

# ***3 Keys To Attract The Man You Want***



***Helena Hart Coaching***

[www.HelenaHartCoaching.com](http://www.HelenaHartCoaching.com)



Hi, this is Helena, and I'm so happy you found me. I'm here to help you attract the right kind of man into your life – whether it's the man you're already with, or someone you're about to meet.

As a Certified Life and Relationship Coach with a master's degree in Psychology – and a Master Coach Teacher for Rori Raye – I understand the challenges of balancing the masculine energies I use in work with the feminine energies necessary for success in dating and relationships.

**I want to turn you into a MAGNET for men!**

*Love is all around us* – and even though we say we'd give anything to have it – most of us are constantly and unconsciously pushing it away.

**No matter how much we think we know about men and relationships, we're all held back in love by our past training.** We all have specific “systems” in place that chain us to our old patterns and old results.

I want to help you take away all the things that are blocking love from coming towards you, and then give you the tools that will magnetize men to you and make it so they can't get enough of you!

# **3 KEYS TO ATTRACT** **THE MAN YOU WANT**

## ***Key #1: Switch Your Perception***



If you're looking for advice on how to attract the man you want, you're likely putting him on a pedestal in your mind.

We've all done this at some point – because somewhere inside of us, we want to be “star struck” by a man. We want him to be gorgeous and powerful and have all sorts of other external qualities that end up creating a feeling of LONGING in us.

**I want to switch your perception around on this entirely.** The reality is – being star struck by a man is never going to work for you.

Even if you did manage to “land” a man like this – putting a man on a pedestal and constantly trying to “win” his love is going to end up being a miserable life for you.

**What you want is for your man – and EVERY man – to be star struck by YOU!**

Start by imagining what that would feel like. Imagine YOURSELF on that pedestal – a total goddess radiating beauty and light *just by being who you are.*

There are hundreds of men around you – they're all looking up at you, trying to get your attention, trying to get close to you and love you.

How does that feel? It's a very different feeling than trying to "get" one man to give you his attention and love, isn't it?

*This is the feeling you want to get into every cell of your body.*



**The truth is that you ARE a goddess with a true inner light that's ALREADY inside you** – there may just be layers of defenses that you've built up around you that are covering this light up.

These defenses may have served to protect you from harm earlier in life, but now these same defenses are blocking love from coming towards you and pushing men away – *and ultimately making you LESS attractive.*

**I'm here to help you take down these layers** that are covering up your inner light and blocking love from coming towards you – step by step – in a way that's so much easier than you've ever imagined!

Once you've taken away all the things that are blocking love from coming toward you and making you less attractive – you may feel like you're just standing there, stripped down of all those defenses you've worked so hard to build up around you your whole life.

*AND – that's exactly where you want to be!* If it feels scary or unnatural to you at first, you know you're on the right track!

## ***Key #2: Get Out Of “Convincing Mode”***



One of the worst things you can do when you're trying to attract the man you want is try to "convince" him of what a great catch you are.

**Telling a man all the reasons why you're a great catch will do the OPPOSITE of attract him** – *it will make you LESS attractive and push him away!*

Think of it this way – if you were a goddess up on that pedestal (and you ARE!), shining your light and attracting every man around you, you wouldn't need to say or do ANYTHING to convince a man that you're a great catch.

They would already know how amazing you are – *no convincing would be needed.*

**I also want you to stop EXPLAINING yourself to men** – you'll be surprised how often you're doing this once you start paying attention to it!

**Anything that sounds like convincing or explaining comes across as insecure, needy, and desperate to a man.**

Even if you're very carefully trying to sound like you're not in "convincing mode" – the INTENTION behind what you're saying will come out in your energy. *It's ALL in your vibe.*

For example, if you're feeling the need to let a man know that you're a "hot commodity" by telling him (or even just *hinting*) that other men are constantly hitting on you – he'll be able to pick up on the fact that *this is all about him.*



You're trying to CONVINCHE him that you're a great catch – and all a man hears when you're in "convincing mode" is NEEDINESS and DESPERATION – two major attraction killers.

So before you say anything to him you want to ask yourself, "What am I hoping will happen?" If the answer to that question sounds anything like, "I'm hoping he'll realize what a great catch I am!" – STOP.

*Put yourself back up on that pedestal.*

**True Man-Magnets don't need to do or say ANYTHING to attract a man – men are simply drawn to their inner light, *because of their confidence in WHO they are.***

This is just one example of the MANY things you can STOP doing that's blocking love from coming towards you and making you less attractive.

To discover what else you may be doing that's pushing a man away – and learn how to quickly turn it around to bring him closer than ever – check out my eBook, *“Attract The Man You Want.”*



## ***Key #3: Slow Down The Tempo Of Every Moment***



So many of us women are rushing through our days, just “going through the motions” and living our lives on autopilot.

**True Man-Magnets know how to slow the tempo of every moment down, so they can actually *experience* it while it's happening.**

When you start slowing everything down, you'll start to notice the man you want – and ALL men – *become mesmerized by you.*

Start by slowing down your movements, the tempo of your voice, and entire conversations.

*The idea is to get INSIDE of every moment.*

When you're talking to a man, you want to actually EXPERIENCE his words and his eyes, FEEL the air on your skin, and really TAKE IN everything around you.

**All of this will make you much more sensual and tactile.**

*It gives him a moment to breathe.*

Men feel turned off when we're moving too fast – they worry that we're always trying to take them somewhere.



Even if we're trying to NOT come across that way – they can pick up on that vibe in our eyes and in our energy field.

If you can lean back and slow down the tempo of every moment – *he will feel safe to take over* – which is exactly what you want him to do!

**Once you start slowing down and getting inside of every moment, men won't be able to get enough of you – *they'll want to experience more and more moments WITH you!***

This is just one example of the MANY things you can do to magnetize men and draw them into you!

If you REALLY want to captivate a man, connect with his heart, and build the kind of deep attraction that inspires his love, affection, and commitment – check out my eBook, *“Attract The Man You Want.”*

**“Attract The Man You Want” is a 79-page eBook PLUS over 90 minutes of audio recordings that will teach you...**

♥ The Dynamics Of Attraction And What Makes A Man Fall In Love

♥ How To Uncover Your Inner "Man-Magnet" To Attract High Quality Men (Or *Get MORE Love* From The Man You're Already With)

♥ Specific, Step-By-Step Tools That Will *Shift Your Vibe* And Make A Man ADDICTED To You

♥ How To Dramatically Increase Your Value In A Man's Eyes

♥ What To Do When A Man Withdraws To Get Him Moving *Towards You* Again

♥ How To Connect With A Man's Heart And *Build Intimacy* Every Moment You're With Him

♥ How To Create A *Sense Of Safety* With A Man So He WANTS To Open Up To You

♥ Specific Tools To Help You Get Out Of Obsession, Desperation, And Neediness In Dating And Relationships

♥ How To Handle Conflict In A Way That *Brings A Man CLOSER To You*

♥ How To Keep A Man's Energy Coming *Towards You* Throughout The Entire Relationship

**[Click here](#) to get the *"Attract The Man You Want"* eBook PLUS audio recordings at the special sale price!**



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