

## ***THE 5 MISTAKES WOMEN MAKE***

OUR FEMININE POWER COMES FROM WITHIN. WHEN A WOMAN IS CONSCIOUS ON HER PHYSICAL, EMOTIONAL, MENTAL, ENERGETIC AND SPIRITUAL LEVEL AND SHE KNOWS HOW TO BALANCE THESE, SHE IS VIBRANT AND RADIANT AND LIVING IN HARMONY AND INTEGRITY WITH HER HERSELF AND LIFE PURPOSE.

Is this possible? Yes, it is. Maybe it is easier and more fun than you think.

Women are naturally caregivers. We have a tendency to put everybody in front of us and really push ourselves to the back of the line. How many times do we promise to ourselves that we will do something we really want to? For example, reading a book, or reading at least the most interesting articles from our favorite magazine we subscribed to, going for a walk, or just getting together with our girlfriends for a girls' night out. And how many times can we really do this?

If you feel you are really and fully leaving your full potential and glow with a high vibration, you don't need to read further. But if you logged into the web page, probably you are seeking some guidance in order to experience your self-fulfilled feminine-hood.

If you catch yourself committing these neglecting crimes against yourself, it just means that your lifestyle is a bit out of balance. It's time to do something for yourself.

If women want to raise their vibration and be irresistible women again, they need to do some inner alchemy. The evolution of the Earth is to shift and bring the pendulum back more to the feminine aspect of life or existence. Lots of women realize they are out of balance and, in a way, they shifted too much to the masculine. We need both. Any masculine activity is about creation, movement, dynamism, competition, etc. You are in your masculine when you are to survive, when you work or you are in the process of manifesting your dreams. These are essential qualities. We all need these. When you are creative, receptive, happy, joyful, when you are in your sensual mood, when you care for others and for yourself, when you connect with your heart, you are in your Feminine side of your being. What happened in general is that most women turned their feminine power off, they forgot the importance of rituals, intuition, stillness and being receptive.

There are leaders who are awakening women to reconnect with their Divine Feminine. My mission is also to help women to consciously live their holistic lifestyle. It means that they manifest their dreams in a soft and graceful way. They are powerful and more assertive; they are in the divine flow of synchronicity. When they are in the midst of breakthrough, they manage the turning points of their life with serenity, listening to their intuition, so they make good decisions. In this booklet, you will learn basic tips and rituals that you can use to renew your purpose and your direction in your feminine-hood life. For being your true self and making significant changes in your life, I will hold your hand and give you more help, support and guidance. But now, let's face our first and most profound mistakes we make:

## **#1 MISTAKE**

**WOMEN GIVE AND GIVE AND GIVE. THEY PUT EVERYBODY IN FRONT OF THEM: CHILDREN, HUSBAND, FRIENDS, JOB AND THE COMMUNITY. WITH THIS CONSTANT GIVING, THEY GET TO THEIR MASCULINE SIDE AND FORGET TO BE A RECEIVER.**



Almost automatically, when women get married and have children, slowly but surely they give up themselves. Everything and everybody gets in front of their needs. This shift happens unconsciously, under the surface by leaning into the role of wife and motherhood.

Others don't get married, but still they are nurturing and loving everybody around them. They are the ones you can call in the middle of the night if your boyfriend dropped you. They drop everything for you and are there whenever you need them. They are in service immediately when their neighbor cannot pick up the children after school. They are the ones who sub a family member on a child's event at school, etc. Is any of this familiar to you?

This part of us is the MOTHER in us. This Motherly drive vibrates in everybody on a different level. The ones that are really on the extreme really feel alive when they give and nurture. Some other moms don't necessarily get crazy if there is nobody around them to take care of, but they are still great moms and all of their thoughts are around their family.

They need to learn to *trust* that their children and family are to be able to take care of themselves (eventually), and claim their own time. It's hard for this type of women because they define themselves in relation to others' needs toward them.

So my simple assignment to you is to write a list of your favorite ways of spending your time with exclusively with yourself. If nothing comes, and you forgot what you love doing, then ask these questions:

What would I do, if everybody would go on a vacation and they forgot me here at home?

What did I love doing when I was a little girl?

Can you guess, what is next?

Do one from your list till our next date...

## #2 MISTAKE

**WOMEN FEEL GUILTY TO FOCUS ON THEMSELVES. THEY FORGET TO KEEP IN CONNECTION WITH THEIR INNER CHILD AND REALLY HAVE FUN. SO INSTEAD OF SPENDING REAL TIME WITH THEMSELVES, WHICH TAKES TIME AWAY FROM THEIR BELOVED, THEY COMPENSATE THEMSELVES WITH PHYSICAL OBJECTS (PHONE, DRESS) RATHER THAN GOING INSIDE AND ENJOY THEMSELVES BY BEING WITH THEMSELVES.**

As givers, we women unconsciously put ourselves at the end of the line. As I told you in the first mistake, we are everywhere, where we think we need to be. It's our mother instinct. We usually realize that we are not happy or something is missing from our life when we get sick, exhausted, or we get an invitation to a concert and all of our friends go except us. This is when we start asking questions: "Where am I?" "Why is everybody more important than me?" "Who will take care of me?" \_\_\_\_\_, etc. (the line is here for you to put down your question. What do you ask from yourself, maybe from your family when it's time to stop?)



The thing is that we got used to so much of giving and not receiving that our natural sense of balance of giving and receiving is out. Our scale is out of order. So once you try to make some attempt to manifest some personal time like reading, or going out, usually somebody gets sick or an unexpected meeting for your husband comes up, so there is nobody again but you to stay with the kids. I go on: the open air concert is canceled because of rain, or just simply right after 5 minutes you claimed your personal "leave me alone time", everybody gets so needy that you just give up. One more: If by any chance you are so lucky that you **can** go out, there is no rain, you **can** read, no noise and disturbance; then **you** catch yourself drifting away and checking with your antennas if everybody is fine and happy. What happened that nobody slams the door open and wants something immediately. I exaggerate, but I think you know what I am talking about.

Guilt is tough. It sneaks into your thoughts, and once it sticks it never lets you go. Besides this, everybody's situation is different, however they are all common in one thing: We all get to the point that it's enough, and feeling guilty just simply wanting to be with yourself is not good.

So what I recommend is you should go back to your list in your first letter and choose another thing you want to do. Choose something that you have been craving for a really long time. Then, here are some options you can do depending on your family and life situation:

- ☺ Talk to your family and let them know you want to change, but you are aware that it needs to happen step by step. Ask their help and explain honestly, you are not happy. You ask for only \_\_\_\_ hour(s) a \_\_\_\_ (1 hour a day/week)
- ☺ If you have a supportive husband, arrange it from the beginning. Let's say, Friday night is boy's night out, Saturday is yours.
- ☺ Ask your best friend to keep inviting you out until you manage it. Ask her not to give up on you, it may take some time. If your husband is out at the same time, get a baby sitter. Don't tell me you cannot find one in the US.
- ☺ If what you are longing for is something you need some private time and space to do, like meditating, reading or home yoga, put out a sign on your door: "please do not disturb" or "buzz off, please for an hour"

When finally you are out, ENJOY it!!! If you catch yourself mentally wandering home or feeling guilty, do something very different from what you were doing. If you were sitting, stand up, turn around and sit back. Or tell a joke every time you catch yourself feeling guilty. Agree with your friend that you both will give a sign when you drift away and she will do something that brings you back.

Have fun just \_\_\_\_ hour(s) a \_\_\_\_\_.

When you are about to purchase a new dress, a telephone, a new car or anything and it is not your prioritized necessity, Stop! And think about where this urgency is coming from. If you caught yourself considering to buy that new thing because your girlfriend just got a new one, maybe from her husband and it made you realize that you haven't been given any surprise for a long while, Stop! Instead of buying for yourself, talk about it with him. If it's not because of competition, but because you still miss attention or some self nurturing time, read the beginning of the article again..... Let me know how it went.

### **#3 MISTAKE**

***WOMEN FOCUS SO MUCH ON THE OUTER WORLD THAT THEY DISCONNECT FROM THEIR SENSUALITY. THEY LIVE IN CONSTANT STRESS, OBSESSION OF MEETING OTHERS' REQUIREMENTS. THEIR LIBIDO IS FADING, THEY CANNOT BE IN THE MOMENT AND ENJOY MAKING LOVE WITH THEIR MATE. THEY DON'T EXPRESS THEIR NEEDS, THEY FAKE ORGASM OR HEADACHES SINCE THEY WANT TO AVOID SEX.***



Yep, a lot of women deal with this problem. Actually, more than you think. It might be easier for those sisters of ours who are sex-oriented. However, not being able to draw a line between the outside and inner world in their head will drift them away from their sensuality, too.

Sexuality is really an interesting topic in human's life. Only the primates and dolphins, along with humans are having sexual intercourse for pleasure and not only to breed offspring. BUT, this sensual chemistry is not that important to each and every woman. We all have different appetites and we all prefer different diets, if you see what I mean. I don't have space in this short article to list all sexual personalities and extremes, or blocks and tragedies that happen in women's lives which determine their sexual attitude for their whole lifetime.

Let's just see a regular woman, who discovered her sexuality in her late teens or later. Let's pick up those who had really enjoyed discovering making love and sensing that special vibration in their whole body when they were younger. If you know what I am talking about, now stop for a moment and think honestly. It's not just that you got used to your partner. After 20-30 years, it's boring; he cannot turn you on anymore. It's not just that the kids . . . It's not just the side effects of the medication that are taken by either of you. It's not just that you are too tired to have sex . . . These are real factors and also excuses.

We know that everything actually happens in our head. A woman's erogenous zone is her mind. So actually YOU are the one who can let those tingling sensations overtake your mind and let it run down to your pinky toe making you feel goose bumps all over your body, or YOU are the one who shuts this sensation down immediately when you feel something. And YOU are the one who walks away when you feel some excitement in your body.

In this chapter I just ask you to be aware of your attitude. Are you inviting or distant to your partner? Do you let things come up or you are consciously avoiding all the situations to snuggle with him. If so, WHY? Do you want to change it? If so, what can you do in order to make a difference? If he approaches you do you let him hug you and wander his hands around on your body or do you walk away saying, "You just want sex". Are you sure he really only wants sex? If so, could it be that this is the most profound way for him to show you that he loves you?



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Did you know that a major factor of getting distant from your partner starts with touching each other less and less?

Did you know that this is a major unconscious factor in divorces?

Did you know that couples live with each other without having sex from 3-6 or even 9 months (No, not when the woman is pregnant)?

Did you know that 48% of women admitted to faking an orgasm? And that married couples have sex only 98 times a year, AVERAGE?

Did you know that sexuality relieves stress, improves your immune system, and releases happy hormones called endorphins (some people take it in pills instead of being happy or instead of having a great intimate life)?

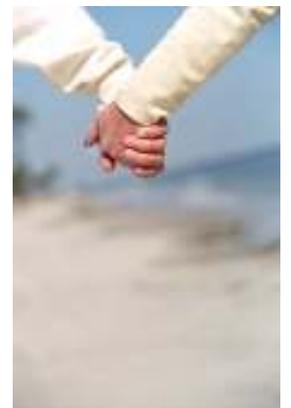
Did you know that women who have regular sexual intercourse are much more successful in their career? Did you know that more surveys are published about the connection between feeling sexy (because you have it) and attracting more money? Did you know that men found sexually active women far more attractive? Do you remember a few times when, after having an amazing night with your Man, the next day everybody just complemented you and you were just a magnet for all good things? Then, think about it . . .

What do I suggest?

I DO suggest you find ways how you can connect with your sensuality (this is a hot topic to me so you will find more articles in my archives about enjoying your sensuality) and slowly bring it back to your life.

The first step is to look through your wardrobe and look at the clothes you are wearing. Try to be a man. Would you see a woman attractive, maybe even sensual wearing your clothes? I have no chance to go into dress codes. If you want to, you can find ways to look and feel feminine and still look professional. Your Physical affects your Emotional. Everything starts and ends with you.

My other best idea is to set up a day with your spouse when: no TV, no going out, no excuses, but snuggling and letting it turn into making love. Does it sound artificial? Maybe, but which is better, not to have sex at all, or feeling weird a bit at the beginning and starting to enjoy the process and acknowledging your growing self esteem?





#### **#4 MISTAKE**

#### ***WOMEN LOST CONNECTION WITH THEIR INNER ESSENCE SO THEY DON'T USE THEIR INTUITION. THEY ACT BASED ON FACTS OR IN OVER EMOTIONAL STATE.***

All of the previous articles were showing you different slices of the same cake; how women lose sight of who they truly are by focusing on raising children, supporting their husband in their career, being caught up in their own career, helping the community, etc. Most women feel neglected, unappreciated, and even unattractive. Eventually, they just burn out in their everyday life and they feel fatigue. Most women I talk to realize that by the time their “inner alarm” goes off to make them stop and realize how much they have lost themselves, they are already having some emotional or physical symptoms. They carry too many responsibilities and they are in a constant “make a decision mode”. However, when it comes to making a decision about themselves, for example investing into themselves (having fun or hiring a coach); they are either saying a not necessarily supportive “yes”, based on making an impulsive emotional decision, OR they are shutting down their intuition, making a self-sabotaging “no”.

In the first case, they don't listen to their intuition, because they just really want to break the ice and give something special to themselves. In the second case, they overthink the opportunity and, even though they feel it in their bones that they should go with the flow, they shut down and find excuses to avoid making a decision based on their intuition.



Intuition is like a plant. You need to take care of it by listening to it and not questioning it.

Yes, meditation is great, but at least if you just walk and try to keep your mind clean and thoughtless, that helps tremendously! It's challenging at first, but you can do it. This is my favorite part of the day; when I sit down, close my eyes and I keep repeating a few times: “My mind is empty, my mind is empty, my mind is empty.” Soon, everything is swept out of my head and there is silence and peace, there is nothing. I love it!!

Another way to improve your intuition is being aware of your thoughts. The ones that just fly through your head, you just thought of for a second; those are the ones that were coming from your higher self.

Your Spirit and the Divine try to communicate with you with repetitive thoughts and feelings. Be aware of these.

Let me tell you a nice story which is very valuable to me. Most of the time we act when a tragedy has already happened or we realize that simply just not moving on, it may cause us a major loss in our lives. I had a client the other day who had been telling me that she wanted to Feng Shui her home for a long, long time. Nothing ever happened. She never called me; she just had it on her mind. Lately, she decided that she will get to the next level on her career ladder, whatever it takes. So, she started to work with two coaches and she also had a designer in her home to make it feel really good. She told me she loved how the flow of the house was, but she finally made a decision and had me in her home in order to finish this project. Well, in her home I found way too

many clues that did not support her in her career. She is extremely successful, but it takes way too much energy from her. At the end of the consultation she felt confused, because I just suggested the opposite that her interior designer said, so she felt she had made a mistake to go through all of this changing around the house and her life.

I just simply said to her. “Your spirit had tried to tell you long ago to call a Feng Shui consultant before you made up your mind and started all of these changes in your life. You were just simply not listening to your intuition.” Don’t worry; I left her in as much of a good state as it was possible. She was and she will be fine.

## **#5 MISTAKE**

**WOMEN HIDE OR COMPENSATE FOR THEIR FEMINITY. THERE ARE THREE MAJOR GROUPS IN THE EXTREMES. THE FIRST GROUP IS THE ATTENTION AVOIDERS: THEY ARE EITHER WEARING SACKS OR SHABBY CLOTHES.**



**THE SECOND GROUP IS RIGHT THE OPPOSITE OF THE FIRST: WOMEN WHO ARE OVERDRESSED AND OVER COMPENSATE THEIR FEMININE SIDE: THEY WANT TO BE VERY SEXY OR ABSOLUTELY PERFECT. THE THIRD GROUP IS THE GROUP OF WOMEN WHO PRETEND THEY ARE GUYS: THEY ACT LIKE MEN, THEY HAVE JOBS WHICH REQUIRE A MAN’S BRAIN, MENTALITY, STRENGTH AND ATTITUDE. SOME OF THEM WEAR UNIFORMS AND GO FIGHTING.**

. . . And, of course, there is the “Normal group”: looks neat, pretty, well dressed, not overdone. It’s OK ladies, whichever group you belong to. You have very good reasons why you show yourself to the world as you do. When I was in my late twenties and early thirties, I went through a major shift. I don’t have that fragile and curvy, really female type of body. I have heavy and thick bones, I have thick muscles. On top, I had short hair and I was really in good shape from all of those workouts I did. On top of all, I have a strong and direct personality. These are not really the images or features we would connect to feminine, right? Consequently, I heard from more and more people and sources about how masculine I seemed to be to the world. I was shocked because I felt so juicy and feminine inside. I knew I had never fit into boxes (I still don’t). I was always on the go and vibrant, but it was really hard to accept how masculine I was or how much I lost the connection with my feminine. So, for a while, I was compensating myself by wearing very sexy, over-sexy outfits. I might have been even provocative in a way, which I was not aware, of course, in my desperation. Then, I did some healings within myself and things turned around in a really favorable way. Some of my friends who hadn’t seen me for years didn’t recognize me at first. It was not just my hair, which was growing. I basically wore the same dresses and clothes, but I found a way to merge it into a more professional, more discrete, and still feminine style. Lately, I have noticed that my wardrobe went through even more simplification, so it’s time to change slowly and make out my new brand.



In short, we change. There are lots of circumstances that determine our style in clothes and accessories, even make up. However, if you discover which group you belong to from the above three ones and you would like to change, here is what you can do:

Start being aware of women around you and start looking at how they dress. Choose the one(s) whose style you like the most and try to be a light or distant follower. Please don't start wearing the same shoes, clothes, earrings etc. That's very annoying. Just pick a little detail and adjust it to your own style. Example: look how she is choosing her accessories. Or how many times does she wear skirts and pants? If you are closer, you can ask advice from her. I have had so many compliments about the way I put on my eye shadows, and I have had so many women asking me how I do that. I am really happy to share my secret.



If you want to have fun, but you are the one who has no clue how to put things together, pick a girlfriend to go shopping with you. She will teach you and train your eyes to notice what brings out your beauty. Advanced level: when you feel a bit more confident and want to test your improvement, ask a man to go with you. Make selections and make a fashion show for him. THEN, wear those outfits!!!! It doesn't make sense to buy them and then let them hang in your closet. If you want enduring results, and your present and desired style is way too far from each other, then do it SLOWLY!! And play. Wear the pieces separate, next time together, in all variations. Please send me pictures! Love, Heni

I know you said "I know all of these." I know you do. They are really profound. I have a few questions, though.

If you know you have been doing any of these mistakes or maybe all,

\*What have you tried to resolve this issue?

\*How successful you were in this process?

\*How long can you go on knowing that you are not self-nurturing, you are eating up yourself?

\*What's the price of not resolving and learning how to make a breakthrough from your patterns?

If you think I can give you more support, you are welcome to contact me by applying for a free 30-minute consultation or browse around my website and follow the links I give you.

Till then, LOVE TO LIVE, LIVE TO LOVE!!!

HENI