



THE ART
of
FEMININE
Seduction

*How To Reclaim Power
In Dating, Sex, and Love*

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CHAPTER 9

SHIFT THE PACE

Feminine energy is timeless. It exists outside the bounds of linear time, which is masculine energy. When you date as a feminine person, you want to be in the mindset of timelessness. Timelessness is highly alluring and entrancing because it gives you the ultimate relaxed energy. You are not rushing anything. You are not rushing anywhere. You are savoring every moment, every connection, every person, and every situation. It is the peak achievement of a great seductress. It does not know the bounds of age, appearance, or physical distance. Being timeless is about pure presence.

Become timeless in the general movement of your body and the movement of the relationship. Cultivate an attitude of timelessness around love. Forget what you learned about how many dates to go on before sleeping with someone. Don't base the validity of your connection on how long it takes him to commit to you. Begin to live in a space where you are not burdened by the biological time clock set for you. Your life force energy comes from beyond time and space—date from there.

Timelessness

After illness, the next year of my life passed both slowly and quickly, in weird little spurts and in a long quiet hush of heartbreak. It

was like a dream. First of all, I had to rebuild my physical health. My body had shrunk in weight and muscle from months of rest and eating bird-sized portions of buttered toast. I needed strength to live the active lifestyle I enjoyed. I began going out with my graduate school classmates.

I caught the eye of a man in my class, Grigore. We got to talking and laughing, and he invited me to his house for dinner the next week. I knew it was time for me to stop pretending that I wasn't waiting for Cristian and start seriously dating other men. I said yes.

I had to travel out to the middle of nowhere to his house. It was among a small cluster of new cookie-cutter houses built out on an unfinished road. He prepared a fabulous dinner, and we chatted and flirted. We had fun and enjoyed the heady sexual tension. He seemed very confident about his sexuality and honest about his sexual past. He claimed to have slept with 72 women, including a waitress he met at a roadside rest stop. I was put off by this and silently questioned his standards, but I appreciated his transparency. I declined to sleep with him that night, which perplexed him. He protested my departure, but in the end, he let me go (in a taxi, he did not offer me a ride).

I was invited to a party at Andrei's with Cristian and several of our friends. Our friends trickled out until Cristian, Andrei, and I sat solemnly on the sofas and chairs together, just the three of us, like old times. Only now, times were different. Now I had almost died. Now I had a support system in Romania outside of the two of them. Now I knew for certain that no matter how much I loved Cristian, I would never be happy with him.

"Do you remember that conversation we had last year?" Cristian asked.

I immediately knew what he meant—the conversation where he told me he wanted to marry me and build our lives together. Yes, I did. My body went on high alert. My heartbeat quickened, and I stood on edge. Was this the moment I had been avoiding? The one where everything blew up or where he confessed his love for me, and we went

off together and lived happily ever after in the sunset? The moment that terrified me?

“Of course I remember,” I said indignantly, using frustration as a shield for my terror.

“You remember what I said?” Cristian asked me.

Now I was actually frustrated. Had we not been through months of calling, texting, drama, denial, and dysfunctional behavior, followed by my phone confession and his disappearing from my life? And now, he seemingly wanted to tie this situation up with a bow in front of Andrei. I was very upset.

“How could I forget?” I said softly, trying to keep calm. I was worried about what the two of them were thinking and feeling.

What I felt like doing was screaming at him for saying things that made me believe he loved me and then calculatedly smashing my heart and self-esteem. What I wanted to do was break down and cry over my broken dreams. Instead, I ignored my body, emotions, and all the chaos inside me. In my rush to stay in control, I replied in a lackluster, thoughtless way. Andrei sensed the tension and attempted sarcasm.

“Umm, do you guys need to go into the bedroom and work something out?”

Cristian and I both protested, talking over each other.

“Okay, okay,” Andrei put his hands up in a gesture of surrender.

The matter was finished almost as quickly as it had begun.

A few minutes later, Cristian announced that he was calling a taxi to go home, and I did not offer to leave with him. Perhaps I was too afraid of what would happen if we were alone together again. I didn't know what I would say or what he might say. I couldn't risk it. There was no more safety and emotional connection between us, so I awkwardly hung back with Andrei and chatted with him until I felt an appropriate amount of time had passed and I could take my own taxi.

If I had slowed down and taken a breath at any point, the end of that story, and our story, might have been different.

Slow Down

The most useful application of timelessness in feminine dating is to slow down. Really, slow down. The slowness can be applied to everything. Slow down your first impression. Make eye contact and savor it like the first lick of summer vacation ice cream. Relax into your physical movement on dates. Stroll leisurely toward him. During dinner, lift the fork slowly to your mouth. Forget about calculating the rate at which you respond to texts. Respond when you want to and have time to consider yourself, him, and the connection. The speed at which you reply or not is not what determines the strength of your connection. When your date brings up an issue or when you are about to dive into a difficult conversation, slow down and breathe. Take speed out of the equation.

You know the phenomenon that when you worry about giving a fast and witty answer, you are less likely to give a fast and witty answer? The same principle applies to every instance of dating. When you remove speed from your priority list, perfect timing can happen naturally. Apply this, especially to masculine structures like commitment. Let go of your timeline regarding how quickly a man chooses exclusivity with you, commits to you, or proposes marriage to you. Allow yourself to live in timelessness around those structures. Focus on experiencing love at the moment rather than getting your love to a certain level on a specific timeline.

This can feel daunting, especially to my clients who believe they are reaching the end of their childbearing years. So here is some reasoning. The less concerned you are about getting a man to commit to you, the more space you leave for him to be concerned about getting you to commit to him.

If you're taking up all the energetic space wondering, *where is this relationship going? When is he going to commit?* You don't leave room for him to wonder and solve that problem by asking you for commitment. You also kill the attraction because you are deep in masculine energy

- in your head, trying to figure it out logically and forcing structure onto the relationship. Imagine how quickly he'll want to commit to you if the experience of being with you is timelessness, flirtation, and sensuality. The answer here is... quickly.

A good rule of thumb is to be wary of instances where you feel urgency. If you are in a rush, you are not in timelessness. If you feel you need him to text you *right now*, ask you out *now*, and commit to you *now*, you are likely in a trauma state of mind and not in connection with your personal sovereignty and wholeness. If you feel urgency creeping in, use this protocol:

Step 1 - Get back to being. Breathe deeply. Check in with your physical well-being.

Step 2 - Do something you love. Get back to personal sovereignty. Re-focus on your own fabulous life.

Imagine if I had slowed down just long enough with Cristian to realize that being honest about my feelings didn't mean I had to marry him. What if I had just focused on how much I wanted him and loved being near him and allowed myself that experience in the moment? What if I had moved slowly enough to remember that commitment, marriage, family, and happily forever after don't all happen in the same instant? Imagine the conversations and honesty and clarity that would have been created between us if I had slowed down and gotten timeless. I cannot overstress the power of slowing down in dating. Every chance you get, slow down and breathe.

Fast Forward

Because here's what can happen. When a man senses you have no agenda, attraction, and tension will build. He will want you to be his when he sees the confidence and sensuality you embody. He can choose you on date #1 if the emotion is right. That's why I use the word timeless

instead of slow. Attraction and commitment are timeless. Some people get married a week after meeting. Others spend years getting to know each other and building lives together before officially committing.

There are no rules. You have to choose for yourself.

Get your deepest desires vision from Chapter 1 back out or create a new one. Re-presence yourself to what *you* want—date for your vision rather than for a specific man. Allow yourself spaciousness and timelessness in finding your ideal partner. Make sure you aren't waiting on someone. Waiting for a particular person to be ready to love you will stagnate your sexual energy. Go slow, sure, but don't put your search for love on hold for someone. When you move without hurry, you will be amazed at how fast real, exciting, fulfilling love can find you. Slow things down so they can speed up.

Choice Is Your Birthright

I'm unsure where I learned that waiting for a man to decide how he felt about me or love me was a good game. But somehow, I learned it and played it over and over. I did not realize that playing that game was my choice. This is your invitation to make choices consciously by remembering you *always* have a choice in the game you are playing.

We make choices every day in dating without realizing that we've made a choice. It's an automatic nervous system response. I often chose to invest time in men who had wavering masculine energy. But the truth is, men who weren't excited to *do* things to get to know me, didn't want to know me. Men who were *indirect* about what they thought and felt about me weren't going to decide they loved me if I just stuck around long enough. In case you recognize yourself in those patterns, I feel you. But I'm here to say it is a *choice* to hang out and wait for a specific man to choose you. Whenever you feel a need to prove yourself to a man or wait for him, don't forget that that's a choice you're making. If you're going to stick to your guns and hold

onto a dating connection even though it makes you unhappy, make sure that's a conscious choice.

Parental investment theory is a popular concept espoused in mating science around the differences in how men and women date. The basic idea is that women care more about finding committed relationships because the result of sexual relations for females is pregnancy, which means a minimum 9-month commitment, followed by nursing. This is an interesting explanation for why women care so much about being *chosen* and finding long-term commitment. I'd like to present another theory that I find intriguing - the female choice theory.

This theory centers on hidden ovulation in human females, meaning that women don't have any outward signs of fertility, unlike apes whose bottoms swell and redden or birds who sing mating songs. No one besides a human female can tell when she is physically ready to conceive a new life (and even she only knows if she's in tune with her body's cycle). Historically speaking, there were no children without the act of sex, so the man a female chose to sleep with during ovulation was very important. That man got his genes passed on. In a prehistoric world of natural order rather than the societal order of marriage, the fate of human DNA presumably lay with females. Sexual choice is the biological birthright of women. Don't give away your power by pretending you don't have a choice and settling for less than you desire.

Choose the relationship and sexual experiences you want, and don't accept anything less. Don't ask a man to change. Keep dating until you find what you are looking for. You may have to let go of a good man or two because he is unwilling to create the life you want, it's true. You will be more seductive to all people if you stay committed to your own desire rather than attached to a specific dating relationship. Choose yourself first. Use your power of choice intentionally around dating, commitment, and relationships. And before you make any important choices, slow down and breathe.

Unintentional Choices

After that evening with Cristian and Andrei, I went back and slept with Grigore. I made the decision with my head rather than my body or emotions. It wasn't desire that moved me to say yes to sex, just the thought that it had been too long since I'd had sexual contact and the hope that something might be different with Grigore. All his boasting about his sexual prowess was unfortunately lost on me. I got very little pleasure from being with him. Was I still emotionally and sexually dead inside? Possibly.

A French exchange student joined our class, and we found out we had a common interest in Latin dance. Our interest turned out to be an obsession, and she and I began to go out dancing almost every night. Each night was a different club but the same dancing for hours until our feet swelled out of our strappy dance shoes. Slowly, through her friendship and the sensuality of dance, I was coming back to life.

Grigore did not ask me out on more dinner dates, but he did suggest an afternoon meet-up at my house during his lunch break. He only wanted me for sex, it was very obvious, and I was finally aware I didn't want to settle for mediocre casual sex. I ended things with him very quickly.

"I don't think it's going to work," I said.

"You don't think what's going to work?" He responded in classic Romanian sarcasm. In Romania, sexual relationships are not about work.

"Us," I said, "together."

"Like us as a team?" He said teasingly.

"Yeah," I said, "like us as a team."

Instead of worrying about men, I went dancing—dance, dance, dance.

I met David out dancing. He didn't speak English, but he was handsome, kind, and solid. He didn't mind my awful Romanian, and although my words often made him smile in a quiet, secret way, he never made fun of my speaking.

He asked me out to the movies, so we didn't have to talk much. Creating emotional intimacy was not yet on my radar, so I didn't think anything of it. I was not making intentional dating choices yet. We went on movie dates about once a week, and again, after one month, I decided to sleep with him. Our sex wasn't especially sensual, connected, or great for me, but it felt like the right timing. After all, he was such a gentleman. Dating him was comfortable and comforting. Perhaps I was interesting, exotic, and desirable after all.

But after three months, he told me he didn't have time to see me anymore. He needed to focus on work and school. I accepted our end gracefully and numbly. Then two months later, he showed up at our favorite dance club with an absolutely stunning dancer at his side. She had the face of a model with a captivating hourglass frame. Suddenly, I felt the true sting of rejection. Once again, I was someone's second choice. This time it didn't even feel like a surprise that he would reject me; it felt like it was the natural outcome. I was swimming in a sea of dating pain and heartbreak.

My mother came to visit. We took some trips around the country, taking in the beauty of the Romanian countryside that contrasted the ruinous dirt lodged in all the cracks of Romanian cities and the garbage piled up on the sides of the road. We spent our time in unneglected places, the charming, medieval downtown of Braşov and the lush banks of the Danube Delta, where the river fingers out into the Black Sea.

We returned to Bucharest on the late evening train, slowly meandering our way through mountains and meadows as darkness fell. The train smelled faintly of fuel and the dust of thousands of travelers. I sat facing my mother at a small plastic table where people had stuck their discarded gum and smeared greasy fingers. I checked Facebook on my phone. Cristian was in a relationship.

Reading the words, my heart experienced the physical pain of breaking. I could not help but clutch at my chest. More than a year had passed since I thought we had any chance of being together. I thought my heart was already broken beyond repair, but here it was, physically

aching like heartburn. I stared out into the blackness beyond the train window, but all I saw was myself in the reflection, looking right back. A few silent tears streaked down a face I tried hard to love when I couldn't seem to find a man to love it. Holding the ache in my chest, I wiped my face dry and let the train take me home.

Healing

Like relationship building, heartbreak lives in timelessness. Grief is timeless. It never goes away; it simply changes. Healing is also timeless. Whenever I cry or grieve something, I can still feel the pain in my chest that was activated that night. I no longer feel connected to Cristian in any way. I'm fairly certain I never really knew him. Heartbreak doesn't care what happened to you or between you and another person. When you love and lose, whether it's a person or a fantasy, you will suffer. This suffering can feel excruciating; it can make you feel numb. It comes and goes. And then there is a non-timebound point when your heartbreak brings clarity and the opportunity for a new way of being and doing. And all the time, healing is happening.

After my heartbreak over Cristian, time marched on. I worked, I joined an Acro-bachata troop, I went out with friends, and after another celibate year, I started dating Constantin, the tall, dark, handsome man I told you about at the very beginning of this book. It was, as you read before, an intellectual sort of relationship that brought me to tantra and relationship theory. By studying the science and art of mating and dating, I began to pick holes in how I had approached love up to that point and allowed myself to heal.

Slowly, my expectations of love unraveled. Just as I did with Constantin, I expected my dates to know how to love me without being told, believing my ideal man would simply *know* instinctively how to love me. I had been let down each and every time after failing to communicate my needs and desires. In my healing process, I learned that the way people experience and understand love is different, so in

order to love someone well, you must learn what makes *them* feel loved. In order for someone to love you well, you usually have to *teach* them. You don't always have to tell them explicitly; your energy and behavior also teach people how to treat you. But direct, structured communication is the most streamlined approach for receiving the love you seek from men.

Time and again, I had hidden my desire from the very men I hoped would want me. Now, I learned to speak in desire. I invite you to experience the healing power of speaking your desires to men. What I used to do and now observe clients doing in dating is to criticize a man's behavior to get him to behave differently. Women show me their dating texts where they chat things like, "I'm not trying to have a pen pal. Are we going to talk on the phone sometime?" This isn't charming *or* relational; it's defensive and may even be controlling. The desire to control is your fear response, so there is no need to judge yourself if you recognize that behavior. Heal yourself by getting into desire in the future. Ask for what you want or tell a man what you would love. You will get a much different response, and you will heal your dysfunctional connection habits at the same time.

'You have such an interesting take on life. I'd love to talk on the phone and get a bigger picture of your thoughts,' will go so much further than the previous example. As a bonus, you automatically create emotional intimacy and a relationship by sharing what you want honestly and openly. Using honest, non-defensive communication is essential for a relationship that goes the distance. At all times, speak in desire instead of defense. Tell your dates what you want and how to love you without telling them what to do or insinuating that they're bad or wrong if they don't do what you want. By learning to communicate this way, you create connection, and you heal yourself.

I reflected on the way I had always waited for love, accepting what came around and holding onto it tightly because its appearance seemed fateful to me. Every time I was left thinking *this is it*. No, okay *this is it*. Okay, *this is it*. I perceived love as finite and bounded. I falsely

believed that once you have labels, like exclusive, committed, or married, then you have real love. I gained clarity around the way I had perceived the timeline of love and how long it took to create attraction and love. I previously thought one month was the right amount of time to decide whether you were compatible, and three months was the right amount of time to commit. I let that timeline go.

I saw the way that I had frozen up each time I needed to speak important truths. I saw the blocks of ice around my heart that kept me from opening up to any man and in a way - anyone - until Cristian came along, unfreezing me and turning me into a fragile being. For all the drama of our short connection, he turned me into someone who cried in front of others. Someone who could get sick and die. Someone mortal who just wanted to be loved. It felt safe to be unknowable and unknown, but what I wanted more than anything was to be seen, heard, and loved. He had broken my heart, but he had also broken me open to be able to receive love.

Mirrored to me in Constantin's aversion to sleeping with me was my own sexual shame. I noticed the things I had been willing to do and say to him and the things that I hadn't. I had to stare down the monster of my belief that in order for Constantin to really love me, he had to sleep with me. At the very end, just before I left Romania, I came to the understanding that his not sleeping with me was just about him; it was not at all a rejection of me. This was an incredibly healing revelation, and it clarified for me that it was high time to leave him and pursue the relationship I deeply wanted.

In the study and practice of feminine energy, I found the aspects of myself that I rejected and abandoned in dating - the being, the receiving, the emotion, and the timelessness. When I looked to the future, I had hope that dating could go differently. I was ready to experience a new paradigm in love, one where I was confident, loving, and felt adored and cherished. I was in the process of healing, and I was ready to date from my feminine energy.

Exercise: Moving As A Great Seductress

Imagine a great seductress. Any highly attractive woman will do, including yourself. Imagine her walking toward you. Notice how she moves.

Here's my best guess for what you see in your imagination: The way your great seductress moves is slowly and intentionally. She is powerful, knows where she is going, and she knows she will get there, but she isn't in a rush. Practice moving the way the great seductress from your imagination moves. If she is moving around in a rushed manner in your imagination, walk in that vision, but do it at a pace you can still be intentional about the exercise. Go ahead, stand up now, or walk to your next destination as a fully embodied sensual being. You are delicious!

You can try this in the privacy of your own home and when you're out walking the dog, going to a grocery store, or dancing in a club. Be timeless and present inside your body. The world will notice.

TL;DR

1. Timelessness is the feminine energy opposite the linear time and space of structured masculine energy.
2. Practice timelessness in all aspects of dating: the practical, the emotional, and the sexual can all be improved by dissolving your attachment to time.
3. By practicing timelessness, you become more attractive. The less concerned you are about getting a man to commit to you on a certain timeline, the more space you leave for him to be concerned about getting you to commit to him.
4. Outside the construct of time, you are already a sensual, desirable great seductress.
5. You have enough time to create the relationship, the family, and the love you desire. Be wary of a sense of urgency in dating.

Does dating feel like a bottomless pit of incompatible online matches, emotionally unavailable men, and bitter disappointments? Have you been rejected, discarded, used, and abused in love? That all ends today with *The Art of Feminine Seduction*, an energetic dating system that guarantees you experience heated attraction and deep emotional connection in courtship.

In this juicy and illuminating book, you will find practical guidance and exercises to help you reclaim your innate feminine power and finally get what you want in dating, sex, and love. Revealed step-by-step through the author's personal bad date confessions, this book will guide you through everything you need to know in order to

- Unlock your signature seductive allure
- Summon physical attraction and emotional connection with others on demand
- Be seen, heard, and desired by men you are actually interested in
- Create chemistry and fulfilling, committed romantic relationships

The love you want is closer than you think.

As a Dating & Intimacy Coach, Alana guides people to feel confident, sexy, and lovable in dating and life so they can create passionate and intimate partnerships.

Her mission is to help exponential numbers of people date with full emotional and sexual power and to be personally invited to at least 20 *Art of Feminine Seduction* weddings per year.

Alana can be reached at sovereign-dating.com.

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