

Sierra
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"The Dance of Conscious Courtship"

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<p>1</p> <p><i>Look good, smell good, sound good, taste good</i></p>	<p>2</p> <p><i>Let him be the guy: let him open doors, remove your coat, pull out your chair, walk you to your car, etc. Smile and thank him.</i></p>
<p>3</p> <p><i>One question to his every two. Let him fill in the silences, often.</i></p>	<p>4</p> <p><i>Don't do his work for him. He needs chasing space.</i></p>
<p>5</p> <p><i>Wear color around your face. Share your beauty with him. Wear a skirt or dress. Show some skin.</i></p>	<p>6</p> <p><i>Breathe, breathe, breathe. Check in with yourself. Trust your intuition.</i></p>
<p>7</p> <p><i>Don't arrive before he does: be 5 minutes late.</i></p>	<p>8</p> <p><i>Stay on the optimistic side of any subject</i></p>
<p>9</p> <p><i>Look for the joy in everything and share that joy with him. Let him experience your warmth and effervescence.</i></p>	<p>10</p> <p><i>Be authentic, passionate, confident and receptive.</i></p>

<p style="text-align: right;">11</p> <p><i>He loves your laughter, as long as you're not teasing him.</i></p>	<p style="text-align: right;">12</p> <p><i>Obey your sense of pleasure and comfort.</i></p>
<p style="text-align: right;">13</p> <p><i>Relax, relax, relax.</i></p>	<p style="text-align: right;">14</p> <p><i>Feel your body. Relax your belly. Breathe.</i></p>
<p style="text-align: right;">15</p> <p><i>Have fun. Enjoy yourself</i></p>	<p style="text-align: right;">16</p> <p><i>Men fall in love when they give. Let him. Graciously appreciate and accept what he provides.</i></p>
<p style="text-align: right;">17</p> <p><i>Remember that he thrives on contributing to your happiness. He's there to try and please you, not vice versa.</i></p>	<p style="text-align: right;">18</p> <p><i>Get comfortable with receiving. Receiving does not signal reciprocity.</i></p>
<p style="text-align: right;">19</p> <p><i>Give him indirect compliments and appreciate what he provides: "I love this food", "It's so beautiful here", "Gosh, that movie made me feel so wonderful", "Your car is so comfortable", etc.</i></p>	<p style="text-align: right;">20</p> <p><i>Remember that sometimes he can't think and feel at the same time.</i></p>

<p style="text-align: right;">21</p> <p><i>Don't compete with his work. Appreciate and respect him.</i></p>	<p style="text-align: right;">22</p> <p><i>Let him win by pleasing you. You're the jewel in the crown. He's the crown.</i></p>
<p style="text-align: right;">23</p> <p><i>Keep your sense of humor. Smile.</i></p>	<p style="text-align: right;">24</p> <p><i>He needs your respect, your smile and your receptivity.</i></p>
<p style="text-align: right;">25</p> <p><i>Slow down, sit back, smile.</i></p>	<p style="text-align: right;">26</p> <p><i>If the conversation is stalled, breathe and wait a few moments. If he doesn't move it forward, become curious about him and find out who he is.</i></p>
<p style="text-align: right;">27</p> <p><i>His work, his hobbies, and his dreams are important. Ask him about them, and then listen well without interrupting.</i></p>	<p style="text-align: right;">28</p> <p><i>If he goes on about himself, jump in, acknowledge the subject, and then relate it to yourself: "Oh, I know what you mean about trav- eling. Last summer I took a trip to the Southwest that was awesome." Remember: he gets interested in what he's talking about, and the topic should be you at least half the time or more.</i></p>
<p style="text-align: right;">29</p> <p><i>Don't sweat the small stuff. Be flexible.</i></p>	<p style="text-align: right;">30</p> <p><i>If you want to, touch his arm while you're talking.</i></p>

<p style="text-align: right;">31</p> <p style="text-align: center;"><i>Trust your intuition.</i></p>	<p style="text-align: right;">32</p> <p style="text-align: center;"><i>Your integrity and sense of well-being trumps everything else. If you're uncomfortable with anything, don't do it. You never have to explain yourself unless you want to.</i></p>
<p style="text-align: right;">33</p> <p style="text-align: center;"><i>Stroke and stand. You have veto power. Acknowledge and appreciate his offer, and then let him know what would be more comfortable for you.</i></p>	<p style="text-align: right;">34</p> <p style="text-align: center;"><i>Keep the first dates shorter than longer. An hour and 15 minutes max is fine.</i></p>
<p style="text-align: right;">35</p> <p style="text-align: center;"><i>Generally, the next date should fall at least 3 days out from the invitation</i></p>	<p style="text-align: right;">36</p> <p style="text-align: center;"><i>If his invitation is vague, graciously ask him what he has in mind.</i></p>
<p style="text-align: right;">37</p> <p style="text-align: center;"><i>If you want him to kiss you at the end of a date, adjust the collar of his shirt or his tie, then breathe, smile, and look into his eyes and wait...</i></p>	<p style="text-align: right;">38</p> <p style="text-align: center;"><i>Give it 6 dates if he's at least a 51% maybe.</i></p>
<p style="text-align: right;">39</p> <p style="text-align: center;"><i>If you're somewhere you don't want to be, politely excuse yourself and leave. Always carry cab fare, lipstick and a credit card.</i></p>	<p style="text-align: right;">40</p> <p style="text-align: center;"><i>Big self-love and self-acceptance: Remember, you're in a learning process. If you're not making mistakes, you're not in the game.</i></p>