

Intentional Polarity:

*Learn Forgotten Feminine Secrets To
Demystify Ghosting, Date Without Fear, & Get
Chosen By The Man Of Your Dreams*



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Table of Contents

Ready For A Strategy?	3
What Intentional Polarity Can Do For You (Get Excited!) Fun, Effortless, and Efficient Dating	4 5
Intentional Polarity Worked For Me & Can For You Too	6
Attract Instead Of Chase	8
Quiz: Do You Chase Men?	9
Problems With Chasing	11
How To Attract: Do "Nothing"	13
Here's What Attraction Looks Like In Dating	14
Here's What Attractive Dating Will Do For You	16
Lean Back Instead Of Stress	18
What Is Vetting?	19
The Vetting Mindset	19
What Vetting Looks Like	21
Is He Mr. Right? How To Know For SURE	24
Awaken Your Feminine Energy	28
Intentional Polarity Awakens Your Feminine Energy	30
Your Feminine Energy Is As Real & Powerful As Your Smile	31
Has Your Feminine Energy Suffered From This Modern Tragedy?	33
Intentional Polarity Awakens Feminine Energy In 3 Ways:	35
#1 Identify and release your limiting beliefs and blockages	35
#2 Embody new beliefs to ALIGN your actions with them	36
#3 Discover the Beauty of Masculine-Feminine Dynamics	38
An Intentional Polarity Love Story	40
So What's Next In Your Story?	43

Ready For A Strategy?

A forgotten, secret “Old Fashioned” approach to dating has been rediscovered and updated for modern women...

There’s a new and different way for you to find lasting love from your Mr. Right...

...a high quality man who’s head over heels for you...

... and who wants to *make you his own* for a life of blissful love together.

Sometimes “what’s OLD is GOLD.”

And powerful secrets from “Old Fashioned” dating have been rediscovered for women in the modern dating world:

- It's not about a new app (there's enough already!)
- It's not about tricks or manipulation (yuck!)
- And it's not about anything that requires you to change yourself or do things that make you feel fake (who wants that?!)

It's about a new and completely different holistic strategy to finding your dream man called Intentional Polarity...

...and it's easier than anything you've heard of or experienced in the dating scene today.

It absolutely doesn't matter where you're at in your career or life, your dating experience, or even if you feel that all the good men are taken (hint: they're not!)

Intentional Polarity works for *every* woman, *everywhere*, whether you use online dating apps or not, or live in a big city or not.

What Intentional Polarity Can Do For You (Get Excited!)

The power of Intentional Polarity comes from becoming aware of the beautiful polarity relationship between masculinity and femininity, and leaning into these powerful natural energies.

You'll begin aligning with your natural feminine energy which naturally activates the reciprocal energy in men.

This alignment has very specific and practical effects in your dating life.

- Improve your potential with any man before you even meet him.
- Get losers and dead-ends to automatically run the other way from you, without any decisions, stress, or heartache for you.
- Quickly reveal who men really are, so you never have to guess.

- Protect you from heartache and emotional overinvestment at the same time as it makes you more attractive to men.
- Call out the best in high quality men and get them chasing you!

You'll await your Mr. Right with total confidence and peace as Intentional Polarity helps him FIND YOU and sweep you off your feet (and even open the door for you)!

Fun, Effortless, and Efficient Dating

Plus, unlike some dating approaches out there, you don't have to date like a heartless employer looking for an employee that checks off all the boxes... no thanks!

In fact, Intentional Polarity is the complete opposite:

Instead of trying to find your Man by doing more and more and more, Intentional Polarity shows you the fastest way to find him is by doing *less*.

As you'll see, it's precisely by doing *less* that you clear losers out of the way and finally give your Mr. Right the space to find you and let him prove himself to you (high quality men love this!!)

Best part of all, you don't have to compromise your values or “settle” for an unworthy man.

And you can regain a positive, hopeful, and confident vision of your dating journey starting today (even if you don't "feel attractive" or have had a string of months or years of unsuccessful dating).

How does Intentional Polarity work?

You'll see in a minute, but first I'll give you a quick look at my relationship journey, and how Intentional Polarity worked for me.

Intentional Polarity Worked For Me And Can Work For You Too

Hi! My name is Leila Tomasone, the love and relationship mentor for modern single women who are ready to do what works to find life-long love.

At age 37 I was divorced, had two daughters, worked full-time, and was studying for my MBA. I was reeling from 12 years in a destructive marriage and knew I had to pull myself out of a deep hole.

I was so unhappy with modern dating as I sought new love that I plunged deep into studying and testing everything I could find about better relationships... and developed Intentional Polarity as I found my Mr. Right (Derek) just over a year later. Now I'm happier than I ever could have dreamed...

I've introduced Intentional Polarity to hundreds of women, and they've experienced a complete transformation in their dating life... from exhausted and frustrated all the way to a blissful life of love with their Man.



So, if you want the easiest way to avoid losers, attract high quality men, and find your perfectly-matched Mr. Right who wants YOU for a life of blissful love, you want to pay close attention to what I'm about to share with you...

Intentional Polarity Strategy Part #1 of 3

Attract Instead Of Chase

The Intentional Polarity strategy to dating starts with a powerful secret to get immediate benefits in your dating life.

With this secret, you...

- *Automatically* screen out losers (without you even needing to know who's a loser and who's not).
- Attract more high quality men.
- *Automatically draw out the very best* in high quality men.
- Find your Mr. Right *faster* by doing *less*.
- And have so much more FUN dating!

You can start using this secret right now in under 1 second, and it takes no skill or experience at all.

Want me to let you in on this forgotten secret?

Here it is: Don't chase men.

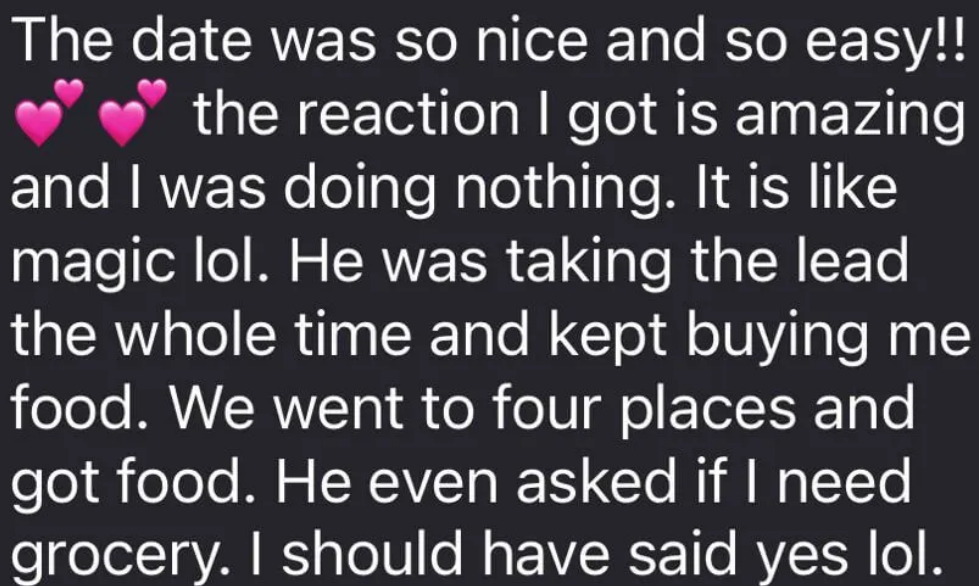
It's that easy.

But it's also tricky...

...because if you're like I was, and like almost every woman I mentor, you don't realize you ARE chasing, which makes it impossible to stop.

Before I give you a little quiz to help you determine if you chase men, let me give you a teaser for what's in store for you if you recognize patterns of chasing and learn to attract instead?

This is from a mentee showing what it felt like when she first tried to stop chasing:



The date was so nice and so easy!!
💕💕 the reaction I got is amazing
and I was doing nothing. It is like
magic lol. He was taking the lead
the whole time and kept buying me
food. We went to four places and
got food. He even asked if I need
grocery. I should have said yes lol.

Quiz: Do You Chase Men?

It can take some time to see your behavior in a new way and to stop an unconscious, ingrained pattern. So slow down and take a few moments as you reflect on your behavior using the following quiz.

For a few examples of chasing, ask yourself if you've ever done any of these?

- Driving the conversation
- Initiating dates
- Trying again with men who've ghosted you

- Double texting
- Trying to impress him, entertain him, or keep him interested
- Setting the agenda of conversation
- Suppressing your true feelings, needs, or desires because of how you guess he'll respond
- Giving way too much detail or gushing in response to questions
- Escalating physically prematurely, or compromising your standards
- Overthinking responses to questions or texts
- Trying to outsmart him or making clever plans to move the relationship forward

My guess is that you see yourself in some of these...

And you might be thinking "Well, if I'm not supposed to do any of this, what the heck else is there to even do?"

If you're reacting this way, you're *deep* into a "chasing" mindset like a fish in water...

And I'm here to tell you Intentional Polarity holds SO MUCH MORE for you than you can even imagine. Just wait!

But before we get there, you *really* need to understand the next section. (Sorry if it hurts!)

Problems With Chasing

Chasing Hides Your Attractiveness, and Drives Away High Quality Men

Look at the man's unconscious perspective when you chase him: "She's reaching out to me, pushing me to move, prodding me to take things to the next level. *It must be because she doesn't think she's worthy enough for me to want to pursue her.*"

That might have hurt. I'm sorry! But that's really the signal chasing sends men.

Now you might be thinking, "How is this fair? Why can't I initiate if he's being slow?"

All I can say is sorry babe, I don't make the rules! I just teach what *works* to find a *high quality man*. I don't want you to suffer from getting ghosted by unintentionally turning him off.

Chasing Makes You A Target For Losers

But look closer at what really happens when a man is being too slow for you and you decide to take charge... it might not end up how you want:

When you stop and think about it, you'll see that Mr. Right will not be found at the end of a chase.

Because chasing only gets you losers looking for a mommy to take care of them.

Let me ask you:

Is the Mr. Right that you dream of a man that *would need you to chase him and convince him* that you're the one he should accept for life-long love?

Are you looking for a man to say "Ok... sure, I guess you've convinced me."?

Do you want a man who waits for YOU to propose to HIM?

If not, why start a relationship out on that foot—with you doing all the initiating? Do you expect the chasing dynamic will magically reverse some time in the future? It won't happen.

And how would you feel months and years down the road if you did chase and convince him? Would you be afraid he's not really in it for the long-haul, or that he might wonder whether he could've "done better"?

If you want an initiative-taking, decisive, and masculine man, chasing will never work to find him.

So what to do instead of chasing? Now things get fun!

How To Attract: Do "Nothing"

Huh?!?!

Here's how the conversation with many mentees goes at this point:

Mentee: Ok Leila, I see now I might be chasing men, so what do I do to attract instead?

Leila: You don't do anything.

Mentee: What do you mean?

Leila: Just stop chasing.

Mentee: Surely there's SOMETHING I can do instead?

Leila: Nope.

Mentee: That doesn't make any sense. You want me to switch from chasing to attracting, right?

Leila: Not exactly.

Mentee: I'm not getting it.

Leila: Attracting is not a different thing to DO *instead of chasing*. Attracting is BEING. You're already attractive to men because you ARE a woman, so if you're growing in connection with your feminine energy you're right where you need to be. If you want to think about "doing" things, don't think about men. It might include some inner work and healing which we'll talk about, but it mainly means doing

things that make you feel MORE yourself, and more connected with your feminine energy, more embodied with yourself.

Mentee: Ok like what?

Leila: If that's more time on your hair in the mornings, do it. If it's making art, do that. Yoga, reading, coffee with friends, old hobbies and interests to pick back up, volunteering, whatever. Just enjoy yourself! If you're doing anything to try to impress or please a man, you've missed it and turned back to chasing. Men will be more attracted to you the more you aren't concerned about attracting them. Just be yourself, feel what you feel, live in the moment, and enjoy your life. They'll LOVE it!

Here's What Attraction Looks Like In Dating

With Intentional Polarity, here's what dating looks like instead of chasing:

- Being happy, smiling, warm, and at ease
- Being busy enjoying your life whether he takes 3 minutes to text back or 3 days
- Feeling at peace when a man *deselects himself* from a chance to win your heart (it's his loss!)

- Leaning back and observing during conversations since *you know he is the one auditioning for a place in your life* (much more on "auditioning" in a minute)
- Noticing what agenda HE is setting for conversation
- Being in touch with how he's making you feel
- Feeling at ease with positive *and* negative emotions, expressing your needs and desires honestly in the moment
- Feeling playful and laughing, having fun with banter, mystery, and *tingling tension between you*
- Expressing desires and requests (like "I'd like to be picked up") without expectation, and enjoying letting him meet them (this *makes you MORE exciting to a man* than trying to be "impressive" or "entertaining")
- *Generously* expressing gratitude and excitement when receiving his attention, initiative, or gifts (this is like food to a man's soul)
- Revealing your preferred sexual boundaries and standards and holding to them with total security
- Feeling what's true for you, regardless of his mood
- Being pleased and ready when *he moves the relationship* towards marriage

Sound's **awesome**, doesn't it?

But can you imagine a loser man putting up with this?

He wants *you* to do all the work, he wants you to *put on a show for him* (until he gets bored).

So this "attractive," leaned-back posture feels like a wall that's a million miles tall he has ZERO interest in climbing, and he won't be bothering you any more once he gets one whiff of it.

And here's why the "Don't Chase" Feminine secret is so powerful: at the same time it *repels* lazy losers, it **ATTRACTS** masculine, energetic men looking for a woman who knows she's worth winning.

Here's What Attractive Dating Will Do For You

Check out this text from a mentee in Denmark showing attraction in action:



Isn't that amazing?!?! Look closely:

One loser out of the picture with lightning speed! Good riddance, she's not looking for a taxi driver!

And one high quality man shows himself and starts his chase!

Stone cold efficiency with losers AND hot romantic pursuit from a potential Mr. Right, all unlocked by a single, simple shift in strategy!

I love it!

Attracting instead of chasing says to a man, subconsciously: "There's a prize here. Come and see if you have what it takes to win!"

Masculine men are energized by a challenging goal so your attractive posture gives quality men a laser target to focus their competitive energy and efforts toward (they *love* this).

They'll want to WIN... YOU!

But then what?

The men that chase you might be in a class above the losers, and many might even be great and admirable men, but **which one is "The One" for you?**

How do you find *your* Mr. Right?

"Vetting" is how to find out, and it all starts with a simple and powerful strategy to shift your dating mindset I'll share with you in the next section.

Intentional Polarity Strategy Part #2 of 3

Lean Back Instead Of Stress


When you lean back in an attractive posture with men instead of chasing, you'll clear the losers out of your way and begin attracting high quality men looking for a woman to win for life-long love. But not every man who chases you is a man you'll be attracted to, let alone sweep you off your feet.

So now what?

You have a new (and good) problem on your hands: finding YOUR perfectly matched Mr. Right.

Here's where the revolutionary "Vetting" part of the Intentional Polarity strategy comes in...

Vetting turns the tables on typical dating and gives you a new, stress-free, heartache-free strategy to date and makes finding your Mr. Right effortless and even fun!



I'm excited for tomorrow's date because this is really FUN 😊

What Is Vetting?

Vetting means "to examine something or someone carefully to make certain that they are acceptable or suitable."

Now, I agree this doesn't sound very sexy or romantic, so let's spice it up a bit...

What I mean by vetting within the Intentional Polarity strategy is "leaning back and observing a man carefully to see if he's showing me he's truly the man of my dreams, and I'm the woman of his."

Don't get me wrong... there might be an occasion for a date just for fun.

But isn't dating primarily the way you're going to find The One?

It's best to make sure you're open and honest with yourself about this, so you don't get derailed from your true goal.

So if you're unclear about your own purpose in dating, clarify to yourself "**my purpose in dating is to vet men and find the man of my dreams**" because then you can be *strategic*, and eliminate wasted time, heartache, regret, and delaying your desires.

Once you're clear on your purpose in dating, here's the best strategy to put vetting into action:

The Vetting Mindset

You completely reframe your vision of what dating is by using a new, attractive mindset you learned above when we talked about chasing.

So here's what dating is now:

You're like a director who's trying to identify the star for your film.

Saying "yes" to a date is you *accepting a request from a man to audition for you...* it's you saying "Ok, I'll give you an opportunity to audition for a role in my life."

You're not begging for actors, or desperate to sign the first one that comes along. You're waiting for your star to show himself and prove he's the one for the role.

Here's what I mean:

In dating, you're simply leaning back and *giving him space* to convince YOU he's the one for you!

You're not trying to prove yourself, convince him, keep him, or please him enough for him to move forward. This is a recipe for 24/7 STRESS! No thanks!

He's auditioning for you, not the other way around. You're the prize! You're the goal!

Why is this so important to find life-long love?

Because a masculine man doesn't want you to *win him*, he longs to *win you*. He longs to truly *earn* your acceptance and approval.

He wants to be proud to show you off as the prize he's won by his own efforts.

So what does he need from you? Just two simple things:

1) Your attention. So turn off your busy mind, relax, & enjoy the audition.

2) Space to "show his stuff." So get out of the way, stay attractive and let him show himself.

And remember, you want lots of options to choose from, so you're not limiting yourself to one actor at a time (why should you commit to one before he signs on?)

Plus, a good director is not locked into overly specific must-haves for who could play a role. You're open to surprises.

Doesn't that sound fun? It is!

What Vetting Looks Like

Remember, directors just *let the actor reveal themselves* and evaluate afterwards if the performance has won the role.

So like a good director, with Intentional Polarity you vet men by simply observing his first audition (your first date) and ask yourself afterwards:

- How does he treat me?
- How does he make me feel?

- How attracted am I to him? (Don't be too quick with this one, because even awesome men can take a while to warm up.)

Those questions let ***him decide for you*** if he's earned a "Yes" for a second audition or not.

No need for stressing about what you need to say or do. He can request a second audition, or not. And then you consult yourself: Did he *make you want* to accept a second audition or not?

Either way is great, because you're not emotionally invested; you're just at peace in yourself, so declining a second date is easy: "I'm not available anymore."

But unless it's a super obvious "No," I recommend to women I mentor to just relax and enjoy the journey until *at least the third date* before setting aside some time to evaluate how things are going.

So after the third date, take some time for yourself to crystallize your experience with him to gain clarity.

Because by then, you have a good amount of information about him and his character, so you're asking yourself questions like this:

- How has he responded if he's bumped up against one of my boundaries, and I revealed it to him? Like "I don't do 'girlfriend'... I'm not exclusive until I have a ring on my

finger." (His response to your boundaries is a surefire way to discover his true colors, so you don't have to guess.)

- How has he reacted when I've revealed my standards? (Like, do you want him to pick you up? Do you want him to pay? Do you want him to open the door?) Is he energized by meeting my desires, or does he drag his feet?
- What actions is he taking toward me? Is he treating me how I want my husband to treat me?
- What does he talk about, where does he drive our conversations? (When you just let him speak, you'll see his heart quite clearly and quickly, because "Out of the overflow of the heart the mouth speaks.")
- How has your attraction to him developed or changed since you first met?
- How have you been doing at staying in attraction mode, leaning back, and being in your feminine energy? (So he has room to reveal his true self to you, and you can see him clearly.)

Notice vetting is not an active thing that you have to do.

You're not stressing about what your next move should be, or what you need to learn about him.

In fact, if you try to actively "figure him out," you'll end up getting a very distorted and inaccurate picture of his character, because he'll be responding to your questions as he

thinks you want him to answer instead of naturally revealing his true self.

In short, vetting is ***you calmly evaluating a performance from him.*** So after considering the questions above, how do you feel about him?

How does he measure up against your boundaries, standards, and requirements?

Has he *disqualified himself*, or is he still in the running for the role you are wanting to fill?

Do you want to continue to accept his attention or not?

Vetting is not "one and done," it's a continuous process of evaluation.

Is He Mr. Right? How To Know For SURE

Vetting turns you into your own perfect matchmaker because there's no guessing. No predicting. No blind hoping.

He's leading the whole time, and you just observe. So the only question you have is: "Is he leading me toward the life and relationship I want?"

The vetting strategy naturally reveals to you a man's true character and goals, because you actually see him in action, making or not making the effort to win your approval.

Vetting is the best "try before you buy" strategy for women.

As you attract men, go on dates, lean back, and hold your boundaries, some men will drop off naturally.

Some will gradually reveal they don't meet your standards, so you decline their requests for more of your time.

But as a relationship continues and progresses, you stay in touch with yourself and keep the previous questions in mind.

And you ask yourself, are you feeling "Yes," or "No?"

Or are you beginning to feel a "Hell Yes!"? (Which is where you want to be!)

Keeping a leaned-back, attractive energy ensures your relationship progresses in a healthy way and ***he's the one making the decision for you, with your acceptance.***

You just stay connected to your desires, maintain your standards and boundaries, express your desires and emotions, and respond to him in a generous, attractive way.

This keeps you, the *prize*, like you're a princess up at the top of a White Tower.

And it lets the man show *you* if he has what it takes to reach you at the top and make you his.

Let the vetting process play out all the way to the point you're at "Hell Yes!" And then, you just relish the journey *until he gets down on one knee* (because you know he's not messing around!)

And *when the ring is on your finger*, the dating phase of Intentional Polarity is done.

You've reached your goal. Or, better, your goal has reached you!



Engagement is also a new beginning. You and your very own, perfectly-matched Mr. Right are now set up for a rock-solid life of blissful love together...

Because even though you're "done" with Intentional Polarity dating, everything about yourself you discovered, awakened, and strengthened *has already begun building a great marriage with your man.*

The healthy, natural dynamics you've put in place in yourself and your relationship will make the fire of love between you burn stronger and stronger as you build your new life together and live *happily ever after.*

Now I want you to ask yourself: **"Is this the happy ending I want for my own story?"**^t

Intentional Polarity Strategy Part #3 of 3

Awaken Your Feminine Energy

If you can sense Intentional Polarity is not a superficial, gimmicky method for finding a man...

If you're scared or hesitant about the new patterns this strategy involves...

Or if you're wondering if you can really do this...

Then you're very perceptive and grasp both the power and depth of Intentional Polarity.

And in this third and final part of Intentional Polarity, you'll see how you can tap into a power you already have that will make all of this easy and feel completely natural.

But before we go on to part #3, let's regroup for a second:

Part #1 is to Attract instead of Chase.

Part #2 is to Vet Instead of Stress.

Notice how the Intentional Polarity strategy is centered on *you*.

It requires a close awareness of yourself and your desires, and noticing how a man is treating you and affecting you.

It also requires a kind of feminine confidence.

Without this confidence, without a secure sense of your worthiness of love, you might wonder things like...

- Will a high quality man really chase me?
- Am I worthy of a man who'll long to fulfill my desires, protect me, and care for me?
- Does any man really want to put in that much effort to win me?
- Could any man be proud to have me?
- Am I secure enough to be happy and content in myself while I peacefully search for my Mr. Right?

So in part #3 of the Intentional Polarity strategy you unlock your sense of worthiness and get in touch with your feminine energy. I call this “inner work.”

Even though this inner work is Part #3 in this guide, your feminine energy is the starting point for health in yourself, healthy dating, and a healthy marriage.

If this is an area where you need to grow, you can do this inner work to grow alongside dating. Practicing an attractive, leaned back approach in dating goes hand in hand with inner work. They help each other.

So how do you begin awakening your feminine energy?

You do this by 1) eliminating negative beliefs, and 2) building up positive beliefs.

This is not about *changing* you.

It's about clearing blockages that prevent you from being *fully yourself*.

It's like a detox, a cleansing of your beliefs, a deprogramming of negative thinking.

And then a building up of a positive understanding of your value as a woman and your unique value as your unique self.

To find your Mr. Right for the long term, you **MUST** restore and reconnect with your deep feminine self, which is the root of your confidence and innate attractiveness.

Once you do that, Attracting and Vetting feel easy and natural.

Intentional Polarity Awakens Your Feminine Energy

So how—fundamentally—does the Intentional Polarity approach help you find your Mr. Right?

Or more accurately, help your Mr. Right *find you*?

I've shared strategy details already, but now we get to the real *source* of success.

It's a deep, female power the modern world suppresses:
Femininity.

Or what I call Feminine ENERGY—something many women have been conditioned to ignore, dismiss, or even doubt exists. I'll explain in a minute exactly how this happens to you.

But first, you need to understand that feminine energy is your power to catch Mr. Right's eye and fan the flame of his desire for you no matter who you are or what your personality is...

From your first glance across a room, first swipe, first text...

...All the way through dating and beyond.

After all, YOU are what your Mr. Right is searching for, right?

Let that soak in: YOU are what your Mr. Right is searching for.

So how will he find you?

By letting your feminine energy shine, like a sparkling smile on your lips...

Your Feminine Energy Is As Real & Powerful As Your Smile

Feminine energy is not a "woo-woo," hocus-pocus idea.

It's a real power *you already possess...* and it's an *essential* part of finding your Mr. Right.

Here's proof:

Imagine you didn't smile when meeting a man or going on dates.

Your relationships wouldn't bloom. They'd stay chilly, and you'd end up lonelier than you've ever been, right?

But if you're like I used to be, you're not "smiling" with your deep femininity... you're not *radiating feminine energy that men long for* and will pursue with all their strength.

You might be smiling with your mouth, but your feminine energy is neutral (or frowning)!

And that's because you're *disconnected* from the feminine energy that lies deep within you.

If you're disconnected from your feminine energy, you'll quickly fall back into patterns of chasing, and stressfully trying to *prove your worthiness* to a man.

Which means you'll become a **magnet for losers**, you'll turn off high quality men, and you'll suffer from more "ghosting" (even when you thought things were going great).

But if you're *connected* with your feminine energy, you'll be able to stay comfortably in "attraction" mode, and draw high quality men towards you by shining out your feminine energy shining in a thousand ways:

In how you present yourself, in what you say and how you say it, in what you don't say, in your spontaneous reactions, in

your thoughts, in how you carry yourself, in how you treat yourself, and more.

If you struggle with insecurity in these areas, it's likely because you've lost connection with your innate feminine energy.

So with Intentional Polarity, you **re-awaken and reconnect with** your feminine energy so it can do what it does best: ATTRACT the best in men.

But before we look at this, you need to see what's happened to your feminine energy and why you're disconnected from it...

Has Your Feminine Energy Suffered From This Modern Tragedy?

There's a **secret tragedy** experienced by women who are successful in the professional world today... and it has *everything* to do with you and your dating life.

Life throws you into many roles (daughter, sister, friend, employee, boss, etc).

And despite what we all like to believe the fact is *you're not a product entirely of your own creation.*

All these roles affect you... sometimes just on the surface, and other times it's down deep.

You're influenced to be, to act, and to respond in certain ways.

This outside influence can be good, but it also has a dark side—it can influence you to *bury parts of yourself* that your circumstances and society don't value.

Modern society and corporate culture tends to value and reward masculine energy: competition, drive, ambition, action, decisiveness, and external success.

This is just the air we breathe in the modern world.

So you're under immense pressure to suppress your feminine energy.

Has your feminine energy gotten buried?

If you're like I was, you've adopted masculine values and energies from the world, and your feminine core has become *buried...*

You've lost touch with it, you've ignored it, and it's gone to sleep and become dormant. You've become unfamiliar with how it works, what it can do for you, and what it feels like.

And just think about it: if your femininity is buried, it's no wonder your dating and relationships become *confusing, frustrating, and prone to failure!*

And here's the reason:

Successful relationships grow from a beautiful *interplay* between masculine AND feminine energies.

It's an ancient dance that men and women have found each other in since the dawn of time.

So if you're not providing feminine energy to bring a dynamic balance to your relationship with a masculine man, *the relationship isn't going to come alive.*

And that's why the foundation Intentional Polarity is your feminine energy.

You need to WAKE IT UP! Here's how:

Intentional Polarity Awakens Your Feminine Energy In These 3 Ways:

#1 Identify and Release Your Limiting Beliefs and Blockages.

If you're like I was, you need to slow down, because that's how you go deeper into yourself and identify what's holding you back.

Slowing down isn't easy because you've been programmed to go go go.

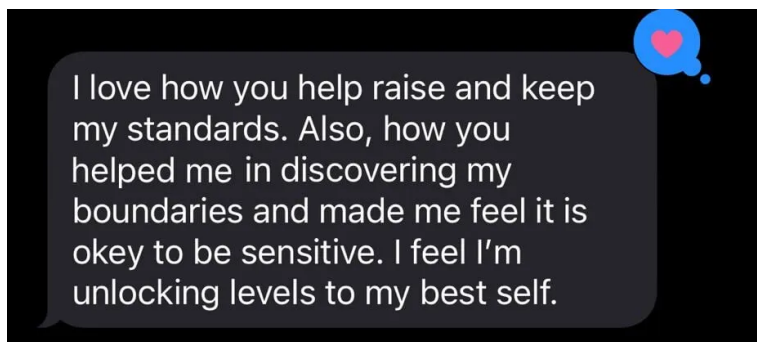
And you're programmed to "feel" like it's wasting time, when it's really the most effective thing you can do to wake up the best parts of yourself.

Intentional Polarity starts by slowing down. There are specific experiential exercises to help with this, so you experience rest from “doing” and instead experience “being”...

This naturally gets you in touch with your feminine energy, with your desires, and your vision for your life.

You'll open your eyes to how innately attractive and worthy you really are, which leads to raising your *standards* (what you want) and strengthening your *boundaries* (what you don't want).

Here's what a mentee said about this process for her:



#2 Embody New Beliefs to ALIGN Your Actions With Them

Here's what I mean...

You aren't just a brain. You can't change your deep beliefs in isolation from your body. You need ALIGNMENT among all your many parts: mind, soul, body, and behavior.

Here's how a mentee felt as she began to wake up her feminine energy:

Today 3:30 PM

I'm feeling all these changes, it's not even like changing, it's like going back. It's shedding a lot of layers of "protection" that I was doing unconsciously.

I used to be into dresses, and I left all that behind, and now I feel more comfortable in dresses than pants. That's how I always used to be and I had lost all that over the years. Now I'm feeling like I'm taking it back, returning to it.

But wearing dresses again is not the point. It's not about superficial things by themselves, which is just being fake. It's about intentional alignment between your feminine energy and its expression. This is what I call embodiment. She was *embodying* her feminine energy in a way that felt natural for her as she reconnected with it and let it shine.

'Embodying' means *experientially rewiring your thinking and nervous system*, to bring new thoughts deep into your body so you can simply BE and remain in touch with your feelings, intuitions, and your *inner guidance*.

One of my mentees had a date and told me afterwards, "He's a great guy and didn't do anything wrong, but the connection was just 'blah'."

But after digging deeper I helped her discover he had NOT treated her well but she *failed to recognize* his poor treatment.

Why?

Because she was triggered and detached from her real-time experience of him. *She went into her autopilot “politeness” mode* and glossed over some pretty big red flags like manipulative behavior and subtle put-downs.

Without embodiment, this is the sort of unworthy man she might continue seeing and waste months of her life with.

Embodying creates *new*, natural-feeling patterns, so you won't fall into old patterns of overthinking or detachment (which is also a major turn-off to high quality men). And instead, you just "be" in the moment, and your natural attractiveness will shine (men can sense when you are fully in the moment and are attracted to it like crazy!)

#3 Discover the Beauty of Masculine-Feminine Dynamics

The masculine-feminine energy dynamic at the heart of Intentional Polarity is based in both modern science and time-tested tradition. (Sadly, modern culture rejects this... that's a different discussion).

Everyone is unique of course, but men and women have distinct patterns and energies. You must understand these patterns and energies before you can embrace them, channel them, and "ride" their natural waves to an awesome relationship!

Some of my mentees take time to accept this and "get it" because it's so counter-cultural, and there's a LOT of *skewed* versions of this. Or rigid or naïve understandings of it.

But understanding REAL masculine-feminine dynamics changes everything about your dating and your understanding of yourself, and eliminates SO MUCH unnecessary effort and heartache.

Ask yourself:

- Do I know what I as a woman have to offer to my Mr. Right?
- Do I understand the male language?
- Do I really know how men process life and how I'm able to motivate him far beyond what he's capable of by himself?
- Do I know what high quality men are looking for and what drives them in life and in a relationship with me?
- Do I understand how men handle conflict?
- Do I have a clear picture of how men and women are perfectly matched in their energies, and how to "dance" with my man at that deep level?

Check out this sad story from a mentee, and what she's learned:

These guys on dates go into detail about their ex's (lord knows why) but I hear the things they say; like how they prefer their dog to their last relationship. how a dog will be happy to see them no matter what and will wake up happy and not hold a grudge (a guy literally said this to me on Friday) and I hear it and I know what they mean by that. Most women do not know how to forgive or move forward, they don't really know how men see conflicts. I know that I didn't. Now I do and it's so clear to me. Things about men that mystified me before are so simple now. They are not so complex when you understand the roles men and women naturally play and what they can offer the other. It makes me feel so ready and know how much I have to offer 😊 I'm honestly just excited to share it with the right man. So thank you!

"It makes me feel so ready and know how much I have to offer!" I LOVE it!

Understanding Masculine-Feminine Dynamics is the master key that allows you to channel these two energies into an amazing, romantic, and exciting life-long relationship.

An Intentional Polarity Love Story

I believe you can find the relationship of your dreams by using Intentional Polarity as your personal dating strategy.

It doesn't matter where you're starting, or any "issues" you feel you have!

After all, I was 37, divorced, and had 2 children when I began!
And everything turned around for me with Intentional
Polarity.

I started with myself, reconnecting with my feminine energy,
and then I began aligning my life with those desires in a
feminine, attractive way.

And before I knew it, my love Derek found me!

But now I'd like to share a more in-depth story from one of
my recent mentees.

Here's Kristine's story:

"I think with me a lot of it had to do with my age, you know, I
was 34. I wanted a family, and I had traditional values. I'm
not going to just have a family without being married.

But I was also the common denominator. All my failed
relationships just seemed like they showed a pattern. And I
just couldn't break it. A lot of cheating, a lot of stuff that I was
allowing, you know, and so I wasn't raising my own self
worth. I didn't recognize it.

So the first thing she taught me is to look at what did I want.
Focusing on that, it weeded out manipulators by not asking as
many questions. Let the man ask questions. Be comfortable,
lean back with your feelings, let him fill the space.

I feel like my personality is very strong. And I've been told by
other people that I'm an "alpha female." So for me to become

submissive and receptive was completely new for me. But with Intentional Polarity it wasn't like an identity crisis sort of a thing. It was just unnatural at first.

It was a version of me that's softer that I hadn't really ever been comfortable with. But with Intentional Polarity, Leila was telling me to lead with that. And then, for my dominant personality to just like take a seat. Because it hasn't been working for so long.

Everything was very old school with a feminine approach that I had never been taught by anybody, not even my mom. And so I really appreciated that.

In terms of my future, the biggest thing was I wanted a man that was trustworthy. Well, what am I going to do for that? What's the feminine side to that? I need to trust. I wasn't trusting any of my previous relationships, you know, and a lot of it could have been too because I wasn't vetting them correctly.

And then also how to respond to stuff. You tell him what you feel or what you would love to see. And then you let the man fulfill that because he wants to make you happy.

I learned to tell him stuff like, "I would really love to wear this dress out one night," you know, so you put that out there. You're not telling him what to do. And then he'll figure it out. He'll be creative, you know, is it gonna be dinner, or maybe

you go for a walk downtown, and then you wear the dress, you know, whatever it is.

But you're receptive to all of that. You're not telling him that's not good enough, you're just receptive to his leading because that's what you want, you want a man to lead.

It was just hard for me to change everything after so many years, but I ended up having to just trust the process. And you know, it ended up working. So after six months, I ended up getting engaged.

So I still let him lead, I'm not trying to be controlling, those are things that I never did in the past. And so I just let him lead and trust, you know. We started dating for a reason, because I was vetting men instead of trying to outsmart the game. And so I've already done that process. And so now it's just kind of relax and just let him lead. Just tell him what you want and be the feminine part of the team.

Had I known of Intentional Polarity years earlier I wouldn't be so late in the game, but at the same time, I'm thankful because I'm marrying someone that I'm so glad I found late in the game."

So What's Next In Your Story?

Thanks so much for taking the time to let me share a taste of my Intentional Polarity strategy with you!

I hoped you learned a lot about yourself and what's possible using this strategy in your search for your Mr. Right.

Here's a summary for easy remembering:

- Attract instead of chase
- Vet instead of stress
- Awaken your feminine energy to power your journey to Mr. Right with a deep sense of your worthiness of love from him and your value to him.

I hope you feel energized and hopeful, and I wish you the very best of luck on your journey!

XOXO,

Leila

P.S. I'll be in touch by email!

