

Is it Really “Feminine” to Receive? (And other crazy myths about masculine & feminine energy)

The Feminine Woman | 21 June, 2020 | by Renee Wade

They may not say it outright, but it's clear that a lot of ladies out there have a subconscious belief that in order to be “feminine”, they must ever initiate with a man, never get angry, never feel aggressive, or have any kind of seemingly unacceptable or unpleasant energy, lest that come across as “masculine”.

Instead, feminine energy is mistakenly assumed by a lot of women to be always warm, soft and passive. It's supposed to “receive” from men, rather than “give”, because giving is what the masculine is all about.

That's just not true.

First of all, giving and receiving is an erroneous way to define feminine and masculine energy.

If it's so feminine to receive and so masculine to give, then why to so many women talk about “giving” a man sex?

Who misplaced this special framework of masculine and feminine energy in such a way?

I know who/what did...the internet culture that encourages the dilution and misappropriation of good, original ideas.

As someone who has been in this industry for going on 11 years, it's very sad and frustrating for me to see this happen to such an original and special framework for helping couples and individuals.

It seems as though these days, hardly anyone remembers or knows the original teachers of the feminine/masculine framework and the true usefulness of this framework in a woman's life.

I am not the original teacher, but I certainly learned about the framework of feminine and masculine energy through them.

And guess what – these teachers? They never led me astray – they never gave me reason to wrongly assume that this framework of “being in your feminine” was about receiving, that it was about “roles” than men and women “should” inhabit for dating and relationships, nor that it was about a dogma that should be adhered to in all areas of a woman's life.

They never gave me the impression that when dating, the holy grail was being “feminine”. They always maintained that masculine and feminine energy is independent of GENDER, and that we all have feminine and masculine energy.

It's very damaging to unconsciously assign “roles” to yourself and to men for the sake of rules given to you by some internet cult.

This idea of feminine energy has been abused to the death and I have had enough. I've watched it from a distance, much like you'd watch people unintentionally volunteering for some kind of new, cruel and damaging experiment on humans.

I believe it's time for us to use proper thinking caps, and rather than attach ourselves blindly to erroneous ideas of what it means to be “feminine”, we should value proper education about what feminine energy actually is, and how and if feminine energy can even be useful to us!

If you're genuinely interested in learning about feminine energy, and how it can actually serve you (and in what contexts of dating and intimate relationship it could serve you) perhaps start with the book “intimate communion” by David Deida.

David Deida, despite having done his own research on this topic decades ago, is also someone who seems to have been at least partly inspired by the ancient wisdom of shiva (masculine energy) and shakti (feminine energy) in yogic principles.

Read more about shiva and shakti [here](#).

Many ancient cultures understand the purpose of feminine and masculine energy. However, as far as I know, perhaps Deida is the initiator of these teachings for intimate relationships in the realm of english literature (or the modern western world).

Just so youâre aware – many of the good teachers (in the US anyway) on the topic of masculine and feminine energy – people like Anthony Robbins or Michaela Boehm for example, at least partly learned from David Deida. They were mentored by him in some capacity, either through reading his books, consulting with him, or by running live workshops alongside him.

These are teachers who take a great deal of responsibility for the teachings surrounding masculine and feminine energy, and who care about the results of their work and who are truly here to serve you properly.

Be careful who you learn about feminine and masculine energy from...

Before we get into it, remember to be careful who you choose to learn from. The quality of your mentor or teacher makes a big difference, because you end up modelling them and being influenced by them.

You are a woman and therefore, you get attached to ideas when on your quest to get advice on finding your one and only true love. So, do take that seriously.

Be sure of what kind of person your mentor and teachers are! Try to feel their intent, and always question any ideas *for yourself*.

I know itâs hard as a single woman to know what to trust. Sometimes you feel so alone that you latch on to any idea that âseemsâ to make you feel in control.

But thereâs one thing you MUST do for yourself when you feel you have the resources to do so, and that is to think critically.

When you never think critically, you become more short-sighted.

When you never question anything, and feel how new ideas sit with you in your gut, you become a puppet, vulnerable to the manipulation of incompetent teachers and perhaps even cult leaders.

Unfortunately, some intellectual looters now have impulsively bought into the idea of feminine and masculine energy without truly understanding it, and they have run with the feminine/masculine framework.

This has quite possibly irreparably damaged the framework for millions of innocent women (and men) on the internet and otherwise.

What IS feminine energy anyway?

First off, feminine energy isn't about receiving or about "virtuous" endeavours. It is about the changing energy of life (or the life force). And the way you manifest your feminine energy is through being at one with the expression of whatâs real.

Feminine energy is about the part of us thatâs moved by emotion in intimate relationships, and itâs the part of us thatâs moved by love. The feminine opens to love – both giving and receiving it.

This means that your own giving and receiving needs to be fluid and attuned, rather than contrived due to ideas about "roles" and "rules" for the feminine and masculine.

Sometimes to be feminine means to give love in ways that some might define as "masculine". For example, inviting a man to a concert if it feels right or by bringing a man his favourite meal of nachos on his birthday whilst he's working hard.

I decorated my man's room with carefully cut out brightly coloured cardboard hearts on Valentine's Day as a surprise in our first 8 months of dating – sounds so masculine and low value yeah?

Until you consider that during that early, vulnerable time, he bought me a much coveted \$400 cherry dress when he had **no** money. He was broke and living on peanut butter sandwiches. He went into debt to purchase that for me.

Rather than being "receptive" or warm all the time, in order to **be** the life force, we have to embody what's real.

What's real and authentic is anything but the passive energy involved in "always letting men initiate".

Newsflash: You CAN initiate and add value by being playful!

And as for the idea that the feminine "receives" – I get it. The penis enters the vagina. That's the action some people like to picture in their minds when we consider the concept that the feminine receives.

The sperm swims to the egg – the egg doesn't swim to the sperm.

However, just because the feminine receives doesn't mean we can't also argue that the masculine energy receives.

Some argue that men are the providers because that's the "role" of masculine energy. Well, in the original framework of shakti (feminine energy), some say that the feminine energy provides, because it is the nurturer!

I say that feminine or masculine shouldn't be defined by giving and receiving at all.

Feminine energy is NOT about receiving!

When a man enters a woman's body intimately, does he not "receive" your delicious, moment by moment moans and responses to his movement, and adjust accordingly? Is that not possible?

Receptivity is the rule BETWEEN any hyper-attuned couple. Not just the more feminine soul.

If the man isn't attuned, he's not receptive. If the woman isn't attuned, she's not receptive, and through this mutual resistance, the depth of the relationship breaks down.

Allow me the privilege to suggest to you that despite how much you believe that the feminine energy receives, so does the masculine energy!

Masculine energy grows through challenge.

So, for a moment, imagine men out hunting for buffalo.

When completing that task, they have to **be receptive to not only the changing environment**, but to the circumstances and adapt accordingly.

Just because they hunt, doesn't mean they don't or aren't required to be highly receptive in this very masculine task.

It's no different to a seasoned fisherman. They are so experienced after years of hunting the fish, they

have developed a sensitivity and receptivity to the whereabouts of the fish – the seasoned fishermen don't always blindly go out hunting and take a stab in the dark, because they somehow just know where the fish are!

That's because they are receptive to the information that is being provided to them by unseen forces.

The most intelligent, forward-thinking, problem-solving men in the world, are the most receptive!

The masculine men who make a woman swoon are arguably the most receptive, mainly due to their **response and receptivity** to what women like.

Receptivity doesn't make you more feminine by default. Praise will though. The feminine energy grows through praise. It magnifies with praise.

So, let's throw away this idea that it's feminine to receive or that it's masculine to give.

To receive or to be receptive **is a human skill or trait**. A human skill or trait that's necessary for relating to and attuning to humans. It hasn't got a single thing to do with feminine and masculine energy.

The straightjacket of modern 'feminine energy' ideas

I know that some women believe that you're not allowed to be anything that might make you seem "too masculine", too frustrated, too opinionated or too arrogant.

They don't believe in 'initiating' because apparently, it's chasing and that's masculine energy. (Oh dear god, please help all of us women.)

This is not masculine energy.

And **not initiating** isn't feminine energy. Often, not initiating is just fear. Fear of risk. Closure to love for fear of being hurt. It is ANYTHING but feminine.

Also, initiating and chasing are different things. Here's [why if you never initiate, you will lose the high value men.](#)

Second of all, yes, you might be **taking value** when you chase a man, but you're not automatically being **masculine** if you chase a man.

Let's keep masculine and feminine energy out of it.

Here's something I want you to understand.

In the men's dating advice circles – MEN give advice to other MEN, telling them to never chase a woman!

Wait – what? How does that even work? Why is the same advice circulating in men's and women's circles?

The reason this happens is because this 'don't initiate' is mediocre advice. It's superficial, basic advice.

This advice is emanating from the desire to try to RAISE one's perceived mate value (without even realising that it doesn't ever increase your actual intrinsic value as a mate).

They don't understand this idea of [real intrinsic mate value](#). They only know superficial band-aids to try to give the **impression** of higher mate value in a superficial manner.

It also emanates in some cases from fear of taking any risks for fear of being hurt if you DO engage.

This should tell you that this advice is more a power thing, a certainty and safety thing than a feminine or masculine thing.

The virtue signalling in modern feminine energy ideas

Another issue with the modern erroneous ideas of feminine energy seem to carry this virtue signalling. It's like women put this unconscious expectation on other women to not have a desire to initiate with men, that it makes them look low value or out of control if they do.

Also, the virtue signallers sometimes insinuate that truly 'feminine' women don't ever have rage or frustration, and they're not allowed to be emotionally 'imperfect'.

I'm just putting out a reminder to you that IT'S OKAY to have anger, rage, hurt and yes, even aggression. You are not some robot trying to fit into silly ideals perpetrated by cults on the internet.

You are not somehow more worthy just because you give the impression that you are more 'controlled' or 'elegant' emotionally.

For all anyone knows, you could just be desensitized.

You could be avoiding grief and therefore [never show up as the one and only woman to men](#). You could just be too afraid of the truth, or of the potency of your own emotions.

[Feminine energy is dark and it's light.](#)

As a woman inside of a romantic relationship, or even as a woman dating men, the last thing you should aim for is a perfect record of being emotionally controlled, because that kind of goal wreaks havoc on the rawness and realness of who you are.

Now, just because I'm saying it's ok to not be controlled, doesn't mean that you suddenly blurt out your resentment towards your ex boyfriend to a new guy!

You also don't want to over-share unflattering information about yourself to men, just because you think that's what vulnerability and femininity means.

That's not vulnerability – that's fear, it's approval seeking stemming from a deep-seated fear that you are not worthy of love.

But you certainly wouldn't want to make your rules about feminine energy the basis of how you show up on your dates.

I'm saying, it's ok to be YOU.

ALL of you.

So, yes, sometimes that means being controlled also has value in some contexts! We don't just live (and love) in one single dimension here!

For example, it could be totally valuable for you to be controlled if your 66 year old husband has lost control of his bowels and you need to be there to help clean up the mess.

Or if your boyfriend has had an accident of some sort in front of you, and you need to be there to hold things together.

Is it high value to be passive or emotionally unrevealing and controlled?

First of all, what is the real point of adhering to rules or to being "controlled"? That might be good for your work environment and for keeping your job, but in a relationship?

Most of the time, it just feels fake to the smart men.

To inexperienced, superficial men, it feels 'easy' and 'low maintenance' (all the while, their girlfriend is out cuckolding them, as they never noticed that their woman wasn't emotionally loyal).

One of the most damaging things to a healthy intimate relationship is an emotionally stunted or suppressed woman.

This is because a woman's AUTHENTIC emotions are either a weapon or an inspiration.

To smart, commitment-oriented men, if you're trying to be controlled and 'cool' most of the time as a way to wear a SHELL of 'high value', it feels like you're hiding something to men!

And that's exactly what is happening with most women who try to control their emotions.

Smart, commitment-ready men have to feel *you* to commit to you emotionally and not out of obligation.

Smart, commitment-ready men have to *feel your soul* as a woman, in order to trust you.

[Here are 10 Signs of A Commitment Phobic Man.](#)

See, men who commit out of obligation to the wrong woman are *the laughing stock of other men.*

Men who commit to a high value woman, the 'right' woman, are the object of respect for other high value men.

If you're an 'emotionally controlled' (read: dulled and desensitised) woman, then sure, some men would deem you as lower maintenance – and therefore 'better' than other women.

But that just means that they've managed to encourage you to become more like MEN. More controlled and less unpredictable.

Women are not meant to be controlled. They are supposed to be real.

To be real means to be at one with life, instead of forcing your rules upon yourself and others, thereby imposing yourself *upon* life.

Being real means your emotions are not always controlled.

Please note: I didn't say being real means to abuse the sh*t out of a man by making him responsible for all your past mistakes or for the mistakes of other men before him.

I said being real means your emotions aren't always controlled.

I mean, imagine this right?

Imagine trying to hold in your poo for the REST of your life, so that you could adhere to an erroneous feminine ideal and be perceived as a 'clean' and upstanding woman!

You'd be walking around with a horribly repulsive look on your face, first of all.

The 'stink' would come out on your face, just like the stink of resentment would be seen by everyone on your face.

To achieve holding in your poo forever, you would have to stop eating completely. That means you'd have to stop nourishing your body.

This means the essence of who you are and your healthy expressiveness would be non-existent.

Eventually, your body would SCREAM for nutrition, and so you'd give in, feed it, and then POOF – the poo comes out the other end at a very inappropriate time and place, and you've **therefore failed to achieve what you set out to achieve.**

The same thing happens with emotions.

You pretend it's not there, you downplay it for the sake of your rules, and it grows, like a cancer.

That cancer eventually impedes upon the quality of your life and the quality of life of the people around you – even innocent strangers.

If you don't think you should be controlled per se, but your true ideal of feminine energy is to be warm, receptive and 'feminine' for a man most of the time, at least begin by asking yourself why

you don't feel warm all the time.

It's great to be warm, but you have to be genuinely warm – and nobody who is smart is warm all the time.

In this life, there are people (even men out there) who will take from you, drain you, try to hurt you, and life will demand that you respond with something other than warmth.

And if you keep trying to be warm and receptive and "feminine", you'll lose your soul and not to mention, you'll become less and less relevant, and feel less and less "real" to that special man who truly loves your soul.

Feminine Energy is NOT Always High Value!

Most men (smart men) know what value is. You can't fool them. And no, it's not your changeability or lack of emotional control that ultimately makes them see you as "low value".

All the incredible, *emotionally* committed, wonderful men I know are extremely intelligent in their ability to read a woman's value.

They'd see through you, and see something fishy in your adherence to strange rules about feminine energy immediately.

In fact, there are exactly 7 signs that a woman is perceived as low value to men. Do you know what they are (and how to avoid them like the plague?) [find out here](#).

Aim for good emotional health...

See, I understand that for some women, this is not about being controlled (even though that's what they're actually trying to make themselves become) but perhaps you want to be perceived as emotionally healthy, and at least most of the time, balanced.

If nothing else, you want to feel emotionally healthy for yourself! Totally understandable.

In order to do that however, many single women need an enormous cleanse of their decades of rejecting supposedly negative emotions like anger and hurt.

There is no band-aid you can wear to try to cover up years of rejecting your emotions and rejecting your body's need to grieve.

No amount of blocking out pain can change the hurt you feel from your toxic, manipulative ex boyfriend.

Resentment always finds its way out in your views, [low value mindsets](#), your actions and your beliefs.

When you have far too much rage, which lots of us do from past relationships, then perhaps the idea of aiming to be passively feminine, receptive and warm to a man so that you can attract the highest value man would lead you to become less alive and real and therefore without substance.

It makes you one-dimensional to place rules upon yourself and men about what we all have to do in order to be a "feminine" woman or a "masculine" man.

When you're a one-dimensional woman without substance, men will find you boring, no matter how deliciously passive you are – and they will yearn for something more "real".

Perhaps all you need to become more feminine is simply to remove the masks and feel more.

So, explore *more* who you are beneath the layers of coping and striving.

By feeling more, you actually become smarter because you're more sensitive and attuned to when men are at, as well as where you yourself are at.

Although showing up as "feminine" and passive and "never initiating" because that's the man's "role" might make you feel safer, more protected and more "certain",

itâ□□s never going to add to your skillfulness in creating connection and attraction with any man or any human, full stop.

Connection and attraction are the only two important things that will help drive your relationship from dating to commitment.

If you want to have the skills to create connection and attraction, then learn the skills of [throwing attraction pebbles](#) or the skills of [high value banter](#).

Feminine energy is anything but passive!

Feminine energy is anything but passive. And if your aim is to be passive in order to achieve this “feminine” ideal that so many women mistakenly chase these days, you WILL pay a hefty price in dating.

Usually, the price is the one you least want to pay – the price of not being able to [attract the most quality men](#).

Newsflash: good men out there in the dating world arenâ□□t looking for a strictly feminine woman. They might â□□thinkâ□□ they are looking for a feminine woman, but it means little.

What the men you want are really looking for, is a woman who inspires them to commit. Because believe it or not, [all men secretly love to commit](#). And here are [3 good reasons](#) why they secretly love to commit.

Smart men who had at least a somewhat healthy upbringing are scanning women for themselves – they ultimately choose to be there with you, in a relationship with you, dating you, pursuing you, for themselves and their future and the future of their offspring.

As such, rather than chiefly looking for feminine energy, theyâ□□re looking for [real value](#).

Value thatâ□□s worth their emotional energy and time.

Think about your own desires in finding a man.

You love a good masculine man, but what does that really mean?

What if heâ□□s masculine, has a strong direction, but doesnâ□□t value your vision for a future and family together because heâ□□s so focused on his direction?

What if heâ□□s masculine, but imposes his desires upon you in a way that makes you feel like youâ□□re never heard?

What if heâ□□s so extremely masculine – but is inept when it comes to speaking the language of intimate relationship?

Wouldnâ□□t that leave you with a hell of a lot of work to do with him? Isnâ□□t it much more valuable for you to have a man who is also connected to his feminine energy?

What if heâ□□s masculine, but heâ□□s a womaniser?

What if heâ□□s masculine, but always defensive?

What if heâ□□s masculine, but lives small?

Is all that so great and valuable to you?

Of course not!

You want a man with value. The most valuable men are the ones who are multi-dimensional.

They arenâ□□t confined by rigid rules or by fear.

Masculine energy is on a spectrum, and often, the men who are extremely masculine (on the extreme end of the spectrum), are the ones who are the hardest to be in a relationship with, because they arenâ□□t well versed in the language of relationships, and they also donâ□□t value nor respect the innate

intelligence of the feminine.

This is why, in my popular article [10 Telltale Signs He Is A Highly Evolved, Masculine Alpha Male](#), I say that a man who is not attuned to others, and is too stuck in himself, will tend to disproportionately value his masculine views of the world and try to devalue the feminine viewpoint, since it's a different viewpoint from his own and probably also more emotional and therefore not easy to control.

So, I want you to understand that feminine energy (learned from proper definitions and from proper role models) might definitely help you have more polarity with more men, but it is not the ultimate secret to get you a high value man, and it is only a small part of the picture.

Please understand that [feminine energy has become this bastardised buzz word on the internet](#).

Every woman wants to achieve it, but most of them are misguided in what's required and more importantly, they don't realise that the original teachers and scholars for this framework only created the framework to help very specific couples and singles in some very specific contexts!

Accessing feminine energy requires that you relax into it

Any good teacher would tell you that in order to emanate more of your unique feminine energy, you need to relax into it. It's not about being passive.

A lot of women think they need to do more leaning back, do more warmth, do less initiating, be passive etc.

This advice SO speaks to the anxious and scared women who have insecure attachment styles! So I really get it! Dating is hard.

However, being more feminine is a re-claiming of your authentic expression and your wildness as a woman. And if you do that, don't expect it to be valuable in every context of a relationship.

You being feminine, rather than coming in a clean package of 'being receptive and non initiating', is something that's already within you when you allow yourself to relax your coping mechanisms and to simply come fully alive.

For the record, the usefulness of the feminine/masculine framework is very limited in your life and in your relationship. It was never intended to be a dogma that chains single women to a myopic view of what true value is to men.

Your value lies not just in your feminine energy (although that's a part of it)...your value lies in how much actual value you have to offer a man.

Here's a screenshot of a beautiful story posted very recently by one of our members, of how she almost shunned her boyfriend on his birthday out of fear of being 'too masculine' if she did anything for him.

Instead, she was compelled to bring him his favourite meal on his birthday while he was working super hard, and what she got in return is a beautiful, vulnerable thank you from him. Yes, from a masculine man.

Read it for yourself.



J. P. [redacted]

Yesterday at 07:42



Another kudos to D. Shen and R. Wade!

Back story:

It was my guy's birthday, then he said he was going to be busy the whole day, he was working on his truck, and was trying to get the darn thing back on the road. I completely understood, I did say I was looking forward to celebrating with him, and I respect how ever way he chose to spend his birthday.

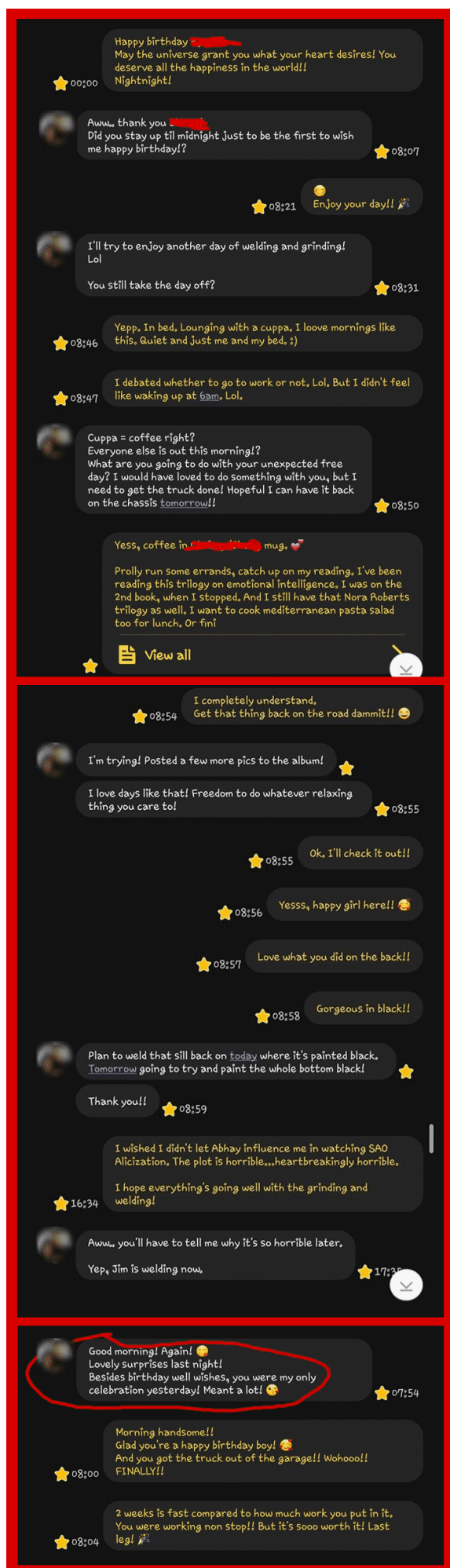
I did my own thing throughout the day - did some work, caught up with my reading, napped (more like slept, lol), cooked, cleaned - you get the picture.

Dinner time with family, and they asked me if I went to see my guy. I told them, he said he's busy. They were all like, IT'S HIS FREAKIN BIRTHDAY!! They said don't make this about you, you cannot expect him to say, "hey, it would be totally awesome if you come and see me on my birthday", because he knows he cannot attend to you so he cannot demand that you go. They literally kicked me out, told me to buy simple dinner for him and the guys, bring my gifts, and stop being selfish. 😂

During my drive, in my head, I was telling myself, why am I doing this, this is very masculine, I shouldn't be doing this. And I remembered David and Renee's video about the masculine and feminine energy. I was thinking, for goodness sake, I have been exclusive with this guy for five months, and he was wonderful in every way!! And I was still too focused on just being "receptive" and so scared to be "masculine". The worst thing could happen, was I get kicked out for the 2nd time for that night, 😊

My guy absolutely, adorably, looked like a puppy who was about to cry when he saw me! He looked tired, exhausted, and he was still working on his truck at 9pm. I told to myself, I did the right thing - I added value, and focused on him, and listened to my family. He couldn't stop hugging me, and giving me forehead kisses the rest of the night in between of working on his truck. He and his friends got done with his truck at 1230am. The poor thing didn't even had dinner yet - on his birthday!! Good thing I bought tacos and burritos (Mexican is his fave) for him and the guys. He was sooo happy!!

That puppy eyed look he gave me was worth it being in the masculine if it was truly a masculine thing to do - which I don't believe so!!



So, focus on cultivating real value that men actually perceive value in. Try not to get obsessed and overly attached to bad ideas that only allow you to engage and learn less, or to really only compete with other women, yet in the process, you actually completely bypass the real game: showing up as a woman of value to MEN.

That's true value.

And that true value is cultivated through real attunement to men, and real connection to ALL parts of your own personality and your soul – not just the parts that you consider to be feminine and therefore “worthy” of love.

Men care a lot more about the connection they feel with you than they care about your unspoken ideals for feminine and masculine roles. For all they care, your idea that THEY have a masculine role could feel irrelevant to them.

On that note, here are the [9 Dangers of Leaning Back & Why It's NOT Feminine](#).

If you want to become high value, start by understanding what value IS to MEN!

What does it really mean to be high value?

Far from just being feminine, it means to be a woman of value.

A woman of value engages.

She's playful.

She's alive and she's healing and uplifting to men just by being able to access ALL parts of herself, and therefore set a man's soul free, because he can be more of himself, too.

Yes, this means you aren't going to be nice all the time.

This means you can't be afraid to use playful banter and play push and pull with men.

In fact, [playful banter](#) and push and pull will only HELP you pass the tests of men and in turn, to test them!

(And yes, of course we test each other in the initial months and years – sometimes even after years together!).

[Here are the 5 Things Every Woman Ought to Know About Men.](#)

High value men don't need you to pretend nothing happened, or to hold everything in...

The other thing I want you to understand is that high value men who are authentic, don't want you to be passive or to hold your emotions in!

And this includes when they pull away. When they come back, (if they come back) you should never pretend nothing happened. See our deeper discussion on [how to stay high value when he pulls away](#).

If a man wants you passive all the time (for example, even outside of the bedroom!), that often means that either he wants you purely for his own ends (as arm candy) or as a woman he can control.

A man [with low self esteem](#) will often force you into never having your feelings be heard.

He'll force you into submission by making you small, compliant and passive.

That's not you being in your feminine.

That's just [toxic](#).

It's ok to be passive for the sake of having fun every now and then, but if you think that the definition of feminine is to be passive, that may cost you your soul.

Quality men don't actually expect you to seem virtuous and hold all your emotions in, pretending nothing

happened.

That's actually not what a real woman looks like. That's not what responsiveness looks like.

Real women FEEL anger. Real women HAVE anger.

Real women have spontaneous, sometimes imperfect and ugly emotion that does get felt and does come out, but as long as it's not coming out due to decades of pent up emotions towards old relationships and people – it's real emotion.

If it's old anger or resentment coming out, then it's wrong and uncalibrated.

However, if it's primary emotion, that's fine. That means that it's human, it's [high value vulnerability](#) and it's relatable.

If it's real-time emotion, it's calibrated and understandable and human. It's usually a somewhat calibrated and spontaneous response to LIFE.

I have a little more info for you on primary emotion here in my article [4 Top Secret Ways to Access Your High Value Vulnerability](#).

I can remember more than one instance in which I was watching my oldest son in jiu jitsu class, and there were a couple of very aggressive kids there who, for no particular reason, would be heavy handed during pre-class play.

One of them headbutted my son, and since I'm pretty much always watching, the impact of the knock made me gasp out loudly in fear and shock.

Guess what the instructors (who are male) did?

No, they didn't laugh at me, assuming I was out of control.

They DID something about it. They responded and dealt with the problem at hand without a second thought or judgement.

I know they may have already felt a responsibility to my son, but in that moment, I was reminded how nice a feeling it is to have men respond to what is.

I didn't need to have a discussion. I didn't need to convince.

My expression of primary emotion spoke FOR me.

And it was the primary emotion of an invested mother.

Mother's aren't always in control.

They give life and raise that life, and in doing that, they have a lot of primary emotion related to their child as they are invested in that child. (They carried, birthed, and with any luck breastfed that child!!)

I'm sorry this article has been so long, but I just wanted to leave you with one final word—if you are a woman who believes in "feminine energy" principles that dictate that you have to "receive" and "let men give" or "let men always initiate", and basically be passive, then you are a woman who won't inspire real commitment and emotional devotion from men.

You will show up as a woman who has no real emotion, because you never allowed yourself to get invested from the start. You chose your actions based on rules and fear.

To the good smart men, a woman who doesn't invest AT ALL is a massive warning sign of a potentially bad mother and long-term partner. That's the last thing you want to show up to be as a woman.

The quicker you invest something small, whether it be a simple [generous offer to pay for a cup of tea on a FIRST date](#), or whether it's a playful text msg, the quicker you see who a man is, and the quicker you

actually show up high value alongside looking out for your own needs.

You see, advice like â€œnever initiateâ€ and [the 80/20 rule of contact](#) and the rule of [rotational dating](#) or multi dating produce in a woman a drastically reduced level of emotional attachment.

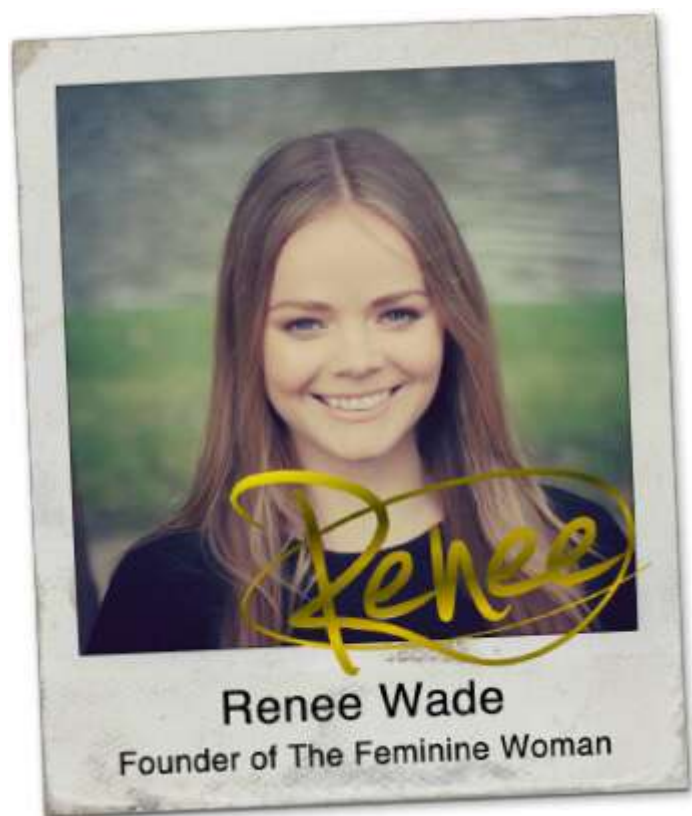
That might sound great, but do you really think thatâ€™s an intelligent way of solving the problem of a womanâ€™s bias to attach early?

Would swinging the pendulum too far the other way by detaching almost completely, perhaps send a signal to men that you arenâ€™t authentic and real?

Thatâ€™s a question for you to answer for yourself.

I hope you enjoyed this article (and the video).

They were both long. But when you have something important to share, it doesnâ€™t always come in bite-sized portions. ðŸ˜ˆ



P.S. ðŸ˜ˆ Connect with me on social media

Our new Facebook Group is hereâ€™! ðŸ˜ˆ [Join the â€œHigh Value Feminine Womenâ€ Community using this link](#)

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P.P.S. ðŸ˜ˆ Here are ðŸ˜ˆ [7 Common Signs A Woman is Low Value in the Eyes of Men.](#)

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