

Your 6 Steps To His Heart.... “Just *Whisper*”



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Coach Katelyn

You Can Capture His Heart *This Way...*



Hi, I'm Coach Katelyn,
What if I told you... the secret to capturing a man's heart is already yours.

It's inside of you. You already have what it takes.

You might not believe it, but it's true. It's not about competing with other women or chasing the man down. That in itself is exhausting work! ...And it doesn't get you what you really want, the love and relationship of your dreams.

What if I could help you to let those amazing qualities you already possess out in a way that will impact ANY man.

Would you do it?

I can help you bring that secret to the surface for all men to see and be drawn to.

What if I told you that most everything you've been taught and believe about men and how to engage them, date them and keep them is a lie!

What if I told you that there is a way to stop the bleeding in your current relationship?

Imagine how it would feel if you got to experience real intimacy and deep love from your man for the very first time.

Imagine it right now.

The simplicity of all of this, of being a true “Love Whisperer” all starts with you - and I won’t lie, there is work involved, but it isn’t horrible...in fact, it’s fun!

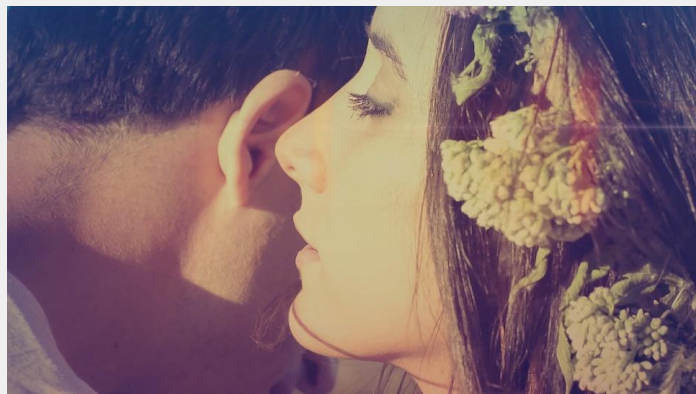
What is a Love Whisperer?

A Love Whisperer is a woman who quietly, artfully and effortlessly captures a man's attention and love and can keep any good man she chooses close to her and devoted to her forever.

That woman is you!

Being a “Love Whisperer” is simply whispering to the world, and to every man in the world, all the amazing, unique qualities you already have inside you - and doing it in a way that goes straight through his brain and into his heart.

Being a Love Whisperer is also being a Man Whisperer, a Heart Whisperer; a Whisperer to the world.



You’re breathing to a man’s heart, humming to your boss, murmuring to your employee or co-worker, sighing to your friend, sharing secret messages to your child’s inner worlds, speaking to the world in language everyone can hear, and transforming your relationship with them all from the inside out.

When you convey a secret message to a man, you’re Love Whispering.

The force of nature that is a “whisper” is everywhere. The sound of leaves rustling in a forest, the sound of snow melting, of birds flying, wings whispering in the air.

Your touch on a man’s chest...your gentle fluff of his hair...your lips on his cheek...these are whispers.

You are breathing, murmuring, sighing, muttering, humming, speaking into the heart of a man in a way that makes him fall for you.

It's the secret of how to do this that I'll be sharing with you here.

How I Discovered the Key To Lasting Love

I am both a horse and human behavioral expert, life coach and Rori Raye certified love and relationship coach.

I hold lots of certifications but the thing that matters most to me and has given me the most wisdom is my own personal Graduate school of experience.

I discovered the secret to "Love Whispering," during my many successful and rewarding years as a practicing Horse Whisperer. As a Horse Whisperer, I helped people who came to me desperate to save their horses who had big problems; horses who exhibited dangerous even life-threatening behaviors.

That is the elevator speech I told people who asked what I did for a living. **But the real truth is.... I don't help people with horse problems. I never did. I help horses with people problems!**

Once I truly *got* the nature of my work, I began to understand things on a whole new level.

In short, my job was and is to find and facilitate healing of the most sensitive and intimate emotional wounds in a human, by observing how the human behaviors triggered by those conflicts affected the nature and actions of another being. Once the human got themselves in a better place, the horse changed too.

People came to me as the last resort.

It's a shame that they waited so long to contact me.

But, isn't that what we tend to do?

We wait until our situation or our relationship is so broken and battered that we feel we are at the end of our rope with nowhere to turn?

Is that what you're doing or have done in the past?

It was the end of the line for many of these lovely people and beautiful horses.

So, what does that have to do with you and your man or the man you are about to meet?

It seems unbelievable to me now that I didn't immediately make the connection between my work with horses and how it relates to human love relationships and all relationships, but I believe that my journey unfolded exactly as it was supposed to.

It wasn't until I woke up one morning and realized I was at the end of my rope with my own man, that I finally saw it clearly.

You see, I could always attract men.

I had a long history of men being attracted to me and coming on strong.

I even had one man offer to buy me a Porsche and a ranch after only 2 months of dating.

BUT!

Even though my livelihood depended on me being able to unravel subtle patterns that others missed, I find it interesting that my own relationships with men followed a pattern that I couldn't see.

It looked like this:

We would have this amazing start.

We'd fall in love and then after a period of weeks, months or even years, everything would fall apart, and I was left alone again with my carton of Ben and Jerry's.

And I never made the connection as to why!

Then my current man found me.

I thought, "THIS IS IT!" Everything was so perfect.

We were in love!

And then, after 3 years, he told me out of the blue, "I love you, but I'm not in love with you."

"WHAT?"

"SERIOUSLY?"

I was shocked! It felt like I'd been punched in the stomach.

I couldn't breathe, and my heart was pounding so loudly and into my ears that I missed half of his words. I could see his lips moving, but I couldn't actually hear them.

I felt like I was in a slow-motion free-fall without a parachute.

This couldn't be happening.

NOT NOW!

NOT AGAIN!

I shut my eyes tight praying that when I opened them everything would be back the way it was, but when I opened my eyes for a peek, all I could see was his frowning face as he stared at the floor.

The reality of it all forced me to finally and fully open my eyes.

What I saw was shocking, foreign, alien even.

I cocked my head to the side and looked hard.

I looked at him and saw him clearly, perhaps for the first time.

I breathed deep, gave a deep exhale and when all of the air had left my lungs, I just sat with it and observed him.

His eyes were dark and lifeless.... not the sparkling blue that I remember.

He appeared disconnected and cold.... like someone had pulled the plug on him.

He looked like a person I thought I used to know but couldn't quite remember.

I still feel the chill of that moment.

I imagined and then watched as my heart dropped out of my chest and shattered on the hardwood.

I entertained my fantasy and followed little pieces of red Christmas ornament-like, heart-shards as they spun and twirled across the floor.

As I was witnessing my heart bleeding out, my attention was interrupted by the entirety of the relationship as it paraded itself before me.

"So. This is what death is like." I thought. "Even sex was a thing of the past and that was always our glue when all else failed!"

Sex always had been the glue that held us together, no matter what!

Our love-making was off the charts!

Where did it go?

What planet had I been living on?

Love-making? Those words sounded so foreign.

I realized I'd had my eyes wide shut for way too long.

My heart ached so painfully that I thought my chest was going to crack open. Oh wait...that already happened a minute ago. Why am I just feeling the pain now?

I was really feeling so very tired and confused.

And then.....

As you might predict, being the high functioning tough professional that I am, I immediately got to work.

I'm not kidding! I sprang into action! BOOM!

- I tried therapy.
- I tried being a sex kitten.
- I tried cooking and cleaning and doing everything I could for him.
- I spoiled him.
- I got mad at him and blamed him. I blew up at him and accused him.
- I got suspicious and jealous.
- I smiled when I was crying inside. I swallowed my anger and pain.
- I exhausted myself trying to get him to notice me, to love me.

Oh yeah, I did it all...and more.

Time passed, and I realized that even after weeks of therapy, weeks of running myself ragged, I was worse off than before.

I was SO unhappy, and he was more distant than ever.

The cooking and cleaning and even sex wasn't working.

Spoiling him was not working.

Even screaming out in pain, wasn't working.

NOTHING I TRIED WAS WORKING!

When I looked in the mirror I saw a stressed out, tired, depressed, angry and desperate woman.

I was exhausted and at the point of no return.

I wanted to start running like Forrest Gump.

I actually thought about just disappearing into the night, never to be seen or heard from again.

Then a miracle happened.



It happened while I was working with a woman who had a particularly difficult horse.

She told me what she had been doing, trying to fix that beautiful and tormented creature. I tried not to cringe. I knew the story. It was a familiar one...And as I artfully and softly explained how she contributed to the horse's bad behavior, created it even, I saw myself and my man in her situation. My own words echoed back to me...as if from the bottom of a barrel. I wanted to cover my ears.

And as I looked into her eyes and saw the pain she was feeling.....

I started to shake.

I thought I might faint right there.

I felt dizzy and nauseous.

The tears welled up and I literally had to pretend I was sneezing from allergies to hide my distress.

It hit me that the “types” of behaviors I warned my horse clients over and over again not to indulge in was exactly what I was doing in my own relationship.

I insisted that clients:

- DO NOT TRY TO CONTROL OR MICROMANAGE HIM.
- DO NOT TRY TO CONTROL OR BE INVESTED IN THE OUTCOME OF ANY SITUATION.
- STOP YOURSELF! DO NOT LASH OUT, MANIPULATE, CRITICIZE OR SHAME HIM, COMPLAIN, COAX OR ASK THE INNOCENT QUESTION.
- NO MEANS NO. NO MOST OFTEN MEANS, “I CANNOT.” IT RARELY MEANS “I WON’T.” TAKE NO FOR AN ANSWER.

Guess what? I was doing all of that and more to my man.

Then a calm swept over me.

I had an “aha” moment that would change my life forever.

The secrets of Horse Whispering and “Hu-Man” Whispering were the same.

I had the secret to my man problems right in front of me all along. I had always held the key and didn’t know it. How could I have missed the obvious?

...Probably because I was so focused on the relationship between horses and humans, the obvious simply never occurred to me.

In the next couple of days, I had “aha” moment after “aha” moment.

They came in waves.

Just like horses, men want to stay.

I’ve had clients whose men have stayed for years...without sex, without intimacy.

They do not want to leave.

They want to stay...until they just can't any longer.

Men and horses only leave when it is just too uncomfortable to stay!

I tried my *Whispering* method with my man and it worked!

It took a little while to make things right, in part because of the extent of the damage that had to be repaired, but also because I was working on my own relationship and I had to work out a few kinks. The most difficult was, how to stay objective and grounded and how to stay out of the realm of blame. There is an art to that part....

Eventually I implemented tools and programs to take care of those sticky and uncomfortable times.

OMG IT WORKED!

After seeing such profound change in my man, my friends started asking me for my secrets.

I shared.

It worked for them too!

And...it worked over and over and over again.

And the rest is history.

I decided right then and there to make it my life's work to help as many women as I could to save them from the kind of pain and struggle that I went through.

God gave me a great gift and I have been asked to share it with you.

The powerful skill sets I developed are based on combining proven behavioral science, Rori Raye love and relationship techniques and the magical art of “Horse Whispering.”

I guarantee my methods will put you in the driver's seat with your man once and for all.

You can have the kind of relationship you’ve always dreamed of....and it takes much less effort than what you might think.

It’s easy!

Mostly it’s fun. I won’t deny it. Do you think I would have spent much of my life helping humans heal their relationships if there wasn’t something really fun about it?

Step #1 - Practice Observing Him



Tool: SEE HIM!

Look at and notice your man like you have never seen him before.

I would like you to observe your man from the viewpoint of a scientist who has no investment in who or what this man is.

You can appreciate something about him, but I would like you to try to refrain from criticizing or personalizing when noticing.

To do that makes it about you!

I want you to make this solely about him, so you can see him for who and what he is, independent of you and your past history.

Make a list:

- What does he look like?
 - What is he wearing?
 - What is the texture of his skin?
 - What does his hair look like?
 - What is his body type?

- What is he doing?
 - Is he moving or standing still?
 - Where is he looking?
 - Is he distracted or paying attention to you?

- What is his mood?
 - Is he happy?
 - Is he sad?
 - Is he angry?
 - Is he shut down?
 - Something else?

- What are his expressions?
 - Is he smiling?
 - Is he frowning?
 - Is he staring blankly?

I want you to see your man for exactly who he is, the very best way you can so we can start fresh with no lingering baggage from the past.

Step #2 - Learn to Sense Your Frequency



I want you to try to notice yourself and your own manner and mood as you observe your man.

Pay attention to your feelings and how they manifest in your body. This is really important. Without even knowing it, your voice, words, body language and “frequency” may be sending him a message you aren’t aware of.

You may be “shouting” to him, instead of whispering...

When this is happening, he reacts in a way you don’t want.

Instead of bringing him ever closer, you’re unknowingly pushing him away.

To get from shouting to whispering, you must start with the step of sensing your OWN frequency and making sure you understand what you are saying with your “vibe.”

Once you get used to experiencing yourself as a whisperer, and your secret love messages are getting passed to him as an “undercurrent” instead of a blast - you’ll see everything change.

Not only will you see him break down his own walls and defenses and let you into his heart - you’ll see the entire world around you open-up to you.

Whispering IS magic.

Tool: Where Are You Now?

Ask yourself:

- What are you Feeling?

- Are you happy?
- Are you sad?
- Are you angry?
- Are you shut down?
- Are you calm?
- Something else?

- What Does it feel like in your body to feel these things?
 - Is your chest tight or relaxed?
 - Are your shoulders up or down?
 - Is your jaw tight or relaxed?
 - Does something tingle inside you?
 - Something else?

- What are you doing?
 - Are you moving toward him?
 - Are you moving away from him?
 - Are you standing still?

- Are you relaxed and smiling?
- Are you tense and angry?

Write it down.

Make a list of at least 5 things that you're feeling either in your heart or elsewhere in your body- and to do that we are going to use something called feeling statements.

A feeling statement begins with the words, "I feel, I felt or I'm feeling....." and what they do is allow you to bring to the forefront how you feel rather than what you think.

For example: I feel pain in my knee. Or I feel all squishy in my stomach.

What this does is allow you to get in touch with and feel your true emotions and then teaches you to speak from them.

Why is this important? Men like horses are not captivated by words that sound like a court reporter. A few words, maybe...but the more words you speak, the more the horse or the man shuts down...unless of course, the words speak feelings.

When you speak an authentic feeling, your body chemistry changes, your mood changes, your vibrational frequency changes and a man will notice the change!

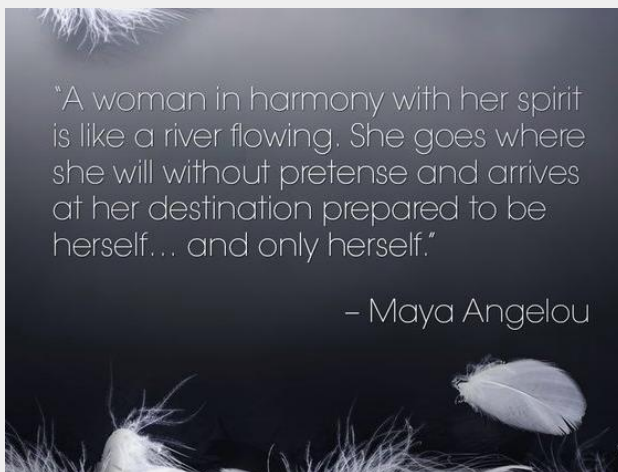
He might not be able to put his finger on it, but he will notice!

And isn't that what we want is a man to notice us differently than he would any other woman?

So few women know this secret. This one tool, if you do nothing else will set you apart from the rest.

From now on, concentrate only on speaking to your man with feeling messages.

Step #3 Be His Feeling, Healing Power



Healing creates Feeling and Feeling is Power!

To set your healing power loose, to let it waft toward him as a whisper, you have to feel it!

Your power resides in your emotions, and those powerful emotions are the most magical, direct, amazing way to

naturally and quickly Whisper Love to a man in a way HE can feel.

Horses show us who we are as humans by their moods and attitude when we're around them.

They are our mirrors.

What if your man is your mirror, too?

What if the way he acts toward you is an indicator of how you are around him?

What if you knew how to read his actions and moods and use it to your benefit?

Noticing when he is “off” can be your greatest gift and indicator as to your own “off-ness”.

What he is showing you might surprise you!

When you are not being authentically you, he cannot be authentically him.

Let's take a look at some of our worst behavior, the things we do when something he does triggers us:

- Jealousy
- Obsession
- Lying
- Manipulating
- Needy
- Suspicious
- Fear

How good would it feel to no longer be controlled by things like jealousy, suspicion, fear, or neediness?

By recognizing, understanding and radically accepting that which is inauthentic in us and then effectively dealing with it-letting it go, we can heal.

When we heal, we become whole. When we become whole and complete... man or no man...we can begin to embrace our great power that resides within each one of us; Our true *Feminine* selves. I call this, “The Divine Feminine.”

When we are accepting and conscious of our authentic powerful selves, life gets truly abundant on all levels. It becomes fresh and exciting and new, wondrous, wild and free.

When you are authentically female and feminine, men cannot help but to be drawn to you.

When I say that, it doesn't mean you act all cutesy, flowery dresses or little girl-like. It's nothing like that. You can be a steel worker or a ball player and be authentically feminine. What this means is you understand the power- in, and the difference- between, what is feminine energy and masculine energy....and every human possesses both!

You must learn when and how to identify and consciously and actively use both your masculine side and your feminine side. Your masculine energy works great on the tennis court or in the boardroom.

BUT!

Using masculine energy with a man you want to attract and keep near does not work!

I have successfully and effectively used this guaranteed technique to heal, repair, encourage and grow countless relationships between horses and humans.

Now, I am offering you the winning the recipe to do the same with men.

By harnessing this organic and naturally occurring phenomena, he gets to be a man which is what he's best at and you get to be a woman...your strength, your Holy Grail.

When you think about it, how much more fun would it be able to RELAX to just be who you are without trying or pretense?

Think about how empowering it would feel to just be FREE to be yourself around your man without having to try to be a certain way that is foreign to you.

Tool: Feel it to deal with it.

Don't fight it!

Welcome your feelings whatever they are.

It is your gift.

Let's say your man is texting his old girlfriend and it's driving you nuts.

What are you feeling?

- Jealousy?
- Anger?
- Fear?
- Competitive?
- Like you have to fix it?



DON'T FIGHT IT! FEEL IT!

The only way to heal all these emotions is to really feel them!

Love those parts of you!

Love your jealousy!

Love that part of you that's angry!

Step #4 - Magnetize Him



Everyone, men and women, have both male and female tendencies or energy.

Men are naturally doers, givers and goal directed.

Women are intuitive, creative and receptive.

We are often taught that emulating men makes us appear strong and successful...

This is a lie!

It isn't about emulating men. It isn't about trying to be someone that you are not.

Harnessing and using your authentic masculine side in an artful way is what affords women a great success in the boardroom or the playing field.

It doesn't work in intimate relationships with men.

We are taught to believe the lie that being a woman is weak and less than.

There is some truth in the statement, but it isn't what you think!

The whole truth is that a woman who is not being her authentic self or embodying her feminine vibe and instead is operating from her masculine energy in relationship with a man appears off or fake or false.

A lack of authenticity weakens attraction.

Men can feel when a woman is working from her male energy.

It creates mistrust, but he can't put his finger on it.

Think of what happens when you put two north pole sides of magnets together.

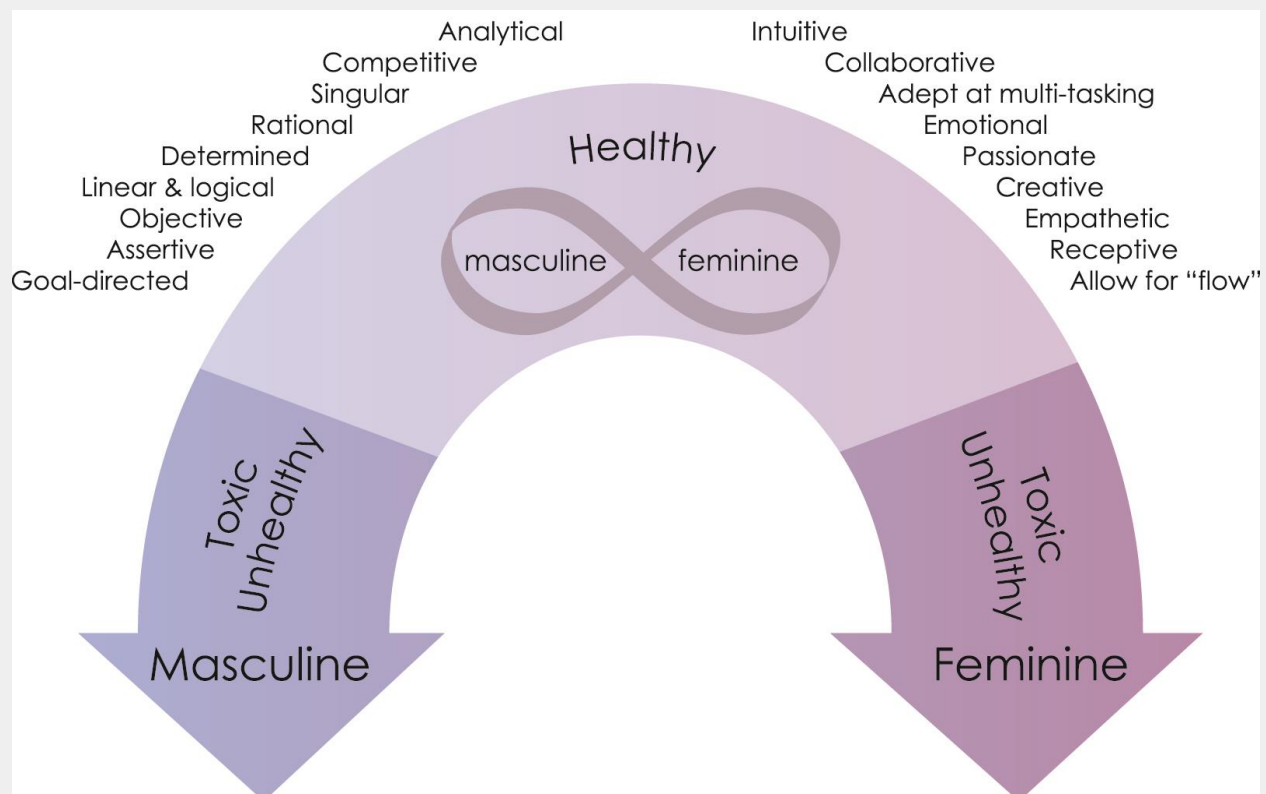
What happens?

They repel one another.

Remember relationship is about balance and equilibrium.

You don't have to be a man...

Study the Relationship chart below and see the characteristics of what an authentically masculine trait is, and what constitutes an authentically feminine trait.



A relationship between man and woman works when it has a balance of masculine and feminine energy.

If you are exhibiting too much in the way of masculine traits or energy and the man stays the same, the scale tips heavily to the masculine side.

The only way it would remain in balance is for him to start exhibiting feminine energy or characteristics, so the relationship vibe or frequency stays balanced.

If you do his, “man” job or operate in masculine vibe you are:

- Pushing hard to control things.
- Goal directed.
- Doing too much.
- Handling everything.
- Making all the plans.
- Doing all the talking.

Your man has no choice but to:

- Be receptive or complacent.
- Go with the flow or have no opinion.
- Do too little.
- Handle nothing.
- Make no plans.
- Stop talking.

.... or the relationship goes out of balance.

TILT!

If the relationship is out of balance, just like a pinball machine, it stops working properly.

Would you be happy with a man who is acting like a female?

It works for some couples.

Would he be happy with a woman who is acting like a man?

Again, it works for some couples.

You must decide what your balance point is, but you can't do that until you understand what kinds of things create a masculine vibe and what creates a feminine one.

I have plenty of clients who are powerful women who have and use LOTS of masculine energy. These women see great positive rewards with a very small amount of change once they understand how men and relationships really work.

I also have clients who although understand their feminine power and their masculine side, just don't know how to be effective with either one. These women, once they learn how, create miracles in their relationships.

So, don't think you are too far gone....

Tool: Switch Your Frequency



Everything is made up of energy and has a frequency.

Relationships have energy and frequency.

Imagine every relationship is like a bubble with the 2 people in it.

You and your man.

You are sitting facing each other.

When the energy in the relationship is balanced, then the environment in the bubble is soft and calm and the bubble floats gently.

If you lean forward toward your man, you create friction in the environment. It creates pressure...ON HIM.

The bubble starts to topple and twist.

It goes wobbly and off course!

The only thing he can do to restore calm and relieve stress is to lean back or move away FROM YOU!

If he moves too far away from you, he breaks the delicate bubble membrane and your relationship crashes.

BUT!

If you lean back gently and with purpose, he will lean forward just as nicely.

Balance is restored.

He is close to you and that makes you feel good.

He feels relaxed and calm, so he stays.

Leaning forward; doing too much, focusing too much on him creates stress, friction and imbalance, even if you didn't mean it or can't see it.

Leaning back or staying neutral, relieves pressure and stress. He is close, and it feels balanced to both of you.

Balance is key.

It's a dance that you can lead by allowing him to lead....

LET HIM LEAD!

Tool: The Motion of Emotion Leads to Devotion

Curiosity is the key to opening a man's heart.

It is key to horse whispering and love whispering.

When you create a little mystery, he becomes curious and he is drawn to you.

He is drawn to you when you change your energy/vibe/language from something that is uncomfortable to him to something that is alluring, comforting, safe and relaxing to him.

What feels safe and good to him is when you are living authentically YOU!

When you feel your emotions; when you get real with yourself, he exhales and relaxes and stays.

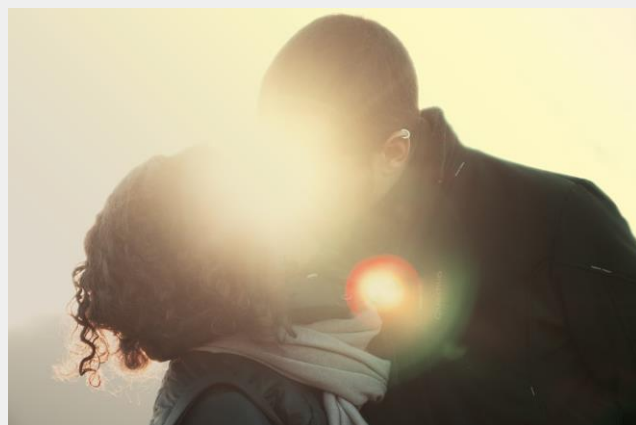
All of a sudden, he feels calm and inspired around you.

Once you have learned how to inspire a man by being authentically you, anything is possible!

From here all you need to be is consistent. Inspiring consistent curiosity by artful repetition, it is easy to see how he can make the leap from emotion to devotion.

You can control the positive flow and the brightness of the relationship by how much pressure or energy you apply or take off...better yet, let him lead the way...you just shine your feminine-light!

Step # 5. Understand His “Man Zones”



Men Have 5 Zones:

- The Body Zone (physical activity, sex)
- The Mind Zone (intellect)
- The Spirit Zone, (Philosophy spirituality, religion)
- The Emotional Zone (drama)
- The Heart Zone, (love)

The Heart Zone is the one you want to reach.

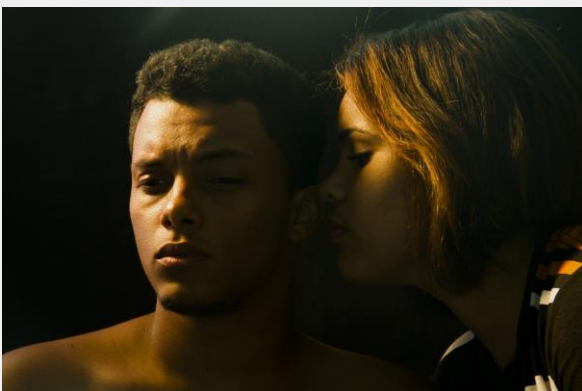
The Heart Zone is your target.

You cannot gain a man's love and trust unless you speak to the Heart Zone.

You speak to the heart zone with your feminine vibe or voice.; your feelings and emotions. This is the WHISPERING I've been telling you about.

The other zones, although useful for many things and fun to play with, will not get you the love you want.

Tool: Avoid His 4 F's and Attract his 4 R's



When men, like horses are in the presence of in this case a woman who exudes masculine energy or energy inauthentic to her, instant mistrust happens, and the man's sympathetic nervous system is triggered.

When pressure/stress or inauthentic energy is applied to any one or combination of his zones, the man will do one of 4 things I call the 4 F's.

When the 4 F's are triggered, the man will:

- Fight (get angry).
- Flight (leave or back away).

- Freeze (shut down).
- Fool around (create a diversion).

When men, like horses are in the presence of a woman operating from her authentic self or from feminine energy; her emotions and feelings, trust is inspired.

His parasympathetic nervous system is triggered.

There is a natural lack of pressure on his zones and the man will instinctively do 4 things I call the 4 R's.

He will:

- Respond.
- Relax.
- Re-energize.
- Realign.

Timing is key here.

A concept to be taught is that it is the release of stress or pressure that motivates.

It is what the man does when you inspire the 4R's, that allows him to:

- **Let go of Fear** so that he can *respond* by coming close to you.
- **Express and let go of Anger** and past resentments so that he can *relax* and feel comfortable being close to you.
- **Feel Safe** enough to *re-energize* to create the spark for positive forward movement in the relationship.
- **Open-up** to you. He *realigns* to commit to a bright today and future.

Once he begins to open-up a mysterious thing happens.

He gets curious and wants more and the cycle continues...and soon you have the love you have always wanted...and so does he!

BONUS Tool: Be Picked Up by His “vibe antennae”

When you create a new vibe or language using feminine energy...one that organically brings out the 4 R's you have reached his heart.

You have him close.

This tool inspires his heart to remain open, so you can keep him close.

You now understand that men and women do not process communication in the same way.

You now know you can't motivate your man by acting like one in the relationship.

He cannot hear you.

Your man...all men, have a special but seldom understood little antennae inside his heart permanently tuned in to the language that only a woman can speak. A woman who knows how to speak from her feminine vibe and her feelings and emotions is the one he will turn to!

Anything else is tuned out by him and might as well be the static noise of an out of tune radio or tv.

Think how annoying that is.

The 4 F's are triggered like clockwork in the presence of a woman operating from the wrong vibe. When we speak with our entire body, mind and spirit from the feminine vibe or feel, the 4 R's show up to save the day.

The 4 R's are triggered by a woman who Whispers.

It's that simple with horses and it's that simple with men.

Learn to turn up or tune in or turn down your feel vibe.

It is an art and science to be learned and can be mastered to get the relationship you want.

You are in charge.

Whenever you speak to your man don't speak like a work buddy or a court reporter.

Speak in the poetry of a Whisperer.

DO THIS first important step.

1. Drop your shoulders.
2. Lean back a bit.
3. Ground yourself by imagining beautiful roots growing from the bottom of your feet all the way into the center of the earth.
4. Take a deep breath in through the roots up into your lungs and breathe it out through your vagina.... NOPE, not a misprint. Trust me.
5. With the exhale, spread your feminine energy out sideways from there like you were using the diffuser attachment on your hairdryer. I pretend I can see it as it gently diffuses all around me and out into the world.... maybe give it a color. I like imagining opalescent sparkles like when the sun hits fresh snow.
6. Reach up to the base of your chin imagine you are grabbing a zipper that runs down the center of your chest. Unzip your heart and expose it for him to see. Keep it unzipped.
7. Speak from your feelings: "I feel____I felt____or I am feeling_____."
8. Notice what happens.... Sit back and enjoy.

Step #6. Let Love Grow in His Heart



We are women and for most of us, patience is a very hard concept.

We want it all now!

I don't blame you!

I do too.

But here is something the horses taught me, and it works every time.

It is called **Strategic Patience**.

When I step back and wait for a horse to catch up to my feel and emotions with no added pressure from me, it at first seems like I am going so slowly, I am almost moving backward.

I feel like I must DO something to get what I want.

It takes all of my will power and more to stop and wait.

If I add pressure, up pops the 4 F's and I lose him and have to start over.

But, if I practice *strategic patience*, the horse or man stays in the 4R's and before you know it we've surpassed our goal. We're flying!

Strategic patience is an important part of having the love and relationship you want.

I want you to learn to go at your man's pace as much and as often as you can.

WHAT?

You mean I have to wait forever for him to commit?

No!

Of course not!

If you learn to simmer down and step back a bit, take some pressure off, do less, your man will start to get curious and clue into the process and then step forward to meet you.

Tool: Strategic Patience...Trusting his love

Practice patiently and softly staying in the same space with your man.

Do this when he is in front of you or with you. You can even do this when he isn't. You can imagine he is in front of you.

1. Don't run away, just softly be there.
2. Take a deep breath and release it.
3. Lean back just a bit.
4. Relax your shoulders.
5. Soften your belly.
6. Imagine your chest is transparent and he can see and feel your heart.
7. Connect your heart and his by a beautifully colored cord or beam of light
8. Breathe slowly, softly and deeply like you would in yoga class or when meditating.
9. Fall in love with your breath.
10. Feel the love come from his heart to yours with every inhale.
11. Let everything else in your body that is not his love, leave with every exhale. Let go of the fear, the anger, the sadness, the grief.... all of it.
12. Keep breathing.
13. Stay still. Don't lean in.
14. Trust that he loves you!

You can quickly learn to use these 6 Steps, become a *Love Whisperer*, and *compel* him to take down his emotional walls to get as close as he can to you!

Once you learn these simple 6 Steps, everything will change:

Every man instantly becomes able to truly SEE you - the “real” you.

He gets to *experience* the real you!

And - in the biggest bonus (he can actually feel this as it’s happening) -

As you heal yourself, you heal him!

By slowing down, leaning back, staying soft, gently expressing yourself without pressure, you encourage more passion, connection and more love!

You.... *“Whisper him to you.”*

To learn how to do this with me walking you through every step and every Tool, creating new Tools (custom designed just for you!) - that will work in YOUR unique circumstance and with your unique personality - apply for a free “Whisper to Him” session with me.

To apply for your free introductory session, you can simply email me at:

<http://www.CoachKatelyn.com>

***Love,
Katelyn***