

samiwunder

Fiercely Successful, Fiercely Loved



Your

Feminine Roadmap

To His Commitment

Learn How To Inspire A Man's Complete Devotion



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A Note For You

Hi! This is me, Sami!



While often in romantic novels we learn that love is beautiful and divine, in real life it turns out to be an area of struggle and pain for countless women.

Sometimes the man we love does not respond to us. At other times, the relationship feels great at the beginning, only to fizzle out with time. We can also find ourselves in situations where we want more commitment from our partner but he is not feeling inspired to give it to us.

We torture ourselves with meandering thoughts like, "Should I stay or should I leave," and wonder with a heavy heart why love has to be such a struggle, over and over again.

I remember as a child dreaming about my great love, only to grow up and realize that it was not going to be *that easy* after all.

From being the girl that was never asked out on dates, to being the girl that never made it to the second date, from being the girl that chased men to being the girl that was told – "I am not feeling it for you," – I have gone through a whole spectrum of rejections, heart-break, pain and insults.

Men seemed confusing and selfish to me. Dating became a nightmare. I even recall reaching a stage where I began to think that something was wrong with me.



However, and this is where the message lay for me, sometimes our biggest transformations are waiting to be churned out through our most painful experiences.

One night, after yet another man I liked told me, "I cannot give you what you want," and casually disappeared on me after two months of dating, I realized I could not go on living like this forever.

Something had to change and there was definitely something in my approach towards men and relationships that was wrong or at least not serving me.

Since I knew with certainty that I wanted a family and children, I decided to figure this stuff out myself. And figure it out I did!

I researched everything possible on the internet, read the best works from top relationship experts and took private coaching myself. The knowledge I gained changed my life! It really did!

I was still the same Sami on the outside but something inside of me had shifted and that shift made all the difference.



Within nine months of dating, my wonderful husband proposed to me in the most romantic way on the top of a snowy mountain and today I live my childhood love dream – I feel completely loved, safe, happy, cherished and adored in my marriage and every single day my relationship gets closer, more intimate, more passionate, more fun.

In fact, the knowledge I gained about men and attraction and how romantic relationships really work (and not how we women *think they work*), felt so



empowering and transformational that I knew I had to spread the message.

Today, as a certified and trained love coach, I have already helped several women through my private coaching sessions in getting over their love blocks and creating the relationship of their dreams.

Using a powerful combination of coaching methods, feminine energy tools, attraction techniques and self-esteem development, I help strong and independent women worldwide, who are struggling in love, just like I was, create the most juicy, sensual, fulfilling and authentic relationships that they crave. I help them be not only fiercely successful, but also fiercely loved.

Once you begin to understand how attraction works, romantic relationships become easy and the struggle with love ends.

I believe with all my heart that if I can do it, so can you, so can anybody else who is willing to learn and do what works!



This Book

Let me begin by telling you what this book is not.

This book is not a magic pill for resolving deeper issues that many of us tend to carry on our backs like low self-esteem, experiences with a toxic partner or a painful childhood, all of which we bring to our present relationship in ways that may not necessarily serve the relationship. While I passionately love to coach and heal women with these challenges in my private coaching sessions, the focus of this book is intentionally not on these topics.

As my first book, I wanted to present women with a straight forward and uncomplicated approach to men and finding forever love.

This book is my contribution to empowering women with hands-on knowledge on how attraction and the process of commitment works for men. My desire is to give women, especially those of you who are looking to have long-term committed relationships, a hands-on, step by step roadmap for getting a man's commitment. In an easily digestible way, this book will show you how to effectively navigate the world of dating and men with your feminine energy.

As the book unfolds, I give you an outline for the perfect path from dating to commitment to marriage.

Yes, the perfect path!

I also showcase the most common mistakes women make when dating and how you can avoid them and help yourself from sabotaging your chances in love.

The book tells the stories of two women, Cute Clara and Marry-Me-Mara, and their interaction from the first date to marriage and heart-break with a man called Daniel. The important thing to register here is that while Clara's and Mara's stories with Daniel run



parallel to each other, they occur in two separate worlds and do not intersect at any point of time.

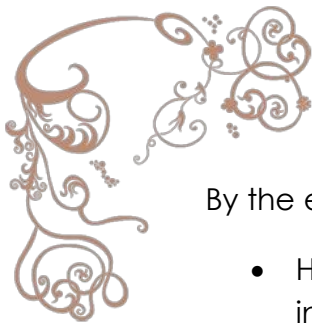
My intention was not to create a complicated love triangle to excite you but a clear space for you to observe and understand, through real-life examples from these two women, where you are going wrong in your approach to dating and commitment, what you can do better and which attitudes serve you more than others when it comes to love.

I believe that learning in this applied way (instead of theoretically) works wonders because you not only see the definition of, for instance, 'Leaning back in feminine energy,' but you also see the character lean back and get a hands-on feeling for what that would look like when you practice it in your own love life.

As you will start engaging with the core content of the book, you will notice that Cute Clara and Marry-Me-Mara represent two extreme cases. Cute Clara will do everything right and Marry-Me-Mara will do everything wrong. This of course is an exaggeration and has been done on purpose. In real life you will find parts of both extremes in you. You will find yourself doing somethings right and somethings wrong.

However, my motivation in writing a perfect love story and a disastrous story is to sharply contrast for you what works and what doesn't work when it comes to men and commitment. This way, I give you a chance to not only identify what not to do but simultaneously also learn what you can do better.

My hope is that after reading this book, men and love will start to feel easier to you because there will be no more guess work.



By the end of this book, you will understand –

- How to quickly move a man from online dating to meeting in real life and why doing that is good for you
- What leaning back in feminine energy means and how it works to attract a masculine man into your life
- Why chasing men is a bad idea for the long term health of your relationship success and your self esteem
- Why believing in your worth (having high self-esteem) is crucial for the success of your relationships with men
- Some absolute don't-do's in dating (the attraction killers)
- How to not get over-invested in a man too quickly
- What rotational dating is and why it's a good thing for you, your confidence and your relationship with your man
- How to recognize men who want a committed relationship with you vs. affairs and flings
- A man's commitment timeline and how men view the process of commitment.

Cute Clara and Marry-Me-Mara will be put in different love situations with Dude Daniel in Palm Country and Icicle Country and at the end of every chapter, I will comment on their reactions as a Love Coach and what we can learn from them.

Again, there will be moments in the book when you will feel happy about the things that you are doing right but there will also be moments where your mistakes will stare you hard in the face. "Oh my God, I can't believe I did this," kind of feelings may come up for you.

Please don't beat yourself up and please don't take it personally. This is absolutely crucial if you want to learn and turn your love life around. Instead of judging your mistakes, I want you to think of the glorious love life that you will create for yourself (like I did!) once you have gained awareness around what works and what doesn't work when it comes to men and commitment.



In fact, for every mistake of yours that you can recognize, as the story of Cute Clara and Marry-Me-Mara unfolds, I want you to give yourself a pat on the back and say, "Yay! I learnt something new! Won't repeat this ever again," and when you've said that, I want you to move on and practice the new skills and awareness in your real life and get real results with real men (and let me know how it goes!)

I truly believe that love is everywhere but we block it from reaching us. We fight it, resist it and push it away in illusive ways, even when we tell ourselves, "I want it." The blocks could be what we believe to be true about love (it's hard, it's a struggle), about men (they're jerks), about ourselves (I am not good enough) or simply some bad love habits (chasing men, controlling our relationships) that we have imbibed from society, our parents' relationships or our own worldview. Whatever it is that is blocking you in your love life right now, I want you to know that you can make a change, and that you can have the great love abundance that you dream of and very much deserve.

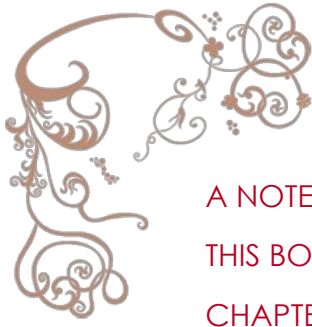
This book, in a fun and illustrative way, will bring to light what works with men so that you can quickly and effectively learn it, apply it and shift your love and dating life around by doing more of what works, and increasingly less of what doesn't work.

I would love to hear how this works for you and the results you achieve from this knowledge. The best way to get in touch with me is by joining my free, confidential relationship support group on Facebook, [Wunder Divas](#).

I hope you have fun reading and learning.

To your success in love,

Sami Wunder



A NOTE FOR YOU	1
THIS BOOK	4
CHAPTER 1 – MEET CUTE CLARA, MARRY-ME-MARA AND DANIEL	9
CHAPTER 2 – SAYING HELLO ONLINE	11
Cute Clara’s Reaction	11
Marry–Me–Mara’s Reaction	13
Coach Commentary	14
CHAPTER 3 – THE FIRST DATE	21
Cute Clara’s First Date	21
Marry-Me-Mara’s First Date	23
Coach Commentary	25
CHAPTER 4 – THE MAN HASN’T CALLED	31
Cute Clara’s Reaction	31
Marry-Me-Mara’s Reaction	33
Coach Commentary	35
CHAPTER 5 – AN EXCITING DATE TWO	42
Cute Clara’s Second Date	42
Marry-Me-Mara’s Second Date	45
Coach Commentary	47
CHAPTER 6 – DATE NTH & RELATIONSHIP TALK	52
Cute Clara’s Date N And Relationship Talk	52
Marry-Me-Mara’s Date N And Relationship Talk	56
Coach Commentary	58
CHAPTER 7 – REAL LOVE IS EASY	65
Cute Clara’s Reaction	65
Coach Commentary	66
CHAPTER 8 – UNDERSTANDING A MAN’S COMMITMENT TIMELINE ABOUT SAMI WUNDER	68
	72



CHAPTER 1 – Meet Cute Clara, Marry-Me-Mara And Daniel

Let's begin by taking a closer look at the two wonderful women whose story will unfold in such different ways.

On the one side we have **Cute Clara**. She is 28 years old and a pretty woman. She has brown eyes, dark-blond hair that she likes to tie up high in a ponytail, and a petite nose that her friends like to rub because they believe doing that makes miracles happen. Clara has a thing for short dresses and loves the colour yellow ever since she witnessed how the midday sun reflects in the waves of the sea, painting the world bright. Clara works daily from nine to six and loves her job. She likes to take the last hour of a working week and tick off all the things she has accomplished. In her free time, she loves to dance and surf on the high waves of the ocean. She lives in Palm country.



On the other side there is **Marry-Me-Mara**. Mara is the same age as Clara, being born in February, only three months earlier than Clara. Mara always considered herself a child of the winter, with all its clear and white appearances. Every year she feels excited at the first sight of snow, and waits until the night comes when everyone is asleep, to go out barefooted and feel the soft dampening cold of the snow melting to ice underneath her warm feet. Mara believes the winter's touch is the reason why her eyes are crystal blue, that perfectly match the dire-blond hair, which she loves to cut short to her shoulders. When the day light breaks through, all the night's adventures remain locked in her heart. Mara gets up and puts on the pink dress she bought after seeing





Amanda Spears, a highly successful woman that recently appeared on the front page of the 'Business Success' magazine. Mara eagerly tries to make a difference at her work and is also ready to give the extra hour. She lives in Icicle Country.

Daniel is a 30 year old, above average looking guy with short brown hair. He has a job that pays him well and has goals and dreams for the life to come. He believes that the leather suit he inherited from his grandfather gives him the strength to achieve everything he wants in life. He draws confidence from the struggles he has overcome in the last years and is determined to find the one woman, he can enjoy the fruits of life with.



Daniel is the guy both Mara and Clara date for illustrative purposes. However, repeating for emphasis, the stories are completely separate.



CHAPTER 2 – Saying Hello Online

The stories of Clara and Marry-Me-Mara begin in the online space, where they first get to know Daniel.

In Palm Country as well as in Icicle Country, Daniel has sent a message to Cute Clara and Marry-Me-Mara on matchus.com.

Read for yourself how Daniel approaches them -

“Hey Beautiful. I am intrigued by all the fun stuff you love doing and your attitude towards life. I would enjoy getting to know you. Tomorrow there will be a live-performance of the ‘Soulmates’ band in Dine-The-Best. I would like to invite you and be glad to meet you there. Daniel.”

Cute Clara’s Reaction

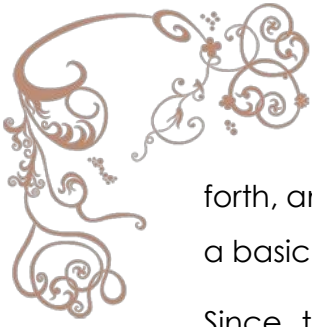
Clara feels happy to have heard from the man. This is how she likes it.

She feels good when a man takes the initiative in the dating process and makes the first move towards her. It makes her feel special and shows to her that the man is interested.

However, as much as Daniel has shown the first signs of being a masculine man who leads the dating process, she doesn't want to go straight into meeting him.

She’s a wise girl now because she has learnt from her past dating experiences that it is not the best idea to meet a man you know nothing about. The last time she went on a blind date, the man turned out to be completely opposite of what she had imagined him to be. In fact it was just like the other dates coming from her online profile, where she ended up wasting a lot of time back and





forth, and being caught up in situations where there was not even a basic connection with the man.

Since then, Cute Clara has come up with a clever way of navigating through the hordes of men who message her online.

She likes to test beforehand if there is at least a basic compatibility with the man before going out with him. The best way for her to test this compatibility is to hear the man's voice and have a short conversation with him. If she likes what she hears and feels a basic connection with the man, she requests to see his most recent picture. Only if both factors - a basic connection and basic appearance - work for her, she agrees to meet him.

Based on this premise, Clara's response to Daniel is –

“Hey Daniel. It feels good to hear from you. I am at 076673771. It would feel good to hear your voice. Cute Clara.”

Daniel's Reaction



Daniel was excited that Clara replied. Let's face it – it's always a good feeling for a man to hear back from a pretty woman.

“It seems like she wants me to court her a bit. This is exciting! I will call her today,” he said to himself.



Marry–Me–Mara´ s Reaction

Mara also felt excited to hear from Daniel.

Upon receiving his message, she quickly went back to his online profile and took a closer look at all his features and sized him up.

“Hmmm. Reasonably good looking!”

“Hmmm. He also has a great job!”

“This is so awesome! He could be the one. My one! I am going to give this one my best.”

She writes back to Daniel immediately –

“Hey Daniel. I could meet you at Dine-The-Best for the concert if you want. However, I know the tickets for it are not that cheap so I could also suggest that we meet at the Drink-Me-Crazy bar right next to the Husbandplaza. What do you think? Have a very lovely evening and take care of yourself. Yours, Marry–Me– Mara.”



Daniel´ s Reaction



“Oh Wow,” Daniel thought to himself. The pretty lady responded to meet him and how great that she already agrees to meet.

“I didn’t know it would be so easy,” he chuckled.

“And wait, she also offers to go to the Drink-Me-Crazy bar, so I do not need to make an effort to get the expensive tickets for Dine-The-Best. How awesome! I think she is quite eager to meet me. Let’s get the ball rolling.”



Coach Commentary



Cute Clara

I love Clara's attitude and clarity.

Here is what stands out to me about her right from the start –

1. **Clara knows that it is a man's job to lead the dating process forward.**

Even though she is a woman of the 21st century, independent and strong with her own work and interests, Clara knows without doubt that it's a man's job to lead the dating process forward.

She understands that not only do men want to be the leaders in the relationship, they also crave and long for a woman who can allow them to be in that position when it comes to matters of the heart.

Clara feels happy to hear from Daniel because it gives her the clear signal that this man is interested in her and he knows how to do the job of moving the dating process forward by inviting the woman out on a date and planning the date.

In other words, he knows it's his job to do it and he is doing it well, right from the outset.

2. **She believes that she is a goddess, worthy of a man's attention.**

Even without knowing how the story will unfold further, I can sense from Clara's grounded and calm attitude that she believes in her own sense of worth and her inner goddess! She seems to believe



at a very deep level that she deserves to be loved, just the way she is.

It is not that she is perfect. Nobody is. I am sure she has her moments of personal doubt when she wishes she were taller or thinner.

However, she also knows that men are not looking for a perfect woman. They are looking to love and cherish a real woman, with all her imperfections, weaknesses and grey areas included.

Clara also knows the extent to which looks count. While without doubt they help to pull in a man initially, they are not what makes a man stay. What makes a man stay is a woman's inner qualities, her energy and the vibe she gives out in the world.

Cute Clara seems to be confident that she is good enough, just the way she is, for a quality man to dote on her, court her, impress her and woo her.

It is amazing to see how she handles the attention coming to her without getting too nervous or too eager about it. It is almost as if this is the norm for her and she is used to it. Awesome self-esteem Cute Clara!

Men absolutely love a woman who loves herself and can embrace her own imperfections. A real woman after all is not a perfect woman but a woman who is comfortable in her own skin!

3. Clara is selective and uses a standard online dating procedure to filter men she would like to meet.

The process she uses to filter men online is as follows -

- Exchange maximum 2 messages online. If it feels good, give your phone number.
- Talk over the phone, a minimum one time.



- If you feel a connection, ask for a recent photograph.
- If everything feels right at a gut level, meet the man in a public place.

Clara has learnt from her mistakes in the past and she practices strict discipline with not throwing herself out at the excitement of meeting a new guy. She starts out detached and knows that she has to first test whether or not he is even worth a meeting. This saves her precious time and unnecessary disappointments.

4. While being selective, she is still open and approachable.

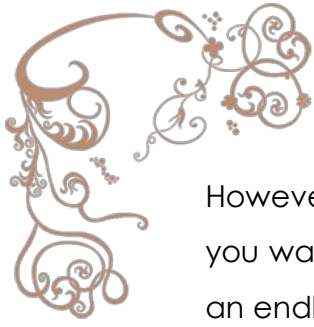
Cute Clara has an open, easy and high vibe to her. Even though she is internally detached, externally she is still approachable and open.

Her message to Daniel is sweet, short and respectful and lays out exactly what he needs to do next if he wants to see her.

In fact she even gives him her phone number. For many women this would feel uncomfortable and “too much” but for Clara, she knows this is an organic step of intimacy that comes before meeting someone. In her world, meeting a man before you have heard his voice is too intimate too soon, not the other way around.

As we can see, Daniel too sees this as a sign of confidence rather than a sign of eagerness or desperation. This is because Clara knows exactly what she is doing and comes from a place of confidence inside herself.

In real life, you too can give your number to a man after exchanging a few messages in chat beforehand. This ensures that a basic liking is there and you feel safe before you handout your number.



However, it would help you immensely to decide how much time you want to spend chatting online. Many women get trapped in an endless stream of messages back and forth that don't result in anything concrete like the man asking them out.

This is why it will serve you to offer your number and see if the man makes the effort to move the dating to the next level - call you and ask you out. If not, he will simply be left behind by another man who does!

It is also advisable to keep the phone conversations short, lasting, as per my recommendation, not more than 10 minutes in the beginning.

The whole idea of having this standard dating procedure is to spend the minimum time online and in getting to see the man in person as fast as you can, if and when there is compatibility.

Overall, Cute Clara did a great job and there is a lot to learn from her standard dating procedure for online dating for all of us.



Marry-Me-Mara

Now Marry-Me-Mara, right at the outset, feels too eager to me and Daniel also notices this in her vibe.

Here are some of the things that I find worrisome about her approach -

1. She wants to meet Daniel without ensuring whether or not there is a basic compatibility.

This makes her vulnerable to disappointments and investing her time in men that may not meet her basic requirements.

Her eagerness to meet Daniel is also a bit premature. She seems to like him on paper - his looks and his job - and dreams of him being the perfect one for her without even having met or spoken to him once.

In her mind, rather innocently, she builds a sort of "instant relationship" with him when actually there is nothing at all at this stage.

2. She is approaching dating in her masculine energy.

Mara's sentence, "I will give this my best," makes it seem like that this sweet girl is unfortunately approaching dating like she would approach a job interview in her, "Let's conquer this," masculine energy.

In her message to Daniel we can see that she is already getting ahead of herself in trying to plan the date for a man that she doesn't know!

This is where Marry-Me-Mara should check her masculine energy tendencies to "lean forward" and make things happen with a man.



Masculine energy is the doing, action-oriented energy, leading energy. It is not specific to any gender. Both men and women have both masculine and feminine energies.

In relationships, I advise women to practice being in their feminine energies - being present, soft and vulnerable, the energy that a masculine energy man craves.

Now planning is a classic masculine energy task, which men enjoy and which is essential for them in the process of relationship building and feeling connection with a woman. They like to make us women happy and Daniel would have enjoyed doing a little bit of work to plan a great night out for Mara and impress her instead of her taking up that role.

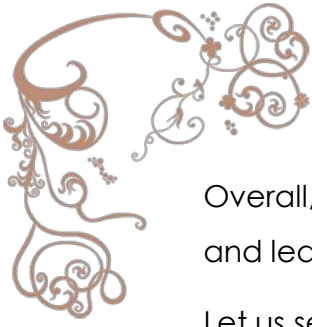
3. Mara takes away Daniel's job of moving the dating forward.

Far from understanding that letting Daniel do something for her will bond him to her, Marry-Me-Mara takes away this opportunity from him by suggesting to meet him at a local bar.

In her mind, being the good person she is, Mara thinks she is just being nice. However, she does not seem to understand (like Cute Clara understands) that she is making it hard for Daniel to connect with her by not allowing him to step up as a man for her.

Far from letting him make an effort for her, she makes it all too easy for Daniel. So much so, that he even decides to drop the idea of taking her to the expensive Dine-The-Best and agrees to meet at the Drink-Me-Crazy bar.

Nevertheless, it also is important to observe, that men will not complain about such behaviour as Daniel's reaction shows. Most men will go along and have fun anyway without making much of it. In the long run though such behaviour has a definite impact on how a man perceives you.



Overall, from Mara we learn that there is no need to jump the gun and lean forward, especially not at such an early phase of dating.

Let us see how her story with Daniel develops further.



CHAPTER 3 – The First Date

Cute Clara and Marry-Me-Mara meet Daniel on their first date. In Palm Country Daniel invites Cute Clara to a fancy restaurant, a live jazz concert, sparkling white wine and a delicious three course meal that finished with dolce-vita. They met because they felt a connection over the phone and could have a good laugh together.

In Icicle Country, Daniel meets Marry-Me-Mara at Drink-Me-Crazy bar. This is the first time they have met and there is a certain awkwardness but they are hoping it will ease out over the course of the evening, and take their first shot together as an ice-breaker.

Cute Clara's First Date

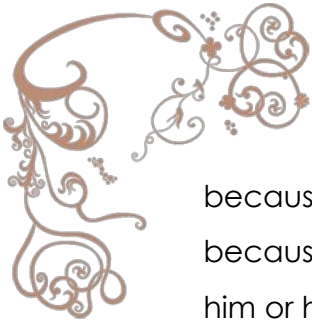
Clara feels happy to see Daniel. He is as charming as she had thought he would be. He wasn't exceptionally good-looking or anything but she liked how real he was.

She leaned back on her chair and felt completely present in the moment, fully sinking into her feminine energy. She looked into Daniel's eyes, smiled at his jokes. They shared a bit about what made them tick. Clara told him how passionate she felt about surfing and dancing and he mentioned how basketball and reading were his leisurely favourites.



The evening felt magical. Cute Clara enjoyed the ambience of the restaurant as Daniel carefully selected the sparkling wine he had read about in a lifestyle magazine. No questions asked, he also paid for them. Cute Clara let him do it.

In the end, Clara thanked Daniel for a great evening and decided to leave after spending two beautiful hours with him. This was not



because she didn't want to spend more time with him but because she wanted to take it step by step and not overwhelm him or herself with too much intimacy at the start.

She wanted to take it slow.

Daniel's Reaction



Daniel couldn't believe his luck. He thinks that he has found a jackpot! He feels drawn by Cute Clara's smile, her sweet giggles and her joy in the present moment.

There is something about Clara that he cannot put a finger on.

It's after a long time that he has met a woman who could allow herself to be courted by a man. He somehow feels "more manly" in Clara's presence, if that makes any sense? He also feels impressed that she gracefully let him pick up the cheque on the date though she earns more than enough money to pay for the both of them.

Daniel, doesn't know what exactly is going on inside of him but he knows that he felt good being around this woman and would like to see her again for sure. If he is very honest, Daniel also feels a bit nervous and concerned about why Cute Clara left the date so early. He hopes she likes him and hopes this will work out! He is determined to give this his best shot.



Marry-Me-Mara's First Date

Marry-Me-Marry felt relieved that Daniel was not exceptionally or over the top handsome. When the men are very handsome, she gets nervous around them like a teenager.

She starts to feel insecure about herself in the presence of very good looking men, and wonders whether her short blonde hair and pink dress are showing herself in the right light and whether she will be pretty enough for them. With a normal looking man, she is glad that at least this won't happen.



She likes Daniel's charm though and secretly wonders how he feels about her. They sit down at the table and start chit-chatting.

Marry-Me-Mara does not realize it consciously but she feels under pressure to move the conversation forward.

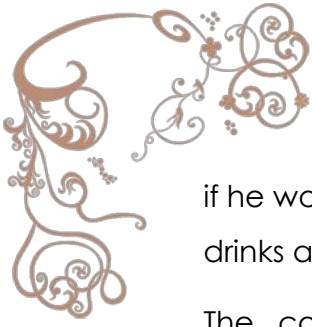
She leans forward from her chair, in the direction of Daniel, and asks him about what he does for a living. As he begins to answer, she finds herself getting more and more impressed by his goals and the vision he has for his life.

"He is such a catch," she finds herself saying this in her head.

A bit of back and forth continues until there comes that awkward, dreaded silence.

Marry-Me-Mara hates this! She gets sick to her stomach when these odd silent moments arrive on a date. "Why the hell can't the guy ask me something or say something," she mumbles in her head.

Not knowing what more to say and with her restlessness taking over, she decides to get up and get herself a drink. She asks Daniel



if he would also like a drink and he gladly agrees. She pays for the drinks and returns to the table for them to keep talking.

The conversation is friendly but Marry-Me-Mara feels a bit preoccupied by the thought of where this date is going since she likes the guy.

When over an hour passed, she starts to feel restless about what will happen next. She has enjoyed meeting Daniel but he doesn't give her a sign of what he feels and thinks about her.

In order to spend some more time with him, she invites him to join at the house party of her friend where she will be heading next.

Unfortunately, Daniel already has plans so he has to refuse but he promises to see her soon again.

They part ways.



Daniel's Reaction

"Woo! That was a not a lot of time together for a first date but it still felt more than enough. Interesting woman, friendly, polite and also rather generous. She also paid for the drinks! Lucky me," thought Daniel to himself.

It's funny somehow that even though Mara was so nice to him, he is not feeling drawn to her and he doesn't know why. He decides to wait and watch how this proceeds and to call her again if he feels like seeing her.



Coach Commentary



Cute Clara

She has done so well on the first date.

Here are the four things I found admirable about her first date experience with Daniel.

1. **She leaned back in feminine energy and was completely present and enjoying the moment with Daniel.**

Instead of obsessing about how to make the date successful and how to give Daniel a good impression of herself, Cute Clara completely sinks into her feminine energy and just enjoys the moment with him.

Her giggles and laughter tell me that she is feeling completely connected to the present, enjoying the good music, the good food and the wine.

Now what exactly do I mean when I say she is leaned back in feminine energy?

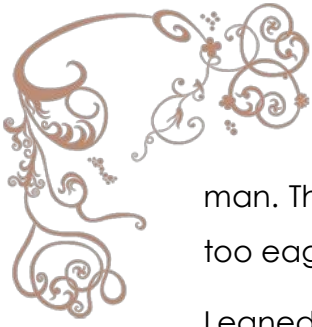
Leaning back literally means letting go of trying to control the event you are in, its outcome or the man you are with.

When you try to control, you are in leaning forward, masculine energy, attempting to make something happen.

When you give up control (for instance, when you give up thinking what will happen next, what you should say to the man, how you should make him like you) and just relax in the present moment, you are leaning back and being in your feminine energy.

In fact, Cute Clara even physically leaned back in her chair to make sure she wouldn't come energetically too strong on the





man. This makes her vibe appear relaxed and confident and not too eager or desperate.

Leaned back energy is very attractive to a masculine man and it instinctively inspires him to come closer to you. He can sense in your vibe that you are not trying hard to impress him or win him and this raises his level of attraction for you.

Also, when you are present, you are happy and a happy woman is an extremely attractive woman.

2. She let him be the man and pick up the cheque.

Although she is a strong and independent woman and makes her own money, Cute Clara can allow the man to feel like a man in her presence. She seems to understand that men want to do things for us and make us happy.

Hence, she feels very comfortable allowing him to do something for her and can happily and elegantly receive what he has to offer.

3. She kept the first date short.

I recommend this to all my private coaching clients because keeping the first date short has two distinct advantages -

- You don't feel over-invested in a man that you have only just met or get ahead of him in the commitment timeline (I will explain this in Chapter 8).
- It gives you the opportunity to get out of the situation if the man is not feeling right to you.

Hence, a short first date is a good personal rule to follow.



4. **She decided to take it slow.**

Cute Clara is not rushing anything with Daniel. This is a brilliant stance to have at the start of any dating.

When you take it slow as a rule, you don't run the risk of falling head-over-heels in love with a man you really don't know, in spite of the good chemistry, which is present almost always at the start.

Plus, and this is really interesting, when you can take it slow as a woman and not get urgent about reaching any outcome with a man, the man starts to feel the urgency to make something happen with you instead! Your lack of urgency and taking it slow creates a gut-level attraction in him, compelling him to move closer to you.

The bottom-line from Clara's first date is this - Stay in your leaned back, feminine energy mode with a man, take it slow and you will start becoming irresistible to him at a very deep, emotional and instinctive level.

As you can see, Cute Clara has done really well for herself.



Marry-Me-Mara

I think it's not hard to see that Marry-Me-Mara is nervous on her first date with Daniel.

While being nervous is perfectly okay, it's even okay to say that you are feeling nervous, it is not in your benefit to "act out" on that nervousness. What do I mean by acting out? I mean starting to behave from that, "place of nervousness." It seems to be me that Marry-Me-Mara has completely forgotten her own sense of worthiness and her beautiful uniqueness and jumped onto the bandwagon of impressing and pleasing Daniel.

I can clearly identify four things Mara did that didn't necessarily go in her favour.

1. Marry-Me-Mara is not present in the moment at her date.

Instead of being present in the moment like Cute Clara, Mara is completely "up in her head." This means she is "thinking" about how Daniel is perceiving her, whether or not he likes her, what she can do to keep the conversation going and make him comfortable. In fact, after an hour she is already wondering about what is going to happen next and how she can keep Daniel with her for longer.

To put it simply, she is in leaning forward, masculine energy mode (opposite of feminine energy and being present) and trying to control the outcome of this date and trying to please and win this man.

This is a major attraction killer for a masculine man because he can feel it in her vibe that she is trying to impress him.

Since she is not present in the moment, Mara is also not able to receive the offerings of her environment. Drinks and conversations feel like chores to her and are only a part of the process to get



close to this man. Basically, she is unable to relax and just be happy.

2. She leans forward physically as well.

Not only is Marry-Me-Mara energetically leaning forward to make things happen with this man, she is also physically leaning forward which works to reduce the physical space between her and the man and reduces the natural sexual tension that is felt with the distance that physical leaning back creates.

On your next date, make sure you are leaning back in your chair. It will instantly relax your nervousness and shift your vibe from eager to calm, from needy to relaxed and from trying to make anything happen to seeing what unfolds with time.

3. Marry-Me-Mara feels under pressure to fill the silence.

That Marry-Me-Mara is restless on this date can be easily identified. However, she also feels pressure to “entertain” the man on the date. This makes her lean forward and talk endlessly and this is simply not required. A conversation flows both ways and it is perfectly alright to lean back and create some quiet space for Daniel to step up and speak as well.

If there is silence on the next date you go to, a better option would be to just let yourself sink into the moment and into your feminine energy, enjoy the ambience around you, or better still give the man you are with a big smile.

Sometimes experiencing silence together can be a very bonding experience, more than pushing the conversation forward (it’s masculine too because it needs action).



4. **She gets the drinks and pays for them.**

While Marry-Me-Mara probably perceives this as “being nice, friendly and equal”, the man feels slightly mothered and smothered. He feels like there is nothing that he can do to make this woman happy.

It seems to me that Marry-Me-Mara forgets that the world of romance is different from the world of friendship. While a friend would truly appreciate her giving and generous quality, the man simply feels unimpressed. Of course, he will be polite and take what he gets, but it will not inspire the deep, gut-level attraction within him (that we are looking to inspire!) for a woman that cannot receive anything from him.

As we can see, Marry-Me-Mara needs to let go of her urge to be in control on a date and allow the man to lead and court her. Not because she is not capable of taking care of herself but because it’s in her interest to understand and apply relationship skills that will serve her interests in her love life.



CHAPTER 4 – The Man Hasn't Called

It has been four days since the first date.

In Palm country, Daniel messaged Cute Clara that it was a great evening with her but Clara has not heard from him after that.

In Icicle Country, Daniel did not message Marry-Me-Mara after the first date. He does not do it with the intention of ignoring her but because he is not feeling it for her in his gut. When he feels it for a woman, there is no space of doubt in his mind and he calls and texts the woman right away.

Cute Clara's Reaction

Cute Clara knows with absolute clarity that she is not in a relationship with this man and he owes her nothing at this moment. They have just met for one date so far.

She carries on living her life, filling it with activities that make her feel happy and good. For instance, she puts on her favourite yellow dress and dances into the sunset at the beach after surfing the whole evening.

The thought of initiating a text or call to Daniel is not even a consideration for her. She has learnt enough from her past relationships that chasing a man simply does not work.

She also trusts in the fact that if Daniel really likes her and if he is the one for her, he will make it happen. He will take action to see her again.

She knows by now that men's actions speak louder than their words and when a man likes a woman, he takes action to see her again.





Needless to say, she feels very peaceful in this place of trust and carries on happily.

Daniel's Reaction



Back in Palm country, Daniel is thinking to himself -

“Wow! This is the first woman in a long time who has not given in to her insecurities and started chasing me. I still can't believe she did not message or call me to ask about the second date.

He carries on, “My guess was right – this lady I found is a high quality woman. I will need to step up my game here. I've been a bit busy but I will call her tonight and book her for an evening on the weekend. Hope it works out!”



Marry-Me-Mara's Reaction

Mara is freaking out, feeling confused, trying to act together but freaking out again.

What's going on?

After Daniel refused to come out with her on that extended first date, she feels even more interested in him.

She somehow feels a sensation that fires her up, which is further fuelled because Daniel doesn't even follow the date up with a thank you message.

Mara silently sits in her room and thinks that things are starting to feel very exciting and interesting for her. In fact, she now feels drawn to Daniel in more ways than one. Could this be her forever man? It feels electric to her, just like love.

Having not heard from him since the date, Mara decides that it was time for her to be the emancipated woman of the 21st century and confidently call Daniel.

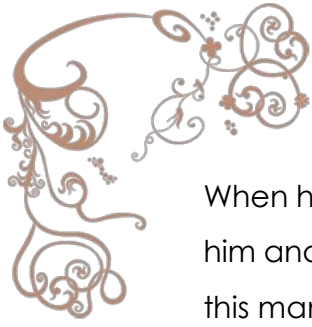
"Or stop Mara, do you really want to," she asks herself! She feels perplexed.

Isn't it the man's job to move the relationship forward?

She secretly wishes he would call her but again she manages to convince herself like all other times in the past- "Come on Mara, we are not living in the 18th century anymore. You can call a man and tell him that you like him. Plus, maybe he did want to call you but lost his phone, or lost your number, or maybe his aunt died? Who knows?"

She decides to call Daniel, to be sure it is not a lost opportunity, and to set up their second date together.





When he responds with a yes, she feels very happy that she called him and can't wait for that day in her life when she will experience this man's full love and devotion for her.

Daniel's Reaction



Daniel can be heard telling himself - "Awesome! This woman is so chilled and easy. In fact, I wasn't even at my best behaviour towards her. I didn't call or message her and yet she comes running after me wanting more. Fair enough!"

He decided that since Mara was doing all the work, he could just sit back, relax and enjoy the ride till it lasts. He wasn't sure if she was his forever woman - but it made no sense for him to turn down a pretty woman who seemed so eager about him.

Daniel's conclusion was - "I will keep dating other women and yes, also see her once in a while. No harm in keeping my options open."



Coach Commentary



Cute Clara



Clara is doing brilliantly.

I feel impressed by her composure, confidence in herself and high self-esteem. This woman truly has a high vibe.

Here are the three things I found remarkable about her behaviour that are worth noting for you -

1. Cute Clara has decided she won't chase men at any cost and she doesn't.

It seems like she has learned this lesson well and is very disciplined and determined to implement it.

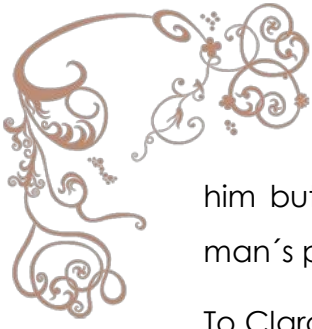
She doesn't like to call, text, email a man first because she knows it is masculine energy and to a man it looks needy and desperate no matter how much she tries to convince herself that it comes from a place of confidence in the 21st century.

Two things are striking about Clara's stance -

A. Clara believes that power lies not in chasing but in being the one that is pursued.

Instead of interpreting power as going behind a man she wants, she interprets power as being able to attract and draw in a man she wants.

In other words, she believes that confidence is not in running behind a man, convincing him to get close to her and conquering



him but in knowing and believing that she is worthy of a good man's pursuit.

To Clara, her power lies in the fact that she can evoke feelings of intense desire and attraction in a man by leaning back in her feminine energy and hence inspire him to pursue her.

B. She does not chase men as a strategy to get them to chase her instead.

Clara does not lean back in her feminine energy as a strategy to get men to chase her. She does it from a higher, almost spiritual place of trust and intuition.

She finds her peace in the fact that if he is the chosen one for her, if he is her Mr. Forever, he will find a way to get close to her without needing any coaxing, prodding, poking, controlling or reminding from her part.

Coming from this spiritual place also allows her to calm herself and give up her urges of trying to control the future with Daniel. It is not that she doesn't have those urges. It is just that she has learnt to breathe through them and let them pass without overpowering her.

Control after all is based on the fear that the future will not look like we want it to look or the man we want will not respond to us the way we want him to.

Cute Clara chooses trust over fear and decides that staying in her feminine place is her best bet for the long haul and attracting a quality man into her life who values her. If the man in question does not step up, he is simply not the man for her and she has the power to let him go.



2. She does not sit at home and pine for him and wait for him to message and call.

This is the most amazing part about Cute Clara's confidence, her high self-esteem and her belief in her inner *goddess-ness*.

Instead of hoping and praying that Daniel call or text, and letting her insecurities overwhelm her, she carries on living her life happily, doing things she loves like dancing and surfing. This makes her leaning back and not chasing Daniel extremely authentic and very attractive.

This authenticity, for instance, would not be found in a woman who uses leaning back and not chasing as a strategy to get a man to chase her.

If you sit at home and think about a man the whole day, no matter how cool you try to act on the outside, he will feel your neediness in your vibe and over time this will go against you and dampen his attraction for you.

3. She knows that a man shows you everything through his actions.

She has learnt to rely on the actions of men rather than their words because to create a real relationship, you need a man who can take action, day after day.

Even though Daniel messaged to tell her that he had a great time with her, she is still observing whether he takes action to take this forward or not.

She is certain that there is nothing serious here unless he steps up. This saves her from unnecessary heartache and fantasizing about Daniel.



Marry-Me-Marry

Mara is so confused.

It is interesting to see how her head and heart are fighting.

At some deep level “the woman in her” doesn't *feel good* being the one initiating the call. Yet, like so many women, she finds a reason, an *intellectual explanation* to convince herself that this is the right thing to do.

Far from the self-discipline of Cute Clara, Mara keeps giving in and acting on the urgency she feels in the moment.

It's almost as if the feminine and self-worthy side to her is overshadowed by the urges she starts to feel when experiencing chemistry with a man.

Following her urgency and feelings of chemistry, she also completely ignores the fact that Daniel never got back to say a thank you after the first date.

I see the following things as problematic with Marry-Me-Mara's approach –

1. She is not comfortable listening to her real feelings.

When you don't feel comfortable with what you are feeling, especially the bad feelings, you start to stuff them down and act like it's all okay, even when it's not. This is what is going on with Marry-Me-Mara.

The feminine woman in her did feel bad when Daniel refused to join her for longer and when she never heard back from him but both times Mara decided not to pay attention to the voice of her intuition. Chemistry and the temporary but powerful surge of hormones and attraction towards Daniel are further clouding her capacity for objective judgement.



Like Mara, stuffing down your feelings is not your best bet in romantic relationships because as a woman, your feelings are the single most important **compass** that you will ever possess in a relationship.

When you feel good, you know you're on the right track with a man, when you don't, you should recognize it and pay attention to what's not right.

In this way, when you start training yourself to listen to your feelings over and above what your head tells you, you will see that a man is always giving you the signals about what he is up to through his actions.

In other words, his actions will speak his intentions loud and clear and you will not have to make any speculations about or guess work about what he's thinking.

In this case, it is easy to see that Daniel doesn't really care.

2. She feels turned on by the chase and excited by a man who is ignoring her.

Far from Cute Clara who doesn't even consider chasing as an option, Marry-Me-Mara not only chases but also "likes" the chase.

She enjoys it and revels in it. The feelings of missing the man, of longing for him and waiting for him to give her attention start to feel like love to her.

In fact, it almost seems like once a man starts to ignore her or doesn't treat Mara in a special way, her chemistry buttons get activated instead of getting turned off.

She starts to consider the man as a "challenge" and feels compelled to conquer him.



Perhaps, without even realizing that she is doing it, Mara subconsciously seeks the approval of the one who is rejecting her in order to feel better about herself.

It is also clear that Marry-Me-Mara likes men in whom she can invest vs. men who invest in her.

While this in itself is not a bad thing per se, when men don't feel invested in the relationship, it can be quite some hard work to make them stay and it needs a lot of masculine energy (doing) on the woman's part.

Cute Clara on the other hand, knows that love should feel easy and fun and the man has to be ready and willing to invest in her before she can even think about associating the feeling of love with him.

We can already start to see that this may not turn out well for Marry-Me-Mara.

3. Mara is again in full-out masculine energy, action mode here.

She called Daniel and set up her second date. Instead of attracting a man into her life like Cute Clara, Mara is controlling and pushing to establish connection with the man.

While Daniel is courteously and curiously cooperating for now, Marry-Me-Mara is making herself vulnerable to hurt and rejection by investing herself too much in a man so early on.

She has got herself into what I call the "instant relationship" mode where we start feeling like we are in love when actually there is no real relationship existing at all.



Mara needs a reality check right now - she's just met Daniel once! She is refusing to see that he is a man who is not making even an equal effort to keep the relationship going.

I hope Marry-Me-Mara will slow down a bit and recognize what's transpiring.

She is feeling good for now because Daniel has agreed to meet her. Let's see how long this happiness will last.



CHAPTER 5 – An Exciting Date Two

Daniel is meeting Cute Clara in Palm country with a lot of excitement. This time he has invited her to go to the cinema together and have dinner afterwards. He has dressed up well and hopes that this will go well. He will pick Clara up from home and bring her to the movies.

In country Icicle, Marry-Me-Mara has invited Daniel to her place for a dinner prepared by her. She hopes that he will enjoy her cooking. Since she is a great cook, she also secretly hopes that he will realize what a great catch she is. Marry-Me-Mara looks great tonight and has also put up some candles to give her place a nice and romantic feel.

Cute Clara's Second Date

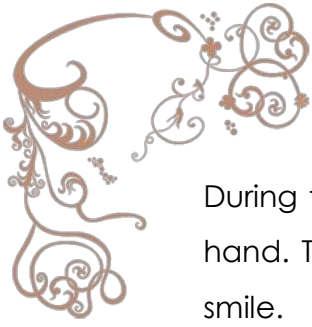
Cute Clara has ensured to dress up in a way that feels good to her. She believes that it makes her feel more confident within herself when she puts her best foot forward.

With regard to the date, she feels impressed on how well Daniel planned the date and how nice it felt for her to be picked up from home and be escorted like a lady.

Clara loves that Daniel makes her laugh. She has such a good time with him every time. He seems to care for her wishes and ensures that she is having a good time with him. This feels good and Clara knows that love should feel good!

While her mind wants to keep going into the future and think about how this will turn out with Daniel, she keeps catching herself and bringing herself back into enjoying the present moment with him.





During the movies, Daniel decides to be brave and hold Clara's hand. To his relief, Clara responds to his touch with a big broad smile.

After a candle-night dinner full of conversations about their dreams and travels, Daniel decides to drop Clara home.

They kiss. The chemistry is electric. Clara feels really happy and knows she would love to see Daniel again.

As expected from a man who likes her, Daniel makes it easy for her by already asking her out for the next date.



Daniel's Reaction

Daniel did a little somersault on the way to his car as soon as Clara went inside the door of her home.

He thinks Clara is a total charm. He can't believe his luck that he found her. He can't stop thinking of her smiling face and how happy she gets receiving the little things from him.

To top that, he can make her laugh!

He feels like a better man in the presence of this woman. It's after ages that he found a woman who can let car doors be opened for her and be dropped and picked up. All this while having her own personality and financial independence. What a steal!

He also feels pumped up that he could kiss her and hold her hand and she didn't freak out. To him this means that he has a chance with her, that she too feels drawn to him.

It was pretty clear to Daniel at the end of the second date that he wasn't going to leave without asking her when they were meeting next.

He is a man who knows what he wants and knows how to go for it.



"I'm not letting you go baby," he murmured aloud.





Marry-Me-Mara's Second Date

Mara is feeling all fired up and energized. After all, she did manage to make the illusive Daniel agree to visit her place and have dinner with her.

"Yay! Success," she tells herself and does a little dance.

She's put on her best dress and perfume and hopes Daniel will notice how beautiful she is. Her best Italian recipes have been prepared and sit ready on the table.

"This is going to be a fine night," she giggles to herself.

Daniel appreciates her food and the ambience of her home with the dimmed candle light.

Marry-Me-Mara feels this is the perfect moment to make the move and she does.

She leans forward and kisses Daniel. They are both swept off in the heat of the moment and making love never felt so electrifying and satisfying to Mara before.

Daniel leaves her home in the morning after thanking her for a great time.

Marry-Me-Mara is on a high!





Daniel's Reaction



Daniel had a great time with Marry-Me-Mara. She is easy, low-maintenance and she does everything for him. He can't believe that a beautiful and gorgeous woman like her could give him all this attention and that sex would be so easy!

Both way, this is fun and it would be amazing if it can go on like this, if he can have all the benefits without having to make a commitment.

"I don't want to spoil the present by thinking about the future," Daniel reflected.

Daniel decides to enjoy the moment and see what Marry-Me-Mara will do next for him.



Coach Commentary



Cute Clara



Clara is doing so well. Her second date feels so perfect to me!

Here are some of the things she did that are worth noting -

1. **She continues to let Daniel plan the date, surprise her and impress her with a nice evening.**

She did not get into masculine energy mode of trying to take control of where they should go and what they should do.

Yet again, Clara let Daniel be the man between the two of them, leading the relationship forward and allowing him to give to her.

This is probably why Daniel repeatedly mentions in his reactions:

“She makes me feel like a man.”

“I feel so good in her presence.”

As a love coach I can tell you that men crave and long for such an experience with a woman. There is nothing more turning on for a man than to feel his masculinity in the presence of a woman.

In your real life dating situations, this would look like “being open” to a man’s suggestions of what you could do together and avoiding being the planner/suggestion giver/ social director of your dates with him.

If he asks you what you would like to do, your best bet would be to share with him what would feel good to you, without being stubborn and adamant about it. It is very likely that he will follow



through with your wishes since a good man wants to make you happy!

2. Just like any other normal girl, Cute Clara is starting to feel a connection with Daniel.

That Clara likes Daniel is beyond question. However, she also has great awareness that she should not jump ahead of the man here. It seems as though she understands that there is a sequence to things, before one gets to be in full commitment with a man. I will discuss this in more detail in Chapter 8.

3. Cute Clara stays open and receptive to Daniel's advances.

Clara is warm towards Daniel's moves towards her. She knows that appreciating his moving forward will inspire him to keep moving forward towards her.

She smiles when he tries to hold her hand, she lets him kiss her.

It is admirable how confident and open this girl is. She doesn't try to hide that she truly likes this man and yet she does it without giving too much or appearing too eager.

Cute Clara, keep going!



Marry-Me-Mara

At this juncture, I have to stop for a second and say, Marry-Me-Mara, you are a sweetheart.

Putting aside how her actions land on men and how they sabotage her relationships, I want to note here that Mara is a very giving person and being able to give to others with such an open heart is such a great quality.

However, giving is also a very masculine quality and in Mara's relationship, her constant giving to the man is not helping their connection.

In fact, if you do chronic giving like Mara who expects nothing in return from Daniel, you may end up pushing a quality man away or attracting a feminine energy man who will expect you to carry out the masculine role in the relationship and do the majority of the giving.

If that is not what you want, let's see where Marry-Me-Mara can improve -

1. She is still very much in pleasing and winning mode.

Let me make this clear once and for all -It is the man's role to be pleasing and winning the woman of his life, not the other way around.

By trying to win and please Daniel, Mara is sub-consciously reducing her value in his eyes and consequently his attraction for her.

You can think of it this way - Mara is treating Daniel as a precious, golden trophy to be won and hoping he will respond to how nicely she treats him. As a man, however, Daniel is looking to be with a woman who believes that she is the golden trophy instead.



Next, cooking Daniel an elaborate meal in the intimate space of her home for the second date is way out of proportion appeasement in this early dating phase.

Mara also wears a beautiful dress and perfume but it is not because it makes her feel good but in order to have an impact on Daniel. In other words, all of a sudden, winning Daniel has become the sole focus of her life.

Unfortunately, when there is so much focus on impressing a man, he feels it in our vibe and as counter-intuitive as it may sound, it pushes him away instead of bringing him closer.

2. She has no expectations from Daniel.

While she prepares him meals and pays for his drinks, Marry-Me-Mara has no expectations from Daniel in return.

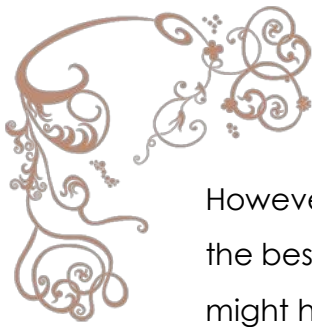
By only giving and not receiving anything from Daniel, Mara is cutting off any possibility of developing any attraction within this man. She does not seem to understand that masculine men need to give to women in order to fall in love.

In simple words, men don't fall in love with what we can do for them but by what they can do for us. This dynamic seems to be completely reversed in Mara's case.

3. A 2nd date is still very early for sex.

While there is nothing wrong with Mara having sex with a man she likes, it is important to differentiate whether the motive is to *just have it for fun* or to *move the relationship forward to commitment*.

If it is only truly for fun and without any expectation, this is Mara's personal choice and there is no judgement here.



However, if it was to move the relationship forward, then it was not the best move for her. Patience and holding out the sex for longer might have been far more beneficial for her in the long term. This is because it is scientifically proven that once you have sex with a man, your body secretes a hormone called Oxytocin that makes you bond with the man in deeper and more emotional ways.

Oxytocin, also called the “Cuddle Hormone” and “Love Hormone” is known to put our defences down and make us “trust the person.” Since all these chemical changes take place in Mara's body, all of a sudden the relationship feels very real to her and it is hard to remain stable and not get needy in such a situation.

For the man on the other hand, it can just mean a night of consensual fun that doesn't have to have any emotional content.

This is one explanation why men often don't call women back after one-night stands! It was fun but that was it. There is no emotional content there to take it forward. There's a big lesson we can learn here from Mara's experience.



CHAPTER 6 – Date Nth & Relationship Talk

8 weeks later - Dates for both girls have been moving progressively over the last 8 weeks.

In Cute Clara's case, Daniel has planned dinners, visits to famous shows and a trip to the theatre, as well as a little weekend trip to the beach. He has been caring and attentive, calls Clara almost every day and enjoys giving her nearly everything she fancies. Last weekend, during a movie night with popcorn at Clara's home, Daniel got eager to know where they stand with regard to their relationship status and whether Clara would like to be his girlfriend.

In Marry-Me-Mara's case, in Icicle Country, Daniel has been blowing hot and cold. This means that on some days Mara feels he is the best thing to have happened to her and on other days he disappears on her for long lengths of time without notice, texts or calls.

When they get together again, the sex feels great, the chemistry stays awesome but the anxiety and stress that Mara feels when he is away has started to increase.

She clearly wants more from this "relationship."

During one of the usual stay overs, Marry-Me-Mara finally asks Daniel – "What do you think of our future? Where are we going?"

Cute Clara's Date N And Relationship Talk

Cute Clara feels glad that Daniel has brought up this topic. She knows that when a man is serious about moving the relationship



forward, sooner than later, he is bound to bring up such a discussion.

She also feels motivated to discuss this now with Daniel because she really likes him and hopes that this will work out with him. However, she also knows that being Daniel's girlfriend will not necessarily mean that their relationship will reach the long-term commitment of marriage, a commitment she knows she wants.



Hence she gives Daniel her power speech on not wanting to be his girlfriend -

"Daniel, I really like you and I want to be with you. However, I don't want to be your girlfriend. I am looking for a man to walk into the sunset with and to get married to. Unless I find that man who gives me that forever commitment, I don't want to stop dating and close down all my options. I can understand you are not ready for it yet and I don't want to pressure you.

You are entitled to all the time you need in the world to decide about this but I don't want to sit here and wait for it to happen. Therefore, I will keep meeting other men for harmless coffee and movie dates till I find my Mr. Forever. "

Daniel is initially shocked to hear these words and asks Clara if she has been seeing other men to which she honestly replies – "Yes. I have."

Daniel's Reaction

Daniel is shocked. He had hoped this would have gone differently. In the past, all the women he dated quickly agreed to be his girlfriends. In some sense, he is used to having a woman all to



himself without promising her anything concrete in the long term. Plus, this is the norm in society. Most women agree to be girlfriends without knowing whether or not the man has long term plans for them.

While still coming to terms with what transpired in Clara's home, there is another feeling that starts to surge inside of him and which he cannot deny.

Never before in his life has he met a woman so fearless and so vulnerable at the same time. His jaw drops in amazement of how straight forward Cute Clara was when she said she must continue to look for a man who is willing to give her the "whole cake" instead of just the crumbs.

Never before in his life did he come across a woman who so openly and yet softly claimed her power and put her own needs first without being aggressive, controlling, pushing or demanding. Daniel did not know what had hit him today but he could feel an intense, powerful gut urge arising in him to step up and claim a woman so authentic, so brave and so high value.

Daniel also feels a bit surprised by the fact that Clara is continuing to see other men. In fact, he thought he too should have shared with her that he has been seeing other women all this while too.

However, it seems now that this woman stands out for him over and above all other girls he had been dating so far. He already knew it before but today she confirmed it.

Daniel has understood that he is with a woman who will let him go if he doesn't step up. Step up he will, because this is what he has wanted all his life too – to have and to be there for a real queen, a goddess who knows her value and will not reduce her standards for every Tom, Dick and Harry she meets.



"*Got to man up dude,*" Daniel told himself and smiled a big smile.
The future is going to be exciting.



Marry-Me-Mara's Date N And Relationship Talk

After having an evening of fun games and enjoying some delicious dinner together, Mara cannot hide her anxiety anymore and decides to talk to Daniel about what is going on for her. She asks Daniel how he felt about her and whether he had a plan for their future together.

To her dismay, Daniel keeps giving her vague responses. The more she presses for an answer, the more he seems to withdraw.

Finally, Daniel confirms to her that he liked her but had not thought anything yet about their future.

This makes Marry-Me-Mara so frustrated! She had done all this effort for this day?

She asks Daniel straight out–

“Do you not want me enough? Why don't you know what you want to do with us?”

Daniel thinks all this is too much, and utters the famous words that men utter when they are not ready.

“I am sorry. I don't think I can give you what you want.”

After this, Daniel leaves.

Marry-Me-Mara is shocked. Why didn't she see this coming?





Daniel's Reaction



Daniel feels blamed and pressured.

"This woman," he said, "I should have known this before. I don't even consider her to be a girlfriend. We never had an exclusivity talk so I don't think I owe her anything here. Why did she assume we are in a relationship just 8 weeks into dating? Is she really asking me if I have a plan for the future?"

Daniel decides it is best for him to disappear from Mara's life.



Coach Commentary



Cute Clara



Where should I start?

Cute Clara has blown my mind off. Here's why.

1. **She clearly knows what she wants – marriage / a long term commitment.**

Even the oh-so-tempting offer of being the girlfriend of a man she likes so much cannot crumble her resolve of wanting a man to walk into the sunset with. She is not willing to be a man's girlfriend at the expense of being another man's wife. She puts her needs for commitment/marriage over and above Daniel's need of having her as a girlfriend.

2. **She knows how to ask for it.**

Without mincing words, Cute Clara uses a true power speech to express her stand about why it does not serve her to be Daniel's girlfriend. She is so fearless about what she wants and needs and this can be an unbelievably attractive quality to a man.

3. **She asks for what she wants without pressurizing Daniel and without giving him an aggressive ultimatum.**

She understands that Daniel is his own person and he has the full right to take his time to make his mind up about a big decision such as marriage. However, since he is not sure that he can give her what she wants, she is also entitled to keep her options open.



4. **She shares openly with Daniel that she is dating other men.**

No lies, no dishonesty, just a straight-forward answer to Daniel's question when he asked it.

For Clara, since Daniel and her were just "dating" all this while, she did not feel that she owed an explanation to him about seeing other men. However, when he does ask her about it, she shares it honestly with him.

If you are wondering where this girl Cute Clara gets all her high-end confidence from, this is the place she gets it- **It's called rotational dating.**

Rotational dating is when a woman keeps her options open until a man turns up that is ready to give her the long-term commitment she wants.

This doesn't mean that she sleeps with everyone. It simply means that she doesn't like to get herself too invested in flings, affairs or short term relationships that don't lead anywhere in the long run.

Unless there comes a man that is ready to give her the relationship she is looking for, she keeps going on **coffee dates or cinema dates** with other men. By keeping her options open and dating more than one man at any given time, Cute Clara gets to enjoy the following benefits of rotational dating -

- A. *Overtime, she is able to see which man means business and which man is dating for the short haul.*

A man who means business with her keeps stepping up and moving the relationship forward (just like Daniel does). A man who is in it just for sex or something short term, will not be willing to make the kind of effort that a high quality woman like Clara is commanding.



As a result, such a man will easily fall out of the dating cycle and go for “easier prey.” This is good riddance for Clara since she is looking for a long-term commitment like marriage and for a man who is capable of giving it to her. Most players and Casanovas get naturally filtered out through this process.

B. It prevents her from focusing too much on any one man.

Clara likes to rotational date because it prevents her from putting all her focus and energy on any one man. Clara understands that when you start to focus too much on a man, your vibe starts to change from confident to insecure.

You start to wonder what will happen next, what he thinks of you and how to get him to move the relationship forward. All this creates unnecessary pressure on the relationship and doesn't feel attractive to the man. This is what clearly happened in the case of Marry-Me-Mara which we will discuss below.

In real life, rotational dating helps keep you sane and in balance by not letting you invest too much in any one man and by keeping you busy with more than one options.

C. She gets a confidence boost through rotational dating.

By meeting different kinds of men for walks in the park or visits to exhibitions, Clara keeps her vibe open and high. She knows she is worthy of the pursuit and she doesn't need to cling to any one man and beg him for a commitment.

The men she dates remind her daily of her power and desirability as a goddess living in Palm Country.

In real life, as a love coach, I highly encourage you to do rotational dating. It will help you experience your power in ways like never before. You just have to be ready to embrace it.



Marry-Me-Mara

I feel sad for Mara but it is not hard to see that Mara's story has gone down this track. The classic result of over-giving (masculine energy) in a relationship is frustration and resentment and very often heartbreak.

Mara's blind over giving to Daniel and never stopping to read the signs he was giving her (not calling / not texting/ not planning dates / not asking about the relationship) did not serve her well.

Here is what went against Marry-Me-Mara in this particular situation -

- 1. As in the entire story, here too Mara stays in controlling, masculine energy mode.**

Can you see this now for yourself without my help?

She leans forward and starts a conversation about where the relationship is going.

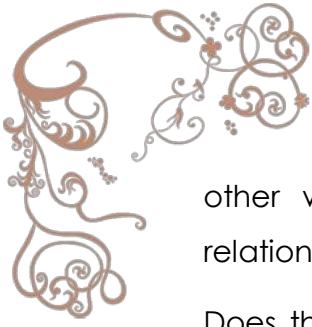
Not only is starting a relationship talk a major attraction killer for a man, it also feels like pressure to him and it does not inspire him to get closer.

In real life, I discourage women from starting conversations about the relationship for the same reason. It is the man's job to bring up these issues with you.

- 2. The major thing to learn here is that you cannot "talk a man into commitment."**

He has to feel it for you in his gut. If he doesn't, you cannot convince him into it by talking about it.

The way to get him to feel it for you is not by pushing and asking for it like Mara did but by releasing him from all that pushing. In



other words, give up on trying to control and rescue the relationship.

Does that mean you have to wait for years for him to bring up marriage?

Not at all. If you keep rotational dating and keep your vibe high, he will either feel inspired to claim you or he will lose you to another man who will step up to claim you.

In my private coaching sessions, clients experience their men stepping up to claim them for the long term all the time!

3. She does not choose her words in the heat of the moment.

Unlike Clara, who understood the power words have and spoke a well thought out speech, Marry-Me-Mara gives in to her anxiety and insecurities and rambles out whatever words come into her mouth in the heat of the moment.

This is never a good idea!

Words have immense power and how we choose to say something to a man can either bring him closer to us or push him away.

Clearly, the way Marry-Me-Mara talks here is demanding, controlling and questioning the man's intentions about her.

Now, don't get me wrong. I don't think she deserves to stay in an imaginary relationship like this. All I am saying here is that there is a way to express even the worst form of emotions like rage and anger, so that your man can listen to you instead of running away from you.

Therefore, in real life, it is recommended that you choose your words and you choose them in a way that brings your man closer.



When the words chosen are right, fights and arguments become opportunities of increased intimacy and growth together. Else, they throw couples apart.

In my private coaching sessions, I give women the exact scripts they can say to their partners in order to get their needs met or address difficult situations that need a conversation without making the man feel blamed or wrong.

4. She didn't see it coming.

The most tragic part of the story, in my opinion, is that Marry-Me-Mara didn't see this coming! I saw it coming all the way, you as the reader probably also saw it coming all the way. And yet, she didn't!

And isn't that the story of so many women?

- The man you were dating suddenly disappears on you and you didn't see it coming?
- Your boyfriend of a year suddenly tells you that you are not his forever woman and you didn't see it coming?
- Your husband cheats on you and you didn't see it coming?

I want to tell you today that it is not possible that a man is not giving you the signs in the relationship itself. No man disappears from one day to the next no matter how much you want to tell yourself this story and make yourself feel better.

This book only talks about the process from dating to commitment but even in marriages, men are always giving signals and hints about the status of the relationship. We women often refuse to take these signals because either we feel too blinded by the feelings of chemistry or we feel too afraid to face the truth, or we don't want to work on ourselves and on our bad love habits.



Before this chapter ends, it is good to remind yourself once again of a fundamental truth in love – When a man likes you, he knows how to move towards you and make it happen. When that doesn't happen, your best bet is to let it go instead of forcing or pushing for connection. This is a way more powerful place to come from than trying to make something happen with someone who doesn't feel inspired enough to go for you.

Interestingly enough, the moment a woman can do this from an internal place of strength and self-esteem - let go instead of chase – the man mostly turns around and takes note of her.



CHAPTER 7 – Real Love Is Easy

Since there is only one story left, we carry it on.

Within the next six weeks, Daniel makes the decision that Cute Clara is the woman he wants forever. A gorgeous sapphire ring awaits her and he gets down on his knees to propose to her and pops the question that every woman dreams to hear – “Will you marry me?”

Cute Clara’s Reaction

“Yes!”

And they lived happily ever after.

Cute Clara continued to use the knowledge she has about men and relationships to create and nourish a juicy, intimate, fulfilling relationship with Daniel.





Coach Commentary



This chapter is short on purpose. It's meant to irritate.

Your most probable reaction to the way I have presented this situation is –

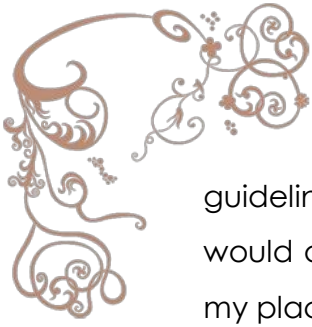
“What? Is it so easy! It's way more complicated than that!”

All I can say is, yes, it is easy and no it's not more complicated than that. We make it complicated. Our issues and our “inner” stuff comes in our way and makes it complicated.

- If you have low self-esteem and refuse to love yourself, it will feel hard for you to attract a man who loves you.
- If you don't do the work necessary to heal your childhood and your past, it will come in your way and make you self-sabotage in your relationships.
- If you are not ready to give up control in love (and this is a big one for many women), you will not be able to experience the love of a masculine man who is aching to give to you instead.

However, if you are a woman who has done the work on herself (or is willing to work on herself) or a woman who has a naturally high self-esteem but was just struggling with men, following the steps that I lay out for you in the book will help you immensely in turning your love life around and it can happen quickly, very quickly, especially if you are single and starting out a fresh.

As you go out into the world of dating, I encourage you to keep Clara's success story as a reference for inspiration in your own love life. Turn to it repeatedly to remind yourselves of the general



guidelines and when in a difficult situation ask yourself - What would a girl like Cute Clara with a high level of self-esteem do in my place?

That would be your answer. If you don't find your answer, you are always welcome to get in touch with me personally.



CHAPTER 8 – Understanding A Man's Commitment Timeline

The stories of Cute Clara and Marry-Me-Mara were presented as extreme cases of absolute perfection and unfathomable error in the world of dating and commitment. After having read these stories, you may find yourself wondering where your love life stands in reference to these women.

For instance, you may be single and not dating, or dating but not committed, or committed but not married. In real life so many different permutations and combinations can exist when it comes to romantic relationships.

In order to help you get a better idea of where you stand in your love life, I will introduce you to a general, over-arching concept called a man's commitment timeline.

A man's commitment timeline is how a man views the process of commitment in romantic relationships vs. how we women view it. As you can guess, there is a huge difference here.

While most women immediately assume that they are "in a relationship" with a man after a few dates with him (like Marry-Me-Mara did), the man as shown in the figure below may be simply dating them.

This is what a Man's Commitment Timeline looks like –



Zone A: Just Dating

(Can Be Temporary)

Date 1, Date 2, Date 7, Date 9, Date 47, Date 147, Date 5000, Date n+1, Events considered under dating - Meeting his family and friends, vacation together, spending Christmas together, at times and in rare cases even living together and being his girlfriend

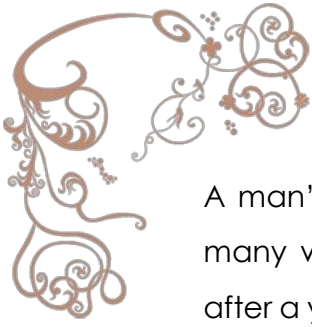
Zone B: Real Relationship

Proposal, Wedding On The Table

All events that fall under the red zone A are events that a man considers under the dating category. In other words, even when the chemistry and compatibility is great, even when he has introduced you to his family, even when you have had vacations together, in some rare cases even when you are his girlfriend (hard truth I know!), you could be in the zone of just dating a man. This is because a man can figure that such relationship arrangements can be temporary and that they do not have to mean forever.

Your commitment timeline as a woman, on the other hand, already moves in the real relationship department date 7 onwards. For some women, even earlier than that as we saw in the case of Marry-Me-Mara and her instant relationship mode.

With each event you share with a man (family introduction, vacation), the relationship becomes more and more real and emotionally connected for you. If sex is happening, it bonds you even more closely with the man.



A man's commitment timeline is a good explanation for why so many women are heart-broken when men disappear on them after a year of dating or courting. This also explains why sometimes live-in relationships don't proceed to marriage or the long term commitment you are looking for.

For the men, they were simply dating these women and testing out if it works. There was no promise of commitment and also sometimes no intention of it, as harsh as this may sound.

Going forward, it will be extremely helpful for you to have this awareness. For a man the relationship becomes "real" when he knows and says that you are his one and only, his forever woman, the one he would like to settle down with and marry. Before that, he is just dating you!

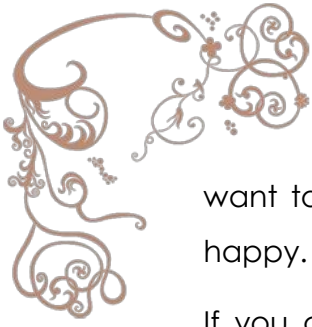
Also, when a man says he wants to marry you, you want to note that there is action to support his claims and not just a mere throwing around of words which men tend to do in the phase of early dating when they first meet you. This is not to say that they want to fool you or that they are all ill-intentioned, they are being absolutely honest and genuine to you in the moment – but in the moment most often does not amount to forever.

In my experience, also with my own husband, there is not a man on this planet who does not understand what real commitment means and when he meets a woman who feels deserving of that whole-hearted devotion, he feels inspired to give it to her.

I would like to end this book with one of my all-time favourite quotes -

"We accept the love we think we deserve." Stephen Chbosky

If you go out into the world feeling like a goddess, ready to be wooed and courted, you will attract a high quality man that will



want to, in the traditional sense, move mountains to make you happy.

If you go out feeling you are not good enough and willing to accept crumbs, you will attract a man who will confirm your opinion about yourself to you.

Real love is easy, and it should feel easy. If it's been a struggle for you, I am here to help you end that struggle. If you have any further questions, feedback or need help with your personal love situation, feel free to get in touch.

The best way to reach me is on my [Wunder Divas](https://www.facebook.com/groups/wunderdivas) relationship relationship support group on Facebook. Click here to join for free: www.facebook.com/groups/wunderdivas.

I love hearing back from you and your updates and how the knowledge of this feminine roadmap works for you.

Wishing you the absolute best in love!

To your success in love,

Sami Wunder

A handwritten signature in a cursive, brownish-gold script that reads "Sami Wunder". The signature is fluid and elegant, with a small flourish under the "r" in Wunder.

About Sami Wunder



Sami Wunder is a certified love and marriage coach based in Germany with her doting husband. She was trained by the hugely successful American relationship expert Rori Raye.

Using a powerful combination of coaching methods, feminine energy tools, attraction techniques and relationship skills, Sami helps women worldwide create intimate, juicy, fulfilling and passionate relationships, whether they are single, dating or married.

Sami's advanced programs, [Attract Your Soulmate](#) (for single women) and [Soulmates Forever](#) (for committed relationships) have already changed the lives of hundreds of women around the world.

In her past life, Sami was a keen student of Economics and Public Policy. She is now a keen student of love and human relationships. She believes her relationship coaching is her soul career and calling.

Sami loves mangoes, Bollywood and Indian cuisine. Dancing makes her feel alive, and writing helps her experience release.

Yet in her own words, there is no greater feeling than changing lives - one gorgeous woman at a time.

For the best way to receive daily motivation and support from Sami and her amazing community, you, too, can become a *Wunder Diva*.

[Click HERE to join Sami's free, confidential support group now!](#)