



**Be Irresistible Presents.....**

# **Embrace the Goddess Within**

**How to Become a Magnet for Guys and Happiness**

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# Embrace the Goddess Within

## What It Is and Why It Works

In this brief report, I will open your mind to a new possibility.

You will learn a single unifying concept. It has the power to dramatically enhance your love life. And increase your happiness.

Here it is. Think of yourself as a goddess with immeasurable value, desirability, beauty, and worth. And your dating life will improve.

The men you want already think of women as goddesses. As fantastic sources of joy and beauty. As scarce commodities of high value.

Fully embrace your own self-worth. Because if you do, you will naturally start to act and live in a way that attracts men who think of you as a goddess.

## Happiness

I'm going to show you the power of feeling happy when it comes to attracting romantic bliss.

Do you feel happy most of the time? Do you feel happy right now?

Regardless of your answer, you can always benefit from even more happiness. Which is the same reason why a happy, successful man would want to pursue you. He wants even MORE happiness.

So it's good news that we can influence our own happiness levels anytime we want. You see, what you focus on changes how you feel.

Believe it or not, happiness is one of the most difficult topics for scientists to study.

Happiness is difficult to measure. And there are many different ways of asking if a person is happy or satisfied with their life.

Some happiness researchers use pictures of smiley faces on a gradient. From a frown to a neutral face to a big grin. Research subjects circle the face that best represents the way they feel.

I personally know of a university researcher who developed a system for measuring people's quality of life. It's a tricky business. A person's focus at any given moment has a huge effect on how they rate their own happiness.

Here's an example that may surprise you.

College students were asked to rate their expectations for enjoying the rest of their lives. The results were much lower when they were stopped on rainy days versus sunny days. With the exact same survey questions.

In other words, the weather influenced people's moods. It would be one thing if they had rated their *current* level of happiness lower. But these students actually expected the rest of their lives to be less enjoyable. Just because they were asked to predict their future happiness on a rainy day.

Here's another curiosity.

Let's say you ask about a specific area of a person's quality of life. Like their relationships, their job, or their finances.

The response they give about this single aspect of their life dramatically changes their rating of their overall happiness level.

Here's the point. What you focus on changes how you feel.

We'll come back to that concept later in this report. You can use it to your advantage.

### **Making the Shift**

You are you. Nothing can change that. What can change is the way you use your mind.

You must change your beliefs and mindset. And get in the habit of keeping the right mindset. This is how you embrace your inner goddess and self-worth.

The easiest way to change the way you think is to change what you focus on.

Right now, you are experiencing hundreds of sensations, perceptions, and thoughts that you are not paying attention to.

You're probably sitting down. Yet you didn't notice the sensation of pressure between your body and the seat. Until I drew your attention to it.

On some level, your mind is registering the temperature of the air around you. But your conscious mind wasn't focused on it. Until you read about it.

You probably remember what a cow looks like. But you didn't have an image of a cow floating in your mind. Until I mentioned a cow.

Our conscious mind is like a flashlight shining around a large storage closet. Your attention is the flashlight beam.

Wherever you focus the beam of your attention, things come to life and influence your experience. Things about current experience. Things stored in the recesses of your memory. Or even things created by your imagination.

Want to feel more confident? It's a requirement for unleashing the goddess within. How do you do it?

It's simple. Take control of where you focus the flashlight of your conscious attention.

Yeah, but how do you do *that*? Controlling the focus of your mind is quite difficult. But I have a secret method that makes it easy.

Control the questions you ask yourself.

For example, let's say I ask you to name five things you are grateful for. Your mind begins to rove over possible answers.

You will accept some of the possibilities your mind comes up with. And you will reject others as being nice but not good enough to make the list.

In the process of answering that question, your feelings of gratitude will increase. Because of the things you focus on automatically as your mind tries to answer the question.

This is good. From now on, I want you to do more of this every day. Build the habit into your routine.

For example, don't start your car engine right away. First, pause for 30 seconds. List five things you are grateful for.

As soon as your feet hit the floor in the morning, don't stand up. Think of three things you can look forward to during the day first.

What if you asked yourself a different question regularly? "Why am I feeling depressed today?"

Naturally, your mind goes through the reasons you might feel depressed. What kind of list is your mind likely to come up with?

That's right. A list of the worst things happening in your life right now. The list may even contain fears about possible future events. Fears that may or may not ever come into fruition.

In short, your focus will flood your mind with negative thoughts and mental experiences (imagined in the mind's eye). They will make you feel even more depressed than before you asked the question.

If you change just one thing about your life, change the questions you ask yourself on a habitual basis.

You will unleash a level of self-mastery and self-control that few people in the history of humankind have achieved. With far less effort than people who attempt to use willpower alone to control the focus of their mind.

### **Summary So Far**

You become more attractive to men when you embrace the goddess within.

You embrace the goddess within by encouraging your thoughts to go in certain directions. Those directions include happiness. Confidence. High self-value. Expecting the best. Believing in your ability to positively influence those around you.

The best method ever discovered for controlling the direction of your thoughts is to repeatedly ask the right kinds of questions.

If you want to feel confident, ask yourself these kinds of questions. What are two memories of times when I felt very confident? What do I do really well?

If you want to feel happy, ask yourself these kinds of questions. What would I be focused on if I was planning to enjoy this day to the fullest? What are three things I have to look forward to today?

In the next section, we will explore the concept of embracing the goddess within with more detail. We'll get your mind thinking about ways to embrace a more fulfilling way of life.

This "way of life" is really a "way of thinking." And it ends up creating real, measurable, and tangible improvements in your life.

### **Things Goddesses Do**

How do you start acting and thinking like a goddess? Someone with extremely high self-worth and radiant beauty that exudes through your entire body, personality, and attitude?

I just told you! You focus on asking the right questions. So here's the question to ask a lot from now on:

"What would I be thinking, and how would I be acting right now, if I truly was a goddess of infinite value, beauty, and worth?"

The more frequently you ask this question, the more easily your mind will supply you with useful answers.

To get you started, I'm going to suggest a few answers. What does a goddess do?

### **1. She smiles...a lot!**

She smiles at men. She smiles at her friends. She laughs a lot. She enjoys jokes. Funny moments. New exciting opportunities.

When a man considers approaching a woman who gives a sly smile or that familiar "come hither" look, it can feel overwhelming.

But a friendly smile with direct eye contact from a woman who is clearly open to interaction? That's far more likely to lead to his approach.

### **2. She dresses and grooms herself in a way that allows for true beauty to shine.**

Be radiant. Every day. Don't even go to the grocery store in your sweatpants.

Your attitude toward yourself is just as important as anything else. Dress nicely. Budget carefully. And invest in quality clothes that fit you well and make you feel great.

### **3. She identifies with "success."**

She's not bashful about being approached by a very attractive man. She's not surprised by a promotion at work.

She expects these things. She doesn't wait until they happen before adopting a happy attitude about their occurrence.

When you believe you're a goddess, you attract good fortune into your life. By identifying with the thoughts, mentalities, and activities common to successful people.

Don't wait for good things to happen before becoming happy. A goddess embraces happiness first. Then circumstances unfold naturally to support that happiness. This is the way of things with the goddess mindset.

Having trouble making this jump? Think questions. Like this one.

"What are two wonderful possibilities I could embrace as I adjust to my new life of increased confidence and self-worth?"

Don't force anything. Just let the answers form in your mind. Maintain an open mindset and an attitude of grateful, positive expectation.

### **4. She puts effort into feeling good and maintaining healthy levels of energy.**

She gives herself ample time to sleep deeply. She exercises to maintain high energy and good health.

Women who are energetic exude a kind of health that is a significant turn-on to men.

Maintaining high energy means setting boundaries with draining friends. And limiting exposure to things like fashion magazines that create unrealistic expectations for life and appearance.

Instead, spend that time reading inspirational stories. Or meditating. Or exercising.

### **5. She meets her own needs first.**

A goddess wants to give freely to the men in her life. She considers herself a spring of joy in a man's life. To succeed in that intention, she is careful not to subvert her own needs to those of the men in her life.

She knows she is of high worth. So if a man does not respect her, build her up, or fulfill her through his company? She doesn't hesitate to turn her energy and attention elsewhere.

She doesn't live in fear of losing relationships. She seeks fulfillment in relationships. She trusts that fulfillment will come easily as long as she remains open to pursuing it.

### **How does a woman who has embraced the goddess within think?**

#### **1. She always expects the best.**

Opportunities are exciting. Because she embraces them with the positive expectation that comes with the lucky mindset. You don't have to control life all the time in order for good things to happen.

Simply keep your eyes open and maintain a willing mindset. You will notice opportunities all around you for interacting with men of high caliber. Or doing something fun that enhances your enjoyment of life.

#### **2. She walks towards what she does want in life. Rather than walking away from what she doesn't want.**

The difference between these two mentalities may be subtle. But it is also profound.

We all walk towards pleasure and away from pain. The difference is that some people focus on the things they want to go toward. Others walk in the same direction. But they look fearfully behind them at what they want to escape from.

As you embrace the goddess within, look toward the things you do want in your life.

For example, pursuing wealth and avoiding bankruptcy are at opposite extremes of the same continuum. A goddess might ask: How can I enhance my wealth and financial well-being with my actions and decisions today? This is in stark contrast to the question: How can I avoid going bankrupt in this difficult situation?

#### **3. Most importantly, a goddess acts and thinks as if she already is a goddess.**

She fully embraces her own self-worth here and now. This is her secret.

It's not that she has a perfect body. Or a perfect life. Or perfect radiant love flowing from her at all times.

Rather, she acts and thinks as if she already is a goddess of fantastic qualities and immense value to others. That's how she benefits from this mindset.

If you're ever stuck, simply ask yourself this question:

"How would a goddess who has fully embraced love, life, sexuality, beauty, and goodness embrace and transform this problem, situation, or opportunity?"

Often, women become stymied by fear. As soon as fear enters the equation, you have slipped. Embracing the goddess within means you leave a fear-driven life behind.

### **Build Your Palace**

Men will flock to you when you live in a state of joyful exploration. This is a natural benefit that emerges as you embrace the goddess within.

For example, let's say you highly value kindness. Your unique version of embracing the goddess within will mean exuding kindness. Guess who you will attract?

Men who see that kindness in you. Because you wear it on the surface.

Men who are attracted to kindness are typically men who value kindness themselves. You will attract the kind of men best suited to your true desires and highest values. This is the beauty of fully expressing what's within you.

How will you make these changes a reality in your life? Allow me to suggest you take this process seriously.

Of all the studies conducted, one thing continually emerges as a clear predictor of happiness. Can you guess what it is?

Satisfying relationships.

If relationships really do matter to you, take this process seriously. Invest in yourself. Create a blueprint for the new palace of your life. It requires only a few simple steps.

### **1. Create reminder systems to develop the habit of asking the right questions.**

This can be something as simple as a sticky note on your bathroom mirror. I suggest you do a combination of notes around the house and notations in your calendar on a regular basis.

### **2. Plan at least one self-evaluation "retreat" per week.**

This could consist of a brisk walk or a trip to an ice cream shop. The key is spending those 30 minutes evaluating your attempts to embrace the goddess mindset.

Review what you could have done better during the past week. Project your mind into that coming week. Mentally rehearse actions and mentalities you will bring to various life situations you anticipate.

### **3. Invest in ongoing personal development.**

Make a list of the things most important to you. Take some time right now. Ensure that your daily life actions actually move you forward. Toward the things that matter most in your life.

If this brief report was helpful to you, you may benefit from other personal development materials I have created.

As a dating coach for women, I focus on empowering women to attract the right kind of man into their life. I have identified one factor in particular that has immense transformative power when women embrace it and learn about it. I call it "The respect principle."

But I probably should have called it the "Make a Man Fall Head Over Heels In Love With You" principle. Because that's what it does.

If you are currently in a relationship with a man, or want to be soon, I invite you to watch this free presentation and use the ideas you find there. You'll be glad you did. Because the next time you see your love interest, he'll sense something has changed. And he'll like it. A lot.

You can watch the video by [clicking here](#).

Wishing you the best in life and love,

James Bauer