Moonlight Intensive: The Art & Science of Feminine Energy
Conflict & Masculine Energy

Examples from the Facebook archives:

“I just emailed him and said thanks for meeting me last week. I asked him what was more important that he had to cancel at such short notice because I don’t want to play games! I’m not going to settle and be at some guy’s beck and call! My mom’s death taught me life is too darn short and I’m not settling for less. It is definitely his loss!”

“I’ve been hurt before, so I want to be with a guy I can trust.”

“I have sort of a crazy family. My brother is in jail and I’m taking antidepressants to get through it.”

When you are in your masculine energy or an energy that is needy, it leaks through thoughts and words you may use.

MASCULINE ENERGY POINT OF VIEW:

• Condemning and persecuting
• You are a threat to my safety
• Your loss
• I must protect myself
• I must save face at all costs
• People only listen to me/like me if there is a benefit
• All good things are bad for you
• Don’t screw with me
• I don’t play games
• My worth is based on what I achieve
• Black and white – no gray
• I’ll forgive you if you earn it, but I won’t let it go
• My actions are justified – it’s your fault.

VICTIM ENERGY POINT OF VIEW:

• Why bother, nothing changes
• Life is sad and full of pain
• I should have never done that
• I still feel sad when I think about that
• I will always regret that

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When you come from a place of victim energy or masculine energy, this is what men hear:

**VICTIM ENERGY:** It’s going to be my job to save her and prove her wrong. I can save her, OR I could never save her. I don’t want to hurt her, she couldn’t take it. She has lots of old drama – too much for me.

**CONFLICT ENERGY:** She’s too intense, too negative, too hard to please. Whatever I do she won’t trust me. It would be impossible to make her happy so she’s not for me. She holds grudges, she’s harsh, she’s intense, she’s used to being screwed. Yikes, I bet she’s bitter.

Men are ruling out rather than in, and any one of these things can make a man rule you out before he has a chance to put it into context. You will not be able to get or keep a man if you bring this energy to your dates and relationships.

**Solutions — The Power of Language**

Words are energy, so in order to live in your potential you must be aware of the words you choose and the intention behind what you say. This intention is what gives meaning and context to your words.

Because the Universe, as well as your body, responds to requests and the words you use on a literal level, you need to be aware of how you ask for something. Using catabolic words/thoughts are like magnets in attracting exactly what it is you don’t want.

Example:

- His Loss.

Make sure all your language is positive, in the now, and is based on already having what you desire.

Examples:

- I didn’t like that guy vs. I could have liked him a lot more.
- He made me sick to my stomach vs. I could have felt better when I was with him.
The Energy of Communication

There is energy in the messages of the words we use and body language. This energy impacts your ability to get what you want, and to inspire effectively. When you are dating or in a relationship you want to inspire the person you are with to want to be with you, and to dig your energy.

No Combat Communication — 3 Steps

1. **Acknowledge and Validate.**
   “It sounds like you’re really sad right now. This must be hard for you.”

2. **State Your Need.**
   “I need you to know/understand how much I love you.”

3. **Create the Win/Win**
   “What could I do that would make you feel supported?”
   “How could we work it out so that... ?”

   Total Message: Talk to me like you LIKE me.

Common Communication Challenges

1. If I get too involved, I will be responsible for you. I don’t want you to expect me to help you. I am not going to fix you – it’s your problem.

   This approach pushes men away because it’s counter-intuitive to feminine energy. Here is an alternative that enables you to have appropriate boundaries AND be in your feminine:

   - “How can I support you?” vs. “How can I help you?”

2. Telling him that you are pissed and didn’t like something that he did. You did this and it made me mad. I hate it when you do that to me.

   This, again, is conflict-based and will put the man on the defensive. It sends the message that you have to protect, and need to be right. These are all things that make men run. Here is an alternative that enables you to express your feelings without accusing him:

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• “When you.... I experienced you as.... “

• Tell him what happened: “My take away was....” Or, “What I learned was....”

3. **Bossiness.** Men need a lover, not a mother. The challenge is that if you need to be right, or you want to help a man, you tell him what he “should” do. This takes him off his alpha-game.

• Use “could” vs. “should.”

4. **Give up the need to be right.** Both sides are true. Use “AND,” instead of, “BUT.” When you say “but” you completely discount whatever has been said. “And” holds the possibility that both things are true.

• Use “and” vs. “but.”

  o **Shifting gears:** “I don’t need you to see this exactly as I do, but I do need you to hear where I am coming from.

  o **Taking responsibility:** “I can see that my anger has been destructive and that I’ve really hurt you.”

  o **Getting clarification:** “I can absolutely see why you’d be annoyed with me, but can you give me some sign that we’re still friends?”
General Tips to Be in Your Feminine

1. **Know what you are not.** You are not a man, and because of the Law of Polarity, a masculine man will not be attracted to a woman who comes from a place of masculine/conflict energy. In order to magnetize the man you want, not the men you get, you must learn to be in your feminine. Joyful receiving is a big piece of being in your feminine. Practice joyful receiving to ensure polarity.

2. **Focus on what’s in it for others.** Men and women do approach life in different ways. While men are single-mindedly focused on meeting linear goals, women are building bridges that may serve them in the future. When engaging with men, build bridges.

3. **Feminine energy** is driven by five primary attributes that can be boiled down to the following: self-awareness, happiness, emotional and physical recovery, engagement, and reciprocity and recognition. These attributes are based on the feminine core need to help other people with whom they interact grow, to tolerate change in people and to create real impact, including personal renewal and internal joy. When you bring this energy and core belief system to dating and relationships, you will be able to create opportunities for intimacy, partnership, and lasting love.

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