

# The Feminine Art Of

# *Attraction*



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**Overcome The Energetic Disconnect  
With Men And Money  
So You Can Attract The  
Love And Abundance You Desire!**

# Module #1 Preview

## The Universe Is On Your Side And WANTS You To Have What You Desire

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Welcome to the special preview of one of the concepts from the first module of The Feminine Art Of Attraction Program. This is Helena Hart and Leigha Lake and we're so excited you're here reading this material on how to use your feminine



energy to attract the life and love you've always dreamed of! Our intention for you is to become aware of how truly powerful you are as a woman to attract everything you want TO you. We've both experienced firsthand how much easier it is to attract and create the life of our dreams when we're living from our feminine energy, instead of constantly trying to "make things happen" with our very capable masculine energy. We can say that we're truly living the life of our dreams now (and it didn't always use to be that way!).

As far as we know, no one is teaching women “How To Attract Everything You Want Using Your Feminine Energy” and we know it’s too good NOT to start teaching women exactly how to do this! When you learn how to harness your feminine energy, you get into the flow of life. The universe IS peace, flow, love, harmony, grace and ease – and when we learn how to be, feel, trust, allow, express, receive and respond to life (all feminine-energy qualities), we quickly attract all the things we desire, in the easiest way possible!

Your Feminine Energy is the recipe for manifesting the life of your dreams. In each module we’re going to be focusing on different aspects of your Feminine Energy, and give you specific tools to tap into it and USE it to attract everything you want. We want to start out by saying that if you have a desire for something more in your life, not only are you *automatically worthy* of it, there’s a REASON why you have this desire.

If you’re here you’ve probably already experienced how being in your Feminine Energy attracts the right kind of men and does wonders for your love life, and we’ve really seen how LIVING from your Feminine Energy works across the board to attract all kinds of things in life – success, money, happiness, more love, and the right people and opportunities. So we wanted to come up with a step-by-step system to show you exactly how to do this.

The first step is Recognizing That Everything You Need Or Desire Is Already Here (within yourself and in your environment). Here's a clear example – let's say what you want is more financial success. Where we typically get hung up in our lives is not knowing exactly HOW this is going to happen. We tend to think that if we want more money, we need to go out and somehow “get” it. It's similar to dating – we tend to think that if we want to find love, we have to go out and find it or “earn” it somewhere outside of ourselves.

We're here to tell you that whatever you desire is ALREADY in your environment in some capacity. Everything is energy – it exists all at once and cannot be created or destroyed. This means the ideas you need to propel you forward in life are already here, the relationship of your dreams is already here, and the money you desire is already here now. This is because all energy exists at the same time.

It's so important to consistently view the universe as abundant so you can attract everything you want – quicker and more effortlessly than ever before. The first thing we want to go over is how you already know how to attract what you want TO you. You actually do this all day long with the things you believe you can easily have. Once you have the awareness that you already do this every day, you can never lose this awareness. It's like riding a bike or learning how to swim. No one can actually teach you how to ride a bike or how to float – you have to get on

the bike and become aware of how to balance. Same with floating in water – you become aware of how to float by DOING it. It’s just like riding a bike – you can go years without getting on a bike and get on one as if no time had passed at all. It’s similar to swimming, you never become “unaware” of knowing how to swim.

The most important thing that’s helped us stay in the flow of love and abundance is connecting to our inner guidance and trusting that we’re always taken care of. This “vibe” is what keeps our desires coming TO us. If we know we’re always going to be taken care of, we’ll keep attracting those things that assist us in *feeling* taken care of. We have a choice to view the things that are showing up in our lives as something that’s happening TO us, or something we’re *attracting* on some level. While no one knows enough about the universe to say for sure whether or not we attract every single thing in our lives – it gives us WAY more power to act from this place, rather than believe that things are just happening TO us (which takes away all of our power).

On the next page, we’re going to share one of the concepts from the first module in The Feminine Art Of Attraction. Although this isn’t the entire PDF for Module 1, this is an extremely powerful concept that’s crucial to understand if you’re looking to attract the love of your life, drastically improve the relationship you’re in, or attract the success and abundance you want and deserve. Enjoy!

## Conscious Creation

For the most part society trains us that in order to achieve what we want in our lives, we have to engage in a sequence of actions – a process that will yield

that result. Therefore, it can be easy to think that if you want to have a certain result, you have to engage in the process of FORCING things to go a certain way to get there. For example, let's say you want meet the man of your dreams.

Most people would tell you that the best way to do that is to get out there and meet people, online date, or have your

friends set you up. So you think that the way to meet the man of your dreams is to do those things. Or if you want to make a lot of money you have to “work hard” and make a lot of sacrifices in other areas of your life.



This isn't necessarily “wrong” because that's the *process through which* it can happen for you, but the result that you want is not created DIRECTLY by doing those things. That may seem strange, but it's actually not. I'm sure you know a lot of people who work very hard but don't make or have a lot of money, or

people who put a lot of effort into finding a great relationship and they haven't had much success. The prime source, the provisional causation of you getting the



relationship of your dreams or the success or happiness you desire is not all of those actions and steps in and of themselves – rather, *it's your*

*consciousness*. It's a choice you make. Your

consciousness makes a choice and decides, "I choose

to have the relationship of my dreams..." or "I choose to be successful..." – THEN you respond and take action.

One of the steps you may take is to put up a profile on an online dating site. If you've made that choice – if your consciousness has chosen the experience of having a great relationship – you'll then start dating, and dating is the *mechanism or vehicle through which* that man will come into your life. But dating itself is not the original cause. The cause of it – the original thing that puts this whole process in motion – is a choice by your CONSCIOUSNESS.

If you don't make that proper choice in consciousness, you can get very hung up on trying to manipulate and control the circumstances and mechanisms through which the right man will find you in order to try to force a result. In this case, if you hadn't made the choice to have lots of love in your life (or lots of

money, happiness, or adventure), no matter what actions you took, you wouldn't succeed no matter how hard you tried.

The universe wouldn't work with you, and no matter what you did you wouldn't be able to have the relationship of your dreams (or whatever it is you desire). Or you might be able to have it for a short time, but it wouldn't last. Why? Because the ego – the part of us that controls and manipulates certain circumstances and events in our external world – CAN'T force a certain result. The ego can only THINK it can, so society trains us that we have to go out and manipulate our external reality. By that logic, in dating we'd have to manipulate the way a man sees us and force things to happen in certain ways in order to get the result we want. Or we'd have to work really hard and “push” or force things to go the way we think they should go in business in order to be successful.

That isn't how it actually works – in fact, it's just the opposite! For example, when it comes to the process of finding the man of your dreams – you make a choice and in that moment *that love is GUARANTEED to you* (or the success or happiness you desire is guaranteed to you) – you're AUTOMATICALLY worthy of it. You then RESPOND by taking action in the world – and then through circumstances and means that may be beyond your ability to understand in that moment – the right man for you will show up in your life and come towards you!

The universe is much smarter than us and much more powerful than us. If we haven't made that proper choice in consciousness, things usually won't work out the way we hoped they would. At the same time, you DO need to take inspired action and respond to what your intuition

is telling you – but you have to do so *without attachment to the result*. If you think your life has to go a certain way – such as “needing” to be married by a



certain age (or needing to make a certain amount of money by a certain date) – that creates an attachment to the result, and it shuts down your ability to create success. It also creates a huge amount of URGENCY, which makes you less attractive and pushes masculine-energy men away (or blocks money and success from coming towards you easily).

What you want to do instead is work towards living fully in the moment. Go on as many dates as possible, absolutely – NOT to strategically try to find your Mr. Right – but to practice being fully in the moment and being completely without attachment to the outcome or the result. If you can do that, you're doing your part – you're surrendering control, you're making your choice, you're *responding* – but you're NOT trying to control or manipulate events and circumstances in your love

life. If you can do that, there will be twists and turns that will surprise and amaze you, and wonderful things will start to happen!

Here's an analogy that demonstrates this: Let's say that you want to have a pizza delivered to your home. We all know that the way you do that is to call a local pizza place and make an order, and then someone drives to your house and delivers it to you. Now, what's the original causation – what's the true cause of you getting that pizza? *It's the phone call* – and the mechanism by which the pizza is delivered to your home is the person in the car who drives it over to you. If you confuse those two, you're going to have a very hard time getting the pizza.

If you mistakenly assume that the original cause of the pizza coming to your home is because someone in a car drives it to you, then instead of calling the pizza place when you're hungry, you're probably going to go out in your neighborhood and walk around until you see someone in a pizza delivery car. Then you're going to try to flag him down and get his attention – and perhaps bribe him or threaten him or otherwise try to *convince* him to give you the pizza.

Now that seems ridiculous, right? That wouldn't work, because we know that the original cause – the way you get that pizza delivered – is by calling the pizza place. But the way we've been trained to live our lives is exactly like trying to run around and flag down a pizza delivery guy when we're hungry. That's trying

to control the circumstance through which it manifests, *rather than addressing the original cause.*

In your past you may have tried to “flag a man down” and MAKE him feel attracted to you and love you – and if you’ve ever tried that you know it doesn’t



work. When it comes to attracting love and everything else in our lives, the original cause is our CONSCIOUSNESS. It’s our interaction with the universe *according to our belief systems.* So if we’re able to make that proper choice – if we have a clear intention and we’ve released our attachment to the result – our consciousness will

choose that experience and the universe will bring it to us through whatever means that make the most sense.

Society trains us to do just the opposite – it tells us that we have to manipulate and control the means through which love and other good things show up in our lives. As you’ve probably experienced, trying to “make something happen” in your love life will only make you miserable and shut down your ability to attract what you really want! If you’re new to this, don’t be surprised if you find it a little confusing. This is very advanced and very subtle, but it’s important to recognize it because it’s extremely powerful.

If you have belief systems that tell you that you have to be attached to some sort of result or manipulate and control circumstances in order to get what you want – or that it's not safe to fully FEEL or be in the moment – you're going to have a more difficult time with this. But if you can start applying these principles, you'll start to see some incredible things happen in your life! So instead of trying to force things to happen, in this program we're going to focus on *shifting your vibe* and RECEIVING so you can attract everything you want. That's what the information, exercises, visualizations and in-depth tools in The Feminine Art Of Attraction will do for you!

This was just part of the PDF for Module 1 of the program, we hope it helped give you some clarity on why you currently may not be easily attracting what you want in life and love. Fortunately, shifting your energy and beliefs to attract everything you desire can actually be easy and fun! All 6 modules of the program include introductory videos, comprehensive PDF's, and audio recordings that take you through each tool in detail and explain exactly HOW to do this so you can attract the love and abundance you want and deserve.

**[Click here to learn more about The Feminine Art Of Attraction!](#)**