



# 8 ESSENTIAL FEMININE SECRETS FOR ATTRACTION

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& FEMININE ENERGY RESTORATION  
THE ELLE PRESCRIPTION



I HOLD A MASTER'S DEGREE IN CULTURAL ANTHROPOLOGY WITH AN EMPHASIS IN GENDER & SOCIETY & OVER 27 YEARS OF TRAINING UNDER RENOWNED COGNITIVE-BEHAVIORAL THERAPIST DR. PAT ALLEN, PHD. & VARIOUS OTHER GENDER EXPERTS. MANY OF THESE TIPS ORIGINATE FROM DR. PAT ALLEN'S BOOK, "GETTING TO I DO" (I STRONGLY RECOMMEND YOU READ.) I HELP INDIVIDUALS ALIGN AUTHENTIC, HEALTHY MASCULINE & FEMININE ENERGY DYNAMICS TO CREATE THRIVING RELATIONSHIPS & PERSONAL WELL-BEING.

AS A CHRISTIAN, MY APPROACH COMBINES BIBLICAL PRINCIPLES WITH MASTERY OF MASCULINE & FEMININE ENERGY. THESE ARE CORE PRINCIPLES TO AN AUTHENTIC SPIRITUAL LIFE AS WELL AS RELATIONSHIP HEALTH.

AS A WOMAN, I'VE BEEN PERSONALLY & DEEPLY AFFECTED BY THE EFFECTS OF GENDER CONFUSION EMBEDDED IN OUR FAMILIES, EDUCATIONAL INSTITUTIONS, & CULTURE RUINING RELATIONSHIPS WITH GOD, IN MARRIAGES & FAMILY. MY STUDIES WITH DR. PAT ALLEN HAVE BROUGHT ABOUT MIRACLES & TRANSFORMATION IN MY LIFE & THE LIVES OF COUNTLESS OTHERS. I AM PASSIONATELY COMMITTED TO PAYING THIS DEBT OF GRATITUDE FORWARD & ASSISTING OTHERS IN DISCOVERING THEIR AUTHENTIC CORE ENERGY, HEALTHY MINDSET, HEALTHY DIET, & BODY, WHILE GROUNDING IN TRUE IDENTITY.

AS A BUSINESSWOMAN, COACH, LIFELONG HEALTH, DIET, WORKOUT ENTHUSIAST, & FITNESS INSTRUCTOR, I GUIDE CLIENTS TO BREAK FREE FROM NEGATIVE GENERATIONAL & PARENTAL SCRIPTS & PATTERNS, HEAL THEIR ENERGY DYNAMICS, & ATTRACT HEALTHY RELATIONSHIPS WHILE BECOMING THEIR BEST SELVES IN LIFE & LOVE.

ELLE SHEEDY

# A STRONG FEMININE CORE IS THE FOUNDATION FOR SUCCESS

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## INTRODUCTION

WHETHER YOU'RE STEPPING BACK INTO DATING OR HEALING FROM A BREAKUP, YOUR MINDSET & CORE FEMININE HEALTH IS EVERYTHING. ONE POLE OF THE PRIMAL DANCE OF MASCULINE & FEMININE "THE BATTERY" OF ATTRACTION.

ATTRACTION, COMMITMENT, & LASTING LOVE ARE NOT RANDOM. THEY FOLLOW TIMELESS, BIOLOGICAL, & SPIRITUAL LAWS THAT GOVERN MASCULINE & FEMININE POLARITY. THIS PRIMAL DANCE IS WHAT FUELS HUMAN CONNECTION, MARRIAGE, & EVEN THE CONTINUATION OF LIFE ITSELF.

THINK OF IT LIKE A BATTERY. IT ONLY WORKS WHEN BOTH THE POSITIVE (MASCULINE) & NEGATIVE (FEMININE) CHARGES ARE PRESENT & FUNCTIONING AS DESIGNED. WHEN A WOMAN STEPS INTO HER FEMININE ESSENCE, SHE ACTIVATES THIS CHARGE, MAKING HEALTHY MASCULINE ENERGY NATURALLY DRAWN TO HER.

BUT WHEN THIS NATURAL POLARITY IS DISRUPTED, CONFUSION IN LOVE & LIFE FOLLOWS:

WOMEN OPERATING IN THEIR WOUNDED/CONFUSED MASCULINE (CHASING, OVER-GIVING, CONTROLLING) REPEL THE VERY MASCULINE PRESENCE THEY DESIRE.

MEN WHO FAIL TO EMBRACE THEIR HEALTHY MASCULINE BECOME PASSIVE, AVOIDANT, OR EMOTIONALLY UNAVAILABLE.

RELATIONSHIPS LOSE THEIR SPARK, ATTRACTION DIES, & MODERN DATING BECOMES FRUSTRATING & EXHAUSTING.

THE 8 FEMININE SECRETS YOU ARE ABOUT TO LEARN WILL SHOW YOU HOW TO REALIGN YOURSELF WITH YOUR FEMININE. STEP INTO YOUR TRUE MAGNETIC NATURE, & POSITION YOURSELF TO RECEIVE HEALTHY MASCULINE LOVE WITHOUT CHASING, CONTROLLING, OR OVERPERFORMING.

BY THE TIME YOU FINISH THIS GUIDE, YOU UNDERSTAND HOW TO WORK WITH THE NATURAL LAWS OF CORE ENERGY & ATTRACTION RATHER THAN AGAINST THEM SO THAT LOVE, COMMITMENT, & EVEN MARRIAGE FLOW TO YOU EFFORTLESSLY. NOW, LETS BEGIN.

# VISUALIZATION

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HERES A SHORT VISUALIZATION EXERCISE AND AFFIRMATION TO HELP SHIFT INTO FEMININE ENERGY BEFORE DIVING INTO THE 8 SECRETS. THIS WILL SET THE TONE AND PRIME YOUR MINDSET TO RECEIVE & EMBODY THE WISDOM OF THE 8 SECRETS WHICH ARE TOOLS TO STEP INTO YOUR FEMININE.

## " FEMININE ENERGY ACTIVATION: A SHORT VISUALIZATION"

BEFORE WE BEGIN. TAKE A DEEP BREATH AND ALLOW YOURSELF TO RELAX. FIND A QUIET SPACE. CLOSE YOUR EYES. & PICTURE YOURSELF AS A GLOWING SOURCE OF WARMTH AND RADIANCE. IMAGINE YOUR FEMININE ENERGY AS A SOFT, GOLDEN LIGHT FLOWING THROUGH YOUR BODY, HEART, & SPIRIT.

NOW. VISUALIZE YOURSELF STANDING NEAR A POWERFUL, STEADY RIVER "REPRESENTING HEALTHY, GROUNDED MASCULINE ENERGY. THIS RIVER FLOWS TOWARD YOU NATURALLY, EFFORTLESSLY, & WITH DEEP PURPOSE. YOU DON'T HAVE TO CHASE IT: YOU ONLY NEED TO RECEIVE ITS PRESENCE.

BREATHE IN THE FEELING OF EASE. TRUST IN GOD, & RECEPTIVITY. YOU ARE THE FEMININE FORCE THAT FEELS GOOD IN YOUR LIFE, & THEN DRAWS IN THE MASCULINE NOT BY FORCE, BUT BY SIMPLY BEING IN YOUR RADIANT GRATITUDE & APPRECIATION OF YOUR LIFE.

NOW, PLACE YOUR HANDS OVER YOUR HEART AND SAY:

## FEMININE ACTIVATION AFFIRMATION

I AM RECEPTIVE & FILLED WITH GOOD FEELINGS. A MAGNET FOR HEALTHY, MASCULINE LOVE. I DO NOT CHASE: I ATTRACT. I CHOOSE THOSE WHO CHOOSE ME. MY FEMININE PRESENCE IS POWERFUL, RADIANT, & EFFORTLESSLY DRAWS IN THE RIGHT MAN AT THE RIGHT TIME. I TRUST THAT I AM ALWAYS IN THE PERFECT POSITION TO RECEIVE LOVE, COMMITMENT, & CHERISHING.

TAKE A DEEP BREATH. OPEN YOUR EYES. AND GET READY TO STEP INTO THE 8 FEMININE SECRETS THAT WILL TRANSFORM YOUR LIFE & LOVE.



# SECRET #1 8 WEEK NO CONTACT PRESCRIPTION

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WHY: MEN ARE WIRED TO NEED TIME & SPACE.  
8 WEEKS IS TIMEFRAME FOR A MAN TO MAKE A DECISION.

## MEN ARE DIFFERENT

THE 8 WEEK NO CONTACT IS ESSENTIAL IF YOU WANT TO GET BACK TOGETHER OR IF YOU PLAN TO MOVE ON. KNOW THIS:

IT TAKES 8 WEEKS FOR A MAN TO MAKE A DECISION. IT IS CRUCIAL FOR YOUR UNDERSTANDING OF MEN WHETHER YOU ARE DATING OR IN A BREAKUP. MEN ARE WIRED TO MAKE DECISIONS DIFFERENTLY THAN WOMEN.

## FOCUS ON YOU

WHAT TO DO:

STOP CHASING. TEXTING. CALLING. OR REACHING OUT. GO DARK ON SOCIAL MEDIA NO POSTING OR ENGAGING ESPECIALLY ABOUT YOUR BREAKUP FEELINGS.

FOCUS ON YOURSELF:

HOBBIES. SELF-CARE. MINDSET & PERSONAL GROWTH.

IF HE CONTACTS YOU.

RESPOND WARMLY BUT DON'T INITIATE CONVERSATION.





## SECRET #2: DATE, BUT STAY UNTOUCHABLE

### WHAT TO DO:

ACCEPT DATES LIKE LUNCH, COFFEE, OR DINNER BUT KEEP PHYSICAL INTIMACY (SEX) OFF THE TABLE. IT KEEPS THE FEMININE ANCHORED & CLEAR UNTIL COMMITMENT.

ENJOY THE CHEMISTRY & PURSUIT. KEEP IN MIND, COMPATIBILITY & COMMUNICATION WHILE KEEPING YOUR HEART LISTENING & "RESPONDING".

USE EACH DATE AS A CHANCE TO ASSESS HOW DIFFERENT MEN TREAT YOU.

WHY: DATING (AS OPPOSED TO HOOKING UP) PRESERVES YOUR FEMININE ESSENCE, GUARDS YOUR HEART, & PROTECTS YOUR LIFE. HAVING SEX MAKES THE WOMAN BECOME BONDED WHEN EXCHANGING BODILY FLUIDS. IT TAKES 2 YRS TO DETOX FROM A MAN A WOMAN HAS HAD SEX WITH.



## SECRET #3 LET HIM LEAD THE CONVERSATION. LISTEN. DON'T SPEAK FIRST.

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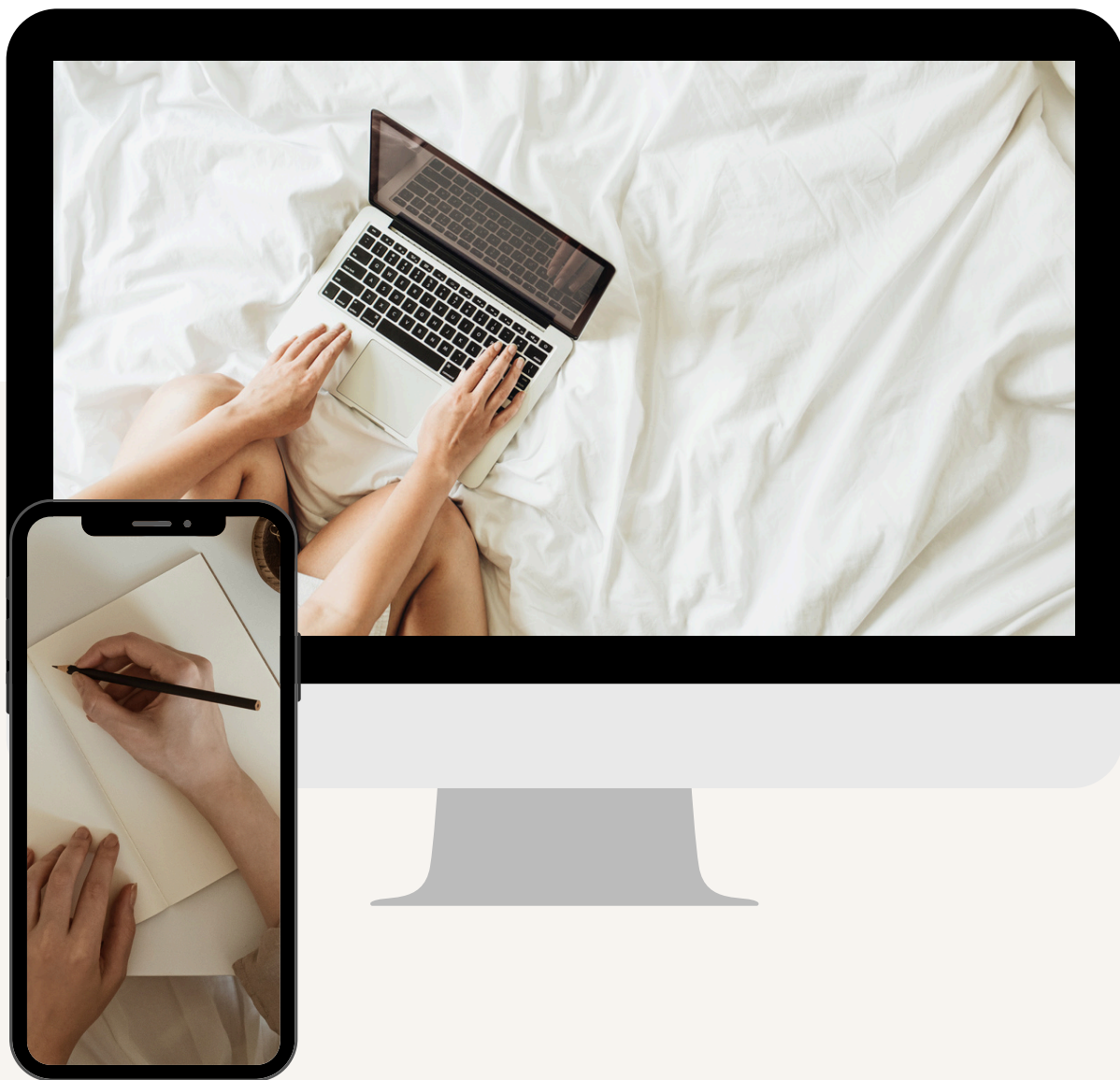
### WHAT TO DO:

WHEN YOU MEET A MAN YOU HAVE CHEMISTRY WITH. IN AN ELEVATOR. FOR EXAMPLE. DO NOT SPEAK FIRST. IT IMPLIES YOU ARE MAKING THE 1ST MOVE. MEN ARE FULLY IN THEIR MASCULINE WHEN THEY MAKE THE FIRST MOVE. LET HIM.

SMILE. HOLD EYE CONTACT FOR ABOUT 3 SECONDS. THEN LISTEN. THIS HEIGHTENS THE CHEMISTRY & MASCULINE/FEMININE ATTRACTION.

LET HIM START THE CONVERSATION & DIRECT THE TOPIC. WHEN IN A RELATIONSHIP OR MARRIED CONTINUE TO USE THIS AS A RULE OF THUMB.

WHY: THIS BUILDS MYSTERY & SIGNALS THAT YOU'RE CONFIDENT & HIGH-VALUE.



## SECRET #4: SPEAK IN SHORT, DIRECT STATEMENTS

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WHAT TO DO:

USE CONCISE, FACTUAL LANGUAGE THAT GETS TO THE POINT, RATHER THAN SHIFTING TOPIC & LENGTHY EMOTIONAL EXPLANATIONS.

FOR EXAMPLE, IF HE BRINGS UP THE TOPIC OF MARRIAGE, INSTEAD OF SAYING, "I NEED TO BE WITH A MAN WHO WANTS TO MARRY."

SAY, "I DON'T WANT TO BE IN A RELATIONSHIP WITHOUT EVENTUAL MONOGAMY, COMMITMENT, & ENGAGEMENT LEADING TOWARDS MARRIAGE WITHIN A YEAR."

WHY: MEN APPRECIATE CLARITY & DIRECTNESS, WHICH MINIMIZES MISINTERPRETATION.





## SECRET #5 NO SEX WITHOUT COMMITMENT

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### WHAT TO DO:

ONLY ENGAGE IN PHYSICAL INTIMACY ONCE THERE'S A VERBAL AGREEMENT FOR EXCLUSIVITY & LONG-TERM COMMITMENT. CONTINUE TO "DATE". GOING OUT TO DINNER OR A MOVIE ETC. WAIT FOR HIM TO BRING UP EXCLUSIVITY. IF HE DOESN'T & TRIES TO BE SEXUAL. SAY "OH THANK YOU FOR WANTING TO BE SEXUAL WITH ME BUT I DON'T FEEL COMFORTABLE WITH THAT UNTIL I AM EXCLUSIVE. THEN DECIDE IF YOU WANT TO BE EXCLUSIVE. UNTIL YOU DECIDE. KEEP DATING.

WHY: SEX DEEPENS EMOTIONAL BONDS FOR WOMEN. SETTING THIS BOUNDARY ENSURES HE VALUES YOU FOR MORE THAN JUST PHYSICAL CONNECTION.



## SECRET #6: NO TRIPS OR VACATIONS TOGETHER UNTIL EXCLUSIVITY

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### WHAT TO DO:

DECLINE ANY TRIP OR OVERNIGHT LONG VACATION INVITATIONS UNLESS YOU'RE IN AN EXCLUSIVE, COMMITTED RELATIONSHIP. THANK HIM PROFUSELY FOR THE INVITATION & SIMPLY STATE YOU ARE NOT QUITE COMFORTABLE TAKING THAT TIME AWAY AT THIS STAGE OF DATING.

WHY: TRIPS OFTEN IMPLY DEEPER INTIMACY. A MAN WHO TRULY VALUES YOU WILL EARN THE PRIVILEGE OF TAKING YOU ON A TRIP. IF YOU GO ON A TRIP TOO SOON, IT MAY CAUSE HIM TO THINK YOU WILL BE SEXUAL & HE WILL OFTEN TIMES NEED "SPACE" WHEN YOU RETURN. GUARDING YOUR FEELINGS IS TOP PRIORITY IN SELF CARE.





## SECRET #7: BE WOWED BY HIS MASCULINITY

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### WHAT TO DO:

NOTICE AND ADMIRE HIS STRENGTHS, LEADERSHIP, & MASCULINE QUALITIES.

LET HIM TAKE THE LEAD AND AVOID BEING OVERLY CONTROLLING OR COMPETITIVE BY SHARING YOUR OWN CAREER ACHIEVEMENTS AFTER HE SHARES HIS ACHIEVEMENTS. GIVE HIM THE MOMENTS OF PRAISE AND APPRECIATION THAT MAKE MEN FEEL RESPECTED. THIS WILL, IN TURN, MAKE HIM RESPOND TO YOU AS A CHERISHED WOMAN.

WHY: MEN THRIVE WHEN THEY FEEL "RESPECTED" & ADMIRER FOR THEIR MASCULINE ATTRIBUTES. MEN WILL OFTEN BECOME MORE OPEN AND GENEROUS IN RESPONSE TO YOUR ACKNOWLEDGEMENT.



## SECRET #8: SAY NO TO WHAT YOU DON'T WANT

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### WHAT TO DO:

WHILE YOU ARE LISTENING TO A MAN WHILE TOGETHER. IF YOU HEAR HIM SAY SOMETHING YOU DON'T LIKE. PAUSE BEFORE EXPRESSING YOUR DISLIKE. & RESPOND IN A RESPECTFUL MANNER. FOR EXAMPLE. HE SAYS "MY EX WAS VERY CONTROLLING & SHE CHEATED ON ME." HAVING A DATE TALK ABOUT HIS EX CAN BE UNCOMFORTABLE. RESPONDING IN A FEMININE & RESPECTFUL WAY WILL INCREASE YOUR VALUE TO HIM. TRY EXCUSING YOURSELF. GO TO THE LADIES ROOM. MEN WILL MOST OFTEN CHANGE THE SUBJECT ALTOGETHER BY THE TIME YOU RETURN FROM THE LADIES ROOM.



## BONUS! SECRET #9: ASK WHAT HE THINKS. DO NOT ASK HIM HOW HE "FEELS"

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### WHAT TO DO:

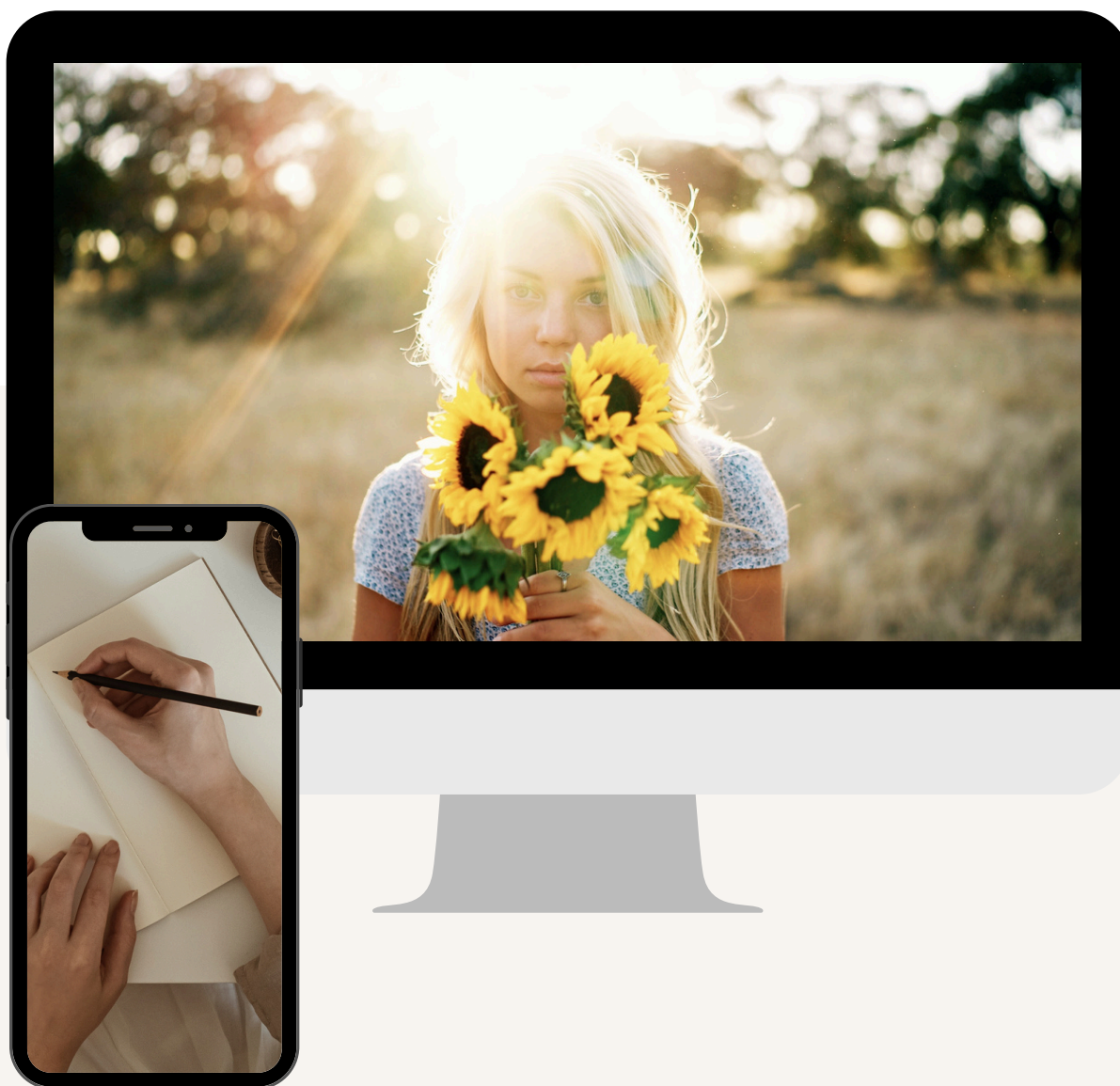
WHEN ENGAGING WITH A MASCULINE MAN, ASK HIM WHAT HE THINKS RATHER THAN HOW HE FEELS. FOR EXAMPLE, SAY I FEEL GOOD ABOUT THIS RESTAURANT. WHAT DO YOU THINK? THIS WILL HELP HIM "PLAN" MORE GOOD RESTAURANTS FOR YOU BOTH.

REMEMBER: MEN NEED TO DO GOOD TO FEEL GOOD. WHILE WOMEN NEED TO FEEL GOOD TO DO GOOD. MEN FEEL GOOD BY BEING RESPECTED NOT BY HAVING THEIR FEELINGS CHERISHED.

HONOR YOUR EMOTIONAL SIDE BY SPEAKING IN "I FEEL" STATEMENTS, WHILE ENSURING HE FEELS RESPECTED BY INTENTIONALLY ASKING WHAT HE THINKS ABOUT A TOPIC.

WHY: THIS APPROACH RESPECTS A MAN'S NATURAL WAY OF "RATIONALLY" PROCESSING. TO "DO GOOD", A MAN NEEDS TO STRATEGIZE AND MAKE PLANS TO CREATE GOOD WHICH ULTIMATELY FEELS GOOD. WHILE AFFIRMING YOUR NEED TO "FEEL GOOD" & FOR EMOTIONAL CLARITY & CARE.





## BONUS SECTION: DAILY AFFIRMATIONS

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START EACH DAY WITH THESE AFFIRMATIONS TO REINFORCE YOUR FEMININE ENERGY & SET A POSITIVE TONE FOR YOUR LIFE:

"I AM A HIGH-VALUE WOMAN DESERVING OF CHERISHING & COMMITTED LOVE."

"I PROTECT MY HEART. EMBRACE & ANCHOR MY FEMININE EVERY DAY."

"I CHOOSE TO ATTRACT RELATIONSHIPS THAT UPLIFT & HONOR ME."

"I DISTRACT MYSELF DAILY WITH FEELING GOOD, NOTICING & APPRECIATING ALL THE BEAUTY & WONDER IN MY LIFE."



### DAILY COMMIT TO DOING THESE THINGS:

- RENEW YOUR MIND DAILY.
- REFUSE NEGATIVITY IN YOUR OWN MIND, AND IN CONVERSATION.
- DON'T LET PAST WOUNDS SABOTAGE YOUR FUTURE.

### CALL-TO-ACTION

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### READY FOR A DEEPER TRANSFORMATION?

FOR PERSONALIZED COACHING OR TO JOIN OUR HIGH-VALUE COMMUNITY:

EMAIL: [ELLE@ELLEPRESCRIPTION.COM](mailto:ELLE@ELLEPRESCRIPTION.COM)

DM ME ON INSTAGRAM [@THEELLEPRESCRIPTION](https://www.instagram.com/theelleprescription) .