you are **thankful** for it.

OUR JOB IS TO INSPIRE

I observe relationships where alpha and beta men will not even think about getting a business advice from women. The husband of a friend of mine would not even think to ask for help in his business from her. He knows she needs to take care of the children, the house, but he doesn’t speak to her about the business and the problems. One time we found out through his employees that he has business troubles but you couldn’t tell.

Our role is to support. We are our man’s business cards. We are nicely dressed, we are kind, smiley, we are 100% good. We are good from all our heart. **Be generously, lovingly good.** Games don’t work. You should do it from the bottom of your heart. **You should give way to your heart.**

OUR JOB IS LOVE TO BE EASY

The bottom line here is to make him feel proud of himself. Then he develops as a man. And that means your job is to provide him with challenges. And when he succeeds on his own, he will be very proud, and therefore happy to have done it. So wait and let him handle it!

If you are already in the vicious circle of rescuing your husband all the time - **you just stop**. Immediately and categorically. You say:

‘I can’t. I don’t know. There are no people. I can’t help. Deal with it.’ This is what you always do if you want to have an alpha male who takes responsibility. He decides to do business - let him do it. **The maximum I give is contact**. He asks me about some people - I give him contact details and let him handle himself. With the English, with the Greek language... let him deal with it. More help - no!

I don't want to go there. I want to be a reward. I want him to have a good association for me. I'm not a mother, I don't want to save him, I don't want to do business with him. Let him handle his things alone. He is an alpha male.

You are the **woman who inspires him**. The one waiting for him at home. If you rescue him, you are associated with problems. If you don’t know his problems, he doesn’t connect you to them - there is no associative relationship.

IF YOU SOLVE HIS PROBLEMS, THE MAN WILL LEAVE YOU

It may seem that problems are piling up and you should get involved. Don’t do it! Men want to be supermen. He waits, waits, waits... problems come and when he is too much in them, this is when many men start to act. So you leave him, you **should feel pity for yourself only**.

You don't feel pity for yourself, right? That you are tired? That you do 50 things at a time? That you take care of him, of the children, work, clients? You don't feel pity for yourself!

You feel pity for him... Oh poor him, it's so hard for him! How he is so exhausted!

But if you solve problems then you are the alpha woman. You are on the ego path. Then don't expect your man to be strong, powerful and rich. The moment he becomes like this with your help **he will leave you and will get a woman who will not solve his problems.**

My very good friend had a man and solved hundreds of his problems. In the end, he found another woman who was an absolutely ordinary woman. Because of her, he left my friend. The new one knows nothing about his business, about his problems, does not work with him, but he adores her and has been with her for six years. He gives her everything, treats her like a queen, while my friend has nothing. He just dumped her, took all her money and left.

When the alpha male leaves, he **takes everything**. It doesn't matter if you listened to him, if you helped him, if you made him strong. He **goes to the weak and fragile one where he feels strong and needed.**

Recently I had a client like this again. They have been together with her man for 23 years. Seemingly a very good marriage. She works with him and helps him a lot. And finally, of course, he took one spoiled girl to be his lover and left her. And she says: 'She is stupid, she is ugly, she is no good, how is he in love with her? How come he wants to leave me for her? I can't believe it! I gave this man 23 years. I gave him everything! I did everything for him.'

I told her that this is the problem. He associates her with negative memories. He is already grown. **The ‘mother’ raised him and when the man grows up, he wants to know how he will be without his ‘mom’.** And finally he wants to stay alone in the house, buy a motorcycle, do crazy stuff, get a young woman to confirm how cool he is. The new wife is there in the success, in his joy.

RESCUE AND CARE FOR YOUR CHILDREN ONLY

My client's husband was tired and wanted her to wake him up for work. In such a situation, you tell him, ‘You are a grown man.’ And then you buy him an alarm, even two if you need.

For many women, it is tempting for a man to be dependent on them. They want to keep him that way: ‘He can't do it without me.’ Then she becomes his mother. And it's a matter of time for a man to dump her and find a woman to associate with the positive things. **Men do not like women who are the mother type and don't have sex with them.** He can't get it up and starts looking for a woman who can make him feel like a superhero.

If he has already included you in his business, if you work there, stop rescuing him or demand a salary for what you do. You're not his assistant and stop being one. Ask for specific money for your job, you are not required to help for free. Let him get a real assistant.

The question is, do you want to be his mother or do you want to be his wife? If you want to be his mother and for him to depend on you, it's no problem continuing like this.

If you change and become a reward, things will change.

A client of mine complained that her husband wanted food in the house and fights her when she refuses to cook.... Well, men should

eat after all. You can't let them stay hungry. But you also want something from him, set clear responsibilities on who is responsible for what. But not as an obligation, not every day and not constantly. If you don't want to cook – don't do it. You will tell him you don't want to, that this hurts you and bothers you. But make sure there is food in the house. Find a woman who will cook. Find somebody else to do it. Demand it.

Rescue and care for your children only, in your husband be only in joy and love! You chose to have a man, after all, and you should give something in this relationship, you shouldn't be the one to receive all the time.

THE ALPHA MALE WANTS TO RESCUE

Ask yourself the question 'Am I a reward woman or am I a motherly type?' To clarify that for yourself write down in the free space below what you do as a motherly type woman for your man and what you do as a reward wife – a woman who really allows herself to be weaker, who says 'I can't', 'I don't know', a woman who lets her man help her and make her satisfied and happy.

Motherly type

Reward woman

The alpha males choose women who are not very capable and are capable of receiving. Those men are very happy to give and feel very **satisfied when they do it.**

He gifts the house to his wife and she starts, ‘Oh, I love you! It's such a nice house!’ This way, he associates her with positive emotions. He wants to rescue her. So he chooses a woman who needs his help because he wants to be needed. The alpha man is accustomed to taking on the responsibilities that he has in his business anyway.

Gamma and losers will accuse you: ‘You are a bitch, you are nasty, you are selfish, you have to cook, to clean, who you think you are?’

The question is, what kind of man and what attitude do you choose for yourself?

Men treat you the way you allow them to.

If you are bad to yourself - they are bad to you. You cannot expect a good attitude if you are suppressing yourself!

ALPHA MALES GO TO HAPPY WOMEN

If the alpha male supports you, think if this makes you happy. I believe that the woman **should have at least some money of her own**, but not to overwork herself just for the money.

But you need to be aware of what you want to be. When we stop being mothers, at that moment, of course, we lose the control we have over him. But this is how you relax and enter into the role of woman, in the role of love. You are a calm woman and do what you really want, what comes from within. **When you are relaxed and happy, then you attract alpha men and hold them.**

Alpha men come to happy, relaxed and contented women. And also to women who have an interesting and activity-rich life. If you're wondering what to do and hang out at cafés all day long, it's certainly not that appealing.

The alpha man wants to have a smiley, funny and good woman in the house. If you are super tired and solve problems all day, you will be exhausted in the evening. You can't work for 25 hours and in the evening, when you walk in the house to be laughing. It just can't happen!

IF YOU DON'T WANT TO LET THE CONTROL GO

If you do not want to let go of the control, then you stand in the position of controller and choose a weaker man. But then you will solve problems all your life. This is still good if you are honest in your choice. This is not bad either.

A client of mine says, 'I love control. I don't want to let it go.' Her husband is much weaker than she is, but she is very fine the way she is and she is pleased. I know women who choose to be alpha, who choose comfortable men who are obedient, supportive, or very good beta men who are successful and accomplished but not alpha.

Of course, we give what is important to him. Because if he makes you happy, it's normal for you to want to make him happy too. There are men for whom food is very important and if you do not feed him – he will kill you straight. So if something is important to him, you give him that thing, but you don't rescue. You just cook food and give something that makes him happy.

THE ROLE OF THE MAN IN YOUR LIFE

What is your main function in your relationships with men? Make a list of why do you need a man. What do you want the man to do for you? What role does the man play in your life?

Here you have to notice whether you just want to receive or you want to basically give.

1.

2.

3.

4.

5.

6.

7.



Your main role, if you want to have an alpha or beta male, is to be pleased. And the man's role is to please you. This is his job. Now say out loud:

'The man's main role in my life is to please me. And then I take care of his happiness.'

When we see somebody working for us – we give all our heart and we become loving and faithful.

Now say it a few more times. This is the difference with the gamma and loser men. Those men want to be pleased. For the alpha man what is important is you to be pleased.

I will never forget how my friend's husband was building a huge house with pools, lakes, bedrooms, she was very displeased and was saying: 'This house is too big. How will we live in it?' At first she couldn't accept the scale of it.

Finally her man came to me and told me: 'I want only one thing – for her to be pleased.' And I was very surprised how important this was for him and how he was making this investment only so that she can be happy. He wasn't interested in anything else. I was thinking: 'Wow! An alpha male!'

This is the only important thing for alpha males. This is why they choose expensive hotels, this is why they gift cars – **all that alpha and beta males want is their women to be pleased.** This is the criteria! You should live in such a way as to be pleased being next to this man. If you are not pleased, you will not have the alpha or beta male. If you can't tell him how to please you – this will also not work. **Our happiness fuels those men.**

Can you believe it?

HOW TO REACT IF THE ALPHA MALE INSULTS YOU

If he is not right, first tell him a compliment: 'Thank you for saying this to me, honey!' The compliment should match the situation. Then tell him about your feelings: 'This hurt me a little bit. It upsets me!' And ask for an advice: 'I just don't know how to react. I don't want to fight but I am upset. Please, help me and tell me how to react!'

The alpha males don't want to hear they are not right. He loves to give advice and solutions when you are not happy with something and he made a bad thing.

For example, you go somewhere and he flirts with some chick in public. You aren't happy about it. He dances with her and returns to you at the table. You tell him the first compliment:

'You dance very well! Well done! My husband is a wonderful dancer. Honey, I felt very dumb and rejected at this point. Please tell me how to react and how to act in such a situation. I just feel a little awkward.'

And you wait. The alpha man, after these words, will get so worried, will feel bad, will apologize 15 times. He will say, 'Honey, nothing happened. Excuse me, I'm an idiot!' He'll give you a present the next day. You would have acted as a wise alpha woman.

He is clearly wrong. He can't go to a restaurant with you and dance with another. Clearly he is an idiot in this situation, no one is arguing, but **you choose to be right or be wise.**

Alpha women react wisely. They don't make dramas and cheap scandals. The alpha woman is able to **first say a compliment which is appropriate for the situation. Then says how she feels. And finally asks for an advice on how to act in this situation.** And this way, the man, giving the advice, feels deeply flattered. Because the alpha male needs to solve problems. This is why those men are made for – to take responsibility and solve problems. This is also valid for the beta males.

The gamma males expect somebody else to solve their problems. **If you want to be with an alpha or a beta male, you should ask and really follow their advice.**

WHAT TO DO IF HE FORGOT YOUR BIRTHDAY

First – your say a compliment: ‘Honey, you have a very nice coat. I like it a lot, it suits you very much. You are a very good man.’

Second – you say how you feel: ‘I feel a little upset and unappreciated because you forgot about my birthday.’

Third – you ask for an advice: ‘I don’t know how to react in this situation. What would you advise me?’

Do not attract him! I often used to do this mistake with the alpha males and I separated with such men because I was attacking them.

He is clearly wrong. No one says he is right. But at that moment, if you become angry and say, ‘I have a birthday, where is my gift? Are you crazy?’ and start nagging on him, in this very moment you enter into alpha vibrations and the alpha male will destroy you. **Alpha men are fighters and just let them fight someone.** And he will ask you who you are to act like this. He may hurt or offend you. He will do something nasty. **Attacking an alpha male doesn’t work.**

It is also important that by attacking him, you immediately cause negative associations in his brain: that you make him feel like you are taking care of him, that you are restricting him, that you are not giving him freedom. **Alpha men's biggest fear is to have their freedom restricted.** They try to escape this so hard. So it is important not to restrict his freedom in any way. If you have an alpha or beta male, try the ‘**Compliment - Clarification - Ask for Advice**’ rule right away. Train yourself to react in this wise way. **And every time you get the chance – praise him,** the alpha’s personality loves compliments. Even if he is wrong, he still adores the compliments.

NEVER FIGHT AND ALPHA MAN

Alpha males have a lot of girls going after them. So if you constantly fight him he will tell you 'Bye, bye' very easily. But if the woman is bright enough to keep him and reacts like a wise woman and not like a woman full of insecurities, then everything is going to be alright.

The secret is reacting from the bottom of your heart, with love and understanding that this is how the alpha male fuels himself.

The alpha male often makes decisions without thinking. With the responsibilities it's the same. He's not doing something to hurt you, it's just who he is. When a woman invites him to a dance, he is embarrassed to refuse because he is not thinking at the moment. He doesn't realize he is hurting you.

The alpha man never wants to hurt you. But if you start to fight him - then he will want to.

Never fight an alpha male. This fight has two options:

1. You will make him beta and you will crush him and then you will not respect him.
2. He will leave you.

In both cases you are the loser!

EXERCISE

THE 'THREE STEP' RULE

Now, please, choose a situation from your past when you have been offended and hurt, when you made it into a drama or a problem. Write down what will you say by following the three steps:

1. Give him a compliment.
2. Say how you felt.
3. Ask for an advice on how to react.

My husband and I had issues because it was difficult for him to plan his engagements. So we decide to travel somewhere, buy tickets. I take my days off from seminars. And he tells me, ‘I will not come. Something came up. I have work to do’ This happened three times. I finally got furious. But I see that there is no benefit to this frenzy. I call him and say, ‘Honey, I love going everywhere with you. It is very nice for us to be together, but I feel so dumb that you once again go to the ‘I want - I don't want’, ‘we’ll go – we won’t go’ situation. I feel helpless. Just tell me how I should communicate with you. Because I don't know how to communicate properly and I stress with every one of our trips.’

From this moment on, he never let such a situation happen. A radical change! If I say something about it he says: ‘I gave you my word and it has its worth. So be it.’ That change came because I just went into the right strategy.

JACQUELINE AND MARILYN

You need to be strong to be with an alpha man.

One of the famous alpha-male wives is Jacqueline Kennedy and I often remember her eternal story with her husband's mistress, Marilyn Monroe. Marilyn, no matter how much she fought for him, never managed to divorce him. Jacqueline kept him, she didn't let him go. I

highly recommend Jacqueline Kennedy's biography. She is a dream woman, her husband is an alpha, and she has incredible skills in holding him. Unique!

And an ordinary gamma would make a grand scandal.

An example of a dream woman is Michelle Obama. Barack Obama is an alpha man and she is in his support, behind him, in his shadow. She is not fighting to be better than him. She is a very active woman, organizes various movements, weight loss programs, works with children, with kindergartens, promotes the production of bio-vegetables, she does so much. She is always behind her husband and he is always the leader, she is beside him, but not in front of him.

While with the Clinton family, she stands in front of him. She wants to get ahead of him and take his strength. This is not a dream woman's behavior.

Here again comes the question of whether you want alpha men. Alpha men are difficult, they are wanted by thousands of women, alpha men can do nothing, but women are all over them. The beta men, too. There are always active women and this is a law of nature. We women will always fight. Nice men are few, while we women are many, and if a woman becomes a gamma in her marriage and cannot keep her alpha or beta husband, it is only natural that another one will come to take him. **If you do not know how to grow up to be the strong woman to keep your husband, then the one who will take him will come. This is the law!** It's not something immoral, it's just the law of energy. So, learn how to react like a smart woman.

Let's say it one more time: **It is our job to be pleased and nice, to express our feelings and tell him how he can please us. We**

shouldn't tell him he does something wrong. He will draw this conclusion by himself and he will fix his mistake.

HOW THE DREAM WOMAN SPEAKS

Classy alpha women are very good at talking. And to be precise - at the listening also. They know **how to listen and hear**. They can understand the man and not give him estimates and recommendations, especially if he doesn't ask for them.

Wise women ask the right questions. If you want to have an alpha male, the **eternal topic** of all your conversations will be **him!** *'How did you achieve all these successes? What were your first steps?'* All alpha men love, love, love talking about themselves and their successes. The road to success is the best topic for them.

I have a client who knows a super big alpha male with a huge empire and business. She tells me: 'He generally doesn't speak much. If I want to make him talk all night and be with me all night, I have to ask him about his success. I already know everything in details, I have heard this story 150 times. But I just ask the question: 'How did you make this empire from scratch?'' And he can't stop talking. He talks all night about it even using the same jokes, he just loves talking about it.'

A man loves to talk about his success and you to admire him, this works! But he is always in the middle, you show him how you enjoy his speech. This is very, very important!

It's important to listen to what he says. Write it down if you need to. It's important to hear his stories, dates, names etc. He should know that you listen to him. Find out what he really wants to say. Men often speak with a hint. You should grasp the hint and understand it, this way you will know the boundaries, what is permissible and what is

not. A man loves for you to show him exactly what you want from him and what he can do to please you. Say it beautifully and with dignity, **say what you expect to happen**: ‘I would be very happy if you can help me with his problem.’ My man often said to me: ‘What exactly do you want from me, Natalia?’ Yes, you should tell him things very clearly.

ASK QUESTIONS

Now think about what topics do you usually discuss with men. And make it your task to have lunch with an alpha or a beta male tomorrow. And throughout all the lunch time ask him questions – about his success, how he reached this level, what does he want to do, what plans he has, what helps him be successful, does he have fails, how he gets up on his feet after, how did he overcome difficulties in his life. Men love to talk about themselves. And what’s important is that he knows what you want from him, this is highly appreciated.

How do you tell your man what you want from him? And when was the last time your man shared his success with you?

You have to be with him only in his success. ‘What good happened to you today? How did you manage so well? Wow, how unique are you! There is no other person like you!’

My husband reacts like a little kid to this. He is super energetic. I admire him because he constantly moves, does something and never stops. I've never met such a positive man in my life. And I tell him, ‘You are so positive, you never stop. You have unique energy! He was so happy! He remembered every word, my dear one. Then another man told him exactly the same thing. And he says to me, ‘You know, he told me the same thing you told me.’ He was super excited and it shows that this approach works.

HOW TO COMPLIMENT YOUR MAN THE RIGHT WAY

Compliments to the man should be real and valid for the specific situation. A wrong compliment is saying without any reason: ‘You are very strong!’

A correct compliment is when he went shopping and enters the house with the heavy bags to tell him: ‘You are so strong! See how heavy bags you carried! I wouldn’t do it myself. You make me feel happy.’

And believe that after this he will be even happier to carry the heavy bags.

When you base your compliment on a fact, the man knows he deserves it and he feels satisfied.

And when you say it honestly – he accepts it.

If you say it without believing it, only as manipulation – this doesn’t work.

EXERCISE FIVE COMPLIMENTS

Tell five men at least 5 compliments and observe their reactions.

Write them down here:

HOMEWORK

THE STORY OF SUCCESS

You should find a man who to tell you about his success story. If you have a successful man next to you, remember when was the last time you asked him how he got there.

You should induce a man telling you his success story. Ask him what he is proudest with in his life. **Alpha males constantly need affirmation of their greatness.**

You go to an interesting man. You admire him. You ask about his success story. You go beautiful, cool.

Just a reminder – homework is mandatory!

Prior to doing your homework I will prepare you with the next exercise. Do this in three consecutive days and on the fourth day go to an actual date with an interesting man and ask him about his success. If you have a relationship with him, talk to him but only after doing your exercise for three consecutive days.

EXERCISE

CONVERSATION WITH AN ALPHA MALE

Now I want you to choose one man of your life. Imagine this man in front of you. Take an object, for example a pillow, put it in front of you and this will be your alpha man. Imagine communicating with him, going on a date with him. First look at him, in your case the pillow, with great adoration in your eyes. So much that it takes your breath away. Say out loud:

'I adore you! You are great! You are a great man!'

Repeat several times.

Observe yourself, if you really want to say it from the bottom of your heart. Have an actual man in your mind, a real alpha or beta male who will become your man for that moment. And tell him you want to know everything about his success: *'How did you become so successful? What helped you? Really? That's unique! How did this happen?'*

Repeat aloud: *'Wow, for real!'*

You are laughing: *'No! There is no other guy like you! That's fantastic! Bravo! Well done! I don't have enough words to describe this! You inspire me. A lot!'*

Say: *'I admire you! I am proud to be the woman next to you! Thank you for lunch. It was such an honor to be with you. You are just unique! I hope there are more men like you. Your kind is so rare! You are just...I am short for words!'*

Close your eyes for a moment and feel being **just a girl who really admires a man – with all your heart**. Let love come out of your heart for this man. He makes you fear not losing him.

Tell him: *'I am afraid of losing you. I don't know how I can live without you. You are everything to me! You are my God. You are so important to me! I am ready to follow you wherever you go. I am ready to leave it all behind just for you. I only want to be with you. I need to be with you.'*

Now feel if your field can accept this 100%. Can you afford to drop everything, to follow him, to give in to him, to be there for him, to have the power of love, to love him so much, with all his flaws, difficult character, interest in other women.

If you don't feel that, you're probably not ready for a strong man. Then your control is stronger. You choose the path of the ego, the path of control. But then you can't have such a strong man.

If your answer is 'Yes!' you open your field for a classy man, for strong, great man. A man you can give all your energy and support to.

Gently exhale. Bow to him and tell him: 'Thank you!'

You exhale and come back. How did this exercise feel? What is the feeling? Allow yourself to really admire him, to see him as a God? What did you find out about yourself?

Write down your impressions here:

What you are experiencing is your resource status. I know there is a lot of struggle in you, I had that struggle also, so I am writing this book. We will do therapeutic cleansing practices to prepare the field for such a man. We can adjust internally that what we do is something natural. Internally, we are women having 30% ego and 70% heart. Often we have to be strong, to fight, to survive in some form, and then we forget about the path of the heart, then only the path of the ego

remains. Then we start fighting and fighting. **We need to get our balance back, we need to be more feminine.**

This is not a game. We can even compare it to learning new language. When I started learning Bulgarian, they gave me words. And at the beginning, I kept repeating them and saying, 'They sound super phony to me.' I was repeating some words, but I just didn't feel them. But over time of constantly repeating these words, they became intrinsic to me. Now I don't even think about how to say them. I do not think about how to twist my tongue in my mouth or what the tense of the word is. This happens automatically. Every new thing at first seems fake to you - not because it is fake, but because it is new. You keep repeating, exercising and feeling and accepting it more and more.

You and I are learning this new language, the language of love. We will work on our looks, health but our purpose **is to naturally, without any games and being forced, enter in love vibrations.** First of all we will build the grounds, it is inside of us. If we haven't grasped the language of heart very well we will sound phony when we use it.

DAY SEVENTH
OVERCOMING FEAR AND UNLOCKING TRUST

Our job is being nice to everybody. The field of love towards men is very important.

We will also work on how to regain confidence. When we were little kids, little girls, we were open to the world. **The little baby feels neither disgust nor pain, it only knows how to love.** We can do nothing else as children, we just love mom and dad - this is embedded in us. This is stronger than we are. We need to be hedgehogs to survive, to cope, but that's not us.

Every woman has at heart the desire to love and to be loved. This is natural for us. Sometimes we have to go into the forest where there are bears and people are dangerous. But we can clear the fear. We will work on that as well. For starters, I give you my next homework.

HOMEWORK
PLEASE, BUY ME A CAR!

Choose 10 men. Go and say: *'Hello! Please, buy me a beautiful car!'*

Observe your inner reaction at that moment. There may be fear, there may be terror, there may be something different. Just watch what comes as energy and record it in your diary.

Take the risk of sharing this with men! Ask for a car! You can laugh, you can have fun, you can enjoy, it doesn't matter. Just see what the reaction will be. You must be saying, 'Terrible! Terrible! Terrible! How will I do that?!'

It's a thrill and it's nice because there's energy, and if there's energy, there's movement.

So you go and ask for a car. You meet a stranger and say to him, 'Hello, can you buy me a new car?' Let it be a challenge! **This way you are getting used to being said 'No'.**

The men you choose should be interesting, likeable. There are cases where men will really give a car. You are sure to make him laugh and he will remember this crazy girl and he will tell all his friends about you. He will get your attention and say, 'Wow, a woman spoke to me on the street!'

Give yourself this opportunity to play. You ask 10 men for a gift car.

I give you three days to finish this homework neatly. Three days for ten men – so you can ask interesting alpha and beta men and just observe yourself. Record your internal reactions in the diary.

Our goal is alpha and beta men. **You don't meet online. You're doing this live.** Enter the higher levels of mall, there are men like that. Men love women's attention. Be beautiful and look amazing.

Ask for the best for yourself. You are wonderful and you deserve the best. You attract and hold alpha and beta men. You change strategies entirely.

THE DREAM WOMAN NEVER EMBARRASSES HER MAN

The classy lady speaks only good things about her man.

It is very important to learn that **if we choose a cool man, we cannot be angry with him.** Or, if you are angry, no one should find this out except you. We never shout at our man in front of other people or

abuse him in front of others. **If we don't like something, we say it at home, alone. And be careful not to say anything in front of the kids!** Learn to control your feelings and emotions.

Maintain your husband's status. It is important that we put ourselves in the shoes of our men and see how they see us. If you look at yourself as a woman, just imagine that you are your own man. **Put yourself in the place of your partner and think if you would like to have a wife like yourself?!**

If you are angry with him - write it in the diary. Often we quarrel and go to complain about our husband to our friends. Then we fix our relations and we are fine, but our friends remember what wrong he did and they will look at him with those eyes. This is how we create bad energy for our husbands.

Women who are unhappy always complain and blame their husbands.

Women who are happy even not with the perfect man find only good qualities in them and say only good things about them.

EXERCISE

WHO AM I IN THE EYES OF MY MAN

Grab a chair and imagine this is your partner. He is sitting on the chair and you try to describe him with a few words. How would you describe your partner? Interesting, fun, smart? Write it down here:

Now take his place - as if you were him. Close your eyes for a moment and look through his eyes at what you are doing with him. If I'm this woman's man, how would I describe her?! If I am my own man and look at myself, do I feel that this woman loves and respects me?! And be honest with yourself! Do I feel I'm important to her? Does she praise me and do I constantly see her admiration for me? Do I feel that she is happy with me and does she show it to me: 'I am happy with you. You are special to me!' Does she excite me, does she play with me, does she seduce me, do I receive erotic text messages from her, stories? Do I feel that she needs me and we really are in love and I am her everything? Or I feel that she is using me, that she doesn't love me, that I am a temporary option for her, that she is unhappy with me, that she wants to change me and improve me. How do I feel as a man with this woman and does she make me feel like a king?! Does she make me feel powerful, big, strong, capable. Does she inspire me? Does she make my life different? Do I feel like she is comfortable in bed with me? Is she satisfied with me in bed and do I see her reaching the peak of pleasure and then admiring me for having satisfied her? Is she then saying, 'Thank you, it was unique, it was very nice for me!' Do I, as a man, want to have sex with her again and again or I am scared that she is dissatisfied again, that she is not happy again and I want to avoid sex because I will fail again and she will be disappointed yet again?

Just sense what type of woman you are and how does he feel with you. You can open your eyes and come back, write down everything you realize at this moment. Write down what woman you are to your

man through his eyes, what is the feeling of seeing yourself from his point of view.

HOMEWORK

WHAT DO YOU THINK ABOUT ME

Your next homework is to ask significant men and close friends what they think of you, how they see you, what your pros and cons are. Gather the opinions of at least two or three men, as well as several girlfriends, to have a feminine perspective. You will see that what we think of ourselves and what others think of us are two different things. This is how you will understand why men do not want anything serious and act cold and distant.

Write down the opinions here and make a common list:

WOMEN ARE AN INCENTIVE, MEN ARE A REACTION

If men perceive us as untouchable and cold, then it is normal for them to react in the same way. Remember that **men never do something that we have not provoked**. Men are just a reaction! We are an incentive, and they respond to our signals and our inner world.

Ponder on the following topics:

1. Do I raise the price of my own man
Think if you speak only well about him. If you praise him everywhere he goes that he is the most wonderful, that there is no one other like him, that he is unique and he is your man. Or you often criticize him in front of people: ‘Don’t do this, don’t do that!’

2. Do I show him my respect
- Abiding by and respecting his decisions

If he said no, this means no! And we accept it. We can ask him again, but we respect his decision.

A friend of mine has a house on Mykonos and one day she invited me over. I really wanted to go! I told this to my husband and he was certain: ‘No! I don’t want you to go to Mykonos alone, I want us to be together!’ And I turned down my friend’s offer. Since this is what my husband decided – so be it. It’s important to learn to consider the wishes of your man if you want to keep a happy family.

- Try not to embarrass him in public

Always go on time at your dates, always be well-maintained.

- Leave the man solve problems without bothering him

We asked him for something and we let it go. We don't tell him which way to choose and how to park the car. If he drives, we let him drive, we don't nag him. When we don't respect him, we start giving him advice, like the mother does to the child: ‘Do this, where are you going, it's dangerous here...’ We start protecting him. **Prevention is a very insidious form of disrespect for a man.** The respectful woman lets him handle things and obeys what he has asked her to do. She says, ‘Yes, I understand, my dear. So be it. Calm down, I'm not going to say anything.’ And lets him do it his own way.

BE YOUR MAN’S DEFENDER

To be able to keep your man you should be his defender, telling only good things about him. Don’t say anything bad about him in front of other people.

Think about are you your man’s defender and do you praise him in front of other people. Writ down a few sentences on how would you praise your man in front of others.

From now on only flatter him in front of others – how smart he is, how talented he is, how he always gets things one.

Praise him in 3D.

1. Praise him when you are alone.
2. Praise him in front of others. If you are together with other people, don't skip saying: 'Do you see how great my man is?! Did you see how well he did that?! He did that! Honey, I love you!' He should hear this but also should other people.
3. Praise him when he is not there also. I often hear other women talk about how their husbands are not good. If you are like that and you say that your husband is not good, what a fool he is and everyone else knows this, how will they respect this man and how will they respect you when you are with him?! No respect at all! So what we do is we only flatter him. Everywhere. Not many women will like it. I notice this myself when I praise my husband. Women who criticize their men look very strange and sometimes leave the table. And they say, 'You are very strange. My husband is such an idiot, where did you find this nice man?' I say, 'My, I don't know, everybody's nice, but my husband is very good at this.' And often women will react negatively.

But that's good, you'll clear the field from other women. My friends and I get together and share the joy of being with our men. **Choose a gang that has nice and happily married women.** Then you will find very nice men very easily.

EXERCISE
I SPEAK ONLY GOOD THINGS ABOUT MEN

Let’s try to speak only good things about our men for 33 days. If you say something bad – write it down in the dairy and then as a punishment do 5 pushups. Just do this experiment – for **33 days speak only well about your man and men in general.**

Prepare yourself with the following visualization: Imagine you are going somewhere and some nice man meets you, but he is not an alpha male, he is an ordinary man, a regular boy. How will you react? The flirt begins with, ‘Hey, you're very beautiful!’ How will you react? Will you cut him off? Record your reaction here:

Be careful, **communication with men is a habit!** If you are bad with a man and you say sharply: ‘I have a man leave me alone!’ then this is a habit of being rude. And then with your alpha male you will do this again some day – you will answer harshly. **We should always be nice to men.**

THE DREAM WOMAN IS GOOD TO EVERYBODY, SHE DOESN'T INSULT AND DOESN'T ATTACK

Our job is to be good to everyone. The very field of love for men is very important. Not to show the man that this guy has a nice car and you could love him, and the other one has a bicycle and you will not love him. Then the falseness comes and we only love people who are good for us. And we do it for our ego, not for our heart. In order for us to love all men, we must open our hearts.

HOMework TALKING TO A LOSER

You should find the biggest loser. The worst one. To look as if he has never seen a woman or had sex. He may have bad skin, ugly clothes. Find one that you would never date.

You should talk to this man for not less than 15 minutes. Have some coffee and be nice! You should open his heart. Make this boy shine bright, as if a goddess came from heaven to him.

I gave this homework at one of my seminars. A very, very successful and snooty chick said:

- I will not communicate with such people!
- I have a personal homework for you! – I said. – Leave your things here, get down in front of the hall there is a beggar. Go and talk to him

for 15 minutes. And while communicating with you he should feel like the happiest man in the world.

- Excuse me?!?

- Go downstairs!

- This is a joke!

- No, it's not!

She took her purse and got downstairs super angry. In 20 minutes she came back with her eyes wide open.

- Girls, this is incredible, I am in shock! I get downstairs to this man, I am disgusted but I try to be nice to this dirty beggar sitting there. And I sit next to him in my white dress. I tell him: 'Hi, what are you doing, how are you?' He looks at me very strange and asked me if I wanted wine. I didn't want any wine but I told him it's a great idea. And he pulled out some wine in a dirty bottle with some dirty glasses. He gives me the glass, I am nauseous but I take it and say: 'Cheers!' And we started talking. He turned out to be a very intelligent man. His wife left him and since then he is on the streets. He was quoting Shakespeare!

She stayed shocked from this meeting for a long time.

Don't judge before finding out the truth about a person. Communicate with people with an open heart. You know what you want but give something to this world so it can return the favor to you.

This method is genius, you never know what is coming! **It is our job not to be snobby. Arrogance can kills us.**

Arrogant women's relationships are mostly the ones where there is cheating and lies. The universe punishes arrogance. That's why we're classy women. **The classy woman is good to everyone and never offends or attacks anyone.** She is just good by presumption.

Sometimes you can ride your broom, it happens to me if someone fails to fulfill an important commitment, if it prevents me from doing my job well. But still you do not offend them. Don't start with arrogance. It is very destructive!

So you find the most difficult, the most problematic man and you go to have coffee with him. And you should open your heart! After the conversation with him he should think he is the greatest, the best, the most handsome.

This homework is important and useful because you have to give love to a man who really needs it. Alpha men are already receiving so much love from all women, everywhere. While these gamma losers have a love deficit. So tomorrow, just try to give him hope that someone can be with him and that the situation is not so bad.

Do not flirt with other men in front of yours! This humiliates men.

If you already have a boyfriend, stay with him. It's good to have admirers and to know that you are beautiful and wanted but don't flirt with other men in front of him. It's important the man to know he can count on you.

HOMework

WATCH THE 'ALLIED' MOVIE

It's time for the next homework: watch the 'Allied' movie with Brad Pitt. It shows an alpha woman with a very accurate behavior towards men. Marion Cotillard is the main actress and she has incredible behavior of alpha woman towards an alpha male. Track the process of love and see how she turns from an alpha into a beta woman. See the difference in the way she dresses, the posture, the behavior, the look, while she is alone. Then she is more like in an attack and defense

position. She finally turns in just a woman. A very strong woman, she finally makes a difficult decision but turns into a beta woman, she calms down and gives the man his stage to act. And she just says with all here awareness: ‘I am just a woman! I am next to you, you are the man – act!’

They both start at equal levels but in the processes she steps back and gives space to her man. A very detailed transition along which she treats him with a lot of love. This is what this movie shows – the right woman’s attitude towards men. Very inspiring. Watch it and analyze yourself.

THE DREAM WOMAN TAKES CARE OF HER BODY

The alpha woman should have a specific appearance, it’s time to talk about how to take care of yours. How many times a day do you eat, what do you eat? Remember that we are what we eat. We need to eat often, but little. How much do you sleep, do you get a good night’s rest? How many times in a week do you do sports? Do you find time for spots? Write down your current status:

Do you smoke? Do you drink? By 'drinking' I mean systemic drinking - one glass of wine every day is an addiction. A glass of wine once or twice a week is not a problem, but if it is daily, it is alcoholism. You have to stop it! If you smoke - stop immediately! Smoking should disappear from your field. Cigarettes are a sign of losers, losers are characterized by cigarettes, drinking and drugs.

We are classy women! Classy women don't smoke or drink alcohol. They drink fresh drinks and lots of water. And they watch what goes into their mouth. Hookah ... depends again on how often. Once a month is acceptable, but if it is permanent - it is still an addiction. One coffee is the maximum but it is better without coffee.

We are classy women and we set an example for our husbands and our children. When my husband and I started dating, he wasn't used to eating any fruits and vegetables. He did not drink water. Now I taught him to eat fruits and vegetables all the time. He says, 'Thanks to you, I've learned to eat fruits, vegetables, drink water and fresh drinks.' Fortunately, we both drink almost no alcohol. Water and fresh drinks! That's what I do. No classy man loves a drinking and smoking woman. Eating - yes. But not with mayonnaise and margarine dripping out of your mouth. Salads, avocados, small things, sushi. Something slimming.

Skin requires care. Skin becomes what you eat! Skin doesn't wear much makeup, its condition is just a way of nourishment. Very rarely do I see women with good skin. The women coming to my seminars are classy and well-maintained, but when you look at the bus stops and on the streets, it's scary - pimples, cellulite, neglected looks, mostly this. These are not classy women. They are crammed with junk food.

It is important to feel your body. You eat something and you observe yourself - whether you are swollen, whether you have energy afterwards, or it makes you sleepy, you just pay attention to how your body reacts.

I am giving you a task, do not mix products for one moth and observe how your body reacts. Whether you feel sleepy from bread and can you live without white bread. Whether if you drink water with lemon, you feel better. Whether fresh juice helps or not. For some the opposite is true, especially if it is citrus. Just watch. If you have sugar, please get it out of your home. You don't need it!

See how your body reacts, just study. If you don't eat meat, it is not mandatory to low iron levels. My sister has been a vegetarian for the last 20 years, she has two babies, she raised them calmly, nursing them for up to 8 months. All the doctors said it was impossible because she did not take protein, they wondered how she had so much milk. She gave birth without any stretchmarks, gave birth at home, alone in the bathroom. She goes to the bathroom, lays down and gives birth. She says, 'What is the problem with childbirth? Everything happens very easily! 'In general, they say that vegetarian eaters are easier to get pregnant and to give birth. But it all depends on the type. There are people who need meat. I know men who become more aggressive. People with a larger ego need heavier food, they need meat. People who are airier, more angelic, more affectionate, kinder, more loving, those practicing yoga, meditating, are absolutely contraindicated for meat. They should eat only soft things – fruits, vegetables, cheese, fish at the most. Ayurveda cuisine is very good for them. Thanks to the spices, Indian cuisine gets you full without eating much. When I was in the Maldives, for eight days I ate a lot and often, and I lost weight. My body just tightened, it shrunk from the spices. Everything was pretty hot, spicy, and it turned out that I felt very good about their kitchen.

So far, to be honest, no one has proven that there is the right kind of eating. All theories contradict and deny each other. So the only criterion is how you feel and how you look. Whether you are ill, whether you are sick, whether your immune system is strong, whether you feel energized, whether your body is beautiful and tight, whether your body is feeling well, whether it doesn't swell. Yeast causes the body to get swollen, so avoid it if you can.

THE CLASSY WOMAN IS NATURAL

Fortunately, none of us are perfect. **The more natural a woman is, the more beautiful she is.** Everything that is artificial loses its value. Even if you have wrinkles, they come naturally, and it's better than being like a doll and not having facial expressions. There is no point in such 'beauty'.

PRACTICE ACCEPTING YOUR BODY

Choose a part of your body which you like the least. For example you don't like your nose, your belly, you have big cheeks, you have pimples. You don't like your thighs? Say what exactly you don't like in your thighs?

Apply the following technique: **See the advantages which this part of your body that you don't like gives you:**

- I have big thighs and this is why I always find large clothes on sale, which I otherwise can't buy.
- My legs are chubby and this makes my legs so sexy, going to the gym always stimulates me, this is why I will find new weight loss books, a topic to discuss with my girlfriends.
- I have crooked teeth and this is why I look like a little girl when I smile.

- I have a big belly and this is why I dance belly dance so good, this is why I choose good clothing and I am so soft and nice to cuddle, this is why my man lays down on my belly and I always find an incentive to go to the gym and do sports.

And what have you got? Big nose? This is exactly what makes your face so distinctive and memorable. Think about how many famous people are not beautiful. Sarah Jessica Parker has a huge nose and she doesn't look pretty, but that didn't stop her from being Sarah Jessica Parker. Barbara Streisand - too! Let's name some of the men - Pierre Richard is so ugly, Louis De Funes - so ugly, and Gerard de Pardo, with that huge, scary nose? But this does not prevent him from being one of the world's most famous actors.

We call some parts of our body flaws, but they are real features. They stimulate us to develop. We read about them, we train, we don't relax.

For example, you have a slightly curved spine, so men have the need to protect you, to do something special for you. That's why you go to massages all the time. This encourages your husband to pay for them. That is why you constantly want to train, find a way to solve this problem and go to yoga, to different procedures. That is why you meet other people who have the same problem and interesting doctors from all over the world.

Our job is not to be perfect, but to like what we have. Of course, we strive as much as we can to become even prettier. So we are careful about what we eat, we take care for our skin, our hair. Of course, if you have crooked teeth, it's good to put on braces. You must not compromise there, your smile must be wonderful, dentistry is so advanced nowadays. So teeth are your responsibility, if you don't have a nice smile, it's just because you are lazy.

Smile, skin, hair and nails are the four things a woman is responsible for.

Yes, sacrifices are required, and constantly: you train, you don't eat, you don't drink ... But the classy woman is committed to her looks. You have to invest in your appearance, it is important. Use good cosmetics, visit a good hairdresser, good manicurist. Looks compromises are not allowed!

And what happens to the problems we cannot solve? We accept them. We are learning to live with them. You accept you have a fluffy belly. But you don't start eating like a pig: 'I accept my tummy and I have it and I can do whatever I want.' You accept it, you like it, you don't criticize it, but you still try to improve it.

What will you improve today in your diet? You can give up sugar, you can stop yeast foods, you can include more fruits and vegetables, you can drink more water with lemon, you can stop the chocolate. The decision is yours, the responsibility for its implementation, too. Write down your decision:

Every day write down in your diary what you do about it.

HOMework

SPORTS AND SPA AT LEAST ONCE A WEEK

Choose the sport you like - fitness, yoga, dancing, climbing, running, swimming - whatever it is, but you should enjoy it and not do it as a punishment. I go to the gym because my trainer invents interesting exercises and it is fun, I can't do it without a trainer.

Your homework is to do sports or SPA at least once a week. Mandatorily!

My mother is 63 years old and has no cellulite. But whether she's sick or traveling, Sunday is a sauna day for her.

When was the last time you had a massage? Massage is important for the classy woman. Our body needs to be touched, to be massaged, to have the blood flowing well. Choose a massage therapist – a man, to feel nice and cool. And on the sports and SPA day always do the massage.

Your skin should cleanse. All dirt it collects must go out. In our daily life, if you don't do this regularly it's impossible to be healthy and have nice skin. The skin is completely different if you give it SPA and massages. **There is no way for you to attract expensive men if you don't invest in yourself.** Men instantly sense women who take care of themselves and respect them much more.

Imaging saying: 'I went to a massage today!', 'Oh, I can't come, I have to go to massage today', isn't it lovely?

Sauna and SPA become a way of life. Appearance is important and we must take care of our body.

EXPAND

Very often we limit our dreams ourselves. Make a new habit of watching shows for rich and happy people. Watch how they live. But when you do it - **do it with love, not with envy or fear that it is impossible for you!** Analyze, compare and record what they do and you don't. Which are the differences between you. Make a note of it in your wonderful diary and see how you can achieve it.

It is better to have one coffee but at elite restaurant rather than spend 5 leva on lunch in a silly tavern. You learn to choose the best. You deserve it. In addition, often people think that everything nice is expensive. Not so much. Many things are not expensive at all, just people do not dare to look at them.

EXERCISE **I TAKE RESPONSIBILITY**

Now I will ask you to think about three successful things in your life that you are proud of. For example you have a nice body. And write down exactly how you get this good shape, for example not eating desserts, doing sports or not eating late at night. Write them down here:

1. _____

2. _____

3. _____

These are the steps towards successful results.

Now think about what you are not happy with in your life.

For example you don't have successful relations with a man.

Think about *how exactly did this happen?*

Maybe you don't communicate with men enough, you don't go out enough, you can't maintain good communication, you are offended by your father and all men. Write it down here:

1. _____

2. _____

3. _____

Everything we have in our life is according to a very simple formula:

result = events and reactions to them

If you react negatively – you get a negative result. If you react positively – you get a positive result.

Events are neutral in their nature, but we label them.

It is your task to find something useful even in the hardest situations.

I called a friend who was in hospital because she had a thrombus in her leg and I ask:

- How are you?
- Everything is fine – she say. – At least I can rest now in the hospital.

Her situation is bad but she decides to react positively to it. We choose our attitude towards events.

And we choose to be aware of our actions or lack thereof.

It's not right to say: 'This just happened.' The right thing to say is: 'I did it this way.'

Everything you have is your doing! Take the responsibility!

HOMework TRY ON DIAMONDS

The next homework is to find a diamond shop. Let me remind you homework is compulsory. We go to try on diamonds. What raises vibrations a lot is expensive shops and real jewelry. There is a jewelry store - Goto Jewelry and Diamonds, they are my favorite because they have an amazing collection of authentic jewelry and often make discounts. Find a store near you on their website, at least you will know that you are looking at modern accessories.

You go there and you start looking at diamond rings. Rings to wear with pride. You don't look at the price, you don't think if you can afford it. You choose a ring that you really like and take a picture with it on your hands thinking, 'I can have anything.' **It's important to start developing your confidence, it's quantum psychology.** The man says, 'Lord, show me and I will believe!' And the Lord replies, 'Believe me and I will show you!'

So you go and you're already the wife of a millionaire, you start acting that way. *Imagine having a debit card full of money. And you have no other idea, you just choose the jewelry you like without looking at the price tag.* And you try them on, the salespeople fuss around you, they show you... This is how you feel an expensive woman. A woman who can afford it. **And it becomes a way of thinking and a way of life.**

Do not go to cheap stores. What I want to ask you is to buy only jewelry with a Wow-effect. If the Wow is not there, don't buy them. If

they are just okay, don't buy them also. Alpha and beta women choose the best.

Will you work on it? **I want the best!** No need to buy. The goal is to start looking at things you like as things which are achievable for you. With men it's the same. If he is not Wow – we don't want him. I want you to teach your mind to choose things you really like, this is very charging. And you say to yourself:

'I am not ready to compromise! If I buy something I take the one I really like!'

No compromising with anything – food, clothes, jewelry, men – you choose only the best!

HOMEWORK **CLEAR SPACE FOR YOUR NEW LIFE**

Another important rule to keep your house happy is to keep your house clean and tidy. I came across a wonderful book by Japanese author Marie Condo and she writes about how our lives can change after cleaning the house. It offers a very simple system: keeping only the things we really love and bring us joy, and arranging them properly. The arrangement is vertical and the clothes that look better when they are on a hanger are put on a hanger. Everything else is put in shoe boxes in the wardrobe.

This is also in line with my concept that there should be no unnecessary belongings at home and the less we store the better.

I believe that every item we have and use takes our energy. So don't get overwhelmed with objects. Twice a year, it's important to check that the things you have bring you joy. If they don't, give them away

or sell them. I know people who sell what they don't use and buy what they really want with the money.

Try to get into Japanese minimalism and see how the order in your house will transfer into your life.

Pay special attention to your handbags - arrange them. Bags that you don't use should be absolutely empty and clean! They should be ready and when you take them – to be rested and ready to serve you. Everything has a soul. After use, leave it clean and washed. Imagine if you go to bed with the suit you worked on and makeup - it will be hard to rest. So is with the bag: if you leave something in it, it must keep it and it cannot rest. If you do this simple practice, you will feel the difference in the energy of the bags when you carry them.

Do not let old, dirty, torn, unfolded clothes in your wardrobe. Do not let your home have broken objects and appliances, utensils without lids or stained surfaces.

Take the time to look through your entire house. Touch every object and ask yourself: 'Does it bring me joy? Do I love it?' 'If yes, leave this item. If not, thank it for being with you and give it out or sell it.

It helps me when I imagine I am moving to another home and I can bring with me limited quantities of clothes and items. I take only the things I really want to bring with me.

Leave your really favorite things. And put in order. When you arrange everything, new thoughts and ideas can come up. What you don't want you can get rid of. What you really dream of may come true. Order at home leads to order in life.

HOMework

WARDROBE REVIEW

I assign you the following homework: Start choosing the best one for your clothes. Take a look at your wardrobe and see if you really like everything you have! If there are compromise clothes, upload them on some site for sale, or trade with girlfriends, give them away, do something with them. But don't let yourself keep them in your wardrobe. Anything other than Wow! you throw it away. It's better to have three blouses, but all of them to be Wow! than fifty, but to wear three! You know we have a lot of clothes in the wardrobe, but we end up wearing the same ones.

I recently found an online boutique for designer clothes - 29desires.com. There you can find authentic models to emphasize your style and make sure you will not be 'one of the many' with them, here is an opportunity to complete your wardrobe.

I repeat my homework: **You throw away or gift all your clothes that are not 'Wow!'**

I don't know how it is in your family, but when I lived with my parents, we didn't throw anything away. We collected everything. To this day my mother keeps our baby clothes, even clothes from her childhood, and she is 63 years old. And our house looks like a warehouse - clothes, belongings everywhere, we never throw away anything. We have an additional small house and it is full of clothes - sacks, sacks, sacks. We have old refrigerators that my dad keeps and doesn't get rid of them.

I used to be the same. When I came to Bulgaria I had a lot of student clothes which I brought with myself. And when I started giving them away I got scared because I ended up with three blouses only. But I decided to be a classy lady and I don't want those old student clothes,

I am a big woman now...I collected everything – cars and cars of clothes! I see gypsies in the street, I stop and give them sacks.

Now I have only one drawer. Just this. And I constantly check and remove the unnecessary.

The dream woman wears dresses and skirts. These are the feminine clothes, pants are not for us! It's clear that sometimes you can wear pants if it is very cold or if you do sports, but dresses and skirts are clothes for women. In your wardrobe there should be only clothes for classy ladies. Jewelry, perfumes, cosmetics – you gift them or throw them away. Keep only the Wow! things.

Every item demands energy. The alpha woman concentrates on the most important.



DAY EIGHT
EGO AND HEART –
THE TWO PARTS OF THE SPIRITUAL ‘ME’

If you want to keep the man with big ego, you have to open your heart.

If you want to keep the man with big ego, you have to open your heart

The spiritual ‘Me’ of each one of us consists of two parts – ego and heart.

Every woman was once a little girl, open for love, she loved mom and dad and was happy. But at a given point we have to survive and to be strong, to fight and rescue ourselves. Then we go to our ego as a defence reaction. **When we are completely in our ego, we become alpha women, but we oppress the man, we send him away and we are left alone.** It goes without saying that we no longer want that defence reaction, but we don't even realize we are in that position.

HOW TO RECOGNIZE ENERGIES

I will give you very clear criteria for checking whether you are more in your ego or in your heart. And we will work on the transition from ego to heart.

1. Love forgives, ego punishes

When we love, we say: ‘Well, it’s not a big deal, we all make mistakes, I understand you.’

But ego wants to hurt, to punish and to revenge: ‘I remember everything and will do the same to you some day!’

2. Love accepts, ego criticizes

Love accepts others the way they are: ‘I understand that this is just you – you give what you can.’

Ego criticizes: ‘How could you do this, that is not right!’

3. **Love asks, ego demands**

Love asks without having any expectations. If it doesn’t get what it wants – it accepts and forgives.

Ego demands. And if you don’t get what you’ve asked for, you become cruel, you punish, offend, leave, demand. However, women close to ego rarely receive.

4. **Love is happy, ego is dissatisfied**

Along the way of love we are happy of what we have: ‘I am so grateful I have this bag!’

In the way of the ego, we are always dissatisfied: ‘Why only this bag?! Couldn't it be more?! Can't you make more money?!’ Or: ‘Only so much sex?! You didn’t satisfy me again! Why is it so?!’

5. **Love dreams, ego counts**

Love dreams in images. We visualize: ‘I want to wake up and see the ocean so much.’; ‘I just want to hug someone.’; ‘I need this man.’

Ego sees money everywhere. It calculates: how much it costs, what brand it is, from which store it is. ‘Wow, this is Louis Vuitton, good, good, you are so rich!’ With ego everywhere, everything is valued in money. What car did he come with, how many cars he has? Ego wants to have, to possess. When we are more into our ego, we work for money. When we are in love, we work for ideas. We may still be rich, for example as Oprah Winfrey or other celebrities, but the question is whether you do it for love or for money. **For us women, big money is a destructive energy and then we become greedy.** And greed immediately destroys the woman.

Men control the energy of money, they are not destroyed by it. It's a pretty rough energy, but men have the power to hold it.

If the woman is obsessed by the idea of money, she can't sleep, she can't think, this responsibility is finishing her. Meanwhile it keeps the man strong. This is how he grows, this is how he feeds his ego.

Ego grows with money, love nourishes your heart.

6. Love trusts, ego controls

Love believes in others and knows that the universe will do what is needed in the best way it can.

Ego constantly controls and believes: 'I am the only one who knows best.'

It is important to be able to relax.

7. Happiness is important for love and rightness for ego

Ego doesn't care whether or not you are happy in certain circumstances. It says: 'It is important to prove everyone that I am right.'

For example, I know a family in which the father believes that there should be only one marriage and people should not divorce even if they are unhappy together. The daughter used to live with an alcoholic and in the end she left him, fixed her problems, met a new partner and is happy with him. Since then the father doesn't talk to her and has given up on her and his grandchild. He doesn't care that she suffers from this separation, and only repeats: 'I've told you that if you split up with your husband you won't be my daughter!' And he doesn't want to be happy. It's a sad story, but sometimes we can't change the circumstances.

Often women hate their men and as a result of this hatred their daughters have unhappy life. And when I tell mothers, 'Until you forgive your husband, your daughter will be alone and suffer,' mothers nevertheless say, 'I have the right to hate him!' And they

don't want to forgive, they suffer with their daughters, but they choose to be right.

8. Love follows, ego leads

Love allows you to follow your beloved one because you love him. Ego wants to dominate and lead, not always considering whether this is good for others. How many wars did dictators start this way! Napoleon, Hitler, Stalin – these are personalities with big ego and many people died following them.

9. Love is ease, ego is discipline

Love flows down the stream and that's where the ease comes from. While the ego requires orderliness and accuracy, it feels relaxed within the established limits. As you may guess, there are many egos in the army and in the civil service.

10. Love is joy, ego is reason

Love always seeks joy and happiness. Ego often does not afford this luxury. Ego is often unable to rest and enjoy, and no one can relax near such people.

11. Love is hope, ego is expectations and demands that the other has to fulfil

Ego is convinced that everyone owes to it and its very tone is demanding and insisting: 'You owe me!' It is not interested why this is so. That's how it believes.

Love asks and hopes to receive. But if it doesn't, it still loves.

12. Love devotes, ego seeks guarantees

Love just gives, without expecting to get anything back. Ego always waits and starts negotiating: 'I gave you this, now it's your turn to give me something.'

Examine which energy your experience more. How uncompromising, assertive, surviving are you? **Ego is the male energy.** It hardly gets into relationship, it doesn't like to get married, it values its freedom and holds control.

And here comes our **defence reaction – we fight with men.** And often we defeat them. Ego compares and competes: 'If I can do that, why can't you do it?! I earn more than you, and can't you? I gave you that, and what are you going to give me?' Ego is conditional and love is unconditional. You just want to give and you don't think why. You say: 'I am giving you what you want, I'll be happy to give it to you!' Ego always keeps in mind: 'Everything needs to be clear, put in on the table, be accurate.'

When we are in the ego, we attract men with big hearts - loving, weak, confused, and ignorant of what they want. **When we are in the ego, we attract men who have no willpower.**

Ego is nourished by the will: 'I've decided and I'm doing it.' **Love feeds on desires:** 'I want to be with this man so much, that I don't care whether we're going to live in a hut or in a palace.'

Love asks very kindly. We are not embarrassed if someone refuses us. Ego thinks that it is humiliating to ask. And finally dares to ask for something and they refuse him, ego punishes and gets angry: 'I asked him once, he said no. I will never ask him again. I'll earn money myself. I don't want anything from these men. They are idiots. I don't want to owe anything to nobody.'

EXERCISE

THE EGO PATH AND THE HEART PATH

Analyze yourself and write down how you behave in the situations listed by me in order to find out where you are – whether you are more on the ego path, or you are more on the heart path.

THE HEART PATH

THE EGO PATH

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____

To keep the man with the big ego, you must open your heart. All alpha and beta males have a great ego. In alpha males it is huge.

The bigger the man’s ego, the bigger car he wants. He wants power on the road, a big house, security, factories, enterprises, everything to be big.

While the heart wants ease. It does not want to deal with all these responsibilities and says: ‘I want to be next to my man and to love him, I don’t understand the other things, I don’t want and I can’t think of them.’

With it there are no complaints. Heart just accepts and loves, unconditionally and unquestioningly. It does not criticize. Even if he does something wrong, she says: ‘Yes honey, you are right!’ She steps back, she does not compete. She says: ‘Well, I am a woman, I can’t do this, it doesn’t work, you know.’ And if he is stubborn, she goes to do her things alone. She does not harass him, doesn’t repeat, ‘I told you’,

which comes from ego. There is a slight uncertainty, dependence, wondering in the heart.

When you choose ego, the good thing is that you really have independence, strength and power. The bad thing is that you take all the responsibilities.

People who choose love, don't seek respect.

I remember my father yelling at our cat, 'Wow!' The cat always shrugged and dad used to say: 'It's afraid, that means it respects!' Here's the ego. Is this your goal? If your goal is love, ego should be up to 30% because there is however some foundation, because we work, we comply with some order, but 70 % must come from love.

Men remember everything they do for us. And they are almost nagging about what gifts we received, where they took us. You say, 'Yes, dear, that's right, it was wonderful.' And that's it. You don't get annoyed, you're not offended.

The question is whether you can put up with what your man gives you. The heart accepts what the man gives. My sister, when she started dating her husband, used to live in a dorm room with cockroaches and rats. It was so ugly. Two meters by two, literally! I was shocked when I saw this little room. And she said to me:

- Isn't it very nice?
- How can you say it's 'nice'? - I asked and hit a cockroach. – How this can be 'nice'?!?
- I'm so happy, I love him so much, I feel so good with him! I like everything when I'm with him! - My sister replied.

And I'm leaving them in shock and I think my sister is crazy, how can she be happy in this misery? But now I can say that in this dormitory were their happiest years. They love each other now, and he is rich, but they are pleased to remember that they were happy then also.

When you love someone and are in the heart, you just accept his standard. And you say, 'This is how much he can do, I accept it!' To be honest, these women meet rich men. I've seen it so many times. When a woman does not care how she lives, but only wants to be with her husband, then her husband becomes rich. And the woman who is in ego says, 'Well, how so, I want my husband to make money so that he can support us and we can live the way I want!', exactly her husband fails. She remains in ego, and he stays in the heart, and no money is made in the heart.

It is important to be passive, but you still choose a man with potential who has the power and desire to be in the ego and you to be in the heart. We are communicating vessels. The perfect combination, if you want a rich man, is you to be 70% in the heart and 30% in the ego, and he should be 70% in the ego and 30% in the heart. With this balance, things happen. We do not completely remove the ego. We will work to reduce it, we will work with the pain to see why we have entered more than necessary into the ego. **Our goal is to give more space to love and less to our ego.**

Distinguish between rescue and support. By rescuing him, you give him the money to succeed. By supporting him, you give him your energy to do everything on his own, you do it only with the words: 'I believe in you, you can do it!'

EGO IS A DEFENCE REACTION

We will make ego-cleansing constellations. Because we are born in love and ego comes after, we gradually become hedgehogs. When we need to protect ourselves, our needles appear, they are a defence reaction.

Now think about why you got into the ego, what made you, what provoked you to be there, to be a hedgehog.

We will do a meditation, so prepare yourself a blanket and a pillow that you will need later. Make sure no one bothers you in the next few minutes. Turn down the light, light a candle, lie down and cover yourself with a blanket.

MEDITATION FOR PAIN RELIEF

Accept with confidence all your reactions during meditation and allow yourself to relax. Close your eyes. Inhale and exhale. Inhale and exhale. Do you feel where your body is mostly tense? Relax. Inhale, exhale.

Forget how you feel and say the word 'pain' aloud!

Pain! Pain! Pain! Pain! Pain! Pain! Pain!

Stay open-mouthed, and let that word vibrate in you like a bell, as in you personally vibrates the pain. How do you feel it, how do you carry it in you? *Pain!*

Now allow your memory to show you on a big screen in front of you all the memories and associations with the word 'pain.' Let everything that has something to do with pain start to appear on the screen. Let it pop out of your memory. When in this life you've been hurt? When did you run out of money? When you've been dumped? When you've been rejected? When was the last time you felt pain? Just examine and explore it. Watch what happens there and how it got to pain. Rewind the tape, how you used to feel pain before. How you saw pain in your family. The pain of your parents, how they suffered. The pain of losing loved ones. The pain of love. The pain of failure. The pain of

laughing at you and mocking you. Go further back when you were a little child. When was that the first time you felt pain?

Breathe through your mouth and let this thing get out of your subconscious.

My subconscious, please show me how I got into my ego! What made me defend myself? My subconscious, please show me why I defend myself. What happened to me that made me feel in danger? Was there a fear of abandonment, separation, rejection?

And allow whatever comes, to emerge. Everything that appears shall emerge. Whatever may be coming. No matter what it is. Look at what exactly is going on there. What exactly have you been through. What choices did you make back then. What you promised yourself. You might have said to yourself, 'I will never allow myself to be hurt again; no one will offend me again, I won't be weak!'

Just notice everything that comes. What did you promise then? 'To be strong, to take care of myself alone, not to love this much so that they don't leave me ... Do not let myself be so naive ... Do not show my feelings so they do not laugh at me. ... Not to love because it hurts a lot if they leave me ...' What did you promise yourself then?

Now very softly say out loud to this child: *'I know that back then you promised to be strong, to fight, to be independent ... I know that you did it out of fear and pain, only to defend yourself. Now I saw it.'*

Take the pillow and talk to it as if it is your little child. Say to it: *'There's no danger now! Now it is safe and you can relax and you can trust! Now it is safe and you can relax and you can trust! Everything will be fine! I'm tired of being scared. I'm tired of saving you. I'm tired of being strong. Now you can defend yourself, but you can also get protection from the other one.'*

Imagine how you give your heart, how you let yourself to see your heart. These little child's hands, how do you tell this little girl: 'Thanks for everything over all these years! You made the right choice then, but now I want to make a new, different choice. And the new choice I want to make is (Say what the new choice is. What do you want to do differently, what are you going to do here and now.) *The new choice I want to make is that I choose to take the risk and trust men. I choose to open myself for them. I choose to take risks. I choose to just love. I want to love. Without expecting anything in return. Just love. To love myself and my inner child. To love others. To look at them as at young children. And to know that if he yells, it just hurts him. To be able to see his pain. To accept as a little child perfection in everything he does. To accept that I like everything, that everything is beautiful, to accept reality as it is.*'

And now say what is your new choice and who you are, what is your new 'I' and what will you do differently: *'I will talk about my needs, I will forgive, I will step back, I will sometimes choose him, seeing that this makes him really happy, I will enjoy his joy, I will believe in him, I will look at him with admiration and love.'*

And imagine how the heart in you grows and expands, how it gets bigger, bigger, bigger. How it gives light to your whole life. Imagine who you are - a loving woman. And say aloud, *'I am a loved and loving woman! I am a loved and loving woman! I live through my heart and let myself go with the flow. I just want to live. I let myself go with the flow. No matter what will come. I choose to be the reality of the flow of life. I am a loving woman.'*

Now say what beliefs you have when you are a loving woman:

'I believe that men are good and will take care of me. I believe they are stronger than I am. I believe they are smarter than I am and I leave that to them. I let them save the world, and I will give my love

and support to my man. I'll wait for him. I will make a warm and loving house where he will want to come back. I will give love to my children. They will see the love between my man and me. I believe in him and I know he will do his best for me.'

Now say what values you will have when living through your heart: *'For me it will be important to feel happy, to feel loved and desired, to share moments with my loved one.'*

What will be your behavior if you choose your heart and what will you do differently: *'I will apologize, I will forgive. I will say how much I really enjoy him. I'll relax.'*

What people will surround you then: *'Then there will be loving and supporting men next to me, but also men who need my understanding. Men who have difficult characters, difficult souls. Men who other women cannot understand. But I will be here with my love and wisdom. I'll be here for him. I will be here for you. I want to give love and this is what I need. To give my love to someone. It makes me feel alive. I want to give love.'*

Now you can gently exhale. And just hug yourself. And very, very gently, start caressing yourself, touch the little girl who is huddled in you, and tell this little child the words of love: *'I love you, dear, everything will be fine! I'll always be with. You can always count on me. I want to relax so much. To indulge myself.'*

And very, very gently touch, kiss, caress and give your time to this child, give your love, heal her trauma, heal her fear and be with her. Just stay with yourself in this process. And slowly, slowly, separate ...

When you're ready, come back here and now. Notice how you feel, what you come back with. What you realize in this moment. You can

share what you've realized in this moment, what choices you have made before and what choice you've decided to make now.

Slowly go back, pick up the blanket, and curl up with it. Today you will have very interesting dreams and the subconscious will continue to work in you, many things will emerge. It will be nice to fall asleep.

Now close your eyes and imagine your subconscious as a library. Ask it aloud: *'My subconscious, please show me what is stopping the love in my life, I want to remove it! Show me everything that stops love in my life, I want to remove it! Show me everything that stops love in my life, I want to remove it!'*

Stay in this library and fall asleep. Your brain will start to work and clean. You will see dreams, memories...

When you wake up in the morning, write down in the diary everything you saw.

The subconscious should start cleaning because most of our problems are hidden in there. Our consciousness, what we realize, is only 3%, the rest is our subconscious. And what is hidden in the subconscious determines our life. When we take out what is in the subconscious, we give it up into the consciousness. Then we can change it and rewrite it. While it stays in the subconscious, it is inside and defines our lives.

This is a process and sometimes takes time. It is as if you have a wall and now you are drilling the first hole. After this hole, the wall starts to shake slightly. That's why we take 33 to 100 days- to shake the entire wall. **For 33-100 days you have to challenge yourself and continue to stay in your love, not in your ego, to begin to see the benefits of love and how good it is being in it.**

DAY NINTH
THE NEW PLAN FOR YOU

If you have energy in love and you can admire, strong men will be
your men.

Every person can change their life – if he decides and if he works for it. This scheme roots in the NLP. Then we develop it through many practices. So, check this out – the new plan for you has 5 steps.

1. Who am I

Write down in a few words your new you. For example: ‘I am happy and loving’, ‘ I am a woman devoted to her man.’

‘I am a woman who follows her man’s lead’; ‘I am a woman who trusts life’ or ‘I am the one who lives mainstream’. Write down whatever you feel like at the moment. Who is your new you?

‘Me?’ ‘I am a classy woman. I am a woman who has a classy man. I am a happy wife and a mother.’ Did you feel your new ‘you’? Write it down here:

2. What do I choose to believe in

For example: ‘I will get new support and gifts from the Universe’; ‘Exactly now I will relax and fall in love’; ‘Exactly when I’m passive my man activates’; ‘Exactly when I give trust the universe will start to take care of me’;

‘Men are created for responsibilities and I am created for love.’ Write down what you choose to believe in:

3. What do I truly want

Think about what is really valuable to you. For example: ‘To have free time for myself.’; ‘To spend time with my family’; ‘To spend more time with my child’; ‘To give time to myself to get pregnant’; ‘To have a man I admire.’ ‘To have love in my life.’; ‘To relax’ What do you really want? If you choose from your heart, if you choose from the love, what do you really want? Write down whatever you want, what is really valuable to you:

4. What will my behavior and clothing style be

For example: ‘I will be polite to men, I will smile.’; ‘I will trust my man, I will accept, I will really do very well.’ ‘I will not help him with money’; ‘I will share my dreams with him.’; ‘I will dress in dresses and skirts’; ‘I will put on makeup, I will laugh out loud, I will praise

my loved one' What will your behavior be? Write it down. And then start doing it and applying it.

5. What will be the people in my field

For example: 'In my field there will be alpha and beta males, successful, handsome, happy' Write it down:

You just wrote down your **transformation program**. This is your new identity, your new way of life and your new way of thinking. Start applying it immediately and be strict – apply it in details, do not miss and do not postpone anything from what you have written.

Carefully observe your transformation. Rewrite the program on an A4 sheet of paper and put it some place evident. Formulate your beliefs and start repeating them constantly. It's important to know who you are. Write them down in your telephone and let them pop up as reminders all the time. When possible, say them out loud.

HOMEWORK
FIND A NEW GIRLFRIEND

Your next homework is to find a new girlfriend. Let it be a woman who lives through her heart. Usually for us, being in the ego, those women seem weird and crazy, we wonder: 'How does she live like this, is she crazy, doesn't this insult her?' And I'm asking you to look around. Around us there are always such women but we don't take them seriously. Choose as a friend a woman who is already living through her heart. Maybe it's your sister, a girl you know, a colleague you always say about: 'Yes, see, ego doesn't matter so much for her, for her children, family, love matter more.' Have a cup of coffee with her, communicate with her, observe how she acts in different situations.

I have a girl I know who is like this, we had dinner at her place. Her husband has a super ego, very successful, strong, she doesn't work – she is modest, almost doesn't wear makeup, a sweetheart, speaking quietly and says: 'Whatever he says.'

- Do you drive the car? – I ask her.
- I am scared to drive – she says. – I don't mind taking the subway.
- Why don't you take a taxi?
- When I can, I do but it's all the same. If there is one I take it, if I have to wait for it, I go down to the subway, it's easier for me.

So simple, this is how she is. This woman seemed very weird to me, very different. I want to learn something from her now, this is why I am looking for ways to befriend her. Those women are everywhere, we just don't notice them. They are very different as vibrations. They are fragile, tender, devoted to children, caring, soft, for some things that she does you might say: 'Wow, it's a waste of time!' But it is so warm and cozy with her! If you already have her observe how she does things, start learning from her. You need the role model to learn useful reactions.

If it's hard for you to find your new girlfriend – welcome to the online program '33 days to the dream'! There you will meet unique women to do the exercises with.

EXERCISE WITH A MIRROR

We all know how the woman in love looks like, we have seen it in life, on photographs, in the movies. Now take a mirror and see your look. How do you usually look at men? Imagine you see a man in the mirror. What is your facial expression?

Now look at him with admiration. You feel so good that it takes your breath away! You just can't get enough, he is unique, wonderful! This is what your look should be – expressing admiration and joy. Love shall come from within you. Your look must say: 'I can see your best qualities which even you don't know. I see how great and cool you are!'

Now look at the mirror and compare. Take a few pictures with your phone – one where you are cold and others where you look with admiration, you want to kiss him, to love him. Choose a position looking from the bottom up, saying: 'Wow, you are God!' And notice how beautiful the photo is. This is the most salable picture, you can check it out – post a picture on Facebook and see how many likes you will get. All men want this look in us, mouth slightly open and the admiration coming from within.

You should shrink your ego in order to have this expression. You **don't estimate or judge the man**. You know how little kids take us – no criticism. The little baby doesn't think if his mother is fat, thin, beautiful – it just loves its mom and to him she is the best thing in the world. **This is how you should see men – as a little girl, if you want**

to be with strong men, with managers. If you want to be with weak ones this will not help. Even if you admire the gamma male, he will still want his food, he will still want you to clean, cook, so the effect will be very little. But **if you have energy in love and you can admire, strong men will be your men.**

This is a woman's magnetism – admiration because of everything he is, to see his inner beauty and to enjoy it.

Men are our mirror. And what we see in our me is myself. Learn to see yourself with such adoration when you are in front of the mirror. To say: 'Good for me, I am so pretty, so cool!'

If you don't have classy men around you – you are not a classy woman.

If you have disgusting men around you – you are a disgusting woman.

If there are no men – you are not a woman.

If you have classy and worthy men next to you – you are a classy and worthy woman.

What you express is what you have within. The world around you is your mirror. Be in your heart and look at everything in the mirror. You know that in the mirror everything is reversed – it perfectly reflects your other half. It is our job to be in our hearts if we want a man in the ego.

Ego is not something bad, it's just important that it is smaller than love. **Ego brings success but doesn't bring happiness.** If we are rich, we are alone in bed, we are not happy. If we have somebody just

to be in our bed this doesn't bring us happiness also. Happiness comes from the heart, not from the ego.

Love the entire world starting with yourself!

HOMEWORK

DO YOU HAVE A PRESENT FOR ME?

I remind you that homework is mandatory. So: You go to different places – shops, restaurants, cosmetic salons. You enter and say: 'Hello! Do you have something free of charge for me, will you gift me something?'

This is your open position for receiving. Observe what the Universe will send you. Use the admiration look you achieved in the mirror.

Observe your emotions and write them down in the diary.

It would also be nice if you learn to make gifts – just like that.

DAY TENTH

STRATEGIES FOR KEEPING MEN

The alpha male has everything in life, what he is missing is fun.

MEETING AND FIRST DATE

You go to a restaurant or you are in the supermarket. An unknown man tells you: ‘Please, give me your number!’ What do you do?

If you like the man, of course you give him your number. Sometimes spontaneous ‘recognition’ of the partner happens. If the man is a trader he will search for you, if he is a manager – he will not, he is very busy and serious. If he is artistic you will not even be with him.

But observe the following **rules**:

1. **You take his number** as well and say: ‘I want to know who will make the call.’
2. Tell him to **call you at a specific time**: ‘Tomorrow from 18:15 to 18:45 I have free time and we can talk’ If he calls in another time you don’t pick up the call. If he sends you SMS you reply after a long pause: ‘Please call at 18:15’ When he calls at the right time, this is when you pick up.
3. It’s good to pick up after **the third signal**, not immediately.
4. You speak enthusiastically, with powerful voice: ‘Nikola, hello, happy to hear from you! How are you?’ Let him think you are happy because he called, that you waited for this call. He called at the right time and he receives his prize – your happiness. You are excited! You speak using ‘oh’ and ‘ah’. You exhale saying his name. You show him you waited for him and can’t wait to meet him. You should be like the sun on the other end of the phone. Men love energetic women! You express satisfaction, the more you laugh, the better.

5. Specify the date's venue by first **hinting** him where to invite you: 'I love Italian so much!' or 'Oh, I would love going to a concert!' or 'I would drink some time somewhere outdoors.' Alpha males expect the woman to think about the fun thing to do, they choose women who are interesting.

6. The man **should pick you up!** You once again give him specific time: 'Come at 13:35!' You ask him to be prompt. But you be prompt also, be no more than 5 minutes late, go downstairs beautiful, on high heels: 'Ahhh, I'm so happy to see you!' And you look at him with admiration. **You are a cloud of happiness that went into his car.**

I collect interesting places and I always have ideas where to go on a date. Write down your ideas. Try with a concert, it works very well. Alpha males are usually spoiled, restaurants hardly impress them. I had an alpha male going after me. He asked me where are we going and I was like: 'Concert, I want to go to a concert so much!' There was a concert that day but the tickets were sold out. And I tell him: 'Please, I dream to go there with you!' The guy worked hard and found the tickets, it was very nice. Make up some stuff. Children's concerts work like a charm. When you seduce a man you check where the children's concerts are.

The alpha male has everything in his life, he misses the fun. Only a bright woman who will make his life colorful can win him over. He should be interested, you should play with him, impress him.

It's very important to pick you up on the first date, this way you give him the responsibility for yourself! **It's your job to transfer the responsibility for you as soon as possible and you will take care of the fun, you will be pretty, you will be happy, you will make his evening unforgettable.** You will laugh and say: 'Wow, I feel so good with you, hours pass so quickly!'

7. On the **first date you need to understand which his archetype is.** Gather information: what does he like, what is his family background, does he have a hobby. You still don't do any presentations, it's for the second or third date.

8. He should **live slightly hungry** from the first date, you know how Cinderella disappears in the most interesting moment. You feel that you have a great time and you say: 'I have an hour and a half, then I have to go because... I have a meeting... I go to bed early ... I have to do something...', whatever, just think of something. And in the best moment: 'Oh, I have to go, I'm sorry, it was very nice! Then he says: 'God, I want her again!'

If you stay too long he will overeat. You know fight dogs are not given too much food so they can fight. Always leave the man a bit hungry, this is useful for them.

9. Hug him and be modest, **don't let him kiss you**, and run.

10. After the date he will message you. **You reply after a 2-3 hour pause.** Pause creates interest.

PLAY WHEN YOU ARE MARRIED ALSO

Let this behavior turn into your style, even if you are already into a serious commitment, even if you are married. Flirt with your husband.

My husband and I were in Varna and went to the pool. I decided to act as if I don't know him. We are swimming, I pass by him and say: 'Hello!' He looks at me super tange and I continue: 'You are very nice, where are you from' And I started flirting, he entered the game and it was so much fun.

Play with your man as if you see each other for the first time. Ask him out on a date, send him an official invitation at the office, a postcard:

‘Today I am waiting for you at whatever restaurant, whichever table! Dress code: Red rose.’ And you go there magnificent, bare back. The biggest mistake is: ‘I have him already.’ You can play being an escort girl: ‘They sent me to entertain you’ Put on glasses, take a pencil and write down his special wishes... and you play. Of course we talk about alpha males here. If you want an ordinary man you will prepare his food at home and everything will be find, as long as he has the rakia and salad, he will be happy. But classy men need playing. It is important to find out what charges him, what gives him joy. And you go wild – dance lessons, organizing mystery dates, he will be unaware of where you are taking him, you constantly surprise him.

What can you do if you are married:

- write him an erotic story with specific descriptions and actions
- send him erotic pictures
- flirt with him at dinner
- remove your thong at dinner, touch your gentle rose and let him kiss your fingers
- have wild sex somewhere strange – the building’s entrance, on a meadow
- have sex with your eyes blinded
- include role games
- take him to a shooting range and shoot together
- gift him a massage and you be the main masseuse
- make a picnic on the floor in your apartment with fruit and champagne
- organize an interesting vacation with challenges – paraglider, bungee or something like this
- hot bath with oral sex

Continue this list! It's important to constantly diversify your love life and take new steps towards your development as a couple.



DAY ELEVENTH **IF YOU MET A BAD BOY**

Bad boys will stop being in your field if you cleanse your heart from traumas.

This chapter does not regard to all men, just bad boys.

HOW TO RECOGNIZE THEM

Those are men who know love only as pain. They fall down, don't know what they want, they constantly hurt the people around them. They use women once or twice and then forget about them. In the beginning they are super cute, they are charming, enchanting, brutal and 'Wow!'

You meet, he immediately falls in love, immediately invites you to a super dinner, wonderful place, he impresses you. He remembers what you like and what you don't like. He is so careful. The next day he sends you flowers at the office, everything is wonderful, he invites you to dinner again. And you say: 'I want to have sex, I feel great with him.' You have sex.

Then he disappears. You are writing to him: 'Honey, is everything okay, you have something you don't like?' Silence... You call – phone off.

In a few days he appears and says: 'I'm sorry I had a lot to do. No, no, everything is fine, I will talk to you soon, I am busy at the moment!' You are shocked because you think you have found the love of your life. You already imagine your children, the island where you will marry, how you will live together ...and now – what is this?! You already have a thousand expectations and he disappears.

Time passes, you have already forgotten about him, you go to a bar, you meet him again and he starts: ‘You are very pretty, wow, you are cool!’ You have sex at his place. And he says: ‘Honey, I’m sorry, I have to get up early, do you want me to call you taxi?’ And you are even worse. You are asking yourself: ‘The sex was so good, what is it, is he afraid of intimacy’

And now a game goes on for a while, finally you are crazy in love, you don’t know what to do and the big issue comes.

Bad guys are hopeless. They will do you harm all your life. Even if you succeed to make him your man he will probably have other women, he will probably hurt you. If you choose a bad guy you have to pull out the masochist in yourself.

You will recognize the bad guy from the alpha male because he doesn’t want commitment and he disappears easy. The bad guy stops giving quickly. Two-three dates...and that’s it.

BAD GUYS SMELL WOMEN WITH ISSUES

Usually when women encounter bad guys they want to help them.

She naively thinks that he is just very hurt from previous relationships and says: ‘I will give him so much love that he will change. He will stop doing stupid stuff and he will convince himself he can be happy with me only. I have so much love to give. I will save him!’

And she dreams not only about him but what he will become after she saves him.

In the basis of this behavior are the cold fathers. The girl wants to receive love and rescue from her father so much but this never

happened. And again she will find men who have **closed, frozen hearts, incapable of love.**

However painful it is, you have to accept this choice and stop **saving your father.** You should accept that he didn't give you his love the way you expected and **this doesn't make you bad.**

Stop saving, my lovely tender girl, and **accept that you can be happy even** if you didn't receive love the way you wanted it. This is the hardest thing – to let go of this trauma.

I promise you that the moment you heal this deep masochism, **bag guys will stop appearing in your field** and they will not be interesting to you. Bad guys smell women with issues – only they give them energy for their games. The psychically strong woman can stop the game in the beginning. Because changing a bad guy for the better is **impossible** just because he **doesn't want it!**

And here I strongly recommend the Geishas therapy so you cleanse your heart from traumas.

EXERCISE

MY TRANSFORMATION

Now we will do a bag guys practice. Below you will see three columns. Write down in the first one what you behavior is when you are in love – loyal, tender, gentle, open, loving – what are you in the love, good, bad sides, everything.

What am I in the love with	Opposites, in masculine	Use of negative ones

In the second column write down the opposite treats of those from the first one but use masculine, for example: truthful / cheating; demanding/generous; egoist / devoted; caring / lazy; thankful/unthankful; nice / rude; loving/ cold; agreeing / uncompromising; masochist / sadist; jealous / indifferent; sexy / impotent.

Now check if the second column describes you men. Do you choose men with such treats? They can have all the treats or only some of them. If you men cover 100% of those features this means that you are 100% in your shadows. **In the second column is your shadow and you attracting men with these qualities.** If your men don't have any of these qualities this means you have worked on it already.

In the third column write down your transformation – the use of negative treat. For example: egoist / capable of choosing himself; impotent/ rich inner world; boring / gives security and peace; rude / raw sexuality; sadist / powerful; whiney – knows what he wants; fake / artistic; unsupportive / gives you opportunity to develop etc.

In the third column are the qualities you need to develop in yourself. Check how many of them do you have. **When you have all of them two options are possible:**

1. Either bad guys will disappear from your life and men who are ready for serious relations and can appreciate you will come;
2. Or your man will drastically change.

When you develop those qualities in yourself, according to mirror law you will find men with similar qualities, with similar vibrations or power.

If you don't transform yourself and don't work on the qualities from the third column then your men will be shadowy in order to provoke you develop those qualities. When you achieve the treats from the third column you will have men with such treats, **then life will rid you of shadowy men.**

COOL TEMPER WORKS WITH BAD GUYS

How to deal with the bad guy? For example he calls and says: 'Honey, I want to take you to a theater on Friday, I got tickets to a great play!' You reply you are at work until 19 o'clock and you can't make it and he will be like: 'Take a day off, it's very important for me that you come!'

You do a lot of changing shifts with colleagues, you take a day off, you go do your hair, you buy a new dress, do your nails. You are ready at 18 o'clock and you sit and wait. He doesn't call. You call him – the phone is off. You message him... nothing, he doesn't show up. On Saturday you call – phone off. On Sunday also – phone switched off.

And on Monday in the afternoon he appears and says: 'How are you, honey, how was your weekend?'

What will you do?

First rule with bad guys is cool temper niceness. You answer as if nothing happened. You pick up the call and say: 'Hi, honey, I'm sorry,

I have another call waiting, call me in 15 minutes!’ And you close the call.

He calls in 15 minutes: ‘How was your weekend, honey, are you okay?’ You reply: ‘Yes, of course, how are you?’ As if nothing happened – cool temper kindness.

He is shocked because he expects the usual woman reaction: either you want to kill him: ‘You, where were you, how could you?! I paid 30 leva for my hair, I got a new dress ehhe...’; or be worried: ‘What happened, I was worked, are you okay, is there something wrong?’ Both reactions don’t work. Only cool temper kindness works. He is shocked and doesn’t understand why you don’t react.

You ask him how he is, you say you are fine also and: ‘Baby, I am very busy, is there something important?’ He cannot understand how come you are busy and says: ‘I want to see you!’

You reply:

‘Well, I want to see you also, do you know what, I can see you for a late lunch on Thursday afternoon? I have a gift for you, you will like it, is 15 o’clock on Thursday okay? Good, I can’t wait, baby, buy!’

On Thursday at 14:30 hrs you call him and say: ‘Honey, I’m sorry, I can’t! My boss came, some clients came from Amsterdam and I can’t move. My present for you is great but I just can’t today. Let’s talk later? I’m sorry, eventually we can postpone it for Friday.’ And you close the call again.

He calls on Friday: ‘Saturday? On Saturday... mmm, I think I can do it around 19 o’clock, you will come pick me up, right? Italian? I will be very happy! Come on, I will be waiting at 19’

GIVE HALF PILL AT A TIME

On Saturday 19:15 hrs you come down very beautiful and of course, no gift. Now he understands you are the gift. And here you give him half the pill. What does half mean? **The entire pill would be sex and emotion. You give him either sex or emotion.**

You go to dinner and all the time you are super sexy, you seduce him and say you are going commando, you give him sexual signals, you need to make him horny. And at the last moment you say: ‘Babe, I have to go! I’m sorry, I’m sorry, I’m sorry, you know how much I love you, I’m sorry!’ You get the first taxi and you are out of there. You give him half the pill and you run.

After some time you give him the other half. Some days pass and you tell him: ‘Honey, I want to have sex, are you at home? I will finish at 21 o’clock, I’m starving, please, make some dinner or order something, I will be with you at 21 o’clock!’

You arrive at 21:00 sharp and say: ‘I am hungry, hungry, hungry!’ He made something or ordered something, you eat. Then you make crazy love to him and say: ‘Thank you, it was great! I don’t have time, I have to go!’ And you leave. He is shocked at this very moment. It seems you have used him. ‘Wait, am I your cook or your dick?! How is it possible, cuddling, kissing..?! ‘No, no, I’m very busy! Sorry!’ And you disappear. You give him only sex, no emotion.

This keeps the man very well – giving him only half. He goes crazy, starts chasing you but you keep giving him only halves. Men should be kept a bit hungry! **And you should always be busy and be estranged.** You do it a little less with managers but a little more with traders!

KEEP HIM FOCUSED AT YOU

The third thing we do with bad guys is the **secret**. You never tell him the entire truth. ‘Where have you been?’- a secret. If you meet such a man and he asks you what do you do you reply: ‘I can’t tell you! If you find out you will disappear so it’s better you don’t know. And you leave him guess. Here the idea is to keep the focus of attention of these bad boys.

GET YOUR OWN ENTOURAGE

The next step is **creating an entourage**. You need to have a lot of admirers around you. Men with whom to go out to lunch, dinners, flirt, somebody to be in your field, at least on Facebook. And you say: ‘Oh I had so many fans today, wow! Those men whistling on the streets are so cool but I choose you, honey, you are my favorite one.’ You underline that you have a lot of admirers if he is not good to you.

As you found out already, the relationship with the bad guy is a constant game. Everybody chooses for themselves if they want to take part in this game and you go on for life. If this is the only kind of men you attract – you need serious therapy. As a beginning at least go through Geishas or Winner’s academy.

Women who are attracted by bad boys need to learn to love and **appreciate themselves and break up with their traumas with their fathers.**

DAY TWELFTH

THE TREACHEROUS SEDUCER'S SECRETS

Give the man joy and fun and abundance will come.

Here I suggest we remember that sex is in the basis of everything. And I often say. If a man can't get it up looking at you and doesn't want you, he doesn't care how smart you are or how well you cook.

If you want to have a man and have influence over him – it's time to check if we know the secrets of treacherous seducers.

WHAT MAKES HER STAND OUT

- She loves sex and pleasure
- Her body is important and valuable to her
- Ever since she was a little girl she has an impact over men and she uses it
- She achieves her goal regardless how
- She is able to underline her good features and hide her imperfections
- She is a master of hidden sexual signals

HIDDEN SEXUAL SIGNALS

How can you send hidden sexual signals? If you like a man, how can you show him?

First of all the **lips** – you lick your lips. You order something white and liquid. You lick the spoon and you swallow. **Swallowing is a very important part.** Purse your lips slowly, bite the little one a bit. Take a mirror and practice. Eyes a bit closed, mouth always a bit open. This is impacting all men, don't forget this: men are sexual.

If your **hair** is loose, put it over one of your shoulders and open the neck. Put your fingers where you want him to **look**. It's like using the computer mouse – he follows your finger. If you want him to focus on your lips – this is where you put your fingers. If you want him to see the eyes – place them around your eyes. If you want the breasts – touch your breasts. It will be very good if you touch yourself a bit. Talk to him, your look is always somewhere on the side and you move your hand: 'I was thinking today isn't it good if we went on vacation some place.'

Our job is to lower the intelligence. It is lowered when he is turned on. During a date our job is for him to be turned on and to associate: 'She is the sex! I want her only by looking at her!' Then this man will always be near you and he will always do anything for you. The alpha males need their fun and need to be turned on. They have all the rest. They have housekeepers, they have cooks, they have restaurants, they don't need it. It's for the gamma males. **With the alpha male your job is to be beautiful, sexual and horny.** We aim at cool guys.

You put on long **earrings**, so they can hang down, they give a different appearance. Bright **nails**. For a manager – not so bright. Supported bra. The boobs should be tight and out there! Eyeliner to underline the look. **Red** lipstick should become your style. **Makeup** is important, being with a trader – it's mandatory. If you are dating a manager you put on plain makeup but you should still have some on.

And now let's talk about your **legs**. If you are wearing heeled shoes, you take off the shoe and move the shoe with your toes. Do you remember Sharon Stone in Primary Instinct, how slowly she moves her feet. You put them side by side and gently lift them up, starting with the toes. Of course, there should be nothing under the skirt. It's nice to drop something if you are wearing a tight skirt. And you bend over to take it. You need to **accent** on the butt, the sexiest part of a

woman. You need to accent on it and train it regularly to keep it tight. This is the little woman's heart.

HOMework DRESS LIKE A SLUT

Attention! The exercise is done at home, with your long-term partner!

Choose short skirt, high heels, lace stockings, bright lipstick, put your head up. Go to your partner and say: 'Who ordered a hooker? I am here, Mister. Do you want to check me out and tell you the prices? You can do **anything** with me tonight!'

And believe me, men quickly enter the game. Feel what it is like being a slut. How to scream and do everything he desires. This is a very useful practice that very well heals complexes and setbacks.

You can feel the difference only after living this experience

PRACTICE THE GOLDEN TRIANGLE

I will give you a practice for strengthening the sex appeal, it's called the 'Golden Triangle'. The tips of the triangle are nipple, nipple and vagina. This practice shall be very charged, you must do it naked.

Undress and stand straight. Focus on your nipples. Gently touch one, then the second and finally the Venus Hill. Now focus your energy in the Golden Triangle. And imagine the wind playing with that part of your body. Imagine your nipples fluttering, how your vagina gets wet. Imagine a man watching you play with yourself. Gently caress your breasts, see how beautiful, soft and tight they are at the same time, feel

your curve, how it magically goes to your yoni, to your tight vagina, how moist it is, how nice, special, different.

Entirely focus on the Golden Triangle. Imagine how your sexual energy flows. Say out loud: *'I am a sexy woman and I want to seduce my man. I want sex. I am beautiful.'*

Imagine the man penetrating you. The way he wants you. How he gets aroused. How he looks at you. And slowly start dancing, move your thighs, circle around. You can gently play with your clit. Feel how gentle it is, how wet. Say out loud: *'I like being wet. I love you kissing my clit. See how beautiful it is.'*

Now with both hands, gently, open your labia, imagine that your man is opposite to you and you show him yourself. See how he looks at you. Imagine his gaze and how you show him your labia and clit. See how the clitoris protrudes forward and how it swells with blood. How do you want his mouth to be on your clit. How you enjoy showing him your hardened nipples, your hardened clit. And how he tells you: *'I want to see you from behind'*

How you turn and gently open your bum, showing your most hidden little hole. How beautiful it is, as chocolate and how it is for him also. He says: *'Don't stop, stay like this, I like watching you.'*

See how you feel, a bit embarrassed for being on display for him plus crazy turned on. He watches you, sees you and you show yourself to him. You show him your body, you show him the most hidden places of yourself...to the man who you love or the man you feel attracted to. You enjoy being seen by him. You feel ashamed but turned on at the same time.

You gently caress your thighs and ask him: ‘Can I turn around, mister?’ He replies: ‘Yes, now you can. I want you to always do as I say. You can get dressed now.’

You hide your beauty, your little yoni, your pretty rose, always ready to open for him. But before you do it take your phone and photograph this beautiful rose. It’s so pretty, open, juicy, wonderful! Take a photo and send it to your loved one or an random number with the words: ‘This is yours.’

Slowly exhale, dress and go back.

Now, if you go on the street you will have the right sparkle in your eyes. Notice how you feel. Did you send your beauty to your loved one? If you don’t have a man, send it to a random number and make somebody happy. What is the feeling? Write it down here:

What do classy ladies do?

We give you and entertain our man and we do whatever we love. We work for pleasure. And abundance comes from everywhere.

USE YOUR TONGUE

Learn to use **Freudianisms** or hidden meaning words: ‘extending the space’, ‘moist’, ‘juicy’, ‘big’, ‘hard’, ‘discover me’, ‘penetrate’, ‘back door’. Say it while your exhale with a low voice.

Now choose a limerick. Take a deep breath with your stomach and while **exhaling** with a very **low voice** read or say the limerick: *'I feel good with you, to wake me up in the morning like a little child', in a harsh voice.*

It doesn't matter what you say, you speak exhaling and your breath in through the mouth making long pauses. When you want to tell him something sexual – **look down**: 'I have to tell you something... (pause)... *I want you so much! (As if you are very shy) ... and I can't sleep because of my fantasies for you.*' And then you look at him. Use lowest voice possible: 'How is your banana today? How do you feel?' And you play with your body, for example touch and caress the glass in front of you.

In order for you to be authentically seductive you really should be horny all the time. This is achieved with constant orgasms. If you don't have a partner - masturbate in the morning and in the evening. Play, walk naked, sleep naked, touch yourself, kiss yourself, put on lotions, constantly touch your body. The classy lady lives in her body not in her head, she feels her body, feeds it.

What do classy men want?

Classy men want a woman with a body. He is the head, from you he wants the sex and the body, the energy.

Big decisions and responsibilities he will pick up, if he is the alpha male. But you are the one providing the fun, who creates energy, field, motivation, desire. And you are the one because of whom he wants to earn more money, so he can afford a woman like you.

If you ask most men: 'What will you do when you become rich?' they would answer they would want to afford a really beautiful and adored woman. **All big endeavors men do for women.** Motivate him right.

Of course you don't have sex the very first time! You can always say: 'I like you but I need more time.' If the partner is really interested in you and you give him emotions and hopes for hot sex one day – this will happen!

ON THE SECOND DATE YOU PRESENT YOURSELF

On the second date you can make a self-presentation. Telling him what a unique family you have, talking about your accomplishments, hobbies and interests, praising your body, but much less than the amount of time you spent on his presentation on the first date. He is the main character. If you are an alpha woman, then you are the main character and you choose men who will listen to you.



DAY THIRTEENTH **MONEY, MONEY**

If the man doesn't want to give this means you are stingy, but in a different way.

This topic often provokes issues and disputes. Who shall provide the money if money is not enough and he doesn't give? Let's see this in details.

What is money?

This is energy, freedom, it is the possibility to do the things you want.

SHOULD THE WOMEN HAVE HER OWN MONEY?

In my opinion she definitely should have. It is good to have a general budget where the man gives more and cover the family needs, but still the woman must have her own income.

In addition, there are quite a few men who prefer the woman to have more money than they do, and they like it. He is working, and it is not a matter of her supporting him. But there are men who also love rich and successful women. So money is something good in your life.

It is clear that **during the period of motherhood the man takes care of the whole family**. However, he must be prepared for this and agree to do so.

The topic of money should be discussed honestly and fairly from the beginning. People are often not comfortable talking about financial matters and that's where the problems start.

There are men who want to give money but they must be sure that women will be inspired and happy this way. Men should know that you respect their work and their money. **Men are glad to give money but they want to know where money goes.** It's important when he gives money you to provide the interesting life – vacations, pretty clothes, lingerie. You buy something for yourself, you photograph yourself and send it to him. This way he knows where his money goes and you give him the emotion. **Men don't have issues with giving money if this brings them emotions.** Emotions can be related to children also. I know a lot of men who are happy to give money when the woman clearly shows this makes her happy.

If your partner doesn't want to give this means you are stingy but in a different way. Maybe you don't talk nicely to him, you don't give him tenderness, sex or you don't understand his needs.

IF THE MAN DOESN'T WORK

What if a man does not work, doesn't make money and love the sofa and the TV more than he loves you? This means that you have allowed this attitude and entered the **role of the mother**. As long as you allow it, he will have no incentive to change.

In this case, first make the right choice for yourself. Ask yourself the question: 'Am I ready to take care of him in the future?' If the answer is yes, then don't complain and carry this man on your back as much as you want.

If your answer is no, then give him a deadline of 2-3 months to find work and start providing for the family. Otherwise just get rid of him. Put his clothes in suitcases and change the lock. If you live in his house, move out and end it.

YOU SHOULD SPEND QUICKLY ENOUGH

In general, if you choose an alpha male, he often pays. Alpha and beta men are aware of this responsibility towards you and your children. It is important for you to be aware. You say to him, 'My dear, you are my husband, you are my hero!' **And you have to spend his money fast enough so he needs to earn more.** I know many women here will be outraged. However, by 'spending money' we do not mean that you waste them on clothes or nonsense. This is where I mean investing in a house, a children's education, a car, a family vacation - it is important to have dreams and believe that your husband will be able to achieve them.

Your job is to spend his money and **create a deficit** for him - the man looks for a mammoth when he is hungry. If he brought you a mammoth and you don't cut it and keep it all year, then why would he look for a new one?

I had a client who didn't want anything from her husband, she was feeling sorry for him all the time that he works too much.

And he began to cheat on her, and his new wife constantly wanted - a new house, more trips. He changed his job completely, started working less but much smarter and became successful. The previous wife said, 'I so wanted to be good to him, and finally he got a bitch and he's been happy with her for 10 years!'

Yes, that's right. The man is just waiting to meet his muse, who of course loves him, but at the same time creates conditions for his development.

When shopping for yourself, take a **small gift for him**, such as a tie or souvenir for the car, to show that you thought of him, not just

yourself. Men appreciate these small gestures. And constantly think of surprises and provide him with emotions, this is your responsibility.

SEMINAR MONEY TALK

Sit down both of you and answer those questions:

1. Who will pay for the apartment and the expenses related to it?
2. How will you both get a loan?
3. Who will pay for the car, fuel, vacations and food?
4. Who will pay for the children, school, kindergarten?
5. How much money will we save? How will we make decisions on how much money we can spend for the month?
6. How often do I expect presents and in what amount?
7. If I give the money, what do I receive in return from my partner?

It must all be discussed, written down and signed by both parties!

SUMMARY

THE SEVEN RULES OF THE DREAM WOMAN

1. You choose to focus on the alpha and beta male.
2. You choose to be a classy lady. You keep the level of energy, you are positive, smiley, happy and satisfied. You don't allow yourself any insults, fears and anger.
3. Even if he is not right you say he is right. Follow the rule: 'You are a man, you are the main one, you are right!'
4. You provide fun for him, you seduce him, you make energy and feminine practices, you wear skirts and dresses, you go commando, you masturbate, you have daily orgasms, you go to massages, you eat healthy, you do sports two times in a week minimum, you have a hobby, you put your inner women to the front, you put your inner man in the back, you trust men, you

admire all men and say: 'I am the woman, you are the man!'
You move like a star, you learn to wear makeup.

5. You strictly do your meditations and homework for 33 days, you speak only good about men and you say: 'I deserve the best!'
6. You decrease your ego, you live through the heart, you give love and support: 'Yes, honey, of course!' If he screams you smile and say: 'Honey, it's good you tell it to me, it is true, I love you!'
7. If he speaks about his job you can listen to him and believe he will find the most accurate solution but you don't give him advise and you don't help him.

The **strong man doesn't want a smart woman**, he needs a wise woman. He wants a woman who will make him laugh and who will laugh at his jokes, a woman he will feel happy with. If she also has two degrees of higher education and speaks several languages – great, but this is not the basic condition. He **needs to get your dedication, trust, your heart and love** for him.

DAY FOURTEENTH

THE HAPPY WOMAN IMAGE

It doesn't matter how old you are or how pretty you are so you can attract men. They go to women who have energy. The low energy woman doesn't stand a chance of attracting a classy man.

ENERGY SOURCES

It's important to know where we women get our energy from.

1. Kin and family

The kin starts several generations back but grandma is **the most important**. Everything she did or didn't do you inherited it and have it in yourself. And now you don't only work for yourself rather than your grandchildren. You will give them the lifestyle model.

If your kin is happy, if people are healthy, if there are no divorces, no abandoned children, no serious illnesses, no infidelities, no drugs, no murders, it means that your family gives you love, health, support, abundance and energy. If you come from a problematic family and your energy is weaker, you have to work hard to develop it within yourself.

2. Nature

Nature holds the second place in your energy sources. Do you go to the mountain, picnics, do you work in a garden? The simplest way is to grow flowers in your house. Think of your relationship with nature and enhance it.

3. Sex

You will have high energy if you are able to receive pleasure from your body, to relax and easily reach orgasm.

4. Hobby

Collecting, arts, fabricating various items – whatever your hobby is, it will give you additional energy,

5. Sports

Sports is mandatory, it moves energies in the body,

6. Beauty

When you stare at something beautiful – nature or a piece of art – you feel pleasure and reach a condition similar to meditation. Beauty is an excellent energy source.

7. Positive thoughts and emotions

Don't judge, don't attack or accuse. Accept. Find the good in everything, be positive.

Now evaluate your energy sources from 1 to 10 – how happy your kin is, what is your relationship with nature, what is the sex you make. If you are a goddess in sex you mark 10 points.

Kin _____ and _____ family

Nature _____

Sex _____

Hobby _____

Sports _____

Beauty _____

Total

What is your score? Of course, this is a subjective assessment, but it still gives you a benchmark for your energy level. The maximum possible score is 70 points.

We all want cool men, but they come with energy. **The woman is happy not because of some kind of fate, the woman's happiness is first and foremost a process and a sum of the energies of these 7 elements.**

When we add to them and **love ourselves**, which we are obliged to develop, the collective image of a happy woman is obtained.

HOW TO INCREASE YOUR ENERGY LEVEL

If your kin does not bring you strong energy, it does not mean that it is karma. You can work, make constellations, clean models.

What does it mean to work out generic models? Let's say your grandmother cheated. This tends to make you cheat – you cheat or you are cheated on. The question is whether you enter this game. **You can opt out of the model.** You decide you don't want to cheat. You want to be monogamous and loyal to your partner, even though it will cost you a lot of efforts. But you choose it for yourself! You decide to make new choices other than your grandmother's choices. This is how you change the generic model and give good energy to your grandchildren.

See in which area you can boost your energy. Let's say you will do constellation, you will work with the kin. Either you will go out for nature walks on a regular basis or you will surround yourself with more beauty by printing beautiful pictures from the Internet and putting them on the walls. If you are not sexual, you will begin to study tantra sex. What point can and do you want to reinforce and what action will you take? Write it here:

It is of great importance **for your energy to live your mission** and to do something you truly love. Make it happen.

After writing down the specific actions that will boost your energy, I will ask you to specify the exact timeframe in which this will happen. For example, if you decided to go dancing, write a day and time. When exactly will you go to the dance? Write here when you will take action to increase your energy:

**EXERCISE
SUN OR SHADE**

In the first column please write down five of your positive features:

Opposite each one write the opposing feature.

For example: smart - stupid, beautiful - ugly, feminine - masculine, creative - calm, sexual - not so sexual. What you are writing now is your shadow. This is your dark side, your negative qualities. Often, if you do not accept the dark side of yourself, you attract men with the qualities of your shadow.

Now see if you have men with your negative qualities in your life. Interesting, isn't it?

THE RELATIONSHIP IS A SYSTEM

Now I want you to go deeper and understand how relationships and relations work. This is called psychology and systems theory. Ludwig von Bertalanffy is the founder of this theory. He has received many awards for this theory, it has been proven. Bertalanffy says that everything in life is a system, we are like docked vessels. If one container overflows, the other is filled. And we are attracting the same men to the same vibration. Let's say, if you're good, the opposite spectrum of this vibration is bad, but the vibration is the same, it's about good and bad. If you are cheap, your partner will be generous. But it's still the same thing - generosity or stinginess. If, say, you are relaxed, your partner is tense. If you are talkative, he is silent, but still

it's about talking. **There is a balance, the system tends to harmonize.**

There can be no sun only. If there is only sun, we will die of the heat. There can be no moon only - in the Scandinavian countries where it is constantly raining, people are depressed and there is the highest suicide rate. If we go all the way north, to Antarctica - there is no life there, only eternal ice and snow. If we only have the sun most of the time, not all of it, but most of it, let's say in the desert, there is no life there either. In Bulgaria we have half day sun, half day moon, there is a balance.

Just like that in the relationship there should be not only sun but shadow also. That is why we often find partners who balance our qualities. Let's say, if we're generous, he's stingy. If we are bad, he is good. Often, bad boys find themselves excellent partners and are attracted to them. Or the strong, big, powerful man chooses a shy girl as a partner and protects and saves her, as in the tale of Beauty and the Beast. The balancing act explains why often strong women find weak men - with another partner she would not survive. **We are not talking about happiness here, it is important to clarify it. The system strives for survival, it is absolutely indifferent to whether you are happy or not.**

If you manage to accept your shadow and say, 'Well, I'm stupid and ugly, maybe I'm not that sexual, but that's me,' then you will start attracting other qualities into your partner and changing him. Try now with these negative qualities that you wrote a moment ago, to say aloud: 'I am stupid, ugly, masculine, chubby, frigid'; 'I'm bad, rude, dumb, ugly,' just read them aloud. How do you feel when you read them?

How to attract 'sunny' men?

In order to attract non-shadowy men we first should be able to accept the shadow. To accept it without laughter that is a defense reaction, without judging, accept it respectfully.

Now I will ask you to seek in your memory in what situations do you really show your shadow qualities. Do you know, sometimes I am very stupid, I am amazed of how stupid I am. And sometimes I don't want to have sex, I feel frigid, I just have no desire for it. All those things we have in ourselves but we are very afraid that people will find out about them, that somebody will see our shadow.

MEDITATION MEETING MY SHADOW

We will now do a meditation called 'Meeting my shadow.' I ask you once again to read the qualities of your shadow.

Sit comfortably, close your eyes, relax your body. Close eyes. Inhale and exhale. Inhale and exhale. Inhale and exhale.

Try to imagine your shadow - the part of you that always chases you and you always bring with you. The part of you that is responsible for your feelings and fears. The part of you that you don't want to acknowledge and see. The part of you that you reject. Feel that you reject your shadow, that you do not want to see it in you. Feel that you are afraid that people will know about your shadow. How do you want to prove yourself, to show that you are the best, the most beautiful, the most needed.

What does your shadow look like? What does that part of you look like that is stupid, ugly, greedy, aggressive, arrogant? Gather the

courage to look at her! You want to see her! You have the power to see her!

In what situations does she come out? When you are scared? Is she lying or is she betraying? Or is she rejecting? Are you in your shadow most of the time, or are you in your sunny side? How do you feel in your shadow? Can you get into it for a moment? Go into your shadow, see what's in it? What is it like to stand in this shade? Just get into it and stay there for a while. What is it like to be rejected, unaccepted, misunderstood? What is it like to not be yourself? What is it like to be in your shadow and what attitude would you like to receive from yourself?

Now you can go back to yourself. Breathe out, gently open your eyes, and come here. Come here and now. You exhale gently and open your eyes. And you come back here.

Write down how you feel in your shadow:

I am often asked: 'How can I keep a man?'
Now is the time to give you the response: by stopping to give energy to your shadow.

When we try to play a role because we are afraid that our man may see us in our true colors, this our energy goes to this role and we don't let the man in our field.

CHANGE COMES WITH ACCEPTANCE

You see that the field below is divided into two parts – Sun and Shadow.

Write down what are you in your sunny side, for example: fun, cheerful, interesting and calm.

And what are you in your shadow? For example: attacking, spiteful, iron, crying, easily insulted, dissatisfied.

The shadow doesn't like order. The shadow likes to have messy clothes, stained clothes, ugly hair and nails, to be dirty, torn and old. **Sunny side likes cleanliness, scent, order, clothes** that really fit us and accent our body. Sun doesn't like long and baggy clothes.

Now I will ask you what clothes, perfumes, jewelry you use when you are in your shadow and what if you are in your sunny side. What do you like to eat and drink if you are in your sunny side and when you are in your shade. I notice that when I'm in the sunny side, I choose healthier foods, lighter ones. And if I am in the shadows, I eat heavy food and drink alcohol. I know there are people who then take drugs. All who drink heavily are in the shadow. The bad thing is that if you communicate, you are very strange and different to them. Somehow you do not match and do not understand each other because they are used to communicating with other alcoholics and troubled people. **All abuses are in our shadow.** It is very important for me to work out the criteria and to begin to see and distinguish the shadow from your light side. **The point is to see them both, to respect them and to realize at what moments you enter the shadow.**

You should also be aware of when you get a shady partner. When you are in the shadows, what is your attitude to lies? The sunny side tells the truth. The truth is very important to the sun, everything is visible. The shadow adores cloudy, hidden, secret things. And whenever we have such a quality in our shady part, we attract lies in our field. Our partners lie to us and we often feel cheated. Do you have cases where your partners lie to you?

Shadow doesn't like responsibility, somebody is always guilty. While the sunny part of us likes taking responsibilities, saying: 'I can do this, I cannot do that.' Sun has very clear limits.

Write down how you sunny and shady sides communicate with you:

Sun	Shade

Now see where you mostly are – in the sunny or shady side? It is important to love your two parts and not to reject. **According to systems law if we reject some of our qualities and it lives in us we start to attract men with our shady quality.** The more you run from this side of you, the more it catches you. It's important to know that it is there and say: 'Good, today I am lazy...' and 'Today I am grumpy...' or 'Today I had to lie...and I accept that'.

The sunny side of us likes shady men.

My next question is what is the type of men you attract in your life, what men come to you? Write it down here:

In the lines above you can see yourself – what do you radiate, what kind of men you attract. If you start accepting your shadow things will change.



DAY FIFTEENTH
HOW MUCH DO WE COST AT THE MARKET OF SEX AND MARRIAGE

It's very important to realize reality – at what energy level are we and what can we afford.

There is a great dissertation where V. Basun proves that each of us has a price at the market of sex and marriage.

CRITERIA FOR DETERMINING THE COST

Read each criterion several times and truthfully answer to yourself what is your cost at the moment. There is no good or bad, there is just an objective reality.

1. Appearance and age

What is the most wanted appearance?

In Europe, the best-selling woman is the one who is thin, measures 90-60-90 cm, with beautiful hair, with clear skin, with maintained nails, with a radiant smile, with beautiful teeth, with tight natural breasts, with medium size height, tight ass, tight body, stylish. The more natural the beauty, the better. If you are looking for a man, you forget pants and only wear skirts and dresses.

The best men are athletic, tall, nice hair and skin, well-maintained, well-dressed.

The biggest advantage, though, is age.

- The first lot of women from 20 to 30 is the most expensive. For men the highest price is the one of 40-45-50-year-olds.

- The second lot of women is from 30 to 45 years of age. With men it is 20-30 years old and 50+.

- The third lot of women is 45-60, they are equal again to men within 20-30 and 65+.

The difference is big, men and women are not equal when it comes to our age. When looking for a man our age, we have to lower our requirements by some other indicator, for example, to accept that the partner is not single.

2. Personality

At the market of sex and marriage best-sellers are brains, natural intelligence, kindness, honesty, responsibility, sense of humor, sexuality, femininity for women, masculinity for men.

3. Social status and contacts

Well-known celebrities are sold here, for example a football player chooses a beautiful model, an oligarch takes a singer or an actress. For women, the most important thing is fame and sex, money is certainly a plus, but it is not the basis.

For men, the most important is power and money.

In terms of professional status, the most sought after in the marital market are people with their own businesses, lawyers, doctors, bankers, experts in various fields.

The less educated a person is and the less money he/she makes, the further he goes down into the rankings.

4. Potential

The marriage and sex market assesses how well a person can develop.

If he/she can get a new profession, learn a new language, and how much he/she is inclined to develop.

If we give a rating of 1 to 10 for each criterion, the sum will indicate our price on the marriage and sex market.

When it comes to the most expensive women from 20 to 30 years of age, if she doesn't already have a child it's a plus. If, however, the woman is from the age of 30 to 40 and doesn't have children it's a minus, means something is not quite alright with her.

PRICE, PRETENTIONS AND COMPROMISES

Every age is good, the question is that at different ages we can claim different men. For example, a woman from 20 to 30 years old, with perfect appearance, skin, hair, weight, figure, a woman who is good, feminine, funny, interesting, honest, having a good career and realization, a famous singer or model, successful actress, has potential, constantly develops, goes to seminars, learns new languages, travels - this is the woman with the highest price.

The lowest price, of course, is for a woman who is over 50 years of age, with an unattractive body, without teeth, with sparse hair, with wrinkles, a woman who is bad, stupid, arrogant, masculine, non-sexual, with a low-skilled profession (a cleaning lady, something in this category) who has no friends or acquaintances, lives in a bad place and has no potential, i.e. does nothing to develop. Of course, this is also true for men.

A 19-year-old student with excellent appearance can earn 10 points on the first indicator. She is also smart, good, feminine, sexual - she gets 10 points on the second indicator. However, there are 0 points on the third indicator because she is still a student and needs to study. Her

potential is huge - she is young, she will develop, so she also receives 10 points on the fourth indicator. Her total is 30 points. This female student **can claim a man who has a similar price, so by any of the indicators she has to compromise.** For example, with his appearance - to choose a sugar daddy, a little older, with a flabby gut. He has 0 points for appearance, but he is good, masculine, sexual, cool, funny, has status, is a successful businessman and has the potential to develop. Also they cost the same and he buys her youth with money.

But the moment she graduates and starts making money her price increases and this man will no longer match her cost and usually she leaves him.

Another option is that she chooses a handsome guy but no qualities – smokes, drinks, she is short-tempered, she should always be the one putting up with him. But this man has a potential to develop and has status. This is how both of them have similar cost and the relationship is possible.

EXERCISE MY PRICE

Now calculate from 0 to 40 what your cost is. How much do you cost according to you? Estimate your outer appearance, your qualities as a person, your job and your success, your potential. And explain why you give yourself that amount of points.

You have to be super honest to yourself, for example:

‘I can work out to get a smaller waist, my body is not tight, I have some pimples, my legs are curved, my teeth are not perfect...’ **Here we don’t aim any criticism** but for you to see what you can improve. Whether you can go to a dentist or improve your skin, do some facials and drink more water, whether you can put on some extensions.

Appearance and age

Personality

Social status and contacts

Potential

Price

HOW TO BE ADEQUATE AT THE MARKET CONDITIONS

You have two options: **whether you raise your price or you decrease your requirements.** Don't forget that this is your current price but it is constantly changing. Every year appearance points drop.

For example our student marries a classmate. They both came from the province into the big city. They are good looking, young, with potential, kind, sweet, they have 10 points. Under point three – no status, they are students. But have potential. Their cost is 30 points.

25 years past. She gave birth, she stays in the house, he develops his business, has a successful realization. She got fat, does housework, her bum is big, she grows old. She is now 45, he is also 45. What is going on? Her appearance at the moment is 3 and she doesn't take care of herself. Her qualities as a person is the same but she sometimes bursts into arguments, she is not so compromising so her cost is 7 points. She has no status and realization, she graduated but didn't work, she is only a mom, absolutely dependent on her husband. She has no potential, she is 45 years of age when it's hard to learn new things and she also doesn't want it. At the 25th wedding anniversary her price is 15 points total.

He, however, plays squash, tennis, football, runs in the park, at 45 years of age he is in great shape, he still wants to work, he is masculine, cool, kind, sweet, has a successful business and realization. He has potential, he goes to conferences, learns new languages, plays the saxophone. Her cost is 15, his is 40.

What happens then? He wants compensation. And what is it? A mistress. He finds a lover that is less points than him so she can compromise with the fact that he is married. His lover will have a deficit under some of the indicators. Appearance is always important for the lover so her looks will be 10 points. Young, beautiful, cool, also good so she can make compromises. But he doesn't care about her status. He chooses a poor student with no status but beautiful and sweet, good and with potential. Because he is not comfortable with her development, he takes her as a mistress, but keeps her in complete dependence. He does not allow her to study, he is jealous of her, doesn't let her go anywhere, wants her to be under him, without a job, without a profession, to keep her price at 20-30 points. If the mistress begins to develop, learn and move forward, she raises her points and tells him: 'Wait a minute! Now I'm interesting, realized, successful! You're either getting a divorce or we're not together! I will no longer compromise, I am no longer 30 points, I am already 40. And I have a profession, I have my company, my independence, I don't need your money anymore!'

And then the problem comes! This is why men take as mistresses women who are materially dependent on them and in no way allow them to develop. If women develop they become equal to their partner and start to want equal rights and contractual conditions.

Let's look at another option: The woman is not very beautiful, she is now older, she is 45 years old. She has her own business and money,

and she also has the potential to continuously grow. Then what kind of man will she get? She has about 25-30 points. She'll have a man she can control. She does not need money, she will take a weaker, more insecure man, be dependent on her and she will solve everything. She will be on top, because if he is strong and independent, he does not need her, she cannot compensate him for anything else. Men are not stupid either.

And if you are strong and you have money and power you will always have men who you will control. Two options are possible: the path of heart – you will be kind, making compromises, abide by him, or you choose power and money and you take the ego path. Then you earned those money and power so you don't have to abide by anybody. You are so proud to have your own business and to do well! And this is why you can say: 'Fuck you, I decided already, who are you to have a say so?' And you do your own thing.

I want you to know that there is no good and bad. I want you to know how systems work so you can apply this knowledge in your life. See in which of the points you can develop. If you choose to develop your personality, to become better, nicer, this is what we will work on – to be smart, to be complaisant.

You choose your option of **further payment** you will do, what compromises you will work with. **There is no option without compromising.**

I work with a client, her first husband was very nice, so cool. But very cheap, stupid, there were 0 points in this direction. He didn't have much status ... so so, but he still gave something to her. And there was no potential also. His price was somewhere up to 15 points in total. But she said, 'He has a good appearance.' They parted in time. Now she has a new partner who has no good appearance and is married. He

is a rich, very kind man, caring, devoted to her. He has potential, develops new businesses. However, he wants her to change because he has higher price than her previous partner - he wants her to lose weight, to be completely in his control, he does not allow her to travel alone, he is jealous of her, even her girlfriends. She is now paying the price for the better man, paying with her freedom. **You have to pay somehow.** She compromises appearance and freedom. Others compromise with money. Third - with age. Fourth - with infidelity or attachment to another woman. Women who get involved with people in a relationship find cool people. Other men are not of interest to them either. There, you have to compromise with status - to take an ordinary colleague who is not as successful or wealthy but wants a family, wants children and can take care of you.

EXERCISE
I ACCEPT / IMPROVE

Now think about what are you ready to compromise with? And what can you improve in yourself in order to increase your price? For example: I accept the man to be older than me. I improve my appearance by going to the dentist. Write it down here:

I ACCEPT	I IMPROVE

No matter how successful you are, if you have a man, you have a slightly higher status. If your price is slightly higher than your partner's price, you can make fewer compromises. **The one who, roughly speaking, is cheaper, they make more compromises.** The woman must determine what is important for her partner. Sex is important for a man to keep him. For others it is important to talk, for third ones it is important to cook well. You need to be aware of your man's values in order to keep him.

EXERCISE LIMITING BELIEFS

Now let's inspect your limiting beliefs. If you say: *'I love and I am loved by a rich and wonderful man. If I want him why don't I have him?'*, what comes to your mind first?

Let's dig in the subconscious a little. *'I have a rich, loving, wonderful husband. If I want him why don't I have him?'* Say aloud: *'I want a rich, loving man, why don't I have him?'*

Write down your answers here:

Keep in mind that for a **very wealthy man you should pay very high price!** You should be ready to serve him, to abide by him. Often you have to accept his lovers or the huge age difference or the unsatisfactory sex.

ENERGY LEVELS

Think about how much money per month you want your man to make? What is the number – 1 000; 5 000; 10 000 BGN per month?

Write it down here:

Here the issue is what is your energy level at the moment and what level you want to reach. There are 6 energy levels.

1. To 300 BGN per month – this is the **survival** level.
2. To 1000 BGN per month – **existence** level, the usual, simple life.
3. To 10 000 BGN per month – this is the **comfort** life, you have nice apartment and car, you live well, you can travel.
4. To 100 000 BGN – the **abundance** level, here you can travel, make choices, you are cosmopolitans, you have apartments at different locations, different houses but many engagements as well. Serious compromises start here. You need to have strong energy to stay on the fourth level stably.
5. Millions and billions per month – this is the **world-changers level**, very rich people.
6. The highest level is **spiritual personalities and legends** – Mother Theresa, Mahatma Gandhi etc.

See what level attracts you. Keep in mind we can't skip levels. Wherever you are at the moment as income, your own or common, there is your energy level. **There is no way, if you live with 1000 leva, to immediately ask for a billionaire.** Even if he shows up, he will directly smear you. Often, women who find rich men but are not ready for them become drug addicts, prostitutes, get depressed, or not happy at all in these marriages. I think of Princess Diana and

Jacqueline Kennedy, who come across very rich and successful men and just don't have the strength and energy to hold them. It is very important to be aware of reality - at what energy level we are and what we can afford. Look at what level you are currently in and what men you are attracted to.

If you are attracted to a higher level and want to meet a man from this level, you need to be aware of what life will be like at that level.

So develop your level – give yourself some time, be patient.



DAY SIXTEENTH **GIFTS**

To want from the man is a matter of your personal strength.

In order to develop our men and keep them, we must tell them our needs. Men get inspired when they meet their wife's needs. Men develop when we create deficits - the mammoth example is current even nowadays, it is useful for a man to go hunting often instead of lying at home.

DEMAND, SUPPORT, BELIEVE

And here comes the issue of learning to allow yourself the feeling of deserving – *'I deserve to ask, I deserve to want.'* They might be material presents or favors – you deserve them. Men may compensate with the fact that he marries you, that he gives you status, that he takes care of you, that doesn't give you issues, if you work. **The man should give in the relationship in some way, as well as the woman should as well.**

It's a big mistake not to ask for gifts. Gifts can be tangible and intangible. Gifts may be personal to you, say jewelry, clothing, travel, vacations. But they can also be common - an apartment, a car for the family. This is how we work together to build common, family things. **Our men have just as much money as we want from them and as much as we can bear.** And for the man it is important the woman to ask him and be grateful and **happy** about this fact. Then he gets up from the couch and goes to kill the mammoth! If he doesn't, there are two options:

1. Either you don't do it right, you don't motivate him and you don't tell him: 'Go ahead, you can do it, you are my hero! Only you can do it. Go ahead!'
2. Or you don't want enough from him and you fail to ask him the feminine way.

In order to develop your man, to make him rich you should constant **demand** from him but also **support** and **believe** in him that he will become successful and that he can do it.

TREAT HIM LIKE A FIGHTER

You start with the little things: to walk you to your home in the evening, to help you with your car, to take your work for you, to introduce you to his parents. Men should constantly **have a slight tension**. The woman has to figure out what he should do, he doesn't have to rest at all. If he rests, he gives up. You're constantly chasing him to kill a mammoth! Richard Branson, one of the richest men in the world, says that when he was very young, his mother constantly gave him super difficult missions and did not allow him to stay home at all. She said, 'Richard, I want you to go with the bicycle, bring this document to the priest.' The priest lived 20 kilometers from their home. His mother gave him only one apple without water, telling him that he would find water on the way. And the little boy, 9 years old, goes with his bike, drives 20 km one way and 20 km back. In the evening he comes home super exhausted and tired, and his mother says, 'Great to be back, now you have to chop wood.' And then he gives him dinner. Branson says his mother constantly made him do some missions, was merciless to him, and so he learned to be merciless to himself.

Mothers nowadays are always sorry for their children. Then we are sorry for men. We should be merciless towards our men! Merciless! **If you want to make him rich you should treat him like a fighter.** To

want again and again. And here what's important is for you to be persistent.

THE MAN SHOULD BE DRAINED

In order not to have a mistress, the man must be drained. You drain his semen, you drain his money, you drain his words, you drain his energy. An empty man is not interesting to women. We women smell where there is a non-drained man and we drain him.

If you want to keep a man, it is important to develop your personal strength. **To ask from him is a manifestation of your personal strength. But this is where the principle of reciprocity works: you only want things you give to yourself.** If you don't give something to yourself, you can't ask your man. Say, if you don't give yourself flowers, you can't ask for flowers. But if you have flowers, you are constantly giving flowers, and he knows that there are flowers in your house, then you will tell him, 'Dear, would you please buy me flowers?' And he will do it. He knows that you really love them and it is clear that you want them.

HOW TO ASK FROM THE MAN

How to ask from men? We sit next to our partner, we look up and tell him, 'Look at that bulb, it's very nice!' If we lift our eyes up, our dreams and desires are activated at that moment. And you say to him, 'Do you know how I dream of a nice little house on the beach, so we wake up, bathe, do what we want. In front of this house, there would be a lawn, for the children to play, there will be nice food to eat. I saw a very nice little house here, do you want to go and see it tomorrow at 11:00?'

And now is the very important moment because the man starts to refuse and this does not mean that he does not love you. It's just a defense mechanism in his brain - he protects himself from spending

too much. That's why it's normal to hear, 'Oh-oh, it's very expensive, I don't have money, I don't have time, bla bla.'

Don't expect him to say, 'Oh, yes! House! God, how did you think of it? I also want it. Where to give the money? For you wonderful woman, of course I will buy a house. House? House!' You will not receive such a thing in any form. Of course, the **normal reaction of a man is resistance**. Similarly, if a man comes to you and says, 'Let's have sex!', if you don't know each other, your first reaction is resistance. But if the man is stubborn and stubbornly wants sex, there comes a time when he overcomes your resistance and you agree. If you are stubborn and want a house, at one point he refuses to argue and agrees.

Don't consider it humiliating if he refuses! Many women accept it that way. For example, you want earrings. And you tell him, 'Honey, I really want those earrings!' And he tells you, 'There is no money right now.' And you stop trying! Do you have any such cases? You want it, he says no and you stop.

What do you do if you are able to keep a classy man? Talking about cool women here, we're not giving up. He tells you:

'No money,' and you tell him, 'I understand you, just check it out, it's unique, please!' I remember my story with these earrings. I liked some at Goto, I go to my husband and tell him:

- Babe, please, I want earrings!

- Natalia we just came back from vacation. You constantly want something, do you even have conscious? When will you stop wanting?

- You are right, I'm just asking you for earrings!

- Did you hear what I told you?

- Yes, yes, yes, I heard, I heard! Let's just check them out. I need one in black and white, long, good ones!

- Natalia! No! – and he leaves.

One day passes and I go to him again and tell him:

- Honey, I need earrings. I don't have long and black and white ones that I can wear with black and white clothes. I need earrings!

- We talked about it yesterday?!?

- Yes, we talked but I really need them. I even saw them at Goto, they are very nice I want those exactly!

He exhales deeply! Day three:

- Baby, what happened with my earring? I like them so much, I had a dream about them, let me just try them on, let's go?!

- We go to Goto so I can try them on and he is there...bored...and I asy:

- Ohhh, I like them so much, I really want them, pleaseee.

And he says:

- Okay!

I told him it will be for Christmas. And I received them on December 31, with a little delay, but I got them after all. It was an absolute nagging, constant and persistent! Now, every time he sees them on me, he tells me, 'My favorite earrings!' And he feels very proud that he made me this gift.

Do not deprive your husband of the right to take care of you! Even if there is resistance at first, he is happy afterwards that he has made you happy.

Often women ask me, 'Why should I ask him if I can do it myself?'

Clearly you can! That's not the idea. The idea is to make him feel proud, and this only happens when he does something not so easy or, in other words, does the feat for you. Then he feels like a successful man. A sense of pride is super important for men!

HOMework

I WANT A PRESENT

Now I want you to think about what present you will choose and will start asking for. This is your next homework:

You go to stranger men and want gifts from them, presents and favors. You can ask for a ride, you can ask for hands, head, legs massage. You can ask for flowers. You ask for gifts and favors from men.



DAY SEVENTEENTH
THANKFULNESS

Classy men like women who are able to receive.

PRACTICE
RESOURCE STATE OF HAPPINESS

Take something to train with – a kindle, bottle, a bowl, anything. Now imagine this is your man. Enter in your inner state: *‘Oh, I feel so good! Oh, I love men so much! He is so handsome. This is so easy. Everything is allowed for me. Life is before me, open for me.’*

Remember how you feel and try to enter in this state as much as you can. Your happiness depends on you. Maintain your resource state of happiness.

HOMEWORK
‘NOW’ GOLDEN RING

You have your next homework now. Remember, this homework is mandatory. You must ask from stranger men a golden ring engraved with ‘Now’.

You say, ‘Hello! You are so handsome, so wonderful! I have a strange request to you. To me you look like a person doing everything in the very moment. May I ask you, it is really very important for me to give me a ring with the word ‘NOW’ engraved on it. When I am hesitant, I will realize that I am postponing my life, I will be looking at the ring and start acting. I will know that if you did it when I asked you, a miracle is possible and it will happen to me. A miracle, please, please, please! With the word ‘Now’ I so want such a ring. Please!’

Your eyebrows should be like arches: ‘Please! Please, there is a jewelry store here!’

It’s good to have a conversation going on near such a store and check in advance that there is someone there who can do the engraving quickly. Ask in Goto, they are ready for such experiments.

You go on: ‘Here’s the store, just one ring, it’s not something serious, a ring, they’ll do it very quickly. It is so important to me, you will be my God for the rest of your life! My children will also know that you have changed my life, I just believed in men after you. Of all men, I have just chosen you, do you understand, exactly you! Only you can do it, you have within you some power that made me do it!’

We work to overcome ourselves. It is a development of insolence. Women who are able to receive have this wonderful quality of insolence. And they allow themselves to be cheeky and receive. This distinguishes the classy woman from the non-classy one. The non-classy one is afraid and she shies away. Want a cool man? **Classy men like the women who know how to receive.** And he feels big and strong next to her - she knows how to get it. Just try it, you’ll see how interesting it is. **The point is to allow yourself to receive.**

PRACTICE MY MAN IS MY GOD

Now close your eyes and imagine how a miracle happens to you. And all men are very, very kind. And they support you, they help you, they enjoy you. And say aloud with your eyes closed: *‘Men are very, very kind! They help me, they support me, they admire me and I accept their love. Men are very kind, men are very generous. And I love them and open my heart to them. I accept their strength and wisdom. I’m just a woman.’*

Imagine your father coming to you with a hug, love and a bunch of gifts and he says to you, ‘Honey, honey, I bring you a gift! These are the most delicious candies and they are for you. And these are flowers, they are for you. You are my princess! You were created to receive. I will always take care of you!’

And imagine that there is a horn of plenty above you, from which gifts begin to flow to you. It is raining heavily. Wonders are raining. Men are raining. Say:

‘I’m a magnet for miracles. The universe loves me and gives me love, gifts. And I love men, I love men.’

And remember how many men you know and what they have given you in life. How many smiles did you get, pleasure, gifts, drinks, cocktails, sex, children. And start to list out loud why you are grateful to men, for example: *‘I am grateful to men for their love, for their support.’ List whatever you remember you got!*

Now say the things you are not getting yet, but you want to receive, for example: *‘With ease I receive from my husband love, tenderness, hot orgasms, invitation for marriage, new apartment in Sofia, downtown. I easily get my new car from my man. It’s easy to get from my man that diamond ring I saw in Goto.’*

And now start mixing them up - alternate what you’ve already got with the things you want to get. The universe knows about the things you’ve already got, and it reinforces your dreams. *‘It’s easy for me to get from my man ...’* and you say the things you’ve already got and the ones you want to get. - *My husband is a god! My husband is a god! My man is a god!*

Get your hands to your heart and thank! Notice whether you can easily find the things you are grateful for and whether you easily admire men. Do you easily say aloud, '*I do.*' Can you easily imagine that your father cares for you and gives you gifts. Do you want dreams to come true with ease?

It's not easy to ask, but you have to understand that this is the way to help a man. Energy is not stagnant, energy is constantly rotating. And the one who gives, then receives, creates a balance. If you want nothing, there is no way you can make your husband rich. All the women of rich men I know constantly want something.

HOMework THANKFULNESS TO MEN

Write down 100 things you are grateful for to men.

Then send SMS to the men in your life. Write to everyone what you are thankful for - for a good time, for sex, for support, for a child, etc. **It is especially important to thank the men you have a bad feeling about.**

One of the techniques that you can use to develop your man is to first clear your negative feelings towards all men. You only think about their positive qualities and express your gratitude to them.

DAY EIGHTEENTH HEAL THE SHAME

Braveness is the self-confidence to ask.

THE DREAM WOMAN HAS NO SHAME

The classy woman believes that she can calmly ask and the person opposite to her can say ‘yes’ or ‘no’. Of course she acts in a way that she will receive what she wants. But the dream woman knows very well that if she doesn’t want she will for sure not get, so she freely states her wishes.

The classy lady has no shame! That is why now I want to heal your shame. As a classy lady you will allow yourself to be a bit arrogant and try: It works – great! It doesn’t – well okay.

Can you say aloud: *‘I am brave and persistent.’*

How does this phrase vibrate in you? Do you accept this idea? Or you say: ‘I am not brave and courageous.’

The brave and stubborn woman takes what she wants, believing it belongs to her. You have to find your balance for this word. **Courage will allow you to do the things you really want:** you want to talk to an interesting man and go to him; you want to get a new job and apply for it; you want to meet a new, interesting person - you write to him. **Courage, this is the confidence to ask for.**

In Bulgaria, the feeling of shame is over-developed, perhaps because of those 500 years of slavery. As generations have been forced to be ashamed, bow their heads, worry, this remains to this day.

In fact, we will work for self-confidence in believing that you can ask and want: *'I can ask for a gift, I can meet new people, I can sing songs on the street, I can go in my swimming trunk in the mall.'*

If you are unsure, we will change your vibration. I often watch mothers raise their children: 'Don't do this, the good girls don't. Be obedient. Step away!' But **taking a classy man and keeping him requires quality cheekiness.**

PRACTICE I WON'T LET MINE GO

We'll make this technique from Larissa Renar's school, it's for retention. It is especially useful in situations where someone wants to chase you away - for example, your husband has a lover or flirt with another woman, or someone wants to take your job, or you just feel like things are not happening for you. The practice is *'I won't let mine go!'*

You take a towel. You sit comfortably with legs spread apart. You feel your feet rooting, your back is straight. If you have a partner, think about him. You may think of work, of the person you love, of your children, of your home - of something you feel is yours.

Start twisting the towel as if you were squeezing water from it. You twist and twist the towel, more and more! And you say, *'I will not let mine go!'* You start shouting as much as you can, you shout, you shout, *'I will not let mine go! I will not release what's mine! I will not release what's mine! I will not release what's mine!'*

Close your eyes and concentrate on the towel in your hands. Feel how you have the strength and energy to hold your husband and not let him go, and you will not let anyone stand between you! Another woman

will not stand between you two! You will fight for him. And you will not allow another woman to play with and engage with your children. And you will not give your work to other people. You will not give your team, you will not give your home! This is yours and you will not give it to anyone!

Say it aloud: ***'I have the power to hold on to the things I like! I have the power to hold on to the things I like! I have the power to hold on to the things I like!'***

And exhale. You can put the towel down. And think by saying those words and doing this technique about how you feel. **Nobody can take something away from you if you don't allow them to.** You have the power to fight for what you want.

A beautiful girl came to one of my seminars. After a month we found out she has cancer. The doctors told me they give her a maximum of two-three months, she just can't survive.

And she said: 'I walked out of the doctor's office and I got angry: this is my life, God damn it, and I will not let go! I will not let go!'

She took life into her hands and cured cancer, no chemotherapy. She was having some kind of therapy but it was something like homeopathy. She just decided: 'I will not let my life go! This is mine!' It's been 7-8 years now, she is healthy and has a child, everything is fine.

FREEDOM AND CONTROL

When you have something, you have to take good care of it. If you leave it, someone will take it. If you let your husband sleep alone, someone will take him from you. If you let your child be taken care of

a babysitter, it will drive you away. At one point, it will say ‘mom’ to its nanny or its grandmother. **Everything you leave without your energy is no longer yours.**

When we want to keep a man, it means that we choose to invest our energy in that man. And we will not let go of ours. And yes, control is required here. It is not good to leave the man completely out of control. If you leave something out of control, you create a field for it. Cheating field! **You give him freedom, but there must be control.** We all need control. Without control, one begins to lose ground under his feet. You will not let yours go! You should have the courage to claim it’s yours.

People are insecure: ‘How will I say this is mine? How will he be with me?’ You will say, but no obsessions. Here, of course, we don’t talk about dependencies: ‘This is my man and if it’s not him – it’s the end, I will kill myself.’ You know that this is your man, you know you are his woman. You go and claim!

I know a lot of marriages where excellent mistresses were involved. They tried to take the man away but if the woman fights for what’s hers this stage goes away and he stays with his family.

DAY NINETEENTH

HOW TO KEEP THE MAN

The woman creates the anchors for the man to grab when he is in crisis.

It is our job our man to be properly clasped, so he doesn't have a lot of space to wiggle. How can we keep him?

CHILDREN, MONEY, HOUSE...

It's important to have as many '**poles**' as we can **keeping the man in the family**. These are the foundations you will use in a crisis. Here are the most important ones:

1. **Children** – children are a great way to keep a man.
2. **Money** – when money is common and under both your names, if he leaves he loses a lot.
3. **House** – he will be more reasonable if he knows he loses the place he lives in.
4. **Family and relatives** - if they leave, there will be no Christmas, no family gatherings, he remains rejected by these traditions. If he knows that children, mother-in-law, family friends, all these people will not communicate with him, this is also a factor.
5. **Rituals** - he is used to, for example, when he comes home to find his slippers in the same place, and always have coffee or mint tea in the morning. He knows you go to the movies on Sunday. The more rituals you create, the more you hold the field.
6. **Sex** - of course, this is a very important point. A man needs to have sex that he enjoys so he doesn't want to go anywhere.

It is our job to have the personal power to tell a partner that all of these things must be common. Of course, men do not give their

The energy of love is an ice skate, sometimes it goes down. We women create the anchors for the man to hold on to. Such anchors are the rituals.

In my family there is a ritual that my dad's slippers always stay on one specific place. Some items are never displaced – there is a place where the father sits and nobody else sits there, it is dad's. There is a bed which is again only dad's, nobody lies there. There are ritual books only for my mam, there are objects that are hers only. The space is clearly defined, this is also a ritual. Ritual is also the fact that nobody is allowed to enter the bedroom without knocking on the door. In my family we always had dinner together. We were five people – three children and two adults, always running errands. But we know we need to be at dinner at seven o'clock whatever happens. And the entire family waits for us when we arrive.

I visited them recently. I had a million meetings with my friends from the university, but I came home again, they moved dinner from 7:00 pm to 9:00 pm, made later dinners, but did not eat without me.

It is interesting that a person carries on the rituals of his family when he makes his own. I also added a prayer to my family. And we alternate - one night I read the prayer, the next is he. We also make ritual snacks and take turns preparing them. We have ritual glasses, only for us, with hearts, we do not use them for guests. We have a coffee ritual - when he makes coffee, I hide it and replace it with a glass of water. He says, 'Where's my coffee?' and this way we have fun, we have such a game – to hide his coffee without him noticing me and see if he catches me. We have a ritual to send him off and welcome him with a kiss.

You can stroke him and remove invisible dust from his shoulders when he leaves home - that's how you touch him with your field, with

your energy. If your partner is abroad, the ritual can be an SMS or a fixed-term call, no matter where you are or what you are doing. You can go to the movies on Sundays, work out together in the gym or play tennis together. You should have as many activities as possible together. Meeting friends can be a ritual. You can write a prayer and put it in your boyfriend's wallet with your picture. His phone, in his car, at his desk, on Facebook he should always have your picture, all women must see that this man is taken. His Facebook status should be 'in a relationship with', 'married to ...'

MARK YOUR TERRITORY

Put photos of you together at home. The territory should be marked everywhere and your field must be felt. It also matters how you are recorded on his phone - his 'loved one', 'my wife', 'my woman'

If he lives abroad, you go to him and mark the most important room in his home. You perfume your pillow, you mark the bathroom with your toothbrush and a hair band. Mark the kitchen with your common picture, it may be on a saucer. Even if other women come, they must see your belongings everywhere. On the nightstand there should be a picture and your books, the wardrobe should have your clothes. He must constantly feel your presence and let others know: **This man is taken.**

Of course, you do the vice versa - you put his picture in your wallet, on your phone, on Facebook, on your desk. You do everything you want him to do. You both wear your wedding **rings**, they are useful - they hold the field.

DAY TWENTIETH

IT'S EASIER WITH A CONTRACT

There is no wrong or right contract, what's important is that it should work and be accepted by both of you.

WHEN TO MAKE THE CONTRACT

You probably work and there are probably things you don't like in your work - you are bored, you have a bad boss, sometimes you fight with colleagues, they don't pay you enough, you want more free time.

Now think about what you don't like about your relationship. Do you get bored sometimes? Oh-oh, you don't say! Do you sometimes find it difficult to find time for emotions in your relationship? I'm sure it's happening. Do you sometimes have no time for yourself? Of course!

And what happens? When we go to work, we all have contracts of employment and we know: I work from 9:00 am to 6:00 pm, I have the same salary, some obligations. I, as a boss, have a duty to pay. And you, as the boss, have a duty to do it! We have a contract in place to make sure that both parties will fulfill their obligations and will not give up due to circumstances.

In the private life as well, with the same problems, why don't we have any contracts? Why do we get in touch with the idea 'It'll happen on its own. Time will tell. It's too early ...' **But when circumstances change, it's too late to negotiate.**

That is why **we have to make the contract right from the start!** When I talk about new projects, I say, 'Give me a contract to get started. I don't work without a contract!' The relationship is the same.

My partner and I made a contract on the third week – we had to check if the sex is good, do we have common values and is it worth negotiating. Because if sex is not good, you just ran away. We have sex several times, you go out and you use that the relationship has potential and it starts developing, and you say: ‘Hold on a second, I want a contract!’ **If he says no – leave him!** My partner didn’t have any intent of making this contract. But I told him: ‘Honey, without the contract I am not ready to get into the relationship.’

Upon clearly negotiated conditions the relationship is much easier for both of you.

WHEN TO HAVE SEX

When to have sex? This is specific. You can do it on the first date if you can. If he likes it, if there is chemistry, he’ll be sure he wants to be with you. If there is no chemistry, and after three months you finally do it, then nothing will work out. You have to feel it intuitively. It is generally nice to have at least a few dates and get to know each other. But the question is what you aim for and what your values are. Let’s say if your partner is looking for a relationship and longs for it, if you do it on the second night, he’s ready. He likes the sex - and he’s done. I know a lot of couples who had sex on the first night and then did not split, already have children and family. I also know couples who have been waiting for years and didn’t know if they wanted to be together or not. Let your intuition guide you in making that decision.

WHAT ARE WE NEGOTIATING FOR

The contract should include three main points:

1. What do I want to get

2. What do I want to give
3. What compromises can I make

Write down the engagements for the both of you. The more specific they are the better so he can understand them and value what you give.

I am a woman	I am a man
3. What do I want to get?	1. What do I want to get?
1. What do I want to give?	2. What do I want to give?
1. What compromises I am ready to make?	3. What compromises I am ready to make?

IF THE MAN PAYS FOR EVERYTHING

If the man is the leader in the relationship and he pays everything, then he has all the control and says, ‘Sit this way, don’t do it, don’t wear this, put on that, I won’t live with your kids from the first marriage, give them to grandma, now I want to have sex, now we go to business dinner and you will stand there, be beautiful and smile. ‘He gives clear intentions of what should happen - to quit your job because of him. Interestingly, in my observations, men usually do not offer to care for women who have nothing. They offer it to successful

women with successful businesses, realized and financially independent, which means that they already have a lot of power and energy in themselves. And it is to these women that they say, ‘I want you to turn your back on your whole business, be my wife, stop working.’ And for her, this is a huge sacrifice!

This happened to one of my friends, she was running a successful business all over the country and the partner came, a very big, foreigner, and said, ‘I don’t want you to work, I want you to be my wife. I have jobs all over the world. You leave the kids here, you leave the business and you are just my wife!’

It was a very difficult decision for her, but she took it and left everything. She left the children to their grandma here, the business sold and left everything, now she only deals with her husband. For such a woman, this is a huge price. The husband is worth it. But she gives him her sacrifice by only caring for him - to have sex, to be beautiful, not to be whiney, to support him, to give him time to work, if he wants to be alone she leaves him sleep alone and write his ideas at night. However, she is not very happy that she does not have her own money. **If you are used to having your own income, it is good to always have it.**

The other option is to be equal and then share the costs.

In many European and American families, both are struggling to make a living if this model works for you - use it. The point is to feel good about what you do.

UNDERTAKE ONLY THINGS YOU CAN FINISH

Your contractual commitments must be very well thought out and feasible. For example, if you do not like to cook and do not like being

a housewife, and the partner expects you to cook and be in the house, you do not have to force yourself to be something you are not. It is very important to understand who you are and what would you really do for a man. And if it **doesn't easily come** to you to do surprises, don't do them. If it doesn't easily come to you to cook, don't cook. If it's not natural for you to do some things, they are just not for you.

We shouldn't force ourselves because of the relationship. Because many men do not want a housewife, they do not like you being a housewife. So we make a contract. We go to the man and say, 'I want to make a contract. I'll give you this, this, this. I will take care of you, give you presents, give you massages, give you blowjobs every morning. We will go on vacations, we will go out together. I want you to give me this, this, this. And tell me your wishes. This is important to me. No problem if you work all day and then go have a drink with friends.'

HOMEWORK CONTRACT WITH THE PARTNER

I assign you to make a contract with your partner. You both need to agree to sign it. **If there are points you do not like, you offer compensation.** For example, my partner always asks me to pick up my phone. I can't. He is calling but I'm in a seminar and I'm not answering. He is angry. I tell him:

'Honey, I'm sorry, you chose a working woman. But I will take the tickets when we travel abroad. 'That is compensation. I don't like to give money, maybe I wouldn't want to buy tickets, but then I have to pick up the phone for him. It is easier for me not to pick up the telephone but to give money for tickets.

If you don't have a partner write down only your part of the contract, for example: 'My standard is this and this, I don't want it getting

lower. I want my man to give me status – to offer me to marry him, to have good attitude, living together, protection. To protect me from problems and dangers, to support me. To give me the freedom so I can go out alone. I want my man to be a gentle lover. I want a monogamous relationship.’

You may also have an open relationship, but then you both must agree. Sometimes I work with couples who put an open condition in their contracts. This implies that they should use condoms with other partners, have sexually transmitted disease tests, still sleep at home, and not invite lovers home. Only those who travel far abroad have very clear rules for open relationships.

MONOGAMY AND COMPENSATIONS

If you have defined the condition of monogamy, but someone is cheating, he must compensate. For example, men in the Caucasus are polygamous and constantly cheating - Armenians, Caucasians, Georgians live this way. But they have to compensate. They always make an expensive gift for their wives. Divorces are rare there, there are mistress women, they have different mentality, dress in recognizable style, communication with them is specific. Spouses do not go to some bars and establishments - they are places only for husbands and mistresses. This is a ritual: a **man who cheats is obliged to make an expensive gift to his wife**. But the woman does not work there - she takes care after the children, takes care of the house.

I also know women who work, and their husband stays home. Then she often has a lover, she is polygamous, but she provides money for the family, pays common holidays, pays for the children’s school, etc. This is also a contract.

There is no right and wrong contract, the important thing is that it works and is accepted by both of the involved.

IF YOU DON'T HAVE A PARTNER

If you don't have a partner yet, start defining your requirements as you look for one, be prepared, for example, with the five most important points:

1. The man should take financial responsibility or share it
2. Should not interfere with my work
3. To want children with me and to help me in raising them
4. Marry me within one to two years
5. Respect my parents

You give clear rules. If this partner is interested in a serious relationship, he will like this clarity. If he is not ready and starts to roll, dump him.

It is important what kind of energy you put into the relationship in the beginning. It is good to have only 30-40% of the male energy and 60-70% to be female. It is good if you can cry in front of him, ask of him, meow to him: 'My dear, please see, it is very important to me!' Kiss his feet, there is nothing shameful in it! And many men love for you to suck their big toe, it just melts them.

Bury the Samurai sword! Assume that men are a little bigger than us, women. Men have power and control the world. They are presidents, billionaires, and they create reality. Leave it to the men. We women just can't do these things. Or we lose everything feminine in us.

Submission and obedience are important feminine qualities!

SUBMISSION AND OBEDIENCE

Submission is a very useful quality in a woman. See if you can accept it. Try to be submissive all day today to all men. Walk one step behind them. To let them take care of you, to be very gentle and tender. Without any disputes aiming to prove your truth. Say aloud:

'I am just a woman who carries submission and obedience in her soul.'

'Submission' means you carry peace in your heart.

HOMework WASH AND KISS

Do you kiss your loved one's feet? Wash his feet and kiss them - it's an Indian practice for rituals. Be sure to do this homework! He comes home. You prepare warm water, take his shoes off, remove his socks, stir shampoo in the bucket. You put his feet on and massage them. You dry his feet and kiss them. The tip of the iceberg will be if you suck his big toe. Then you can add a blowjob, this is the Russian version. In Russia, women do this - add a blowjob.

And you take him to the table to have dinner.

Believe me, this will always be remembered! I know the men's reaction to this practice, they go nuts. It may be strange at first, but he will get used to it and start waiting next time.

It is a practice to acknowledge his power, you must remove your Amazon protection in order to do so. You acknowledge his power and that you are a woman, not a queen. **You have the power to humbly love your husband.**

Create rituals. Does things he will remember all his life. What do you think mistresses do? Exactly such things. Mistresses are smart, they know how to give pleasure to men. The sexually liberated woman knows that the legs are one of the erogenous areas of the man. You start to do it and you see energy turning over.



DAY TWENTY FIRST
HOW TO MOTIVATE YOUR MAN

Admire him, transfer responsibilities and don't whine!

Why do you think men don't talk about their issues? Men want to be strong and don't like showing their weaknesses. They first want to overcome the difficulties and then say: 'I had an issue but I made it work.' And this helps him grow.

HOW TO REACT IF HE SHARES A PROBLEM WITH YOU

If he, however, share a problem with you, what should you do?

Option 1: Remind him of past successes

Example: My man calls me and tells me:

- Here at work is a complete chaos, a nightmare! I will never fix this...
- Honey – I say – honey, smile!
- What?
- Smile, honey! I love you! Smile!
- Ha?!?
- Smile! – and I laugh. – And now please tell me five things why you love this job!
- I don't love it!
- Five things why you love it?
- Okay: That I am independent, that this is my job, that people are cool, the team is cool, it's at a nice location...-he started to list.
- Great – I say. – See what a nice job you have, what amazing people you work with! This time you will do it also. You will become even stronger. This great challenge is your big luck.
- Why is it my luck?
- Because after this it will be much easier. I love you so much!

- Okay, I go to work with my wonderful team! – he said.

The energy is different now. In a few hours I sent him this message:

‘You are not the best manager in Bulgaria. You are the best manager in the entire world! Do you remember how some time ago you solved this problem?’(I give him specific information about a problem he already solved in a similar situation, I remind him this). And then it happened so easily. Now it will be every more easy because you always succeed!’

And he is happy and returns a message that I am the best woman.

When men share problems, we don’t solve them, we support the men.

Most of all you should change his focus. You caress him, kiss him, remind him what wonderful solution he found in such a situation. Men panic more than women. That’s why you give him courage and bravery.

Option 2: You get him angry

Attack: ‘Are you really telling me this? Am I married to such a man?! To a man who can’t handle problems in his team?! Are you seriously telling me this? I think you are strong and now you are yelling like a little kid. Well, no! I don’t know you like that. I know you as a strong, powerful man who always makes decisions. And I want to see you strong and powerful. I don’t want to talk to such a man now!’

This way you get him angry and insult his self-confidence. And again you displace the focus.

Option 3: You motivate him through your fears

If you say to him, God, honey, how are we going to live? How will we feed our children? The end! ... We will never manage. If you are afraid

then what can I say for myself?! I'm totally scared, oh, reassure me, tell me everything's going to be okay. I'm so worried!'

You look even more frightened and he begins to reassure you. This also works fine.

Find what works with your husband, what would comfort him. Fear also motivates well. So we start looking at how we can motivate him, but we don't solve his problems. These are his problems, let him solve them.

Option 4: Direct him towards something pleasant

You can shift the focus by telling him, 'Honey, you can handle it, but now there's something more interesting. Tell me when we will do something.' So you make him think of something pleasant – a vacation, going out tonight or what you will have for dinner. So he takes control and then solves the problem.

Option 5: You seduce him with sex

You say, 'Honey, come here. .. let me just kiss you, there is nothing to do. Dear, I am horny, I can't take it anymore!' And you start to seduce him, to go over him, to kiss him all over his body, his feet, all over. After the sex their heads are cleared and they make the right decisions.

Why men who are very rich have mistresses?

Exactly because she sucks his brain dry. The bigger the man, the bigger problems he has. She comes and offers sex, seduces him, he forgets the issues and his head clears. At the end of sex the solutions come.

HOW TO TALK ABOUT YOUR PROBLEMS

It is very good when we create problems. Men love solving our problems. Part of the problem, of course, is solved by yourself, but most you give to him.

How do you talk to your partner about your problems? Keep in mind that men react radically differently from women. When we share problems, we **just do it to tell them**, we like to talk. However, when we share our problems with a man, it means that we **expect a solution** from him. He immediately takes effect. So, before you share the problem, consider whether you really want him to solve it or if you want to manage it. And you give him problems that he can still find a solution to. **If a man manages to solve your problems, he is even more satisfied in the sex.** And he wants more, and more, and more. You give him tasks and he says, ‘Ah, I did that too. And this! More! Come on!’

Men love helping women solve their problems.

How do you give him your problem? You say, for example, ‘I can’t make a decision, I don’t know what to do ... Oh, I’ve lost faith. I don’t get it. Can’t find this contact. I can’t contact this person.’

Pretend to be weak. Tell him: ‘I can’t do it alone. I failed.’ Cry, he will say: ‘What will you do without me?! You can’t manage without me!’ And you will say: ‘That’s right, I can’t manage without you!’ This is what keeps men. He has a dick, you have a vagina. When he solves your problems he feels needed. If you solve everything yourself he is not needed. And he is not important. This is why you give him tasks he can solve.

It’s very important that you do what he says.

HOMework

I CAN’T, I DON’T KNOW, HELP ME!

I want you to come up with a problem and give it to your partner to help you. If you do not have a partner - a colleague, a classmate or a random man. For example, you go to a classmate and say to him, 'Sorry, I can't handle a geometry problem here, please, help me! I just don't get it. I'm so stupid!' And what's important here is the sentence 'I'm so stupid! It does not work for me.'

Say it out loud! *'I don't know. I can't. Help me!'*

How much do you allow yourself to accept 'I'm stupid'? Say it aloud:

'I don't know, I can't, I'm stupid.'

The smartest are the women who can admit their stupidity. And the men say, 'Oh, my dear, how silly is she! Silly, but sweetheart and darling.' That works a lot.

I had to do something on the computer and I couldn't turn on the speaker. I go to the mall, carry the computer, there's a queue of men. I say, 'Guys, I'm very stupid, please help!' And the whole queue immediately gives me space to help me. The whole queue! Because some chick came there and admitted to being stupid. I tell them, 'This speaker doesn't work! I can't plug it into my computer!' One guy pressed a button and I said, 'God, how clever you are, how stupid I can be, eh we are women, how bad we are with the new technologies!' And they ... the entire queue - happy, smiling, they stood up, raised their heads up, hearing how smart they are just because I admitted to how stupid I was.

Start refusing to be smart! Allow yourself to be silly. Big deal, it's not important for a woman to be smart, it's a man's quality. It is important for a woman to be beautiful. And you are stupid, kind, pretty and sexy.

Work on it, train. Say aloud: *‘I can’t, I don’t know, I don’t get it. Honey, only you can do it. I don’t know it and I don’t understand it. You know it!’*

Cover your mind. Just take away the excess pride! Say ‘I can’t, I don’t know’ and don’t do it. ‘I’m so stupid and I fail. I just don’t understand, I don’t know how this thing is done.’ And you leave it.

Well, you do some things on your own though, you don’t go to the extreme of doing nothing. And the important is the archetype of your husband - whether he is inclined to take charge. But this is the way to get rid of the difficult tasks for you and pass them on to men.

When he offers you a solution to a particular problem, you **should not change and criticize anything he has done!** If you transfer responsibility, then, sorry, but you will be grateful!

I once transferred the responsibility of my husband to make dinner. It was so horrible, it was not edible, but anyway - I ate it happy, smiling, praised him for how well he cooked it. Well, no more cooking because I knew we would be hungry but I didn’t criticize him.

So estimate what responsibilities you can transfer but don’t forget: **he should constantly be engaged with you!** You have to constantly occupy his field and focus! You think of tasks - it’s your responsibility. You pass them on to him, **inspire him and thank him:** ‘How well you did it! Wow, how brilliant you are, there is no other like you!’ Constantly! When you do things on your own, you are tired, you expect admiration from him. Of course he doesn’t give it. And you get frustrated that he is giving you nothing - there is tension. **Admire him, pass on the responsibilities and don’t bother!**

I keep telling my husband how stupid I am. And very often I get play the fool. **It's important to play the fool, otherwise he'll be the one playing the fool and men are very good at it!** He tells me:

- Take the trash out.

- Aha – and I walk out.

In the evening we get in the house and he asks me:

- What's that smell?

- I don't know.

- Ha, the trash. Didn't you take it out?

- Ohhh, honey, I forgot... I am very cold now, I can't do it in the evening!

And he goes to throw it out. And I instantly reward him by saying:

- Honey, you are so kind for doing this!

He finds out very quickly that it's better he throws up out himself and see me happy than for us to fight for such nonsense.

We educate our men through the positive and negative feedback. **It's important that he sees the difference and receives a reward.** When he solves a problem (even throwing the trash out, he solves the problem of the house being smelly) you think of a reward, you do something for him that he likes – sex, massage, give him free time, send him to beer with friends.

And he must know very well what you are punishing him for. If he doesn't do something, how will you punish him? You can quarrel with him, sleep in the other room, not talk to him, go out with your girlfriends and get home late, and don't sleep at home. You choose the punishment that really affects him. Men are super easy to train.

HOW TO GIVE A NEGATIVE FEEDBACK

Never criticize your husband! There is a huge difference between criticism and negative feedback. When someone criticizes us, what do we do? We become like hedgehogs, with needles! When you feel your partner is going to criticize you again, you get tight and you just don't hear what he is saying to you. You just stop hearing! If we constantly criticize, the partner at all times stops listening to us. He expects you to speak nonsense and decides, 'It's better not to listen to her so I don't hurt myself.' But how to **give negative feedback** about something we don't like? We do it in 5 steps:

1. You tell him something nice
2. You state the fact that you do not approve of
3. You say how you feel about it
4. You tell him what you want him to do
5. You tell him what reward he will receive if he obeys your rules

Here's an example of a situation where he threw his socks in the middle of the room. You say, 'It's very good that you change your socks regularly. And I see that two socks are on the floor now. It makes me feel helpless, misunderstood, unaccepted, offended!'

I would very much like when you take off your socks to put them in the washing machine. And then I'll be in a good mood and have a good sex in the evening.'

If, for example, he overdoes going out with his friends: 'I like that you have so many friends. And every Friday from 7:00 to 12:00 in the night you are with them. This makes me feel quite insecure and lonely at home with the children. And I would like to have some free time to go out with my girlfriends or take me from time to time with you. I would like you to do it no more than once a month. And then I will be happier and there will be more love and harmony at home.'

This way we teach our men and raise them like children.



DAY TWENTY SECOND

TYPES OF FAMILIES

In order to have a classy man you should have fantastic willpower.

There are four types of family.

PATRIARCHAL FAMILY

In the patriarchal family, the man is of the **managers archetype**. He wants him to be the one saying what you do, he decides what you want to accomplish. The manager may also be the little boy as well. It is very important for the woman to maintain the house in this case. **He is the head of the family, and the woman must be obedient, consensual, follow him.** And historically, in the patriarchal model, the woman was not a lover, she was also a working woman - she cooked and cleaned, he made the money. In this model, there are very clearly divided responsibilities of the man and the woman.

That's how things are in my family. My mother has always cleaned and cooked, my father made the money. She also works and earns money, but women's work is women's work. And this is not discussed. In Bulgaria, the society is still quite patriarchal, in Greece too. In principle, this is one of the most stable families and **is the most wanted**. There are **clear roles** of 'man' and 'woman'. The woman irons her partner's shirts, takes care of him. But the man is the head of the family, he makes the decisions, he takes on the big responsibilities. **The man requires, and the woman obeys, allows herself to be led by him. He is in the root of everything.**

If you have such partner you are next to him, not before him. He doesn't like a lot of makeup, here **sex is not that important. Family is important here.** Rituals are important here – to have dinner

together, to travel together. Here often visitors come such as mothers, in-laws.

CHILD-CENTERED FAMILY

The **man of the artists archetype** has a child-centered family. In this model, the **most important are the children**, the partner is often the third child. He is doing something there, writing his books, doing his things. **The woman is strong, smart, upright, reliable, stable.** She takes care of the whole family, the children, her partner and he knows he can count on her. Here the partner gives maximum freedom. The woman can have business trips, vacations, this is all part of the process and they both take care of the children. **Sex is again not leading here.** Often both are monogamous, forming quite conservative relationships. Both aim to raise good children. Often they do not sleep together, sleep in different rooms, sleep with the children, take care of them and the household chores. They have **common responsibilities** - they both make money, they both spend it, but in these families the **woman assumes greater responsibilities** and has freedom. Some of the most intelligent men are here, but often lack the passion, often **lack the manly behavior.** These partners are very good, they are very smart, but they are not alpha males.

MARITAL FAMILY

The third model is of the marital family, the man in it is **from the archetype of the traders and the two partners are equal**, the children are not of greatest importance. The children are with nannies, with cooks, and the parents are at a restaurant. They give birth to a baby and immediately throw it at the grandmothers or someone to take care of it. Both partners are successful, cool, active. **Sex is very important here. The important thing is the realization, the high marriage price, the fame, the power, the pleasures are important.** Of course, here are the cool men, they're really 'Wow!' Here, women are fighting for her husband because they like him.

EGOCENTRIC FAMILY

One partner, even maybe the woman, is self-centered, everything is focused on them. **The classic combination is when he has a wife and a mistress.** The woman takes care of the children, gives him status, gives him peace and security. The mistress is young, beautiful, unloading him with sex. She is stupid, supportive, sweet, accepts him without any criticism, admires him, loves him. **All his needs are met.** These people are very difficult to have a relationship with, no matter if they are men or women. The world must revolve around them. They do not want to compromise, so the other partner is forced to make too many compromises - yields, agrees, satisfies whims. **Self-centered people need a partner with unconditional love.**

MODELS ARE HARD TO CHANGE

Now analyze what model of family you grew up in, what model of family you want and what type of partners you attract in your life.

Who was the head of the family - your mother or your father? Who made the most money, who made the decisions? Who was the defining one, who did you love more? Why they lived together - because of sex, because of children, or because of responsibilities, what kept them together?

Unfortunately, the bad news is that you can hardly escape the models. And our psyche accepts it. We grew up with some models and we carry them ... and we are used to them. Models are hard to change. And we often look for similarities to become our parents. Problems occur, especially with partners of different types of families.

I was with a couple, he is from the typical patriarchal family and for him the woman should clean and cook and work a little. And she is from the marital family type. The mother and father were constantly abroad, she grew up with her grandmother and hardly saw them, for

her work and career are the most important. She is constantly on business trips, travels, she is away from the house, doesn't cook. They have a small child, fight a lot and want to get divorced. He says:

- I don't need this kind of woman.

- Wait a minute! – I intrude. – You have models.

- Yes, the mother should work a little – he says – she should be in the house until 5-6 in the evening. My woman is never there, she is constantly on business trips.

- Yes but you wanted an expensive apartment. I didn't want it, we were fine in Mladost. You decided you should be near downtown. Are you ready to reduce your work and the business trips and come home on time?

- I don't know- she said.

I asked him if he was ready to look for a better paid job so that he could cover the loan and that she would work for less money without business trips. And be a man and start repaying the loan instalments. He began to say that his work was not low-paid, not high-paid, but he liked it. I tell him:

- Are you ready or aren't you?

- I would give it a try – he said.

And they made this compromise – she reduced her work and she started making more money.

After a year I meet him at the mall.

- Natalka, do you remember me? – he stops me. Things worked out very well with us. My wife stopped her business trips, found a job here in Sofia, stayed in town, went home in the evening, played with the child. I changed jobs, I have my own business, things went well. She supports me. We are now planning a second baby.

How simple it was - they just had different models. Therefore, it is very important to understand what model our partner comes with, what is right for him and see how our models can fit. Otherwise, we fight because we do not understand the model.

How to change the model?

Changing the model should come from within you, at the values level. If you cannot do what is needed, you just let it go.

For example, he lives abroad and wants you to go to him, and you have a good business here in Bulgaria. Sell everything and leave! Prove with action that you give up what you have because of him. That's the 'I squat' proof. And you will actually squat. Then realistically, if you are jobless, without your business, you will need to be his cocoon, he will support you, and you will take care of your manicure and hairstyle and wonder what kind of massage to order today. You play that you are weak but you are not weak instead.

The chicks ... they're really weak and they really can't be on their own. That happens naturally to them. I have one acquaintance who is a total chick. We go to one place once and I tell her, 'Please watch the GPS and just tell me 'straight', 'right'. There are some arrows out there, just follow them.' Finally, I don't know where we are. I tell her, 'Daring, it's so easy, why didn't you do it?' And she tells me, 'Well, did I have to follow all the arrows here?! Natalka, I didn't understand. I thought it was just a map.'

I went nuts! What's interesting is that specifically strong men adore her. This is the compensation in nature – **stupid women find smart men, otherwise they wouldn't survive.** Someone always took care of my girl – her father, a boyfriend, her boss! Everyone knows that she will not be well on her own and everyone is helping her. And she's very good. She gets everything she needs! She is super kind, loves all people, kisses them, cuddles them - that comes from within. And she doesn't have to play it, she is. If we play what we are not, we have an internal protest, we do not agree with our role, and people notice it.

Smart women often end up with stupid and weak men, and these men use them as they wish. It is still the law of nature for equilibrium.

So analyze yourself, you need to be aware of what is stopping you from going abroad with him. Can you tell him: 'I want us to be together, I can't stand being without you, I end my business here and I will live with you in the Netherlands and give you all my energy and love'? Can you take real action if you are ready for such relationships? If you're not ready, don't push yourself! You say, 'I love my power and control and I don't want to let it go. I like to be the boss of myself. It's my money, my time, I want to make my decisions.' And you choose a man who can accept it.

Be honest with yourself and see what you really want! Yes, you're scared, of course. **Your confidence in him is important here.** If you decide you want to completely change the model, you just dive in and see what happens. If this is your man and he has the power to cope, he will cope. If not, you'll come back. But if you are a queen, you will again survive and you will figure out something abroad. Calm down, queens always survive!

HOW TO MAKE HIM TO DEVELOP HIS OWN BUSINESS

Before you do anything, consider whether it has business potential. Start giving him ideas. See where his strength is, what he feels like doing, and start directing his attention nthere. It is very important to see where your husband's potential lies.

There are six types of talents:

1. Man - man

This is a talent for working with people - they have the professions of salespeople, teachers, psychologists, etc.

2. Man – technology

Here are the IT experts, engineers, technicians, builders, craftsmen, fitters who can fix something.

3. Man - system

Accountants, lawyers, translators, these are people with systemic thinking.

4. Man - art

This is the talent of artists, musicians, painters, writers, etc.

5. Man - animals

There are veterinarians, trainers, breeders, etc.

6. Man-sport

Here are all the athletes, dancers, gymnasts, stuntmen - people who work through their bodies.

Analyze where he is and what he can do well and start directing, motivating him. Strengthen his talent. Don't make him do something he doesn't like. He is who he is. And if you learn to properly determine your husband's potential, then you will be able to support him in his successes.

HOW TO INSPIRE HIM

1. Offer him stories of similar business abroad, show him websites.
2. Organize dinners with people who can help him. The point is for him to believe in himself, to be open for the idea.
3. Then you help him with guidance, set specific goals, and use his dependencies to achieve them.

My husband loves coffee and drinks it a lot. We stopped drinking coffee for a month until he reached his goal, I stopped also. But a very strong will is required. Develop his will. Get your addiction out of the way so that he can remove it also and only the bonus remains - to establish his business.

If your beloved has an addiction, then you have some addiction as well. If you remove yours - he will stop his.

It is common for male alcoholics to be a classic victim of criticism and self-pity.

THE 'WIFE' STANDARD

This is primary - you decide: my standard such that I want to be a wife. You should set the condition for yourself, making it clear that you will not be dating married men. If an interesting man meets you, **your first question is whether he is available.** I strongly recommend checking it through the services as well. Many men in Bulgaria are lying. You decide, **'I am a woman for a single man!'** And if he is married - goodbye! There are many available men.

Use this belief:

'I only attract available men. The man I fall in love with wants a relationship and marriage with me.'

And don't get in touch with a married man doesn't matter how much you like him. Is he married - you don't want him!

If you are already in such a relationship, make a clear rule: 'If you do not get divorced in three months, I do not want to be together!' If your price is high, you can ask him to dump his wife for you. And now **two women will fight, this is fair - the stronger will win.** No one is to

blame for us if we do not develop as women. No one is to blame if another woman takes our man.

Create rituals, have sex. I beg you, **get a babysitter** for the kids! How many marriages are ruined because you do not take nannies and cleaners. This is more important than a psychotherapist. No matter how many children you have, you have to spend time the two of you alone. You start when the baby is months old. A man needs his wife. **And you sleep with your husband!** No sleeping with children. No! The children sleep in their own bed. Period! They cry - they don't cry, they want - they don't want to: they have beds. If you are adamant, children will sleep perfectly well on their own.

YOU SHOULD HAVE WILLPOWER

You choose for yourself: I want to be a wife, I don't want to be a mistress. And you pursue your goal without compromising. Compromises are only made if you do not surrender yourself. **To have a cool man, you have to have a fantastic willpower.** Fantastic! Nothing happens without willpower, you will not keep the man without it. If you decide something, you do not compromise with yourself.

But here it is very important to learn not to conflict with your husband.

How can we assert ourselves without conflicts with our husband? We are women, unfortunately, and if we start fighting and say, 'You will do it now, I told you, you owe me!' he will punish you. And he will punish you very badly.

Try a trick. It's not important to be very bright, **it's important to be clever.** You know where you want to take him and direct him to this situation. Let's say you want to do something. Ask him supporting

questions so that he makes that decision, he decides that you have to do it. Let's say you have to go to your mother. But he doesn't like this. And you tell him, 'Honey, I don't know what to do. My mother is waiting for me. She has made a pie and is waiting for me, that dear woman. And here we are with you now, dear, what shall I do?' And he begins:

'Well, what should you do?!' You continue: 'Well she is old now, I don't know how long will she live and I love her so much but I want to be with you and the kids so much. Now I don't know what to do.' This is how you **transfer responsibility** to him: 'You are very good. You know how to make decisions. And yet we are already parents. It is so...' 'So you **push buttons**, in the perfect case you make him finally say: 'Well, go to your mother! Do what you need to do, eat your pie and come back!' You continue:

'Really? And you won't be angry? Wow, how much I love you! What a wonderful solution!' And you thank him, do what you want, and show him that if he lets you go to your mother, you are **grateful and happy**. But he said it. All the while, he must think that **he has made the decision**.

IF HE DISAPPEARS

Often my clients say, 'He disappears.' Men do often disappear, but this is not a bad thing. He obviously solves some problems. While you are at the beginning of the relationship and he disappears, **you use the time to work on yourself**. You go to yoga, to seminars, to paint, to do sports, to flirt, to have fun. Men go to a happy and charged woman. It is very likely that he will disappear when you are exhausted, when you are weak and you cannot give him energy.

We need to understand their needs. Often a man needs the freedom to recharge his batteries. Can you tell your husband, 'Go have a beer with your friends! Rest. You need freedom. Go out alone!' You will

see that if you send him out alone, he will be in a hurry to come to you. **Men are very grateful to women who are aware of their need for freedom.** If there is a movie or show, let him watch them, respect his boundaries. Then he will respect yours too. Say it aloud:

'I respect your freedom and I am grateful that you respect mine!'

Of course, this works if your relationship is two-way, reciprocal, if you have a level playing field. It's important **for you not to be childish.** We often look for dads: 'Where is my father who will save me? Where is my man who will eventually do what I have dreamed of all my life? No such man, no such father! **If you did for yourself what you want to get from a man, then you will get it from him as well!**

SEVEN REASONS FOR HIS DISAPPEARANCE

1. **He only wanted sex** and when he got it and satisfied his instinct as a hunter, he was no longer interested.
2. **He is disappointed with you** - he likes the way you look, but after communicating with you he realizes that besides your appearance nothing more attracts him and he sees no point in going on.
3. **He's a workaholic** - his job is a priority, and you want attention and time that he can't give you right now. And if you start to pressure him, he prefers to stop now.
4. **He is not happy in this relationship** - he realizes that he does not like you, but does not know how to say it and prefers to just disappear. Men generally dislike explanations.
5. **He has another woman or still loves his ex** - he may not have told you about her or come back to his ex, but he chooses the other anyway.
6. **You want him too much** - there is nothing more repulsive than a desperate woman. It is not a good sign if you are constantly looking

for him, inviting him to dinner, seducing him for sex. If all this comes only from the woman, it becomes quite unpleasant for the man and he prefers to simply disappear.

7. **He does not want to take responsibility** - there are men who are still small boys and simply do not want to take responsibility for a woman by their side. It is easier for him to escape than to grow up.



DAY TWENTY THIRD

HOW TO DRIVE THE MAN CRAZY

Don't put the man before you, don't be scared to lose him.

FIRST OF ALL, RESPECT YOURSELF

In order to get a man to do something for you - to respect you, to give you gifts, to be with you, you must first respect yourself. What does this mean? It means living up to your standards, being **absolutely satisfied with your standard of living**. From the status of your body, from the way you wake up, to sports, to work, from your income, from your house, from your car. To be with a man, but **not from the point of despair**. You will never be able to drive a man crazy if you are desperate, grasping at him like the last straw and wanting to be with him at all costs. Men feel it as a vibration, purely on a hormonal level it becomes disgusting to them.

Personally, I strongly recommend that you give up the idea of reconciling with your ex, finding a new man, or trying to keep your partner if you are in despair. This is a useless exercise.

So before you do anything, make sure you make the changes from the first part of the book and you are in a resource state.

A resource state means being happy with yourself.

A TALE OF ACCEPTING AND GIVING

I want to tell you a story I heard at the Larissa Rena's seminar.

Once two fruit pits fell on the ground. One was accepting the other was giving. When earth wanted to give them power the accepting pit gladly and thankfully took. The giving one said 'Don't give me anything, I will manage myself. I don't need anything.'

When sun, air and water were giving the pits acted the same way.

Time went by and the accepting pit turned into a beautiful tree, full of fruit, nice shadow and unique scent of love and beauty.

The second pit, because she didn't allow herself to receive and wanted to do everything itself went to be a dry, ugly tree, no branches and leaves.

People were coming to the pretty tree, collected its fruit and made picnics under it.

Nobody went to the second tree. It was constantly begging: 'Please, take my love! I gave up so much! I didn't take anything for myself! I only want to give.' But nobody wanted anything from it. Finally a person with an ax came and cut that tree so it doesn't ruin the nice view.

What kind of a tree are you? Can you receive and balance?

Analyze this tale in terms of yourself.

Find out what is most important for you in love and why does life goes this way.

Think about what do you associate with love. Some of the possible answers are: passion, respect, care, understanding, harmony, commonness, connection, sharing, sex.

CORTISOL AND SEROTONIN RELATIONSHIPS

Often women choose men who drive them crazy. These are problematic and shadowy men who associate love with pain, leaving, shouting, unacceptance, abandoning. In their field, if you are not bad with them, it is not true love. There are women who understand love only as a way to suffer. And when a normal partner appears who is kind, loving, caring, they are bored. 'I don't feel anything' they say. However, if their partner runs away, if they do not want to commit, if they cheat, then they are attracted: 'Wow! What a love I have!'

It's not love, it's pathological dependency. But many men choose women with pathological addiction. Many men want to have a so-called cortisol connection. **There, cortisol is at a stress level, and if there is no stress, it doesn't go well with normal women.**

Often these men are attractive, adrenaline-loving, active athletes, they are arrogant, interesting. They need a pretty wild woman. A woman who will also bring adrenaline to him. Make him scandals, drama, get on his nerves.

Cortisol relationships are shady.

Sunny relationships are serotonin.

The partners who choose serotonin are calm, loving, supportive, understanding. Usually, by law of ownership, we attract opposite partners. If you are a good lady, often your partner is a shady, bad boy. If you are bad and you are a bitch, there are often nice men next to you, but you find them uninteresting and boring.

HOW TO RECOGNIZE THE BITCH-WOMAN

The bitch chooses herself. She so doesn't care what the man wants. She says: 'I want this and this. End of discussion!'; 'I want a pineapple at 5am, I want you to find it for me!' The bitch doesn't feel sorry for her man. She wants to work, she wants a new car, she wants to satisfy her whims, she can cheat on him, she can flirt in front of him with his friends, she does whatever comes to her mind. The interesting thing is that **the more she mocks him, the more she attracts him.** There is some charismatic magic in the shadowy people. You know it's bad that he smokes weed, takes drugs, steals, but the attraction is stronger than you! And you feel that you just do not control yourself, you want to be with this man.

Or you know she's a whore. Literally! I had such clients, she is literally a prostitute, but he says, 'I can't, something is stronger than me, she attracts me.' So **when we talk about craziness, we always talk about shadow.** Talking about cortisol relationships, for them the woman is ready to learn to be a bitch and ready to fool her partner. She is ready to torment him, to expose him, to give him difficulties, and to say, 'So what that he doesn't like it? That's what I want, so he has to do it.'

Now you think 10 out of 10, 0 being 'I am very sweet and nice with men' and 10 is 'I'm a bitch and I'm ruthless with men' how much do you mark yourself. Write it here:

The question is whether you want an active relationship, a relationship with a cool partner, but very shady, or you want a quiet, normal, family relationship that is not so bright, not so crazy. The question is at what stage of your life are you and what is interesting to you.

Write in four to five points what kind of man you want to have in your field:

THE FIVE VALUES TEST

You should arrange the following five values according to their significance:

- children
- parents
- love/partner
- me as a person
- work/self-realization/money

Place as first whatever you give most time and energy to. Maybe you don't have children but you want it very much, maybe you are getting ready for maternity, to take care of yourself so you can get pregnant.

Maybe you don't have a man but you are looking for one, reading about it, meditating.

As fifth place the least important one. Write them down here:

1.

2.

3.

4.

5.

Where did you put yourself? Everything that is before you is in the zone of trouble. **If you want to drive someone crazy, you have to be crazy about yourself first.** Putting yourself first. When you believe that you are the most important, the most valuable, when you devote the most time and attention to yourself, then you can love others. Only then can you accept everything in others.

Never put the man in front of you! Never! This place should be for you only.

Now say aloud and observe your sensations:

'I am number 1! I am more important than my man, than my children, than my career.'

Repeat it many times, let it be your belief.

If you want your own belief that will be the basis of your transformation – you are welcome to the Geisha seminar, there is one online.

In the online program '33 Days to the Dream' we also work a lot on this topic and there you can find your way and your mission - join the program on the site www.natalia.bg

THE DIFFERENCE BETWEEN 'I WANT TO' AND 'I HAVE TO'

Please make a list of the things you are obligated to do. List them here:

—

Possible answers: I have to clean, I have to wash dishes, I have to find a job, I have to take care of myself, I have to be nice and kind, I have to abide by my man, I have to make money, I have to watch my weight etc. Now try to replace ‘have to’ with ‘choose to’.

It’s as follows: I want to clean, I want to wash dishes, I want to find a job, I want to take care of myself, I want to be nice and kind, I want to abide by my man, I want to make money, I want to watch my weight etc.

Read it aloud!

Do you feel the difference between saying ‘I want to’ and ‘I choose’ but not ‘I have to’? If you feel obligated this forces you. This is why you should forget the word ‘obligated’. To be honest, you choose to wash the dishes because you want to have clean dishes at home. You choose to work because you want a good career. The difference is huge when you want to work some profession or you have to do it. So your field can change say and make this your belief:

‘I do only things I really want.’

IF YOU CHEAT ON YOURSELF, HE WILL START CHEATING ON YOU

Often in relationships you start to forget about yourself. Your partner says, ‘Forget your friends, forget your hobby, forget your job!’ And an obsession occurs.

Never sacrifice everything for a relationship. He picked you up when you were active, with dozens of friends, interesting, working. And suddenly you become a homemaker, you are only with him and you **become boring**. Then you cheat on yourself and you start attracting cheating. **If you cheat on yourself, according to the law of quantum psychology, he will start cheating on you.**

HOW EXACTLY DO YOU CHEAT ON YOURSELF

You don't enjoy something? Then don't do it! A person will appear who will do it. **You cheat on yourself when you do something you don't want.**

A client came to me with uterine fibroids. She had two big kids and a man who didn't work. And she worked like crazy for everyone. She comes home and starts to clean, cook, no one at home helps her. I ask:

- Why are you doing this?

'I have' she says, 'to clean, cook, and make money.' I have two children, I gave birth to them. My son is 12, my daughter is 18, my husband is 42 and they do nothing.

- Okay, can you accept that you don't have to do it? And stop washing dishes – I say.

- How so, how will I stop washing dishes, what will we eat with?

- The children will find a way.

And she stopped. She told them, 'Children, I will cook, but you will wash the dishes!' And they said: 'No, we do not want.' And she replied, 'Well, I won't wash either!'

She then told me: 'It was difficult for me but I got off the table, went in the bedroom and grabbed a book. And my husband said, 'Are you crazy? Won't you wash the dishes?' And I said: 'Well, you wash them! I will not wash dishes, I have cooked dinner, that's enough!' And the whole table was piled up. At the end I cook my food, no clean plates, I eat from the pan whoever wants to eat should wash the dishes! It's been a big riot all week, but I don't wash or touch. Then the three of them sat down and scheduled days, glued the schedule to the fridge! And they took over the dishes. Then I said to them, 'Everyone will tidy up their room, and you, my husband, will tidy up the sofa!'

So, one by one, one by one, she taught the whole family to look after the house. Slowly and steadily. She simply said: 'This is not my role, I can't and I don't want to do this.'

If you don't want to and can't do it - you don't! No matter what it costs you. You just say, 'No! I do not want! It won't happen!' Believe me, your family will find a way to do it, but here it is important to be **firm. The bitches are very firm.** And if you want to drive your partner crazy, you have to learn to be categorical. And you really say: 'It's just not my thing, I don't want it, in any form!'

The question is what you do not want. If you don't mind washing dishes, wash them. One of my girlfriends took action on socks. Her husband constantly throws socks on the floor. She was so tired that she stood in front of the open window and told him, 'Honey, honey, look, a rain of socks!' And started throwing his socks out the window. He was furious. But she immediately started dancing, seducing him, flirting. And he wondered whether to have sex with her or to quarrel with her. Finally they had sex, but he no longer throws his socks on the floor.

Bitches are not afraid of the cost. They can do it nasty as well. They can fight with him, quarrel. She absolutely calmly **stands for her rights** and says: 'No, I don't want to do it!'

FEAR OF LOSING HIM

Now think what is definitely not yours and you do not want to do, but you do not dare to say because you are afraid that if you say it he will run away? Often we cannot drive him crazy because we are afraid of losing our partner. And you think, 'God, how do I tell him? He will dump me!' When you are uncomfortable with saying what you do not like, you feel angry, you are **annoyed internally, and he becomes stronger than you**, he begins to manipulate you because he feels your fear of losing him.

The first and most important rule: **You shouldn't be afraid of losing him.** If you have this fear inside you your partner will do whatever he wishes. Only if you don't have the fear of losing him then you can drive him crazy. In all other cases he will make a fool of you.

If you are afraid of losing your job this is what happens also. If you are afraid of losing your clients, the client will manipulate you!

If your partner doesn't want to do anything for you and is not up for a normal communication, this means he doesn't care about you and it's only a matter of time of him dumping you. **It's better he dumps you now then in 5 years when you have already waste so much time on him.**

You shouldn't be afraid of anything. You are the most important. And if your partner leaves you, you say, 'Good luck, I finally made room for a more suitable partner.' He wasn't your partner and you don't need one like him. **If you value yourself, believe me, you will have a partner who values you.** This is the law of quantum psychology. If you know what you want, there is no partner who disagrees with your standard.

HOMEWORK PUTTING MYSELF FIRST

Think and write about how you will prioritize your life. When you start living according to your new values, what will you change? How do you know you're in the first place? How will you secure your happiness? How will you stop caring for the happiness of others and start caring for yourself? What will you give to others when you are happy? Think, write and start living this new way.

DAY TWENTY FOURTH TRAINING YOUR MAN

Only high-vibrational woman can be number one in the relationship.

Men are being trained, all men are capable of being trained. What's interesting is that he starts to respect you then. He says: 'Wow, this woman makes me a crazy fool.' And what you do is defend your boundaries.

DEVELOP ONLY ONE HABIT AT A TIME

Of course you do it nicely, seductively, in a fun manner, but you know what you want. Also important here is the way goals are set and executed sequentially, one after the other. **An important feature of men is that until you develop one habit, you should not start another!** Develop no more than one habit. For example, the first habit is to help you with your coat. When you teach him to hand over your coat, then you develop the habit of opening your door.

The same applies to requests. If you give several orders at once (please take this, do this, get me there), then after the second request he forgets about the first one. **Men are given commands one by one.** And until he does the first, you don't give him a second one – he's not ready, it can't be mastered.

After performance, always give him encouragement and praise him: 'You are wonderful! I am so grateful to you! You're a miracle!'

I said there are cortisol, shady men, so far I am talking mostly about them - about men who are tigers and need a trainer to tame them. But there are also normal men. **They have another problem - they are not so ambitious, they are not so haggard, they are not so successful, they are not so interesting.** They have no problem with being trained, they are a little bit henpecked men.

Analyze what kind of men is best for you. Analyze the man next to you and try different approaches to find out what he is reacting to.

Remember that each man is an individual and what works for one may absolutely does not work for the other. Just try it and be very careful!

YOU CAN ALWAYS RENEGOTIATE

If we didn't make ourselves clear at the beginning of the relationship, can we now start to apply these approaches, will they work?

Yes, we can always negotiate the terms.

But if you negotiate the terms, you will need to be prepared for the following:

1. Give something more

Let's say he'll open the door for you, but you'll give him a morning blowjob - you have to give something in return.

2. Give proper explanations

The partner needs to know why you are renegotiating the terms. For example, now the landlord asks for more rent. And she has to explain to me why she's doing it. If there is no reasonable argument, there is no way to get more money.

I know we all dream of true love and nobody likes it when I talk about relationships as a market. But it is. It is not by chance that the tales end with a wedding, how they got together and lived together. And not a single story tells what happens after the wedding.

Even if you love your husband but he does nothing for you or offends you, how long will that relationship last?

Relationship is an engagement towards one another. As an employment contract. We work for one another.

CORTISOL RELATIONS

There is a concept of 'homeostasis system'. Homeostasis is a property of regulating our relationships so that we maintain our balance and ensure our survival. And usually bad boys find very good girls - to reach homeostasis. We attract people with whom we need to learn our lessons.

Cortisol women love drama, they do not want to wait and if they are with serotonin men it becomes a problem. **Calm men get tired of cortisol women. But the bad thing is that if a cortisol woman**

starts to behave calmly, she will get bored pretty quickly. And the moment comes when she needs drama and she seeks it out.

How to find the balance if you are a cortisol woman?

If you are a cortisol woman you need cortisol profession from where to get your adrenalin. This is how you will balance things.

The second method is to have a man who gets on your nerves so you can be crazy in love with him. Sweet and nice men are usually boring for a lot of women. And this is a problem.

THE 'I WANT YOU / I DON'T WANT YOU' GAME

People with cortisol relations usually play the 'I want you/I don't want you' game. They break up and make up. He leaves and she wants him but if he comes back he becomes boring.



If you want to develop your man, be ruthless to yourself first, then to him. In my relationship we are like in the army - I am ruthless. It is very important how ruthless you are. **The one who wants less always wins and manages the relationship.** But of course my partner wants a lot from me too. This is mutual.

HOMEWORK

I REALLY WANT IT AND I REALLY DO IT

Now think if there are things you really want but more important things come up and you never have time and you are always postponing, you say: 'Oh, I can't now, now is not the moment'. Do you like a hobby, do you want to change the apartment, to dye your hair, to go to a SPA, to order a massage. Write them down here:

1.

2.

3.

4.

5.

I am giving you the task of doing what you really want! **To be number 1, you have to do what you really want and don't do.** Will you attend a seminar, go to a manicure, go to a massage, or quit your job - do it!

Softly but clearly state your terms. And remember that it is also important to **do it in the right moment.** Sometimes women start their

desires too early and sometimes they get late. You need to know that there is a risk that the man is not ready to give and if you clearly state your goal, he may leave. But it will show if this person is for you.

Leaving him is the strongest and most painful way to confirm yourself as number one in the relationship, but keep in mind that you can do it once or twice in your entire life. Then the method will just stop working. By doing so, **you run the risk of coping if your partner chooses to leave.**

Try to be spoiled, to want and receive with pleasure and gratitude.

You already know: kindness, beauty, joy, forgiveness, love, acceptance, humility, lack of attachment - all of this raises vibrations. **Only a woman with high vibrations can be number one in the relationship.**

WIN YOUR INDEPENDENCE

If you depend on your partner, win your independence.

I worked with a couple a while ago - the man was very successful, the woman was looking after two small babies. And he didn't give her any money.

- I have to ask him for five leva to buy bread! I don't have any money in me, I have to ask him for anything! – she says.

- Oh, my wife constantly wants money, she is insatiable. Money, money, money, only money is in her head - he replies.

- Just because I have to ask for every little thing, he thinks I am constantly asking for money. But I just don't have it! With these two young children, 2 and 4 years old, what can I do?

I asked him if he was ready to give her a salary, and he said:

- What do you mean salary? She's my wife! All my money is shared.

And she doesn't give him sex! She is angry, furious and does not give him sex. He is angry that he has no sex and it becomes a mess.

I advised him to start paying her as much as she wanted. Make payments formal with a contract. If that doesn't happen, his wife will have the right to leave him. 'And she'll be right to do it,' I told him, 'because you are not worth it!' You don't appreciate what she's doing for you, you don't appreciate her work.'

And I told her: ‘Start doing the things you really want and stop doing the things you don’t want to do!’ And she heard me. She became very strict and say: ‘I can’t, I can’t go on like this!’

The man agreed to make a contract for half a year and check whether their life will change.

- If this will be okay I will give her the salary, no problem! – he said.

They never came back, I met them at a wedding we were all attending and I saw they are very happy. I asked her:

- How are things now?

- Great! – she said.

He started respecting her. **This is why I always say that when the man invests in the woman he starts to appreciate her.**

KEEP THE MAN BY CONTROLLING HIS MONEY

Your man will start to appreciate you when you hold him with the most important thing for him - his money. It is no accident during a divorce in Western Europe or the US that if the wife did not work, almost everything is left to her - so he learns to comply with his wife and feel responsible to her and to his children. In countries where women are not protected by law, men do what they want and often a mother with a child finds herself alone on the street.

So it is good if you are married, **the company is common**. Only then he is stuck with you and you decrease the risk of cheating or doing it way too obvious. I have never met an arrogant attitude towards women in successful families in Western Europe. Because the **man considers her equal and she is valuable to him**.

The husband of one of my acquaintances was constantly cheating. All the money was in his name. Finally, he went to his mistress, leaving her alone, without work, with two young children. She was a wise woman and began writing letters to him through the children:

‘Daddy, I am dying without you!’ The teachers started calling and telling him the children decreased their marks: ‘They cry during class. You are ruining their future!’ She talked to his mother who said: ‘Your family is so nice, where are you leaving to, are you crazy?!?’ She even reached out to the media.

And he came back to her. When he came back she said: ‘Honey, I am taking you back but on one condition: your money is shared now. And

if one more time I find out you are even looking at another woman, you lose all your money and you leave the house naked.’

Guess if he will ever cheat again. He stands still now, and even if he cheats, he does so quietly and carefully, with so much love and care for his wife that she finds out nothing. And the interesting thing is that they currently have the best relationship of all years together, and they both began to work hard for this marriage.

When you get to the money, it can be much easier to manage him and gain respect. **Men need boundaries.**

When he feels engaged with you and the kids, his attitude becomes quite different. Love, unfortunately, is not always enough. In addition, love has many faces.

BE HIS MUSE

The Taj Mahal, the paintings of Salvador Dali, the Mercedes car, hundreds of castles and diamonds, victories in wars - all are gifts from men to women.

It is envisioned in the male psyche to win their battles for a loved one.

And how many songs and pictures are dedicated to women! Our job is to become his muse.

When a man learns that if he makes presents, the woman is happy and grateful, he wants to do more. It is very important to be grateful here. **And the woman returns the gesture** - then she is very sexual, makes nice dinners, takes care of him. And he says to himself: ‘So what that I spent so much! I will buy five more jewels if she is so happy and she makes me happy too!’

Often, women forget that they can be muses. They forget to dream and believe that this man can do it.

Your dream and faith in him is what drives him forward.

If you can't ask for presents, learn! You do it for your husband's sake. Men love the women they invest in. I'm not just talking about money here. Time, energy, creativity, children - many things one man gives to his beloved.

If a man does not invest in a woman, she is not valuable to him. The word 'precious' really means precious! When you get something for free, you don't value it. We people, appreciate what we get with a lot of hard work and effort. Money is big work, you have to put it in your head. **And when you want presents, you raise the bar for him.** And then he seeks encouragement. He wants to be recognized, to see your appreciation, to have good sex. And he says to himself: 'Well, that's why I earn money to have these emotions! I don't want to have a grumpy woman at home. I want to have a happy, sexy, horny, beautiful woman. And after all, making presents to her is a gift for me.'

My husband, for example, is happy to see that I wear his gifts. And that he makes me beautiful and I become beautiful because of him. So gifts are important for men, not just women.

USE THE WORD 'NO' CORRECTLY

Learn that for men 'no' often means 'not now'. If you continue everything will happen, just give him time. Ask softly again, seek for a way to get yours. But if you see he is certain there must be a reason. Then accept his choice.

Of course, all practices work on the condition that **the partner feels love for you. But first you need to have love for yourself.**

DON'T BE A GIVEN FOR HIM

Keep in mind that many men do not accept monogamy for granted and want to have the right to have sex with other women. Therefore, you must honestly consider **whether you have the confidence to be with a man who is wanted by other women.**

We'll talk about cheating later in the book, now I'm just mentioning that sometimes it happens.

If he is jealous, the energy goes to him keeping you. If you are a given, if you are like furniture, if you are always there, if you pick up his phone at any time - this is not good, it is insanely boring if we talk about bad guys.

I cannot always answer my husband's calls, I am constantly in seminars and consultations. He freaks out about it and quarrels with me, but at the same time he gets used to me not being always available. And that's what keeps him going. If the woman is always available, sometimes the man begins to cheat. She's already a given, she's won over, she's there and he wants to hunt again, find another woman. We're talking about bad boys again. To men who are housekeepers and sweethearts, this does not make much sense to them - if she does not pick up the phone, then she will call when she decides. The question here is what kind of man you choose.



DAY TWENTY FIFTH

WAYS TO MANIPULATE THE MAN

The question is who will play whom – me you or you me.

CREATE AN INTRIGUE

He calls and you say:

- I can't talk now!
- Why?
- It's a secret!
- Where are you?
- It's a secret!
- What is this secret?!
- I will tell you Saturday morning! Now it's a secret.

When a man has something unfinished, something you don't tell him, he just jolts. Because **men are given the inertia to finish**. On Saturday he will make sure to ask you where you were.

Embrace mysteries and mysticism. We women also love zodiacs, palm reading. So first we play mysterious. Let's say you're in the toilet. He calls you and you say: 'I cannot speak now, I am in an important meeting. The boss is here.' And you make up stories, you do intrigue.

MAKE LEGENDS

It is very important to learn to sell yourself. To do it well, you need to be able to show how scarce you are. How many people love you. How good you are.

I'll tell you what sells best on the marriage market and how to do it, it's valid for both men and women.

Let's say you're dating someone. You say, 'Today I woke up with such a strong need to drink my favorite Japanese tea, a friend brought it to me from Japan. It makes such a beautiful facial complexion.'

Use your knowledge of the sex and marriage market wisely.

What are you selling? You sell **status** - your tea is brought from Japan, it's special. You sell **health** - you take care of your body, you drink tea, not coffee. You sell the **look** - the color of your face is fresh and pleasant. Three things. Three of your qualities.

Or, let's just say, 'Oh, I came home so late yesterday, I had to meet so many girlfriends, some crazy birthday of one of the big lawyers in Sofia. It was an interesting company, we had a lot of fun, but so many people wanted to talk to me that I was tired of all this communication.' What are you selling? Again status - you have a lawyer friend and many people want to talk to you, you're interesting. You don't say directly, 'I sell status,' but you talk about your qualities. The person draws his own conclusions.

The idea is to learn to speak for yourself and thus create a legend.

Of course, you **only sell truths**. You just dress them up in nice words.

I gave these examples because I really have tea from Japan, which a friend of mine really brought to me and I drink it every morning. Unique tea. I'm not making it up right now. And I really have a friend, a lawyer, she is one of the biggest in Sofia, we really got together soon and it was a very cool community. **You don't fake things, but you put the right focus**. You take real stories, but you tell them so that people can draw conclusions.

How is **humor being sold**?

'Yesterday my friend scolded me because she had a very nice makeup one and we had so much fun that she cried and her entire makeup got ruined.' The conclusion is: I entertained her so much that her makeup got ruined. You can say something funny but you can also think of a story.

How is **femininity and sex appeal sold**?

‘Today, while driving, I made a violation because I was talking on the phone with a guy. A policeman stopped me, but he was so nice that he started to hit on me and invite me to dinner.’ Here you not only say you are talking to a guy friend but also that the policeman is hitting on you.

Talking about yourself you should constantly ask yourself: ‘What am I selling at the moment?’

Unique things are well-sold – something being specially delivered, somebody gave it to you, only one piece of this or something specific and luxurious. The more **uniques** you sell, the more your price goes up. **Learn to talk about yourself positively and with sales.**

Collect stories, interesting facts. Write them down. And practice selling yourself when you talk to both men and women.

EXERCISE WHAT I WANT TO SELL

Write down what are the qualities you want your partner to see in you.

Think about the stories you will sell them with. Be prepared to use them in a conversation.

WARM/COLD

Work for both sexes. One day you are warm, loving, adoring, kissing your partner, wow! The next day you're cold. You don't talk to him. You say to him, ‘I don't feel like talking, I'm not in good mood... No, nothing's happening, I'm just not talking. No, I don't want to go out today. Nothing is wrong with me just ... maybe I love you less, I don't

know ... ‘Wow how this works! A man did this to me, I wasn't a good player at the time. I was just going crazy. I said, ‘What did I do, why is he cold?’ I call him, I text him, he is being distant. I didn't sleep, I didn't eat, I was only crying. Then warm again and then cold again. Wow, it was a unique extortion! And I fell in love with him just like a little girl. This man drove me crazy.

‘Warm / Cold’ works really well. Today you are in love, and tomorrow you are distant for no reason. This is gross manipulation, smashing.

Pay attention to this practice and use it mainly to protect yourself because it is not very ecological.

The point here is to push buttons that make your partner go crazy over you. To think, to wonder, to not be able to stop.

Isn't this manipulation?

This is manipulation, yes, nobody said it's not. But partners do the same to us. The question is who will play the other one – you me or me you. This is job for players, if you are dating a regular guy you won't be interesting for you.

IF YOU ARE GETTING OFFENDED THIS MEANS YOU HAVE INSECURITIES

Keep in mind that to choose players is a way of life. At one point you get used to it.

Let's say you choice a player already. You tell him you want him, and he wishes you a nice evening. If you react through the ego, you will feel hurt. **Stay neutral!** Stay neutral and then you may not pick up his phone for a while, post some cool pictures of how happy you are, but it's nice to be calm at the moment. **If you get hurt, if you get angry, if you take it too personally, it means you have some kind of insecurity.** If you do not have the inner insecurity and fear that you are not wanted, you will not react sharply.

It's important to know that if sometimes the man doesn't want you, that doesn't mean he doesn't want you in principle. At the moment he

may be tired, he may not want sex, he may have some problems. Don't take it literally. And yes, play! Say, 'OK, I understand.' Just check what happened, why he doesn't want you. But do not react sharply saying you will leave him.

Ultimate reactions are our unprocessed traumas and insecurities. Work with them, join the Geishas course live and online on natalia.bg

THE 'LET'S HAVE A FIGHT' APPROACH

You're going somewhere in public, you don't have a partner yet. And you want to get the coolest man. You see one in the hall and you mark him. Then you start gathering the entourage. You smile at this one, you tell that one a compliment, this one, this one ... and men like bees start to circle around you. And they begin to compete for you. **Alpha men always go where they fight for a woman.** This woman is already interesting, men are fighting for her.

And they start competing for your attention, and you're constantly giving signs to everyone. **And you're not specifically giving yourself to anyone.** Your goal is to attract an alpha male. He comes immediately, seeing that everyone is fighting for you. Then you are the prize and you give yourself to him. He immediately sees this and tells you, 'Do you want to drink something?' You say, 'Let's go!' And you leave with him.

But first you have to create intrigue for yourself, create an entourage to fight for you. Learn to flirt, have sexual hints: 'Aw, how big your hands are! I wonder if men have a connection between the hands and other parts of the body ...'; 'Oh, what a naughty look! You easily win over women, right?' So one by one you attract them to you.

However, this is good for women, but it's not good for men. It is not nice when a man walks around women. It is good to choose a woman and only hit on her. If he starts hitting on another one in front of the first one, he will lose both. I have a friend who has no luck with women. I invite him to my party. And he started to hit on one, second, third. He walks like a bee. God, how stupid! I told him, 'My dear, you look so stupid. Choose one woman and talk to her only! Bring down

the stars for her tonight. And you have to separate her from her girlfriends and take her to another place. Tell her it's very noisy, go eat some place, tell her there are unique cocktails there. It's good to get her a bit drunk the first night.'

Strategies for men and women are the opposite. For women, the more men fight for you, the higher the price. You sleep with no one, you kiss no one, you give no signs. But you are inviting men and giving them erotic hints. You just hint, you don't do anything with anyone and you keep the door open. You only play with men.



DAY TWENTY SIXTH

LOVE TRIANGLES

The more powerful the man, the more energy he needs.

FIRST REASON OF CHEATING – WE HAVE SEEN IT IN OUR FAMILY

Option 1: They were cheating

Were there any infidelities in your family? They may not have been proven, but did you feel there were any signs or signals? Children always know if parents are cheating. Always. We feel it, we sense it, we see it. If our parents have had infidelity, **then we are loyal to them and repeat their pattern.** And we do exactly the same thing.

Option 2: They didn't let themselves do it

Let's say, the mother was a very strong alpha woman and the father was a beta man. The mother was not very pleased with her marriage, but she did not allow herself to be betrayed in the name of the children, in the name of morality. She always worked very hard, she was always above the father, she complained that they weren't happy, there were quarrels. Quarrels can also be a signal of cheating. And **then we can do what our mother did not dare to do.**

MONOGAMY AND POLYGAMY

It's already proven that monogamous and polygamous people have different DNA. So **whoever has polygamous genes cannot be with one partner only.**

In general, monogamy would lead to the annihilation of the human race. **Being monogamous means having one partner throughout your life.** But if something happens to him? Humanity has been through so many wars, epidemics, disasters. The surviving monogamous partner breaks off all contact with the other sex, but if he or she still has no children, his or her family remains without successors.

Monogamy was imposed as a norm of morality. Historically, it appeared when people started using money and accumulating wealth - they wanted to leave it to their heirs. In order for the man to be sure that the children are his, the requirement that the woman be monogamous is introduced. This is an artificial form of monogamy. There is no evidence that monogamy existed in antiquity, it is generally unnatural for a man.

There are also places with **polyandry**, to this day this kind of sexual relationship exists. With them, one woman serves all men of their kind. If they want to have sex, they knock on her door and the woman has to open it all, she can't refuse. Of course, they have to appease her. When they enter, they leave their shoes on the doorstep. This means that it is currently occupied. One comes out, the second comes, the third. And so a woman gives birth to children whose father cannot be named but is certainly from the family.

I.e. initially people are not loyal and monogamous.

There is a small percentage of people with the monogamy DNA who really after the loss of their partner, after divorce or separation cannot look at another partner. And they say 'I die with him!' In India many women burry themselves with their husbands. There are men who after losing their wives never remarry or be intimate with another woman, they choose to be loyal.

But most people are polygamous. And if there are no reason for us to be monogamous, we can't be. If we could have sex with different partners, we would do this with pleasure. There was an experiment where married women were supposed to recognize their husband by his touch. Their eyes are closed, different men touch them. Neither woman recognized her men, they even said the unknown males were touching them better than their partners. So the woman, if she doesn't see, she would gladly have sex with another person, no problem.

JUST SEX

This is a form of polygamy. Sex is non-engaging, just to kill the urge. Many men cheat purely sexually, without commitment and without

feelings. It is a sporting interest, and the number raises the man's status.

Sometimes women just want hot sex without any special reason. And they find a man who would be suitable. A beneficial situation occurs and they do it.

I would not count such outburst stories as infidelity.

LOVING A MARRIED MAN

This is the second option of polygamy, this option has feelings, but one of the partners is not taken. Often the passions are strong precisely because of the impossibility of this love.

There is a saying: 'The easiest way to spoil a good mistress is to make her a wife.' Women come to me in the position of mistresses and their goal is to become wives. I always honestly warn them: **'If you become his wife, it will be much worse and he will have a mistress again!'** But they do not give up, they want us to work towards becoming a wife. It comes to the point where his wife finds out and sometimes leaves her husband. She leaves him with her and when the mistress goes into the 'wife' status she comes to me after a while and tells me: 'Now he has a lot of lovers, cheating on me. I am currently a wife with a small child. I stay home and he goes left - right with his lovers, on islands and on vacations. I can't tell him anything because he's very rich and he doesn't care. Now I'm unhappier than when I was his mistress. Then at least he went with me on these vacations, at least we had fun.'

Often going from a mistress to the wife has more disadvantages than advantages.

There are many advantages to being a mistress. And sometimes it's better to remain a mistress. Even so, having a child with this man is not a drama to die for. As a mistress, you often get a lot of love, affinity, appreciation. If you enter the 'wife' category, this attitude goes to his new mistress. I had a client who cheated for two years and eventually divorced because of his mistress. He came to me and said, 'You know, my wife was overbearing, aggressive and demanding something. My lover then, while she was my lover, was the sweetest

woman in the world. Now that she is my wife and has given birth to a child, she is the nastiest bitch in the world. I have a mistress again. But I understand this is not an option!

So **changing partners does not solve the problems**. The problems we cannot solve with the spouses will not be solved with the lovers.

Here's a statistic: **If a man does not divorce his wife within one year, then the chance of doing so later is 1%**. If marriage doesn't work out for him anyway, he is unhappy there anyway, if he wants to divorce anyway and the mistress shows up, she is just a catalyst. But he would still part and does this quickly. However, when the mistress insists on his separation from his wife, the husband considers this event as catastrophic, he thinks, 'Because of her, I will split with my wife.'

Then the wife starts accusing him, children get sick and the mistress is guilty of all this. The man says: 'I am a bad father because I am with you' He becomes aggressive towards the mistress and the situation is morbid.

So, if you are a mistress, first take the advantages of this situation.

WHAT ARE THE ADVANTAGES FOR THE MISTRESS

Why is it advantageous to be a mistress in certain situations? What are the vibrations of this status, what do you give and what do you get when you are in it?

The mistress **receives material and financial benefits** - gifts, money, vacations, she is spoiled. She does not have to give birth to children. But first, the mistress **receives a lot of love**. The root of the word 'mistress' is love. And really often **she is the most beloved woman**. Everything that is in the shadow, the bad - boundaries, security, defenses, lifestyle, **all boring things are in the marriage, they are with the woman. While the mistress is happiness, she is joy**. Marriage is night, that relationship is day.

The mistress also receives free time. She does not wash his dishes, does not cook for him, does not make him lyutenitsa for winter, does

not raise children. She has free time to develop. Therefore, mistresses are very supportive women. The mistress has time for singing, for fitness, for herself, for girlfriends.

Feeling guilty before his wife, he gladly gives the mistress what she wants from him. She holds him with guilt: 'You do not give me the wife status. I want you to compensate me with gifts, with money, to take me on vacations, to take me with you.'

Often the mistress receives a status as well. There are official mistresses who everybody knows, they know his friends more than the wife. He takes her with him to social events, often takes her with the kids. Cheeky but true. I know many rich men who do this, at least here in Bulgaria. The mistress often has a formal status, she often gets an apartment, a car. She receives and receives, if she is able to.

Women receive three things in exchange of sex:

1. Status
2. Protection
3. Money and presents

The mistress cannot receive formal status of a wife so she compensates with the other two – protection and money. She is entitled to constantly demand.

THE MAN IS A POOL, THE WOMAN IS A STREAM

Alpha men need many women.

This is because every man is like a pool, and every woman is like a stream. And if your stream is powerful, full-flowing, you're constantly filling that pool. But if your creek gives 20 liters and he needs 100 liters, he needs to find another 80 liters in order to survive. **The more powerful the man, the more the alpha, the more successful, the smarter, the greater the potential, the more empty he is, the more energy he needs.** It is no accident that the sultans have a harem with many women. It is no accident that rich and smart men are rarely monogamous. If he is successful, rich and interesting, there are always

women next to him. Even if he does nothing, they call him, they write to him, they text him on Facebook, they meet him at restaurants, they are constantly around him. I have girlfriends with very, very rich husbands or boyfriends, and women are all around them. Women are arrogant and do what they want when fighting for a man.

A LOVER'S IMPUDENCE

Women who are a strong archetype of a mistress are sometimes very perky. If she decided to, she didn't care about moral directions, guidance, what's right, what's wrong. She wants it and she gets it. So, if impudence is your trait, your mistress might be your archetype. **And the cheekier you are, the more you want, the more the man loves you.**

If you want to keep a married man in your field, you must be interesting to him and know what his values are.

If he, as an archetype, is a manager, if he adores commanders, doesn't want you to go out without him, wants just light makeup, wants you to be modest, he doesn't want you to work, wants you to be his girl, and he cares for you in order for you to keep him, you have to be very obedient. And there you are working with tears: 'I can't do anything without you, I die without you, help me, save me!' They love problems, you have to create them all the time. He wants to solve these problems, then he feels a man in place and has no time for other women. **Strong men need to apply somewhere their energy.** If they have nowhere to apply it, they stop at this woman who is in greater need. **The strong man goes to this woman who has problems to solve and is happier with.**

MISTRESS AND WIFE TRAITS

The mistress' traits are impudence, seduction, provocation, sexuality, it is always interesting with her, she provides diversity.

Wives' traits are fundamentally different - stability, security, steadfastness.

The wise wife makes no drama when she finds out about the mistress.

A girlfriend was in a relationship with a millionaire, one of these cool men. She goes to her parents for a few days. When she comes home, the entire tub is full of bright hair. And she's a brunette. She takes a blond hair, goes to her partner and tells him:

'Hair, blond. It's not mine!'

So far! Nothing more. No questions, no comments, no remarks. She showed that she saw.

The man was worried and was very intrigued that she did not comment on the topic. **She said, 'It is beneath my dignity to do drama.'** Smart women do not do drama, and this drives mistresses crazy.

He probably had other lovers, he's such a man and always will be.

ARCHETYPES AND TENDENCY TO INFIDELITIES

The woman must recognize the man's archetype well.

If he is a manager, you create difficulties, problems, you cry how you can't do without him.

If he is a trader, you need to constantly develop. Traders adore a woman who is successful, independent, who is a bitch, who is strong and powerful. A woman who has her fans, her support, her clients, her money, her apartments. And he knows that she can take care of herself and that he should work for her attention.

These two are Brad Pitt and Angelina Jolie. She made a very tough deal: if he cheats, he loses all the money. The weak point of the traders is the money, they adore it and it is very difficult to let go. And she grabbed his balls, good on her, they still have a 12-year marriage.

Their marriage also began with infidelity. He was married to Aniston and Jolie was actually a mistress getting pregnant by a married man. But Angelina took him and even did this very quickly. This story is also a confirmation of the statistics I talked about above - in 6-7 months Angelina took him. Jennifer couldn't even do anything! But Jolie took him with her pregnancy. Not all men would react that way, but she is a very powerful queen. Comparing Aniston and Jolie, the difference is huge. I.e. the male traders choose the woman with the most status.

Traders and managers are men created for many women. And they can't live with one woman only. That doesn't mean they are bad, it's just their character.

The other two types, creators and discoverers, do not cheat, rather women will cheat on them. These men are monogamous, they choose a woman and are with her. Bill Gates is a typical artist, typically monogamous, with one woman all his life, very humble. He won't even look at another woman. His wife is involved in charity, children. We are not talking about some super passionate thrill, super passionate chemistry, but they are very good business partners, friends. She helps him, she supports him. These men do not cheat - they just don't have the time and have other interests.

The danger of a discoverer cheating on you comes if he finds a woman-muse to inspire him. And she can replace you if she does things you don't do - she goes to museums with him, concerts, inspires him to feats, makes him skydive, changes his style, talks to him about literature.

We will talk more about archetypes later.

THE SECOND REASON FOR CHEATING IF YOU CHEAT ON YOURSELF

Let's say your man is unemployed and doesn't want to find a job. You know this is not your standard of life – living with an unemployed man. You know that this is not good for you at all but you feel sorry

for him and you can't separate. Maybe you have children, maybe there is hope. And internally you are angry and you don't agree on being with an unemployed man but you continue to take this entire situation because of something. Compromising with yourself means you cheat on yourself. **And you automatically make him cheat on you.**

If you do not cheat on yourself, if you are true to yourself, there can be no cheating in your field.

Sometimes you tell yourself that you are currently sacrificing yourself for the sake of your child in order to save your family, but you are really cheating on yourself and no one is benefiting from it. The most important thing for the child is to see a happy mother and a happy father. And if that doesn't work out, sometimes it's better to part as friends and loving parents than to live in eternal suffering. **And it's important to stop transferring your responsibility to the children.** Never tell your children:

'I did it for you.' We do everything in this life for our own sake.

In the relationship, the most important thing is to have live energy and love. Consider if you are honest to yourself, do you really want that person to yourself, and if there are no children, would you be with him?

When a woman says that something has changed suddenly and the infidelity has come, she is lying to herself and others. She may have seen the problems before, but she said, 'It's going to be temporary, it's temporary!' So the infidelity started much earlier.

And don't think that having a baby will make your relationship better. No, things are getting worse after the baby is born!

A CHILD DOESN'T BRING THE FAMILY CLOSER

Children don't bring the family closer, they very well destroy it. Those with children know. If it was easy before, problems are difficult to solve now. And everything that was unspoken, undone, with the children becomes three times more difficult! Children complicate relationships. At first you didn't feel good with this man, but you

hoped that your relationship would change, even if you had a child, you were unfaithful to yourself because you were not okay with the entire situation.

What to do so you don't get cheated on?

It's important to be true to yourself. Then there is no way somebody can cheat on you.

EXERCISE I DO IT, BUT I DON'T WANT TO

Think about what you disagreed with in your relationship. What are you not saying? When you step aside, but you internally do not agree, in what situations do you say: 'I do this just so we don't argue!' When do you sacrifice yourself in the name of your partner, in the name of the relationship, in the name of love? What are the things you do but don't want to.

Write them down here:

This is how you cheat on yourself.

Maybe you wrote down you accept he has other women, that he calls them on the phone. Maybe you accept that you are not the only one.

Or he doesn't give you the attention you need. Maybe you don't want to go to this trip but you agree because he insists on it...i.e. you already started some infidelity towards yourself. **It's important to at least admit them and start some kind of compensation.** Let's say you go where he wants you to go. But then he goes to you where he doesn't want to go, but he will do this for you.

It's important when you compromise, to ask for something in return.

IF THERE IS A COMPENSATION, THE INFIDELITY DOESN'T COUNT

You will not like what you are about to read now: So the family system can survive, moral has no significance.

The partner with higher cost on the market feels he/she has the right to cheat.

For example, if a man wants sex and the woman constantly denies him or does not like anal or oral sex, if she does not seduce him, does not take the first steps and does not satisfy his needs - he feels entitled to do this with another woman.

If we consistently pile up our unmet needs, infidelity can be a compensation. For example, if the partner does not work, doesn't money and doesn't take care of her and the family, then she has every right to compensate with infidelity. She has the right to find a man who is richer and who would give money for her and her child. And from a system point of view, this would be okay because it gives homeostasis and the system has to survive.

He, however, will be entitled to compensation if she does not try to have hot sex, stays in her old nightie and does not pay attention to what she looks like when she is at home with her husband.

DAY TWENTY SEVENTH **LAWS OF THE SYSTEM**

For the woman to feel like a woman should be taken by a man who is stronger than her.

This is a very general and brief overview of this topic. If you are interested, there are many books and courses on family constellations of Bert Helinger, Idris Laor, Svagito, etc., there are different interpretations - find what works for you.

I constantly mention it in individual consultations and in the Geisha seminar.

Each family is a system and functions according to the laws of the systems. Here are three basic rules to make it work well:

RESPECT THE HIERARCHY

One of the reasons for the infidelity is the disruption of the hierarchy. **First is the man, then the child.** This is the rule. If the child becomes more important than the man (and the partner always appears first and then the child comes), the relationship problems begin. Observe the hierarchy and remember: the partner is more important than the children.

LOOKING FOR WHO OR WHAT IS OFF

We must acknowledge and accept everything - abortions, secrets, all hidden and unaccepted events and circumstances. Because at some point they will appear and we will pay with interest.

For example, grandmother has had many abortions and no one knows about them. But now the granddaughter cannot get pregnant, even though there are no problems - there are many abortions in the system

and they do not allow new life. Until we recognize them, often no children come to the family.

What you do not accept - such as a mother-in-law or father-in-law - is exactly the kind of people who will again and again appear in your life. You ran away from your bad father who drank and beat you. You do not accept him and do not want to communicate with him. That's how you turn it off, but it's a fact and part of your system. Then the system will find you the same spouse. If you run away from it, it will give you the same son, or your daughter's husband will be a drunkard. **And until you work out this model, it will come to you again and again so that you can accept all the facts in your system.**

If there is someone sick and you do not accept them as part of a family and are ashamed of them, often the children carry the same diseases and here you have no choice, you accept this fact. Most families with problems and illnesses do not accept, forgive and do not want to have something in the system. **But it is there and will manifest itself until it is acknowledged.**

MAINTAIN THE BALANCE OF GIVING AND RECEIVING

Analyze whether you give and receive equally. It is important to remember: **we receive from our parents, but we return to our children, not to them.**

When we give everything back to our parents, we often don't have our own children and our parents become children. Or we find partners as children and take care of them.

It is important to have a balance. If you give too much, you give and you give without getting anything in return, you get tired and you get depressed. And also: this way you cheat on yourself. Then the man cheats on you!

The moment you start to assert yourself, you balance the system. Then the probability of your man coming back to you and telling you: 'I want to be only with you!' and really drop all other women is high.

It's important to **have compensation** and balance of giving and receiving.

Let's say I'm not a big fan of going to Bansko, but my partner is currently working there. And when I go, he compensates by taking me to nice places, to massages, providing me with a pleasant experience. I would go somewhere warm! But I compromise with myself by staying in Bansko in the winter, which is not my favorite. And he compensates with very good care. **If he did not compensate** for it with care and I was standing there being angry, he would have accumulated **negative points**. And then I will start cheating on myself, I will start to get angry and I can provoke a **cheat on his part** as well. Because I'm going to start cheating on myself.

EXERCISE THE TWO REQUIREMENTS OF THE SYSTEM

Analyze the relations in your family through those systematic requirements. Write down the answers here:

1. Do you observe the hierarchy and do you accept your parents as grownups and you as a little child?

2. Do you let your parents take care of you and do you honor and respect them?

3. Do you put your partner before the children?

4. Do you know all the facts in your family and is there somebody of whom you don't talk or you don't accept?

5. Do you know both your parents and do you accept them?

6. Do you receive love from your parents and do you give them your love? Do you see or hear from them more than 1-2 in a week and the other time goes to your family, children or interests?

7. Did you establish clear rules and balance of what you give and what you receive from your partner? Are you happy with those terms? If not – what should you change?

8. Can you receive and ask for help from your parents?

9. Do you accept all of your partner's relatives?

If you have answered with 'no' to most of those questions, if you want change, make constellations or visit the Geishas seminar to clear the filed.

This is what we will work on in our 33-day program – Just do it!

WHERE YOU GIVE YOUR ENERGY AND YOUR TIME, THIS IS WHERE YOU RECEIVE

In the US I met a 58-year old woman, a typical alpha. Very strong. Independent and successful. She came from Argentina, made a successful company in the US, sold it and retired at 45 without having to work anymore. She was married three times. She is currently divorced and her first question to me was: 'Are there any eligible young men for me in Bulgaria? I'm looking for a man! However, he must not be over 40 years old, he should have a nice body, he should be eligible and not poorer than me. And to want to have a long-term serious relationship with me. '

Personally, I, as a woman, understand it very well. But as a psychologist, and knowing the theory of the marital market, I am sadly aware that this woman will obviously be left alone.

Her price on the marriage market is very low. And she wants a man at the highest marriage price. Moreover, she is not able to obey. She can't give herself. She is selfish and always right. In order to have a man by her side she should change the criteria, for example take a young but poor man and take care of him financially, or an older man who wants a relationship. But you will have to take care of him physically, because with age come diseases. **Without these compromises, the only way out is occasional sex with casual partners and loneliness.**

As we talked, she told me, 'All the women around me are like that - strong and lonely.' I understand. This is the price. At a time when she had to make a nice family, children and relationships, she was traveling and developing her own business and now she is paying for it. Everything has a price and where you give your energy and your time - that's where you receive also.

EXERCISE WHERE I GIVE MY ENERGY

Think about where you give your time and your energy. Answer the following questions truthfully:

1. If you continue giving where you give now, will you be happy in 20 years?

2. What can you change this very day?

3. What will you compromise with?

4. Are you ready to learn to obey?

The main problem for alpha women is that we are selfish. We stand up for ourselves, we are not inclined to compromise, you have to negotiate with us very well to get something, we are looking for good deals. Either way, the alpha personality always wins, always takes a little more. So men are not at ease with us.

Strong and decent alpha men often do not want an alpha woman for a wife. Because it's difficult. Because the alpha woman has requirements, she's independent, you can't control her, you can't crush her. She tells you 'Fuck you!' And 'Go away!'. She has the courage to do it. The alpha man picks up a beta who tolerates, is obedient, doesn't ask questions, plays stupid, forgets and forgives. When he doesn't go home at night, she says, 'Well ... he works a lot' An alpha will crush your nuts if you tell her you worked a lot at night!

And often the alpha woman decides, 'Well, I'll get a man who's comfortable, at least not to interfere with me. I'll get a beta man.'

The alpha woman often takes on a man who worships her. A man who will make her breakfast, take care of her children, help her, support

her. He will not interfere with her, he will admire her with all his heart. The beta man worships the alpha woman.

That's why it's a classic in the genre when an alpha woman has a beta man. I have many such cases with my alpha clients. He is an obedient, wonderful father. He takes good care of her family, of her. And she is constantly on business trips, often with her boss or with some colleague, a nice alpha male. And she cheats with him sexually.

WHY DO WOMEN CHEAT

An alpha woman who has sex with a beta man does not charge. The woman cheats when she doesn't receive any energy.

If you have sex with a lower-ranking man than you, there's no charge. The wild chemistry is missing, you don't get wet just by looking at him. You feel nice, you can even cum, but to say that this is the best sex in your life - no.

Although the alpha may not be such a good lover, you are charging from having sex with him. Alpha men are often not good lovers, purely technically beta men are much better, much smarter. They compensate for the lack of charisma and power with technique. Alpha's sex is pure fucking. Often, they have problems premature or too slow ejaculation. But still, the woman remembers having sex with an alpha male all her life. He gives such a powerful charge, such a force, such a different feeling that, although the technique is not the best and ends quickly, she is still ready to go to him.

An alpha woman, in order to truly feel a woman, must be taken by a man who is stronger than her.

That is why I say that this is the curse of alpha women because our society will never encourage you to be alpha and say openly: 'Yes, I love sex, I love all men, it is important for me to have a man from whom I can charge!' Or: 'I love a man who is more successful and richer than I am.'

The alpha man has energy. Touching hi, alone fills you with some other feeling, you feel like a queen.

Often the beta man gives much, much more. **Beta breaks down into nothingness to satisfy your desires.** Beta makes a lot of presents, he is more loving, more caring, beta is much more given out.

Alpha are often scary selfish. An alpha male can tell you:

‘Come home for a quickie and run.’ And you will go.

It’s classic when an alpha woman married to a beta man has an alpha man as a lover who is married to a beta woman.

LOW AND HIGH PRIMITIVENESS

There are two options for alpha personalities - the low-primitive and the high-primitive. **Primitiveness is a degree of aggressiveness**, the term is derived from the word primate, i.e. ‘primary’, ‘initial’.

Both the low-primitive and the high-primitive alpha-men are leaders, strong, rulers. But the highly primitive man does not comply with you, he behaves aggressively. He wants quick sex - he meets you and immediately wants to fuck you. If you start pulling back to make him run after you, he will immediately dump you. These men are not ready for long-term relationship, for romance, for stories in the moonlight. Highly primitive men are highly sexual and want it immediately and quickly. There are no long stories there.

The low-primitive man is ready to wait. He is ready to see you, talk to you, have a few dates. There you can make some stories, some connections. **But there needs to be a leveling of reason, you have to be smart.** Many of Europe's wealthy men are low-alpha men. In the Balkan world, a large percentage of rich men are highly primitive alphas. Imprudent, brutal, scary-faced, with guards, with muscles, wearing black clothes, their entire appearance screams aggression. While in Western Europe rich men go to private clubs, they are intelligent, white-haired, light-gray jackets, aristocratic, affable.

Highly primitive alphas do not tend to be monogamous in any form. Low primitive alphas can be monogamous. This applies to both men and women.

A highly primitive alpha is Angelina Jolie, for example. She is aggressive, active, cheeky, gets her way. And women do not cheat like men. **The alpha woman's status is higher the more men want to have sex with her. But only the biggest male does.** And Brad Pitt comes to Angelina Jolie. He is a handsome man, one of the biggest Hollywood actors, high-paid. So many men dream of her, but only has her. Only he owns her sexually. This is super important.

If an alpha woman starts having sex with many men openly, she may be badly punished - our society does not accept such behavior. Centuries ago, such women called them witches and burned them at the stake. Nowadays, they are called whores and rejected by the public. Everyone wants it, but frankly, at least in the Balkan mentality, this is not allowed. In America, it's a little more open, let's say Madonna, Demi Moore are forgiven. But in general in our society such behavior is not tolerated at all. **Ideally, an alpha woman should be monogamous and loyal to her husband,** even though she wants to have sex with many men, even though her husband often does not have sex with her, and this is great drama for her.

Very rarely, alpha women, in all their huge sexuality, manage to be sexually satisfied and sexually happy because they choose beta men who do not satisfy them. And she gets family sex, but this is not the sex she longs for. Everything is okay, technically competent, but simple. However, sex with a lover always carries the risk, purely as news, that if one finds out she will be punished, society and children will punish her.

INFIDELITY OF PARENTS OFTEN LEAD TO INFIDELITY IN THE FAMILIES OF CHILDREN

Remember, if the family has cheating, the probability the children to be prone to cheat is 99%.

I work with one woman, her father has cheated on her mother all the time. He eventually left her and started living with one of his mistresses, because she does exactly **what all smart mistresses do - she's more unhappy, more vulnerable, more in need than the wife.**

The daughter decides that she will never be like this woman. She falls in love for the first time - insanely, to her dismay, she says, 'I can't breathe without him!' Soon she finds out he is married and has two children. One of them is a girl and is of the age at which she learned that her father was cheating on her mom. This man decides to leave his family for her sake. She forbids him. She gets a beta man who is convenient, beneath her, submits, she is a leader. But she is constantly dissatisfied. Her husband is suppressed, starts smoking, drinking, she is angry with him. He loses his job. They have a baby right now and the situation is quite complicated. She is a strong alpha woman, like her father, she has taken the path of her father. There is a brother who is a copy of their mother, monogamous. Her brother took the path of their mother. My client internally wants to cheat a lot, it's a subconscious desire **to punish her father for cheating on her mother. Behind this desire is aggression against all men.** Men are constantly appearing around her because alpha women are very attractive to men. There are always men wanting dinner, sex, going out, traveling, pleasure. She says, 'I'm not going to be like my father, I'm not going to do it.' She is currently depressed, suffering, unhappy, things are not going well with her husband.

I told her that what would help her was to **admit that she wanted to be polygamous.** And even talk to her husband about an open relationship.

Otherwise she will have to start taking antidepressants and will get sick, because she will have to ruin her sexuality and this way ruins herself and goes against her. Or she actually has to admit: 'Yes, I'm just crushed, I'm dying, I don't have the strength to hold my head up, I don't want to live. But I don't want to cheat like my father and my mother.' I tell her: 'Honey, **loyalty is nothing you can escape.** Since you have your father's genes this will be your cross. Or find an alpha man and then he will cheat on you. But cheating in one form or another will appear in your life until you **accept your father** and

don't start respecting him more for being your father. Then this can stop.'

Unfortunately, I don't it is very possible to completely avoid infidelity if we had it as a scenario in our families. If it existed, it would appear in one form or another, it simply stands at the level of loyalty. At the moment, I do not see a way for people to escape from these loyalties.

To a great extent, you can fix these problems if you acknowledge and accept your father with his infidelities, if you stop condemning him and ask for forgiveness for having condemning him. We are all just humans after all. And say aloud:

'My father is just another man who has been looking for his happiness. And I'm just another daughter who loves her father the way he is. I'm a child and I can't decide what's right and what's wrong with my parents. I'm little, and they're big. '

If you are like your mother you might avoid infidelity in your behavior, but you'll probably find a man who will be like your father. We tend to repeat scenarios.

EXERCISE SCENARIOS IN MY FAMILIES

Think about what scenarios about relations you have seen in your family. Write them down here:

1. Was there any cheating between your parents and how did they react?

2. If your parents knew of somebody cheating how would they react?

3. How did your parents meet, with infidelity?

4. What is your attitude towards cheating?

5. What did you learn for infidelities from your own experience?

6. What are your beliefs about infidelity? Do you think they are something very scary?

7. Do you think the cheating hurts the woman?

8. Do you think all men cheat?

9. Do you think that the woman cannot be monogamous?

Now you know why cheating comes in your life and how to work on it.

MASOCHISM TRAUMA

You happen to have good sex with an alpha male, but then feel bad about it. Often the alpha man gives you very nice sex, but then he doesn't give you respect, he doesn't give you care, he doesn't treat you like a special woman. And you feel used, even your body has some dirty feeling.

You're disrespected and offended that you don't get what you deserve and yet you want it again, it attracts you. This is largely related to the trauma of masochism. Women with a masochistic radical are more likely to choose this attitude towards themselves.



DAY TWENTY EIGHT
STRATEGIES IN CASE OF INFIDELITY

Infidelity in itself is not scary, but there must be a compensation.

CONSTELLATION
ABOUT THE PARENTS

If your parents were angry with each other and had fights, it means that you too understand love as a fight. And it means that you will look for an opportunity for someone to fight with you, someone to shout at you.

We will make a constellation for parents. If your parents were cheaters, you'll work with them. If they just yelled at each other, you'll work with them. If you have normal parents, you will still work with them.

Take two pillows and put them opposite to you. Sit comfortably, you can play gentle music.

To one pillow you say, '*You are my mother,*' and to the other, '*You are my father.*' Say it three time. Now look at your mother and say aloud to her:

'Mom, what I have seen in your relations with my father...' and start saying what you've seen: whether he loved him, whether he supported him. Whether she admired him or criticized him. Whether she ignored him or chased him away. Or had no love for him. '*What I have seen in your relations with my father,, made me feel*' And say how it made you feel – painful, unhappy, happy.

'Mom, this is what I would like you to do with regards to my father' And say what you would like her to do for him, for example to tell him she loves him, that she respects him, to kiss him, to tell him she wants him.

Now open your eyes for a moment and imagine that your mother says that. She says and does to your father exactly what you need. She told him that she loved him, that she wanted him, that she wanted only him, that she had always been in love with him since she was young. That she wants no one else but him. Just imagine how love and respect for your father flows from her heart. Love and respect for your father. Love and respect for your father.

And you can open your eyes now. Sense your feeling! And what would your life be like if your mother had given your father exactly these things. If this is how she showed her love for him. You observe this with her, her field. And how it makes you feel.

And now look at your father. And say aloud to him:

'Dad, what I feel for you is.....' And say what you feel, *'I saw you show you love for mom through.....'* And say who he showed it. How he showed he loves her, that he appreciates her. Whether he was praising her, admiring her, whether she was significant and important for him? Maybe he showed it through pain, humiliation, fear, pain. How did he show love for your mother?

You can say to your father: ***'I respect all your choices, this is how you do your things.'*** Repeat it three time aloud and continue:

'What I would like for you to tell her and do to her is.....' And list what you want him to do or say. Maybe your mother is the most beautiful woman in the world, that she is gorgeous, that she is special to him, that there is no other. That he would take her on vacation, give her diamonds, admire her. Tell him all this.

And now close your eyes and imagined he was saying this to your mother. All the words you want to hear! He says he loves her, that she is important and valuable to him, that she is his dream wife, that he has not always managed to be loyal, that he has sometimes yelled at her, but he still loves her and regrets that he hurt her. He tells her she is the most beautiful. You do it even if your father is dead - this is his

What did you learn about love? In what way was love in your family? What does love mean to you – maybe fights, fear, cheating? Write it down! It's important to take those things out of your subconscious.

At the conscious level you can often say: 'I want a man, happy family, children' But if you don't have them this means your subconscious doesn't allow them to you. And this is why we make this constellation – so we clear the reasons in your subconscious.

We work more on this at the Geishas and 33 days to the dream seminars.

MEN TAKE CARE FOR THE CHILDREN OF THE WOMAN THEY LOVE

Keep in mind that if your father has left the family, it means that his attitude towards your mother is careless. He doesn't care, doesn't take care of her, doesn't take care of the kids. This is the position of the missing father, which means that the men in your life are the ones who are missing. And you have to do it yourself.

Men do not care for the children when they stop loving and respecting the mother of these children. And if your father does not give you his love - here your mother failed to open his heart. It's important to understand it.

I often watch men fall in love with women with children and adore their children as their own. Men take care of the children of the woman they love.

THE SYSTEMS ALWAYS GETS A COMPENSATION

We all know people who have been through an infidelity, and we know how badly they tolerate it, how they counter it. The ego cannot accept: 'How to me - the most beautiful, the most beloved - he cheated!'

The battle begins because we don't see infidelity uncontrollably as neutral and systematic. **The system always strives for homeostasis and survival. And if the *system* does not receive power in the relationship, then the *system* will search for extramarital relations which to be filled with energy.**

We always cheat from lack of energy. If I travel somewhere and run out of fuel, I go to the gas station and gas up. When it finishes, I go to another one.

The family is a system. Every system lives by the rules of the systems, there are no exceptions! The system always strives for homeostasis and survival. The system seeks to give and receive and seeks hierarchy. If the father cheats, he takes energy. And he must return to the mother.

I come from Caucasus and in our city we had refugees, 58 nationalities lived there - Chechens, Armenians, Georgians, Azerbaijanis, many, many people. In Armenian culture, for example, it is normal for a man to cheat, but after every infidelity he is obliged to make a great gift to his wife. And the Armenian wives are very caring, many gifts are received. **If, after the infidelity, the man does not do something good for his wife, he has a duty to her and then the problems begin.** He knows this is a sacred rule. He saw it with his father, with his grandfather, with all men in the kin. There, men cheat because they are such strong Caucasians, powerful, women are more passive. They need a charge, energy, they are the greatest suitors and gentlemen if you go out with them, but lovers are more casual. While in Azerbaijan there are regular mistresses. But anyway, men compensate for cheating with gifts, with very good treatment of their wife.

While in our culture men cheat and start blaming their wives for it: 'You are fat, you are ugly, you don't smell good, you are this, that...' Instead of compensating and balancing the giving and receiving in the system, the dis-balances even more. And the system starts to suffer and seek a way of compensation. Then often even bigger issues occur that make him pay the system. For example a child gets sick and this makes him pay a lot: for medications, for allowance, many things.

When he is supposed to compensate and he doesn't do it, the system finds a way to receive it. Then the man starts paying other places. Cheating is not so bad but there must be a compensation.

NO FORGIVENESS IS NEEDED IN INFIDELITY

Another rule of the system is no forgiveness is needed in infidelity. If you look at infidelity as a systemic concept, if you look at it neutrally, you will understand why this is.

In the relationship we are equal - man and woman. We are not a mother and a child, we are in the same position, we are both equal. If one cheats and then begs for forgiveness, it means that he is inferior to the other. But this violates the principle of hierarchy in the system. **And the system strictly monitors the hierarchy, everything should be equal.** And so we should not forgive our men or ask them for forgiveness if we have failed, there must be compensation.

If you, as a woman, have cheated on your husband, you must compensate him with gifts, with a good attitude, to do something you do not like. Going to a restaurant with him that he loves and you don't tolerate. To go with him on a hike, to a game. You have to compensate for this infidelity. Then the system accepts it and there are no problems. The problem is if there is no compensation. **You compensate until you feel internally that you do not feel guilty.**

Of course, I'm not calling you here: 'Cheat on him, take him to a restaurant and everything will be fine.' Of course not.

Remember, **cheating initially gives a feeling of charging a woman, but if it happens systematically, it destroys the woman!** We naturally want to be with a man in a deep and satisfying relationship. And **infidelity happens if the woman is unhappy.** Change your circumstances to be happy. But stop cheating - this is not good for you and your children!

INFIDELITY IS NOT A REASON FOR BREAKUP

When an alpha woman cheats, she compensates with money. Often the man does not work or is poor. She is successful, she provides the whole family comfort, home, food, covers the expenses, pays for vacations. In reality, she compensates for her infidelities and there will be no problem in the system.

However, if a woman cheats and is arrogant, bad for her husband, for the children, if she attacks them, blames them and does not compensate, does not take care of them, then the problem comes. The give-receive balance is disturbed. It's all a matter of system's rules.

When a woman is not happy and does not give a feeling of success to her husband, the system does not work in homeostasis. And he goes to another woman who is happy so he can feel great with her. This is often how love triangles - the woman gives care (for children, food), but the man also needs experiences. He receives them from outside the family, but compensates for them by taking care of the family. Then the system works fine again. I know many rich families in which men cheat, but they also take good care of their wife and children, compensating for their infidelities. And the woman has been next to him for 15-20 years, it never occurs to her to leave him. But if he stops compensating with money, with status, with care, then she often starts looking for another man.

Cheating is not an excuse to leave. The problem is the lack of compensation.

IF HE DOESN'T DO IT WITH YOU, HE WILL DO IT WITH SOMEBODY ELSE

Pay attention to the desires and needs of your husband so that they are not satisfied outside the family. For example, he constantly suggests that you have a threesome, but you are not comfortable, you refuse.

Contact yourself and find out what exactly is stopping you - fear of losing him, guilt, insecurity or something else. Discuss what holds you back and see how you can overcome them together.

And if you decided to give it a try - have a threesome, **but for your own sake, not for him**, with the idea of YOU enjoying this process.

And keep in mind, very often it just happens that **if he doesn't do it with you, one day he will do it with somebody else.**

THE LOVE TRIANGLE AS A FORM OF COMPENSATION

When the woman cheats, she usually gives her husband care. Alpha women often have beta men who are unemployed or earn little. And she often compensates with other men to get energy to bring into the system, into the family. Thus, she manages to make money **to take care of her husband and her family**. If she stops cheating, she will either become poor, or fail at her job, then her husband will not be richer.

However, remembers that when she cheats, the woman breaks down and in the long run she becomes a man, which is not good for her or him.

It often happens when a woman decides to part with her lover, to feel ready to part with her husband as well. And it is only when she splits with both of them and manages to win her right to a real choice that she meets a new man and with him she already builds a happy monogamous family.

Everything in this life is an experience and carries its karma. Do not condemn yourself or others. **Every woman does the best she can do.** If she could do better, she would.

Often we adopt our husbands and then as wives we are miserable and seek lovers, but on the other hand, we are very afraid to leave our husbands who we cradle like sons.

Keep in mind that the love triangle often gives compensation to the system so it can maintain homeostasis. If one of the elements stops functioning the system breaks down. **If the woman doesn't seek energy elsewhere, she often gets sick or goes into depression.**

As a therapist I have had many cases where a woman says: ‘No, I can't cheat on my husband, he is very good.’ Just hearing that he is very good, everything becomes clear to me - this man is much weaker than she is. But she does not admit it, she decides that she does not want to look for an alpha male and prefers to have a loser, but at least to have someone beside her. He is kind, sweetheart, looking after the children, but she is frustrated. And she will seek to fuel somewhere else.

Is there an option that we don't need cheating?

It's possible that the woman is so over-worked and tired that she doesn't have time or strength to think about men. This is an option for alpha women and alpha men. He has to be so tired that he physically lacks strength and can't get it up. Then he can be with one woman only.

THE POLYGAMOUS MAN WILL NEVER BECOME MONOGAMOUS

Something very important: Don't think that from a polygamous man you will make a monogamous one! If your eyes are brown, they will always be brown. Even if you put different glasses on your eyes, they will not be less brown. And if you take a man who generally has a high primacy and is an alpha male, he will always have more than one woman! He can calm down at some point. He can still lay low for years, but at least he'll flirt. He may cheat much more quietly, much more modestly, more carefully, much less, but if there is a comfortable situation, he will. **Which does not mean that you are not a good wife.** This is exactly the type of friend I communicate with now, he is highly primitive and very sexual. He was been with many women, he has cheated a lot. He has a wonderful wife right now, he loves her, but that doesn't stop him from hitting on other girls, he says, ‘I'm like this – if a girl puts out – good for me, if they don't – I try again!’ His wife knows these options and just accepts them and doesn't ask him awkward questions.

A low primitive alpha male can only be with one female, there are many such examples in history. **The highly primitive cannot.**

The low primitive man has less testosterone and is less sexual. Don't expect him to have sex every day and several times a day. The highly primitive man has a lot of testosterone and needs sex at least 1-2 times a day. And that's no joke! He really needs sex and if he doesn't find it in one place, he can always find it in another.

HOW TO REACT IN CASE OF INFIDELITY

How to react if your husband cheats on you?

1. Keep calm

The problem is not the infidelity itself, **the problem is the wife's reaction**. She is agitated by pain, fear and horror. She starts accusing him, chasing him, attacking him, punishing him. And he wants to escape her reaction. He just can't stand it.

It is important that you remain completely calm.

You will start to **gather information**. Who is she, what she does, why is she different from you, what perfume she uses, where she works, what kind of men she has in her life. All the information about her!

At this point, you **stay super passive** as much as it hurts, but you need to gather information to understand why he chose her. What is it that you do not have? Where is the difference, what's missing?

You ask him, 'I found out you have another woman, tell me about her?'

At this point, he feels very guilty and wants to share his guilt with you. You know, when you are in love, how you want to tell everyone, share with the world what is happening to you. That's how your husband feels, and he wants to share it with the world. And because you are his world, he comes and **shares it with the whole world** -

with you. You are the most important to him and when he can share it, he feels much better.

So you sit down, pour him some tea or whiskey, whatever he wants, and say, 'Tell me about her!' Who is she, what she does - you gather information. You write everything down, you have to understand it. At the same time, you invite your mother-in-law to visit, family friends, make dinner.

I have a friend, her husband found a mistress and wanted to leave her. He told her to move out, and he expected to find the house empty when she arrived in the evening. But at home a party surprise awaited him in his honor, organized by his wife. She had invited all her relatives and told them, 'Look how happy we are together and how he loves me!' However, she very firmly decided that she would not give her husband to his mistress and she will fight for him.

2. Make problems

The second step is when he starts to wobble and wonders if he really will leave you and choose his mistress, to make up some problems and **show him that you can't do things without him.** Sometimes children get sick, sometimes women, sometimes something happens and he has to save the situation. Then he doesn't feel like divorcing. **The mistress begins to worry:** he used to say his family wasn't going okay, they were supposed to be separated, and he began to avoid talking about when he would move out, he starts to look guilty.

A friend of mine realized her husband was cheating on her. She has two young children and turned to me for help. I said to her, 'Call his mother urgently, your mother-in-law, he respects her opinion very much and he loves her. Call your mother and your cousins and do some family ritual.'

She did everything, she called her mother, his mother, she made some pastries. The whole family gathered and he saw what a wonderful family he has. He had fallen in love with the other woman and told his

wife, 'I no longer love you, I love this woman and I will leave.' He said he was done with her and the kids.

She was never angry with him. She was crying in front of me, of her mother-in-law, her own mother, but not him. And she was super nice to him. He goes home – food is on the table. Children write letters:

'Dad, you are the best father in the world. I love you so much, Dad. Thank you for being with us!' The dad of course got tears in his eyes from those letters.

She then **unlocked her vulnerability**, and without wanting it, she became ill. It wasn't serious, but enough to make her husband worry. She went to the hospital. He saw that without her, alone, she would not be able to handle the two children at all. Feeling very guilty that he had brought her to the hospital, he began to think about how they got there.

The wife came out of hospital and returned home with all her sexual energy. A real battle with the mistress began. She wrote a letter to her on Facebook saying: 'Please, we have a family with two young children. There are many free men, why exactly do you want my husband?' But the letter was very polite. The mistress did not answer her.

3. Seduce him

And then the wife started a fight in sexuality. She used all practices and techniques. She seduced him everywhere, sent the kids to the grandmothers for a few days, welcomed him with hot massages, whatever. And he said, 'Wow, I've not had sex like this for years! What happened to you, you are completely different? Is this my wife, I don't know you, after 12 years you are brand new and fresh.' She lost weight, became very pretty. She changed her wardrobe and completely went into the energy of a beauty, a super wife.

The mistress began to get nervous, emailing him:

‘What happened, it's been a month, aren't you getting a divorce, what happened, are we together right?!’

4. Show your qualities

Then the **wife started becoming more and more independent**. She found a new job, become more confident with money. He saw that people like her and in 4-5 months after the infidelity his wife was completely different. He said: ‘It’s so nice at home, I have good food, it’s clean, beautiful, my children love me, my mother loves my wife.’ His mother said: ‘Don’t you dare, this is your wife, she is the best, where are you going? Are you crazy?’ And he is thinking: ‘I have great sex with my wife! I make her suffer and still she loves me. Where am I even going?!’ And he said: ‘I changed my mind! I’m leaving the mistress, I want you!’

5. Set firm conditions

Then she gave him the conditions: ‘If you want to be with me, we buy a common house for the sake of the two of us so you don't throw me out on the street if you change your mind again. Your money becomes common, you will take care of our children more, we will be together over the weekends.’ She had a very good list of conditions.

Now everything is as good in this family as it can be after the infidelity and all this war.

FORGIVING INFIDELITY

I am often asked how we can forgive after cheating and whether you can trust again after. This is another story completely.

First you have to forgive yourself. Forgive that you let this happen. Forgive that you didn’t pay attention to yourself and to your man. Thank the mistress for reminding you how much you care about your

family and that thanks to her you are back in your femininity and your sexual energy.

If you see this situation through your heart, not through your ego, you understand how much you grew in it and how you man appreciates your relations in a new way.

I know families that have started a real marriage and partnership after the infidelity.

I also know those who have not been able to truly forgive and move to the next level. Their lives have turned into hell, with constant suspicions, accusations and quarrels. I wouldn't want to tell you what to do in that case, but if you've turned your life into hell - think about bringing it back to paradise, what you need to change. Sometimes, at least temporary separation is the best thing you can do.

I believe **time and distance are the best teachers**. Only when you are not glued to one another can you see each other.

Just when I realized that my relationship was not good and we parted, I saw how much love there is in me and in him. And after the separation, we took a radical new path full of attention and respect towards one another.

Relations are a process. They are never a goal. Sometimes we go through difficulties and problems. Sometimes it seems to us that everything is lost and nothing can return love and respect in one relationship ... however, if you pray a lot to the Universe, to God, to the energy of the Angels - a miracle can happen!

I am lucky to see many miracles.

I also do not deny bad magic and karmic relations.

A close friend of mine had a wonderful family but her husband got a mistress. This woman was very aggressive and was doing magic. My friend got cancer and they told her to go to a monastery in Russia. She already separated with her husband but she was feeling very weak after the chemo and asked him to drive her to that monastery. Still they had a child together and he drove her.

And when the priest saw him, he said that he would rid him of the Devil in 10 days. The husband didn't want to, but he did it for their daughter. And a miracle happened! My friend is recovering, he is back in the family, she started doing charity work, helping families in crisis, developing a successful business and hiring only monogamous workers. If he realizes that someone is cheating on their spouse, he talks with him and helps to restore love in the family. They recently had a second child and are very happy together.

So everyone has their own path and there is no right or wrong way. I just urge you to search and try until you find your way.

For someone it will be **psychology**, for someone it will be **religion** or shamanic **rituals**, and maybe it will be **creativity** and this will allow you to write a book or a song. **I just ask you not to freeze in pain! Move in it. Dance with it. Sing it out loud. Cry. Just don't freeze!**

Often we think that if we freeze, it will hurt less. This is an illusion. Then it hurts even more because you don't allow yourself to feel and end up in loneliness and hurt.

Get out of here! Stop blaming yourself, him, your fate. This is the path to problems and disease.

Seek love for yourself, for your partner and the Universe.

If you are a wife and you truly love your husband, fight for him! Don't let him go so easily. Fight for him!

These are issues we are discussing in Geishas seminars and there we do miracles to heal the heart.

SUMMARY OF STRATEGIES IN CASE OF INFIDELITY

1. First, you are boosting your energy as a housewife and mother - taking care of the house, the family, including the children, relatives, friends. A man needs to see what you are, that you are not just for sex. A woman should be much more than sex. Every man can sometimes have slips, but he has to realize what keeps him, what his wife is for

him. You give him support and gather information about the other woman.

2. You get into the girl's energy. You're vulnerable, crying, desperate, doubting, helpless, he has to save you, make him say: 'Well, my wife can't do it without me!'

3. Often, smart women do it unconsciously, but their children get sick. Once a mistress came to me as a client and she wanted to take a married man with a 6-month old baby. I say to her:

- He has a baby, why are you entering this family!?

- I love him – she says. He loves me, his wife is a bitch and I really want him.

- Well from what I hear his wife is playing him very smartly.

His wife has never worked with me but she did a very good strategy and we couldn't overplay her. In the beginning she was very calm. He said: 'I am leaving you for a mistress', she said: 'Okay, if you say so. I respect your choice but I want you to keep in touch with our child. It is 6 months old and for it it's very important. The child loves you very much' Suddenly the mom visited to help with the child. 'You are leaving, right, my mom came to help with the child, she loves you very much.' The mom said: 'What do you mean you are leaving?', he felt very guilty. Then the child started getting sick. Every day having high temperature. And the mistress says: 'We sit down to dinner somewhere, the wife calls and says: 'The baby has temperature 39 degrees, I can't do anything about it', she cries over the phone. He, of course, leaves me to eat alone and goes there.'

On the 15th dinner she told him: 'I don't want any more dinners, I dined alone 15 times. I started to get angry.'

His wife was very calm. He told the mistress: 'The child cannot live without me, it cannot sleep without me, and so on and so on...'

Then his wife starts seducing him, he goes home, and she's half naked there. And he says, 'My wife has changed a lot, maybe it wasn't the right decision, maybe I should still give our relationship a chance.'

Finally, he returned to his wife and they are still together. So, if a woman plays her cards correctly, if she uses the children correctly, the home, the family, he has a much better chance than the mistress.

I do support neither wives nor mistresses. There is no right or wrong. Sometimes the wife just uses her husband and does not love him, and then it is better to get a mistress who is really with him and gives him her whole heart.

Sometimes the mistress is a huge bitch and it is important for the wife to learn to stand up and fight for her family.

But there is one law: **If the family is warm, loving, having wonderful sex and the spouses sleep together - it can be very difficult for a third party to appear.** Spouses let lovers in their lives themselves. Work for your relationship every day.

WHY DO THEY CHEAT WITH UGLIER AND STUPIDER

I am often asked why men cheat with uglier and stupider than their own wife.

If he is with the perfect woman he feels like he has a lot of insecurities and is upset that she is constantly better than him. While if the wife is not so perfect, if she is ugly, silly, then he feels great and awesome. Not always a man wants a super woman. Sometimes she goes to a simple woman and feels like a God with her, the master, the most handsome, the most wonderful, he can really relax with her.

I read a very good book about an American psychologist. She is super straightforward, doing everything right. Eats properly, sports daily. She always keeps her word, she is strong-willed. She is accurate, she loves her clients.

One day, her fiancé comes to her and says:

- You know, I met a woman.
- That's good, says the psychologist, it's important to meet people, it's nice.
- But she's bad, she smokes, she drinks, she smells bad, she doesn't bathe often, she's fat, she has pimples on her skin, she has crooked teeth.
- Yes, there are women like this, we have to love everyone, we are human, it is normal, there may be some problems after all.
- Yes, I love her too!
- Well, that's nice, honey. It's good to love such women.
- She is also pregnant with my child.
- Ah! How could you? She is so fat, ugly, she doesn't eat healthy, how come you got her pregnant?!?
- Yes, but I can relax with her! With you, I have to keep an eye on what I eat, how I go to bed, where I go, what I do, there is no relaxation with you. While with her I can drink beer she doesn't hate the smell!
- Beer?!? – screams judgmentally.
- That's what you do! – she said. I am sick and tired of your perfection. I want to feel normal next to a normal woman.

Sometimes men want to relax and choose women who don't engage them. Often men choose stupider women.

I have a close friend, very smart, she is fluent in five languages, with two degrees, companies, businesses ... and her husband made this crazy. He chose a fat, ugly woman with no college education, her Bulgarian is not good, dialectical, she doesn't speak any other languages. She doesn't talk, she is mostly silent! And everyone wondered how it was possible from a beautiful and clever woman to

go and choose this one! But he is happy. And he's been happy for 10 years now.

OPEN MARRIAGES

Society is developing and new forms of marriage are emerging.

I know a family in which the husband is an alpha male, very successful. He can't have sex with his wife (no erection) and says, 'I want a lot of women.' At first, his wife was adamant that she didn't want an open relationship until she realized that he was fucking everything left and right, and she stays monogamous and convinced that her husband has sexual problems, that he is impotent and only jokes about the many women.

Then she gave it some thought, they came to me and we worked to make an open marriage contract. They agreed that they were entitled to lovers, but to use condoms because he did not use them and brought problems at home. Do not get drunk, have no uncontrolled sex, and most importantly - have sex with different partners together, such as swingers. And they kept going to some swinging places, exchanging partners. She gives this for his birthday, he for hers. And they are very happy together, very much! But they have many sexual partners and regular lovers who they know, they have children, they have illegitimate children ... discuss this with each other, share what is happening. They both say their best sex is with each other. But they still **need all these inspirations**.

Every couple is different. What works for one couple may absolutely not work for another. **Find your formula**. Try whatever pleasures you.

OPEN MARRIAGE CONTRACT

Lovely ladies, if you live with your partner or agree to have a relationship, you need to make a contract, I have already explained how to make one.

The precise contract helps you determine how you communicate. And if he said, 'I want an open relationship' you **specify whether you have the right to have one**. If you don't, he must compensate. **If you have but don't want them, that's your problem**. But in general, men accept that if the relationship is open, then this applies to both. This is the situation. And here the question is whether you want an open relationship.

Many men want to cheat and wife to stay at home. And it's not okay for him to give you that freedom. Then he will have to compensate with something else: status, give you a child, to take care of the child and you, to give money, to take you on vacations, something to charge you with.

IF YOU ONLY MEET MARRIED MAN

If you only meet married men, **it means that you yourself cannot accept that it is possible to have love and a relationship**. Internally, there is a tremendous fear of surrendering to a man. And you have something inside you that prevents you from having a man next to you. Can you imagine yourself a man at all? A man who adores you, who sleeps with you, next to whom you wake up every day. Can you imagine getting pregnant, giving birth to children? Imagine what would happen if you are with him? With the man who would like to come into your life. You have to find out what kind of fear is behind you only meeting already taken men. Are you not ready to have love, or do you want a nice man who is married? Or you refuse to reduce your requirements and make a compromise. If he is married but super cool, you don't get status, you compromise with the status, with your free time, with lies, etc. Or do you choose the more ordinary, not so macho, not so rich, not so cool, but available. You probably don't want to compromise. **Reduce your requirements**. The man may not be so successful, he may be older than you, but cool.

I have a friend, she is 33, he is 53. No hair, a bit chubby, but very rich and successful, yachts, castles, all of this, and he was available. She

compensates the appearance and age with a nice status. But if the man is handsome, cool and rich, you should pay a very, very high price.

THE DANGEROUS AGE OF 30 TO 35

The age of 30 to 35 is dangerous for women because our demands are much more than when we were 20 years old. When you are 20, if they take you to dinner you are happy. But between 30 and 35 you want a nice car, nice house, you want children, vacations all over the world. Just dinner is not enough. The demands are high but the coverage lowers. If you are 20, you have the appearance of a 20-year old, the body of a 20-year old, the energy of a 20-year old. Even the most well-maintained woman at 33 is not as fresh as when she was 20. The difference is huge. **At 33 we have lower coverage but our desires are much more.** Which, of course, doesn't work!

You have to raise your price. Earlier in the book, I talked about the marriage market. If you want a better man, you have to raise your price either through your appearance or fame, if you are an actress, model, singer. A man's status is raised by his money. If he is rich, say an oligarch, he chooses a model.

I read about Natalia Vodianova, she is the most successful model in Russia. Her first man was an English aristocrat, her current husband owns Louis Vuitton, Givenchy and other big brands. Very rich, billionaire. She had three children already, he chose her as his wife and gave her two more! Natalia has given birth to five children to two men - one millionaire, the other billionaire. But she does not stop working for a second, after five births she is in super good shape. She does charity, participates in social life. This way she raises her price and chooses high-ranking men.

Therefore, if you are 33 and do not have a man by your side, **either reduce the criterion or increase the price.**

IF YOU ARE A MISTRESS, YOU ARE CHARGING HIS ENTIRE FAMILY

If you are a mistress your energy goes to his entire family. You are charging him, his business, his wife and his children. This is why wives should be thankful to their man's mistresses.

HOW DOES THE MISTRESS TAKE THE MAN

I will again give examples from my clients. He was married to a very rich woman, with two children. The mistress was married, had a contract with a beta man, with one child. And they fall in love. She won him with her queen level energy. In the first place, she was very, very interesting to him. They had common business trips, common meetings, common sharing, common topics of conversation, she became his muse. She invited him to concerts, interesting non-commercial films. And he said, 'Wow, she's showing me a new world!'

Now I will think of another mistress who managed to take the husband from his family. He was a Jew, with a second wife, with two children. She showed up through the work, and he, like most alpha men, was clinging to his work. Mistresses often take alpha men through work, she knew all about his business. And then she decided to do something very big for him: something like a hike in the desert, ballooning, in Tanzania. And she offered him to go there, they were not lovers then. All his life he supported his two wives and four children from both of them. And then he said, 'No one ever thought of me as a man. Everyone always wanted money from me.' She offered him the whole scenario, inventing absolutely everything, of course, she paid for everything. They go to Tanzania and he returns as a newborn man. He was 50 years old. And he said, 'I finally feel happy and I found a hobby!' She constantly works with him, she never stops working with him. They have common business trips, vacations...

Now I thought of another couple - they worked together, he was married. She organized a yacht trip and he found a new meaning in his life. He bought a huge yacht and now they are traveling together. He

is already with her and they are very happy. In all three situations, the wives were at home taking care for the children, having no interest in their business. The men say, 'My wife, for 15 or 20 years, has never even entered the office! How is it possible? I have such a large corporation. She has never been interested in what is happening to me! While his mistress is with him everywhere.

So to get the man, you **first release the energy of the queen and tune in to his goals**, his work, his environment. You need to know his activities in detail. She should be able to talk to you about clients, about deals. You have to be his right hand and work next to him. This is a prerequisite.

The second is crazy sex, you release the energy of the mistress.

All three woman I told you about are damn sexual. And the men, all three, are about 50 years old and very successful, I know them. They told me they had good sex, they said, 'Wow, the sex we were having! Wow, God, Wow, God! My wife and I have never had such sex!' The mistress allows everything; she buys sexy lingerie, sexy clothes, has unique sex.

They are at work together, their sex is good, and then she raises the issue of living together. She tells him: 'I can't be without you! I need you!' And she releases the girl's energy, the sequence is **queen, lover, girl**. She says, 'I can't be without you, I would die without you, you are everything to me! Please, I just can't stand it. Another Christmas without you, I will kill myself, I just can't.' They keep crying and then leave their men: 'I can't live without you, it will hurt me a lot, but you hurt me every time we meet. We better split up.'

All three chicks left and parted with their men. But they had left good seeds. In all three cases, the men lasted a maximum of two weeks. Then they said, 'I can't be without you.'

And then the chicks put their **mother-homemaker** in action and said:

'I want a wife status, I want to have a common house, I want to be together. I want you to part with your wife, introduce me to your

children, to society. I want you to introduce me to your parents, otherwise I'm not ready to go on, categorically.'

So this is the strategy when you are a mistress. But you do it within the first year, then it is much harder if you miss the moment or if you have already left him many times. You have to be categorical, like a real mother-homemaker, she is very categorical, she is result-oriented. You leave him and say, 'I can't be without you, I just can't stand it anymore. Either we are together for real or we are apart!' And then he really has to make a decision. **But you have to be super categorical, if you're not ready - don't do it.**

IF YOU KEEP MEETING ALCOHOLICS

I will tell you the 'Three sisters travel' story.

Once upon a time there were three sisters. One was the evil one, the other was lazy, and the third was super nice and kind. It took the sisters a long time to reach the kingdom in which each would receive a man. Finally, they arrived and gave the evil one the best man - a rich, smart, kind man. The lazy woman got a man with golden hands, who can repair everything, knows how to do everything.

And to the sister who is the prettiest, the smartest, the most wonderful, they gave an alcoholic. She asked, 'Why, why am I being given this man?' Fate answered her, 'What will he do without you? He will perish without you!'

And so women who are very strong and combative are given men who are weak and will die without them.

I analyzed that the most successful, strongest men I have ever received in my life came when I was in crisis, inactive, when I had a big problem. And when I'm on a horse and I'm very, very good, I get men who need help more. I have a client who is a terribly strong woman with many businesses. She says: 'All my life, 22 years of marriage, I drag my husband with me, he is weak. I made money for the whole family, for the kids.' But she had big problems. She lost everything.

Then, for the first time in her life, a very rich and successful man appeared - she just needed help. The system always strives for homeostasis! The smart and beautiful woman is given by the system by a man who will truly die without her. And to a woman who is spoiled and can't do nothing, the Universe gives a hard worker - and she will die without him.



DAY TWENTY NINTH

PROFESSIONAL SEDUCTION

Like yourself, make love to yourself!

WHO TAKES THE FIRST STEP

Good seducers, whether or not they have a serious partner, are always ready to smile, make a compliment, flirt. They are open to the world, watching it, observing people, noticing details in behavior and react openly. The opposite of them are the indentured people who have no observation, no openness, are not open to the world.

Now think about yourself. Do you easily notice partners from the other gender? What do you do if a man is nice to you? Who takes the first step - the man or the woman?

Gender does not matter here - the first step is made by the one who is more interested or more open. But it's **easier for women**. Men are very nice and rarely cut us off. You can safely go somewhere and start harassing a stranger: 'Would you take a picture of me? Excuse me, can I ask for your advice? Can I ask you for help? If a stranger does the same to you, you are very likely to cut him off. So you have to be open and ready to flirt.

THE 'I'M GOING HUNTING' ATTITUDE

Going hunting does not mean going to a bar. You can hunt in the store, at the gas station. You can hunt anywhere if you have the attitude and the reflexes to do it.

You have to be in a good mood when you go hunting, ready to seduce, to flirt, to get down. You notice a man who is interesting to you. **Remember: you have 3 seconds to react!**

This is the time when you have to consider whether or not it is happening. To tell him something or not to tell him. If you delay, there will be an awkward pause. Three seconds is enough time for judgment

and reaction - if you're on a dating site, this is how much time you spend on the photos. You decide whether you like him and take action.

TRAINING THREE SECONDS

Imagine there is an interesting and nice man opposite to you. What will you tell him?

The simplest one in the bar is 'Cheers!'

If you are at the gym you ask: 'Is this treadmill good?'

If you are on the street: 'Excuse me, do you have battery, my phone is dead?'

You have to be ready with something you can say instantly. The point is to react in the moment. **Three seconds: one-two-three, you speak. One-two-three, speak!**

Practice constantly. As a start talk to unknown women, this way you will develop your reflexes.

I constantly say there are no lucky and unlucky people. There are people who are active and those who are passive. If you see an interesting partner and you don't take an action he passes by you! When I work with clients I almost all the time have to urge them to act.

EXERCISE I AM A GIFT WOMAN

How an interesting and strong man to fall in love with you?

In order for this to happen you have to be in love with yourself, to accept yourself as a gift! Not that you want to catch him, that you are the present he is fighting for.

Say aloud:

‘I am a gift woman! I am created for love and adoration! All men dream of taking care of me!’

Say it out loud several times. What is the vibration, the feeling when you say it?

It is a matter of attitude to be perceived in this way. I really look at myself as a gift woman. I believe with all my heart that all men dream of caring for me and that I choose the most worthy of this honor.

A woman is like a flower. That is why it is important to be beautiful, it is your feminine responsibility. When you feel beautiful with your hair, with your skin, with your body, with your radiance, **then you can blossom and attract men.**

It's not a woman's job to run around looking for men! He comes alone when you choose yourself! **When you feel beautiful and feel like a gift, like a flower that has amazing scent and gives light, love, joy, happiness, this attracts!** If you are insecure and expect a man to come and wake you up, who will make you feel like a woman, this is not working.

Men come when you initially have the status of a gift woman, when you are sure: I am sexy, I am cool, I am unique!

Now I ask you on a scale from 0 to 10 to rate yourself. Answer my question honestly: Do you accept yourself as a gift?

If you are amazed at this idea, if you think you should deserve to be a gift woman, your rating will be low. You are at your highest level, if you consider yourself a gift woman and even more than that, if you are convinced, ‘I'm just priceless, princess, there is no one better than me, and he has to work hard to deserve me! **I am his happiness, his blessing, his freedom and joy.**’

Then it's important to find out **what men is appropriate for you** because not everyone is good for you as you are not good for everybody. Do you know what kind of man you want? Let's make a nice exercise that is called 'Marriage ad'

EXERCISE MARRIAGE AD

When I was a student, we didn't use the internet like we do now. There were newspapers where we could advertise that we were looking for a partner. But the volume of words was limited, so we used abbreviations. These are the kind of texts that were published: 'A man of 30 years, no BH (bad habits), with SH (sense of humor), FS (financially secured), with H (housing), looking for a woman.' And he describes what kind of woman he is looking for - for love, for cooking, for children, for family, for long-term relationship, for sexual fun. Think carefully about how you will describe yourself and the relationship you are looking for and write your short marriage ad here:

Now try to describe the man you are looking for with a maximum of 7 words. His most valuable 7 qualities:

1.

2.

3.

4.

5.

6.

7.

I would write down: spiritual, wise, successful, sexy, traveling and supportive. What you wrote above is the most important thing for you at this stage in your life. Keep in mind that it may not be up to date. And if you describe your partner correctly, if you clearly declare what you want from men this way you **reject the unnecessary men** who don't meet your criteria and you start focusing on what you want to attract.

FOCUS LAW

Examine the room you are in and count the white items. How many are they?

Now close your eyes and say how many objects are in another color - red or green. Without looking! Open your eyes and check. There are many more, right?

When you are focused on something, you see nothing else. That doesn't mean the other doesn't exist, you just don't see it.

That is why it is very important to have a clear focus on what kind of man you want to seduce. What he looks like, what character he has, what his values are. And what should you be like to be with such a man. Clearly, if a man is athletic, you probably also need to be athletic. Clearly, if he's smart, you have to be pretty smart too. It is very important to see what this man is looking for from a woman.

WOULD YOU MAKE LOVE TO YOURSELF?

The favorite question I ask my clients is if, when they look at themselves, they would like to have sex with themselves.

Do your clothes provoke you to undress? Stand in front of the mirror and ask yourself, *'Would I have sex with you right now?' Does the urge to tear my clothes off and fuck me come from within? Am I enjoying myself? '*

Close your eyes and imagine that you are a man. Open them up and ask yourself, if you were a man, would you like to have sex with the woman in the mirror? Watch your reaction. If no, analyze why. What would stop you from having sex with yourself? Are you tired, bored, too serious?

It is important to have the feeling that you want yourself, you are just so awesome.

And the question is, if you would have sex with yourself, do you do it? **Do you masturbate and do you masturbate enjoying it?** Do you adore taking care of your body? Think about how you masturbate. Are you quick to make up a fantasy and be done with it? Or are you caressing yourself, touching, kissing on your fingers, on your hands? Do you play with your hair, do you play with your body? Do you use any oils, creams? How do you make love to yourself? How do you do it? Seductive women **adore making love to themselves**. They love to caress, they love to look at their toes, to say gentle words, to touch, to

think, ‘God, what nice breasts I have!’ They caress their feet and say, ‘God, what legs do I have!’ They look at their butterfly. **They have a constant love for their body. We receive from men what we give ourselves.**

I had a client who complained that her husband was very fast, saying:

- He penetrates and comes, no foreplay, no details.
- Do you masturbate? - I ask.
- Well, yes, sometimes, but very rarely.
- How do you do it?
- Well, it’s quick, I lay in bed and I finish.
- Just like your husband does?
- Haa...well...yes!
- Well can you really make love to yourself?

And she bought some roses, drew a bath, put on fragrant oils, kissed, played with herself. That evening, her husband had a gentle, beautiful, long sex with her for the first time. **She started giving herself and he started giving to her!**

So if you want to be more seductive, start making love with yourself! Honesty, enjoy yourself, kiss yourself, just admire yourself, all your beauty. You may not always want to have long sex with your partner. But love your body! Rejoice it, admire it, be proud of it! People sense this. It's always obvious when a woman worships herself. And you can always tell when a woman loathes herself!

How to keep the passion between me and my man?

You can’t keep it unless you are passionate to yourself, if you don’t enjoy yourself.

Like yourself, make love to yourself!

GOOD SEDUCERS LIKE MEN

It's important to like men, to like what they can do to us and what they can give us.

Think about when somebody says: 'Men are...' what is the first thing that comes to mind? Write it down here:

If you wrote only positives you should have a unique man next to you and unique relations with him. If you used some negatives we will do the following constellation.

CONSTELLATION ABOUT YOUR RELATIONS WITH MEN

Take a chair and put it opposite to you. Play nice, casual music. And imagine the chair was a man.

Are there any significant men in your life? What were they like? Retrospect, go back and remember your relationships. How did men treat you? Did they adore, understand, support you? Did they abandon you, didn't care about you? How did your father treat your mother? Did he give her love, did he worship your mother? Was she the most important woman in his life? What did you see as the attitude of men towards women in your childhood? If you could stand up to men in general, what would you say to them out loud?

Now say aloud:

'Dear men, I am grateful to you for' (list what you are grateful for to men in general - for love , for support, for gifts, for paying bills, for respect, for monogamy, etc.).

Think about what you admire about them. What do you like about them? That they are strong, smart, purposeful? Say it all, aloud it:

'Dear men, I admire you for

Now think about how you suffered for men. Were you abandoned, were they rude to you, what did they do to you to make you suffer? Say it aloud:

'Dear men, I suffered when.'

Are you ready to forgive men? Do you feel like you forgive them? Say it out loud and list what you forgive them for:

'Dear men, I forgive you for.'

Think about how you hurt the men. Maybe you weren't good to them, maybe you cheated, didn't appreciate them, you didn't express gratitude? Say aloud:

'Dear men, forgive me that

Now find out why you love men and tell them:

'Dear men, I love you because

And continue:

'I need you in my life! Forgive me for not wanting to be your mother! I want to be your wife. To respect you, appreciate you and admire you.'

Gently and slowly you can open your eyes and come back here and now. What is the feeling of saying all these things? It is very important that we don't let ourselves be mothers to men. Often, we start caring for them, saving them, helping them. This way we do them wrong.

It is important to remember that **men are also vulnerable beings, very sensitive beings, and they are afraid of us, women.** We have enormous power over them. We can often crush them.

If you have a man you crushed, write him a letter and tell him you're sorry. Don't send it, but write it: *'I'm really sorry I couldn't be the right woman for you! I'm really sorry I couldn't give you what you needed, that things didn't work out between us. Because sometimes they just don't work out, we're just not for each other. As much as we both struggle, things don't happen. I'm really sorry!'*

If you feel guilty, just release it.

Crushing men is a defensive reaction. Often it comes from our childhood, from our fathers who crushed our mothers. And we have promised to ourselves, 'I will not be like my mother, I will not be like my father. I will not let anyone piss me off! And I'll crush them before they crush me!' Then it's important to do this technique with your father. And tell him:

'Dad, I understand you were like that and I forgive you and I accept you! I'm really sorry it happened.'

If there is a man you have not yet forgiven, if you care for someone's insult, dissatisfaction, if you speak badly about him, write him a letter! You won't send it to him, but write it. And in this letter express all your anger and feelings, everything.

DAY THIRTIETH
CLEANSING THE ENERGY FIELD

Hidden pain causes such situations in your life because it's energy is
inside you.

TECHNIQUE
FOR OVERCOMING ANGER

Insults and anger are often piled up and don't let us to go forward and attract new men into our lives. I'll teach you how to overcome them.

Dress in light and comfortable clothes so you can move around freely. Have a big pillow ready for you to hit.

Stand upright. Remember your anger in this life. Who hurt you, whom are you angry with? You may be angry with yourself as well.

Start moving your feet as if you were running. Bend your arms at your elbows, push them forward, body slightly back. Breathe through your mouth! You move your arms and legs. And you start talking to your husband about your anger. Your voice gets louder, you start shouting, *'I'm angry, you annoy me, you idiot, you asshole, why?'* A-a-a! Maximum, maximum, make noise! All that is in your body, let it come out! Neighbors will be happy, don't think about them! Hit the pillow, hit it in the ground! Move actively and express your anger: *'You annoy me! I'm angry! I'm angry! Why did you do it, how could you?!? Why did he do it?!?. With your feet, hands, body! More! 'A-a-a-a-a!'* You jump, you hit and you shout! More! Shout! Feet! Open your mouth! Pour it all over!

And gradually you calm down. You exhale, you inhale. You're still moving - legs, arms, body ... moving them. And you gradually slow down the pace. You relax, you stretch ...

And you come back here.

When there is anger and no permission to express it, it is terribly blocking. You are standing in anger, depression is coming, the

reluctance to live. You cannot forgive and forget. And the worst part is that you have a fear of entering into relationships again, because you cannot assert yourself.

It is often uncomfortable for us to show our anger. We are even afraid to do it because we know that if we attack, the man will also attack and start a war. And we don't want a war and we run away from anger. Our maternal instinct is also unlocked and we don't want to hurt the man. There are situations like this, right?

Therefore, mandatorily express anger with your body. Not only in writing but with the body also.

If you find it funny things means you have a trauma and anger prohibition. You didn't have the right to express your anger ever since you were little. Probably if you were getting upset they told you: 'Sit quietly, don't do this, listen to your mother, don't be upset! Good girls don't do this! It's not right you know!' This way you developed a fear to express your anger.

And if we carry anger, we cannot attract the real men we want.

If you feel that there is more anger in you, keep up the technique every day! Shout, hit - day after day, until you feel you need it. You play loud music and you shout loud. If necessary, get out into the mountain and make it there. Running, shouting, boxing! You just allow yourself to be angry. Music helps a lot. Practice and habit. Over time, it gets easier.

In my life I have noticed that people have an awful lot of anger in them. Very much! This is where problems with the body and depressions come from.

It's normal to be angry, not everything is pink and chocolate in life, there are things we don't like. And they are a problem because **nobody owes us anything.**

Is there anger in you - you express it and you go on with your life with new choices. **Seducers have the right to anger and manifest it, expressing their true self.** They are tigers, strong animals who can

say, 'I don't like this. I like that.' When you allow yourself to be honest, your partner is also honest with you.

TECHNIQUE FOR SHAME RELEASE

Think now what you are hiding. Is there anything that is not comforting to your soul but you do not tell your partner? Is there anything that bothers you - maybe in your body, maybe in relationships? Do you avoid talking about what you are ashamed of? Are you hiding something? Is there anything you don't want anyone to know about? Is there something you feel guilty about or not proud of? Maybe as a kid you did something you still keep a secret? Have you ever seen something between your parents that you are ashamed of?

I work with a young woman, very successful in her career, but she doesn't have a man. And I'm looking for why she's alone. In the end she confessed to me that her father had beaten her and her mother, tied them to the bed and beat them with a metal rod, she had broken limbs. She said, 'No one knows it! And I never want anyone to know that this has happened to me!' She has managed to escape from her home, she has three degrees, has an enviable career, but remains internally at the level of a scared child who is ashamed of herself, her past, her father, and everything that happened to her.

You probably have some trauma too. We will work for the shame in you.

Think about with whom you have things you don't want anyone to know about. Put a chair in front of you and imagine that it was the person in question. Tell him:

'Dear Mom (Dad, Child, Brother, Sister, Partner), I want you to know that I'm ashamed of

And tell him your secret. Say it out loud, no one hears you, no one will understand. But watch how you feel while you talk. And free your field from this shame.

It is quite difficult to seduce when we have fears about men and blockages from them. But if we developed them as children, then if we did not have the right to express our anger, our shame, now we can do it. You are already grown, my dear, and you can express your displeasure.

If you need to work harder for this, attend the seminars Geishas and Dream Woman.

IF YOU MAKE HIM TALK ABOUT HIS SECRETS, HE FALLS IN LOVE

I am often asked:

‘How can we make a man fall in love and how to keep the man after?’

If you manage to make the man talk about his secrets, his hidden pain, he falls in love with you. And he will do it through your sharing when you tell him about your hidden, bad memories from the past and you admit: ‘This is what I carry in me!’

There is no person who doesn’t have any fear, worry, shame or guilt inside.

When you are able to show this to your partner and say to him, ‘Yes, I carry this within me, it is a part of me, it’s in my field’, you can help your partner unlock as well. And you are approaching the level of heart, the level of true closeness, the level of ‘I am not alone and you are not alone’.

When we keep secrets from our partner and cannot tell him about our past, about our lives, we build a distance and it is difficult to have a real relationship, a real closeness.

Nothing comes close to sincere sharing for our family! Everything you hide will come to light sooner or later. But **the secret takes a lot of your life energy.**

My point is to share with the man you want to keep. **Ask him for permission:** ‘Do you want to know a little more about me, about things that may bother you and you may not like, but they are part of me?’ And if he is ready to listen, tell him! **Hidden pain causes similar situations in your life because its energy is inside you.**

Of course you don’t talk about it every day. You find a convenient moment, you sit down and talk openly. You say: ‘There is something I want to tell you. In my family this is trauma I had, so it’s sometimes a bit difficult for me to accept men and I’m sometimes scared when you yell at me.’ **You explain to your partner what has happened to you, what you are going through. Only this way you can achieve real closeness.**

To be honest, I planned in this chapter about seduction to write only about passes. But often the women I explain to how to seduce say, ‘I understand, it’s very easy.’ However, **if you have not forgiven men, if you have a fear of them,** as much advice as you read, you resist internally, you do not want them, there is a **protest in you.** At the level of consciousness you say, ‘I want a relationship, I want to seduce him, I want to be his number one.’ But at the subconscious level stands the prohibition: ‘Men are dangerous to me, if I start to feel, he will hurt me, beat me, punish me.’

And then you choose a man who is comfortable to destroy, you become a tyrant. Or you choose a man who is not a relationship material, let’s say a sworn bachelor. And you say, ‘He doesn’t want a relationship. I’m ready, he’s pulling back.’ But internally, **you don’t really want it - you’re just very afraid of relationships.**

MEDITATION FOR REMOVING BLOCKAGES

Let’s work on removing the blockages towards men. We will do it with this meditation.

Play some music and sit comfortably.

And imagine the little shriveled girl who was injured by this man. From his actions, from his words. You can tell him aloud:

*'I feel hurt. I feel hurt. I feel hurt. I feel hurt that you were beating me, that you were treating me, that you were beating up my mother, that you were cheating, that you were lying to me, that you didn't love me. It really hurt me when
..... (and describe situations).*

I want to forgive you for (say what you are forgiving him for) and finally let it go.

I forgive you for being bad to me. I forgive you for cheating on me. I forgive you for beating me. I forgive you for lying to me. I forgive you for leaving me. I forgive you for the time lost with you. I forgive you that you cannot make me happy. I forgive you that you have no power to fight for me. I forgive you that you have no power to be with me!'

Imagine giving this man love. He was bad or aggressive or insecure because he was lacking love. Tell him:

'I give you love! You're just a man, you're just a man. And I respect that. I give you love! I wish you happiness! I wish you to find yourself! I wish you success. I wish you to enjoy life! Thank you for everything!

I ask the universe to release my heart from the pain that came from men! I ask the universe to open my heart! I ask the universe to allow me to love again! I'm asking the universe to let me seduce! To allow near me men I really like and men who really have power, wisdom, wealth. I ask the universe for courage to be with a decent man, to attract him, to hold him.

I allow the pain to go away. I let go of fear, I no longer need it.

I invite courage, I invite love, I invite beauty, I invite opportunities.

I'm opening up to the universe. So be it!

I allow myself to be close to men. To show them my strength, my weakness, my sexuality, my vulnerability. Whatever it is. I let it go! And I'm opening up to you guys!'

And you exhale. You exhale your fear, you exhale the blockage.

Imagine breathing courage, light, joy. Imagine there being a man in your life. But you really allow him - to your soul, to your heart. You let him stand by you. You look at him, you feel his power and that he makes you happy. And you feel his care. You feel that he sees you and you see him. You see each other. You say, *'I give myself the right to attract a decent man and stand by him. I open up to men - the kind that I really like.'*

Exhale gently and return here.

Open your eyes and imagine how you allow a man to stay in your life. How you enjoy him, how you admire him, how you want to enchant him, to attract him. How do you say to him, *'You are my one and only! You are mine and you are wanted. I adore you!'*

You exhale, feeling that your man is near you.

How do you feel? How does it feel to allow at energy level for someone to stand by you? Try to describe it here:

It is my request to give yourself right to keep this feeling! Just allow yourself the honor to have a man next to you. If you already have a man imagine that he is there – the loved one, the most desired one, the most special one, the most wonderful man.

That's what attracts him. There is nothing more powerful that can keep a man close to us than this heartfelt connection - when you really want

him with all your heart, with all your soul, and you have cleared your field from past partners, from all the insults.

If you have not cleaned them, you will dump them on your new partner.

Do meditation individually for all the men who hurt you. Free your energy field from blockages!

If you find it difficult to perform meditations and practices alone - I will make them for you in the online program '33 Days to the Dream'. The program includes the book's practices and meditations, you can listen to them and use them whenever you need to readjust your subconscious mind. Sign up and you will have access to more techniques at www.natalia.bg

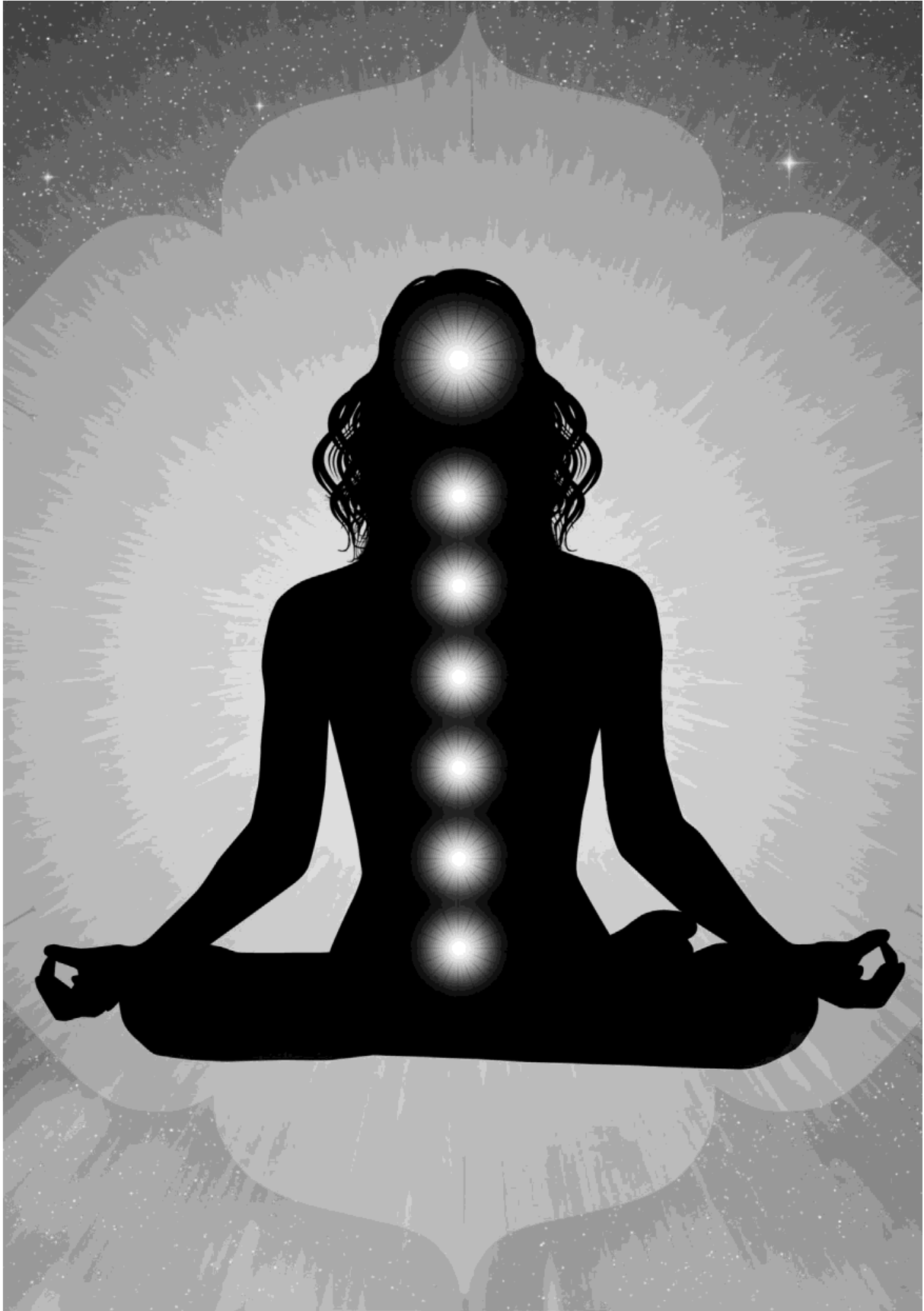


DAY THIRTY FIRST
CHAKRAS AND ENERGIES BALANCE

If we live in feminine energies we attract, seduce and keep very easily.

It's important to talk about our energy centers – chakras. We can describe them as wheels through which energy flows in or out of the body.





Human body chakras



FEMININE AND MASCULINE ENERGIES

The basic chakras are seven.

1. **The first is the survival chakra**, it is located in the genitals and is giving, active, in the male and receiving, passive, in the female. It is proper for a man to provide protection, shelter, security, continuation of birth, and a woman to allow him to do these things, to accept him. It is a man's job to build a house, to provide a legacy for the children. And it is important for a woman to take her husband's family name - this way she is passed on to him and enters his family. If the first chakra is blocked, the woman has no connection with her body.

2. **The second is the chakra of pleasure**, it is active in the woman and passive in the man. **The woman gives sex and pleasure, she teaches the man pleasure.** She releases him and seduces him. The woman enjoys sex, has multiple orgasms, and thus charges the man. When the woman comes, she gives the man energy. When she doesn't come, she doesn't give it energy. The Vedas say that the man is the enjoyer and the woman is the one through whom he enjoys. And ideally, the woman takes care of the man not only to have food, home comfort, comprehensive communication with the children etc., but also to enjoy them. Blockage in this chakra is associated with repressed anger that you do not allow yourself to express.

3. **The third chakra is willpower and money.** Here the man gives his strength and the woman accepts. Strong is this man who has the willpower and keeps his promises. Money comes from strong men, they are respected in society. And the woman lives more through pleasure and does the things she really wants to do. A blocked or congested third chakra leads to constant fear and anxiety in your life.

If a woman is too active in the first and third chakras, if she takes care of her survival and money alone, the balance and energy of the second and fourth chakras are lost, the energy of sexuality and love goes into will and money. And you grow the willpower center, you may even get a beer belly, as an outward manifestation of male energy. But the

pleasure, the sex, the love disappear, the child's admiration, the lightness, the carelessness are lost.

4. The fourth chakra manages the energy of love, it gives trust, joy, gratitude. In a woman it is active, in a man it is passive. It is important for the woman to allow herself to love. When she enjoys, trusts, loves, admires, the man receives the same emotions. In reality, men come to us for love, for them this is the most important thing. They do not expect to receive money from women if there is a balance of energy. Blockage in this area brings pain, you are frozen in pain and you do not allow yourself to feel anything.

5. The fifth is the chakra of truth, self-realization and self-expression. In a man it is active, in a woman it is passive. *You're the man, you're a boss, you're right.* The man wants to prove himself, he wants the woman to admit that he can, that he is the most important, that he makes the decisions, he takes the responsibilities, he states them, he carries them. It is important for a woman to do everything with pleasure. And the responsibilities, as far as possible, are delegated to the man:

‘Well, honey, I don't know, you know, try! You are so smart, you always manage.’ Blocking or overloading in this area leads to a lack of joy in life and an inability to express your desires and dreams.

6. The sixth is the chakra of intuition, the woman gives, the man accepts. The more feminine we are, the more intuitive we are, the more we feel: it is right, it is wrong; this is for you, this is not for you. We target our partners when they make their choices. Blocking here leads to a lack of intuition.

7. The seventh chakra is the spiritual one, it works equally in both sexes and ensures our connection with the Higher energies. When you block in this chakra, you do not feel a connection with the higher powers.

Now analyze which of your centers are better developed - male or female. If you fight for security and survival on your own, male energies take precedence. If you are struggling for money and you have your will, if you always want to be right, to be successful, you

are still in the men's center. If you want to express yourself, prove what you can do, you're back there. And then you often attract men with developed women's centers. They take care of you in sex, they are ready to love you, sometimes they grunt like women and are very intuitive and gentle. With them, you become even more mannish.

However, the stronger the women's centers in you, the stronger men you attract.

HOW TO ACTIVATE OUR FEMININE ENERGIES TO ATTRACT STRONG MEN

1. Provide pleasures

If we are feminine, we attract strong men. We work for the chakras with feminine energy. I remind you, this is the second chakra of pleasure. We enhance it by providing pleasure - so we will have the energy to take care of our husband's pleasures as well.

Eat with pleasure, drink water with pleasure, buy clothes and shoes with pleasure, do yoga, run, exercise, read ... the list of fun is huge. Live with pleasure. Do everything that charges you.

Exercise: imagine how would you live mostly through your feminine centers – more specifically what would you change? Do this

2. Boost the heart energy

The second female chakra is of love - boost the energy of the heart! Hug your loved ones, tell them, 'I love you very much!' Cuddle with you feel love for them, and you charge when you love.

Allow yourself to act like a Barbie girl! Your clothes, the spoiling, the vanity, the good nature of a Barbie girl will charge you.

It is clear that you are probably a working and active woman. But give yourself time and opportunity to feel and crawl. Sometimes it's very useful!

You can constantly discover new sources of enjoyment and complete the list.

I give you homework and it is a must: get at least three pleasures every day. It may be simple things, even routine, but look at them in a new way. You can wake up with pleasure, go to bed in the evening with pleasure, walk with pleasure, many things. Taking care of your looks, talking to your kids, listening to music or some hobby can be your sources of pleasure, don't miss a day without three of them.

LEARN TO ACCEPT

Learn to accept. Ask and accept. When it is difficult for me to ask, I imagine that my mouth is something separate from my head. And the mouth can speak and may ask, 'Would you buy me whatever? Could you give me this? Thanks for giving it to me!'

And you are convinced internally that you deserve it and you can receive it.

More meditations on this topic can be found in the online program '33 Days to the Dream' at www.natalia.bg

MARRIAGE STRATEGY

And the last thing I want to give is a marriage strategy - how to bring a man to marriage after sex, how to get married.

1. First you clarify for yourself what kind of person you are looking for.
2. When you meet him and get to know him, when you like him, you start to seduce him sexually without giving him sex, you build the field. You're just beautiful, sexy, he's impressed, his dick is up. You give him nothing, you say, 'I'm not ready, I'm on my period, I need time, etc.' You're delaying sex.
3. You let your girl energy out. On the second date you go super gentle, subtle, talking about sex and emotions, about the stars, about the romance, you just touch his heart. You invite him to a concert with

children, you share something very personal and intimate, it can be a secret. Take aim at his heart. And you do this at least a few dates.

4. The next stage is setting boundaries, drawing up rules and achieving respect. You start to assert yourself, saying, 'Wait a minute, I still want a man for a serious relationship, I'm not ready to sleep with you right now, what are your intentions for me?' The energy of the Queen is already working here.

5. Only after you have discussed all the rules, you turn on the energy of the mistress and get to sex. The first sex you do it shy. And then you unlock. Gradually, not immediately! Being shy at first is good, men want to have such women. At the beginning you act as if he unlocked you, he opened you.

6. Then come care and awakening along with it. You wake up, make him breakfast, show how caring you are, arrange his clothes. He has the feeling that he has finally found a dream woman who combines everything.

And remember: the most important thing is to have a clear intention of marrying and accepting yourself as a gift woman, a marriage woman.

DAY THIRTY SECOND
MASCULINE AND FEMININE ARCHETYPES

The relationships between a man and a woman of the same archetype are rarely successful.

We reached probably the most important topic on energy peculiarities of both sexes. If you learn how to properly diagnose men, you will know if he is suitable for you, what your relations should be and how to develop the relationship. Therefore, you have to read carefully!

The main four masculine archetypes are: **a trader, a discoverer, an artist, and a ruler.**

The corresponding feminine archetypes are: **a mother + a girl (Charlotte), a queen + a lover (Samantha), a lover + a girl (Carrie), and a mother + a queen (Miranda)**, as to be easier I have compared them to the four ‘Sex and the City’ characters, we all know. This theory originates from the school of Larissa Renard and C. Jung.

MIRANDA a mother + a queen – a ruler, manager	SAMANTHA a queen + a lover – a discoverer
CHARLOTTE a mother + a girl – a trader	CARRIE a lover + a girl – an artist

THE TRADER CHOOSES A SUCCESSFUL AND BRILLIANT WOMAN

Traders are men who are occupied with business activities – they buy, sell, they are managers or have their own companies, but not an empire. Children are very important to them, they adore them. **The family, the house, the heritage they will leave to their children, are their priorities. They are the best fathers.** These men bring children

everywhere with them. They adore sports cars, cars are important to them in principle; they sell them and buy new ones all the time.

Business activities and money are very important and have a great value to traders.

They choose **successful, realized women, beautiful, rich, brilliant.** The famous models, actresses, women with status and a mission who want to achieve something, and not to be mothers and housewives only are interesting to the trader. He feels good with women like Samantha – queens and lovers, sexy, provocative, smart. The woman who attracts the trader is a bitch, she is cutting towards him, she is not dependent on him, because she has her own money. She is a woman he may never possess in full.

Charlotte is the analogue of the trader, they are the same, equal, but they are like a brother and a sister, **but they may not be together.**

A successful, famous, well-dressed, classy, and independent woman will win the trader. If she does not possess a status, it is almost impossible. When choosing a woman, the trader takes quite serious aspects in consideration. He does not want her money, but she **has to raise his class, to be a trophy woman.** By her side he becomes great, raises to another level. David Beckham, for example took Victoria of the Spice Girls and rose his status. **The trader does not want a common girl, she would not bear up in his energy field.** If the woman does not have balls and is not a bitch, she does not have any chance to cope with him. **The trader may be loyal if the woman is strong**, if she has her own life, her business trips, her job.

The trader invests into the woman when she is already successful. He may make her big presents, but if she has her own successes. He does not like unsuccessful, poor, problematic women. **And when she has a problem, he will not be right by her side.** He loves confident, secure, strong women, they are interesting to him. He runs away from weak, vulnerable, problematic women. **If you want to keep this man, you have to give birth to his children.** Traders are crazy about

children. They are unique fathers, they adore children and may have several women.

We may have business relations with traders, they are good partners. The combination between **a manager and a star is common**: she is a singer, and he organizes her concerts, takes care of her career.

You may seek after him, as well, but you have to be slightly elusive and to have a mission. If you want this man to always be by your side, **your mission should be more important than him**. He would like you to travel constantly, to have power, to be liked, loved, to see you in newspapers and magazines. The more famous and popular you are, the more equal you will be. To have a successful business is also good. Otherwise it will not work out. These men often make colleagues and subordinates out of their women, but you have to always be on a high level, to have make up, to look good, to maintain your good vision, because you are his class, you raise his status.

The trader may not be with the analogical woman Charlotte, **he chooses the opposite one – Samantha – a queen + a lover**.

THE DISCOVERER WANTS YOU TO ADMIRE HIM

Samantha's analogue is the **discoverers**. These men are revolutionaries. They are engaged with interesting things, make up new concepts, make inventions. Columbus falls in this category, as well as Richard Branson, Steve Jobs. They may be somehow hippie, novelties are their passion.

They adore nature and spontaneous decisions. Woman's admiration is very important to them. These men travel constantly and often choose professions, related to travelling. They are the stars in the relationship. Everything around them is **movement, travelling, and applauses**, applauses and public, and people recognition are very important to them, they want to be constantly convinced how wonderful and great they are.

The discoverer **has a mission, he adores freedom and does not love marriage** or relationships. He is crazy, he is wild, he seeks after new and extreme things, takes risks. Such a man **will choose a Charlotte woman – a mother + a girl**, a homemaker, a housewife, waiting for him and admiring him.

You have to be a bitch with the trader – to be cutting and challenging ('Can you do this?', 'Will you cope with this?', 'Are you sure?'), but you have to only admire the discoverer ('You are great!', 'You are a genius!', 'You are my God!') and to let him be engaged with his hobby.

I know such a family – he is crazy about yachts and sea adventures, but she is seasick. He stays in sea for 5 or 6 days, and she is waiting for him at home. He comes back tired, happy and she is glad to see him, the house is clean and there is food prepared. While he was away, she has meditated, she has kept herself busy with the kids, she has maintained the house. Both of them feel very well.

Samantha and a discoverer may like each other, but, unfortunately they may not build a family, because they are alike. **A man and a woman who are alike, may only be very good friends.**

I am the classic Samantha and my husband is a classic trader. But a great number of my men were discoverers. We became and remained fantastic friends. What is interesting is the fact that as a woman I choose the Charlotte type of women for my friends. Two Samanthas together may not live well. And if you are Samantha, as well – active, brilliant, sexual, provocative, have a profession and a mission, you will seek after friends of the Charlotte type – the one who will admire you, will make a delicious cake for you, will listen to all your sex stories, will accept and forgive. If both of you are Samantha, there will be a fight for power, who is the greater of you both.

House is very important to Charlotte. She furnishes it, cooks, takes care of the cleanness. Samantha adores restaurants, travelling, she is seldom at home, she chooses a job, related to travelling, airplanes, airports, many languages, many friends, activity, risks, crazy things.

If you want to throw passes to a discoverer – **you admire him and support him** in his mission. If you want to throw passes to Samantha – you support her. When my husband supported me in my mission to make seminars, I fell in love with him. When he helps me with my job, I just adore him. I adore him! If you have a discoverer, then it is important to support him in his mission. To make him presents, related to his mission (for example, hardware for his business), to take care of his style, because it also supports his business.

If you have a trader, he adores luxury – presents, clothes, ties, perfumes, malls, hotels, restaurants – all must be fancy. It is all the same to the discoverer: **he may sleep in a tent, as well as at the best hotel**, it does not matter. What is important to him is **to be at a new place, to feel amused**, to have people, companies, around you. He **adores noisy companies** and to have fun. Trader loves luxury, the discoverer **loves nature and freedom**. He may live peacefully in a panel building, it is not important to him. But most discoverers are able to make money and live a high-level life.

THE ARTIST SEEKS FOR A WOMAN WHO WILL TAKE CARE OF HIM

The **artist** is the next archetype. These are men who adore solitude. To have time in silence is very important to him. He is a specialist, writes a book, a programmer, a painter, a composer. He loves silence, to be alone, to let him stay at home doing what he loves and not to intrude.

What is the woman that he needs? The complete antipode – **he needs Miranda, a mother + a queen**. This is a strict, punctual, concrete woman, who is able to take care of him. Let's say he is a photographer and wants her to buy him equipment and a studio. Do you remember when in the 'Sex and the City' movie Miranda chose the bartender, he had any kind of caprices, and she began: she bought him a restaurant, then another one, she prepared his contracts, he always had financial

problems but she saved him every time. She is very practical, she is very requiring, but this man is able to bear and love her unconditionally, **he is very kind, he is supportive, helping, he is intelligent. But he is absent-minded.** He fulfils his obligations of a father, but you have to tell him what to do. Miranda is honest, concrete, clear, direct, punctual, she is not sly, she likes making decisions and taking responsibilities. And she chooses an artist man, **who can bear her character.** But he is a **man-child.** She does everything alone, she is active and effective, and he gives her love, support, presence. She may leave the kids with him, he is diligent, observes her orders.

Actually, Miranda is the man at home, she is the queen and needs a performer. If we talk about protection... more likely she will protect him. He is a sweet, kind child. But he has a good soul, he is nice and monogamous. And he surrenders everything to the woman. Artists are chosen by women, who were hurt by other men or by their fathers. The woman chooses a man who will not hurt her, but she takes the full responsibility and even his protection.

Carrie Bradshaw corresponds to the artist-man. She also stays at home, writes books all day, she is absent-minded, a dreamer, works for pleasure, not to make money, she does not know who she is or what she wants. Confused and unconfident, she hides everything in herself. Such women choose Miranda for friends and a ruler for a man.

THE RULER CHOOSES AN OBEDIENT AND CONTENTED WOMAN

The **ruler** man wants the woman to be kind, obedient, to surrender to him, he wants **Carrie, a lover + a girl,** and he himself to control, to impose, to lead, to decide, to act.

The ruler loves to solve problems. He is an introvert, just like the artist, while the trader and the discoverer are extroverts. The first two

of them want silence and to be at home, while the second two want people, action, going out.

Be loving, be obedient, be contented with life with the ruler man. Be by his side, he needs this. Not to help him or save him, but just to be by his side, to listen, to be glad with him, to be silent with him... **just to be by his side**. And you have to entice him, to be beautiful and sexual. **This is a man who takes all the power and control**. He takes decisions on everything. And you are his princess.

Mr. Big is, of course, a ruler. He hardly lets people be near him, he controls her. But Carrie always chooses rulers. Carrie will get tired with a trader. She wants silence and to be at home and the trader speaks a lot and has many friends.

The ruler wants you to be kind, accepting, forgiving, stupid. And he wants to stand out next to you. **The ruler man acts as he likes, and the artist woman accepts all this**. It is very hard to set any boundaries before him. The ruler wants to see you cry. If you cry or get ill, he becomes attentive. The ruler is a man who is created to solve problems, as well as the woman of the Miranda type. **The problems make them feel alive**. If there are no problems, they do not know what to do, even the conversation does not go smoothly. You may not forbid the ruler do anything, he would rather forbid you do something. You have to ask the ruler.

We may change our archetypes during the course of life. If we had any problems with our father, we become Miranda – strong and independent. If we however heal our traumas, if we relax, we may become even Carrie.

WHAT PROFESSIONS DO THEY CHOOSE

The trader chooses professions, related to business activities and commerce.

The artist chooses arts and to work at home.

The discoverer chooses professions, related to travelling, meeting many people, with provocations, with discoveries.

The ruler most often is engaged with politics, with problem-solving, with saving (policemen, soldiers, fire-fighters), successful bankers are rulers.

HOW TO MAKE AN UNFORGETTABLE DINNER

If you want to make an unforgettable dinner with a **trader**, you have to take him to a super luxury gourmet restaurant.

With an **artist** – make a delicious dinner at home.

If he is a **discoverer** – take him to a picnic, take Champaign and strawberries, and watch the stars.

If he is a **ruler**, let him make himself the unforgettable dinner, he will decide on everything alone anyway.

HOW TO MAKE AN UNFORGETTABLE PRESENT

If you want to make an unforgettable present to a **trader**, take anything expensive, luxury, an item bearing a famous brand.

You may give a computer, a watch, a camera as a present to the **artist**.

If he is a **discoverer**, give him something related to his hobby – tourist shoes or a parachute jump.

And if he is a **ruler**, give him something symbolical as a present. You may wear a ribbon and be his present. It may be a song, a picture, etc.

HOW TO MAKE HIM GROW DISTANT

If you want to make a **trader** grow distant, drag him into the nature to have sex. He will actually run! Or dress like a hippie, do not maintain your good look, cook and become a homemaker – you will surely make him leave.

If you want to make an **artist** grow distant, take him to expensive restaurants, to expensive hotels, constantly invite guests at home and speak all the time, do not give him any time to be alone.

If you want to chase away a **discoverer**, stop admiring him, speak only for yourself, demonstrate your own greatness, and tell him he is no good at all.

And with the **ruler** – just have fights with him. Disobey him, control him, impose your will on him.

HOW TO THROW PASSES AT HIM

If you want to throw passes at a **trader**, be beautiful, passionate and unattainable. Play with him: ‘You? Who are you? Ah, is this the most famous player, oh my God. You are not good at all, player...’ Play with him, attack him, draw back, flirt with his friends, flirt with other men in front of him. Show how desired and significant you are. For him it is important to be with the most attractive woman, all people to stare at you. To send him sexy pictures, to use him only for sex. Tell him: ‘All I want is sex, no strings attached’ and he will fall in love with you. Be busy, be unattainable, do not pick up the phone. He will get mad.

If you want to throw passes to an **artist**, just take him. You have chosen him – just inform him and he will say ‘OK!’

If you want to throw passes to a **discoverer**, support his mission. Take the field with him, travel with him, be interested, ask him questions, admire him, find him a public to admire him, invite guests at home.

If you want to throw passes to a **ruler**, be unhappy. Be a woman who needs to be saved: ‘I cannot live without you, only you can save me! Please, help me!’

HOW DO THEY DRESS

Traders are the most conceited men. His clothes, his combinations must be luxury, produced by the most famous brands.

The **artist** does not have an opinion – his woman may choose his clothes.

The **discoverer** loves art elements – shawls, unique items, as non-standard styles and colours, as possible, and hates uniforms.

The **ruler** dresses stylishly and neatly – jackets, ironed shirts, ties.

HOW DO THEY TREAT YOUR JOB

The **trader** wants you to work, it is obligatory that you make money. It is also important for the **artist** for you to work, he may not cope financially by himself.

It does not matter to the **discoverer** – you may work or you may not work, as you wish. You may be engaged with some light activities, you teach yoga, you organize charity causes - your work should not be very engaging.

The **ruler** wants the woman not to work and to surrender completely to him, to devote her life to him. It is very difficult to obtain a permit to work from a ruler. You will have to ask and explain a lot, you will have to do it in steps.

WHAT PROFESSIONS DO WOMEN CHOOSE

Charlotte chooses a job, connected with people, with commerce, not very engaging, but she has to have money.

Carrie chooses a creative job – a painter, a poetess, a writer, a psychologist, a teacher... something that is more drifted away.

Samantha chooses to have her own business, her own vision of life, her own mission and to have people working for her.

Miranda is a lawyer, an accountant, a financial director or has a store which is excellently arranged. She is strict, punctual and concrete.

To determine the archetype you have to analyze the profession. You have to also analyze your attitude to clothes, the manner of work, behaviorbehavior.

These are the sunny sides of archetypes. Consider the persuasion:

‘I know myself and feel my needs.’

If you have already recognized your archetype, you know what the type of man you will feel best with is. If you already have a relationship or a family, you will explain to yourself many of the characteristic features of your man, recognizing his archetype.

I also provide strategies for the relationships with traders and managers. The other two archetypes are easy in terms of relationships.

YOU HAVE TO MAKE A DRAMA WITH THE TRADER

The more interesting men, who are our target and who we will plan strategies for are of the traders archetype. These are men who buy, sell, deals are their passion, **they are active, vain, handsome, sexual, cool, arrogant, insolent, and egoistic.** You may play with this type of man, he notices everything, he reads through you as you are an open book, and you may not deceive him. You tell something to the artist and he believes you. While the trader instantly thinks that it is a provocation, he may surprise you, do crazy things, he is wild, a hooligan, bad boys fall within this category. These men are **harder to attract and to keep.** Here we will do some work to keep him.

They like cool cars, beautiful girls, there are always active women around them. And here the woman should be capable of doing one thing. What do you think it is? What is important for these men? For them it is very important that you are capable of making a drama, but a real drama. It is hard for me, personally, and I am learning now. **Temperamental women, who are tigresses, are required for a drama.**

One acquaintance of mine told me about such a tigress. He has a girlfriend, but has other girlfriends, as well. He said: 'We went to a concert and my girlfriend saw messages with another girl in my phone. I woke up and saw her standing above me with a knife in her hand! I began screaming: 'Wait, wait, wait!' She held a knife in one hand and the telephone in the other one and screamed: 'I will kill you!' And she stabbed the sofa near me. I opened my eyes again and saw my plasma, a big TV screen, broken on the floor. All my clothes were torn, cut with the knife, with holes. I jumped and she ran after me with the knife. I hardly made her calm down and took the knife from her.' Finally he told me: 'What a unique woman!' I stared at him and thought that he was mocking at her. And I told him: 'A unique

woman?!? She is not normal!’ And he replied: ‘But, Nataalka, it is sexy, isn’t it?’

I thought about it very seriously, after that I rewound some memories in my head and it crossed my mind that I had such a client – a trader. He also flirted with some sexy colleagues of his and his wife caught him and broke his arm. And he told me: ‘My wife broke my arm, do you imagine how cool this is!’ Other similar stories occurred in my mind and traders, actually, often adore women, who give them emotions, even negative ones. No matter if the trader loves you, he will stay with you if you make dramas, the only thing he is afraid of is boredom.

And I realized that I have a problem. My husband is of the trader archetype and I have always been kind, I’ve never shouted nor made any drama. If he was fighting with me, I looked at him coldly. And once I decided to try. He murmured something and I shouted: ‘You are not the one to tell me! Take your stuff and go!’ And I began throwing his stuff. He stood and stared at me with such an admiration...

‘Aw, how cool you are!’ We finished with lovely sex, of course. I was convinced that this really worked.

But the way you make a drama is important. And there are manners of fighting. **You fight with him but meanwhile you seduce him and he thinks of sex.** Here the important thing is to create emotions, **the trader loves emotions**, the woman stimulates him in this manner – he wants to have sex with her and to beat her at the same time. You have to be able to keep this emotion on the edge. If you are very kind, calm, ordinary, you will not make him stay. These men are crazy. They are wild and get bored without drama. So, the question here is to what extent you may allow yourself to be crazy and sexual. The sex is very important here, not only to shout at him. This is a play – **you do not punish him, you do not blame him, you do not make it through your ego, you play with him.** Like a cat and a mouse. You enjoy yourself, walk over the edge, keep him in suspense. You have to

constantly surprise these men, but through the heart, and not through the ego. You dance for him and throw away his socks with love.

You do not make this to hurt, offend or humiliate him. You tantalize him and demonstrate that there is something you do not like. You do not do this every day. **This is like a hot pepper, not your main behaviorbehavior.** It is clear that you are kind, good-hearted and gentle, but if he does not listen to you and makes something that you do not like, you do not blame him, you do not say: ‘You are an idiot, you stupid!’ – from the ego to crush him. But you mock at him through sex. You punish and seduce him at the same time. But you must believe me, that he will hardly leave his socks again, except with the purpose to receive the same dance. He may do this only on purpose. You must have a certain approach with traders. Moral admonitions do not work with them, the words: ‘Please, do not throw your socks’ do not work with them. **These men are only controlled through sex and through play.** In this manner you teach him, for example, not to write to other women – you tear his clothes. Or seduce him with socks dance. You shock him.

Find the video by *Alex Sparrow* – *She is crazy, but she’s mine!* on the Internet.

A great song with an unique video. There you will see how they do these things. It is not a drama, you do not upset him – it is a play and you think out how to shock him. With drama you want to punish and humiliate him, and here, through play, you show him something. The play through sex works very well. **If we want to accustom the trader, plead and moral admonition will have no effect.** And there is always **getting accustomed**, no one receives a ready man, you have to remember this.

To make the trader stay with us, we have to constantly surprise him. We have to think out something all the time, the trader should not get bored, there should always be a play and suspension with him. **The word ‘secret’ also works very well with them.** He calls you – you do not answer. He calls you once again, you once again do not

answer. You pick up the phone on the fourth time. He begins: ‘Where are you, why don’t you pick up the phone?!’ and you tell him: ‘It’s a secret!’ He questions you, he wants to know where you are and what you do, and you answer: ‘It’s a secret!’ Finally, you think out a day and time and promise him: ‘I will tell you on Saturday in 10:00 a.m.!’ Believe me that on Saturday in 9:59 a.m. he will begin with: ‘Tell me where you were three days ago!’ He has been thinking of you all the time. This is the important thing – to be in his head all the time. That is why you constantly think out some kind of plays and secrets. Yes, this is exhausting, and yes, it is work.

If you are with a trader, **you must have a entourage of admirers**, he must see you together with them from time to time and to know that he has competitors. You have to constantly think out various plots, go home with flowers and tell him you found them on the street. Do not be afraid of the suspense, the **jealousy in small doses is useful** here. Because, if he takes you for granted and you even do not have a friend to throw passes to you on Facebook, this is the end and your trader will go to another woman. **The trader may be monogamous if his woman keeps him in suspense.** But he is a competitor, he has to fight. When his goal is reached, he may even have erection problems – because he has already taken you, you are taken for granted, you are a trophy. The traders tend to collect trophies and to have many women.

WITH THE MANAGER YOU HAVE TO BE OBEDIENT AND TOLERANT

And we reached the last archetype – of the manager men, of the rulers. Power is most important to them. They do not like drama, drama annoys them, drama is forbidden with them. These are cold, firm men and the woman must show them dignity, stateliness. It is important that the woman is obedient, tolerant and not to ask inconvenient questions. And if the trader would like you cutting his clothes with a knife for the infidelity, the manager would chase you away and might

do this brutally. He would just look at you, collect your clothes and say: ‘Take a cab, I do not want to see you again!’

If you seduce a manager, you reach the bed stage and you do not give him sex, he may rudely send you away with a cab and never call you again, as well, it is absurd! This will warm up the trader, he is a competitor and wants to compete in order to take his woman. The manager will be annoyed of this behavior. He has so much problems in his work and now you are standing aloof, irrespective of whether you do not know or you do not want, this is stupid to him.

If he wants a woman, he takes her. The manager chooses a woman who is obedient and sexual. She is a girl, she is very kind, she admires him, she is not a working woman, he does not want a working woman. The trader wants a working woman, with him you must always have an apartment where to move out if he gets tired of you or if you get angry and decide to leave him. Traders are the men with which we most often separate and unite, separate and unite. There is no such option with the manager, no spare apartments, **he wants you to be only his.** He will not understand your willingness to have a spare apartment. You are either together or not together. Are you with him or not?

Only fine and classy seducing has effect on the manager.

Manager does not know that he oppresses his woman, he does not want this, but he may offend her. Managers are owners of large businesses or managers on high positions. They have power and responsibilities. A key fact with the manager is that he is extremely responsible – for his employees and for his wife. If there are any problems, he solves them by himself, he does not expect his woman to participate. The woman stays calmly and waits!

Let’s say you travel abroad and have a problem with your car. The boy will get mad, to swear at the car, to make a drama. The artist will take his stand and say: ‘M-m-m, the car... What should we do... m-m-m?!’ The trader will say: ‘Let’s have sex in the car and have fun!’ And

the manager will make anything necessary for the car to be repaired and to continue the travel.

Vladimir Putin is the typical manager. Sergey Stanishev is the typical manager. They are dry and conservative. They are self-controlled in their gestures, speak with a specific tone, they always wear a suit, a shirt, and their hair is well combed. ‘Everything will be as I say!’ Obama is a manager. Boyko Borisov and Donald Trump are traders. Managers are classy, speak many languages, they are intelligent, tidy, super punctual, super correct, they always have an entourage, bodyguards, they speak punctually and show no emotions. Richard Gere in the ‘Pretty woman’ movie is the typical manager – dry, wearing a suit, tidy. Many of the politicians are managers, many of the state officials on high positions, like ministers, bankers are of the manager or ruler archetype, as we also call it.

They are the greatest alpha-males, they control their women, they are powerful men, they impose their will on the woman, they are masters, they always come out on top. It is totally usual for them to pay all bills, women do not pay anything with them.

The manager would like the woman to beg him, her tears produce effect on him. You have to be kind, gentle, just cry and beg: ‘Please, it is very important to me!’ Please, I want to go there so much!’ And you take the role of a girl.

The trader will get annoyed if you beg him. You obtain things there through seduction and play. For example, our flight to Maldives was in 12:00 p.m. and we had to be on the airport in 11:00 a.m. I got a phone call by a big corporation and they wanted me to conduct a seminar from 09:00 a.m. to 10:00 a.m. And I knew that my husband would not like this obligation of mine and would say: ‘We are going on a holiday, and instead of getting a good sleep, because our flight will last 15 hours, you want us to fool around with the luggage’. I know that I had to play with him. First, of course, we made lovely sex. And I said:

- Honey, do you want to play!

Traders always react well to such a proposal.

- What game? – he asked.
- At first I would like you to promise that you will not get mad! And that you will say ‘Yes’!
- What are the rules of the game?
- Well, these are the rules.
- But how? Do I lose or do I win, how is that?!
- You will not lose or win, I just want you to say ‘Yes’ and not be mad at me! And then I will fulfil a desire by your choice.
- And if I do not like it?

Finally he agreed and promised not to get mad at me. And I said to him:

- Honey, I have wonderful news, we have to get up in 8 a.m., in 9 a.m. we have to be in that business building, you will wait for me for one hour in the cafe downstairs and we will go to the airport.
- Oh, no!
- But you promised to say ‘Yes’!
- Natalia! – and he began laughing how I fooled him and said: - Okay, and how will we go there?
- I’ve arranged this; I called your friend Ivan to give us a ride.
- Ah, we both are screwed up. Ivan will have to get up in 7 a.m. to give you a ride and to wait for you in the car...

This is the proper manner – if I know that he will be angry, I just include some kind of game, I make fun all the time. He still does not have very good orientation in Sofia. One day we had an arrangement to meet in a restaurant and he was not able to find me. In the evening I passed by a gas station and bought a map. I went home and said:

- I have a present for you! Surprise!
- What kind of present? – he asked.
- You have to close your eyes, to reach out and to promise me that you will use it.
- How can I promise to use it, if I do not know what it is?
- Promise me, otherwise you will not receive the present!

- And what if I do not like it?

- Promise!

And he agreed and reached out, closed his eyes and I gave him the map of Sofia.

- But what is this? – he asked.

- A map. And don't you dare to call and ask me for a street again, you already have a map.

And he began laughing. **Our work with the trader is to make him laugh and to create plots, we make up wonderful things all the time and make funny presents.** If you want to keep him, this should be a way of life. You need to have a quite rich fantasy and to constantly invent wild situations. It is obligatory. If you are the right woman for him and make him laugh, he will be willing to pay the bill. However, if he feels bored with you, he will not pay anything. Traders love women who make them laugh and who laugh at their jokes. While this will not work out with the manager. **With him you have to be obedient, kind, gentle, to say 'yes, honey' and not to ask him unpleasant questions.**

I had a client with a manager man. He comes home in 5 a.m., drunk. She gets up, makes him breakfast – eggs, a toast, delicious tea. And she said: 'Honey, it is so nice that you are home!' He eats his breakfast, wants sex, receives it and falls asleep. She does not work, he does not allow her. They are very, very rich. But she endures and does not ask any questions. She just resigns and he secures her as a princess on that account. **With managers you are a bit like in a cage.** You may not go out alone there, you may not travel alone. The trader allows this, but the manager does not!

If you want the trader to help you, you have to make a competition for him. You call and say: 'Honey, I have to urgently change the tyres. Can you help me or shall I call Ivan?' In this manner you set him into competition. They like to be first.

Managers do not like liberated women. He has to have the feeling that he unlocks her and wants the woman to be beautiful in a

natural way. The trader likes heavy makeup, he likes bright lipstick, he likes extensions, silicone. The manager likes the natural beauty, but the embarrassed one, as you were a little innocent girl before him and now he comes to unlock you. If you are virgin it will be best for the manager. **It is absolutely forbidden to tell him about your ex-boyfriends.** Basically, it is not good to talk about our ex-boyfriends, but to the manager we tell: ‘You are my first one!’ (or, if he may not be the first one – the second one). You say: ‘I have been alone for 10 years without a man, I have never liked anyone, you came into my life and everything changed’. You say this, even if you have slept with 100 men! This is principally important to the manager. He has to believe that he is the one. **Managers are extremely jealous.** Even if a man looks at you at the restaurant, he may kill him! A client of mine wanted a very rich man. And she met such a man –very rich, from Rome, a cool man, he had castles, marvels. They went to a restaurant, she arrived first and waited for him. A man asked her for a lighter and she responded to him. Her manager saw her talking to another man. He went there, threw the table and said: ‘Who is he?!’ He caught her and made such a scandal, after that he did not spoke to her for two weeks, this was her punishment and she was horrified.

Managers are jealous, they punish and smash, they do not allow even a look to another man. You have to stare at the ground with the glance of a geisha, when you are with him. Go to see the ‘Memoirs of a Geisha’ movie and adopt girl’s manners, with her glance to the ground. She is embarrassed, virgin, she is with him for the first time and he is a manager as an archetype. He loves her, but may not allow this, because this love is forbidden. He has a wife in front of the society, a suitable wife – a queen, a mother, a housewife to have kids with. But they do not have sex. **Manager may have erection problems with the strong woman.** If you are strong and active, forget about having sex with a manager. He just will not be able! He gets excited by a woman, who is small, diffident, indecisive, unconfident, confused, sexual, a Lolita.

The trader rather pretends to be jealous, but actually his self-esteem rises, if his woman is attractive to the others. And mostly traders have sexual combinations as threesome sex, swinging. Managers are super conservative and do not make such things. All swing parties are organized by traders. They swing women, practice, try, it is interesting to them. The manager will allow a woman to come to him at the most.

HOMEWORK

HOW DO MEN SEE ME

The first impression is the most important one. Man immediately sees who you are, which your role is – if you are a bitch, if you feel inferior. To understand what men see in you, I give you the following homework.

You have to stop five unknown men and ask them: ‘What do you think of me?’ And you observe which role do they see you in – a bitch, a girl, a beauty, unconfident, embarrassed, open, closed, unattainable. These should be unknown people you see for the first time. Such first impressions are most important to us. Everything is written on your face, you also immediately understand what the person is during the first meeting with him, so, you have to believe this survey. Write in your diary what you have learned about you from the unknown men.

We will work on all these things in detail during ‘Geishas’ and the ‘33 days until the dream comes true’ online program, on our website: www.natalia.bg, you may also find a test and understand who you are and what men are most suitable for you.

DAY THIRTY THIRD
THE SEVEN STAGES OF A RELATIONSHIP

Each relationship passes through several stages. How do you think, which is the first one? Where everything starts from?

FIRST STAGE – AWARENESS THAT YOU NEED A RELATIONSHIP

Until you fail to realize it, there is no chance to want a relationship. Until you begin wanting it, there is no chance for a relationship. You have to say or acknowledge the consideration:

‘I want a relationship! I am aware that I need a relationship, I am aware that I am ready for it, I am aware that I will do what is necessary to have one. I make compromises, I know what I want, I am aware that I need a relationship!’

SECOND STAGE – ELIMINATION OF BLOCKAGES

You have to be aware that you have blockages and if you fail to meet your man, than you are afraid – afraid of a relationship, afraid of infidelity, afraid of rudeness, afraid of failure. What is important here is to overcome your fears and to say to yourself:

Yes, I’ve been hurt, I’ve been rejected, I had relationships with wrong people. And what? I continue forward, I eliminate blockages!’

Only when you eliminate blockages, you will be able to determine what you really want.

DURING THE THIRD STAGE YOU WILL HAVE TO EVALUATE WHETHER YOU POSSESS THE QUALITIES NECESSARY TO HAVE WHAT YOU WANT

Often women want something very much better than what they may have, men at the same age, for example. This is a problem, because men want younger women. Often women want men who are monogamous and rich. This is also a problem, because a great number of rich men are unfaithful and have lovers. Often women are not ready to get up in 6 a.m., to make breakfasts, to reckon with their husband, but want him to be a workaholic, to pay them attention and to make excellent sex – they want a man who is sexual, has spare time and is rich at the same time. This man does not exist. Each quality requires a compromise. But women are not ready to make compromises, they say: ‘I have been waiting for him all my life and now I have to make compromises? No! We should live as I want!’ They do not understand men’s psychology.

Men who approach us are at our level. And we do not like the men who approach us, because we are either too critical, underestimate or overestimate ourselves. And we have extremely high requirements towards our partners, which, they, of course, are not able to fulfil.

That is why it is important for you to determine what you want and whether you possess the qualities, necessary to have it. Then things will become easy.

THE FOURTH STAGE IS INTENDED FOR ACTION INITIATION

Here you begin to get acquainted to men, you go out, look for, write in a social network: ‘I am looking for a man’. You open up space for men and allow them to appear.

THE RELATIONSHIP SHOULD END WITH MARRIAGE

Here your age matters. If you are from 20- to 30-years old, it is normally that you live 2 years before the marriage. If you are from 30- to 40-years old, you have to live with him not more than a year and you marry. If you are 40+, then you must be ready to marry in 2-3

months. If your partners begins to fiddle you about: ‘Well, I am not ready..., I am wondering..., I need time...’, it is highly likely that he will leave you, after that he will find another woman to marry very fast.

THE CRISES BEGIN IN THE SIXTH STAGE

Relationships pass through various crises – a crisis with the kids, with sex, with infidelity, money problems, alcohol and dependence problems. **If we fail to overcome the crisis, it overcomes us, and then we separate.**

It is very important why and how we separate. If you are not able to cope, you fight, you do not get along, you annoy each other and the separation is a hard one, the new partner will be worse. Let us say, for example, that this one was unemployed and did not help you, the new partner would be unemployed and would drink. And if you separate with the second one, the next one will be unemployed, will drink and will beat you. Things will get worse with each new partner, **and if you fail to process them, you will stay in the same roundabout.**

If you process them, your partner will come along. And then you once again pass through all stages. If you get back to the old partner, you may save some steps, but again there must be readiness and willingness for a relationship and you will pass through all crises again.

I assure you that **it is impossible to pass through the relationship without crises.**

THE SEVENTH STAGE IS THE STAGE OF LOVE AND RESPECT

We rich it only if we manage to overcome crises.

THE NINE GIFTS OF WOMAN TO MAN

Finally I would like to summarize what women give to their men:

1. Love

This includes acceptance, admiration, trust, joy, gratitude, commitment, monogamy.

2. Sex and pleasure

Woman knows how and pleases her man, gives him delight, caress, embraces, contacts with her body.

3. Children and a status of a married man and a father

4. Intuition and pointing out into the right direction, skills to be kind to people

5. Kindness

The man always becomes better by the side of the loving woman, than he has been without her.

6. Confidence

He feels his power, when he is with her, goes to another level of self-respect.

7. Support

Each initiative becomes meaningful, when it is supported by the woman he loves.

8. Inspiration for achievements

He is ready to turn life upside down for her.

9. Development

Woman may stimulate development and to unlock the best qualities of her man, but she may also turn him into a monster. This depends on you alone.

When you work on this book:

9.1. Get aware of who you are at this very moment and who are you outside your traumas

9.2. Set your inner woman free

9.3. Heal your traumas

9.4. Understand what kind of man you want and look for

9.5. Seduce him and apply strategies and practices

9.6. Live a happy life as both of you get better each day

What is necessary for the man to be happy?

The right purpose and its achievement. When the man has a purpose – half of the success has already been achieved.

What is necessary for the woman to be happy?

Love. When she is happy in love, everything else goes where it belongs.

LOVE BRAVELY!

CONCLUSION

I know that the book will awake controversial feelings in you. But you will understand clearly many things that have been bothering you for years.

May be there will even be more questions. Therefore, we created the support system after working with this book – the ‘33 Days to the Dream’ seminars, which include my lectures, and therapeutic groups with our trainers. The meditations you learned from the book are also there – you may listen to them, which is more efficient than if you read them.

In addition, we will create a secret Facebook group and you will have your mate, with whom you will prepare all these homeworks.

As a woman and as a coach I know very well, that we often say: ‘I read and understood it’. But this does not mean that we do this. I also know many things, but it does not come to my mind to do them all the time. And I have my mate, which supervises the observance of book lessons on my part.

I have been teaching for more than 15 years and I have a deep knowledge of men's and women's mentality. I believe in every word I have written because they passed through myself and thousands of women I met on my way.

I know that happiness is possible here on Earth – I live it every day and I want you to be 100% happy!

As a conclusion I will tell you my favorite story by Elfika.

THE GIRL WHO DID NOT BELIEVE IN MIRACLES

There was a girl born, who did not believe in miracles, but only in her mind and logics. Her life was logical and boring.

But miracles are always around us and are willing to happen. And they did happen, but our girl failed to notice them and took them for granted.

Gradually she grew up and her mind welled up more and more. And one day the Big Miracle came. It knocked on the door, but the mind responded: 'She is not here, she went to her past to feel sorry for herself.'

The Miracle came on the next day, but the mind once again responded: 'She is not here, today she surrendered to dreams and fantasies'.

On the third day mind went on: 'She suffers and feels bad, she does not want to accept miracles.'

The Miracle insisted and tried to come in to her, but she was never in the 'Here and now' resource state. It found her in the past, in the future, in the low vibrations, where miracles, of course, do not live.

One day the Miracle decided to conquer all principles. It overcame mind, came to girl's life and said: 'Hello! I am a miracle! I am love!'

She looked at it and said: 'I do not believe in you! Miracles do not exist.'

The Miracle looked over her life. There was no space for it. In her closet she kept skeletons of pains and offenses, received by people

around her. The table was well laden with the dead butterflies of her dreams and fantasies that did not come true. Her clothes were more suitable for an old lady, and not for a young and beautiful woman. The Miracle began cleaning everything and freeing the space and the path of this lovely creature...

If you are also willing to make some space for miracles in your life – clean any old offenses, pains, and fears in compliance with this book. Live here and now. Open your heart to yourself, to your family and to men. And be active! Just do it!



DIARY



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