

Module 3: Unveiling The Mystique Of Elite Femininity

Feminine Mindset

Introduction To Femininity

The Feminine Mindset

Ladies welcome back to module three. I want to start off this module by talking about femininity. And first of all, I want you to understand that femininity is a big focus in this entire program, but it's also a massive focus in mind, higher teachings. I really believe that that if you want to become an elegant woman, improving your femininity is part of it. Elegance and femininity goes a little bit hand in hand. So for this reason, we're truly going to the code femininity and learn how to be able to achieve this feminine energy that I know a lot of women might feel that they're lacking. One thing that you must know is that femininity or feminine energy, it is an incredible power and it's a powerful power, but unfortunately this has become a loss in our modern society. But one thing that I want you to give me trust on is understanding that if you add femininity into your life, and if you improve your feminine energy, while let's say you strengthen your feminine energy, you will see how many aspects of your life will start to improve.

There are many elements that are actually linked to femininity that we're not really aware of. Relationships is one of those back in the days, ladies femininity used to be the norm, but unfortunately now it's almost like it's a hidden secret in our society. It's something only a small group of women decide to master. Now, those women who truly master this really step into their greatest power and they actually ended up having a lot of shortcuts to success and the gain, a multitude of advantages. And ladies, let me tell you that women of the elites have understood this art. They have mastered this energy to first of all, feel good about themselves, but also to leave a positive impact on the people around them. And like I said, reap the benefits that come by being a woman who is in her true feminine essence, I do believe that every woman should improve her femininity and continuously work on her feminine energy, because it is very easy to get caught up in the expectations of modern society, expectations that have been set on how all woman should behave today, how she should think how she should be.

Yeah, there's a lot that is pushing a woman to be more masculine. And there are a lot of expectations in a modern society where women feel like they must be masculine, that if they're not masculine, they're not respected women. And those women who step into the masculine role become really praised and admired in our modern society. It's like something has gone wrong instead of celebrating femininity and seeing how beautiful it is to be a woman and how great it is. Instead, we only celebrate masculinity and see masculinity as being the only kind of good power out there. And femininity is seen as a weak power. We will have to rewire any of these self-beliefs, but that will come a little bit later in this video series. So the odds are definitely against femininity in today's society. And that's why I say that the woman should be continuously working on her femininity because we have a climate today.

Unfortunately, a lot of things will be against her feminine energy and it's easy to get caught up in those masculine expectations of society and therefore lose a bit of that femininity. And I also want you to understand that if you recognize yourself, if you feel like you have lost touch with your femininity here, don't beat yourself up about it because it's truly understandable to why it has happened for the reasons that I just explained. There might be of course, multiple reasons to why you feel out of sync with your natural feminine energy, if this happens to be the case for you, but do understand that the pressures of being a highly independent woman is definitely hurting our femininity with this trend where women are kind of see enough, not needing to have a man in their life. And these type of women end up actually struggling a lot in their dating life.

More and more women are single these days and more and more women find it very difficult to partner up. I mean, there are multitude of reasons to why it's hard to partner up these days, but definitely stepping into more masculine energy is not going to help that problem. In this video series,

we definitely going to look into how it's actually great to be a woman and femininity is a great gift. And I want you to start becoming more aware of the programmings of society and becoming kind of aware of these imposed behavioural patterns that we have got ingrained in us. And with this work that we will do in this video series, we're going to break free from all of those patterns. We're also going to understand what blockages we have with men, because believe it or not, a woman must also embrace masculinity. If she really can step into her own feminine power. Lastly, ladies, this will not be the only module where I will be covering femininity. We will also cover femininity later in the style of module where we will of course touch upon what is a feminine image and how we can dress more femininely. So having said that, ladies let's start with a journey of embracing our femininity.

Understand How Feminine Energy Works

The Feminine Mindset

I want to start my femininity training by really decoding femininity, and really help you understand the feminine energy, because this way it will be easier for you to apply this. So your life, first of all, let's face it. We yeah. Are women. So that means that we're all born with feminine energy. Even if some of us might feel quite masculine at this stage, but it's all due to the imposed roles of society. And like I mentioned, in previous videos, the expectations women have today to become more masculine. And I do believe that historically also is a reason for that. And let's say politically, economically, too. So back in the days, women used to be Housewives mainly, and I'm very few women were in the workforce. It is a very masculine traits to be a worker. A woman is more a homemaker nurturing the nest and looking after the children, all of those traits are very feminine and comes very natural to a woman.

Meaning that biologically, we got certain roles created for us by nature because they serve the purpose. So up until the modern society and the industrial is my women were mostly homemakers and we're truly in their essence of nurturing the household. And, um, you know, looking after the family and all of that was that, however, it started to change in our society and the women were needed in the workforce and particularly they were needed to support the global economy. And the industrial is because things were really changing worldwide, especially in the West. So women were pushed into the workforce and that means that women started taking on a more masculine role to kind of fit in to their new expectation of also contribution to the household to work. And then we have, yeah, the feminist movement who came along. And I think that since then, a lot of things has dramatically changed in our society.

And also, I mean, definitely for the better, I would say the feminist movement did create a lot of positive changes for women, but something that started going a bit wrong was that it became almost like an extreme version of feminist at times, meaning that certain expectations changed. Like I said earlier, this has led to having certain norms in society today where everything is praised, that is around masculinity. Yeah. I know that we live in the past three are key. So of course what's masculine will then be more celebrated. However, being masculine is the current norm whilst femininity is truly seen as the weak sex. And there's oftentimes associated more with negative things than positive things, both for men and for women. If men have feminine traits, that's like the biggest insult you can give a man. If you tell a woman she has feminine traits, then you are accusing her of not being independent of being weak.

And I'm telling you this because I really want you to, first of all, open up your eyes to see the current situation and how it actually impacts us and the why we start thinking the way we think femininity has now become almost like a code word for inequality. And that's something that I am very passionate about to change in my social media channels. That's something I do want to influence because I don't really agree with that. I don't think that being masculine as the new norm for women is better by any means. So this is how society pushes women to be more masculine. We're supposed to be independent. We're supposed to be career woman. We're supposed to be boss babes. We're the mired. If we don't need a man in our life, and I'm sure you hear the sound of all of this, whereas the feminine energy in this equation.

So I'm sure you're starting to understand that what I mean, and that will cover a little bit later about

independence because there are certain myths that we need to speak about that has to do with femininity because you can absolutely be an empowered, independent, feminine woman, and also have a career without having to lose your femininity. It's totally doable to combine both worlds and I'm going to show you how to do it, but let's just go back a little bit and talk about energies. Because another thing that is important that you are aware of is that there isn't such thing that women are a hundred percent feminine energy and men are a hundred percent masculine energy. All humans have a balance between feminine energy and masculine energy. So a good balance for a woman would be, she would have approximately 70% of feminine energy and about 30% of masculine energy.

And then of course the opposite will be for men. So that's 30% of masculine energy is there for her to be independent for her to be able to look after herself, if needed. If she has to look after her offspring by herself, then she can stand on her own legs and she will be fine to survive. The same goes for men. They need that 30% of feminine energy so that they can connect with their feelings and when their compassion, because if they're too much in their masculine energy, then they will have a disconnection with the emotional side of them. And emotional side is usually the feminine side. So masculine and feminine energy can be divided into categories such as energies, behavior, roles, and attributes, but I'm going to try and make this transformation as less overwhelming as possible. So I'm going to narrow it down for you.

So it's easier to grasp and apply. And then this module, I am going to teach you mainly feminine mindset and feminine energy in the module of etiquette and deportment, I will be covering body language. So we will be talking about feminine behavior, but same goes for the style module. I will be talking about feminine image. And then in the dating bonus, we will talk about roles. However, I will be actually touching upon the ready in this module of how women relate to men and how to improve that dynamic. So I think it's safe to say that those who feel like they need to work a bit on their feminine it's here probably doesn't have a very balanced, um, distribution of energies within themselves. Maybe they don't have 70% of feminine energy. Maybe it's only 50% or it's 30%, 30% will definitely be where the woman is operating more as a man.

So she would be 70% in her masculine energy and only 30% in her feminine energy. And even though the sound like extreme, this is actually quite common, but I would say majority of the times, the percentages are usually more like 50, 50, but we do want to raise the bar up to 70% feminine energy. So what will happen once you do this is that first of all, it's a very personal journey for each and every one, meaning that it will play out differently for different people, depending on what your current situation is and what your current current blockages are. I am going to give you some examples of what will happen once you get the right balance of feminine energy in you, because what will first happen? I think that, which is why a lot of women seek out feminine trainings is that they end up feeling much more beautiful as a whole.

They start dressing themselves in more feminine clothing. They start noticing how the clothes actually end up looking more flattering on them and make them look better. When they start dressing in more feminine cuts and materials, they almost achieve a goddess like feeling because a lot of the times, some of the most beautiful clothes are actually very feminine. After this transformation, women tend to also awaken their powerful, feminine energy. And as a result, they end up magnifying this energy to the point that they're able to have a greater influence than they had had on both the masculine sex, but also on the feminine sex around them. Ultimately feminine energy is all about receiving and we ended up receiving more as feminine woman than when we are masculine women. But one of the biggest things that you will probably benefit from stepping into your feminine power is actually the way you relate to men.

And this doesn't matter if you are in a relationship or not, but you are going to notice how perhaps you're going to heal certain wounds within yourself. That is with relation to men and how you will be allowing men to be men. And as a result, men are going to step into their power to their masculine power. And when masculinity blends perfectly with femininity in this harmonious balance, higher attraction starts to form. So men start to become more attracted to you because you allow them to step into their natural energy and their natural power. And this is going to become very powerful. One of the things that I want you to become very aware of and another motivator to why you should really develop your feminine energy. When you have a more masculine energy, you know what

happens with the man, he automatically takes on a more feminine role and starts developing more feminine energies within himself.

So when you instead take ownership for your feminine energy, you're actually going to see how much easier it will be for you to attract the quality man. And you will start to appreciate his masculine energy and you will actually improve your view of man as a result. And you will start respecting them from a different perspective. It won't be a competition anymore because I know there are women who might have a need to feel superior to men. And these women will actually break free from this feeling of competition. And this is a very unhealthy way of relating to men, because what you ultimately do is that you actually weaken the male sex because you're continuously trying to take on his role and breaking down his natural energy. So as you can hear, there will be a lot of transformation happening within you. And a lot of things will begin to change once you step into your feminine energy.

And this is important, regardless if you are married or if you are in the relationship or even if you're single. So let's decode a femininity a bit. What are some typical traits? I think we all know what's generally feminine and what's masculine, but I am going to give you some examples just so that you can get motivated and inspired step into your vibration as the feminine goddess that you are about to become. So, as we know, typical feminine traits are usually based on anything that is emotional, such as kindness, such as nurturing, showing empathy, being gentle, being caring, showing affection. We also have other warm qualities such as being sweet, being caring, sensual, fertile. And these are just examples. There are more to femininity than this. See the woman as the emotional rock and support to the man. She's also responsible for the dynamics in the family because women are naturally more into community building the man.

So she has a natural ability of balancing out the environment, emotionally speaking, mainly, but also building great communities in general, because she's almost like the mediator, the peacemaker, the voice, the communicator, without a woman, it can be hard to create a good balance of energies in the house or in an environment. If we look at the masculine and feminine polarity, then the woman is the receiver while the man is the giver. And we can see that in many aspects in life. I think sex is a great example for that because the man gives and the woman receives this also can be showcased as when a woman is looking after the family, the man goes out to hunt and brings home. Let's say an animal to eat. So the woman receives seed. She receives this and she makes something out of it. And then the man goes out again, hunt, bring it back, gives it to women.

She receives and make something out of it. So if we start opening up our eyes, we will start seeing how everywhere we actually have this rooted in us. The man is the giver. The woman is the receiver. So a lot of the times women who seek out my community, I also seek out the kind of support and understanding how they can become better receivers because women have more inclined naturally and intuitively to want to be spoiled and to receive. This is why in our society. We have this kind of norm that men treat women and women get treated. So man, bring woman flowers, man, bring women gifts, but women are not really originally supposed to be doing that in return. And that's exactly the same for the same dynamic men give women receive. However, in today's society, this has become frowned upon. Now it has to be equal terms where women are also meant to be giving to men and men are also to be receiving.

And that's also why we ended up stepping into having a 50, 50 percentage of these feminine and masculine energies within us. So it's not only about the culture of going 50, 50, you know, on the date, but also energetically. We are becoming 50 50, and it's a long personal opinion. And also it's going to be a long debate. So I'm not really going to go into why I personally do not see this as being beneficial. I do believe in traditional gender roles, because I believe that nature has created them because they serve a purpose. So it's important for us not to go too far off from how nature has created us. That's why part of doing the work with femininity is to allow the man to provide and protect for you. Ultimately, that's what men do best because that what's comes most naturally to them women. When we are in our most feminine essence, we do best. Like I said, things as nurturing our home, our children, our community, our husbands nurturing ourself. And when we have time to do all these tasks that we do best, we are in our highest form of energy. However, what is sad is that these tasks are being frowned upon in society. That if a woman dedicates herself to this, she's weak, she's doing a mistake and this is not how a woman should be living in a modern world

today.

Femininity Traps To Avoid

The Feminine Mindset

Ladies, let's talk about the traps, the traps that are blocking our femininity, the traps that are forcing us into an energy that is perhaps foreign to us. As I mentioned in previous videos in our society today to be a woman who is worthy, she must be heavily independent. She must be like the man is because the man is the norm in our society today. Like I said, we live in a patriarchy. So what the man does is what the norm is. The norm is there for, to work, to be independent, to provide for yourself, to work really hard and to work really long hours. And so also be able to do all the meal tasks. If you do that as a woman, that's impressive and you are worthy. If you don't do any of that, then you are unworthy. Then you're a gold Digger. Then you're a bimbo that you are almost like an outcast of society.

I don't even know what to say. I understand that surely there is a, some form of political agenda behind because women aren't needed in the workforce. And I do encourage women to definitely take a, a stance in the workforce. But it's also important to think about your priorities and what's best for you in your life. Not all women want to work. So I don't think all women should be forced to work, but unfortunately we are forced to do a lot of things today. And a lot of these things are blocking our feminine energy. As a result, I would say the biggest trap by far is the fact that we are forced to carry a many more hats than men do, and that really doesn't become equal. In my opinion, we have to work full time as much as demand does, even though we are supposed to be sharing the household, the child work and all of that, but we all know that it's, it doesn't look like that women are the ones who are controlling the household, looking after the children, mainly while working full time.

And on top of that, they're also responsible to nurture the relationship with their partner or their husband. And not only that, but we have a lot of other disadvantages like, um, as an example, our hormonal cycle, this is where you can really see what an advantage men have and why their hormonal cycle is really suitable for their type of lifestyle. Our hormonal cycle is not suitable for our lifestyle. So to explain this a little bit better for you, women have a 30 day hormonal cycle. Men have a 24 hour cycle. That means that it mens cycle reset every day. That means that every day they are at some point at their peak and they're able to perform the same way every day. No, as you are women, you know that our cycle is not making us able to perform the same way every day. We have a ministration cycle.

We have PMs in our cycle. We have ovulation in our cycle and all of those things makes us sometimes tired, gives us some times pain makes us sometimes depressed, angry, and all kinds of different emotions. So feeling those things makes us difficult to actually manage the type of lifestyle that we are expected to live and to perform under. And we are here to perform with the same type of expectations and do a same type of lifestyle as men. This becomes a problem in the workforce and it becomes also quite unfair. The fact that women have a disadvantage because of the structure of the cycle, whilst men, they can just shoot and go the same way every day. And that also gives you a little bit more evidence to why nature created men and women differently. We're not actually supposed to be doing exactly the same things.

Men are built to perform. Men are built to go out and shoot every day and provide and hunt and all of those things, women, on the other hand, we are built in a way that allows us to retreat, where we need to retreat and we are not expected to be out and performing every day. We are more nurturers. We are more gathers. We should have more flexibility in our lifestyle. So the trap becomes quite frustrating when a lot of women feel that drains feel like they're hitting burnout because they have so many hats to carry. And on top of that, you also have the stress of the biological cycle men. They they're biologically active or productive, probably more or less their entire life whilst women. On the other hand, we have a window when we really have to mate and produce and that's it. So we have also that pressure to deal with.

I mean, the discussion when it comes to feminist men, the gender roles and the unfairness in our society, I can really go very deep on that subject. But what I'm trying to do here right now is to really

explain to you that we shouldn't strive to be a hundred percent equal because we're not equal and we will never be equal. And it's better for us to step into our true energies rather than pretend that we are something that we're not, when a woman stopped pressuring herself to perform like a man. That's what she will be able to open up more of her femininity this way. But again, I'm not saying that you must now stop working. And as a woman, you cannot do a career. I personally have decided that I want to work. I enjoy working, but on the other hand, my life is structured in a way where I don't look after my household.

I have somebody who does that for me. I don't have children. I am able to dedicate my life to my work, but I don't see my work as a, just a typical, I'm going out to hunt as kind of a man who will do my work is more like a hobby, which is actually a very feminine quality in a way where I'm dedicating myself and my life to something that I'm very passionate about to a hobby, more than the job. So for that reason, even though I personally do work full time, I feel that I am in my true feminine essence through my work, because my work is more of a passion slash hobby where I feel like I'm cultivating myself rather than I'm out hunting for money. And with that, I want to just explain to you that there isn't just the original formula to how you must live your life.

You can absolutely make a career happen with femininity, and you can even have a job where it is very masculine. You can have a role where you are out hunting for money, and that's fine. You are going to understand how you can combine that type of life with femininity, because ultimately what this is all about is balancing out energies so that we have this perfect blend of 70% feminine energy and then 30% masculine energy. And just to kind of give you a little bit more of intimate details to how my life is structured, because we have traditional gender roles. And in my household, meaning that my partner he's the provider he provides for me, he provides for our household. He's the one who pays all the bills. He's the one who brings in all the money. I make money too, but I saved my money for a rainy day, which is very important as a woman, you always have to stash cash, but I will talk about that in a second.

I also of course reinvest money into my business and I do that so that my business can continue grow, and I can continue to develop this passion of mine, which is truly to help women. So in our household, there is no question of who is paying the rent. Who's paying the bills, who is paying. When we go out, my partner also gives me money, which is quite important for me. It's more of a symbolic way of being, because technically I could provide for myself, but for me, and for us, it's really important to keep the masculinity and the femininity in our relationship. And when the man is truly providing for his woman, he's also looking after her financially, which is why I still have an allowance coming from my partner, even though I could technically pay for myself, but I chose not to. I believe it's more important to save the money that I make for a rainy day then when it comes to household.

So in my household, we do have somebody who takes care of the household for us. And this is simply because we are fortunate to have that opportunity. I don't know how we would have structured it if we didn't have that opportunity, but I have the wholly set boundaries saying that since I work full time, I refuse to also look after the house full time. Definitely. I will say though that, because I am in my femininity, I am responsible for the household. I am responsible that we have food in our fridge. I am responsible for things that has to do with the house and that the house is organized, clean. That's all of that is under my wing. My partner has no responsibility for that. He never goes to the supermarket. He never cleans the house. Well, maybe he can tidy up a little bit, but I am responsible for that aspect.

But like I said, luckily I have help. But then again, I have to manage that help. So in that sense, I am still responsible for the household. Even though I decided to work full time, then we don't have children, but I will definitely say that if we had children, of course, I would be more responsible for them, but most likely I would also have help in my household because that helps me with the children because I have decided to work. Now, what I'm telling you right now is not the norm. I am just sharing with you how I have structured it or how I view things. And this is just to make you understand that you can create your own norm, but it's important to start thinking about how not to overburden yourself as a woman, because we need to set boundaries in this department.

And as women, we do not set very good boundaries, generally speaking, plus, we're not very

encouraged to set boundaries and that's something that I want to change. It's also very important not to judge how we structure our households. If somebody decides to do more than the man in the household, then it's up to that person. If somebody decides to do less than that's up to that person, what's really important to understand, especially with the structure of the lifestyle, is that when we are overburdened as a woman, that's truly kills our femininity because a woman feminine energy is more of a free and flexible energy. Feminine energy is really about being able to take your time to do a little bit of this, to do a little bit of gathering, to do a little bit of nurturing, to be a little bit here, to be a little bit, their femininity is about having fluid it's here.

So that's why when the woman is just burdened, burdened, burdened, burdened, that signals masculinity to me because masculine energy is supposed to be the strongest sex when it comes to how to deal with burden. Okay. That's why when the man is in the battlefield, or is it a hunting? He is built to be able to deal with a lot of heavy burden, okay? Physical burden I'm talking about, but somehow in our society today, instead of women are now dealing with a heavy burden. Mainly not saying men don't have it easy in the workforce. Of course, there's a lot of pressures on men that only men have. But I think we all can agree. The fact that women are the ones who have most burdens on them, tied to us. And I'm telling you all of this, because I want you to start freeing yourself up from some of this burden.

You've entered the trap that you have to release yourself from. You won't really be able to blossom in your feminine potential. If you are still trapped and you're carrying all these heavy burdens, I know that some of you might be thinking that well, Anna, not, everybody's fortunate like you to have help in your house and to have an affluent partner who can provide and so on. And so, and I do understand that. Of course my situation today has a lot of advantages. My situation didn't always look like this, but it doesn't mean that in the past, I wasn't able to step into my femininity. You can still be feminine, even if you don't have an affluent partner, or if you don't afford to have help in your house or a nanny. What is important in this context is for the woman to set boundaries. Because at some point we need to put our foot down.

If we are drained, if we are burned out, just because it happens that we do not have the money to cover certain things that will remove the burden, there's always solutions to everything. But the importance is to be able to put your foot down and stop taking on so much things and also express yourself. If you have a partner that there are things that have to change. Many women cut down on work. As a result, you can see even people in third world countries, you see that as an, you don't need to have a lot of money for the woman not to have to work. There are ways around situations. So the importance is that you are able to be aware of this and that you are not jumping to all the expectations that are set on you, that you actually can work with the method of awareness.

Take a step back, assess the situation and ask yourself, is this really what I want? Is this really fair? Is there any way that I can change the situation so that I can actually have less burden on myself now when we are younger and we are single and we don't have a partner, we don't have a family. We don't really have a household to run. Then of course, things are a little bit more straight forward. It's easier than to just like do your thing. As a woman, have a career, educate yourself, do all those things because you don't have really many responsibilities and you don't really have many hats that you need to carry. So then it's much easier to be in the workforce and to do all those things that men usually do. But I'm talking now specifically when you are getting more responsibility is when you really have to start thinking about how to structure yourself so that you are not becoming burnt out and lose your femininity.

What about the trap of independence? So the negative stereotype that femininity has is that if you are a woman who step into her femininity, you immediately give up your independence and you cripple yourself and women. They feel afraid therefore, to step into their femininity because they really believe this stereotype. And I do want to speak about independence, what it actually means and how we can really benefit of it and use it to our advantage while being feminine women. I just mentioned how you can structure your household and how you can have a more balanced household. But one of the things that a woman really need to take into account that independence is important, but it doesn't have to go in the very heavy masculine direction, which today's norm tells us to go. The feminine way of having independence is to source out your basics. And I talk about this a lot.

The importance of every woman in the world needs to have an education and she needs to have work experience and she needs to have savings so that she can stand on her own legs. At any point in life that a woman should always be employable. If she needs to work, she will be able to find a job because she has education because she has work experience. And the woman also needs to have her finances in order savings in particular, because if she happens to be in the relationship where she has a provider and that relationship will end, she must be able to take care of herself at any point, without having to feel that she is chained to the leg of a man, because he happens to be the provider. A lot of women sadly stay in relationships that are not good for them because they are unable to leave the man partly for emotional reasons, but also because of financial reasons.

And that is crucial to not go in that direction. I think a lot of people probably jumped to this conclusion that if you have a provider, man, you as a woman automatically would not have savings would be stupid not to think of a plan B just in case. And I think that's why a lot of people are speaking against the woman not working because they think that a woman is a slave then of some sort. But I think that's just some really rare cases. And maybe some extreme cases, I think an intelligent, smart, human being understands the importance of having savings and having money that covers you for a rainy day. You always need to have escape money if you need to leave at any point in life, because there is nothing that is worse than being chained or trapped or feeling like there is no way out for you.

This is what you have to do and you therefore become desperate. And you know, that desperate is one of the things that I teach against. I do think that the workforce definitely needs more female leaders because female leaders help the world with the, our natural ability for kindness and compassion. So we would definitely have a better world if we had more female leaders. So I am not at all against the fact that women shouldn't be making career. But like I was saying earlier, the conversation is about allowing women to have more flexibility here rather than imposing a role on her. Like a man has a certain role to fulfill. I don't necessarily think a woman needs to be a housewife, a cleaner or a cook to be feminine. She can absolutely have a career in a male dominated environment if she's passionate about this, because when the woman connects with her passion, doesn't matter what she does.

Let's say she works as a fireman, but if she's passionate about it, then she connects naturally with her feminine energy. And that's what I was trying to explain to you before when I gave the example of myself and how I have structured things. And since I am now a business owner, how I still remain feminine, I also think it's worth exploring part time work instead of full time work for women. I think generally for women, that would definitely be quite beneficial if they have a family. And if they have loads of hats to carry, because being totally excluded from the workforce, it also of course has a negative effects. The truth is that it's really hard being a woman, because if we are not kind of being in the workforce, if we are not doing what men are doing, then it's almost like we are not seen as bright and intelligent in our society.

And that also becomes a bit crippling. So I think as we are undergoing this journey of setting boundaries, it's really important that if we decide to go in a specific direction in our life, that we own that direction and that we are very much clear about the fact that or why we're doing it and that this has no inclination that we are a certain way, just because we're going in this direction, you are not going to be more worthy. If you are slaving in a job, working full time, working your head off, you're not going to be more worthy. What's important is that you make yourself feel worthy by setting boundaries with yourself, by showcasing for yourself and also for the world, what you accept and don't accept. And it's okay to embrace your feminine roots. It's okay to celebrate them instead of hiding them.

It's really important that we stop being afraid of being a woman and that we don't feed into these negative stereotypes about femininity, which is based upon weakness and being passive. And instead would really showcase the greatness of being a woman, the greatness of having feminine energy and how we need to empower our world with a feminine qualities, rather than think that they are weak qualities, show the world that we are not weak show the world that we are strong feminine women show the world that feminine energy is very much needed in the workforce, everywhere in our communities lead with that energy because we are the ones who are the biggest advocates for femininity, and we can actually do change the world. But most of all, we will be able to change our

lives because when we start tuning into our femininity, that's where we start upgrading our life. And that will be talking more about the things that will start happening to you and especially changing in a positive light for you. When you start embracing your femininity.

How To Embrace Your Femininity

The Feminine Mindset

So in previous videos, we were really able to understand femininity and in particular, understand the situation of femininity in today's society. But ladies, I really want us to start working on developing our femininity and because action is the most important steps to take. If we really want to have a change. I think one of the most important things that we must develop when we want to embark on a more feminine journey is to improve our feminine mindset. Because when you have a feminine mindset, you carry this mindset with you everywhere you go, because you will notice how much easier it will be for you to act feminine regardless of situation. And so also feel feminine. I am here to help you set up the basics correctly so that you have a great foundation to stand on, and that will stay with you, even in a society where masculine energy will continuously be imposed to you.

But if you have the foundation sets, you will be very strong in your feminine power, and nothing will be able to beat that. Now to set up this foundation, we need to actually make space for new, empowering thoughts to flourish. And I'm talking about the mindset still. So your current mindset needs to be improved. It needs to be cleaned out from previous programming. It also needs to be cleaned out from certain expectations from society. And of course the stereotypes that have been imposed on us. We also need to deal with these false beliefs that we are carrying around and that are crippling us. And we need to basically get rid of everything that is simply just there to pollute our minds. I call this pollution, our mind ghosts. And I think when we are in our masculine States, we have a lot of mind goes that keep messing with our minds.

And that's why we keep staying in our masculinity. And mind you, these mind ghosts, they are just so foreign objects that are hovering around in your mind because originally they don't belong to you and they weren't really created by you, but instead they have been imposed to you and now they're holding your femininity back. So we need to kick them out from your mind and make space for more empowering thoughts to emerge, but how do we kick them out? Well, again, the running theme of this program with the method of awareness, or we start paying attention to these mind ghosts, we notice their presence. We catch them in action. And then we are able to ask them to leave because we know that they don't belong to us. We know that there are simply unwanted passengers in our minds, so then it becomes easier. So when we have cleared out our minds from all these mind goes, it's time to add some empowering beliefs to really strengthen our core and our feminine energy.

So we need the healthy. And when you balance thoughts, we need thoughts that will embrace our feminine energy, but we also need thoughts that will support the masculine energy. We also need sauce that will empower the gender roles and see what purpose they serve, because we cannot be against the gender roles. Then it will be really hard to work with our femininity because feminine and masculine energies, ultimately gender roles. When you have the gender roles in place, it will also be easier for you to set the boundaries that I keep talking about. And you need to set healthy boundaries with yourself. And with your surroundings, you basically say that what is feminine is primarily your responsibility and what is masculine is primarily not your responsibility and that you will only attend the masculine responsibility only if your situation require. And that would more be as a last resort, rather than you jumping straight into it because of the imposed roles today.

Then we really need it to make you feel comfortable in the role as a feminine woman. And I think that a lot of the times women struggle with this because they don't really feel proud of being a feminine woman since femininity is frowned upon. It's not celebrated. The same masculinity is celebrated, but becoming comfortable. That might take some time because you have to learn how to be able to receive. First of all, that can be quite tricky, especially if you're not used to it, especially if you have your own perceptions and stereotypes about what it means when you receive. But I think ultimately becoming comfortable with femininity. You will have to be done gradually when you really understand how positive it is to be feminine and how much society has skewed. The division of

femininity and masculinity and the social expectations accept us is a big part of feeling comfortable.

And that's where accepting the gender roles accepting your role and also wanting to fulfill your role. But I do know that from time to time, your feelings about femininity and strengthening, it might fluctuates. I think from time to time, you will have society's norms. It really heavily imposed to you. That makes you even question yourself whether what you're doing is right or wrong. So when this happens, I want you to understand that this is normal, that this is why we really need to revisit continuously our work with femininity and keep stringing, setting it every day, literally speaking. But one thing that you should also take into practice is to always revisit the reasons too, why you're doing what you're doing, revisit the reasons to why femininity is important, why society is built in a very unfair way today and why we need to empower the feminine energy energy, because it's not the favor at the moment.

We need to understand that there is a reason to why we are afraid of celebrating it. And we cannot act on autopilot on all of these things that society has post to us. If you do this practice on days, when you feel a little bit lower femininity, you feel perhaps a bit pressured, a bit influenced, then perhaps also revisit these exercises. And of course the exercises in the workbook that will really help you understand what is your femininity right now? How are you feeling with all of this and ways how to strengthen and empower your feminine energy.

Overcome Your Blockages With Men

The Feminine Mindset

I did touch upon that we need to accept the gender roles because when you accept the roles, it will be so much easier for you to work with both your feminine energy, but also with the opposite male energy, because not only do you need to embrace your own energy, you also need to embrace the masculine energy and actually believe it or not. But one of the things that I've noticed is incredibly difficult for women in our society today, especially if we are really used in being in our own masculine essence is to actually accept and embrace masculinity. And we are going to focus on overcoming certain obstacles that we might have when we relate to men and the masculine energy. But let me first explain why it's so difficult for many women to find a quality man that makes her happier later. You will understand why this aspect is so important to figure out before you start embracing masculine energy.

You see a lot of women. I would definitely claim this to be a majority. We have certain disappointments stuck within us that has to do with men since we were young. And in particularly our teenage years, or maybe even adult years, we've had a fair share of experience with men. And I definitely think that 99% of women have had some form of negative experience with men. Maybe you had a man who broke your heart. Maybe you had a man who was inconsistent. Maybe somebody who ghosted you maybe lied to you, cheated on you. Somehow disappointed you or even traumatize you. Some even had criminal actions taken against them. The reality is that men and women do clash. Regardless if our masculine and feminine energy is polarised to actually be in sync with each other. The reason why we clash is because we are humans in the end of the day, and we have egos.

We have also insecurities and we have accumulated baggage. Plus we make mistakes because again, we are humans. We are not meant to be perfect and we will always make mistakes. So that is known news. What is important to take into account is that we will be clashing with masculine energy. And if we have one negative experience caused by a man, I think it's safe to say that if you have been hurt once by a man, you might be able to quickly recover from it and move on. But if you get hurt twice or three times or more, it becomes more and more difficult to recover from it. And you start creating biases in your head that starts internalize these experiences and start instead to create narratives around them. This is where the narrative of disappointments in men gets created. We start thinking in lines, such as all men are pigs.

All men are bad. All men are cheaters. And the more negative experiences that happen, the more negative experiences that validate these narratives. Then we start developing these confirmation biases and we start believing that this is a factual reality. Each disappointment with men start to act instead as evidence and validation for you to support the narrative of the fact that men are pigs.

Women, men are bad, and this is very crippling and this is really counter productive. But I also do understand that we need to keep our eyes open and we need it as a, as a form of warning system to protect ourselves. That's why we actually create these confirmation biases is just a defence mechanism from our psyche. Now I'm going to give you a very harsh but honest reality. And please listen carefully. Do you remember that in module one, I spoke about the subconscious mind and how it seeks out what it gets programmed.

Now, when you program yourself with these narratives, that men are pigs, that men are cheaters, you know, what's happening. Then this becomes a vicious cycle and it becomes incredibly counterproductive because what you do is feeding your subconscious mind with a false belief that men are bad and your subconscious, because you know what it does eat seeks out everything that he gets fed with. So your subconscious mind starts to seek out men who fits that narrative. So what happens then is that all the men you seem to be encountering are all bad. Men are all men who seems to fit your narrative. You start meeting men who are cheaters. You start meeting men who are pigs. You start really meeting the low quality men because you have created this narrative for yourself. And you have told your subconscious mind that this is what you expect. So ultimately your subconscious mind actually delivers this to you.

And not because it is the reality, but because you have now created this reality for yourself. Now, I am not claiming that there are no bad men out there. There are certainly a lot of bad men out there, but are they, the majority are most man cheaters. We might never really find out the exact percentages, but I can tell you one thing is that the chance is very high, that you are overestimating the numbers. And when you are overestimating the numbers, you are truly hurting yourself. And you're also hurting your love life. In this video series, we are going to work on getting out of that narrative because that narrative is not serving us. If you have a very deeply ingrained narrative, because like I said, some of us have gone through some very horrible things. We have had very traumatic experiences. Then that is definitely worth looking into with a therapist that might be difficult just to overcome by trying to set some boundaries and trying to open up your mindset.

But for me, the most important at this stage is to plant this seed in you so that you start thinking about what are your narratives? Do you have any limiting beliefs when it comes to men? Do you have any disappointments or baggage's that are perhaps holding you back and makes you relate to men in a negative way? So how are we going to embrace masculine energy? If we find it difficult to relate to masculine energy. And when I say relate to masculine energy, when we have this negative narratives about men, and when we just kind of look at men as pigs and have these negative beliefs around them, this negative narrative about men is actually a tremendous blockage. And it's very difficult to step into your feminine energy. If you have this blockage that you are not able to embrace masculinity, because to step into your ultimate feminine power, you need to be able to cherish men and to embrace their masculinity.

And how can you do that when you are resenting them? How can you do it when you have this false belief about them and this narrative that you are stuck in. And let's be honest here, majority of us, we have some resentment. We have some anger. We might think that they're stupid or they're are selfish or bad in one way or another. And as long as you have this dominant picture of men and your head is going to be very difficult for you to see the beauty in man, and to appreciate men and appreciate their masculinity and for everything that they can do for us, because femininity to you is about supporting men. It's about empowering man. It's about seeing them as a legitimate protector. It's about celebrating their masculinity. Now, my question is to you now, how does it feel when I say these things, do you feel a little bit turned off to empower men to celebrate masculinity, to support men?

What does these words tell you? We'll get back to this in a second. Now I do want to share a personal story once again, and I'm sharing a lot of stories with you in this program, but that's because I've gone through this transformation myself and a lot of the things, or majority of the things that I teach, I have experienced myself and I have gone through them and I have learned from them and I'm here to really pass on the things that I've learned, because I really believe that it can help you as well, the same way it helped me. So my personal stories that I used to also be a man hater once upon a time, it's not something I'm proud of, but it was part of my reality. And then was actually stuck in this stage for many years. I would say that my hatred towards man that came from two

reasons.

First of all, it came from where I was brought up. I was brought up in a way where I had people in my environment who spoke very poorly about men and the male sex. So I did inherit certain beliefs around men and how stupid they are, how incapable they are of doing things, how, how they are, this, how they are, that all of these narratives I inherited. So that definitely influenced me in a negative way. The way I later in my adult life, um, related to men then of course, like most women, I also had negative experiences with men, men who were cheaters, men who let me down, men who were unreliable, men who were just selfish and all those things. And the more I dated, the more I seem to attract that type of man to the point where I started to wonder is this really reality are all men like this?

And that's when I entered the kind of narrative vicious circle that I just explained to you. I was attracting a low quality man, because I had a narrative of that. All men are pigs, that all men are X, Y, Z. So I started to attract those type of men and I found it very difficult to find a decent partner. I mean, surely I did have some wonderful romances and, and boyfriends in the past, but nobody that ever compared to the partner that I have today, the man that I have today that I chose as my significant other, he is definitely one of a kind. He is definitely special in the sense that he's just very different from all the other men that I had met previously and all the other men that I had met previously, I had met them before my big breakthrough in therapy.

I did tell you about my therapeutical journey. I've also mentioned that one of the main reasons to why I seek out therapy was because I wanted to heal certain relationship issues. And this was definitely one of those. And it took me about 10 months to get my first breakthrough in therapy. And after for that big breakthrough, a lot of things started to change, change within me. And I did mention in one of my other videos that two months later after my big breakthrough, that's when I met my significant other and had I met him before I had that breakthrough, or before I had started with therapy, probably we wouldn't have made it work with each other because they were just too much narratives in my head too much in security's too much baggage that just sabotage my journey to make it work with a man.

But I also do believe that I probably wouldn't have even attracted to him from the very beginning if I hadn't reprogram my subconscious, because I do believe that the reason why I was actually able to all to all of a sudden attract a totally different caliber of man. And I'm not talking about now level of affluence or appearance or anything like that. I'm talking now about certain in their qualities that I hadn't previously come across because before I have this negative narrative stuck with me. So I was all the time attracting men who weren't really good for me for the long run. And that's again, when we mentioned that the subconscious seeks out the information it's fed. So I do believe that it's really important to go down to the bottom with what's happening in your subconscious and within yourself on the more in their level mindset level to really troubleshoot.

Are you perhaps the one who are sabotaging for yourself? Like I was doing in this case, there is a vicious circle also that happens. And you know, what's interesting that the vicious circle continues that women also adapt to their narrative. They start developing defence mechanisms because that's the psychological way of protecting oneself. And then we have this trend in society that we are supposed to be very independent women. So what happens is that women as a defence mechanisms become a hundred percent independent hundred percent self-reliance and there is absolutely no need to find a partner. I do believe that it's important to have the confidence to be a hundred percent self-reliant that is not a doubt. And I think that's important for a woman to be yeah. Aware of. But what I'm trying to say is that there is actually a beauty of having a sidekick, right?

Regardless if you're a man or if you're a woman, and then there is no shame in wanting to have a sidekick or feeling like you need a sidekick in your life. We are built naturally to have a sidekick. That's what we have feminine energy. That's what we have masculine energy. And they work in polarity with each other and they're there to support one another. So nature has created us so that we are working as a team, but women's defence mechanism has made them to be so self protective that they are oftentimes even afraid of being involved with a man because of their narratives, because they don't want to be hurt. And they think that all men are bad or they will cheat or whatever it is that they think. Then there is an even more extreme defence mechanism that I actually see still

quite a lot with women.

And that defence is when women, instead of look down on the man and treat men like garbage. This often happens with women who have given up on men where their narratives have been fed so much when they get that there isn't even a question that it's not true, what their narrative says is true. And this becomes very dangerous because this really becomes difficult to give up the masculine role, because it becomes very difficult for the woman to embrace any form of masculinity this way, therefore will be very difficult for her to step into her own feminine power. It's also a little bit toxic when a woman continuously puts herself on this pedestal and looks down on the man, like as if she's superior and that the man should be treated like a second class citizen by all means, you know, that I am always in favor for women.

And I think women are to be admired, but I do believe that extremes are unhealthy. And when it goes to this level, that is an extreme, and it's a very unhealthy way of living and the very unhealthy way of relating to men, women like this, unfortunately stay single most of the times because there are few men, almost no men will want to consciously want to be treated poorly. I mean, unless they are very submissive and masochistic. So a lot of the times women like this scare men away, they remain single and they also develop more masculine energy. As a result. One thing that you need to understand is that if you want to step into your ultimate feminine energy, you will be needing some masculine energy to help you reach that state. The same way goes for men. If they want to reach their fullest masculine potential, they need a little bit of a help from a woman to reach that stage.

You can only reach a certain level being by yourself, but the last bit you need help from the opposite energy. That's why it doesn't serve us to be looking down the masculinity, insulting it, frowning upon it, belittling it, expecting the worst from it. And so on, you are not going to gain any support to reach your fullest potential. So it's time for us to overcome those obstacles. Ladies, this is the reason too, why I had to bring up this really complicated relationship that many women have to men because a lot of us were wounded and a lot of us unfortunately stay wounded and we don't do anything about it. And regardless if it is to improve your femininity or to just improve your dating life, this needs to be looked over. If you feel that on some level, anything that I've set up until now speaks to you, that you really need to consider working through these blockages because they are currently holding you back.

So how do we overcome these obstacles? And again, my favorite favorite method, which is the most effective method, the method of awareness. And like I said before, you might need help with therapeutical or spiritual healing because you might have some deep wounds that will also probably take time to heal. So take this time and it might not happen overnight is transformation. But when you work with the method of awareness, the beauty is that you start becoming aware and that's really where the momentum begins to happen. And actually you will already see quite fast results, even if you won't be ultimately healed, but you have started the process and that's going to benefit you even just that aspect will benefit you overcoming the obstacles also requires getting comfortable with the uncomfortable that I've also spoken so much about, and that we'll be talking about that in the next video, where we will be really focusing on embracing masculinity.

And that's actually, when we become comfortable with something that perhaps at this stage feels a little bit uncomfortable for us. So remember when I asked you earlier in this video, how do you feel about certain sentences? How do you feel when I say that you should be supporting a man that you should be empowering them and all of those things, if you find that that feels difficult, then I definitely think that I hit a nerve somewhere within you. And that might be a good thing because hopefully you will, in the next video, think a little bit more about why it's so important for us to embrace this masculinity. And you will really see the importance masculinity has when we want to step into our feminine power. We can stand on our own feet, but we won't ever reach our fullest feminine energy. If we'll never get involved with the masculine force.

Embracing Masculinity

The Feminine Mindset

So let's embrace masculinity. Ladies, you see one of the greatest things a feminine woman can do is

to actually allow the man to be a man. Now, maybe it sounds simple, but listen to this, this mantra is really important for all of those ladies who have blockages when it comes to relating to a man, because a fully feminine woman, she allows a man to be a protector, and she allows a man to be a provider, to rescue her, to be chivalrous with her, to take decisions, to be logical, to be solving problems, to fix things, to build things, to take on challenges and all those masculine things that men do so well. So it's important to allow your man to be a man so that you can allow yourself to be a woman with him. And what many women who have a bit too much masculine energy, what they fear of doing is that they don't put trust in him and all his qualities.

And they think that he will be incapable of stepping into his masculine role. And that's a problem. And that's something you need to be aware of. If this happens in your case. Now, if you allow your man to step into his masculinity, then you will see how it's almost like a portal that opens for your feminine energy to actually start flourishing. His masculine energy will also start flourishing almost like magic. And you will be surprised how you will notice how your relationship together starts flourishing when the masculine and the feminine energy meets as polarities I'm together, kind of create this very powerful union. And you don't only have to do this in romantic relationships. This works also in platonic relationships. So a very powerful way to become more feminine and really bring out your femininity in you is to blend your feminine energy in the presence of a man and blend your feminine energy with the masculine energy to contrast masculinity with femininity, because when those two polarities meet, like I just kind of showcased.

It becomes like this war techs of energy and it amplifies and they becomes very strong and powerful. So if you really want to be in your most feminine, powerful energy, then you will always need the polar energy, the masculinity to enter that States. I also want so motivates you a little bit because you need to understand that men are actually quite starved for feminine energy. Since feminine energy is lacking in our society today, men are hungry for this energy, but they're not necessarily aware of it. So what happens is that when they actually get a real taste for it, their masculinity really comes out and really spikes. So they start feeling more empowered and they start feeling more imbalanced and more grounded and they start feeling good, good about themselves. They feel like they're, they are on top of their game. And you remember what I said earlier, when I asked you, how do you feel about if I say that you should empower your man support your man, and you might have some negative feelings about the things that I said, but this is where I want to put it into context for you, because do you see the bigger picture to why you should be supporting your man?

Why you should help your man to step into his masculinity? It's benefits you when the man is empowered because you are empowering your sidekick. You are empowering somebody that is in return, empowering you, his energy empowers your energy, his energy. Don't forget his masculinity empowers femininity, and it helps the whole cycle to go round. So I really want you to not fear of embracing masculinity, of not feeling put off, to be of some form of support to a man. See it as one of the key principles of femininity, because femininity is very much about supporting your man, your children, your community women are better at working with energies at working with the mind, the emotional. So we are blessed that we can take charge of these things. Men aren't blessed with other things. They're not necessarily capable of doing this as well as we are, and there's nothing wrong with that.

Nature has shaped us differently for a reason. Now, I want to give you some examples of how you can utilize your femininity as a powerful tool with men. And they might come across a little bit controversial to some, but you really have to understand that there is a lot of power in the woman to actually be able to influence a man. And like I said, it is one of the duties of femininity is one of the essences of femininity you to steer a man in the right direction to influence, to build community. So even though we live in a patriarchal society, actually the world is really rounded by women, but women are standing behind the scenes. I am very much open by the way for matriarchy society. But unfortunately right now we don't have that. So we can use our power to instead influence the current leaders and believe it or not, femininity is the strongest fuel that can actually have power to influence masculinity.

So how do we nurture his masculine energy with our own feminine energy? Let's start off by acknowledging the fact that men do have biologically a bigger ego than women has. And this is again, biological reasons because men are out there to fight to hunt and they need a bigger ego

because they need it. When there are in war, they needed with predators when they're fighting for food, when they're basically in the battlefield. So this is a natural instinct of a man. And believe it or not, it may come across a little bit primitive almost, but we have to remember that we are animals. Now, this is where people might find this a little bit controversial because a man has a big ego and his instincts. He still possesses them. Even though he is now a human being, a modern human being, but that doesn't change certain instincts of his.

That's why he needs a bit of praise and acknowledging. He needs to understand. And he needs to hear when he has done well, compliments to his masculinity is important because it boosts it's stronger and it makes him a better fighter. So if you want your man to be more masculine and more successful, that you really need to regularly boost his energies, you need to remind him that he's the protector and how safe you feel behind his care. You also need to tell him that he is the King and he's your hero. And, you know, man, they love being the hero of a woman. Boosting his self esteem might sound very anti feminist, but this is actually when you are using the gender roles and you are stepping into your feminine power when you are helping him acknowledging the fact that he has a strong, powerful, masculine energy, because that ultimately empowers your feminine energy.

As women have become very masculine today, this is not a practice that a lot of women do. I think a lot of you might also find this a little bit strange what I'm saying. And this is why I said that this will sound controversial because we are kind of programmed to believe that we shouldn't be supporting the Eagles of a man and men are this amount or that. And I also do believe to some level that a lot of men are spoiled. A lot of men have too much egos and should be perhaps not encouraged in the sense, but if we want to work with masculinity and femininity, this is actually a very important practice. Specifically, if you are, are in a relationship with the man, because this is going to help you with your relationship, it's going to improve the dynamic dramatically. It might even save your marriage.

If you're married, a man really has to be reminded that he is in charge. It's very important that he connects with his masculine energy on a daily basis. He might not be fully capable of doing it himself because remember that men, there are not emotional Chris, exactly the same way. Like we are, we are able to more dive into psychology and more perhaps understand these things in a more emotional level, but men usually don't of course you have some who do, but I'm talking to generally speaking. So it is important that you remind him that he is the force and you are standing behind him as somebody that he protects as somebody that he provides for. And you will see how that's going to improve his performance as a result. This is also a great way for you to influence him. And a very feminine energy is to take a step back and not to rule had strong cause ruling had strong.

That is masculine. And if you want to have changes happening, if you want to have power, then let the man go head strong. But you direct him where to go. Some women will find this difficult to nurture a man because they feel like they are turning into a doormat or becoming passive. And we are perhaps also used to be a little bit cold with men because we always want them to be lusting for more, but it is important to do this exercise. And even if you're not in a relationship, do this to certain degree with the man in your life, you don't have to do it only with a man who you are romantically involved with doing this. Would your father, would your brother works equally fine? Or you can do it with somebody you're dating. Just make sure that with the dating dynamic, there's a little bit of things there that you have to be aware of.

But I will cover that more in the dating videos. Let's talk a little bit about allowing men to be chivalrous. I hope I pronounced that correctly, by the way. So we want to have men who are gentleman, correct? High quality men. They are truly gentlemen, but how can we allow them to be gentleman? If we are opening up our own doors, carrying our own bags and the simply never, ever allowing them to do that for us now, that is a very big mistake. And that this is also very good exercise for femininity. Now you might be wondering, but yeah. Okay. Carrying your own bag is not really going to turn me a man. It's okay to carry on bag while of course you can, but this is where you really have to start rewiring yourself. If you really want to become a feminine woman, you need to let the man be the man.

Whenever you have the opportunity for the man to open up a door for you or to carry your bag, allow the man to do so. Even if you don't know the person, let's say you are in an aircraft and you have

boarded the plane, you have your little carry on with you instead of taking your car, carry on and putting it up yourself above the seats. Why don't you ask a man to help you with that and have that as your natural go to instinct. If there are men around you, if you have a woman in front of you, and if you have a woman behind you, then don't bother. Then you can put it up yourself, but make this as a habit. And it's just a simple Balik habits, really? Because this type of exercise will help you step into you or feminine is to you.

It's not about becoming like, Oh, I'm so weak. I can't do it. It's more a man is here. A man is present. Let him do what he is meant to do. Open the door for you, help you get out of the car, put up a bat for you. If something is heavy, he can, Harry's it's for you. Things like that. You will notice how that will help you step into your feminine energy. Don't pull your own heavy bags, let your partner pool them. As an example, don't be the woman who is all the time. No, no, no, no. Don't worry. I can do it myself. Let the man do it. If he's present only do yourself. If no man is present, that should become your new feminine rule. But as you are being treated by men, it is really important that you are being grateful for their actions because remember men have their egos and those egos are hungry to be acknowledged and to be praised.

And even if you don't know, the man always be grateful and always praise and all always make him feel so special. So let's say you are in this aircraft and you ask a stranger, I'm sorry, sir, could you please it's helped me with my luggage. And he will, of course say yes, of course. And then he will take the bag and he will. I put it up. And then you really look at him and you give him a very warm smile. And you say, thank you so much. That is so kind. And that's it. But you really give him this thing. Thank you in a very genuine way. You don't have to put on a theater show and overly dramatic and Oh, thank you. You know, it's not about that. That is extreme. We don't do extremes. I can tell you that, that man who just helped you with the bag, his masculinity is going now to get triggered and empowered and he will feel really good with himself.

And you, you will have triggered your feminine it's here and you will have activated it's inside you. And this will really help you to stay in your feminine essence. When you continuously feed yourself with the regular boost of feminine energy, like you just did in the second. One of the things that men really adore is when a woman is happy, it's almost like their natural instincts gets validated, right? And that is incredibly beneficial to us. So it is important that we share moments of praise of gratitude, and there is nothing wrong with that. As long as you don't overdo it. Now, ladies, a last point that I want to talk to you about it when it comes to embracing masculinity, and that is a beauty to the man's life. Now, women, we are blessed that we are well, yeah, let's put it this way. Visually.

We are the most beautiful sex. Some men might be very handsome, but generally speaking, the female features are incredibly beautiful, attractive, and truly I can see them. And that was, you know, I'm sure there was a reason to why nature created us this way, because what a coincidence that men are more visual as a result compared to women, women are actually biologically less visual than men. And then men happens to be less attractive than women generally speaking. So I don't know, maybe it's a coincidence who knows, but the feminist movement will be really obsessed when to hear me say this, but this is very important. If you want to work with feminine and masculine energy, try and make yourself as beautiful as you can in his presence. Now, the goal is to hypnotize him with your beauty and you don't have to be conventional beauty for this.

Man. See beauty in all women and men have all kinds of preferences in women. So you don't have to think now that this is only for women who are conventionally beautiful, not at all. It's all about just adding femininity to your appearance and making some effort to trigger kind of his lusting masculine energy, because that's what we want to do here. We want to wake up that sleeping masculine energy because his masculine energy will awaken also our feminine energy or more like it will support our feminine energy. I will more about feminine appearance in the style of module, but I want you to understand that when you give a man some eye candy, something beautiful to look at. First of all, you yourself are going to feel more beautiful this way. Because like I said, when we awaken our own femininity by visually looking feminine, this actually feeds our own self, our own wellbeing because we feel beautiful.

We feel like we are in our power. We feel confident. And the big bonus is that we awaken the man's energy and we become empowered by his masculinity. So it's truly a win, win situation. And that's

why I feel very sad. The fact that the feminist movement really looks down upon women being beautiful and there is nothing wrong with wanting to look beautiful. I think the problematic becomes when women are fed with certain expectations and stereotypes that are unhealthy and unrealistic, but like I just mentioned to be beautiful. You don't have to look like a conventional beauty. Men are not looking for conventional beauties men, like all kinds of women and the, when you are accepting these facts, then I don't think that we are then imposing certain roles onto women. Something that is unhealthy. I think beauty is something very healthy because it makes us happy as women. And it also makes the men happier. So why not nurture that? So why not take advantage of that?

The Elegant Way To Set Boundaries

Introduction To Elegant Boundaries

The Elegant Way To Set Boundaries

One of the running themes in this program will be about boundaries. We are going to get comfortable with setting boundaries because boundaries are essential. If we want to become women of the elites. And I haven't met many elite women who have weak boundaries, I haven't seen many of these women who allow people to treat them poorly. And I haven't actually witnessed a lot of women who have achieved success. Thanks to having weak boundaries. Usually people with weak boundaries are not really getting what they want or what they deserve. What happens instead is that they're not being treated the way they want. And those people are oftentimes living the lives in control of other people's decisions and actions. So it will be obviously very difficult to achieve your goals and your agenda when you're basically a puppet in somebody else's agenda. That's why I'm proud to tell you that this entire program is one essential boundary training.

And this module will lay the foundation for your boundaries because we're going to lay the foundation in this module, but then we'll, we'll keep revisiting the subject throughout the program. Now, one thing that you need to be aware of is that boundaries is a big subject on its own, but I have handpicked the most important areas in which I believe we need to work with specifically, if we want to have a lifestyle upgrade and become women of the elites, the steps that I will be taking you through is going to lead you to your end result. And that's because boundaries sets the foundation for the treatment that people give you. Now, ultimately, ladies, I do want people to treat you better and to treat you with more respect, but I also want you to treat yourself better. I want life to end up treating you better.

And this can only come as a result when your boundaries are in place. And when you set the tone for how you would expect to be treated. And those ladies who are with me specifically, because you want to elevate your social status, boundaries is your secret formula to that. Boundaries is the easiest and most effective way to raise your status. When you position yourself in a certain way, and you set the tone with the help of boundaries, then you're automatically changing the way people look at you and you are able then to control how they treat you. It's all psychology ladies, but it works wonders. And we're going to work with these elements in this course. And I'm actually really excited about this. I've also had this finishing school now for a while, and that was, I've been doing this work of helping women elevate themselves.

I've also noticed how much lack of boundaries actually are out there. I've also understood that there is a lot of misconceptions about elegance and femininity. And a lot of the times women find it very confusing because they don't really understand how they can set boundaries and be assertive when they want to be soft, feminine, and elegant. I understand that this causes confusion. So we'll also be talking about that setting boundaries can definitely be done without having to take on a masculine role or a rude role. What I think a lot of women are doing wrong is that they are applying stereotypes to their transformation. And that's when they're not getting the transformation, right, but I teach modern elegance and we don't really work that much with stereotypes. So a lot of people then apply these outdated kind of elegant stereotypes or these type of feminine stereotypes that are more connected to weaknesses and they apply to the transformation and then they wonder why they're not achieving certain results and why their transformation is not really working.

So I am going to give you the great balance between the elegance of femininity, the modern world, high society, boundaries, confidence, et cetera. And this will really make it to feel like you are in your best element, because you can be an elegant feminine woman while having a powerful presence. And you are able to actually transmit both confidence and set strict boundaries with yourself. This will not challenge any of your feminine qualities just because you need to be firm. But I am going to explain to you a bit later how you do it so that you get it just right. There is another thing that I've come across, which is actually quite interesting because there is a conflict that has to do with manners and etiquette. And when we start working with boundaries, you will actually notice that that is a little bit conflicting with what manners and etiquette teaches us, because what we are taught is that having good manners and having great etiquette skills, we do it because we take other people and their feelings into considerations when we do certain things.

But with the boundaries training, you will actually be fed with information that will tell you to not focus primarily on other people and their needs. And instead, primarily focused on your own needs first. Now, how does that work together with manners and etiquette, then isn't that counterproductive again, there is a formula to this, how to get it right and how to get it balanced. Because when we are learning manners and etiquette, we don't do it to become doormats or push overs. I will, of course be covering manners and etiquette and its own module. But I want to already prepare the conversation so that you know, that you can actually have the best of both worlds and make it work the best for you. You can get the best of both worlds. You don't have to only have one or the other, both can actually be combined.

If you simply understand how to strike that balance. Although my program is not heavily focused on men and dating, I'm still going to cover this chapter as a bonus because there are some things that we need to get, right? When it comes to setting boundaries with men, and this is really going to help you in all of your relationships with men, both through mantic and platonic. And that was just a little sample. There is going to be much more about boundaries in this program, but I am excited to start the conversation now because we are going to set the foundation, which has to do with your mindset. And like we have already focused a lot on mindset. In other chapters, you are going to see how this will actually positively affect all aspects in your life. If you get the mindset sorted out. So ladies let's begin our work with boundaries.

Understand How Boundaries Work

The Elegant Way To Set Boundaries

Regardless of where you are on your path with boundaries, some of you might be totally boundary-less, and some of you might have quite good boundaries set already, like with everything in life. And like I've mentioned this many times already, everything needs continuous maintenance because boundaries, in this case, they actually fluctuate in strength, depending on the seasons of your life. You might be in a period in your life where everything is just going really well. And you are confident and it's easy for you to set boundaries. Whilst sometimes we are in a more weaker States of our life, where we find it very challenging and difficult to actually have strong boundaries. Then we might also have boundaries that are stronger in certain areas, but then very weak in other areas. So I still want you to go through these video lessons because you might actually have a certain boundaries that needs to be sorted out.

Sometimes there is one important missing piece to an overall puzzle that we're trying to build. And we sometimes don't understand that maybe it was just a small detail that I thought I had an order, but in reality, it wasn't actually as good as I thought it was. So it needs my full focus and attention to really source it out. But ladies, I really want to start this training, but really get to know boundaries and really understand how boundaries work because only then will we be able to use them to our benefit? So I would say a boundary is like an imaginary border between you and another person. It can be a physical border, it can be an energetical border. It can be a mental border, but it's basically to divide where you end and where another person begins. Imagine it as a fence, protecting your beautiful lush garden.

And then you have a house there. The house symbolizes yourself, the fence symbolizes your

boundaries. So your boundaries are there to promote your integrity. And it's a limit that you set to define what you will or will not do and what you will accept and not accept, and ultimately what you will and what you won't tolerate. So this imaginary fence is there to protect your valuable parts of life is there to protect your time, your energy, your priorities, your health, your money, your relationship, your home, whatever it is, these boundaries are there so that you are protected and that you are comfortable. And all of these boundaries, they are enforced by the actions you take and the decisions you make. And as soon as you violate your own actions and your own decisions, when you basically violate your own boundaries, that's when you disconnect from your own needs.

And that's when you causing damage to yourself. So your boundaries are ultimately there to keep you on track with your morals, with your daily demands of life. And it's really there to keep you protected and nurture so that life doesn't take advantage of you. And it also helps you be clear about what you want to include in your life and what you want to leave out so that you only fill your life with the things that are actually important for you. And the reason why boundaries are very important is because humans, all humans have this natural instinct to be selfish. It's like a survival instinct, and it's not necessarily in a malicious way, but it's just this survival instinct that we have, which we tend to act intuitively with as kind of a selfish agenda. And I'm sure some of you probably think that, but I am not like that.

I always think about others first and I, I am not selfish at all, but this is a thing. Yeah. That even if you don't really realize it, it's wired in our subconscious to always seek out comfort for us. Remember when I said that the brain is not wired to strive for this company, meaning that you will always have an agenda to make yourself comfortable and kind of satisfied. So that's what I mean with a selfish agenda. I am not talking about being maliciously, uh, selfish right now. So people who lack strong boundaries, they are often getting violated, but other people and by people's agendas. So what happens is that there are pleasing other people and there are pleasing the other people's agendas before prioritizing your own needs. And they rather do this on the expense of ourselves. And it also becomes an expense of your energy and your time.

And all of this happens because some people lack boundaries and they feel obliged to cater for people. And they don't necessarily understand that we can actually cater to ourselves first before catering to others. This is almost frowned upon by some people, because that sounds very selfish. Now, we all know that we only have 24 hours in a day and we have X amount of energy cells to use for our own disposal. Meaning that it's actually not fair when all of these hours and energy cells, they go straight to other people and the disposal of other people and their agendas. And then you have none and left to yourself. So this creates a very negative ripple effect in our life that actually leads to burnout. I'm sure you all remember how the cabin crew in an aircraft. They always instruct us to put on the oxygen mask before we help any other passengers and the wiser you think that is obviously because we are incapable of helping other people, unless we help ourselves first.

So boundaries carry the same logic. We need to search out ourselves first, our own needs before we tend to other people and their needs, because otherwise there will be no strength left to help people. Now, how do you know if you need to set boundaries? Well, you do know if you need to set boundaries, when you feel like you're not getting what you want or deserve in life, maybe you are not achieving certain results. I don't know. Maybe it's you who are blocking yourself. So you might actually need to set better boundaries with yourself. It's not only with other people that we set boundaries. We also need to be disciplined with ourselves, or maybe for instance, it's your surroundings who are affecting you. And you tending more to the needs of the surroundings rather than to your own needs. Sometimes the boundaries might be so weak that you don't even know what to expect from life.

And honestly, sometimes it's just a mix of everything. Some people have very damaged boundaries, so that makes them to become chronic people pleasers, or they become the rescuers, the fixers, the savers. I'm sure a lot of you probably recognize yourself and always being the one who fixes things or always has to be the one who goes and saves X, Y, Z. And there are many psychological reasons to why we feel obliged to fulfill people's expectations all the time. And we might also feel quite overwhelmed by the energy and expectations of our surroundings. So we, for that reason, put other people in head of ourselves and maybe, yes, we start feeling like a push over sometimes, but you know what? Some people feel like that's a better feeling than having a conflict. Some people end up

feeling very guilty as soon as they tend to themselves because they have this kind of vision about what selfish means. And they are scared of being selfish. So it causes a conflict and they end up violating their own boundaries all the time as a result. And that is definitely not a good role to take. And it actually makes you quite submissive, but don't worry, ladies. I will be continuing the conversation about how to set boundaries without being selfish in the next video. So I will see you there.

Setting Boundaries Without Being Selfish

The Elegant Way To Set Boundaries

So boundaries is ultimately, like I said, to tend to your own needs before you start tending to other people's needs. And I will explain in the next video how to actually set boundaries. But first I do want to speak about the subject of being selfish. There is unfortunately this conception in our society that if you are assertive and you set boundaries, then you're being selfish and we connect goodness with pleasing others. And we connect badness with being assertive and not like that because a good person in our society is somebody who is expected to be tending to everybody around. And then this person is seen as a hero. And you know, what's really sad is that this is actually encouraged from very early age to behave in such matter. And in particular for women, women have more boundary issues. As a result, men are actually from childhood, not encouraged the same way to tend to everybody else around.

So for them it's therefore easier to set boundaries as adults. And I think also that's why men have gotten the reputation of being more selfish than women and women are almost a little bit upset about that because maybe we have a little bit of jealousy and maybe we have a little bit of resentment, but ultimately if we think about it, we need to adopt more of that selfish quality rather than complaining that men are selfish. We simply need to set better boundaries and become more selfish. Now I did mention about etiquette earlier because it becomes counterproductive. When if you ask an etiquette teacher, what is etiquette and manners, then you will have a person who says that etiquette is about showing respect and consideration to people around you. It's putting everybody else before you and to make sure that they feel at ease in your company.

Now, how does that work with boundaries? And as you know, I teach etiquettes and I advocate for etiquette, and I'm never going to stop encouraging you to do etiquette, but I'm also here to encourage you to set boundaries. So let's understand how that can work together. First of all, understand that there are social norms and expectations. What's expected of us as citizens to contribute to a healthy functioning society. We should be good people. We should be acting with kindness and we should be treating others the same way we want to be treated in return. I think everybody wants to have respect, and I think everybody wants to have kindness and that's just basics of being a decent person in society. And actually that is not very difficult to do either. I think a lot of us don't really find it to be a big sacrifice.

So when it comes to boundaries, boundaries is all about, like I said, tending to your own needs before you tend to everyone else's needs. And this lady's doesn't mean that you have to know go either black or go either white, one extreme or the other, like I said before, you don't have to choose between boundaries or etiquette. You can actually combine them as an example, etiquette and manners is all about helping other people and caring for others. And like I mentioned, you can actually do that without having it to be on the expense of your own well being, which is where boundaries come in. Boundaries talks about never let anything be on the expense of your wellbeing, tend to own needs before you tend to other people's needs. You can therefore be a kind person, a caring person, a polite person, somebody who helps out without feeling that that is an expense of your own wellbeing.

Usually when we are kind, when we are polite, when we are nice, but actually benefits us because it boosts does us. It gives us a sense of wellbeing. We like the feeling of doing those things. The problem is when we have to do certain sacrifices, that really start becoming an expense of our own wellbeing. I mean, maybe you can come up of certain things in etiquette, but you actually feel becomes an expense of your own self. Then that is off course up for discussion. If you feel like that,

definitely leave a comment. But majority of etiquette rules and manners, they are actually not big in terms of sacrifices. And oftentimes they actually benefit ourselves. Let me give you an example. A good balance is when you asked yourself how much effort does it actually cost you to say hi to your neighbor, or maybe smile at the supermarket cash lady, or hold up the door for an elderly person.

Because if I can be truly honest with you, if these actions feel like a true burden for you, then I really think you have a few things to sort out before you can actually attend to any form of manners and etiquettes. I really think that you might have some, and I'm not throwing shade here, but you might have some issues that really need to be looked over. Maybe you have some mental health issues that makes you be off balance because usually when people are balanced and normal functioning, they don't find those things to be a burden. So for that reason, it becomes easy to combine etiquette with manners. So, okay. That kind of covers the general common sense when it comes to manners. But what about more advanced etiquette practices? When you really have specific etiquette rules, uh, some rules maybe even comes across as a bit rigid, for instance, like you really have to hold your knife and fork in a certain way, or there is a precedence in terms of who starts eating a meal first.

Now, how do you combine that while setting healthy boundaries? So etiquette is a practice that is partly created for the other person, but actually it's created for yourself just as much because people have invented rules and protocols to serve the environment and really make it a pleasant experience for all parties involved. That's including yourself. That also includes what we say, treat others as you want to be treated yourself. If everybody around the table is acting with etiquette, it is also serving you. You will not have to look at on the pleasant eating habits while you are eating your food. And you have people acting with kindness towards you because they are applying etiquette to you. Also knowing etiquette adds comfort to your own self. When you know that there are certain protocols to follow and you feel fine with them, that makes you feel confident because you know that that's appropriate and I will follow this protocol.

And I know that I can feel confident that nobody's getting put off with me by now. I like this. I can feel at ease with myself. I know that I'm not disturbing anybody, but if you are somebody and you are on this journey of setting boundaries and you might feel that actually working with etiquettes really feels counterproductive and really feels like a burden right now. Then you might want to first sort out your boundaries and the weight with the etiquette training until you have reached a stage where etiquette doesn't feel like a sacrifice to you, etiquette is not supposed to feel like you are sacrificing your own self and selling yourself to the world. That's not etiquette, but if you have certain issues that it has to do with boundaries, you might be a little bit sensitive right now. So that means that maybe you're just not ready for etiquette just yet.

How To Set Boundaries With Grace & Elegance

The Elegant Way To Set Boundaries

As we are refining ourselves to become elegant ladies. And of course, to become women of the elites setting boundaries is one thing, but how do we set boundaries with both grace and elegance? Let me simplify first, how to set boundaries because it's very easily explained in actually one sentence. So setting boundaries is pure communication, plain and simple. It's communicating your limits and being open about them. So learning how to set boundaries,

It's actually very easy. If you look,

Look at the actual action of it, when you set boundaries, what you do is that you communicate your limits and you can communicate through verbal communication, non verbal. You can communicate through your body language, through your energy, through your actions. You basically say what works and what doesn't work. And of course the most effective way to set boundaries is usually to set it through verbal communication. But I still want us to take the energetical and body language and all of that into account because those details are also important. But what I really want you to get comfortable with it is to be able to communicate verbally your limits. And it doesn't have to be very black and white, meaning that you don't have to now become mean or aggressive. If you now have to speak your mind and tell people how it really is, you can actually set boundaries and be assertive

without any form of aggression or negativity.

There is absolutely no need to be rude, to be unkind or unpleasant. And that's why you can actually set boundaries while acting with greatest etiquettes in manners and being very feminine. That's why in this video, I really want to tell you how you can actually communicate boundaries whilst still keeping your grace and your poise, because I'm going to give you the answer. Now, ladies, the answer is it's all about how you say it. So whenever you feel worried or uncomfortable because communicating your boundaries might feel difficult, remember that there is a bad way of communicating your boundaries. And then there is a good way. The good way actually benefits us because it's fully honorable and it's respectable. And it does not put you in a bad light whatsoever. So you can feel fully confident that you're not going to have to do big sacrifices when you set boundaries, because it's all about how you communicate your boundaries.

You can do it cleverly. You can do it kindly. You can do it with the feminine energy. You can do it with elegance. You can do it in many ways and you can find a way that works for you. And that really represents you. So if you want to set your boundaries with grace and elegance, then the simple thing you need to do is to verbally communicate your message with grace and elegance. But I also recommend you to throw in a good dose of kindness because sometimes boundaries can come across as harsh or negative, or it might not be necessarily what the receiver expects to hear or wants to hear. But when you add a good dose of kindness and you deliver it with a smile, then you are really not breaking any social protocol. You are not being rude. You are not being unkind on the opposite.

You're being very kind, even while delivering let's call it bad news or okay. A difficult message. People who set unhealthy boundaries, they are usually communicating with arrogance and rudeness. And that's why it boundaries sometimes gets a little bit of a bad reputation. But if you are very much aware of your communication and you are being a polite person and you have a smile on your face and you are kind and empathic, then if people feel hurt by that, then I'm sorry to say, but it's actually their responsibility and not yours because you have done everything possible to follow the social rules and protocols for adequate social behavior. And you have the right to prioritize your own wellbeing before others. So therefore people have no power to counter attack. You making you feel that what you just deliver to them was rude, selfish, horrible. I'm unkind.

You're a bad person. And let me tell you one thing, you will come across people who will do exactly those things to you. And you know why that's because people will react on your boundaries when your boundaries is not pleasing their agenda. And you need to be very much aware of this behavior and you need to really distance yourself from it because what it actually is, is just manipulation. A lot of the times people will have people pleasing issues. They would go in such situation on autopilot and be like, Oh no, I just delivered this news. And the person count like attacked me saying I'm a bad person. So the person would then go on autopilot and be almost like obeying what that other person just said. Maybe you, if your boundaries are still very weak, you will feel a bit insecure and start wondering, Hmm, maybe I did a mistake right now.

Maybe I was too harsh. Maybe I shouldn't have done that. Maybe I shouldn't do this next time. This is a very common obstacle that people who are new to boundaries actually encounter. And this is where it's really important to actually self validate your own behavior and actions to not start hesitating or start questioning yourself after you have set a boundary, because there will be people like that all the time, there will be let's call them emotional blackmailers people who will want to push their own agenda onto you. Because like I said before, a lot of people intuitively act selfishly. But if you are using the method of awareness in that moment, you are really going to understand and distance yourself and take a step back and really look at the situation objectively. Instead of going all in on autopilot, you will be pausing there and you will be validating yourself telling yourself, no, I didn't actually do anything wrong.

What the person tells me right now, he or she is just pushing their own agenda onto me. Because what I did was that I set healthy boundaries. I delivered it with kindness with best possible politeness. And I followed social protocol. I did not do anything wrong in this situation. This is just somebody who uses emotional blackmail and I'm not falling for it. Now that is a healthy way of setting boundaries. My ladies. So the only disclaimer, I would say when it comes to boundaries. So how

boundaries work is that we need to always tend to our own needs before we tend to others' needs. However, if you have people who are depending on you like children, as an example, then it doesn't really work the same way in this particular context, because we do have to actually also care for those who are depending on us.

We have to find a balance there where we still care for ourselves first, but we also need to prioritize the people who depend on us. Remember that everybody ultimately cares for themselves first, unless you are people's pleaser because we are structured this way. And it's okay. As long as it doesn't become malicious, right? But caring for ourselves, it is a human survival instinct and it does serve a purpose in our society. Just remembered that you were here to set healthy boundaries. You're not here to set unhealthy boundaries because unhealthy boundaries are malicious. They are unkind and they're rude. But when you deliver everything with grace and elegance, then you are truly what I call safe. No need to worry, no need to feel insecure. You are not doing anything wrong. And I do want you to motivate yourself to set boundaries, because if you don't, then you are going to be taken advantage of, and you are going to lose energy.

You're going to lose time. You're going to live other people's plans and agendas, and you are not going to ultimately reach your goals. So why don't you to remind yourself over and over again about your boundaries and why you need to set boundaries, keep validating yourself all the time so that you are not stuck in an insecure position that makes you hesitant about your boundaries. And if you are a people's pleaser, then you might have to work a little bit more on that. And I definitely suggest to read books on boundary setting, especially if you are somebody who has grown up with narcissistic parents, or you have been in a narcissistic relationship or friendship, it's very easy to develop people, pleasing habits this way. And it might not be that easy to just snap out of it. Um, you know, so you have to actually do some more work in the subject.

And I personally think that when you read literature about a specific issue, you're actually going to get a lot of interesting insights because we can go very, very deep on boundaries. Like there is a big, like boundaries is a very big subject on his own. But my context with the things that I teach is that I want you to empower yourself to become more strong in yourself and also to realize that there will always be people who will take offense when actually offense was not intended. And we will be working a lot with manners and etiquette in this program. So I want you to be aware of this, that I don't want to create a conflict within you. You also have to understand that you will never be able to control what everybody thinks and how everybody reasons. So even if sometimes people take offense, when I found out it wasn't intended from your end, as long as you acted in your best possible way, you acted with manners.

You acted with kindness, always be secure in yourself to tell yourself that you have not done anything wrong. These people cannot accuse me of anything. The issue is probably themselves rather than me. I think that as we become elegant ladies, it's healthy for us. If we are not too obsessed about people getting offended all the time, we need to let go of really have that control for us to stay sane. And for us not to turn into people's pleasers. That's why I'm also talking about this because I really want you to have a healthy balance. I want you to really, to care for yourself first. And I want you to get comfortable with this. I want you to say and be proud when you tell yourself that you are now choosing yourself first, that you are being healthy, selfish. And even though selfish has a very negative connotation.

So I'm sure this one might feel a bit tricky for you to really feel empowered by, but also I want you to be calm a bit more neutralized to the word selfish. So if somebody ever would say that you are selfish because you decided to set boundaries and you are not catering for that person's agenda. And they say that you are selfish or they get offended. Then you know what you really have to realize is that actually they were being selfish in that moment because they expect you to please them. And when it's not happening, they feel offended by it. So this is a very good example, how everybody acts out of self-interest that people actually put their own priorities ahead of other people's priorities. And then they have the stomach to call other people selfish when actually they are being selfish. So that's a little bit of a motivator to you.

If you ever feel insecure about this matter, do not feel that way. It's the other person who is actually the selfish one, not you, you're just healthy, selfish, but you're doing it in a good way. And prioritizing

yourself is something everybody has to do. And we should never be violating our own boundaries because then we are at war with yourself and you are the most important person that you have in your life, because without yourself, without your own energy and strength, you don't have anything. So really be wary of your energy cells. Be very of your time of all those things that are very restricted in your life. A common mistake that I see women do when they're communicating boundaries, but they are still feeling insecure. So they actually ended up communicating their boundaries while giving a lot of excuses and becoming submissive while delivering the news.

And this is not really a boundary setting by the way, because if you are going to set boundaries, you actually have to give up any form of excuses or any form of why you're doing what you're doing. I know it's tempting because we are probably feeling uncomfortable with the acts of setting boundaries. So that's why we start coming up of reasons to why we're doing what we're doing. And we just don't want to appear harsh, but you are not really going to get your message across if you are having self doubt. And when you are delivering certain communication with self doubt and the weird submissiveness, okay. And passiveness, it's really important that whenever you communicate boundaries, that you really do it with assertiveness. That means you're confident and you are being in the way strict. You don't have to be mean, and you don't have to be harsh and masculine, but you are simply just from you being firm with your boundary.

You're not giving excuses. You're not second guessing yourself. You're not giving them a bunch of wise. You are just delivering the news plain and simple, straightforward, but with kindness, with a smile, with compassion and being as friendly as the situation allows you to be, it is important that you do get the communication across, right? Because otherwise it can be a little bit hard to believe what you are saying. And that makes sometimes people to start testing your boundaries and they start hesitating. And they think that I she's just playing. She's just faking it. I don't believe her. And that's not really our goal is it. We don't want to have people who are pushing us, who are testing us, even though that will also happen. And that's why you have to reapply your boundary. Reapply, stay firm, stay confident, redeliver it, redeliver it. And just not given, always have a steady balance between being warm, but being from be kind yeah, but be decisive, be straightforward, but don't be harsh.

I really like breathe under camp from desperate Housewives. I think she's a great example of this kind of picture. Perfect elegant woman who really knows how to strike a balance between setting boundaries while remaining assertive. Yet she's actually very elegant and very graceful. And yeah, sometimes you will have to step on a few toes and sometimes you will have to make some people uncomfortable, but you know what? It's okay. You can't have it take responsibility for everybody's feeling. That's not your job each. And everybody's responsible for their own feelings. But as long as you execute everything with smile and politeness, just like Bree Vander camp does, you will be fine. I want you to remember this and I don't want you to overcomplicate your boundaries so that you find it terrifying and overwhelming boundaries is not supposed to feel like a burden because then you are still stuck in the people's pleasing phase.

If you feel like it's a burden and you find like it's difficult to execute, this boundaries should actually feel like a liberation that you know, that this helps you set yourself free and not have to do certain things just to please other people. I'm going to give you another element of boundaries, which is very common with elite women, which is the reason why I wanted to give it to you. So in my research, I noticed that at least women, they are very selective. They do not like to waste time. And they oftentimes live a busy life. So their time is certainly a privilege and it's not a right. So they become actually quite good at setting boundaries because they become selective with who they let into their life. They also become selective with what events they attend, or if they are at an event, if they've had enough, they will go home.

Or if they are with a man, they will be clear about the expectations with the man. And certainly they are not blinking twice about who is going to pick up the tab on the date. So boundaries is very ingrained in elite women. I can't tell you who had boundaries from the beginning and who developed them later, but the elite community, it requires the presence of boundaries. Otherwise, it's very hard to get ahead because people will literally just walk all over you and use you technically speaking, but to become a high caliber woman and to position yourself on the high level, you actually need boundaries to do that. Remember when I said that the fastest way to achieve high status or elevate your own social status is to set boundaries and actually becoming selective helps you do just that

because when you're not being selective, you're showing the world that you are devaluing yourself and your own worth.

So the impression people have of you, it actually decreases. And as a result, your status decreases if you are devaluing yourself, but when you are selective and when you are protective of your space and when you are protective of yourself, people end up respecting you more and people actually start valuing you more. And your social status raises as a result. I want to give you some examples of common situations that actually require you to be quite selective and example, you should be selective with the men you give your number to. And that's something elite women definitely do because the phone number is shouldn't be something that is easier to access and is for everybody to take part of it's something personal. And it needs to only be given to those people who are truly deserve it, or it needs to be given to those people who are really seems to be worthy of it.

Another thing I want you to become selective with is how much time you spend at events, parties of venues. I don't want you to be the one who always remains until the end, because that doesn't really signal boundaries. It doesn't signal boundaries with yourself. In particularly for instance, let's say you have worked the next day, or you're trying to live a healthy regime. If you're always the one who leaves party last, you just show up those that you are not having any discipline and you are the valuing your next day and yourself for that matter. Plus being at a party for a restricted amount of times will make other people think that you're very busy and maybe even hard to get. And you see people are going so immediately value you higher and actually respect you more. Another similar example would be, you need to be selective when you've had enough as an example, you don't always have to please everybody.

And if you are in a gathering, let's say you are out for, I dunno, an outing with some friends and the comes a point where you don't feel like it's an enjoyment anymore. Now there are certain kind of social rules and expectations. Like you don't want to be rude by Lee leaving in the middle of the dinner for example. But sometimes we are in situations where we could leave and it's fine to leave in the way, but we don't do it because cause we feel kind of obliged to stay and we feel kind of like we will disappoint the other people or the host if we leave. But this is where you really have to set boundaries with yourself. If you are not enjoying it anymore, or if you're tired, it's fine to leave. And you should always prioritize your own boundaries instead of living on the expense of other people and their expectations.

Another thing I want you to be selective with is who earns your friendship. And although networking is a very important subject. I want you to be very cautious with who you let into your life as a close friend, as a true friend, as somebody who gets access to intimate information about yourself. Although I think being open and outgoing is very important and that will really benefit you, but be open and outgoing with acquaintances and gather many acquaintances and friends, but people who gets close to you, maybe sure they earn that title and make sure to really test the waters because it's very easy. And it happens often with female friendships that they backfire at some point. And if you have just led in all kinds of people into your life, because of lack of boundaries, you are creating an issue for yourself that may actually even sabotage your path.

Remember that I said that we oftentimes act on autopilots because sometimes there are situations that makes us quite uncomfortable and we want to ease this discomfort by acting quickly and without thinking. And this is bad because this is when we nurture our bad autopilot behavior and we need to stop this immediately because boundaries, it does take some form of courage to actually execute. Like I said before, you will have to probably get comfortable with the uncomfortable in the beginning, but you also need to learn that you can afford to pause for a second. That means pause in your thinking in your speech, in your action in your body language, you don't have to worry that you need to immediately act immediately do this immediately, blah, blah, blah. You can take a pause to just center yourself before you proceed. And the pause doesn't have to be long.

I'm talking about maybe a second, maybe a microsecond, just enough for you to center your awareness and quickly assess your need for boundary or no need for boundary. And I'm telling you this because I really want to reduce or preferably remove your autopilot behavior so that we can start implementing boundaries regularly. Cause when we pause and we reassess and we become aware, that's when we start creating change. And that's when we have the opportunity to set boundaries.

And that wants you to have space for your new boundaries to be born, to be created and believe it or not, your surroundings will actually make you respect you more. And you will raise in people's eyes. When they see that she is confident enough to take a quick pause. It's very interesting actually how it works because pauses and slowing down shows people a level of competence and authority when you do it confidently, because it's almost like you allow yourself the space and you don't act impulsively. And you're very much aware with yourself. People who just act immediately are perceived less competent because they come across as more eager and desperate. And also they come across as people pleasers.

How To Set Boundaries While Being Feminine?

The Elegant Way To Set Boundaries

I did mention to you that in our society, women are raised a little bit differently to men. So it is harder for us to actually set boundaries and feel more comfortable with boundaries because we are not as encouraged as men are to be selfish and to care for ourselves to prioritize ourselves. However, ladies, you can still be in your strongest feminine self, even with setting healthy boundaries. And I do really encourage all of you to develop your feminine qualities and step into your feminine energy while prioritizing your boundaries. We need these boundaries to protect ourselves and we need them to protect our feminine energy. We don't want you to be taken advantage of, and we definitely don't want you to lose yourself. Remember, you can nurture others with boundaries. You can care for others with boundaries. You don't have to stop treating people and you don't have to stop looking after those people you love.

I know also that, depending on what culture you're in, there will be different types of expectations from you. So boundaries might be different in different countries of what's kind of acceptable or not. It all depends on the cultural norms for their population. So of course, that has to be taken into account. I still believe that you can't find a very healthy balance with taking the social conduct into account while staying true to yourself and having that balance where you are being caring for others, but you are still staying true to yourself. Remember prioritize helping others when you really feel energized by it. When you really enjoy doing it, when you really feel like you have already tended to your own needs. So you're good to go to tend to other people's needs. So setting feminine boundaries is actually not different at all. From setting normal boundaries.

What it means to such feminine boundaries is that you simply just remain in your feminine essence while allowing yourself to set boundaries. Meaning that let's say you are looking after other people. And that's a very feminine thing to do. You are allowing yourself to look after these people because it's not on the expense of yourself. You do not feel burdened by it. You have tended to your own needs first, and you are fine attending to these other people's needs. You're doing it with pleasure. Now that is a feminine action. What about when you don't want to tend to people's needs and you need to set the boundary, but you still want to remain feminine. So how you do it is exactly the same way. I explained in the video, how to set boundaries with grace and elegance. So when you deliver your boundary, you are not doing it with a harsh masculine energy.

You're not being unkind. You're doing it with kindness and compassion and the caring and all of those qualities are very feminine. You are giving a smile, you are being polite and all of those things carry no masculine energy in it. So you don't have to worry about feeling that you are stepping in into a masculine role if you are being assertive and setting boundaries. But I know why a lot of women find it scary to set boundaries when they're working with their femininity, because the energy of assertiveness and being firm have masculine connotations to it. I understand the worry there, because then you feel like you are taking on masculine energy. Now, remember when I said in the femininity part that all humans have masculinity and femininity in them, meaning that ideally we should have around 70% of feminine energy. And then we have, let's say 30% of masculine energy that boundary fit into that percentage.

But what's good when you deliver your boundaries, the way I have explained how you should be delivering it is that you are mixing up the boundary, which contains a masculine energy by adding a lot of feminine energy to this boundary, basically. So together, the masculinity has become now

diluted and you deliver it and it doesn't come across harsh and it doesn't come across masculine. It actually comes across feminine because there's a lot of feminine energy in the delivery of the boundary. I really don't want my ladies to become people's pleasers or doormats or passes or push overs just because you are embracing feminine qualities. And yes, I just highlighted the negative stereotypes because I just want to really showcase to you what a misconception you can do. If you go all in with certain stereotypes and this is how you don't make it work for yourself.

Another thing I want you to take into account is that boundaries are actually the most effective when they are set from the very beginning with people simply to avoid confusion. Still, I want you to encourage you that if you already have people in your life and you haven't set any form of boundaries up until now, and you have become in the awakened with this transformation, and now you want to set boundaries, you can definitely do it. You can definitely start setting boundaries with the people around you. They might become a little bit surprised in the beginning, but don't worry. They'll get used to it. But whenever you meet new people, it's really important that you set boundaries from the very beginning, because sometimes it can create this confusion. And I know that in the beginning, we might feel a little bit insecure with our boundary taking.

So we want to limit the confusions as much as possible and just make sure that everything runs as smoothly as possible so that we can gain confidence from our boundary setting and ultimately end up doing it on autopilot. As we move along, I need some highlights about the fact that when we work with our femininity, we actually automatically start setting boundaries because when we are kind of highlighting to our surroundings that are, I'm stepping now into my feminine responsibility, this is my responsibility as a feminine woman. What's masculine is not my responsibility. It's the mass responsibility. Now that itself is boundary setting. Sometimes it's as simple as this is just the way it is, take it or leave it and just stand firm with that feeling. We will be talking a lot about confidence as well in this program. And I do have a confidence training attached as a bonus, and that will definitely help you set healthy boundaries because it is hard to execute boundaries.

If you cannot execute it with confidence now, to round up the conversation about how to set boundaries while being feminine. Remember this ladies balance your assertiveness with your feminine qualities, with the kindness, with a smile, with a compassion, do not feel like you cannot have a call collected and presence of authority just because you want to be feminine. It's actually very elegance and the very feminine to be calm, to be collected and to have a, an authority presence, think of their authority presence as being a queen. They have authority yet. They are very feminine. So you don't always have to think that something is always masculine. You can definitely create your own aversion to it. I really like the columnists and the collectiveness, because remember what I said about taking a pause and be selective, that's also very feminine trait, by the way, when you are holding yourself back when you're not being too eager. And when you actually make use of the pauses, you are going to achieve this very strong presence around you, but strong in the feminine way. And ladies like with everything, the most important thing you can do for yourself is to be consistent with all of this, be consistent in how you deliver your boundaries in the way you position yourself in how you brand yourself, because then people are not going to throw back at you. People will actually respect you and people will not be testing your boundaries as a result.

Last words on boundaries

The Elegant Way To Set Boundaries

Ladies that was it on boundaries for this module. We have definitely built a foundation for how you should be delivering boundaries, but also how you should relate yourself to boundaries. I really want you to get comfortable with setting boundaries and I don't want you to feel insecure about them or feel like you're doing something wrong. This is the most important thing that we start to work on. And that we start becoming aware of start noticing within yourself. If you have certain patterns that appear in your mind when you feel selfish or you feel like you're doing something wrong, sit a little bit with those feelings and ask yourself where they're coming from. Of course, in the workbook, I will have exercises that will help you get more deep with your boundaries. And like I said, in one of the other videos, boundaries is a very important subject and some of us have quite damaged

boundaries.

If that concerns you, I really would like if you could read a book or two that is just specific on boundaries, you're going to have a lot of insights and it's really going to help you on this journey. It's really a great compliment to this course. I will be listing some books under this video. So if this speaks to you, make sure to check that out. And ladies, don't forget one thing, because this is the last thing I want to leave you with. It's okay to be healthy, selfish, so enjoy get comfortable with it. You are not doing anything wrong when you are prioritizing yourself. Remember this.

The Elite Way To Feminine Discretion

Mastering Elite Discretion

The Elite Way To Feminine Discretion

This module is about unveiling, the mystique of the elites femininity. And for this reason, we need to really talk about how to actually add mystique to your aura. And ladies, I can tell you that one of the things that really does add mystique is when you are being a discreet woman, and this is actually a very important skill to learn, especially if you want to be part of the elite society and particularly certain hard to get social circles. The truth is that discretion is valued very highly, especially in the upper classes. You also want to come across the screen because you don't come across as desperate this way. So it actually gives you a big advantage in your value on how others perceive you. So when we are being discreet, I'm talking about not being too much as a person I'm talking also about not being in everybody's face, perhaps not being an oversharer or being a flash, a person.

I also talk about not letting everybody know about your business, because being discreet has to do a lot with communication. It's about knowing what to say and to who. And it's also about understanding how information you share may leave a future impact. So you need to be very conscious of how you share information and always be very thoughtful about it. You really don't want to get involved in any form of gossip. And this is not only because of the act of gossip, but also how gossip positions you as society. I would also really advise you not to be too eager or pushy to find out information about other people or to tell things about yourself. So being discreet, it's about respecting other people's privacy, but it's also about respecting your own privacy. And what's interesting is that when you set boundaries, would you information that's when you're not being too revealing and at the same time, also not being too curious.

That's when you add respect to yourself and that's how you add respect to others. So this is both good manners. This is also boundaries, and this is also a strategic move for you. If you want to raise your status. And if you want to have certain access in society, because truly discretion is key. Now, why is this important? You see, this is where the mystery comes into play because when a person ever gives away too many details about themselves, then we feel like we are lusting for more of that person. So if we are holding back a little bit, doesn't mean that we are hiding something, but we are just acting mysterious or not. Let's not use the word acting. We are being mysterious. And that's simply because we have boundaries and we communicate the fact that we don't let just anybody in. We respect our privacy and people really need to earn trust, to be able to have access to certain parts of ourselves.

Always leave a people thirsty for more and really do stay away from giving away too much information. It's actually quite interesting that because we spoke so much about boundaries in the previous video, and actually one of the things that really give away if somebody is people's pleaser is if they're oversharing information, that's when they don't have boundaries with themselves, with regards to their privacy. And that's when there are so eager to be liked or accepted by the other person that they're happy to step on their own boundaries and violate their boundaries and overshare as a result, even if it's on their expense, because whenever you overshare, it becomes your own expense and the elite women, they don't afford this because oversharing backfires and it makes you look desperate and it makes you look too eager. Really? It's not a good look. So remember that I said in the boundary videos that you really should hold the back, really learn how to take a step back and pause.

It's fine and not to give in. It's fine to hold back. And it's actually very elegant to do so. A common example of oversharing would be, let's say you go on a date with a man. And instead of being a woman who is eager to talk and tell everything about yourself, instead, you will take a step back and not be so eager. You would, as a result, not share that much. You would still share information just to keep the conversation going. But instead you would perhaps ask more questions and leave the rest for the imagination. Now that is missing ladies that creates an interest aura around you because you leaving the man thirsty for more. You gave a little bit about you, just enough to tease and create an interest, but the rest, while the person needs to earn that trust, to get that information out of you.

And you know, Oh, I always say, I don't like it. If you start it going into extremes, this does not mean that you should now become an extremist. And now basically don't share anything about yourself and become really cold, stiff. And to the point that you actually become boring. Again, the purpose here, we're doing it with balance and we're doing it with good tastes. Like I said, you need to give just enough of yourself to always keep people curious and thirsty for more. Now, if you are somebody and you want to get involved with high level people that you have to understand that high level people and especially affluent people, they value a discreet woman. It's actually a must. For majority of them, you see the higher you climb in the world of AF the more you will discuss it or that people are actually more privates, the higher you climb.

So you really have to be able to fit into that privacy by showing that you can manage your own privacy, but at the same time that you can respect other people's privacy, because this way you will generate trust in their circles, they know that you are safe to invite or have around. I do notice that there are a lot of women who do not pay attention to discretion. They don't think it's necessary, or they don't think it's important, but you would be surprised how much of a positive impression you will leave on people when you socialize or when you date or when you make friendships. When you prove to people that you are not addressed spread girl, and that you are trustworthy, and that you keep a certain class to yourself that you're not flashy, that you are just like them. That even right. Oh, you do not come from money.

Let's say you do not act like that. You have class. Now, these people will then immediately judge you as a person of character who is also living up the elegance image that you hopefully also possess. And this educated discretion, it really will give you a lot of benefits and you're going to gain a lot of access and you're going to really build good rapport with people. So I really want you to take this into account now, what are some action steps that you can take to become more discreet? So one action step is definitely to become a private person. So first of all, stop all the chatter, all the unnecessary chatter, talk less about yourself and really listen more to other people, ask them questions instead of making it all about you. When you feel the urge to say X, Y, Z, always ask yourself if it's really necessary for you to share that information, will you actually benefit anything by sharing that?

Or will others benefit anything for you to share that? Or is this information that actually serves no purpose whatsoever and should instead be kept quiet yet? You need to start evaluating the, can you share almost like you do a little quality check before it leaves your mouth ask as well? Is it too soon to share this to this person? Do I know this person? Well enough, has this person earned my trust? Has the person earned the privilege to know this information? Also ask yourself why you want to say certain things. Many of us actually feel a temporarily or let's say a spike of dopamine when we share certain things. Because, because maybe we just want to get it off our chest. Maybe we want to open up to people for some reason, or maybe we think that we will become more liked if we give away something that is really juicy about ourselves is definitely really important to understand the reasons to why you're saying what you're saying and always evaluate and ask yourself what will benefit me the most will this really benefit me if I share this?

So when you start doing this as your practice, you start setting boundaries with your privacy and you also set boundaries with other people being intrusive, because you know, we'll come across people who they want to know everything about us, and they ask us a million questions. And as we learn to set boundaries, I want you to also be aware that you decide where to set your fence. When it comes to the information that you share, you do not owe people, an explanation. You do not owe people information. If you do not wish to give them this information, you should only disclose what you feel comfortable with disclosing. It is not your responsibility to cure. People's curiosity, ladies, you do not own them that you owe yourself. First of all, the right to privacy. And when you set these boundaries

to others, your levels of mystique really will go up high and people will earn more respect for you.

Use the method of awareness. If you are an overshare, ask yourself those questions. It's truly a very effective ritual, even if you're not an overshare, but just start applying these questions to you before you speak, because I want you to be a little bit strategic. Unfortunately in life, you have to be that it's not always helpful to be naive. And to just act on autopilot. I've noticed this with elite women, they are very thoughtful and they are quite strategic and they don't just act impulsively. I want you to cut down on the impulses. I want you though to relax and be yourself and, you know, be at ease with people, but always in the back of your mind, think things through, always check in with yourself, will this benefit me? Do I need to set some boundaries here? This is going to help you on your journey towards elegance, but also towards an elite society.

And you will definitely easier earn a place in high society. If you apply this aura around you and set these boundaries, but how can you set this type of boundary elegantly without offending people? Like I spoke in the previous videos about laundry can be set with a smile, with compassion, with kindness, with sensitivity, while still come across very positive instead of negative. So if someone asks you something and you don't feel eager to answer that question, you can state with kindness that this information is too personal, or you can instead use some strategies and go around the question, which is usually the most neutral strategy to take. But if somebody, at some point really puts you in a spotlight, let's say they ask you what you do as a career. And you say something general just to kind of get them off the question. You might not want to share what you do as a career.

And let's say they start then ask you followup questions and they really corner you. What do you do? This is when your clever strategies come to play, because you can just answer them with a question back asking them, well, why do you want to know? Are you thinking of changing career? You can also use humor. This is oftentimes a very strategic and good method to use. If you don't want to come across as too assertive or aggressive, you can simply say, well, the last thing I want right now is to bore you to death with the conversation of work. If my work is not very exciting, and then you change topic and by the way, changing topic is a wonderful strategy because all of a sudden, and especially if you have good acting skills, you can just like, Oh, by the way, did you know what I just remembered?

And then blah, blah, blah, new subject. So that's like a little bit of examples of how you can maneuver tricky conversations. When you want to set boundaries, you want to be discreet about yourself. You don't want to share certain things, but people are being intrusive and we are going to come across a lot of people like that. So you can definitely think about more strategies that you would feel comfortable with applying in situations like that. The most important is being prepared. Maybe practice a few sentences before if you know that you keep getting a question quite often, career tend to be a question like that, or where you from or something like that. And always remember what I said. The, you don't have to tell anybody anything unless you really want to. And unless it really serves your purpose, you have the right to privacy. That is your way of setting boundaries. So do not allow people to violate that because like I said, you don't tell all people, anything.

Respect People's Privacy

The Elite Way To Feminine Discretion

So we've now done some work on your own privacy, but we also need to learn how to be discreet with the privacy of other people, because that's going to earn you a lot of respect and that's going to open up a lot of doors for you. So how do you stay away from being that person who is perhaps accidentally crossing the borders with people? Now, people will feel really at ease with you and comfortable around your presence. If you do not make them uncomfortable with certain conversation topics and those conversation topics might be something that you will know they are sensitive about. It might be some general subjects that are taboo to talk about in our society.

I would also advise you not to ask too many questions, take it easy with the questions. It's okay. To be curious. And I do encourage you to ask people questions when you are interacting with new people, with acquaintances, with friends, I have said that you should put the focus on them rather

than on yourself.

But the trick here is to not go into the mode of investigation or interview, have a little bit of feel with what questions feel appropriate to ask, get a feel. If a person feels like talking about something, if they feel perhaps wanting to touch certain subjects, us women, we do have intuition. So let's use that when we network, you do notice through body language and micro-expressions and people when they become a little bit stiffer on certain subjects, and that's when you really need to be a bit hyper alert and understand that. Okay, well maybe I shouldn't be asking more questions on that subject, so it's okay to test the water sometimes by asking one question. But if you notice that the person becomes a little bit put back or becomes a little bit restrictive in what they're sharing or in their body language, then that is a sign that, okay, let's just stop there for a second and move on to another subject.

If you also notice that a person changes subjects or apply certain strategies that you would perhaps apply in other situations, if you became uncomfortable, then, see that as a sign and simply do not push deeper on the subject and instead actually help the person change subject, because we can't always be aware of what people like, who don't like to talk about, but you become a well-mannered conversationalist when you do this to people because they will notice that. And they will actually appreciate that. So respect other people's privacy and respect their boundaries. Also respect of not passing on information to other people, but I mean, that's pretty given. You always have to really take it seriously that a lot of things can backfire, especially few retail people's stories or what they have shared with you.

But I think overall, the issue here when it comes to respecting people's privacy is to just simply understand that this person has the same rights of privacy, just like me and allowing the person to open up about information and not pass on information that has been shared and just simply making the person feel comfortable in your presence. I think that will definitely benefit you a lot and you are going to come across very high level this way, and this will definitely earn you a spot in the more affluent community. And especially if you want to establish yourself as an elite woman behavior, like this is very much aligned with the elite brand. So really make sure to apply this.