



First, it's about your WAY OF BEING

Before you enter each dating app. Before you respond to a message. It matters! There is a greater energetic force in the universe that connects us all, and whether we are conscious of it or not, we get feelings - that either attract or repel us to people and experiences. Men feel these feelings.

If you enter dating apps as a form of avoidance of other things or as a way to relieve anxiety, you will attract men that show up as giving to get. And if you enter into further correspondence with a man with a sense of resentment, that can transform over time into contempt. Because whether you want to admit it or not, that's what you are doing. It's an old twisted pattern to protect, but if you keep doing it, you will get exactly what you have gotten to now. The good news is you can change that!

*Be Present, Be Curious...
Be Detached to the Outcome and Have FUN!*

When you show up just being you, in the present moment, attentive to your senses and take the pressure off trying to get a specific result, you end up having more fun. Men feel this. They want to feel good in your presence and know that by being with you, you feel good with him. They don't want to enter a conversation like a job interview, with all the predetermined judgments. Bring down your walls and be real and authentic. Vulnerability let's you be SEEN. And don't you want a man to fall for the real you? Vulnerability = sharing in the now. Over-sharing = sharing in the past.

It's a meeting app, not a dating app.

Too many women want to know EVERYTHING about a man before they consider meeting him. This has nothing to do with the man and everything to do with a woman and her fears. Texts back and forth for weeks, phone conversation after phone conversation. This is about self-trust.

So how much is enough before meeting for the first time? It depends. The goal is to get to know someone enough to feel you could enjoy spending 90-2 hours minutes with him.

And remember: a meet up in person isn't a marriage proposal or a contract. If you flirt with a man, and he with you, it's just that, and it's true in the moment. Be in the moment, connect with him. Enjoy it without putting meaning ALL over it. That. Is. All.



Get off the apps and into real life.

It should only take 5 or 6 back and forth texts to then lead to the man asking to either meet you or talk with you on the phone. And that's only if YOU decide you are interested in meeting HIM.

Texts to Spark the Next Move by HIM

Below are a few examples of texts you can send to help inspire a better conversation.

Please stop criticizing men for asking "How are you?" or "How's your day?" They are reaching out. Why is it THEIR job to be creative? If a man risks reaching out to you, and let me be clear here, it is a RISK every time he does it, be kind. And flirt a little.

If you are interested in him, then spark the conversation in these ways below.

NOTE: Flirting does not mean sending sexual messages. Either of you. A man who is sending sexual messages before you meet and know each other better, it isn't appropriate. Flirting in compliments, kindnesses that make you feel good, not icky.

First messages!

Or how to respond to the "Hey," "How are you?" or "How is this app treating you?" Simply move into asking something more interesting. DO NOT JUDGE HIM for not having game. Do you really want a Rico Sauve on the other end of your phone?

Try these prompts:

- Better now that I've gotten a message from you.
- What's the best thing to happen today? This weekend? This past week?
- I see you like (note hobby or activity from one of his photos). It'd feel good to learn about how you became interested in that?
- You like (event/hobby) and you have kind (eyes/smile). You've piqued my curiosity. (Or I'm intrigued.) NOTE: Men love this! You see them as potentially mysterious and interesting? Practically James Bond? HECK YES!
- "Well traveled" on their profile: You like to travel. "It'd feel good to hear about your best travel story."
- You can always follow up answering a question he asks you after you've answered it with "What about you?"
- OR once you have had some back and forth, you can also reply with "It'd feel good to know.... What do you think?" Where'd you love to travel? What are you passionate about? What got you interested in...?
- And remember, men aren't necessarily well versed in how to volley a text conversation. They are about problem solving and solutions.

The Primary Way to Inspire Connection!

Be present & get in touch with your senses & share them! "Oh, that feels good. That sounds like music to my ears. I can't wait to share a yummy meal with you. You look wonderfully tall. I love the crisp smell of Fall." Attune to his primary sense and sprinkle like words in.

