



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL



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PLEASE NOTE

This workbook is intended to be completed in conjunction with the course videos. It is imperative that you watch each video before doing the accompanying exercise. If you do not follow the course the way it is intended, we cannot be responsible for your results.



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Dating Mantra



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Course Checklist

Here's a checklist of what to complete while you work through the modules.

The following activities are the **only** ones you need to send in:

- (1) **Coaching Welcome Packet** (to your mindset coach)
- (2) **Final Five** module 4 (to your mindset coach)
- (3) **Perfect Profile** docs

If you ever have any questions about activities, you can

- Ask a question on a Q&A call
- Discuss with your mindset coach or email them for clarification
- Post the question in the Kajabi Social Circle or END Facebook group
- Email hello@lisashield.com

Task/Exercise	How to complete it?	When?
Coaching Agreement	The email will come from "Lisa Shield" Once you sign, you'll gain access to the course modules.	ASAP
Course Workbook You can also purchase a new journal .	Order your FREE workbook. https://lisashield.typeform.com/to/q3hohA1M Find a beautiful one that speaks to you! The journaling exercises are for your own reflection.	Welcome
Group Orientation	Sign up for a group END orientation. https://go.oncehub.com/Orientation1	Welcome

<p>Communications</p>	<p>Check your <i>spam</i> folder in case any of our emails are there.</p> <p>We suggest creating a “Lisa Shield” or “END” <i>folder</i> in your email account to file all course emails for later.</p>	<p>Welcome</p>
<p>Schedule the Tuesday and Thursday Group Q&A Zoom calls on your calendar (with reminders)</p> <p>Attend as many of them as you can.</p> <p>The “absent” questions are answered at the conclusion of each call.</p>	<p>Q&A Calls (2 Hours):</p> <p>Tuesdays at Noon PST/3 pm EST Thursdays at 5 pm PST/8 pm EST https://lisashield.zoom.us/j/258934588 Meeting ID: 258 934 588 Passcode: LOVE</p> <p>Submit a question and/or win <i>even if you won't be on the actual call.</i> You can watch the recording for the answer. https://lisashield.typeform.com/to/HmxhbM</p> <p>Breakout Rooms are another extra layer of support. Watch this video to learn more. https://www.loom.com/share/8c0c389714a847bba08562dca40221b3</p>	<p>Welcome</p>
<p>Write a letter to the Guardian of Your Soul</p>	<p>You can start with, “I know you’re out there, and I won’t stop until we find each other.” Read it every night at bedtime.</p>	<p>Welcome</p>
<p>Start reading the three books that align with the course.</p>	<p>Can be Audible, Kindle, or paper copies.</p> <ol style="list-style-type: none"> 1. <i>Attached</i> by Levine (read this first!) 2. <i>If the Buddha Dated</i> by Kasl 3. The <u>audible</u> version of <i>Why Men Are the Way They Are</i> by Farrell 	<p>Read in order, one book per month.</p>
<p>Stop dating men until you receive your written profile from Benjamin. <i>Hide yourself</i> and delete all your dating apps.</p>	<p>If you are dating or communicating with any men, say to them, “I just enrolled in a self-improvement course, and one of the requirements is that I don’t date for a bit. I promise to reach out to you. It will give us something to look forward to.”</p>	

<p>Log into Kajabi for the course modules</p> <p>Watch Lisa's Welcome Video</p>	<p>Once your coaching agreement is signed, you'll receive a message about "Your New Lisa Shield Dating & Relationships Account."</p> <p><i>Shortly after, the modules will open. Set up a password using the email titled, "You've been granted access to Get Started in the course."</i></p>	<p>Welcome</p>
<p>Dating Mantra</p>	<p>During the welcome video, Lisa asks you to compose a dating mantra. Share it with other clients to keep yourself accountable and inspire others.</p>	<p>Welcome</p>
<p>Hire a professional photographer</p>	<p>This is OPTIONAL but highly encouraged. Check the welcome modules for directions on how to get started. These will be used for your new dating profile. <i>Additional cost.</i></p>	<p>Welcome</p>
<p>Coaching Welcome Packet</p>	<p>Can be found in the Welcome modules. Email it to your mindset coach.</p>	<p>At least 3 <i>days</i> before your first 1:1 call.</p>
<p>Vision Worksheet</p>	<p>Complete & save. You will submit it to Benjamin. Keep it for personal reflection or share it on our group calls or with your coach.</p>	
<p>Positive Spin Doctor</p>	<p>Use this sheet to reframe your negative beliefs into positive beliefs and hence, a positive mindset.</p>	
<p>Visualization Insights</p>	<p>Write and reflect upon the <u>three</u> insights from your visualization exercise.</p>	
<p>Book a 1:1 with mindset coach.</p>	<p>The link is available in (1) "Who is Your Mindset Coach? email" (2) Kajabi's main menu.</p>	
<p>Attachment Style Scenarios</p>	<p>Look over <i>10 Ways to Spot Attachment Styles</i> and then complete the scenarios in the worksheet. Reflect upon the relevance of those insights to your dating history.</p>	

Relationship Inventory	Use this activity to help develop your “Final Five,” “Getting to Commitment Insights,” and Imposter Q’s.” You do not need to submit but can share findings on group Q&A calls.	
Final Five	A pattern-breaking exercise using the relationship inventory. Email it to your coach.	
Wishlist of Ten (Combined with recap)	This list will include the characteristics you find desirable in a partner. This will be emailed to Benjamin and can be voluntarily shared on the group Q&A calls.	
Perfect Profile documents <i>Full directions are in Kajabi modules</i>	Send the following docs to benjaminshield@gmail.com <ul style="list-style-type: none"> ● Q’s for Benjamin (NEW) ● Guardian of your soul letter ● Final Five ● List of Ten ● Vision WS ● Other profile info. 	
5 Levels- Naked Conversation	Write your responses in your journal and keep track of your progress on future dates.	
Frenemy Quiz	Now that you’re back to dating, re-take this quiz to see if your frenemy is returning.	
Self-Worth	Take a deep look at what YOU can offer to a man.	
Piecing the Puzzle Together	Reflect on past relationship experiences.	
3 Positives + 3 Negatives	Solicit input from trusted family & friends by assigning this exercise to THEM.	
Getting to Commitment Insights	Use your relationship inventory to explore your responses for breakthroughs in commitment.	
Imposter Q’s	Use your relationship inventory to see if you can find Imposters from your past.	

We're thrilled to have you on board, and we want to ensure that your learning experience is not only enriching but also tailored to your unique needs.

As you embark on this adventure, understand that each module come with their own set of challenges and rewards. Our goal is to support you in making the most out of your journey while maintaining a healthy balance. Here are a few tips to help you navigate the course successfully:

****Flexibility is Your Friend 🤸:****

Remember, you have a generous six-month window to complete the nine-weeks of modules. This flexibility is intentional, allowing you to adapt the learning schedule to your life's demands. Embrace it, and let it work for you!

****Pace Yourself ⌚:****

While we encourage you to start as soon as possible, it's equally important not to rush through the modules. Consider setting aside 30-60 minutes per day, allowing you to absorb the material at a comfortable pace. Trust us; time flies when you're engaged in the learning process!

****Listen to Your Needs 💎:****

Recognize that some weeks may be more demanding than others. Be attuned to your energy levels and adjust your study time accordingly. This journey is about self-discovery, growth, and empowerment, so be kind to yourself along the way.

****Feedback for Future Success 💬:****

Many of our participants have shared valuable insights about their learning experience. Some wished they had completed modules faster to have more time for coaching call feedback during their dating phase. While this is entirely optional, it's a testament to the positive impact our program can have on your personal and dating life.

****Connect with the Community 🌐:****

Remember, you're not alone on this journey. Connect with your fellow participants through Kajabi, share experiences, and support each other. Building a network of like-minded friends can make the learning experience even more rewarding.

We believe in your ability to succeed, and we're here to support you every step of the way. Feel free to reach out if you have any questions or need assistance. Your success is our priority! Wishing you a transformative and joy-filled learning experience!



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Course Syllabus

Length of the course: 12 weeks, with an extra week for onboarding (13 total)

Time investment: Approximately 8-10 hours a week, including group calls

Weekly Group Q&A Calls:

Tuesdays from 1:00 pm-3:00 pm MST

Thursdays from 6:00 pm-8:00 pm MST

Materials:

- A laptop, tablet, or PC with internet access. You do NOT need a printer.
 - Zoom capability. The app can be downloaded on most devices.
 - A new notebook/journal
 - Reading material
1. Attached by Amir Levine (actual book, Kindle or Audible)
 2. If the Buddha Dated by Charlotte Kasl (actual book, Kindle or Audible)
 3. Why Men Are the Way They Are by Farrell (Audible version only)

Daily Emails: Every day for the first eight weeks of the course, you will receive an inspirational daily email from me.

Course Description:

In the course, you will get Emotionally Naked with yourself and experience a profound shift in how you look at men, dating, and relationships.

First, I ask you to hit the pause button on dating and focus on yourself. Men are a vortex; they can easily distract you and pull you back into old behaviors. I will recommend a few *professional photographers* in your area to shoot your new online dating profile photos.

Because your inner dialogue is the key to dating confidently and clearly, we start by identifying and naming the three voices in your head. You will meet your *Frenemy* (the voice of fear), your *Madolecent* (your inner teenager), and your *Naked Dater* (the voice of love). I show you how to recognize when your Frenemy is speaking, thank it for trying to protect you, and turn to your Naked Dater instead. Your Naked Dater is the part of you that is loving and compassionate towards others and yourself. Your Naked Dater knows how to love and be loved. Your Naked Dater will guide you to the Guardian of Your Soul.

Next, you learn about *attachment or intimacy styles*. People feel either anxious, avoidant, or secure when they are forming a relationship or intimate attachment with another person. If you don't understand Attachment theory, you will continue to attract and be attracted to the wrong men. You will identify your attachment style and learn how to pinpoint the style of others. Understanding Attachment Theory and applying it while dating will help you avoid getting into relationships and wasting more time with the wrong men.

After that, you will make a history of all of your romantic relationships, including your mother and father. This *relationship inventory* will help you uncover the repeating patterns that sabotage your chances at love. Patterns in our lives repeat because they show us where we are not learning a lesson. Identifying and breaking relationship patterns from the past is what will allow you to move forward and date in a new way. This is one of the deepest parts of the course, and depending on how many past partners you choose to do for this exercise, it might take you more than one week to complete. We suggest at least five people, but more is better.

Once you have finished the inventory, I will walk you through my exclusive *Final Five* exercise. This is the cornerstone of this program. The women who meet the Guardians of Their Souls say that the Final Five led them to their partner. The Final Five is NOT a random list of non-negotiables. It is a pattern-breaking exercise. You will create your Final Five by taking the five key patterns you identified while doing the Relationship Inventory. This exercise explains how you've been settling in past relationships and what you must now have in a partner. If any of the five is absent, you cannot date this person.

Lastly, Benjamin will write a long and short version of your dating profiles. Together with your understanding of Attachment Theory, Your Final Five, and your new profile and pictures, you will begin to capture the attention of high-quality, secure, & commitment-ready men.

The last five weeks of the course are about reentering the dating world in a whole new way, where everything you are thinking and doing is aligned to attract the Guardian of Your Soul. You will learn to be playful over text so you can get offline quickly and get to a Zoom or coffee date. You will discover things about men that will make you feel more confident in dating and have way more compassion towards the opposite sex. You will also learn when and how to ask for what you want and need in a partner and from a relationship.

As you embrace who you are and what you have to offer, dating will become much more fun and exciting. The more aliveness and playfulness you bring to your dates, the more attention you will get from the quality men you have always wanted to attract. And, of course, you will learn the secrets to getting Emotionally Naked with men so that you can draw out the best in them, and they will draw out the best in you. I will show you how to ‘mirror a man’s masculinity back to him’ by taking the ‘feminine lead.’ By doing this, you will get the attention of some wonderful men. My approach is practical, ethical, and spiritual. One feedback I often hear from my clients who have done considerable personal growth work before this course is, “Lisa, I had pieces of the puzzle, but you put the entire puzzle together for me.”

Components of the Course:

1. Self-Study: You own the modules for life

There are eight weeks of guided videos and journaling exercises dripped on the first day of the week for the first eight weeks of the program. I front-load the course because you will need all twelve weeks to complete the content. The videos walk you through my exclusive Emotionally Naked Dating process. You will always have access to this part of the course should you want to review the material at any time. The link and login for this part of the course can be found in the introductory emails. I do not recommend rushing through the course material. If you finish one

week of modules and want access to the content from the next week (and are paid in full), please write to hello@lisashield.com, and this request will be sent to your mindset coach.

Content for the self-study course:

Welcome

Module 1 -Welcome Video (26:35)

Module 2- Course Overview (15:18)

Syllabus

Module 3- Guardian Of Your Soul Love Letter

GOYS Love Letter Template

Sample Love Letter

Module 4-Introduce yourself

Module 5-Coaching Welcome Packet

Module 5- END Pre-Assessment

Module 6- A Picture is Worth A Thousand Dates (14:11)

Directions to Give Your Photographer

Online Photo Tips

Your Dating Mindset

Module 1 - Creating a Vision

Vision Worksheet

Module 2 - How I Discovered Naked Dating (4:58)

Module 3 - Dating Mindset (4:07)

Positive Spin Doctor

Module 4 - Hidden Ambivalence (11:38)

Module 5 - Commitment to the Journey Visualization (3:21)

Visualization Insights Worksheet

Module 6 - Recap (10:51)

The Voices in Your Head

Module 1 - The Voices in Your Head (7:00)

How Mean Is Your Frenemy Quiz

Module 2 - Your Own Worst Frenemy (13:42)

Sample 1-Minute Meditation YouTube video

Module 3 - Naming your Frenemy (12:42)

Switching Hands Technique Exercise

Module 4 - Meet Your Naked Dater (13:43)

Switching the Voice Exercise
 Module 5 - Naming Your Naked Dater (5:13)
 Module 6 - Meditation (8:29)
 Meeting & Naming Your Naked Dater Worksheet
 Module 7 - Recap (9:54)

Breaking Bad Attachments

Module 1 - Attachment Styles Part: 1 (19:04)
 Ways to Spot Attachment Styles Worksheet
 Module 2 - Attachment Styles Part: 2 (20:08)
 Attachment Styles Worksheet
 Module 3 - Relationship Inventory (16:12)
 Relationship Inventory Worksheet - Instructions and Sample
 Relationship Inventory Worksheet
 I. Releasing Past Relationships: Ho'oponopono Prayer & Letters
 Module 4 - Your Final Five (28:22)
 Final Five Exercise
 Wishlist of Ten
 Module 5 - Recap (15:56)

Online, Offline, and Outtline

Module 1 - The Truth About Online Dating (9:56)
 The Truth About Online Dating Worksheet 1
 The Truth About Online Dating Worksheet 2
 Clearing The Path (6:00)
 Making space in your life
 Smudging Ritual
 Create a Vision Board
 Sample Love Letter
 A Day in the Life
 Module 2 - The Perfect Profile (11:32)
 How To Write The Perfect Online Dating Profile (1:02:27)
 The Perfect Profile Letter
 Questions For Benjamin
 Sample Profile
 Module 3 - Profile Writing Tips From THE Master Himself (25:35)
 Module 4 - Part I: The Naked Dater's Guide to Reading Profiles (5:08)

Naked Dater's Guide To Reading Profiles
 Lisa's Profile
 Benjamin's Profile

Module 4- Part II: Camera Never Lies (2:14)

Camera Never Lies

Module 5 - The Five Kinds of Dating Sites (2:43)

Online Dating Information

I. Dating Safely Online

Golden Rules for Staying Safe Online

Module 6 - Where to Meet People Offline (9:29)

Where to Meet People Offline

Module 7 - Outline (11:49)

Naked Communication

Module 1 - The Five Levels Of a Naked Conversation (3:01)

The Five Levels of A Naked Conversation Worksheet

Module 2 - Getting Buck Naked On A Date: Diving Deep & Bell Jar (14:58)

Module 3 - The Naked-Not Naked Chart (9:21)

The Naked-Not Naked Worksheet

Module 4 - All the Single Ladies (4:57) + Pick up the phone (2:03) + disclaimers (3:04)

Module 5 - Practice Safe Text: The Pros & Cons of Sending Texts (9:53)

Module 6 - F.U.N. with Texts (34:09)

F.U.N. with Texts Transcripts

Module 7 - Recap (19:37)

Men & Women

How Mean Is Your Frenemy? QUIZ (re-take)

Module 1 - Intro to Understanding the Opposite Sex (5:56)

Module 2 - Understanding the Opposite Sex Part 1 (16:42)

Questions to Ask the Opposite Sex

Good Dating Questions

Module 3 - Understanding the Opposite Sex Part 2 (9:24)

Module 4 - Understanding the Opposite Sex Part 3 (17:36)

Module 5 - What Men and Women Need From Each Other Besides Sex (43:08)

Module 6 - Self-Worth (21:16)

Self Worth document

Module 7 - Recap (18:04)

Bonus Module - Discussion with Dr. Stosney (1:50:52)

Feel the Fear and Date Anyway

Module 1: Intro: The Nature of the Bridge (17:10)

Module 2: Guided Meditation: The Missing Puzzle Pieces of Your Heart Meditation + Piecing Together Your Puzzle (10:59)

Piecing Together Your Puzzle - Activity

Module 3: Rejecting Other People (20:45)

Sample Rejection Messages

3 Positives & 3 Negatives Worksheet

Module 4: How to Stop Getting Rejected (25:59)

Online Shopping Suggestions

Magic Minutes

Naked/Not Naked Chart

Module 5: How to Stop Getting Rejected - Body Language (27:51)

Female Body Language - How to Use Your Body to Flirt

Male Body Language - How to Use Your Body to Flirt

Open & Closed Body Language

Module 6: How to Stop Getting Rejected - Spoken Language (25:40)

NLP Reframes

Books on Effective Communication

How to Spot A Pick-Up Artist

Your Brain On Love

Module 7: Recap (40:12)

Lifelong Love

Module 1: Naked Interview with Benjamin: On Relationships (57:59)

Module 2: Getting to Commitment (40:47)

Getting to Commitment Insights

The Biggest Signs He'll Never Commit

Questions to Ask in the First 6 Weeks of Dating

How to Have the Conversation

Module 3: The Imposter (18:10)

Imposter Questions

Module 4: Naked Relationships (45:08)

Module 5: On Dating (7:02)

Module 6: Handbook Of The Heart

Bibliography

Exiting END

1. Book the exit call with your mindset coach.
2. Say goodbye on your last Q&A call. Share your top three takeaways.
3. Complete END post-survey
4. Leave a client testimonial

Course Activities:

The list of weekly exercises and activities can be found on the Course Activities Checklist.

If you ever have a question about the activities, email hello@lisashield.com. If you would like to discuss your responses to the activities or have a question dating-wise, the *Q&A and mindset coaching calls* are a perfect time to ask those sorts of questions.

2. Group Study:

The group part of the course includes two weekly Zoom calls with the other clients. These calls are two hours long, with a coach-supported **breakout room**. If the self-study course is the heart of this program, the group calls are its soul. On these calls, you will meet some of the finest women. They are all successful in merely every other part of their lives except when it comes to love. Most have never been in a loving, lasting, supportive relationship. The women in the group join on a Breakthrough Call just like you did, so they are ahead of you and will be living examples of what will happen as you go through the course. The beauty of group work is that you aren't just learning from your own example. You are learning by witnessing other women go through this same process. My husband, Benjamin, joins me on the calls so that you will get the perspective of a loving, mature, high-quality masculine man. You will also see the two of us interacting. Many women tell me at the end of the course that seeing Benjamin and me modeling how Guardians of One's Soul interact is incredibly impactful because they have never seen this kind of relationship before, and they now know what they are looking for.

Here is the link to the Zoom each week. <https://lisashield.zoom.us/j/258934588>
Save this link. It will be the same for every call. If you need to find it in the future, we post it every week before each call in Kajabi's main menu, in the social circle, and in the course welcome letter.

The calls are on Tuesdays at 12 PT/ 3 ET & Thursdays at 5 PT/ 8 ET.

Topic: Emotionally Naked Dating Group Q & A Join Zoom Meeting

Meeting ID: 258 934 588 Passcode: LOVE

Here is the link to post your **wins and questions** for the Q&A Zoom calls as often as possible. <https://lisashield.typeform.com/to/HmxhbM> This is how you will get the most out of the course. You can still post questions and wins if you cannot attend the live call. When you submit them, please let us know that you do not plan to be on the call, and we will answer your question at the end of the call.

3. Mindset Coaching Calls:

Please sign up for your first call with your assigned mindset coach within ten days of starting the course. You can click the "Book with" buttons on the Kajabi course website. Your assigned coach was introduced in the email, "Who is your mindset coach?"

The one-on-one part of the course includes **three** coaching calls to be used throughout the **3 months**. Each session is 30 minutes in length. The coaching calls are where you work through emotional blocks and get your personal questions answered. We also encourage you to use one of these sessions to review your Final Five with your coach.

A Final Note: We cannot thank you enough for choosing Benjamin and me to guide what we feel is the most important journey in life: finding The Guardian of Your Soul. We will do everything possible to make this one of the best choices and experiences you've ever had. If there is anything we can do for you to make this an even better experience for you, please do not hesitate to reach out.



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Sample Love Letter to the Guardian Of Your Soul

Hello Darling,

I know you're out there, and I am not quitting until we find each other. I'm longing to meet you, and I can't help but wonder if, maybe, you're someone I pass by every day. Have I already brushed against you in a crowd or stood next to you in line at the movies? Where are you? I can't wait for the day we finally meet and get to know who you are.

I am sure that the real you is far better than I imagine. But what I do know is that you're kind, strong, capable, and funny as hell. I look forward to the day we marry when we look into each other's eyes and say, "I love you. I'll be here for you always and never leave you." I see us gazing upon our first child. He or she will look just like you. I imagine us supporting each other in going for our dreams and growing old together.

Any soulmate of mine will have a wicked sense of humor. He'll make me laugh uncontrollably. We'll sing karaoke at the top of our lungs, hold hands and race together through the pouring rain, get naked, and dance around the house. We'll catch each other's eye across a crowded room and make funny expressions to crack each other up.

You will know me and love me unconditionally. In return, I will see who you are and love all of you with every ounce of my being. I will always make time for you, no matter what I do. I will set everything aside to be there and listen to you when you need me. I will hold you when life is hard and your heart is breaking. I will have compassion for you and accept your past as a part of what made you who you are today. Every day I will prove to you how much I love you and how grateful I am that you chose me to be your partner. I will care for myself physically so that you always

find me attractive. And I will do everything possible to stay happy because you deserve a happy partner. I won't hold onto petty things, and I will never let my insecurities impinge upon your freedom. Your world will be bigger because I'm in it, not smaller. We will be playmates, lovers, and best friends. We will feel safe enough to tell each other everything. Every day we will feel grateful to have found each other, knowing that we are among the lucky ones who know they are truly loved. Please hurry up and find me.

My love always,

Your Future Soulmate

Please send a completed copy to your designated mindset coach.



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Coaching Welcome Packet

By participating in this program, you are stepping into an entirely new kind of coaching relationship where the focus is 100% on you. The primary goal of this course is to support you in determining what you most want in life and help you figure out what you need to do to get it. You are making an invaluable investment that will dramatically alter every aspect of your life.

Dating Questions:

1. What does it mean to you to get “emotionally naked?”

2. On a scale of 1-10 (1= lowest), rate your ability to get “emotionally naked” with your dates and ask for what you want. Are there ways you could improve?

Please send a completed copy to your designated mindset coach.

3. Why do you think it is important to practice learning how to get “emotionally naked” before you meet your life partner?

4. What has your experience been like with internet dating, including....duration, expectations vs. outcomes, satisfaction with your online profile/photos, number of dates, quality of men, etc.? Which dating sites have you used or are likely to try?

5. What are three things you **dislike** about internet dating?

Please send a completed copy to your designated mindset coach.

6. What are three things you **like** about internet dating?

Relationship Status:

Current relationship status? Single Married Divorced Separated
Have you ever been married? Yes No
How many times and for how long?
Do you have children? Yes No
Are any of them still living at home? Yes No

Please send a completed copy to your designated mindset coach.

Dating Sites/Locations:

Mark the places you currently use for dates or would visit to meet for a date.

Cafes	Beaches	Weddings
Supermarkets	Happy Hour	Singles Parties
Nightclubs	Dinner Parties	Speed Dating
Singles-related Travel	Meetup.com	The Gym
Bookstores	Sushi Bars	Diners
Sporting Events	Dog Parks	Lectures
Art Openings	Airports	Dance Classes
School	Work	Live Theater
Friends & Family	Churches	Spiritual Gatherings*
Workshops	Seminars	Live Music Events
Comedy Clubs	Business Networking	Yoga Classes
Hiking	Camping	Home Depot
Sporting Events	Sierra Club Singles	Yacht Club Singles
Singles Cruises	Parks	Join a Sports Team
Acting Classes	Book Clubs	Volunteering
Rock Climbing	Bowling Teams	Wine Tasting
Running Clubs	Exercise Boot Camp	Cooking Classes
Laundromats	Jury Duty	Ski Resorts
Tech Stores	Museums	Golf Courses
Tennis Courts	Casinos	Pubs/Bars
Cigar Bars	Steak Houses	

*Spiritual Gatherings include The Self-Realization Fellowship, non-denominational churches, drumming groups, etc.

Please send a completed copy to your designated mindset coach.

Dating Mindset:

7. On a scale of 1-10, how committed are you to dating?

8. If you are not a 10, list three beliefs that might be holding you back.

Examples: "There are no good men." or "I'm too old to date."

9. Now, take those three beliefs, and re-frame them into a positive statement.

Ex: "I only need to find ONE good man." or "Women can date at any age."

Please send a completed copy to your designated mindset coach.

10. List three personality traits that you feel make you less desirable.

11. List three qualities that make you a good catch.

12. List three behaviors that stop you from going after what you want.

Please send a completed copy to your designated mindset coach.

13. List three strategies you can implement to keep you going on dates.

Examples: "have a dating buddy," "work with my mindset coach," "journal," "contact a supportive friend/family member," etc.

14. What are the three main things you want to accomplish in coaching?

15. Think of challenges you've undertaken in the past—quitting smoking, losing weight, budgeting, getting a college degree, running a marathon, getting in shape. How successful were you at reaching your goals? If you quit, how did you feel about yourself? What did you do to keep going in the face of disappointment? What can I do to support you when you're stuck?

Please send a completed copy to your designated mindset coach.

Dating Topics:

Which of the following would you most like to address or learn about in coaching?
Check all that apply.

- Setting better boundaries
- Asking for what you want in a relationship
- Learning how to be less anxious
- Understanding the opposite sex
- How to deal with anxiety
- What to look for in a partner
- Being more emotionally available
- Writing more playful texts
- Writing a better online dating profile
- Getting more dates
- Dealing with rejection
- Choosing online dating photos
- Other

Accountability:

- Have you ever given your all to something? Yes No
- Do you need me to help you set clear goals and deadlines? Yes No
- Do you need some accountability? Yes No
- Do you need to be pushed? Yes No
- Do you need a lot of positive feedback? Yes No
- Do you like to have activities/exercises at the end of each session? Yes No
- Are you willing to read books? Yes No



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

A Picture Is Worth A Thousand Dates

There's no question that your photographs are the most important part of your online dating profile. In fact, they are about 75-80% of the equation. And when it comes to dating apps, your photos practically tell the entire story. So, if you don't have great pics, many people will never click to read your profile, let alone "swipe right" on you.

You must ensure you have the best possible pictures, especially if you live in a major city like New York, Chicago, or L.A., where the competition is steep. That doesn't mean you must get glammed up or decked out to impress someone. I don't care if you weigh 125lbs. or 325lbs, everyone can have beautiful professional photos taken.

When I tell my clients that they need to get professional photos, many of them tell me that they are concerned that professional photos will look too good and make it seem like they're misrepresenting themselves. Just because a photographer knows how to light you and get your best angles, it doesn't mean you're misrepresenting yourself. It means that you're putting your best foot forward. Just be sure you don't do too much retouching on the photos.

In today's online dating world, you *need* to do everything you can to stand out from the crowd. The best investment you can make is to hire a professional photographer to take some *lifestyle* (also known as candid) photos of you rather than portraits that are too static and posed. Lifestyle photos should look more like good snapshots than professional portraits. An experienced lifestyle photographer will know how to create a story and draw out your personality by capturing you walking down the street laughing or leaning against a wall like you're waiting for someone. They know how to create photos that are more candid than posed.

Use a mix of professional and nonprofessional pictures. If you use eight photos, make sure 2 to 4 are professional ones. Many people try to cut corners by taking selfies or having a friend snap a few pics with a smartphone. Unless your friend is a

professional photographer, it's worth it to just bite the bullet and pay a professional to do it right.

I am often shocked when I look at the dating pictures my clients are using. It doesn't make sense that they are putting so much time and effort into dating, they're even paying me to help them, but their photos suck. What's up with that? Are people lazy or are they too afraid to put their best foot forward? If they don't really try, then they can say they can always say they never really gave it their all. But if they give it their all and fail, then what?

Because I was a professional fashion photographer for many years, I often take photos for my local clients. Each shoot takes about an hour, and I can photograph between 3-4 clothing changes, ranging from jeans and a t-shirt to a suit or a little black dress. If you're a woman, you should wear form-fitting clothes: no loose dresses or tops. The camera really does add pounds. I don't care if you're curvy. Your curves are beautiful! Own it! I prefer that clients don't use professional hair and makeup—the more natural, the better. We shoot against walls and in little shops and cafes around my neighborhood. I always shoot in open shade or with ambient light—no flash. Flash photos are the least flattering for online dating.

Almost every time, my clients start off the shoot by telling me how they've been dreading it and that they hate being in front of the camera. But by the end, they say that they can't believe how easy or how much fun it was. A good photographer will know how to make you feel at ease during the shoot and also know how to position you to get your best angles.

So, here are some Basic Photo Guidelines:

- Have at least one *clear*, attractive headshot and one flattering, full-length photo. No matter what your body type, you need to include a full-length photo that clearly shows your body.
- Post 5-8 pictures. Make sure you are in all the pictures and that you are clearly recognizable. Men do best with fewer pictures.
- It's okay to have a photo or two where you are dressed up, but also include some photos where you are dressed casually. Women should do at least one picture with minimal makeup.
- You need to look like the same person in all the photos. If you recently chopped off your hair, then it's time to have all new pictures taken.
- Make sure you have at least one beautiful, smiling photo with crinkles in the corners of your eyes. If you can, wear a red shirt. This will stand out when people are scrolling through profiles.
- All photos should have been taken within the past year.

Here's where things get controversial. In his book, *Dataclysm, author and OkCupid co-founder* Christian Rudder crunched the numbers and found that women who make flirty faces directly at the camera and men who look away and don't smile get the most hits. Also, men under the age of 32 who post ab shots get substantially more hits, as do women of all ages who post cleavage shots. A popular shot for women is called the 'selfie photo'. Not all selfie photos are bad. Two of the most gorgeous women in the world, Kim Kardashian and Jennifer Lopez, are known for posting many tasteful selfie photos on their Instagrams.

Here's the link to [Rudder's article](#). I am not telling you that you should follow what Rudder's data says. I include this information because many people will tell you that this is what you have to do. Here's the truth: while Rudder's data might confirm what photos get the most attention, it doesn't prove that this is what gets the attention of the right people. Still, I wouldn't dismiss this information entirely. Not all selfie photos are bad. I've seen them work wonders when they're done tastefully.

For the purposes of Naked Dating, you definitely include at least one photo that makes you look sensual and attractive without sending an overtly sexual message. There is a big difference between someone who looks comfortable in his or her own skin and is enjoying life and someone who looks like a pinup model with a come hither look. I have included some examples of what I mean in the printout below. Because we aren't objective when it comes to choosing our own photos, it can be helpful to have members of the opposite sex look at your photos and tell you which ones they like best. After all, that's the audience you're appealing to. But in the end, you need to decide what works for you.

Here are a few suggestions of what to avoid:

- Photos where it looks like you cropped out your ex
- Photos surrounded by scantily clad/overly attractive members of the opposite sex
- Photos where you might look tired, drunk, or stoned
- Photos with weird lighting or studio lighting — photos taken in natural light get the best responses
- Photos with friends who are more attractive than you or ones where it isn't obvious which person you are
- Photos with other people's kids or even your own kids
- Random scenic vacation photos or pictures of your pets or kids that you aren't in
- Photos where someone cannot tell if you're angry or trying to look sexy

If you don't like the responses you're getting, you can always change your profile or pictures. Also, when you make minor edits to your profile, the site's moderator reviews it, which can move you back to the top of the search engine. Make sure to send me the photos you are currently using so I can give you feedback on them and tell you if I think you need more and what pictures to get.

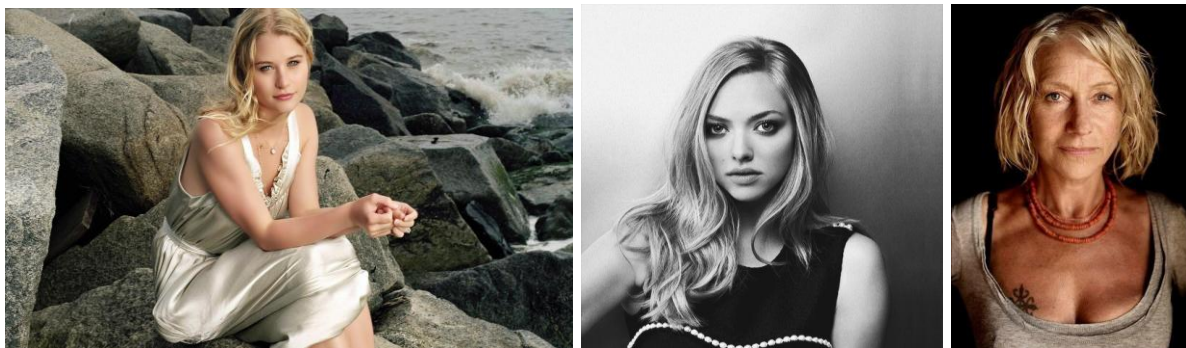
If you need photos and want us to find a photographer in your area, email hello@lisashield.com. Or, if you choose a couple of photographers in your area and you want me to tell you which one is best, send me the links to their websites, and I will tell you what I think. Once you have the new pictures done, I will be happy to help you choose the best ones to use.

Having flattering, eye-catching photos is the most important part of online dating, so I suggest you get this done immediately! You're wasting your time and money being on dating sites and apps if you don't have great photos. Send me your pictures and profile for review to ensure you present yourself in the best light possible!

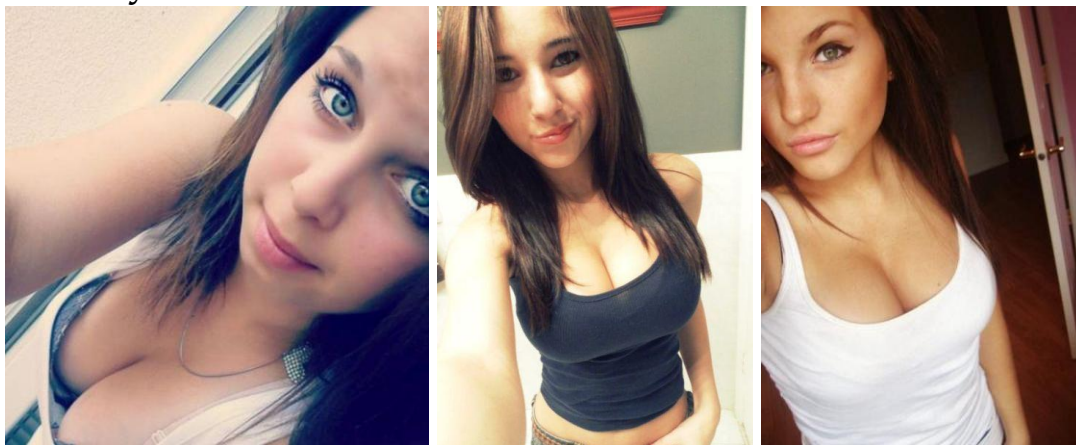
Overtly Sexy Photos



Sensual Photos



Overtly Sexual Selfie Photos



Tasteful Selfie Photos



Here are some candid photos I took of my clients...





LISA SHIELD

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Hi Photographer,

My name is Lisa Shield, and I am an international love coach. In what now seems like another life, I was a professional fashion photographer for 15 years, so I know a bit about photography. ;-) My client is looking for online dating photos. I have researched lifestyle photographers in your area and chosen you because your photographs are natural and unposed.

I would love it if you could take the following guidelines into consideration when doing the photo shoot for my client:

- Please shoot against beautiful, clean backgrounds such as a park, cafe, beach, or pretty street. Nothing industrial.
- If you shoot indoors, please use natural light.
- Shoot in bright, open shade and not in direct sunlight.
- No black and white photos.
- No photos with sunglasses. We want direct eye contact with the camera.
- Have some subtle movement, nothing that looks too posed.
- Approx. three wardrobe changes of 20-30 shots each, varying backgrounds.
- Make sure to get plenty of headshots and some full-length shots.
- Getting a great headshot in a red dress or top is especially important.

Thank you in advance for taking the time and care to make my client look beautiful! Having photographs taken is an exciting experience for my women. They have taken a great leap of faith to find love. And considering that men are visual, photographs are one of the most important pieces of this puzzle!

Xx,

Lisa



LISA SHIELD

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Online Profile Photo Tips

Even though you don't need to set up your dating profile until later in the course, you'll need to book your photographer now. What follows are some tips for taking great photos.

Lighting and Location:

1. Shoot against clean, simple backgrounds. Make sure nothing in the background is growing out of your head.
2. Shoot in bright, open shade.
 - a. This could be shade from a tree, in a doorway, or under an awning.
 - b. Make sure there is no spotty light on your face.
 - c. Not all shade is the same. The light should be soft and even.
 - i. If you're not sure of the quality of the light, take a couple of quick close-up test shots of the face and look to see that the light is even. If not, face a different direction until the light looks good.
3. Take 20-30 shots in one location and then move to another location.
4. Always look to make sure there are no dark circles under the eyes. It can be retouched, but it's better to avoid it if possible.
5. The photos should be taken outdoors in a cafe, park, or local neighborhood that is congruent with what you are wearing; no photos should be shot with industrial backgrounds or backgrounds near railroad tracks.
6. Feel free to take selfies in the clothes you are going to wear for your shoot and post them in the Facebook group so you can get feedback on your outfits before your shoot
7. The final products should all be in color, with no black-and-white shots.

Posing and Expressions:

1. Make sure to get lots of different angles on your face.
 - a. Tip your chin up.
 - b. Tilt your head a bit so you don't look too stiff.
 - c. Don't always face directly into the camera.
 - d. Get both sides of your face, or if you know which is your best side, be sure to favor that side when shooting.
 - e. There's no point in any photo where you're looking away from the camera.
2. Also, the photographer should shoot you from different angles.
 - a. I try to get up on a chair or steps to shoot down on someone.
 - b. Shooting from above and down is great for slimming full-length shots!
3. Be sure not to pull your chin backward and scrunch it against your neck.
4. Be sure to get headshots from the waist up and full-length shots.
5. If you can, really ham it up for the camera!
 - a. Bring a friend to interact with (behind the camera) to make your facial expressions more natural.
 - b. Bring a fun playlist to dance to.
 - c. Don't just stand there. Move around!
 - d. Laugh!
 - e. Pout!
 - f. Look sultry and sexy!
 - g. Do a whole series of different facial expressions!
 - h. The more fun you have, the more people will light up when they see your pictures.
 - i. You want to evoke an emotional response from the person looking at your pictures!
6. The single most important picture for a woman to get is one very sensual shot. It shouldn't be overtly sexual. It needs to show your sensuality. You should look confident and flirtatious.
7. When you get your photos done, ask your photographer to take a few "burst" photos of you. This is a feature that many phones have where you can hold down the shutter (the button you use to take the photo), and it will take a ton of photos right in a row. If you move around and laugh while someone does this, you'll have many photos, and you can choose the best one.

Clothing

1. Red is the best color for headshots.
 - a. When someone is scrolling through loads of pictures, red is literally like a stop sign!
 - b. You can also use a red background.
2. Be sure to wear form-fitting clothes. The camera really does add 10 lbs!
3. Make sure to wear various outfits: jeans and a sexy white button-down with boots, something frilly and a little revealing, or a little black or red dress that you might wear on a date.
4. Do 3-5 clothing changes. You want to have multiple looks to choose from.
5. Unless you are used to wearing heavy make-up, keep it very natural and simple.
 - a. No bright lipstick. Wear something soft.
 - b. Make sure your blush is soft and blended.
6. You should have your hair professionally styled or blown out, especially if you have fine hair.

VERY IMPORTANT: Always look into the camera, not away, and NO black-and-white photos!



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Vision Worksheet

What do you want in your love life?

How will it transform all areas of your life?

How will you show up differently with your family? Friends? Work?

How will you plan your dream vacations?

Where will you want to live?

What kind of home do you want to live in?

If you want children, what will your family life be like?

Will you have pets?

What kind of social life will you and your partner have?

What will your holidays look like?



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Positive Spin Doctor

Reframe your negative beliefs into positive beliefs. Don't just write the opposite of the original thought. You want to find a positive way to reframe the belief that feels true for you.

Every time you think of a negative thought, it's like going down a blind alley in your mind. **Whenever you spin that belief into something positive, you open a doorway to new possibilities.** This is the foundation of how you will shift your entire dating experience.

Identify negative beliefs in dating that you would like to shift and practice spinning them into the positive.

Example:

Negative Belief: I'm not interesting enough.

Positive Spin: There is someone out there who will be a good match for me, who enjoys doing the simple things in life, like cooking a meal at home together.

Let's Practice: What's the overriding obstacle that might prevent you from finding true love? Essentially, what is your negative belief? Write it below.

Negative Belief#1:

Positive Spin#1:

Revisit the sheet whenever a new negative belief arises and then reframe it.

Negative Belief#2:

Positive Spin#2:

Negative Belief#3:

Positive Spin#3:



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Hidden Ambivalence

GAIN	GIVE UP
<p>List all the things you could gain from a loving relationship. What would a partner bring to your life?</p>	<p>List all of the things you could give up to be in a loving relationship. What might you compromise on?</p>

MASTER LISTS: Rate the items in your lists by putting a 1, 2, or 3.
 1=Most important 2=Somewhat important 3=Not very important

Naked Dater	Frenemy

INSIGHTS: Write down **three** insights you have gained from doing this exercise about how you were ambivalence affects your dating.
 Which list has a greater influence over your dating and why?



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Visualization Insights

List three insights from the Commitment to the Journey Visualization.

Insight #1

Insight #2

Insight #3



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Frenemy Quiz

After each of the following statements, write the number that best describes how you feel most of the time when dating: (1) Totally Disagree (2) Slightly Disagree (3) Neutral (4) Somewhat Agree (5) Totally Agree

My Frenemy Tells Me:

1. You aren't (pretty, smart, outgoing, rich, confident, etc.) enough.
2. You're too (loud, strong, successful, opinionated, etc.)
3. You're a loser because you don't have a relationship.
4. You seem weak, needy, desperate, or insecure when you ask for help.
5. You look foolish when you make a mistake.
6. You'll never find what you're looking for, so why even bother dating?
7. Your dates don't respect you.
8. Your date won't like you if he or she really gets to know you.
9. Why would anyone pick you? You don't have anything to offer a partner.
10. The only reason someone would love you is for your money, beauty, sexuality, success, youth, etc. No one wants you for who you really are.



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Switching Hands Technique

Instructions for Processing a Bad Date

Here's one way the Switching Hands Technique really comes in handy. Grab a pen and paper. Think of a disappointing dating experience and use the Switching Hands Technique to answer the questions below to get your Frenemy under control.

Ask your Frenemy:

QUESTION 1: * What do you feel about this date?

QUESTION 2: * What are you so upset about?

QUESTION 3: * Have you felt this way before? If so, when?

QUESTION 4: * What are you so afraid of?

QUESTION 5: * What do you wish you had said or done differently?

QUESTION 6: * What do you need from me right now?

Any time you have a disappointing dating experience, complete this exercise. By doing this simple exercise, you will begin to forge one of the most important relationships of your life: the one between you and your critical self. The more you can tone down that voice of fear and negativity, the more you can amplify your power to love.



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Switching The Voice

Take a look at each of the following scenarios. First, write down how your Frenemy would typically respond. Then, run through the scenarios again, listening to how your Naked Dater would respond.

1. Someone you were really excited about suddenly stops texting you.

What does your Frenemy say?

What would your Naked Dater say?

2. You get stood up on a date.

What does your Frenemy say?

What would your Naked Dater say?

3. You sent out five emails to people you like online, and they haven't responded.

What does your Frenemy say?

What would your Naked Dater say?

4. You thought you had a great date, but you haven't heard anything since.

What does your Frenemy say?

What would your Naked Dater say?

5. You let things go a little too far sexually on a date.

What does your Frenemy say?

What would your Naked Dater say?

6. Your date isn't as good-looking as you hoped.

What does your Frenemy say?

What would your Naked Dater say?

7. You put on 10 pounds and feel really unattractive.

What does your Frenemy say?

What would your Naked Dater say?

8. Your date keeps droning on and on and hasn't asked anything about you.

What does your Frenemy say?

What would your Naked Dater say?

9. Your date is 30 minutes late.

What does your Frenemy say?

What would your Naked Dater say?

10. Your happily married best friend just told you she's pregnant.

What does your Frenemy say?

What would your Naked Dater say?

11. You find out that the person you're dating is still good friends with his/her ex.

What does your Frenemy say?

What would your Naked Dater say?



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FIND THE GUARDIAN OF YOUR SOUL

Meeting & Naming Your Naked Dater

In this meditation, you went on a journey to meet and name your Naked Dater. Please fill in the information below. You can share your name on the Facebook page, in one of the group calls, or with your mindset coach during your next call.

What is your Naked Dater's name?

Briefly describe what you remember about your visit with your Naked Dater.

What was in the box?



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

10 Ways To Spot Attachment Styles

10 Ways to Spot the **Anxious** Attachment Style

1. Overfocuses on the relationship and spends a great deal of time and energy on the relationship.
2. Want a lot of closeness, physical contact, and to spend most of the time together.
3. They are sensitive to any signs of rejection, easily hurt, and take any perceived slight as a rejection of themselves.
4. They are unhappy when not in a relationship and usually long to find a mate.
5. Tries to keep partners guessing, on their toes, and will play games or use extreme behavior to get their attention.
6. They need to be reassured of love and their place in the relationship, and how important they are in their partner's life.
7. Follow their partner's lead so they don't get hurt by taking actions that are not reciprocated.
8. Wants their partner to read their mind and guess what's bothering them.
9. They have a hard time not making things about himself/herself.
10. Suspicious that a partner may be unfaithful.

A hallmark of the anxious attachment style is the great need for a high amount of intimacy. This means spending a good amount of time together, lots of physical contact, and a desire to rearrange their lives around the relationship.

10 Ways to Spot the **Avoidant** Attachment Style

1. Fears commitment and being “trapped” because they’re constantly worried someone will impinge on their space.
2. Values independence and looks down on “neediness” because they feel they can only count on themselves.
3. Sends mixed signals and has on-again/off-again relationships to keep anyone from getting too close.
4. Idealizes a past relationship, partner, or dreams of “the one” so they can avoid attaching to the one they’re with.
5. Pulls away when intimacy nears, saying things like, “The timing isn’t right.”
6. Misses their partner when apart, but when together want to escape because they want a relationship but can’t handle the pressure of one.
7. Disregards their partner’s feelings by making their partner out to be “sensitive,” “overreacting,” or “needy.”
8. Prefers casual sex, so they don’t have to care about feelings.
9. Uncomfortable sharing deep feelings, so they don’t have to get emotionally close to someone.
10. Has strict boundaries to make sure their space isn’t invaded.

Avoidants are people who wish to keep their distance and minimize closeness in romantic relationships. They are the least happy in relationships and tend to blame their unhappiness on their partners.

10 Ways to Spot the Secure Attachment Style

1. Will discuss plans and make decisions with you that take your views into account.
2. Doesn't believe relationships are hard work and doesn't dwell on small problems.
3. Trustworthy and reliable. When they say they will do something for you, chances are they will.
4. Less concerned about proving themselves right (and you wrong).
5. Comfortable with commitment and intimacy, and doesn't worry that you're trying to trap them.
6. Effectively communicates and shares feelings and opinions clearly and straightforwardly.
7. Flexible and open to adjustment and willing to consider various people and arrangements.
8. Believes closeness creates further closeness.
9. Introduces friends and family early on.
10. Doesn't play games.

Secure partners aren't looking for a certain kind of partner or relationship. They have a few basic requirements, but they are open to various people and arrangements. In addition, they aren't threatened by criticism and are willing to reconsider their actions.



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

10 Ways To Spot Attachment Styles

In this exercise are three typical dating scenarios. Perhaps you've encountered some of them. To the best of your ability, put yourself in the frame of mind of someone with each attachment style and write down how they would approach each dating situation.

Here are brief reminders of each Attachment Style from the book, *Attached: The New Science of Adult Attachment and How It Can Help You Find And Keep Love*.

- People with a *Secure attachment style* (just over 50% of the population) are warm and loving, and relationships come naturally to them. They are great at communicating their needs and feelings.
- People with an *Anxious attachment style* (about 21% of the population) love to be very close to their partner and have the capacity for a lot of intimacy. However, they often fear that their partner does not want to be as close as they would like and can be very sensitive to small fluctuations in their partner's moods.
- People with an *Avoidant attachment style* (25%) feel the need to maintain their independence. Even though they want to be in a relationship, they tend to keep their partner at arm's length.

Scenario 1:

Having children is a deal breaker, but you don't know if the person you just started dating wants any.

The Avoidant Approach:

The Anxious Approach:

The Naked Dater Approach:

Scenario 2:

Your ex gave you an STD and you need to tell the person you are dating.

The Avoidant Approach:

The Anxious Approach:

The Naked Dater Approach:

Scenario 3:

You want to wait three months before having sex.

The Avoidant Approach:

The Anxious Approach:

The Naked Dater Approach:



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

RELATIONSHIP INVENTORY

Name of person #1:

--

A. How long you were involved and describe the nature of the relationship:

B. List **five** one or two-word qualities you liked about him.

C. List **five** qualities you didn't like about him.

D. Do you still harbor any resentment towards this person? If so, explain.

E. What, if anything, are you still blaming yourself for?

F. What did you learn from this relationship?

G. Which attachment style did you both exhibit?

H. If you saw him tomorrow, how would you feel? What, if anything, would you say?

I. Summary: List three insights or breakthroughs you had from doing this exercise.

J. Bonus Breakthrough

Name of person #2:

--

A. How long you were involved and describe the nature of the relationship:

B. List **five** one or two-word qualities you liked about him.

C. List **five** qualities you didn't like about him.

D. Do you still harbor any resentment towards this person? If so, explain.

E. What, if anything, are you still blaming yourself for?

F. What did you learn from this relationship?

G. Which attachment style did you both exhibit?

H. If you saw him tomorrow, how would you feel? What, if anything, would you say?

I. Summary: List three insights or breakthroughs you had from doing this exercise.

J. Bonus Breakthrough

Name of person #3:

--

A. How long you were involved and describe the nature of the relationship:

B. List **five** one or two-word qualities you liked about him.

C. List **five** qualities you didn't like about him.

D. Do you still harbor any resentment towards this person? If so, explain.

E. What, if anything, are you still blaming yourself for?

F. What did you learn from this relationship?

G. Which attachment style did you both exhibit?

H. If you saw him tomorrow, how would you feel? What, if anything, would you say?

I. Summary: List three insights or breakthroughs you had from doing this exercise.

J. Bonus Breakthrough

Name of person#4:

--

A. How long you were involved and describe the nature of the relationship:

B. List **five** one or two-word qualities you liked about him.

C. List **five** qualities you didn't like about him.

D. Do you still harbor any resentment towards this person? If so, explain.

E. What, if anything, are you still blaming yourself for?

F. What did you learn from this relationship?

G. Which attachment style did you both exhibit?

H. If you saw him tomorrow, how would you feel? What, if anything, would you say?

I. Summary: List three insights or breakthroughs you had from doing this exercise.

J. Bonus Breakthrough

Name of person#5:

--

A. How long you were involved and describe the nature of the relationship:

B. List **five** one or two-word qualities you liked about him.

C. List **five** qualities you didn't like about him.

D. Do you still harbor any resentment towards this person? If so, explain.

E. What, if anything, are you still blaming yourself for?

F. What did you learn from this relationship?

G. Which attachment style did you both exhibit?

H. If you saw him tomorrow, how would you feel? What, if anything, would you say?

I. Summary: List three insights or breakthroughs you had from doing this exercise.

J. Bonus Breakthrough



Ho'oponopono Prayer & Letter Examples

The Ho'oponopono Prayer

As you finish your Relationship Inventory, you may realize you still have some negative emotions toward a parent or an ex.

This is a great time to introduce the Ho'oponopono Prayer. It is an age-old healing practice that comes from Hawaii. It can help with reconciliation and restoring self-love and balance.

Even if you don't believe the mythology behind this prayer, which, to be honest, I don't, I still find the sentiment beautiful. Not only that, saying the prayer is considered a Pattern Interrupt. A Pattern Interrupt is a technique used to break looping thoughts or behaviors.

The word ho'oponopono translates to "cause things to move back into balance" or to "make things right." Chanting this phrase over and over is a powerful way to cleanse the mind of guilt, shame, haunting memories, ill will, or bad feelings that cause you to fixate on negative thoughts.

To let go of these repetitive thought patterns, close your eyes and chant the following four short, simple lines several times as a kind of meditation.

I'm sorry.

Please forgive me.

Thank you.

I love you.

The Ho'oponopono Letter

One of my former clients, Beth, who was 78 years young when she took the course, introduced me to the Ho'oponopono Letter.

She took the four lines of the poem and wrote letters to each of her exes so she could completely let go of any negative feelings and free her heart to make space for the Guardian of Her Soul, which she found.

The exercise was so impressive that I included it here as a tool for you to let go at deeper levels. Even if you don't feel that you are still holding on to any anger towards your parents or exes, I still recommend writing a letter for each of the relationships you explored in your inventory. You never know what you will discover!

The letter would need to contain the following *four* elements.

1. **Thank You:** Gratitude to the person for what they have taught you.
2. **I'm Sorry:** Your apology for how you were unable to show up in the relationship.
3. Please **forgive me:** Asking for forgiveness for what you could not be in the relationship.
4. **I Love You:** Letting the person know you love them and wish them well in life.

FYI: Beth found the Guardian of Her Soul and said, "Lisa, if I died tomorrow, I would die a happy woman because I finally know what it feels like to be loved truly."

Ho'oponopono Letter #1

Dear Marco,

Thank you for showing me so much encouragement in my personal growth. Thank you for believing in me and my unseen abilities. Thank you for helping me overcome my shyness about standing in front of a large group. Thank you for supporting me in my work and being my mentor for more than 10 years. Thank you for awakening in me my sensuality and encouraging me to become a more responsive partner. I am deeply grateful to you for your friendship and your love.

I am sorry I could not have been your partner in a way that made sense to you.

I am sorry for what could never be.

Please forgive me for withdrawing from you when I sensed you were traveling on paths I did not understand and had needs that were unknown to me.

I love you and wish you well in life.

Julia

Ho'oponopono Letter #2

Dear Mel,

Thank you for showing up in my life when I was in my 70s and hoping to have a relationship with a significant other.

Thank you for showing me kindness and generosity in sharing your home in Seattle with me during visits, sharing your family and way of life in Seattle, and for happy travel times together. I have especially enjoyed knowing your sister-in-law. Thank you for showing me what I need in a relationship with a significant other.

Regrettably, you cannot show me the things in the relationship that I require. The valuable lessons I learned are: I need to be with a man who cherishes me, who makes me a priority, not a convenience, and who respects my time.

Sometimes you can love someone, but in the end, you have to walk away from them when after prolonged efforts to create a healthy relationship, you conclude you will not have a healthy relationship because you are not a match.

I love you and wish you well in life.

Kit

Ho'oponopono Letter #3

Dear Ashton,

Thank you for showing me we could live beyond the confines of our families of origin. Thank you for showing me that the sky's the limit regarding what you can do in life when you have high aspirations.

I am sorry I spent so much time in anger towards you for not being there for the children and me, for my anger towards you for shaping up a bit after I took the children and left you.

Please forgive me for not having the maturity, wisdom, and life experience to be able to show up in a way that made sense to you. Please forgive me for my anger towards you for not trying to address the problems between us. Please forgive me for leaving you when I saw I could do nothing to help you with your situation or us as a couple.

I love you and wish you well in life.

Penny

Ho'oponopono Letter #4

Dear John,

Thank you for showing up for me in my forties at a time when I needed a partner. Thank you for showing me kindness and sharing your Canadian life and cottage life with me. Thank you for being there for my family and me in the terrible days that followed my former husband's death. Thank you for being a caring partner for eight years on my life's journey.

I am sorry I had no energy to give you when I was dealing with cancer in 2002. I am sorry for my disappointment towards you for not being there for me at the end of our marriage.

Please forgive me for not having the wisdom to show up in a way that made sense to you when your depression deepened and your alcoholism took over your life. Please forgive me for my despair and anger towards you for not being in a space to address the problems between us or having the energy to deal with life. Please forgive me for becoming less open to contact with you after you left in 2002 and in the post-divorce years.

I love you and wish you well in life.

Lisa

Ho'oponopono Letter #5

Dear Kyle,

Thank you for sharing part of your life's journey with me. Thank you for sharing your energy and thoughts and your kindness. Thank you for sharing yourself with me in all the ways that you did. Thank you for all the amazing dinners, conversations, and laughter. Thank you for your willingness to play backgammon with me after dinner. I'll forever be grateful to you for the lessons I've learned about myself and how to improve future relationships - thank you for that gift.

I'm sorry for any part I may have played in your not meeting your needs in our relationship during the past 18 months. I'm sorry for interrupting you and not being a better steward of your amazing thoughts and opinions. I'm sorry for disrespecting you in that way. I'm sorry if I ever made you feel less than the brilliant, kind man that I know you are. I'm sorry for being so angry with you about not communicating with me and about the loss of physicality between us. I'm sorry for my anger and verbal digs I may have launched the past few weeks. I'm sorry if my words were ever hurtful or disrespectful.

Please forgive me for any hurt, discomfort, pain, or disappointment my words or actions may have caused you. Please forgive my talking over you and for not creating a safe space for you to share your thoughts. Please forgive me for not taking better care of my own self-worth and showing up as a stronger, better partner for you. Please forgive me for ever making you feel you are less than amazing to me.

I love you for being my companion, friend, lover, and playmate. I love you for helping me learn new lessons about being a better partner in a healthy relationship. I love you for your integrity and honesty. I love your smile and laughter. They both always make me warm inside. I love how you are a great, engaged father to your girls. And I love you being part of my life. I wish you great happiness and joy.

-Joy



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Final Five

Part I: Directions for this activity can be found in the modules.

Name of Person #1:	
Liked	Disliked
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Name of Person #2:	
Liked	Disliked
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Name of Person #3:	
Liked	Disliked
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Name of Person #4:	
Liked	Disliked
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Name of Person #5:	
Liked	Disliked
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Part II: Directions for this activity can be found in the modules.

Person #1	Person #2	Person #3	Person #4	Person #5
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
5.	5.	5.	5.	5.

Part III: Directions for this activity can be found in the modules.

1.
2.
3.
4.
5.

Part IV: Directions for this activity can be found in the modules.

1.
2.
3.
4.
5.

Part V: Directions for this activity can be found in the modules.

1.
2.
3.
4.
5.



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Wishlist Worksheet

Instructions

STEP 1: Start by writing down everything you would love to have in a future partner. How will this person make you feel? What do they love to do for fun? What are this person's religious or spiritual beliefs? Will they meditate, attend personal growth workshops, or go to church on Sundays with you? When you write this list, go wild! Don't hold back! Write down EVERYTHING you desire.

Listen for your Frenemy. It will tell you, "Who do you think you are? You're asking for too much. That person could get anyone they want. Why would they want you?" Thank your frenemy for its advice, and then write down everything you want anyway. Write it down. Write it ALL down.

Some things will be obvious, like no drugs or, if you don't smoke, you will probably want to be with a non-smoker. But there will be other things that might not have occurred to you. To help you get a complete picture, consider each of the following categories when writing your list.

Intellectual: Education and intelligence levels, book or street smarts, etc.

Family Values: Closeness to parents & siblings, desire for children, marriage, cohabitation, etc.

Emotional: Emotional intelligence, ability to share emotions rather than act them out, the amount of drama this person has in their life, etc.

Friends: Many friends or a few close ones, social or not social, introverted or extroverted, prefers groups of people or one-on-one, etc.

Material: Likes the finer things in life or is more down-to-earth, 3-star travel or 5-star, drives a luxury/economy car/truck/SUV, luxury or bargain shopper, etc.

Physical Appearance: Looks, how they dress, height, weight, body type, hair style, facial hair, etc.

Communication Style: Lively and vivacious or calm and rational, prefers silence or long deep conversations, takes time to think things through or likes to stay and hash it out, etc.

Religious/Spiritual: Spiritual or religious, agnostic or atheist, meditates, prays, goes to church, likes to attend spiritual events, retreats, workshops, etc.

Career/Financial: Likes to save for the future or lives in the moment, is frugal or spends generously, buys one expensive thing or many inexpensive things, etc.

Fun and Recreation/Values: Prefers indoors or outdoors, city or nature, mountains or water, camping or hotels, movies, theater, hiking, biking, clubbing, festivals, etc.

Sex/Passion: How much sex and how often, experimental or traditional, monogamous or not, dirty talk, open to using toys, lingerie, porn, etc.

Anything Else...

STEP 2: Go back over each item on the list and ask yourself: Could I fall in love with someone who doesn't have this quality?

- If the answer is "yes," mark it with an "N."
- If the answer is "maybe," put a "W" next to it.
- If you absolutely can't live without that quality, put an "R" next to it.

You have now distinguished your **needs, wants, and requirements**.

STEP 3: Make a list of only the things you put an “R” next to.

STEP 4: Go back over that list. Choose the ten things you simply can’t live without.

Sorry Naked Daters, But not EVERYTHING can be a requirement...

In his book, “The Paradox of Choice,” author Barry Schwartz talks about how he wore out his 501 jeans. It had been years since he’d bought a new pair, and the market had changed dramatically. For starters, they were way more expensive, and there were all different washes and styles. He found it daunting to choose from all the different options. The more pairs he tried, the more different things he wanted. In the end, he paid over \$100.00 for his new jeans. They were far superior to the ones he was replacing, and he should have been thrilled with them, but he wasn’t.

Why? Because once he saw all the different available options, he became increasingly picky.

In the end, he had to choose something, but no one pair had everything he wanted, and, ultimately, he wound up feeling like he had settled. So, now that you have your list of 10 things that you require in your future mate, it's time to let the rest go. If you have the courage and you are really willing to trust this process, I suggest you burn or shred the original list you wrote, the one with everything on it. Go on... DO IT! I dare you! No, I double dare you!



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

The Truth About Online Dating Worksheet#1

The Frenemy vs. The Naked Dater

Here's an example of what the Frenemy might say to stop you from dating online and how the Naked Dater would respond.

Frenemy: Everyone will think you're a loser because you can't meet someone through "normal" channels.

Naked Dater: Many people today aren't meeting through "normal" channels. In fact, millions of people are using online dating sites. It's smart to use every avenue available to you if you want to find your soul mate.

Now you give it a try. Below is a list of more things your Frenemy would say, or you can develop some of your own. You don't have to do them all. Just pick 2-3 that you relate to and write the Naked Dater's response.

To get the most out of this exercise, write out what the Frenemy would say with your non-dominant hand, and then write your Naked Dater's response with your dominant hand. This exercise will help you become more aware of when your Frenemy is talking so you can talk back to it and stop it from sabotaging your dating.

Again, you just need to do 2-3. When you're done, share your answers on the group call, with your mindset coach, or post on the private FB group.

The Frenemy vs. The Naked Dater

- All the women online are desperate and looking for marriage and children or a meal ticket.
- All the guys who go online are losers with commitment issues.
- All the men on the dating apps are just looking for sex.
- You hate feeling like you have to advertise yourself to find a partner.
- Only desperate people date online.
- You feel too exposed. What if someone you know sees you online?
- You don't photograph well. No one will find you attractive.
- What if you don't get any responses or you get responses from all the wrong men?
- The kind of person you're looking for wouldn't be online.
- You're on the computer all day. The last thing you want to do is spend more time online searching for a partner.
- What if you meet a stalker?
- People on dating sites lie about who they are.
- Online dating is too time-consuming.
- There's nothing romantic about searching for love online! It feels like you're shopping for a car.
- You tried one of those free Match.com weekends, but it didn't work.



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

The Truth About Online Dating Worksheet#2

Ways to Process Emotions

Many negative emotions arise when you're dating. It can be very helpful to have a few tools handy that you can use to process them so they don't accumulate and weigh you down. Processing emotions is about learning to understand, make sense of and deal with your emotions in healthy and productive ways. It can take some patience and time to get good at processing emotions, but if you are willing to try to learn, dating will become much more enjoyable.

Right now, you have two tools for processing emotions: The Switching Hands Technique and meditation with your Naked Dater.

In the last segment, I talked about how upsetting it is when you're texting with someone you just met online and, out of the blue, they send you a dick pic or they proposition you for sex. When this keeps happening, it can start to feel shameful and humiliating, to say the least. When your heart sinks and you start contemplating if you should shut down your dating sites and apps, I urge you to get out your notebook and do The Switching Hands Technique instead. Here is a framework for doing that.

Naked Dater Meditation:

You can also do meditation with your Naked Dater. This can be very short and simple, not more than five minutes. Close your eyes and take several long, slow, deep breaths. Then, imagine a familiar place where you meet your Naked dater.

It could be a real place you know of, have visited, or an imaginary one. There may be a dwelling of some kind. Fill in as much of the detail as you can. Imagine the foliage, the light, the temperature, and the sounds of water or animals in the distance. Bring the scene to life. Now, imagine your Naked Dater comes into your field of awareness. You greet each other like old friends and sit down for a conversation. Allow your imagination to run freely. Do you sit cross-legged, facing one another outside? Do you head indoors to sit beside a fire with steamy mugs of hot tea or cocoa? Create your ideal scene.

When you're both comfortable, tell your Naked Dater the story of what happened and how you're feeling. When you're done, sit and listen to whatever guidance your Naked Dater wants to share. When your Naked Dater is done speaking, ask any questions you have. When you feel complete, shake your arms and legs, roll your neck around, and then open your eyes. Before you do anything else, write down three insights about how you could handle a similar situation differently in the future.



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Create A Vision Board



Here's why vision boards work so well: We create what we focus on. So, when you make a vision board and put it in a place where you see it throughout the day, every time you look at it, you will be doing a mini-visualization. Visualization is one of the most powerful exercises you can do. It goes straight to your subconscious mind, bypassing all your Frenemy's objections about why dating doesn't work or love won't last.

Emotions are the fuel that turn your dreams into reality. So, what makes a great vision board focuses not only on the relationship you want to have but also on how you want to feel. If you want to feel safe with your soulmate, you could include an object or symbol that represents safety to you. I placed a stone I had picked up from a spiritual retreat to Teotihuacan on my vision board as a reminder of the spiritual connection I wanted to share with my future husband. If you have some mementos you've collected—a piece of a party hat from New Year's Eve to remind you that, one day, you will always have someone to kiss or a vile of sand from Tulum where you hope to honeymoon one day—you can put them on your vision board. Inspirational, handwritten notes to yourself or quotes you find online can imbue

your vision board with positive energy. You can even include photos of things you want to do and place you want to go with the love of your life. The more creative you can be, and the more personal you make your board, the better.

Let your Naked Dater guide you through this process. Have fun with it! Make it personal! Dream big! The only limit is your own imagination! And keep in mind: the only rule about creating a vision board is that there are no rules!



Here's what you'll need to make your board:

- Start with a board. Some people like to use a corkboard or poster board from an art or craft store. If you can, I recommend a pinboard or something pretty you like to look at — for \$45.00-\$145.00, you can get a framed corkboard on Etsy. You could save money by finding a vintage frame on eBay or at a yard sale and putting your own corkboard inside.
- Scissors, tape, pins, and/or a glue stick to put your board together. Some people like to use stickers, markers, or fancy push pins to embellish their board.
- Magazines that you can cut images and quotes from. If you don't have any to use, you might be able to pick up some old ones at a nail salon, the gym, a doctor's office, or from a friend.
- Personal trinkets, photos, and reminders you've collected that are meaningful to you. You can find quotes online, or Etsy has some you can purchase, but you can also just download them from Pinterest.

- Time. You'll need a good hour or two to make your board. It's becoming increasingly popular to have Vision Board parties where you invite your friends over and make an evening out of it.
- Set the mood. Turn the TV off, silence your phone, and turn on some inspiring music.
- Before you start, take a moment to connect with your Naked Dater and ask it to help you set an intention for creating your board, then light a candle.
- How you choose to arrange things on your board is up to you. Some people like to cover every inch of space, while others like to leave a little distance between items. You do want to have some sense of order in your design. An organized board will send a clearer message to the universe. Before you start pinning and gluing, lay everything out so you can see what makes the final cut.
- Most importantly, remember to have fun with this. This is YOUR vision, and you get to create it however you want. Don't let anyone tell you it's wrong to want what you want. Listen to your own heart and trust it.



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

A Day In The Life of Jennifer

Beep! Beep! Beep! It's 5 am on Friday, and the alarm delivers its message that it is time to rise and shine by sending a sheer screech into the calm morning air. Ugh..."Already?" I murmur. He reaches gently across me to hit the snooze button. Then, he hugs me close as his strong arm retreats back to our warm, secure cocoon. He softly kisses the back of my neck as it's his way of nudging me that it's time to start easing into the day... I love this man. So gentle...so kind... As he brushes aside my hair, the alarm sends its second screech into the air. This time my hand goes out and fumbles to find the OFF button. "Stop interrupting my blissful slumber next to this incredible man," I think to myself. But, knowing I need to make a move to start my day, I roll over and lock eyes with my mate. "Good morning, love," I say. He smiles his sweet, slight smile...the one that makes his eyes dance to life....and responds, "It's going to be a great day." "Oh yes, it is," I say.

We're leaving for a weekend in Santa Barbara this afternoon. He knows how I like to have weekend getaways. Through our various trips to Santa Barbara, we have found a favorite bed and breakfast to spend our weekend away. He spontaneously booked the trip this time and surprised me with the news earlier this week. "Don't worry, love, I have it all booked and have dinner reservations for the weekend as well. Let's just go and enjoy a weekend together..." he says. Ah...a true getaway. No work...no errands...no cleaning...no laundry...sounds like a fabulous weekend. I cannot wait to head north with him at noon. Being reminded of the trip, I bounce out of bed and into my workout gear. He's up as well. I plant a swift kiss on his cheek, and I'm out the door while he turns to retrieve the morning's Wall Street from the driveway.

I return to the warm scent of coffee and him hovering over the last section of the paper, ensuring he is current on today's news. He is a smart businessman and left the corporate world a decade ago to run his own consulting practice. He is so

talented and respected within his industry. He had several clients follow him as he started his own practice. He's driven. He is so driven. But most times quietly so... He is always level-headed in his decisions and thoughtful when interacting with his clients. He really goes above and beyond to make others feel appreciated and important. That's why his clients love him. I think he radiates when he introduces me to a long-time client. It's like he's more proud of their accomplishments than they are....

I'm still pounding it out in the corporate world. He has been a great partner in helping me through my work frustrations and keeps it all in perspective, reminding me to take it all in stride in his "Rome wasn't built in a day" sort of way. He understands the struggles of being a corporate citizen, which is why he left that world to become his own boss, but also respects my decision to stay in the environment...for now. We talk about it a lot... should I stay or should I go... he is always supportive in providing his honest opinion but also knows when I need space to make my own decisions.

It's finally noon, and we're off to Santa Barbara! He is at the wheel, and I am spinning the tunes with a mix of our favorites I made for the drive. A lot of times we drive without any music and have the best conversations. It's just us and our time in the car. But there are also times we love to share stories about why a certain song made it on today's favorites list. He's a music lover as well. One of the events we will check into is getting tickets for a local artist's acoustic performance. We've seen him play before. We both want to see him in action again.

Traffic was light for a Friday afternoon. We arrived before our room at the B&B was ready. No worries...we will go for a glass of wine at one of the various wine bars. We find a corner table. He peruses the wine list. His palate is better than mine. He has great taste in wine, and since we have been together, he does most of the ordering. He's so sweet about it though...wanting me to be informed about what we are drinking, he will tell me which he has narrowed the selections to and will ask if I have a preference. I do like reading the descriptions, but most times don't have a strong preference. I know most times he does, so I respond, "Surprise me." We talk incessantly over our wine. We have never had a problem finding things to talk about... He fascinates me. So smart. So grounded. So genuine. So kind. I feel so blessed to have found him. The waiter arrives to introduce herself and tell us a bit

about the venue and their featured wines. He stops her to confirm he has her name correct before she continues to describe the featured selections. He proceeds to order and call her by name for the rest of our time there. I love it when he does that...makes people feel appreciated in a soft, subtle way. He's so personable. I have learned so much from him in our short time together... He is sweet in that he tells me the reverse is also true.

Time to check in, so we're off, arm in arm to the B&B. The owner greets us with hugs all around. I see a nod exchange between them and wonder what he is up to but am quickly distracted when being shown a new set of stairs I have never noticed before. We climb three flights and arrive (just a little winded) outside a small, dark wooden door. The owner opens it and welcomes us into the B&B's newest room...the rooftop suite. The owner reminded me that I had asked if there was a room in what appeared to be the attic during the time of our last stay.... It was beautifully simple, with views all around. Then the candlelight caught my eye. It was a small nook just off the main room set with a small bistro-sized table for two. A big smile came across my guy's face. He had arranged for an in-room candlelit dinner for two. The owner left to prepare dinner. As soon as the door shut, I gushed about how I loved him so very much and how I was so thankful to have found him... such a fantastic guy. We held each other for a bit, slightly swaying to our internal song. Needless to say, a slight delay in the dinner schedule was requested. I love this man!

Many thanks to Jennifer for allowing me to share her story...



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Smudging Ritual

One of the best ways to make room for your soulmate to come into your life is by doing a Native American smudging ceremony to purify the air in your home.



How to do a Smudging Ritual:

1. Buy a sage smudge stick and find a bowl to hold it over. Traditionally, an abalone shell was used. Also, set up a cup of water to extinguish it after the ritual.
2. Open every door and window in your house, and turn on fans if you have them.
3. Light the stick, and when it catches fire, blow it out and allow the embers to start to smoke like you would light incense.



4. Set your intention for each room. Say a prayer of cleansing. "I cleanse this room of any negative energy from previous partners and invite a positive, passionate, truly loving relationship into my life."
5. Walk around the room, waving the sage stick so its smoke drifts into corners, along walls, around windows, and along ceiling lines. As you do, imagine the smoke absorbing negativity, toxicity, and anything else you want to go away. See the smoke dissipating and floating out the windows, and imagine that bad energy flowing out of your space, making room for positive, fresh energy.
6. After you've blessed every room, give yourself a sage shower. Cup your hands over the smoke and "wash" your face with it, then wave it all over your body like in a water shower. Visualize any residual negativity sailing out of your body, out of your home, and into oblivion.
7. Extinguish the stick in the cup of water or – if your stick is very small or is almost done – flush it down the toilet. You can also bury it in your backyard if your dog doesn't dig it up.
8. Put on some music and do a happy dance.



Where to find the materials:

You can buy a smudge stick online at the Taos Herb Store. Purchasing them from New Mexico sounds way cooler, but you can also find them at Amazon, Whole Foods, any health food store, or Walmart.



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Making Space In Your Life

Below is a list of 15 ways you can demonstrate to the universe that you are really ready for love. You can do a few of these things or make up some of your own.

- Clear out a part of your closet and leave it empty for your future partner.
- Ensure your bed and surrounding areas are free of all clutter, such as underneath. This can also interfere with your mission.
- Purchase a bigger bed if yours isn't big enough for two.
- If you're sleeping in the bed that you shared with an ex-husband or ex-lover, replace it or at least get new sheets.
- Clear out the space in a nightstand or dresser in your bedroom.
- Put an empty picture frame ready for when you meet The One.
- Do a Native American ritual called "Smudging," where you purify a room with the smoke of sacred herbs to clear negative energy from your space.
- Empty a drawer in your bathroom.
- Block out time for dating on your calendar! You can read self-help books, check out dating sites, go to singles events, or have actual dates.
- Paint your bedroom in a more cheerful color.
- If you're divorced, sell or gift your wedding dress or tux to someone.
- Create an altar with *pairs* of objects that represent love to you.
- Get a houseplant with heart-shaped leaves. Remove cactus or prickly plants.
- Remove photos of children and family from your bedroom... when things get steamy, you don't want them staring at you.
- Handwrite your Final Five on a card and place it on your altar or in a frame in plain sight. Read it aloud every day.

In the spirit of making space for someone in your life, here's one of my favorite jokes of all time: What do you do when you see a spaceman? You park, man.



The Perfect Profile

You have been doing such an amazing job so far! Now the fun begins! You get to create your profile! I know, I know, you may be thinking, “Fun?! Since when is working on my profile fun?” I promise you. It will be! And it will be especially fun to see the amazing responses your profile elicits from men. Here’s the best part....you don’t even have to write the profile! All you have to do is complete **these** activities, send in all the appropriate information, and **Benjamin will write it for you!** Here’s what he’ll need...

Documents:

1. **NEW: The Perfect Profile: Questions for Benjamin (Module 2)**
2. Your **Final Five** (Module 4)
3. Your **Wish List of Ten** (After Final Five)
4. The **Love Letter** to the Guardian of Your Soul (Welcome week)
5. Your Love Life **Vision** (Module 1)
6. Any previous profiles. If you haven’t written a profile, *skip* this step.

Once they’re all complete, send ALL of the above documents to **benjaminshield@gmail.com**. Please do your best to send as many items on this list in ONE email or separate emails, but one right after the other. It helps him to make the profile reflect your personality as closely as possible when the docs are together and easily accessible! I’m excited for the fun to begin!

Love,

Lisa



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

The Perfect Profile Examples

Section 1: About you

1. What are ten adjectives that describe you and that would appeal to a man?

Kind, thoughtful, spontaneous, playful, intelligent, independent, compassionate, creative, fun-loving, passionate, positive, etc.

2. Now, pick one of those adjectives. Talk about how you embody that quality and why it is important to you. Continue doing this for three or four more words.

PLAYFUL: “When I was younger, I thought that being deep and serious was how to connect with a man...but those days are over! All I want now is to meet a great guy and have fun with him. What would that look like? It could be just bantering back and forth. I make a wonderful sidekick ;-) I also love dogs and find them endlessly amusing. Taking them for a walk on a beautiful day or playing fetch in the yard brings me tremendous joy. It doesn’t really matter what we’re doing. What matters is that we feel free to be ourselves and share a lot of laughter.”

3. What are some positive aspects you can share about your relationships with family and friends?

“2024ve a very small family. I don’t have children of my own, but I adore my niece and nephew. I am proud of the people they’ve become. I am probably more introverted than extroverted and enjoy having a few close friends. I would rather spend time one-on-one than in a large group.”

4. What about pets? How many do you have, if any? What are their names? Is there something special about them you can share?

“I have two dogs: a Shar-pei named Jax and a Bernese mountain dog named Oliver. I got them as puppies during the pandemic. They are incredibly sweet together. I have never had two puppies at once. One of my great joys in life is seeing how much they love each other and watching them play together like true brothers.”

5. What are some things you’re passionate about? Brainstorm this for a few minutes, coming up with as many things as possible.

“I crave adventure, spontaneity, seared tuna, making someone laugh so hard they cry, learning new stuff, telling stories, sick and twisted jokes, anything culturally diverse, boogie boarding, meeting new people, playing with kids & eating animals, Burning Man, 6 Ft. Under, Fresh Air, hiking, biking, anything in the water, Charades, reading in bed, touching and smelling (smelling?), dancing like a banshee, slapstick, romantic and black comedy, sautéed garlic and onions, finding money, the desert in winter, fast go-karts, helping someone in need, roller coasters, completing a difficult task, happy accidents, working hard, sleeping deep, grilled shark, bottled rockets, killer sunsets, fresh basil, beefsteak tomatoes, IMAX, great bargains, cooking for someone I love, Photoshop, movies in bed, long hot showers, Route 1 through Big Sur, old and new music, movies, art & architecture, anything strange, unknown and interesting, solving problems, the Golden Rule, the Golden Gate Bridge, improving the world a little, severe weather, snowstorms at night, pineapple, strawberries, mangos, hugging and kissing long & slow, NYC pizza, friends and family.”

Section 2: Relationship Expectations

6. What are you looking for in a partner? Be sure to include your Final Five, like the example below.

“I am looking for a lover, playmate, and best friend. A man who will be my greatest teacher. He will love me unconditionally, and I will do the same for him, not because we are perfect people but because we choose to be patient, accepting, and compassionate towards one another. He will take personal responsibility for his life, his actions will align with his words, and he will be financially stable. We can afford to play at the same level, travel, and live a comfortable lifestyle. While I do not live an extravagant life, I do enjoy some of the finer things in life and am seeking a partner who can enjoy them with me.”

7. What will you do for your partner? This is one of the most important questions because a man who is reading your profile will want to know what’s in it for him!

“I will make him feel like the greatest man alive. He is going to be showered with compliments. I know that everything in life is a gift, and I will do my best to notice what he does for me and thank him. I feel that it is my gift to my partner to be responsible for my own happiness, and I will do what I can to keep our relationship conflict and drama-free. I am an excellent cook, and I would love to have someone to cook for. I would love to cook your favorite recipes for you. You can even give me your mother’s recipe, and I will make it for you.”

7. What would the relationship between you be like?

“I see a romantic relationship as an opportunity to explore partnership and passion. It is the best path to grow in understanding, compassion, and love. We will be Guardians of Each Other’s Souls, supporting one another to develop individually and evolve together as a couple.

8. Finish this sentence: I am looking for...

M2024ver, playmate, and best friend who will cherish me, adore me, and grow old with me.



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

The Perfect Profile

Full Name:

Email Address:

Section 1: About you

1. What are **ten** adjectives that describe you and that would appeal to a man?

2. Now, pick **one** of those adjectives. Talk about how you embody that quality and why it is important to you. Continue doing this for *three or four* more words.

Section 2: Relationship Expectations

6. What are you looking for in a partner? Be sure to include your Final Five, like the example below.

7. What will you do for your partner? This is one of the most important questions because a man who is reading your profile will want to know what's in it for him!

8. What would the relationship between you be like?

9. Finish this sentence: I am looking for....



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Naked Dater Guide to Reading Profiles

One of the very best things about online dating is that, if you let your Naked Dater read through profiles instead of your Frenemy, not only can you learn a lot about someone before you ever go out with them, but you will start to choose very different people to date. Before we get into this, I want to mention that while dating apps are becoming increasingly popular, they rely heavily on photos and don't give users much space to write about themselves. So first, I want to tell you how to evaluate profiles. Then, in the next exercise, I will go over how to dissect someone's photographs.

I've created a list of 10 questions you can ask yourself as you read through profiles to help you gauge if someone is just in dating mode or if he or she is truly ready to be in an openhearted, loving, committed relationship. I want you to really hear what I am about to say: there are men and women out there who are ready — right now — for commitment and even marriage and children. By knowing what to look for in their profiles, you can learn how to identify these people better so you can stop wasting precious time chasing the unavailable ones.

When using this list, please keep the following in mind:

- The ten questions below are not definitive. They are simply meant to help you zero in on the people who want relationships, just like you.
- Avoid being too judgmental, or you won't find anyone to date. Remember that most people are not professional writers. They're doing the best they can. It is very hard for many people to write about themselves. So, be willing to cut people some slack.
- If we want to, we can find something wrong with everyone. So, be careful not to let your Frenemy use this list to be overly critical. Remember, your Naked Dater needs to be in charge when reading through profiles.

- Remember: no profile will contain all the elements on this list.

Be sure to read people's profiles — thoroughly. I suggest reading each profile twice, once for content and once for emotional impact. It still amazes me how many people don't bother to read the profiles at all. I used to think it was just men who only looked at the pictures, but I have found that more and more women are deciding to go out with a man solely on looks. If you are choosing the people you date solely based on their pictures, this could be a sign that you are not ready for a relationship. Real, lasting romantic connections are, first and foremost, a result of shared core values, not just physical chemistry.

As some people read this, they will think: *"But Tinder doesn't have profiles, and people meet on that site."* I think it's important to use many different ways to meet people — smartphone apps, dating websites, singles events, etc. But the more information you're given, the better, so I do prefer sites with profiles.

Also, remember that *this exercise is as much about learning how to read people as it is about reading profiles.*

A final note: The profiles that tell you the most about someone are those from sites like Match, Plentyoffish, OkCupid, or JDate, where they have an "About me and what I am looking for" section. eHarmony's profiles can be hard to analyze because the questions are too specific, and they don't allow someone to open up and share freely. Oh! And you definitely need to know this: for all the hype about dating sites using algorithms to match you, studies repeatedly show that *algorithms don't work!*

Here goes... The next time you're looking at online profiles, you can ask yourself the following ten questions to help you gauge a person's relationship readiness:

1. Does this profile speak to my head (Frenemy) or to my heart (Naked Dater)?

Read the entire profile through once and then read it again and ask yourself how the profile made you feel. Did it read like a sales pitch or a resume, or did it seem authentic and heartfelt? At first glance, some profiles will seem very well-written. In fact, they will be a little too perfect, causing you to wonder: "Is this person for

real?” You should listen to that voice. People who sound too good to be true probably are. Any good profile needs to show some vulnerability and heart.

Once, a friend sent me two profiles to read: one from a very accomplished life coach and another from a guy who worked in IT. In his profile, the coach wrote about how he lectured around the world, worked with high-profile clients, and loved the finer things in life. He said that he was “ready to share everything with the right woman.” By the time I finished reading his long list of accomplishments, I was intrigued. But when I asked myself if his profile spoke to my head or my heart, I realized that something important was missing. He hadn’t mentioned a single imperfection or shortcoming.

There wasn’t so much as “I am directionally challenged,” or “I admit that, sometimes, I don’t feel like walking my dog.” He felt like Superman, but he needed to throw a little Clark Kent in there to balance things out. The second profile was short and poorly written, but it was all heart. The writer admitted that he regretted some mistakes he’d made in past relationships and said that he was a work in progress. Even though his life wasn’t as enthralling as the life coach’s, he seemed like a real person and not a cliché. So, which one do you think my friend chose to go out with? The life coach, of course. Unfortunately, she told me later that he was completely self-absorbed and spent the entire date talking about himself.

Why does a profile that speaks to your heart and shows vulnerability mean someone is ready for a relationship? Because romance is all about making a heart connection. That’s what a relationship-ready person is looking for.

2. What does this person value?

Look at the first adjectives people use to describe themselves in their profiles. These initial adjectives tell you what they value most. If someone first says, “I am ambitious, driven, and good-looking,” you might assume that this person is focused on appearances. But if a person leads with, “I am kind, caring, and compassionate,” you could assume that he or she is focused on character.

Here are two samples of introductory sentences taken from Match.com profiles. What does the choice of adjectives say about each person and his or her priorities?

a. “I am a well-established man who holds himself to a very high standard and does not settle...”

b. "I am an honest, down-to-earth, caring person, and try to live my life with integrity and gratitude. I consider myself to be a loyal friend, playful, affectionate, sensual, and spiritual. I love to laugh, and I have a positive outlook on life."

Which of these people seem most ready for a relationship and why? Does one sound more self-absorbed than the other? Rigid? Easy-going? Kind and compassionate? Do any of these people go overboard and seem like they'd be a lot to handle? Really pay attention to what people are telling you about who they are and what they value through their choice of adjectives.

What do a person's values tell you about being ready for a relationship? You are looking for someone who not only has similar values to yours but who also values the kinds of qualities that will be important in a relationship. You are looking for someone whose core values include being kind, caring, compassionate, family-orientated, open, affectionate, loving, generous, sensual, etc.

3. Does this person come out and say he or she wants a relationship?

I am surprised at how many people overlook the obvious when reading profiles. If someone writes, "I am not much of a dater, and I am genuinely looking for a relationship," you must take this person seriously. If someone says this in the first few lines of the profile, you must take that person extra seriously. When you read, "I travel all the time for work" or, "I love to party," you might correctly assume that this person is not really ready for a relationship. Why is this so important? Because you are looking for a person who wants a relationship and isn't afraid to say so.

4. How does this person express disappointment?

Dating can bring out the worst in people, and it can show you a lot about how someone deals with difficult situations. As you read through profiles, ask yourself, "Does this person seem negative or positive?" Negative people often come across angry or bitter in their profiles. They might say, "*I hate people who text too much and can't be bothered to pick up a phone.*" Or, "*Don't waste your time winking because I won't answer.*" Most people who have been dating online for any length of time have had some bad experiences. There's nothing wrong with saying you don't like winks

or texting, but a positive person will say this in a kind way. Someone considerate would write, *"I am not inclined to answer winks."* Or, *"I much prefer talking on the phone to texting."* Another sign of negativity or anger is when someone writes in all capital letters. It feels like the equivalent of someone SHOUTING at or LECTURING you. Why is this so important? How someone expresses disappointment in a profile tells you a lot about how someone will express disappointment in a relationship.

5. How open does this person seem?

One way to tell if people are open and flexible in their thinking is to look at their use of "frequency adverbs" in their profiles. Words like never, always, have to, must, and should suggest that someone is rigid and fixed in their attitude. Someone easygoing would use expressions like try to, would like to, sometimes, often, maybe, and occasionally.

You can also gauge how open someone is by checking out the "What I am looking for" section of the profile. Remember what I said in the section on writing your Final Five? Those long and detailed laundry lists of qualities we want in a partner don't work because they cause us to eliminate good people who don't have everything on our list. The truth is that your soulmate is probably going to surprise you and have qualities you didn't even know you were looking for.

6. What does this person want in a partner?

Some people begin their profiles by discussing what they want in a partner first and themselves second. The fact that they start with what they want in a partner can mean that they are ready for a relationship because they put their partner first. I like it when people do this and see it as a good sign. Having said that, some people only write about what they want in a partner and say nothing about themselves. This is **not** a good sign. You are looking for people to date who can open up and share themselves freely. It's a pain if you have to work too hard to get people to talk about themselves. *Finally, some people go on and on and on about what they want in a partner.* Many of my male clients skip the About Me section and read the What I am Looking For section first. If a woman seems to have too many expectations or requirements in a partner, they assume she is high maintenance, and they quickly move on.

Some people never mention anything at all about what they want in a partner or in a relationship. They just write about themselves. After four months, a client broke up with a guy she'd met online. She was wildly attracted to him, but he just wouldn't commit, even though he said he wanted to. When she reread his profile, it was there in black and white. *He never wrote a single word* about what he was looking for in a partner or in a relationship.

7. Is this person philosophizing about relationships rather than telling me about him or herself?

This is one of my favorites. Some profiles read like a philosopher rather than a real person wrote them. They go on and on, theorizing about what a relationship should be like and telling you nothing about themselves. In real life, the people who write this way often have a been-there-done-that attitude, and they can be know-it-alls. Here's an example of someone who is philosophizing rather than sharing who he really is:

"What does it take to find this person, a "soul mate," with whom to have that feeling? What does it take to make it last? People often write about the need for "fun" and "chemistry," and all of that is very nice and is certainly important to a relationship, but those criteria don't really seem that difficult to find and oftentimes are not necessarily the best indicators of a relationship that will last. Rather than using the word "chemistry," I think more in terms of "connecting" or being "compatible" in certain critical areas, such as spirituality, intellect, emotions, and physical attraction. At the same time, diverse interests, friends, and activities can enhance and broaden the horizons of a strong relationship. Most importantly, at least for me, I think of the "ideal" relationship as being with someone who I consider it a "privilege" to be with . . . and both of us being confident and secure in having those mutual feelings of admiration and respect."

For the record, this sample was taken from an actual Match.com profile.

When I read the above example, how did you feel? Did you learn anything at all about the author? What would the conversation be like if you went on a date with

him? Some people hide behind theories and philosophies so they don't have to show who they really are.

8. How mature does this person feel?

Many people are still dating with the emotional sophistication of a teenager. After all, that's when we first learned how to date. In Naked Dating®, this is what I call "Madolescence." Dating has a way of bringing up our deepest insecurities and causing us to doubt ourselves like nothing else we do in life. We are still worried about getting the coolest guy or the hottest "chick." When you read a profile, ask yourself, "How old does this person feel?" A person can act emotionally immature at any age. One way to tell someone's level of emotional maturity is to look at his or her use of emoticons. A "LOL" or smiley face here and there is okay, but too many are a sign of insecurity. Why is being emotionally mature a sign that someone is ready for a relationship? Because you want to be in a relationship with a person with the depth and maturity to handle the ups and downs of a relationship.

9. Does this profile tell you enough, too much, or not enough?

The length of a profile doesn't matter as much as what someone is saying. One of the most beautiful profiles I have ever read was only three lines long, but it blew me away.

"I read, you read, we both read. You are in your forties/fifties and are looking for an equal. All the usual things, wit, humor, smarts, movies, travel, survival in a time of fear, poetry, no fixed ideas, mutual attraction."

I've read other much longer profiles that weren't nearly as beautiful or intelligent as this one. It says it all. Something I find fascinating is that most of my clients will go out with a good-looking person even if he or she hasn't put much effort into writing a profile, but if someone isn't good-looking and doesn't write much, my clients will immediately dismiss that person. The truth is that many good-looking people can skate by on their looks, and they don't have to work on their personalities because opportunities are thrown at them. But in the end, they have just as much trouble creating emotional intimacy in a romantic relationship as the rest of us. So please, hold everyone to the same standard. People who are serious about finding the right

life partner will put the time and effort into creating a profile that is going to speak to the right person.

My husband reread his first online profile and realized that it sounded like he was selling himself, so he took it down and spent six weeks rewriting it. When he was finished, he read it to two friends of his who were therapists to get their feedback. Here's the opening line of his profile. It is one of the most beautiful and honest opening lines I've ever read: "I realize that it is more important to receive one response from a deeply compatible person than to try to get many responses where we may be mismatched. I sincerely want you to know who I am..."

10. How does this person talk about past relationships?

In a dating profile, people don't often just come out and say, "I just got out of a painful divorce" or, "I finally ended a five-year on-and-off relationship." Still, you can glean a lot of information from the "What I am looking for section." When people talk about what they *don't want in a partner*, it is usually based on what went wrong in past relationships. If someone writes: "If you have a lot of drama or play games, I'm not your guy," it probably means his last girlfriend was a manipulative drama queen, and he's not over it. Why does how someone talks about past relationships tell you if he or she is ready for a new relationship? Because you don't want someone dragging a bunch of baggage from the past into your new relationship for you to deal with.

If a profile meets even a couple of these criteria, consider talking to that person on the phone. The goal is to look for signs that someone is ready for a relationship, not to use this list as a way of eliminating people. Use this list for good, not for evil. ;-)
When all is said and done, you must get dates to practice getting emotionally naked and find someone else who can do the same.



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Benjamin's Profile & Response Letters

ABOUT ME:

It is more important to receive one response from a deeply compatible person than to get many responses where we may be mismatched. I sincerely want you to know who I am. I am an honest, down-to-earth, caring person, and try to live my life with integrity and gratitude. I consider myself a loyal friend, playful, affectionate, sensual, and spiritual. I love to laugh, and I have a positive outlook on life. I work out regularly, and staying in good shape is important to me. I am inspired and dedicated to what I do (which is in the field of physical therapy). I am successful in my profession, teach internationally, and co-authored several books. I love being with someone. I love going to plays, concerts, and movies. I love great restaurants that are comfortable and quiet enough for a wonderful conversation. I enjoy hanging out, reading together, watching videos, and going for walks. I also love romping with my dog, eating frozen yogurt, and connecting with all the senses.

THE PERSON I WOULD LIKE TO MEET:

The person I would like to meet has a rich and fulfilling life already, with the missing piece of a relationship—someone who has a profound desire to share in intimacy, deep honesty, and passionate heart-to-heart contact. The person that I would like to meet would possess inner and outer beauty. I want to meet a woman with an old soul and a young heart. Someone intelligent, has diverse interests, is open-minded, and has a twisted sense of humor. Someone who has a sense of independence, playfulness, sensuality, and is unafraid to open her heart. A woman who is as attentive to her spiritual health as she is to her physical health. A woman who, as I do, cherishes intimacy and cherishes alone time. The essential qualities I look for in a person, whether friends or lovers are integrity, values, and attitude. But most of

all, she must have a good and kind soul. I am looking for a lover and best friend. Growing together and experiencing life while keeping our own identity simultaneously. And though it may exclude some extraordinary persons, I would absolutely want someone with no children or who has grown children.

A PERFECT FIRST DATE:

The perfect first date would be a wonderful, sweet opportunity to meet each other and see if our rhythms match—something that is casual and comfortable, the surroundings quiet enough to allow for good conversation. We would get beyond the initial jitters and get lost in great conversation. There would be a sense that time had stopped, and we would find that everyone else in the restaurant had already left. A perfect first date is when we are still thinking about the date hours and days later.

MY PERCEPTION OF AN IDEAL RELATIONSHIP:

My perception of an ideal relationship is that both people are guardians of each other's soul—supporting one another to develop individually and evolve together as a couple. I see relationships as an opportunity to explore partnership and passion. It is the best path to grow in understanding, compassion, and love, where both individuals desire to love themselves and each other. When I think of an ideal relationship, other words that come to mind are trust, open communication, sexual chemistry, mutual respect, a shared sense of humor, honesty, patience, and playfulness. I seek a relationship that is fully committed and monogamous in a unique way. It is important that I share how much I love alone time. I've learned from life experience that for me, even in an intimate, committed relationship, there is a balance of being together and being separate that works for me. I realize that it would be relatively hard to find the right person because I am not looking for a live-in, full-time relationship. I am looking for someone who prefers a portion of the week together and, like myself, would look forward to their alone time. And after some decades of trying to change my nature to fit into a conventional form of relationship, I am simply embracing who I am and what I am looking for. I know that this may be like looking for a needle in a haystack. I know this is not what most people want. And I know that this may come back with zero responses. We'll see.

THIS IS WHAT I'VE LEARNED FROM PAST RELATIONSHIPS:

I've learned much from loving, therapy, mistakes, and common sense. One thing is to be honest with myself and communicate clearly with my partner. It is just as important to hear the other person as it is to be heard. Kindness, compassion, and lovingness are the most important things and should always be honored. It is important for both to stay current with each other even if there is no perfect time to sit down and talk. I have learned that relationships are a living thing and must always be tended. Finding ways to keep passion burning, communications open, and love alive. To give each other freedom to be ourselves, respect and cherish each other's uniqueness and individuality, and most importantly, be as kind and loving as possible.

RESPONSE LETTERS

Internet dating can be time-consuming. Benjamin wrote several response letters that he could use to reply to all emails quickly.

YES:

1. My name is Benjamin Shield, and I truly enjoyed reading your profile and seeing your pictures. I would love the chance of a meeting... dinner? My office is around the Westwood and National area, so we are not too far apart. Let's see if it's a match. I hope you say yes! Benjamin

2. I read and love your profile. It has depth and charm. Please check my profile and essays. My name is Benjamin Shield, and if it seems like we might be a match. I'd love to talk/meet/have dinner. You can Email me at (above) or telephone me at (310) 466-1800. If it doesn't seem like a match, don't feel obligated that you need to call or write. My best, Benjamin

NO:

1. Thank you for your honest and wonderful message. We do have a great deal of resonance in our profiles. I had just arranged to meet with two people, and it would be best if I didn't try to meet too many people simultaneously. If things turn out so, I would love to meet in the future.
2. I have arranged to meet on some dates, and it would be best if I didn't try seeing too many people simultaneously. You appear lovely. Thank you for writing.
3. I am replying now that I have more time. Thank you for your response. Your profile and photos have depth and charm. I've arranged for a couple of meetings, and it has never been my style to date more than one person at a time. If things turn out so, I would love to contact you in the future and give us a chance to meet.



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Lisa's Profile

ABOUT ME: My nephew says I'm beautiful! My niece thinks I'm funny, but then she's typing this for me. Milo, the puppy, doesn't have an opinion; he's too young and can't talk yet. And me, well, I love to laugh and play and cuddle (esp. with my 60-lb. Sharpei, Bobo). I'm open, affectionate, and down-to-earth. I've traveled the world, and I have good table manners so that I won't embarrass you in front of family and friends. And finally, I'm learning that life is about the journey; it matters less where I am going than how I get there and what I learn along the way.

PERFECT MATCH: I am looking for someone to have fun with--a soul mate and a best friend. I love a man who's witty, worldly, and wise, one who is humble but confident, has integrity, and speaks from the heart. And most of all, one who is passionate, playful, and affectionate.

IDEAL RELATIONSHIP: One where each person is responsible and accountable for his or her part in things. Where there is lust and love and passion, inspiration, fire, and creativity, where each would unselfishly support the other in going for his dreams, where we can talk about anything, have different opinions, and still love and respect one another. Where there is no one we would rather be with. Where my heart leaps at the thought of seeing you.

PERFECT FIRST DATE: The perfect first date could be any place we could talk and connect, laugh like kids, and captivate one another with a beautiful smile, a charming gesture, or a witty comeback. There would be a certain magic in the air, a desire to hold hands, kiss, and not let the evening end...

LEARNED FROM PAST RELATIONSHIPS: More than anything, I am grateful for each of my relationships. I can now see that they were perfect mirrors of who I was then.



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

The Camera Never Lies Interpreting Someone's Dating Photos

1. Number of Photos

Christian Rudder from OkCupid says that women should have between 5-8 photos and men should have between 3-5 photos. That's what the stats show works best. Now, I don't know for sure if that's true, but it makes sense to me. So, when you look at someone's profile and see 20 pictures, especially if it's a man, that's a little weird. I'm not sure if that means someone is deeply insecure or totally full of themselves (it's probably both)... Whatever. That's a lot of photos. Some of you may disagree with this, and that's okay. I will still argue that less is more!

Also, Frenemies tend to focus on the negative. They look for reasons to say no. When someone has too many pictures, it can give you too much information causing you to draw conclusions about someone that aren't true. And, when we look at someone's pictures, we tend to eliminate people based on their worse picture. The more pictures, the higher the chance of eliminating someone.

One thing that continually confounds me is that many people use their worst photo as their main picture. When I search through profiles with my clients, I insist that if someone is even remotely attractive, they should click on the main photo and look at the rest of the pictures before deleting the person. Almost every time I am searching through profiles with a client, I will click on a picture, and my client will say, "Nooooooo! No! Not that one!" But when I click on it, it turns out that the person just has a terrible main photo, but the rest of the pictures are really good. My clients are often shocked. They say, "Oh! He's actually kinda cute. Huh. He's got a nice smile... And I love that picture of him with his dog..." I can't imagine how

many people are getting passed by because their main photos are awful. So my advice is that, even if you're not attracted to someone's main photo, click on ANYONE who looks even halfway decent. At least click on it, look at the pictures, and if you don't like the person after that, move on.

2. Facial Expression

Does this person make the same face in every photo? I know some people don't like having their pictures taken, and they freeze up in front of the camera, but that's not what I'm talking about. You know what I mean. You see five pictures of a person, and it's the same picture repeatedly with a different background. Something I always see is when a guy is mugging the camera or a woman is making flirty faces in every shot. You want to ensure this person has at least one real photo where he or she is being vulnerable and real and not putting on an act.

Guys, it's really easy to get caught up in all the glam photos. There are women who put up a lot of pinup photos. Be careful of falling into that trap. You're looking for a real person. Yes, you want to find someone to whom you're sexually attracted. But when the sun comes up in the morning, and all the rest of the time, you are going to have to be able to talk to him, so even if he turns you on physically, but he doesn't turn you on mentally and emotionally, you are going to have a problem. My husband has something he calls "**The Cheesecake Factory Test.**" He says that when he was thinking about being with a woman, he had to ask himself if he would want to have breakfast the following morning with her at the Cheesecake Factory. If the answer was a no, he moved on. So, you're looking for someone sensual in her photos, but you're also looking for someone who has some down-to-earth pictures where she looks like a real person.

Women, you need to be careful too. A lot of guys are looking really good these days. They have those 6-pack abs and put them out there just like the women. They're flaunting their bodies just like us. They're hot, hot, hot. But I can tell you that even though they are great eye candy, that doesn't mean they'll be good fathers or make great husbands. You've got to look past all of that. While looks are important, and you want someone who takes care of himself or herself, you've still got to look deeper than that. There must be some normal photos of them hanging out with their friends. A normal headshot of him smiling.

3. Men who hide behind sunglasses

It's okay to have a picture with sunglasses on or a photo or two where a woman is dressed up, but you also want to see a few pictures where someone is more natural and vulnerable. Makeup and sunglasses are ways people hide. It's a sign of emotional unavailability and a lack of transparency when someone isn't willing to drop their guard for the camera.

4. Smiles

There are two kinds of smiles. The first is when someone just smiles from the corners of their mouth. This is a fake smile or what scientists call a social smile. The second kind of smile, a genuine or Duchenne smile, is when there are also crinkles in the corners of someone's eyes. Another interesting fact is that when someone genuinely smiles, you don't see their bottom teeth! Also, women tend to smile more than men. One of the reasons for this is that many people think that smiling makes a person look weak. Interesting, huh? The people you choose to date should have at least one genuine smiling photo of themselves.

5. Eye Contact

The eyes are the windows to the soul. So, I want you to take a moment when you're looking at a person's photos and see if there is some light in their eyes. I don't mean highlights. I mean aliveness. Something shining or even on fire. You don't want to see a dead blank stare. You will start to eliminate many people just on this one thing. People who are depressed or who have suffered serious trauma will have a blank, almost dead look in their eyes even when they're smiling. You can see sadness when you look into their eyes. I am surprised at how many people miss this.

6. Impressions

It can be a real turn-off when someone posts pictures with a fancy car, an airplane, or a pricey handbag. Looking at the photos, you want to see if someone is materialistic.

Again, much of what I'm talking about in terms of the photos can be applied in real life. You can sit across from a person on a date and look into their eyes and ask yourself, "Does this person have an aliveness about them?" You can look at how someone is dressed for the date. Do they wear sunglasses the whole time, or do they take them off to look into your eyes and let you look into their eyes? Does the woman sitting across from you have on a lot of makeup, or does she seem to be dressed too provocatively for a first date? You're looking for someone real, who you can relate to, and who speaks to your heart. Remember, this is Naked Dating. You are looking for someone who is transparent and can get Emotionally Naked with you.

You need to tune into your Naked Dater as you do this exercise and not judge anyone too harshly. If your Frenemy gets hold of this information, it will use it to protect you by ensuring you don't find anyone good enough to date. So please, have some compassion for yourself and for the person whose profile you're looking at because you need to find people to go out with.

I want you to look at the photos and ask yourself,

Is there kindness in this person's eyes?

Do I light up when I look at their photos?

Is this a real person and not someone who is hiding behind an image?

Is his or her smile genuine?

Do I see creases in the corners of the eyes?

Can I see the bottom teeth?

Is there something endearing about this person?

Do I see someone who is not materialistic and is genuinely putting himself or herself out there?

Do I see a person who seems emotionally available?

Take a moment to really look at the pictures. Pause and take some of these concepts into account before swiping right or left. Remember, no one's photos will meet all of these criteria, but many will have some of them. The people who have even a few of the things on this list are worth giving a chance.

Good luck. I am so excited for you. I know if you take this advice to heart, you are going to find that you're sorting out some incredible people and, hopefully, ones who are different from the people you've gone out with in the past.

Are these smiles fake or genuine?



Key: 1.G 2.F 3.F 4.F 5.G 6.G 7.F 8.G 9.F 10.G 11.G 12.F 13.F 14.F 15.G 16.G 17.G 18.F 19.G 20.F

Fake Smile



Genuine Smile



Blank Stare



Glam Shot



Sunglasses



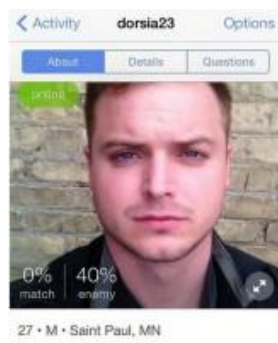
Smug Shot



Depressed Person



Not sure what he is thinking





LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Online Dating Information

What follows are guidelines based on my experience and the experience of hundreds of our clients. These are only suggestions. Because dating sites change frequently, this information can quickly become obsolete. If you find that some of the information is outdated, please let us know.

I wish I could tell you that one dating website or app is better than another. The truth is that the best sites can vary by your age or by where you live. Also, like anything, trends change, and what's hot today is uncool tomorrow. We suggest you read over this information and also post in the Facebook group and ask women who live near you and are in your age range which sites are working best for them.

Congratulations on being willing to date online like a Naked Dater.

While some of you have never tried online dating, most of you have tried it with little to moderate success. So, kudos to you for being willing to trust our process and give it another try.

Despite anything you've experienced or anything negative you have heard, 90% of our smart, successful clients, including me, meet their partners online with our help. Here are some of the reasons why we have such a high success rate:

1. We have you spend the first month of the course clarifying your dating patterns and seeing how to break them going forward.
2. We have guided you through the process of getting the best online dating profile and pictures to attract the attention of higher-quality men.
3. We've taught you about attachment styles, and you know the qualities to look for in a secure man.

4. Your anxiety about dating should have substantially subsided by gaining insight and knowledge into what you've done wrong and what you can do differently.
5. We've helped you envision the kind of partner and relationship you want to attract and what this new relationship will look and feel like for you.

PLEASE PAY PARTICULAR ATTENTION TO THE FOLLOWING ADVICE:

You are now armed with new insights and knowledge, and hopefully, you are excited about putting everything you've learned to the test. As you begin to date, please remember that you are still in the learning phase of this process. You **MUST** manage your expectations. It is unrealistic to expect that you will meet your perfect guy right out of the starting gate. Some women do meet the Guardians of Their Souls while they are in the course, but most women meet him 6-12 months after completing the course. Please **DO NOT** be in a hurry to meet your guy or assume that, just because you have "done all this work," you have it all figured out.

Chances are you will immediately start meeting much higher-quality men than you have ever dated before. It's easy to assume that the first "good guy" you meet is The One. **No matter how much you like someone, you MUST continue dating multiple men.** Women who did not heed this advice regretted wasting their time in the course dating one man who turned out to be avoidant. Keep in mind that if someone really is the Guardian of Your Soul, there is no need to rush into a relationship because you will be spending the rest of your lives together. In fact, you will want to take it slowly and savor the process of getting to know one another.

Choosing an Internet Dating Site

There are many dating sites and apps on the market, with more coming online every day. A quick Google search for dating sites will bring up a whole list of the most current ones. Most Internet dating sites will allow you to do an initial search for free to see who comes up in your range. Some will let you post a free profile to see what kind of responses you get. And some will even let you answer emails but not initiate them. The most popular online dating sites are Match.com, OKCupid.com, Zoosk.com, and eHarmony. The most popular dating apps are

Tinder, Bumble, and Hinge. These sites have the most members, and you will usually get the most hits with them. However, do not rule out some of the other sites. Find the site or sites that feel right for you. As mentioned, most sites offer free basic memberships and paid monthly memberships with upgraded features. Be sure to check the sites directly for current pricing. Below is a description of some of the most popular sites.

IMPORTANT TIPS:

- Before paying for a membership, Google the site's name + coupon code to see if there are any available discounts.
- Make a note on your personal calendar of when your membership expires so you can cancel it BEFORE it automatically renews.

Match.com

Match is the largest and most popular site. Clients can also expect to find the greatest variety of people here. There are several essay and multiple choice questions on the profile that provides a good overview of the person. On average, there are more professionals on Match. Through Match's "Total Attraction Matching System," clients can self-select preferences around personality, physicality, or both, and Match will then select and send a client 20 matches daily. Unlike some sites with individual email inboxes for each profile, there are no email inboxes on Match. Emails are sent to your regular email inbox and are designated as username@Talkmatch.com. Even though the emails are sent directly to clients, prospects won't know their email addresses. There are different ways of searching the site, including most active, most recent, and who's online now. One client reported increasing the number of hits she received by going online and leaving her profile up for an hour or so at night so that she would come up under the "who's online now" search. You may post a free 3-day trial membership. There are same-sex options.

OKCupid.com

This is one of the best free matchmaking programs that matches members based on their profile information and answers to creative questionnaires. It also allows users to search for matches on their own, email, chat, and even get set up on blind dates for free. Due to its casual, open interface, OKCupid might attract fewer marriage-minded singles than Match.

Zoosk.com

Is one of the largest dating sites online, boasting more than 35 million profiles around the world. But don't let its massive size deter you. Zoosk has a very personalized edge to it. And it's a fun, easy-to-use site that gives you a lot of impressive features. One interesting feature is its Behavioral Matchmaking engine that continually analyzes your actions on its site to further drill down to a better match. Members can also play the Zoosk Carousel game, which is where random individuals in your area are displayed, and you're then given the opportunity to specify whether you're interested in meeting with them.

Eharmony.com

The Eharmony system is based on "Scientifically-proven Compatibility Matching." There are 29 dimensions that Dr. Neil Clark Warren has created to determine compatibility and the key to a good relationship, including character and constitution, personality, emotional make-up and skills, and family and values. The profile is an intensive series of multiple-choice questions that can take upwards of 2 hours to complete. The computer will then match clients with prospective partners, and they pick the age range for them. It can take a long time to get matches. Less than half of the people post photos. People on this site tend to be more serious, relationship-orientated, and lean conservative. This site is one of the more expensive to join. There are no same-sex matches. Please keep in mind that the founders are from a serious religious background. If clients say they are religiously affiliated, they will only connect people with the same affiliation i.e., Catholics with Catholics.

PlentyofFish.com

POF is a relatively simple online dating site with the standard features that every online dating site has. Users can create profiles, take the relationship needs assessment test, add photos, take the relationship chemistry predictor test, and more. You can also upgrade your membership to remove ads and to see whether your messages were read or not. Because the barrier to entry is essentially zero, there are a jaw-dropping number of profiles to browse.

EliteSingles.com

Is open to singles from 18+, but its user base is largely between 30-55. They also attract a more educated, professional crowd, with around 82% of their members holding an academic degree. The gender ratio leans slightly more towards women than men, with 57% female members to 43% male. EliteSingles has a worldwide presence, with members in over 20 countries around the globe. You must subscribe to initiate emails and participate in online chats. They offer an “Automated Matchmaker” service and have limited same-sex listings.

Facebook Dating

Facebook Dating presents matches one at a time, but it doesn't have a certain famous right-or-left swiping mechanism. Instead, to start a conversation, you need to like a person's profile or respond directly to one of their questions, photos, or Instagram posts, similar to on dating app Hinge. For example, you can click on a picture of their dog and send a message saying, “He’s cute!” To turn someone down, you tap “Not Interested.” You can also re-review someone’s profile using a feature called “Second Look.” Facebook Dating messages live in their own separate inbox, and they’re strictly text-only. You can’t send links, photos, or payments for security reasons. So-called romance scams, including on Facebook, have been a problem online for years.

Millionaire Match

MillionaireMatch.com counts doctors, lawyers, CEOs, Hollywood celebrities, and professional models amongst its exclusive clientele. It is one of the original dating sites for wealthy, single people. Though many features on MillionaireMatch.com are free, you can also become a Premium member. Premium members can initiate contact with other members, perform advanced searches, and receive priority listing in search results.

SilverSingles.com

Don't be dissuaded by its terrible name. In our experience, Silver Singles is the best site for women over 50. The platform is available in the U.S., U.K., Canada, Australia, Germany, and France. It offers a Basic membership—which allows users to take the personality test, create a profile and get connection recommendations—and a Premium membership, which gives users complete access to all the features on the site. A basic membership is free, and there is a monthly charge for a premium membership. Please note that scammers target mature people. That said, we have had many high-quality matches come from this site. Also, Silver Singles and Elite Singles are owned by the same parent company, and they will often post your profile on both sites. Silver Singles claims to get 381,000+ new members each month.

Ourtime.com

OurTime is a dating site that helps adults 50 and older find a partner using a simple dashboard and features that enable users to connect safely. With features like a private messaging system that doesn't require a phone number exchange, "Flirts" and "likes" allow users to show interest in other profiles, and "virtual gifts" can be sent to those with whom you wish to connect further. Each day, the company presents you with eight potential matches, presented on your dashboard, where you can review them and "pass" or "like." You can also do a manual search for matches. When both users say "yes" to each other after reviewing their profiles, a match is made, and the person will appear in your Mutual Matches section.

Dating Apps

Tinder

Tinder has the unfortunate reputation of being a hook-up site, which is completely inaccurate. It got this reputation because it was much like the gay hookup app Grindr. Women in our course have found many matches and marriages by using Tinder. Tinder is not just the #1 dating app. It is the #1 grossing app, period. Match.com owns it. In Tinder, users "swipe right" to like or "swipe left" to dislike other users' profiles, which include their photos, a short bio, and a list of their interests. Tinder uses a "**double opt-in**" system where both users must like each other before they can exchange messages.

Bumble

Bumble was started by one of Tinder's founders, who wanted to create a more "women-friendly" app. Women aren't being bombarded with unwanted messages, so the app tends to attract women who are looking for something more serious. On Bumble, only women can send the first message. Bumble has been dubbed "The Feminist Tinder" and allows for unlimited swipes on a seemingly endless supply of men. After matching on Bumble, a woman has 24 hours to initiate a conversation before the connection disappears forever. Looking for platonic relationships only? Bumble has a feature that allows you to swipe for potential new friends. *The best part...Bumble has a verification feature so women can see it's a REAL guy and not a scammer!*

Hinge

Since its 2011 launch (when it was just a web app), Hinge has become the anti-Tinder, foregoing swiping, a hookup environment for stories, and a commitment-oriented environment. The latest stats from GlobalDatingInsights show that 63% of Hinge users want a relationship (vs. 33% who want dates, 2% hookups, and 2% something else). The site itself sees over 180,000 visitors a month, and the app has four and a half stars on iTunes. If we're talking about location and age, Hinge is available in 28 countries and is most popular among 25- and

35-year-olds. According to CEO Justin McLeod, 85% of new users are still active a week after joining, and 75% are still active a month after joining.

Coffee Meets Bagel

Named because the creators wanted the batch of new matches to be something women look forward to every day, like a coffee break. What goes well with coffee? Bagels. Women choose who gets to talk to them from among the men (or “bagels”) who have already liked them. It all translates to a handful of “bagels” for women to review daily, on average. It’s been described as “the anti-Tinder,” and with good reason too. Coffee Meets Bagel’s radical focus is on the quality of matches it offers rather than an endless sea of faces you find yourself vacantly swiping through elsewhere.

Raya

Raya is a dating app that has an extremely low acceptance rate. It’s said that you need to have at least 5,000 Instagram followers and a professional-looking Instagram profile. There’s very little additional information about the app online, as it’s meant to be more secretive. Knowing someone else who is on the app can help, as you would be able to use their referral link.

Feeld

Feeld is an inclusive dating app and global community for both singles and couples to explore their desires and find meaningful connections. It is open to all genders and sexual identities. It welcomes everyone, from humans interested in ethical non-monogamy and alternative relationship structures to those who are just curious or looking to dip a toe. Feeld is completely free to use. Anyone can browse and chat. However, you can pay for a membership that provides added benefits. It is called a Majestic Membership. It comes with enhanced features such as seeing who had already liked you on the app, adding private photos visible only to your Connections, knowing when your Connections were last seen, and having more extensive privacy options.

Happn

Happn is a French location-based app that allows users to like or dislike other users. The focus of this app is that you will see potential matches when you've actually crossed paths with them in real life.

Jigsaw

Jigsaw is a take on the show Love it Blind. The men you communicate with will have puzzle pieces over their faces, and as you get to know them, the pieces gradually fall away! This emphasizes getting to know each other on the inside first.

Niche Sites

JDate.com

This site is primarily for Jewish singles, although there are also some non-Jewish women on the site. The men on this site are almost all professionals and very assertive. This is considered the easiest and most user-friendly site. It also has the best essay questions of any site, including "More about you," "Your perfect date," and "What you've learned from past relationships." Clients can see when someone was last online, if they opened their emails, and at what time, and there is a great deal of instant messaging (although this feature can also be disabled for those who find it annoying). Clients can also see how many people are online at any moment. JDate sends an email directly to each client saying, "You have mail," but emails can only be read and sent through the site itself. Clients can provide contacts with their personal email addresses to bypass the system. There are no same-sex matches.

ChristianMingle.com

Is geared towards those singles looking for fulfilling relationships rooted in the Christian faith. They are among the best religious-based online dating sites, offering a nice website layout and a like-minded membership base. If you are looking for friends, dates, or even soul mates within your faith, then ChristianMingle.com is for you.

BernieSingles.com

Is an online dating service where members can connect based on a mutual interest in American politician and junior United States senator Bernie Sanders. Membership is free. Registration requires a birth date, biography, U.S. state, gender, sexual orientation, and username, as well as uploading a photograph to complete your profile. The website allows users to search for other users based on geographic region, add friends, or join micro-communities such as "Christians for Bernie" or "Musicians for Bernie. Public chat rooms, forums, and private messaging are also featured.

Black People Meet

BlackPeopleMeet is the largest dating site in the US for Black singles or non-Black singles who are seeking a Black partner. This site has a quick and simple sign up, and you can search and view profiles even as a free member. Only paying users can communicate. This site has both basic and enhanced search options. It's relatively inexpensive compared to other sites, with one month starting at \$16.76.

ConsciousLovingSingles.com

This site has the same name as the book by Kathlyn and Gay Hendricks but is owned by a company called Conscious Dating Network. According to them, "Conscious Loving Singles attracts high-quality people -- people who appreciate holistic living, healthy lifestyles, and spirituality. People who care about personal growth, social issues, and the environment. People who desire to live with consciousness, awareness, integrity, and an open heart." Although the idea of a

spiritual personals site sounds good in theory, some clients say that many of the profiles are spiritual to the point of being hokey. Profiles are multiple choice and 22 mini-essay questions. Questions include: “What is your Chinese animal sign? What Ayurvedic body type are you? What types of healing modalities do you practice or would you like to learn? Age, weight, and height are ranges rather than a single number.

The League

The League is a dating site and app that attempts to have higher standards regarding who can have a profile. You may have fewer matches on this site, but the idea is that your matches are of higher quality. Some women love that component. However, the cost is much higher compared to other sites.

You can use The League for free as a Guest, or you can become a Member by purchasing a subscription. Membership doubles your matches. Depending on your chosen term, your Membership will last for one week, one month, three months, six months, or 12 months and automatically renew at those intervals from the point of purchase onward.

FriendFinder

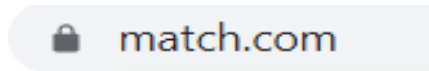
This site has a large variety of relationship types to choose from. You can choose to meet friends who are looking for a partner. This site has additional features that other dating sites may not, like blogs and interest groups. It’s not a very popular site for dating, as that wasn’t the original intended purpose. However, it is an option.



Golden Rules to Staying Safe Online

1. **Money:** Never, ever, under any circumstances, send money, gifts, gift cards, or accept gifts from someone you have met online! Even if you have met in person, do not give anything of monetary value to someone you hardly know. Some scammers live abroad, but there are also scammers who are local. They will take you out on dates and then ask for money.
2. **Personal Data:** Do not use personal information online such as last name, date of birth, physical address, social security number (or last 4 of your social), astrological sign, etc. Do not create usernames that include personal info, such as Jill1974.
3. **Passwords/Security Q's:** Do not share common answers you may use as passwords or security questions, such as children's names, pet names, mother's maiden name, schools attended, first job, car, etc. Hackers have ways of tricking you into divulging this information. We will explain more about this below.
4. **Listen to your gut:** If profile pictures are too perfect, seem too good to be true, or a profile is full of cliches, then beware! If you have doubts, reach out for advice on a Q&A call, the Facebook group, or from your mindset coach.
5. **Love Bombing:** If he is telling you EVERYTHING you want to hear early on or showering you with gifts, and it feels like too much too soon, do not trust him.

6. **Phantom Date:** If he continually makes excuses and avoids getting on video chat, Zoom, or meeting in person, BEWARE! It doesn't matter if a man tells you he works outside the country, you should *insist* they get on a video call. If a man refuses to video chat or meet in person, these are red flags.
7. **Established Websites & Links:** ONLY log onto sites through secure web addresses. Look for the lock next to the site address in the browser bar.



DO NOT use links sent to you via text or email *unless* you have requested them to be sent. DO NOT use links found in a man's profile to log onto other sites or click on pop-ups directing you to other sites. An email may look like it is coming from an online address that is "reputable," such as Amazon. If you're suspicious, investigate BEFORE clicking.

8. **Safe Communication:** Use caution when moving the conversation *off* the dating app. Many dating apps allow subscribers to make voice and video calls within the app for your security. You should use those options. They are there for a reason! **Many scammers want you to use WhatsApp because the conversation is encrypted, which means it's harder for law enforcement to track!* This can also be a tell-tale sign that the other person is based abroad because foreigners use What'sApp more than people in the U.S.

Another option is to get a **Google Voice** number. It's free, and it will allow you to forward phone calls and texts to your private phone number. This is not foolproof.

9. **Photos:** Never send compromising or revealing photos of yourself to men you're dating. They can be used to blackmail you.
10. **Do Your Homework:** No matter how certain you are about someone, and even if you've met in person or through friends, ALWAYS do a reverse Google photo search AND a background check on anyone you're dating. Always ask them to get on a phone or Zoom call.

11. **Zoom Calls:** Before getting on a Zoom call, make sure to change your *screen name*, especially if you have your last name or company name visible. Use caution and protect details about yourself that may be harvested from your physical environment, such as family photos, or identifiable locations, such as a recognizable landmark through your window.
12. **Social Media:** Never accept friend requests on social media until you know for certain they are legitimate. Hackers use fake profiles to gain access to your personal information & data.
13. **Artificial Intelligence:** Be aware that AI programs have allowed scammers to reply with correct grammar and spelling and even modify their voices to hide an accent. AI can now be used to create an entire recording from a small sample of someone's voice, manipulate a video, and put someone's head on another person's body. Translation? Unless you have met someone in person, you cannot be certain who you're dealing with.

The bottom line to dating safely online and offline is tonever send money, or give out your personal information, always do a background check on anyone you're dating, no matter where you meet them or how legitimate they seem, and meet them in person ASAP.

If you have ANY doubts about anyone you're dating, for any reason, please reach out to your coach or ask about them in the Facebook group on a Q&A call!



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Where To Meet People Offline

Trendy Bars	Neighborhood Bars	Pubs
Sports Bars	Happy Hour	Singles Parties
Nightclubs	Dinner Parties	Speed Dating
Singles-related Travel	Meetup.com Groups	The Gym
Bookstores	Sushi Bars	Diners
Sporting Events	Dog Parks	Lectures
Art Openings	Museums	Dance Classes
School	Work	Live Theater
Friends & Family	Churches	Spiritual Gatherings*
Workshops	Seminars	Live Music Events
Comedy Clubs	Business Networking	Yoga Classes
Hiking	Camping	Home Depot
Sporting Events	Sierra Club Singles	Yacht Club Singles
Singles Cruises	Parks	Join a Sports Team
Acting Classes	Book Clubs	Volunteering
Rock Climbing	Bowling Teams	Wine Tasting
Running Clubs	Exercise Boot Camp	Cooking Classes
Laundromats	Jury Duty	Ski Resorts
Tech Stores	Museums	Golf Courses
Tennis Courts	Casinos	Beaches
Cigar Bars	Steak Houses	Supermarkets
Weddings	Airports	

*Spiritual Gatherings include The Self-Realization Fellowship, non-denominational churches, drumming groups, etc.



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Five Levels of a Naked Conversation

The best way to learn this information is by paying attention to the level of conversation you get to on each date.

When you come home from a date, ask yourself...

“At which level did I take the conversation?”

- Was I fully clothed?
- How much of the evening did I spend “unbuttoning my shirt?”
- Was I stripping down?
- Did I show my undies?
- Did I get Buck Naked?

Replay some of the conversations in your mind. Think about ways you could have taken the conversation deeper. Write your responses in your journal and keep track of your progress on future dates.



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FIND THE GUARDIAN OF YOUR SOUL

The “Naked-Not Naked” Chart

Naked Dater (Connected)	Not Naked (Disconnected)
Listening with an open heart	Judging or Criticizing
Making eye contact when someone is talking	Looking away and being distracted
Lightly touching someone’s arm or hand to make a point	Maintaining a physical distant
Exuding warmth and friendliness	Being cold, aloof, and reserved
Showing genuine interest in the other person	Being self-focused
Asking questions about your date	Dominating the conversation
Focusing on what’s good in your life	Focusing on your drama
Being light and playful	Being heavy and serious
Being in the present moment	Living in the past and/or living in the future
Being comfortable with silent pauses	Talking mindlessly or incessantly to fill the void
Being gracious	Being controlling and demanding
Complimenting and acknowledging your date	Putting your date down

Being trusting	Being suspicious
Making yourself vulnerable	Being guarded and defensive
Being flexible	Being rigid with rules and expectations
Being authentic	Being a people pleaser
Taking responsibility for your choices	Blaming others for what's not working
Being kind, understanding, forgiving and compassionate	Being selfish and self-absorbed
Being relaxed	Being nervous
Allowing for differences of opinion	Being argumentative
Being generous	Being cheap
Sharing stories about yourself and your life	Being inaccessible
Being humble and understated	Boasting or showing off
Taking the conversation to deeper levels	Staying on the surface
Initiating	Waiting for things to happen
Using someone's name	Forgetting someone's name
Being self-assured and confident	Being needy or insecure
Smiling and engaging	Looking blank or bored
Asking how you can be supportive	Giving unsolicited advice
Being positive and optimistic	Complaining and being pessimistic
Going with the flow	Being controlling
Showing up on time	Showing up late
Telling the truth	Lying or evading the truth
Turning off your cell phone	Checking texts and messages during the date

Respecting people's privacy	Gossiping
Finding kind and positive things to say about your exes	Talking negatively about past relationships
Exuding sensuality	Being overtly sexual
Drinking in moderation	Having more than two drinks
Treating everyone with respect	Being rude to waiters and other service people
Wearing clean clothes and pressed	Just throwing something on
Using tasteful humor	Telling raunchy and inappropriate jokes
Being assertive	Being bossy or pushy
Pacing yourself	Moving too fast and rushing into a relationship
Not taking things personally	Making everything someone says all about you
Add some stuff of your own...	
Add more stuff.....	
Keep adding stuff...	

EXERCISE: Consciously Creating Connection

PART 1: One way to work with this chart is to put a checkmark or circle the behaviors you feel you could improve upon.

Then, choose two or three of the ones you marked to practice. You can practice the skills while emailing people online, at singles events, and on your dates. You can also use them in your everyday life at work, with family members, and with friends. Once you feel that you've mastered one behavior, choose another.

PART 2: Here's a second way to use this list. First, pay attention to how easily you slip into Frenemy territory. It can be an automatic response. As you're writing emails or sitting across from your date, try to catch your Frenemy in action, as it encourages you to behave in "non-naked" ways.

Then, see if you can make a conscious choice at the moment to stop yourself and shift to the naked behavior. Don't be hard on yourself. Catching your Frenemy in action can sometimes seem like a full-time job. Trust me, it gets easier with practice, and it won't be long before you feel way more positive and connected!



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

F.U.N. WITH TEXTS THE NAKED DATER'S GUIDE TO TEXTING

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F.U.N. Introduction

Below is a transcript of the Emotionally Naked Dating course modules on texting. It covers the pros and cons of texting and how texts should mostly be used for two things: flirting and making plans. This guide provides some F.U.N. texts to use when dating.

So, let's talk about texting!

Because texting is such an unavoidable and highly controversial aspect of modern dating, I thought I should shed some light on the subject and help you see it

through the lens of Naked Dating so you can make it work for you instead of against you. I'll discuss some of the pros and cons of sending texts.

Let's start with the cons...

Naked Dating is all about being present and real, which isn't so easy to do over text. In fact, texting can be the antithesis of all that. Many people love technology because it allows them to hide out and avoid having real, raw, naked interactions with people they're trying to date. Texting allows them the time to think about what they want to say and how they want to say it so they come across as the person they want to be, not the shy, awkward person they really are.

It's not off-the-cuff like it would be in person or over the phone. The problem is that the more you hide behind texting to flirt, give compliments or get a date, the harder it becomes to conquer your fears and create emotional intimacy in person.

Another big barrier to getting Emotionally Naked is that, when texting, you can't hear the *tone* of someone's voice, so it's easy to misunderstand what they're saying, even if they included an emoticon. If someone says something that rubs you the wrong way, don't just assume you understood what they meant. Check-in and get some clarity. You can say, "Hey, I just wanted to make sure I understood your text..." and then explain what you think they meant.

Some people get hooked on the instant gratification they get from receiving texts. This is especially dangerous for anxious and insecure people who need constant reassurance. Many women need a constant sense of emotional connection and use texting to get that fix.

This can be a big turn-off to men. Imagine a woman who is hooked on waking up to that good morning text every day, and then, one day, the guy is in a hurry and forgets to send it. Something that simple causes many women to freak out and start to think the relationship is over. I've coached many women who live from text to text like a junkie searching for the next high. I watch their confidence rise and fall as they live from text to text.

Something else some women do is over-communicate by texting every detail of their day. This can be invasive, and it's another huge turn-off to men. If any of this sounds like you, you must keep doing the Switching Hands Technique every time you start to lose control so your Naked Dater can handle the situation.

One of the worst things about texting as a Naked Dater is that it can lure you into a false sense of intimacy, especially when you start receiving texts every day from someone you've never even met. It's easy to assume that the person texting is thoughtful and communicative and that they really like you, but you don't know that to be true. This person could be married, living in a foreign country, or could be an under-aged child playing a prank. I want to encourage everyone in the course to be open to making new connections and using texting as a way of doing that.

Still, I can't stress enough how important it is that you spend time getting to know someone in person before you decide if they are right for you. One in three women is sleeping with a man she met online on the first date because women already feel a sense of intimacy from all the texting leading up to that date.

Ladies, men are aware of this and intentionally use texting to stoke these feelings.

Here are some other things men do that go against the grain of what Naked Dating is about. Some guys use text messages to fish for a response. They send the same "Hey, do you want to hang out" message to multiple women to see who will bite. That sucks. Guys, don't do this. Some men send sweet little comments throughout the day, but they never get around to having an actual conversation or asking the women out. Guys, what's up with that? These weird texting relationships make women feel frustrated, confused, and angry.

Finally, the impersonal nature of texting makes it way too easy for men to send sexually explicit photos or sexually proposition someone, something these same people would find much more uncomfortable doing in person or on the phone.

As Naked Daters, you need to discuss the issue of texting with someone you're getting to know.

Even though we live in a digital age, many people don't like to text, or they are working all day, and they aren't able to respond quickly. You need to have a Naked conversation about each person's expectations regarding texting. If you do this, you will avoid hurting feelings and misunderstandings.

Now let's look at the pros and how, as a Naked Dater, you can use texting to your advantage. As I mentioned before, texting allows you time to think of exactly what you want to say and how to say it. So, if you're struggling with getting Emotionally Naked and you need to craft a carefully thought-out message, this is where texting comes in handy. It can be a great way to practice learning how to drop your guard and get Emotionally Naked, as long as you then parlay this behavior into real life.

One of the best things about texting is that it can also be used to learn how to be flirty and playful, which is something every Naked Dater wants to know how to do.

Texting is a great way to throw things out there and see what kind of response you get. If you're not comfortable doing this or if your flirting skills are a little rusty, getting a little playful over text can be a lot of fun. My clients are often shocked at how quickly someone will respond when we sit in my office and write some playful texts.

In fact, this is the biggest mistake people make when texting. They get into these long, deep discussions that are just plain boring, and they lose the other person. When I tell them they can't do this, they protest. "I want to learn more about this person. How else am I going to get to know them?" My answer is, "Not over text." Texting is just a way to get to a date. You want to date a person, not a smartphone.

There is an art to hooking someone's interest over text. If you think that sending a "How's your day?" shows that you care and will spark a conversation, think again. That's as boring as saying, "I read your profile, and I think we're a match." In the next module, we will discuss how to hook and hold someone's attention over text. For now, just know you must learn how to do this.

No one likes rejection, and most people don't like rejecting someone else. So, yes, it's okay to use texting to tell someone you went on a few dates with that you're not a match. However, it's not okay to break up with someone you've been dating for a

while over text unless you've been trying to do that for a long time and the person just isn't getting the message.

Many people feel that talking on the phone is inconvenient and consumes too much time. They find texting is faster, less intrusive, and more efficient. I get it. No one wants to sit on the phone these days, but texting can also be a huge time suck, especially if you are having long, drawn-out conversations. Here's the Naked Dating angle on this: mostly, texting should be used for logistical purposes, like arranging when and where you will meet for a date. You can also use it to flirt and have fun. The one thing it's not to be used for is to have "getting to know you" conversations or in-depth discussions of any kind. If this is what you're doing over text, you might as well pick up the phone and call or Facetime the person. This is way more intimate.

One of the true benefits of texting is that it's instantaneous. You can send and receive a message within seconds. In fact, 1 in 4 people says that an hour is the longest acceptable time to respond to a text from someone you're dating. 1 in 10 people expect a response instantly or within a few minutes. Again, you need to speak with someone you're dating about your expectations regarding texting to avoid hurt feelings.

Texting is a lovely and convenient way to let someone know you're thinking about them spontaneously. When used correctly, texting can also be like an ongoing conversation where two people can get increasingly comfortable with each other. But talking on the phone can often save you from going on a really bad date. When I was dating, I once spoke to a man who was really negative on the phone. I made a comment to him, "Tell me something positive that's happening in your life."

This snapped him out of his rant, and he said, "You're not going to go out with me, are you?" I replied, "No, I don't think we're a match," in the kindest voice I could muster.

Texting might seem quicker, but I had just saved myself several hours that I would have wasted getting ready and going on a date with someone I had no interest in getting to know.

When all is said and done, texting is great for setting up a date, sending a quick hello, or getting a little flirty, but it's not meant for in-depth conversations. It's not even the best way to ask someone out on a date... at least not initially. You should really insist on hearing a person's voice before you agree to go out with them and see if they can even complete a full sentence and carry on a conversation.

Next, I will give you some scripts for having fun, flirty, naked conversations over text.

You should send flirty texts to hook someone's attention and make them want to see you.

This goes for both men and women. Then you can text your plans for when and where to meet.

Everything else is a waste of time.

In this module, I will give you some fun, flirty sample texts for various dating situations that you are welcome to plagiarize.

F.U.N with Texting

Alright, let's explore the art of texting... because there really is an art to it. When dating, being able to be engaged over text is way more important than many people realize. Often the first contact we have with someone today is over text. There's a saying that you only have one chance to make a first impression, so make it good! And whether or not you like texting, it's here to stay.

So, if you're not currently giving or getting great text, you will be soon. You just need to be willing to get outside your comfort zone, take some risks, and get a little frisky.

I am somewhat serious myself. When I dated, I knew I wanted to attract a man who was fun and made me laugh. I decided to use every opportunity to practice lightening up and being more playful. I wrote a funny profile, and my emails were playful and provocative (texting hadn't been invented yet). It must have worked because my husband now tells me I am the most playful person he knows!

I made it simple for you. Just remember: all your texts need to be F.U.N.

Funny

Upbeat

Naughty but nice

Let's break this down...

Funny: A great sense of humor is one of the most attractive qualities a person can have, especially in the dating world. You don't have to be a comedian to be funny. You can be the sidekick, the one who laughs at the other person and eggs them on. Everyone has their own style of humor.

Some people are jokey; others are offbeat or witty. Humor projects a sense of confidence.

When a joke falls flat, you can learn how to save it with a great comeback. This is especially important with texting because we know things get lost in translation. If someone doesn't get your joke, don't get hurt. You can always return with an emoji, a j/k, or a lol.

One big mistake people make when texting is answering a straight question with a straight answer. What's up? Not much. You? In the land of texting, THIS IS SOOOOO BORING! When it comes to romance, you need to do everything you can to keep the playfulness and passion alive so the person you're communicating with can't wait to set up a date to meet you.

Upbeat: You always want to keep things positive. Even if someone went dark and you haven't heard from them for several days, you don't want to lash out and say, "I can't believe I haven't heard from you." You want to say, "Hey, Stranger. Where'd you go?" This is both positive and engaging while acknowledging that you haven't heard from the person.

Naughty but Nice: You're trying to spark a romantic connection, so while your texts don't have to be X-rated (no pictures of naked private parts, please), they shouldn't

be G-rated either. Flirting is the way to fan the flames of desire, and everyone wants to feel desired. Just because you get a little frisky, that doesn't mean you will jump into bed with someone. I know you don't want to give the wrong impression, but if the other person thinks you're a wet blanket, they won't ask you out. There's nothing wrong with letting someone know you're a sexual being and that, yes, sex might be in the cards. A simple "Hey, Sexy!" can do the trick. Or, you could try, "Are you going to check me out or ask me out ;-)"

I have so many clients who are afraid to have F.U.N. and experiment with texting. These same clients complain because they can't seem to keep someone interested in them. Texting always starts out strong in the beginning, but then it quickly fades. Maybe you can relate to this. I know it's easy to blame the other person, but YOU have to do everything you can to keep the momentum going at your end.

That doesn't mean badgering someone if they're not responding. It means being willing to initiate and send F.U.N. messages.

Women need to initiate

Way too many of the women I coach tell me that they want to let the men 'do the chasing' and that they're afraid that, if they initiate, it will give a man the impression that they're needy, desperate, or insecure. So, instead, they sit around and wait to hear from the guy. By the time they finally get a text, they're so anxious they've developed Texter's Block, and their responses are anything but F.U.N.

Women, you can't keep waiting for men to do all the initiating. You have to start taking risks and put yourself out there. Did you know that 35% of women who married someone they met on POF sent the first message? It's time to stop being passive and start being proactive.

Just because you respond to a man's texts, this doesn't mean he will assume you're interested in him. He might assume that you're just being nice. Men ask out women who make it easy for them, so you must reach out and show them you're interested, too.

One of my male clients told me that when a woman doesn't initiate, her silence tells him that she doesn't like him.

And one more thing: if you're feeling disconnected, instead of sitting there thinking the relationship is over, text him. Just be sure to do this in moderation and keep it F.U.N. And never send more than two texts in a row without a response.

Frenemy check

Some of you might be thinking that fanning the flames and initiating texts sounds like work, but that's just your Frenemy talking. Your Naked Dater knows that the best way to spark a fire is to douse it with a little lighter fluid and then toss in a match. In the same way, to spark a passionate and exciting romantic connection, you need to send some funny, upbeat, naughty texts to spice things up.

1. CONVERSATION STARTERS

Like I said before, both men and women need to initiate when it comes to texting. When you do this, it's good to be playful.

Nothing is more annoying than getting a "Hey" or "Wassup?" text. Like, how do you even respond to that? In the TV show, 'Master of None,' Aziz Ansari uses the following opener successfully: *"Hey, I'm going to Whole Foods. Want me to pick anything up for you?"* This makes the author seem funny and thoughtful at the same time. Let's look at a few other examples you can try.

"Are you as funny in real life as you are over text?"

Why this works: This is a great opener because it hooks someone with a compliment, and then it suggests you should meet in person. And let's face it, who wouldn't fall for a little ego-stroking?

"What turns you on?"

Why this works: This is a great hook because it's provocative, and someone can respond in many different ways.

They could say, “You!” or they might say, “Wouldn’t you like to know!”

You also might get a more direct response, like “Knowing that you’re thinking about me.”

Here is something very important to remember when responding to texts: always try to make your response about the other person. If you were to respond with, “A juicy ribeye steak with an excellent bottle of red wine,” it wouldn’t be as impactful as saying, “A juicy ribeye steak, an excellent bottle of red wine, and the pleasure of your company.”

“How do you feel about the woman making the first move?”

Why this works: This is one a woman can send, but it could also be really provocative if a man sends it. The reason this text works so well is that it’s ironic. By sending this text, the woman is making the first move in a playful way by asking what the man thinks. She’s asking for the man’s opinion, which men love.

“How would you make me fall for you?”

Why this works: This one has all the elements of a F.U.N. text. It’s funny and upbeat. It’s also naughty because it assumes that the receiver is into you. A text like this is bold, and it shows confidence.

“Hey, you! ;-)”

Why this works: Sending a simple “Hey” is lame, but adding the word ‘you’ makes this text personal, the winking face makes it flirty, and the exclamation point makes it upbeat.

“Wanna get into trouble?”

Why this works: I love this one. It’s the perfect opener because it’s simple and it poses a bit of a challenge. I mean, who doesn’t love the idea of getting into a little spontaneous trouble? It also makes you wonder what kind of trouble.

“I know you’ve been thinking about me all day. ;-)”

Why this works: This text is flirty and provocative. If they respond with, “How do you know?” say, “Because I’ve been thinking about you... and it wasn’t all G-rated!” That should really heat things up.

“Hey! Stop thinking about me.”

Why this works: This will come across as playful and confident. The other person will either text back, “How did you know?” or, “I wasn’t.” If they say they weren’t thinking about you, respond with, “How is that even possible?”

“I’d love to know what puts that smile on your face!”

Why this works: This is a great way to compliment a man with a photo of him smiling in his profile. It also brings up the emotion of things that make him happy. Don’t fear if he doesn’t have a smiling photo. You can always say, “I’d love to know how to put a smile on your face.”

“Your pet is almost as cute as their dad.”

Why this works: If you both love pets, this is a great conversation starter. It’s a great way to give a compliment and start a conversation about something he likely is passionate about. You can ask to know their pet’s name or how they met.

“I’ve been working on this project for too long. Want to distract me?”

Why this works: It lets him know that he is on your mind even when you’re busy. It’s nice to know you’re in someone’s thoughts.

“What’s a great guy like you doing in a place like this? ;)”

Why this works: It’s a fun way to give a compliment and be playful about the fact that you are both internet dating. It also invites the man to share what he is looking for online.

2. WHERE DID YOU GO TEXTS

If someone stops texting, your Frenemy might go ballistic and jump to all kinds of conclusions. Ask your Naked Dater for advice instead. Look back through your old texts and search your memory for clues as to what might be happening. Did they mention an upcoming trip, a busy week at work, or a visitor from out of town? No matter what, don't lash out and start making accusations, even if you saw suspicious pictures on Facebook. Remind yourself that there could be more to the story.

It's to reach out when you feel like the connection is fading. That's why you must be extra careful to make these messages F.U.N., or you will push the other person away for good. See if you can engage them in a playful way. Here are a couple of texts you might send:

"Hey, Stranger! It's been a while. What's up?"

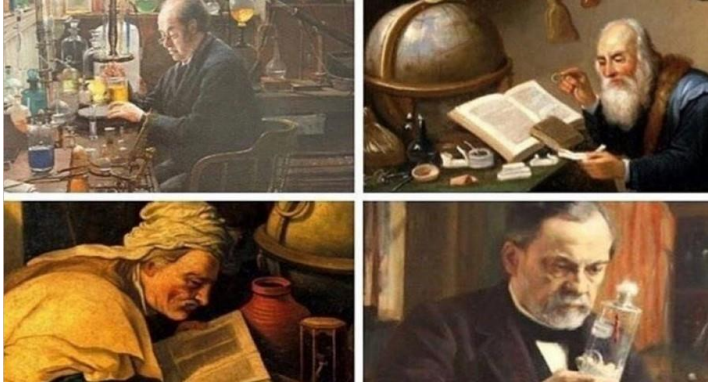
Why this works: I love this text because the 'Hey Stranger' and the exclamation point make it flirty and upbeat while still acknowledging that the other person has been a little distant.

"Hey, you dropped out of sight! Alien abduction? Zombie apocalypse?"

Why this works: Again, this text is funny, and the use of the exclamation point makes it upbeat, but you're still acknowledging that there's been a lapse in communication. What's great about this text is that the other person will think you're easy-going and forgiving. It's very attractive to be able to talk about a sensitive subject while not making the other person wrong.

Mememes: Don't forget the power of a picture.

"Me trying to figure out how you disappeared. Help me solve the mystery."



Why it works: Creates a challenge and keeps it light-hearted and fun. Allows the man to unravel the disappearance without shaming.

"I'd love to know what your other superpowers are."



Why it works: It invites curiosity and keeps the conversation fun vs interrogating about what has happened.

If you try one of these texts and you don't get a response, don't text again. If you keep texting someone who doesn't respond, they will find it annoying and think you're insecure. Just back off and wait for a response. Also, do not call.

If someone isn't texting you back, they won't answer your call either. Just keep busy and give the other person space. They might come around in a few days and contact you. Your Frenemy might try to make it your fault and convince you that you did something wrong. Don't believe this. The truth is you don't like everyone you meet, and everyone isn't going to like you. At some point, you have to learn how to deal with rejection. If you need to ground yourself, do a short meditation and talk to your Naked Dater. This always helps.

If a week goes by without a response and you aren't able to let it go, the Naked Dating thing to do would just be to send one last text that's honest and direct and says, *"Hey, I haven't heard from you in a while, and you didn't respond to my last text. I thought we had a connection. What happened?"* Most of the time, a text like this will elicit an authentic response, but some people are so conflict-avoidant they won't even respond to this kind of naked honesty. If they don't, let it go and move on.

People who just disappear often get back to you weeks later with some kind of excuse. If they do, don't respond, even if they have what seems like an excellent excuse. You put yourself out there, and it takes nothing for a person to text back and say something like, *"Life took a complicated turn. I'll reach out when things are a bit more normal."*

3. HOW TO GO FROM TEXTS TO CALLS

Call me old-fashioned, but I have to say that I find it weird that so many people are sending regular 'Good morning, beautiful' texts to people they don't even know. Why would anyone do this? It creates a false sense of intimacy and, very often, it never even leads to a date. I would be wary of anyone who does this. I know that lots of people don't like talking on the phone, but you really should screen everyone on the phone before meeting them for a date. So, how do you get someone to want to pick up the phone and call?

Here are a few suggestions:

"I can't help but wonder, is your voice as sexy as your texts?"

Why this works: It's flirty. There is a hint of sexual tension. And it's spelling out a challenge.

"You give good text... how's your phone game?"

Why this works: Along the same lines as the previous example, this text is challenging and throws in a compliment.

“I have plenty of friends. A phone call would definitely make you stand out from the rest of the pack.”

Why this works: This works best on men because it hints that the relationship is in danger of becoming a friendship. Guys don't want to be relegated to the friend zone. This appeals to a man's need to be the alpha and set himself above and apart from other men. Anyone genuinely interested will jump at the invitation to call.

“I just installed 2-step verification on my texts. Call me to get the code.”

Why this works: This text uses humor to tell the person in a playful way that you want to move this to the next level. It also shows that you're clever, which is attractive.

“OUCH! Sore thumbs from all this texting. Hearing the soothing sound of your voice would definitely ease the pain.”

Why this works: Again, this works on men. Men don't like the idea of causing a woman pain. This plays into his need to be the hero and rescue her.

“Let's take our LOLs to the next level!”

Why this works: It creates a little intrigue and challenges men.

“How do we do that?” followed by, “Call me, and I'll tell you.” It highlights the fun you have been sharing and invites it to continue. I bet you won't be able not to laugh when you pick up his call.

4. TEXTS TO LAND YOUR FIRST DATE

One of the saddest things about texting today is that it often doesn't lead to a phone call, let alone an actual date. As a Naked Dater, I suggest you do everything you can to have a phone call first, but some people just won't call. You have to trust your gut and decide if you're okay with that.

Because many women don't want to 'chase men,' they wait until the man asks them out, but many men aren't advancing things. Some men will regularly text a woman

for weeks or even months without ever asking her on a date. Why do they do this? Clearly, some are in relationships, and they are just flirting to get attention. Others are clueless or intimidated and don't know how to ask a woman out.

To further complicate matters, many women think they're giving way more signals than they really are. Like I said before, just because you are responding to someone's texts, a man will not automatically assume you're interested in him. Women who make it easy for men to ask them out get more dates.

Here's the most important thing women need to be aware of when texting with a new man. Because it's impossible to know who you're communicating with, you need to find out if someone is really interested in you or just stringing you along. That's why you can't just sit back indefinitely and wait for a man to ask you out. You should text someone for no more than three days (that would mean sending about 15-30 texts) and then use one of the messages below to push for an actual date.

“I wonder if you're as charming in person as you are in text?”

Why this works: This is a F.U.N. text. It's flirty, and it's a challenge to the guys who aren't advancing things. It lets them know in a playful way that you're ready for him to take things to the next level.

“We're in danger of becoming those annoying text-only people. ;-)”

Why this works: You're telling the serial texter that you're getting annoyed in no uncertain terms.

This will weed out the pretenders from the contenders really fast. The winky face softens it up a bit.

“I bet if you asked me out, I would say yes.”

Why this works: Men don't like to be told what to do. They also like women who are direct and playful but don't play games. This text works on both fronts.

“My girlfriends wanted me to hang out with them Friday night, but I said I might be busy...?”

Why this works: If he’s still being elusive about his weekend plans, this text lets him know in a playful way that you are expecting something to happen and are waiting for him to make his move. If he replies with, “Oh yeah, what are your plans?” and he clearly isn’t flirting, ditch him. He clearly has no intention of making his move.

“I know of this amazing Italian restaurant that just opened. It’s hard to get in, but the owner’s a friend of mine. If you play your cards right, I might take you there.”

Why this works: This is for men. Women LOVE a man with a plan, especially one who can pull strings. We also want what we can’t have, so the “play your cards right” is a challenge.

“I have two tickets to go anywhere. Where shall we go?”

Why this works: Even if a man is saying this in a playful way, it will excite a woman because it hints at the idea that he can and will do things for her. A text like this will really get her imagination going.

“Sounds like you have the perfect first date planned for us!”

Why this works: This is a great segway from exploring what he enjoys to sharing it together. It takes the guesswork out of how to make you happy and shows your interest in things he likes. Caution... only say this if you are interested in sharing the activities he is describing because it’s likely he will do just that.

5. TEXTS TO SEND *AFTER* YOUR FIRST DATE

Many coaches tell women not to text after a date. This is absurd. If a man likes you and wants to see you again he’ll be flattered, and if he’s not interested, hopefully, he’ll be mature enough to let you know. If you decide to text, which I think you should, you want to send it up to 24 hours after the date.

“We can both agree that needs to happen again, right?”

Why this works: This works because it’s confident, upbeat, and to the point. It also implies that you’re both on the same page and that you agree.

“How are we going to top that date?”

Why this works: Like the text above, this text is self-assured and direct. It also has a challenge which is something men, in particular, love.

“Hey Sexy, thanks for dinner last night! I had such a great time. You’re quite the storyteller.”

Why this works: You probably wouldn’t copy this one verbatim, but the tone of it is perfect. It’s flirty, upbeat, and slightly naughty. It also references something you liked about the other person.

“On a scale of 1-10, that date was a zero, as in there’s zero chance you WON’T hear from me again!”

Why this works: This text leaves no doubt that you had a good time and that you want to see the person again. It also contains a little twist to make them think and make you seem clever... hopefully. ;-)

If you met someone for a first or second date and you don't think you're a match, you can always text them the next day and say, “I don’t think we’re a match, but I wanted to thank you for a really nice time and wish you all the best in your search.” If you do want to see your date again, text within 24 hours.

6. HOW TO RESPOND TO A SEXUAL TEXT

Next, I want to talk about something more for the ladies – the elephant in the room – or, more to the point – the penis on your phone. That’s right, we will now talk about dick pics and other overtly sexual texts that nearly all women have to deal with.

I know that this feels demeaning to most women. I encourage you to take a step back and try to view the situation through the eyes of a Naked Dater and have some compassion for the man who is attached to that dick. Here are a few reasons why men do this:

1. Some do it to lash out because they are angry or they are exhibitionists.
2. Some do it because they're visual, and they think women are too.
3. Some do it because the only way they know how to connect to women is through sex.

Ultimately, this is just a sign of emotional immaturity.

This happens way more often than women like. So, what to do about it?

What I am about to say will be really challenging for some of you, but please hear me out. Just because a man sends an inappropriate picture, this doesn't automatically mean he's a total loser. You can always just move on and not say anything, or you can try to turn the situation around. Well, here are a few texts that you can use to respond when the one-eyed monster suddenly pops up on your phone:

“Hey, hot stuff. I would like to see more of you, but not this soon. But I’ll let you take me out to dinner next week if you’d like.”

Why this works: This shows a great sense of humor while not being demeaning to the guy. It is also a good way to turn things in your favor, especially if you have been texting for a while and you felt you were starting to like him.

“Houston, we have a problem – I know more about your “rocket” than your mission.”

Why this works: All men want to be astronauts when they grow up... jk. This is effective because, again, you are letting the guy know that you aren't a big fan of his photographic choices but that you can hold your own and not get bent out of shape. After all, boys will be boys.

“We’ve only known each other for 10 minutes, and look how close we’ve become. Would you like to come home with me for Thanksgiving?”

Why this works: Look, you probably won’t date these guys, but on the positive side, this is great practice for learning how to diffuse an uncomfortable situation diplomatically. This is a playful way of reprimanding a man, which is a great skill to have in any relationship.

Guys, you need to pay attention to how annoying this is for women.

This doesn’t work! And even if it did work, would you want a relationship with a woman who slept with you based on a dick pic? You’re racing ahead WAY TOO SOON. You don’t even know if the woman is on the same page as you.

7. THE BOOTY CALL TEXT

Because texting makes it so easy for men to sexually proposition women, almost all women who are dating today have to deal with a certain amount of booty call texts. They’re almost unavoidable. What’s worse is that more and more men are steering the conversation toward sex in the initial stages of texting.

One person in my Facebook dating group posted a screenshot of a booty call text from someone she had never met.

Him: “Wanna f*&k?”

Her: “Sure, you can f*&k yourself. No one’s stopping you.”

Here’s another example: Text at 2:00 am

Him: “Whatcha doin’?”

Her: “Not you!”

I know this stuff is annoying, but try to see it through your Naked Dater’s eyes. Women want men to make advances, but then we shoot them down when they do. But you can’t blame a guy for being a little playful and seeing what he can get away

with. That's what we love, someone who colors outside the lines and bends the rules. Smart women don't get insulted when this happens. They just remind them where the lines are. I don't think women understand how hard it is for many men to make sexual advances and how vulnerable that is. Even if some guys can seem immature or inappropriate, their egos get hurt. And the truth is, they want sex and need to ask us for it. So, the next time some guy strays outside the lines and makes an inappropriate sexual proposition, think like a Naked Dater and remind him that he's better than that. If your Naked Dater were to respond to the two texts above, here's what it might say:

Him: "Wanna f*&k?"

Her: "I am flattered that you find me attractive, but you'll have to work a lot harder than that to get a piece of this! You're welcome to take me to dinner next week."

Texts at 2:00 am:

Him: "Wanna come over?"

Her: "Can't. Need my beauty rest so I can look good when you pick me up in your limo and fly me in your private plane to Paris for the weekend. ;-)"

Another...

Him: "Whatcha doin'?"

Her: "Listening to Aretha's, R.E.S.P.E.C.T. You should find out what it means to me."

Why these work: Because all three responses show that you are a clever, classy, confident woman who knows her worth and isn't going to be at any man's beck and call. She's dating naked, not sleeping around!

8. F.U.N. RESPONSES TO ANNOYING TEXTS

One of the best ways to have F.U.N. with this is when responding to boring or annoying texts from people. If you want to, you can have a really good time at their expense. And you never know... your playful banter might even spark a connection!

When you text someone...

"Hey Beautiful, how are you?"

And she says, "I'm fine." Text back:

"Yes, you are! ;-)"

How to have F.U.N. when someone texts you something boring like:

"Good morning, Sunshine," "Hey," or "How's your day?"

You say, "Who is this?"

How to have F.U.N. when someone texts you a lame excuse like:

"Sorry, I didn't text while I was away last weekend."

You say: "You should be." ;-)

How to have F.U.N. with a guy who resurfaces after he went dark: Him:

"Hey, remember me?"

You: "Sure, you're the guy I had a threesome with last weekend in Cabo." ;-)

A minute later, text: "Hey, how is Dave, anyway? He sure was hot!"

How to have F.U.N. with someone who stood you up on a date:

“Sorry, I didn’t text you last weekend.”

**You: “It’s okay. I was able to make bail ;-)
You missed a really good time. Show up for our next date, and I’ll tell you about it.”**

Your Naked Dater loves taking risks and breaking down your barriers because it knows that this is how you can start to live an authentic, fully expressed life and have tons of fun. Texting is a perfect way to practice doing that. Not everyone you flirt with online has to be an ideal prospect.

Just start flirting with anyone and everyone! Initially, you might feel uncomfortable doing this, especially if you’re introverted and reserved. Don’t worry! It gets easier with practice. Trust me. Be the first one on your block to text like a Naked Dater... and before you know it, you’ll be teaching all your friends how to send F.U.N. texts, too.



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Frenemy Quiz

After each of the following statements, write the number that best describes how you feel most of the time when dating: (1) Totally Disagree (2) Slightly Disagree (3) Neutral (4) Somewhat Agree (5) Totally Agree

My Frenemy Tells Me:

1. You aren't (pretty, smart, outgoing, rich, confident, etc.) enough.
2. You're too (loud, strong, successful, opinionated, etc.)
3. You're a loser because you don't have a relationship.
4. You seem weak, needy, desperate, or insecure when you ask for help.
5. You look foolish when you make a mistake.
6. You'll never find what you're looking for, so why even bother dating?
7. Your dates don't respect you.
8. Your date won't like you if he or she really gets to know you.
9. Why would anyone pick you? You don't have anything to offer a partner.
10. The only reason someone would love you is for your money, beauty, sexuality, success, youth, etc. No one wants you for who you really are.



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Good Dating Questions

What's the most scared you've ever been?

Tell me about your mother.

What was special about her?

What's the most dangerous thing you've ever done?

Do you believe in aliens; why/why not.

What's your Why?

Who inspires you the most?

If you could change jobs and earn double what you earn now, but you know you wouldn't like working there, would you change jobs?

What would you do if you won the lottery?

Would you quit your job?

Where do you want to improve?

What's on your bucket list?

What are your goals?

What could have been better in your last relationship?

How do you feel about silence?

Do you ever let women drive your car?

Where did you go wrong in your last relationship?

How do you feel you do when it comes to communicating about a difficult topic in a relationship?

What are your pet peeves?

What was your family like growing up?

What do you hate most about dating?

If you won the lottery tomorrow, what would be the first thing you would buy?

What's the best gift you've ever received?

What are the best three toppings on a burrito?

What is a red flag for you in a relationship?

What are you worse at than 90% of the population?
What fact about you surprises people most?
What are you better at than 90% of the population?
What was your favorite thing about your hometown?
What's your credit score?
What are some things you've changed over time about how you approach relationships?
How do you feel about having to compromise in a relationship?
When was the last time you lost your temper?
What's the longest relationship you've ever had?
Have you ever lived with anyone?
Have you ever said I love you?
Do you have a temper?
How often do you like to go out and about when you're in a relationship?
How many days a week are ideal for you to be with your girlfriend when you're in a relationship?
How important is sex to you in a relationship?
What do you like to do on a night in?
Do you like to travel with your GF?
What's your opinion of opposite-sex friendships?
What are your pet peeves?
How much alone time do you need?
How physically affectionate are you in a relationship?
How long have you lived alone?
How jealous do you get?



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FIND THE GUARDIAN OF YOUR SOUL

Questions To Ask Opposite Sex

Men and women need to have compassion for what's happening on both sides and respect each other's differences. This means talking about what both people want sooner than later, like Naked Daters. I suggest having this conversation relatively quickly, like within the first three dates. The trick is to know how to do it in the right way.

Whether you're a man or a woman, your Naked Dater would tell you to find out if you're on the same page so you don't have to keep dancing around the elephant in the room. It would want you to have a quick, light conversation to see if you even want the same things so you could move forward with an open heart or step away before you get your heart broken.

Before launching into a discussion of this sort, you need to consider what the person on the other side is going through. Then, before you talk about what you are looking for, you need to let the other side know you understand their perspective. If you are a woman, you can say,

"Look, I know men think all women are looking for husbands and babies, and I do want those things, but it's way too soon to tell if I would want them with you. But there are a couple of questions I would like to ask you, things that would be great to get out of the way so we don't waste each other's time."

Then you can ask a few questions like:

1. **“Are you open to having a long-term relationship right now if you met the right person?”**
2. **“Are you open to having kids?”**
3. **“What do you want in a partner?”**

I would not ask more than a few questions. I would drop it and move on to other subjects.

When you have a conversation like this, you want to really listen to what the other person is saying. If you are a 34-year-old woman and a man tells you he wants children in the next 5-6 years, you need to move on, no matter how much you like him. You don't have 5 or 6 years to wait. You need to find someone who wants the same things as you in the present moment.

If both people agree that they are on the same page and there is a mutual attraction, I highly suggest you check in around the three-month mark to ensure nothing has changed.

This doesn't have to be an intense conversation. It could be as simple as, “Hey, we've been seeing each other for three months, and I just wanted to check in and ensure we're still on the same page...”

I know you want to just roll with things and see what develops, but I can't tell you how many relationships never get anywhere because people fear being intentional with one another. I have so many clients who get deeply involved in a relationship where everything seems to be heading in the right direction. They've met each other's family and friends, and they might even be living together, but they never stopped to clarify if they want the same things and if they are on the same timeline. They just assumed that because things seemed to be going well, they were headed in the same direction when they really weren't.

When I ask why they never clarified things, they tell me that they didn't want to seem needy or anxious and push the other person away. This is a huge mistake. Men and women often have very different agendas and timelines in relationships. You owe it to yourself to determine if you want the same things. I know it's scary just to walk away from someone you've invested time with and have developed feelings for, but the sooner you clarify things, the faster you will find your person.

So, this is a great place to hit the pause button. Please take a minute and reflect on someone of your past dates.

Were you able to discuss what you're looking for with your date?

How long did it take you to bring up the subject?

Were you truly able to see the issue from both sides?

Were you able to talk about what you wanted without pushing your agenda?

Did you take your date's response at face value?

If you couldn't talk about what you're looking for, what stopped you from doing that?

Were you afraid of what your date would think if you brought it up?

Did you feel like you just didn't know the right way to raise the subject?

Can you see why it's so important to clarify things sooner than later?



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Self-Worth

Write down everything you have to offer a future partner.

How will you make this person feel?

What do you love to do for fun?

What are your religious or spiritual beliefs?

Do you meditate, attend personal growth workshops, or attend church?

When you write this list, don't hold back! Write down EVERYTHING you have to offer. To help you get a complete picture, consider each of the following categories when writing your list, just as you did when developing your wishlist.

Intellectual: Education and intelligence levels, book or street smarts, etc.

Family Values: Closeness to parents & siblings, desire for children, marriage, cohabitation, etc.

Emotional: Emotional intelligence, ability to share emotions rather than act them out, the amount of drama I have in my life, etc.

Friends: Many friends or a few close ones, social or not social, introverted or extroverted, prefers groups of people or one-on-one, etc.

Materialism: Likes the finer things in life or is more down-to-earth, 3-star travel or 5-star, drives a luxury or an economy car or a truck or SUV, luxury or bargain shopper, etc.

Physical Appearance: Looks, how I dress, height, weight, body type, hairstyle, facial hair, etc.

Communication Style: Lively and vivacious or calm and rational, prefers silence or long deep conversations, takes time to think things through or likes to stay and hash it out, etc.

Religion/Spirituality: Spiritual or religious, agnostic or atheist, meditates, prays, goes to church, likes to attend spiritual events and gatherings, goes to retreats and workshops, etc.

Career/Financial: Likes to save for the future or lives in the moment, is frugal or spends generously without reserve, buys one expensive thing or many inexpensive things, etc.

Fun and Recreation: Prefers indoors or outdoors, city or nature, mountains or water, camping or hotels, movies, theater, hiking, biking, clubbing, festivals, etc.

Sex/Passion: How much sex and how often, experimental or traditional, monogamous or not, dirty talk, open to using toys, lingerie, porn, etc.

Anything Else...



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FIND THE GUARDIAN OF YOUR SOUL

Piecing Your Puzzle Together

A. Think about five people you've dated or had romantic feelings for in your life. Write down something each one taught you that gave you a deeper understanding of yourself or relationships.

EXAMPLE: "When I was a teenager, my first boyfriend cheated on me. I tried to forgive him but could never fully trust him again. I stayed in the relationship longer than I should have. This taught me how important trust is in a relationship and how to know when to let go."

1.

2.

3.

4.

5.

B. As you reflect on your past relationships, can you see the value of these experiences? If not, can you identify how you are blocking yourself from learning? What is it that you're holding on to?

EXAMPLE: "Even though I forgave my first boyfriend, I still struggle with trusting men. When I am in a relationship, I can become irrational and controlling. I am holding onto the fact that I was innocent. I trusted my ex completely, and he took advantage of me. I didn't deserve that."

1.

2.

3.

4.

5.

C. What would your Naked Dater say to the part of you that is struggling to forgive?

EXAMPLE: We were both so young. He was a just boy, and I was just a girl. We didn't know how to talk about our feelings. We argued, fought, and tried to make each other jealous. I never expected him to cheat on me, but I wasn't perfect either. We both had a lot of growing up to do.

When you're done, take a moment to forgive yourself and the other person. It can help to put your hand on your heart as you say this. *"I forgive _____ for any pain he caused me. I let go of all my judgments towards him or her. I am grateful to _____ for coming into my life and for helping me grow. And so it is."*

Do this for each person on your list that you still have to forgive.



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Sample Rejection Messages

Here are a few texts you can cut and paste or modify to your liking to send out if you get rejected or need to reject someone else. Sometimes you won't hear back from someone, but most of the time, these messages will elicit positive responses. Once in a great while, you will get a negative message back. Don't take it personally. They're just taking their frustration out on you. Don't respond. Delete the message and move on!

I know most people would never send these messages, but you're not most people. You are a Naked Dater. Most other people in the dating world tell themselves, "If I sent a message like this, it would make me look desperate or needy. I should just let it go and move on." Or, "I am not going to chase someone who clearly isn't interested in me." Then, they bottle up all their hurt feelings. They become bitter and resentful, which only makes them less attractive.

It doesn't matter what the other person thinks about you sending these messages. You're doing it for you, not them. You don't want to just 'suck it up' and move on. You want to take every opportunity you can find to get Emotionally Naked and make as many authentic, heartfelt connections as possible. While you can't force someone to have feelings for you, sending these messages will give you more of a feeling of control over your dating. It is also empowering to know that, even if you're not a match, YOU can end all of your encounters on a positive note.

Cut and Paste Text/Email Messages

A short and simple message to send 7-10 days after someone has ghosted you:

“Hi. After careful consideration, I’ve realized that I’m not a good match for you. I enjoyed meeting you. Good luck in your search.”

Message to someone with whom you’ve chatted online, through text, or zoom but haven’t met in person.

“I appreciate the time you've taken to chat. I don't think we're a match. I wish you the best in your search.”

Message to send to someone YOU don’t want to see again if you’ve been on up to 4 dates:

“I enjoyed meeting you. After considering this, I don't feel we’re a match, but I wanted to thank you for your time and wish you all the best in your search.”

Message to send if you want feedback:

“Hi _____. I apologize if it feels like I am putting you on the spot. I know we only went out _____ times, but I would love to get some feedback. I understand that we’re not a match, but you are the kind of man/woman I would like to meet. Would you be willing to tell me specifically why you didn’t feel that there was chemistry/why you felt there was no connection? Thank you for doing this. I look forward to your response.”



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

3 Positives and 3 Negatives

Hi there,

I have an unusual request. I need to get some feedback on my dating, so I am asking three key people in my life to share three things about me that they feel could positively influence my dating and three things they think might be preventing me from finding the right partner.

I would be grateful if you would write your feedback down so I can have it to refer to in the future. Please describe what you mean in as much detail as possible. If you can give actual examples, that would be even more helpful. Finally, don't be afraid of being honest with me. The more honest, the better. In return, I promise to be open and receptive to whatever information you share.

Positive qualities or behaviors that are impacting my dating.

1.
2.
3.

Negative qualities or behaviors that are impacting my dating.

1.
2.
3.



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FIND THE GUARDIAN OF YOUR SOUL

Magic Minute

Every successful actor has a ritual they do to get in “The Zone” before they walk on stage. I call this The Magic Minute. This 6-step process can be used to get yourself into a positive, winning mindset before you head into a date or any situation where you might meet people you’d like to date.

This is just a suggestion. Feel free to modify it, but I suggest you create a ritual where you pause and clarify how you want to show up and what you would like to happen. The more intentional you are about what you are there to do, the more control you’ll have over the outcome.

Suggested Protocol for The Magic Minute

STEP 1: Close your eyes and connect with your Naked Dater.

STEP 2: Recall a time when you were on top of the world, replay the event in your mind, and reconnect with how you felt. Think of a peak moment in your life. It could be when you won an award or climbed to the top of Machu Picchu. One that I like to refer to is when I graduated from my master’s program. Take a second to replay that experience in your mind and connect with how amazing you felt then.

STEP 3: Set a goal for how you want to show up. “I am going to be playful and present. Even if I don’t feel a connection, I will act like a Naked Dater and look for ways to practice getting Emotionally Naked, knowing that this will help me when I meet someone I am attracted to.” Make a commitment to practice one or two of the skills from The Naked/Not Naked Chart, or use some of the ones I gave you in the video, like smiling, making eye contact, or paying attention to how you dress.

STEP 4: Say your statement of intention aloud. Remember the statement of intention I had you create at the beginning of the course to remind yourself of why you're dating? This is a good time to say it aloud. Mine was "Putting myself out in the dating world is the most important thing I can do with my free time."

STEP 5: Do a power stance. Stand up, roll your shoulders down and back, hold your hands out, palms facing upward and feel the energy in your chest open up.

STEP 6: Seize the moment with clarity, certainty, and confidence! Take your destiny into your own hands!



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Online Shopping Suggestions

I always thought I had a great sense of style, but now I'm unsure. I know I had a style, but now I'm unsure how great it was.

It's hard to see ourselves the way others see us, so it's never a bad idea to get an outside opinion. It's easy to fall into a fashion trap, especially for men. Even if they all look similar, all button-downs are not created equal. There is a reason why some cost hundreds of dollars. Even if the differences are subtle, the cut and the fabric matter. Jeans can also be expensive... and there is a good reason why. People who know fashion can spot a pair of high-quality Japanese hand-dyed jeans from a mile away.

You don't have to be a fashionista to look great. You don't even have to hire an expensive stylist. You can go to a store like Anthropologie, J Crew, or Barney's and have the in-house stylist deck you out. If you don't want to purchase anything on the spot, just say that this is new for you and you want to consider it. Then, you can either wait for things to go on sale or see if you can find them cheaper online. I often see something at a department store and then find it on sale on a website.

Here are a few discount websites you might not know about. Once you know the brands you like, you can search and see what's on sale.

WHERE TO FIND BARGAINS ONLINE

Anthropologie.com

JCrew.com

Gilt.com

Ruelala.com

HauteLook.com

SaksFifthOff.com

NordstromRack.com

The RealReal.com

Bluefly.com

6pm.com

eBay.com

Amazon.com

Assos.com

FreePeople.com

JohnnyWas.com

Revolve.com

Net-a-Porter.com

Yoox.com

Some of the sites listed are not discount sites but have a large sale section.

Chicmi.com lists sample sales for some of the top designers offline in New York, Los Angeles, London, Miami, and San Francisco.

Here are three buttons you can install on your device to get further discounts:

[Coupon Cabin Sidekick](#)

[Ebates](#)

[Wikibuy](#)



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Female Body Language **How To Use Your Body To Flirt**

Romantic Signaling

How does a woman let a man know she's interested?

Psychologist Dr. Lucia O'Sullivan has written about the many ways that women use something called 'romantic signaling' to communicate sexual interest in a man. According to Sullivan's research, humans are not so different from other animal species. Just like birds or wildebeests, we preen, expose or draw attention to attractive parts of our bodies, fix our hair, adjust our clothes, touch ourselves, and make eye contact. A woman can even simulate sexual activities by running her finger around the rim of a wine glass, wetting her lips, or playing with her necklace to draw attention to her breasts.

- How it typically works is that a woman enters a bar or social setting with friends and scans the room for someone attractive. Once she spots a hottie, she stops and stares, fixing her gaze on him and giving a come-hither look. Eye contact is the key component in signaling interest.
- When the man notices her, she smiles, breaks the gaze, returns the gaze, smiles, and breaks the gaze again. Women do this a minimum of 3 times.
- If gazing isn't enough, she can mix in a few of the previously mentioned "preening techniques."

When the man comes over, both people orient their bodies toward each other, and the woman can continue using her body to flirt by palming (displaying an open wrist and palm), self-touching, 'accidentally' touching the man, or exposing her neck by leaning back and tilting her head.

WOMEN, here are more ways you can use your body to flirt:

- Toss your head and touch your hair
- Opening your mouth slightly, wet your lips and pout to make your lips look fuller
- Stroking your throat or thigh or touching other parts of your body
- Holding a limp wrist in one hand (a sign of submission)
- Raising one shoulder and glancing over it with partially dropped eyelids
- Wiggling your hips when walking
- Dangling your shoe on the end of one foot
- Slowly cross and uncross your legs
- Leaning in

Here's some great news for women: Signaling can be so attractive to men that studies have found it often overpowers attractiveness. "High-signaling women of average attractiveness were much more likely to be approached than their low-signaling counterparts," Dr. O'Sullivan writes.



LISA SHIELD

FIND THE GUARDIAN OF YOUR SOUL

Male Body Language

How To Use Your Body To Flirt

When it comes to courting, men are not good at sending and receiving signals. They mostly react to what they see, but here are some things you can do to convey to women that you are a real man intentionally.

- The number one thing a woman wants to see in a man is confidence. This can be conveyed with your body language by being direct with your intentions.
- If you make eye contact with a woman across a room, hold her gaze and let her look away first.
- Studies show that a man needs to walk up to a woman within the first few seconds of seeing her. This shows the woman you are a self-assured man who is unafraid to go for what he wants. So, once you've established eye contact, you must move.
- When approaching a woman, stand tall and keep your body open. Walk with your head up, spine straight, and shoulders back and relaxed. Don't hold a drink in front of your chest or fold your arms. Keeping your chest open and exposed exudes confidence.
- Again, eye contact is key. Once you start talking to her, begin by looking into her eyes about 50% of the time and then gradually increase it.

While you are looking into her eyes, tell yourself something like, “Damn, you’re hot...” This will help strengthen the sexual vibe between you. Also, notice what color her eyes are. If you get lost in her eyes, she will get lost in yours. Both of you will feel the connection.

Reach Out and Touch Someone

Touching releases chemicals in the brain that make someone feel good. When you initiate touch, the key is to do it early and often.

Again, keep the touches light in the beginning and then increase them.

Look for opportunities where it would feel natural to touch someone, like taking her hand to lead her to an empty seat at the bar or pulling a piece of hair away from her face.

Three places are safe to touch a woman when flirting.

1. Hand
2. Forearm
3. Shoulder

MEN, you can also try:

- Straightening your tie
- Lifting your eyebrows
- Smoothing or messing your hair
- Sitting with legs spread to draw attention to your crotch
- Stroking your chin or beard
- Staring at her a little longer than is comfortable

- Looking at your watch
- Buttoning and unbuttoning your jacket is a subliminal signal of unbuttoning your clothes and imagining your shoes under her bed.
- Hooking your thumbs in your belt to convey authority and confidence and draw attention to your crotch

Here are MORE tips for men, but women can use them too.

Takeaways

- Body language isn't always about giving attention. It can also be about taking it away.
- When you first approach a woman, you might want to turn your body away from her so you don't appear too interested.
- A great use of this technique is to turn your body away while playfully joking about how "it will never work out" between the two of you.
- Also, if a woman starts acting rude or isn't engaging in conversation, or if you want to show her you're losing interest, you can turn away. Often when you do this, she will work to regain your attention.

Playing with Personal Space

Men, play with the space between you and her to INCREASE sexual tension.

- Flirting is about keeping the mystery of "I wonder how far this will go..."
- To do that, stand really close to her, and when you feel that the sexual tension is high, take a step back to release the tension. Repeating this behavior will keep the encounter exciting and turn her on. It's also a way of showing her that you are confident and in control, which is very attractive.



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Open & Closed Body Language

Your body language often says more about what you think or feel than your words. Paying attention to the signals you're sending with your body puts you in the moment and helps you connect with your date. Using your body to create a connection can be fun, and you will feel more in control of your dating. A Naked Dater is always open in mind, BODY, and spirit. Tuning into your Naked Dater forces you to come across as vulnerable in both words and posture, which is essential for making a deep connection with your date.

So, the next time you're on that first date "audition," focus on sending the right cues with your body language, and you just might get a callback.

Open	Closed
Lean in Face the other person Arms & legs pointed at the person Feet pointed at the person A good amount of eye contact Relaxed movements Hands visible and open Smiling	Leaning back Body/feet turned away from the person Arms or legs crossed Looking away Wearing sunglasses Staring Stiff or jerky movements Hands are hidden or making a fist



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In Your Head: This Is Your Brain On Love

They don't call love a drug for nothing. When we fall for someone, our brains release a cocktail of chemicals, creating feelings of euphoria and pleasure and (if all goes well) closeness and comfort. That complex organ inside our head is hardwired to *want* love and *keep* love at all costs—a response that has been crucial to the survival of our species.

Curious what that hardwiring looks like? Here's what happens in your brain at six stages of romantic love.

1. First attraction: Call me maybe*

Say you develop a crush on your neighbor. Every time you think about this person, you feel giddy—you feel really good. What's happening? The neurons in your brain are releasing dopamine, a feel-good hormone and neurotransmitter associated with euphoria (as well as gambling and drug addiction). And because your brain wants you to keep pursuing this feeling, like a little love-carrot, it fires off *more* dopamine every time you think about the crush.

2. Early courtship: You really got me

Notice how whenever you *really* like someone you get nervous before a date? Your palms sweat, your heart races, and you can practically feel the adrenaline surging through your body? Well, that's because it is. In the early throes of a romantic relationship, your brain sends a signal to the adrenal gland (located on top of the kidneys) to pump out the chemicals adrenaline, epinephrine, and norepinephrine, giving you a rush of excitement.

Norepinephrine is especially key. Like dopamine, it makes us feel good—but it also makes us feel infatuated and obsessed. It's our brain's way of saying: *keep going*.

3. The fall: Addicted to love

Now you're hooked. Suddenly you want to be around this person every minute of every day. Why? Studies (particularly the work of anthropologist Helen Fisher) have shown that the same part of your brain that activates when you're addicted to cocaine activates when you're in love. It's called the limbic reward system.

Basically, your brain has decided that love is essential and wants more. From an evolutionary standpoint, this response developed to help us procreate, then raise offspring together. Did you know the love drive is stronger than the sex drive?

During this phase, the limbic system continues to release dopamine, which acts as a feel-good electrical current and keeps you craving the person you love. When the object of your desire is not around, you may feel like you're in withdrawal, motivating you to see him or her again. As with any drug, however, the high has diminishing returns—which is why, after a few months, the rush can weaken and people fall out of love. Unless, of course, they've become attached.

4. The rose-colored glasses: You are so beautiful

What flaws? While falling in love, we often ignore red flags that our friends see loud and clear. That's because—while other parts of the limbic reward system are lighting up like a Christmas tree—the amygdala decides to shut down, according to brain scans, taking our good judgment with it.

The amygdala, a set of neurons located in the temporal lobe, plays a big role in how we react to stimuli. It's key to making judgment calls, recognizing fearful situations, and can even decipher when someone is lying to us. When people are in love, however, the amygdala takes a little nap—which clouds judgment and causes the enamored to see his or her beloved through rose-colored glasses.

5. Attachment: Only wanna be with you

You've bonded. As we spend time with the object of our affection, our brains start to release oxytocin, nicknamed "the love hormone." This neuropeptide is produced in the hypothalamus and released into our brains during times of intimacy—when mothers breastfeed their babies, for example, or when we orgasm. Studies have shown that oxytocin is key to fostering trust and commitment. Unlike the quick high of dopamine, oxytocin is subtler and sticks around longer, leading to a deeper attachment.

6. Deep attachment: Never gonna give you up

Over time love can, of course, develop into deep companionship. When two people have been committed to each other for years, their brains show increased activity in the ventral pallidum.

This region of the brain is rich with oxytocin and vasopressin receptors — two chemicals associated with monogamy and deep attachment — which, according to work by Helen Fisher, explains why it lights up when people experience long-term attachment. It's the same region of the brain that activates in monogamous prairie voles, who mate for life.

Brain scans show that the limbic reward system remains active during deep attachment as well — meaning couples in this stage experience the rush of early courtship along with deep attachment. Love is great.

Citation: Hillin, Taryn, *"In your head: This is your brain on love"*, SplinterNews, February 13, 2015

Taryn Hillin is Fusion's love and sex writer, with a large focus on the science of relationships. She also loves dogs, Bourbon barrel-aged beers and popcorn — not necessarily in that order.

**Yes, we paired each stage with a corresponding love song.*



NLP Reframes

Let's look at some examples of common NLP reframes on what your **Naked Dater** would say instead of what your **Frenemy** is probably saying. You are going to love this stuff! You can use it on your dates and with everyone in your life!

1. You've waited a half hour for your food. Your date gets upset because his steak is overcooked.

Your **Frenemy** would say: "Calm down. It's not the end of the world."

Your **Naked Dater** should say: "I totally understand why you're so upset about that. I can't imagine why you're not more upset."

When people are out of control, they look for validation and someone to tell them they're right. Telling them what they want to hear gets them unstuck.

Effective communication is about getting the result YOU want. To achieve the desired result, you must first give them what they want. This is a basic rule of effective communication.

2. You find out someone you've been dating for the past three months still has an active profile on Bumble. They say it's no big deal.

Your **Frenemy** would say: "I disagree. You told me you weren't seeing other people."

Your **Naked Dater** should say: "I see it another way. When I asked you if you were seeing other people, you said you weren't, so I thought that meant you had taken your profile down."

3. Someone you're dating doesn't pay attention while you're talking.

Don't say: "I need..."

Instead, put the subject first.

Your **Frenemy** says: "I need a lot of communication in a relationship."

Your **Naked Dater** says: "Communication is really important to me in a relationship."

Be careful not to start sentences with the words "I need" because people might perceive you as needy, especially if you're a woman. Women LOVE to do this thing where they tell their dates, "This is what I NEED in a relationship." Then they proceed to give a long list of requirements. This is a real turn-off to men.

4. No Good Can Come of This...

Your **Frenemy** says: "We need to talk."

Your **Naked Dater** should say: "Gary, I could really use your help."

Nothing good ever comes from the phrase, "We need to talk." No one ever says, "We need to talk. I just booked two first-class tickets for us to Paris."

5. Someone you're dating invites you to go out with him and his brother, who is visiting for the weekends.

Don't say: "You said."

Say: "I heard."

Frenemy: "You said, 'My brother's in town for the weekend. Would you like to hang out with us?'"

Naked Dater: "I heard you say that you wanted me to hang out with you and your brother this weekend."

If you tell someone what they said, they become defensive, and they will think, "No, I didn't say that!"



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Books On Effective Communication

You can read many books about how to be a better communicator.

Some of my favorites are:

1. Rosenberg, Marshall, Ph D. *Nonviolent Communication: Create Your Life, Relationships, and World in Harmony With Your Values*. Sounds True. 2007.
2. Fisher, Roger & Ury, William L. *Getting to Yes: Negotiating Agreement Without Giving In*. Houghton Mifflin Harcourt 1992.
3. Carnegie, Dale. *How to Win Friends and Influence People*. Pocket Books. 1998.
4. Dotz, Hoobyer & Sanders. *NLP: The Essential Guide to Neuro-Linguistic Programming*. William Morrow Paperbacks. 2013.
5. Tannen, Deborah. *You Just Don't Understand: Women and Men In Conversation*. William Morrow Paperbacks. 1st Edition. 2007.
6. Brizendine, Louann. *The Male Brain. The Female Brain*. Harmony Ltd. 2022.
7. The Harbinger Institute. *Leadership and Self-Deception: Getting Out Of The Box*. Berrett-Koehler Publishers. 2018.
8. Patterson, Kerry, Granny, Joseph, McMillan, Ron, & Switzler, Al. *Crucial Conversations: Tools For Talking When Stakes Are High*. Third Edition. McGraw Hill. 2021.



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How To Spot a Pick-Up Artist

Below are a few tricks of the trade of the PUA and how to spot them.

1. The Opener

In the world of the PUA, the opening line is everything. It's their way of disarming women with lines like, "Excuse me, I just have to tell you something..." or by asking your opinion on something with a line like,

"My friends and I were just discussing...".

By asking your opinion, they can get the conversation going from there.

A classic PUA line involves using an opener they refer to as a...

2. Time Restraint

An example of this is:

'Look, really quickly, because my friends are waiting for me and I've got to go in a minute, do you think rudeness stems from misery?'

Using the time restraint and telling you that his friends are nearby lets the woman know that he's not a creep with no friends.

3. Negging

Negging is the PUA's way of giving someone a compliment or, at the very least, a neutral statement while delivering an insult. According to the PUA blog Seduction Science, 'negging' is dropping subtle insults into a conversation to "lower a girl's social value in relation to yours."

Here are some **examples** of Negging:

“Wow, you're actually pretty smart!”

“You can be so beautiful when you have makeup on!”

The PUA’s game is to point out a flaw, a negative, so you will focus on the flaw and try to fix it to gain the PUA’s approval subconsciously. The PUA is lowering your social value in relation to his own.

4. KINO

Short for kinesthetic, "kino" is PUA language for light touching to get a woman in the mood. When they speak to a woman, a PUA will touch her arm or shoulder to initiate kino. They won't touch you longer than a few seconds each time because it will appear creepy. A fun and non-insulting way to counter the Kino is with some light, intermittent Kino of your own. Treat his arm, or his chest, like the number pad on your phone and mime dialing your best friend's or parent's phone number. Don't forget to make the “beep, beep, beep” sound with your mouth – you don't want him to think YOU'RE the creepy one.

5. Peacocking

PUAs often work in pairs or packs, hunting for women and gaming them in small groups. So, watch out for groups of strangely dressed men working the room. PUAs often wear odd accessories – top hats, canes, and shiny suits. This is a form of attention-seeking called ‘**peacocking**.’

According to reformed PUA, Neil Strauss, “[PUA] hate and love women simultaneously. Women have so much power over them, and the whole point is for a PUA to remove that power.”

Remember, as a Naked Dater, everyone you meet along the path is there to teach you about love and compassion. Even fending off a cheesy opening line from a PUA in the furry top hat means you're one step closer to finding the One.



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How To Have The Conversation

There are few things you can do to get more Emotionally Naked than to ask someone if they will commit to exploring a long-term relationship with you. The more you practice doing this, the easier it gets.

Here are a few parameters for how to have this conversation:

1. Give yourself permission to be nervous and not do it perfectly.

You might start the conversation by saying, “There is something I want to ask you, and I’m feeling a little nervous, so please be patient with me.” That way, the other person knows how you’re feeling.

2. Keep it short and light.

You don’t need to make this a long, intense conversation. The shorter, lighter, and simpler, the better. You can say, “Hey, we’ve been seeing each other for six weeks, and I just wanted to check in and see if you’re still seeing other people.”

3. No matter what the other person says, ask for what you want.

Even if they tell you they are still online and dating other people, you need to bring up the subject of commitment. You can say, “I considered taking my profile down and exploring this relationship. Is that something you’re ready to do?”

4. Don’t be shocked if they say they’re not ready.

As I mentioned earlier, very often two people often have different timelines for committing to a relationship. You will likely need to give your partner a little time to catch up to you.

5. Never try to talk someone into a committed relationship.

When someone is stuck and won't decide to commit, trying to talk them into doing the right thing is futile. Pushing for more commitment never works.

You can't make someone commit, and even if you could, it would be a recipe for disaster. When you try to push someone to commit, you usually just push them away. Sometimes, the only way to see if someone will commit is to have the courage to shake things up by walking away and seeing if your partner comes around. If not, you need to let them go or risk never finding the love you really want.

You shouldn't put your life on hold waiting for your partner to be ready for a long-term commitment. You need to value yourself enough to ask for what you want and be willing to walk away when you're clear it's not working. Settling for less than the level of commitment that you want sends the message that you'll just take what you can get, that you don't think you're worth a fully committed relationship.

Value yourself enough to choose a partner who wants to commit to you 100% and be willing to walk away if they don't. Life is about living, not about waiting, and relationships are about love, not about control.



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Getting To Commitment Insights

I want you to pull out your *relationship inventory*, look back at each of the people you dated and ask yourself the following questions:

- a. Did I rush into this relationship too fast?
- b. Did I have the relationship talk? When did I have it? Should I have had it sooner?
- c. Did I push or try to convince this person to commit?
- d. Did I value myself enough to ask for what I wanted?
- e. Was I willing to walk away when it was clear the relationship was not working?

Next, I want you to write down 3-4 insights or breakthroughs you had from asking yourself the above questions or listening to the module itself.

Insight #1

Insight #2

Insight #3

Insight #4



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The Biggest Signs He'll Never Commit

- He never shares secrets or anything deep about himself with you.
- He won't introduce you to his family.
- He tells you he doesn't want a relationship.
- He doesn't put any effort into dating you.
- You're unsure how to answer the question, "Is he interested in me?"
- He only calls you late at night.
- He never gets jealous.
- He doesn't make time for you in his life.
- He doesn't include you in the big decisions that he makes.
- He's not over his ex.

What does it take to get a man to commit and want only you?

It's a question I've been asked more times than I could ever quantify.

What men desire most is a woman who inspires them to be their best selves. Being that woman is a much different mindset than what most women typically do these days. So, what's the major error that trips women up? It's their focus. Instead of focusing on the feelings and experiences they create for the man, the woman fixates on her own wants, her own worries, and her own fears.

And amidst this completely self-absorbed mindset consumed by what she wants, it's no wonder that she's unable to hook a man's interest in a significant way, one that goes beyond just hooking up. Sure, that woman might cook him dinners, perform in bed, and tell him how much she likes him, but none of that stuff penetrates a man's psychology on a deep and meaningful level. Forget about just getting commitment. When you really understand and master the art of tapping into the deep parts of a man's psyche, he will want to move mountains to possess you.



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Questions To Ask In The First Six Weeks

Here are some questions to ask within the first six weeks of dating someone. DON'T ask them all at once, or you will send the other person running for the hills!

How many relationships have you had?

How long did they last?

Do you feel you ever rushed in too fast?

Did you have many long-distance relationships?

Were any of your relationships on-again-off-again?

What is your relationship like with your father & mother? Are you close to them?

Do you get along with your siblings?

What was it like growing up in your home?

What were you like as a kid?

Are you introverted or extroverted?

Have you ever been in love before?

Have you ever been engaged? Married?

Can you share why those relationships didn't work out?

Do you still speak to any of your exes? Why?

How do you feel about me talking to or being friends with an ex?

How do you feel about your job? Do you see yourself staying there? Would you like to change careers at some point?

Do you want to get married one day? How soon?

Do you want children? How many & how soon would you want to start a family?

Do you follow a particular religion? What faith?

Would your family support you marrying outside your faith?

Do you go to church regularly? Do you want a partner who will go with you?

Are you happy in the city where you live? Would you like to move at some point?

How often do you like to have sex? Do you have any sexual preferences you'd like me to know about?

How do you feel about marriage counseling?

Who do you spend your holidays with? Are you open to splitting the holidays between families?

How do you feel about boys' nights and girls' nights?

How much alone time do you need?

How many times a week would you like to see each other?

Do you like to travel? Where do you like to travel to? How will we handle costs?

Is money important to you?



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Imposter Questions

Pull out your relationship inventory and look at all the relationships you had. I want you to think about the Imposter as you go through your past relationships.

1. Knowing what you know now, can you see that some of them were Imposters?

2. If you met them today, would you be able to cut the ties the moment you recognized that it wouldn't work?

3. Ask yourself if you're done chasing after people who aren't available and if you're ready to start giving the people who are attracted to you a chance?

4. What would it be like to be in a relationship with someone who is emotionally available & open to building a future with you? Does that scare or excite you?

5. Are you ready to meet your imposter, and if you do, will you pass the test?



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The Birthright of Our Heart

“This is the essence that gives breath to our bodies and to our souls. This is the breath of God. It infuses each of us with life and purpose. It endows us with the grace to give and receive the way our bodies breathe out and breathe in.”

The Birthright of Our Heart by Benjamin Shield, Ph. D.

From *Handbook for the Heart* created by Richard Carlson and Benjamin Shield

Love is there - always. Yet it is often difficult to fully embrace this wellspring of love that resides within ourselves and is available to us each and every moment. It is not something that we must create; it is us. It is our birthright.

From our creation, we are sent on a journey to reclaim our birthright. When we encounter obstacles along the way, we continue the journey - not by overpowering something outside ourselves, but by letting go of something inside ourselves. We do this by keeping our hearts open, risking vulnerability, letting go of past hurtful experiences that block our ability to love, and allowing others to love us.

Love is like the sun. Clouds may pass over it and temporarily block its warmth. But the sun, like our essence, continues to shine. Our lives may move between joy and disappointment, but the love within us never diminishes. We can ignore, hinder, and even deny this love- but we cannot destroy it. We can forget love, but love does not forget us.

Love creates a strong foundation for our lives. And it is often the simplest of loving moments that continue to strengthen this foundation. I am often reminded of a story that I heard some time ago. A radio commentator talked about her vacation at a beautiful seaside town in Mexico. One afternoon she saw an elderly couple strolling hand in hand along the beach. They were clearly in love, and something about them made the commentator feel they had been married forever.

Later that day, she saw this same couple at dinner. Her curiosity got the better of her, and she apologetically introduced herself and asked the secret of their remarkable relationship. The answer surprised her.

The woman was genuinely amused. "Our secret is that my husband has always been a bit hard of hearing! You see, we were married during the Depression. We both worked two, sometimes three, jobs just to make ends meet. One day I came home so exhausted I said to my husband, 'I'm so tired, my teeth hurt!' Well, he took me by the hand, sat me down, took off my shoes, and lovingly rubbed my feet!"

She continued, 'I think you understand the mix-up! But from that day on, this became our little ritual. At the end of each day, my husband has always lovingly rubbed my feet. With this simple act, he shows me daily how much he loves me, and in turn, I remember how much I love him. And no matter what else is happening in our lives or the world, we always remember how easy it is to love each other.'

There are many times that I find myself afraid to take the risk of loving, to become vulnerable and tenderly open-hearted with another human being. The wounds from hurtful experiences have created fears and obstacles that hinder my ability to love. Learning to identify and remove those fears is one of life's most challenging processes. When I feel overwhelmed and afraid to love, I try to remind myself that love, not fear, is the template upon which our world is built.

Much of my inner work involves releasing the fears - past, present, and future - that interfere with my access to love and love's access to me. This is a lifelong process of consciously facing myself, discovering that my fears are just masks for old pain, not premonitions about the future. In this process of letting go, I try to focus on those things in my life that nourish the experience of love. I try to focus on those things that help me to let my ego boundaries melt, lose my self-importance, and release my daily worries.

We do not have to sequester ourselves in a monastery to do this. The unique, daily moments that each of us has in our lives can continually reconnect us with love. Watching my dog, Annie, play with her friends, I feel the unabashed joy she experiences. Listening to music such as Beethoven's "Moonlight Sonata" wash over me and infuse me with its beauty, softens the harsh edges of the day. Simple tasks, such as taking a walk in the woods, holding a door open for a stranger, or just remembering to breathe deeply and consciously, are all things that help me to give up some of my limitations, let myself expand, become more spacious, and to move gently toward that center of my being, into the heart of love.

This ongoing process of connecting with my center enables me to merge more fully with others. When this occurs, my perspective widens, my senses sharpen, and I become more permeable to the love within me into the love given by those around me.

Love is more than thought and feeling. Love is behavior. It means spending time with our children as they struggle bravely to read. It means being with friends as we allow them space and opportunity to share their lives, their dreams, and sometimes their tears. It means really trying to see things through another's eyes. We become renewed by giving our love away- in our relationships, our work, our communities, and most importantly, to ourselves.

Equally important is the action of letting love in. We do harm to ourselves and to those around us when we withhold the events of our day, when we brush off a compliment, or when we refuse to let our mates hold and comfort us. We not only starve our own heart but at the same time deprive our partner's heart of the joy of giving.

Sometimes love is not found in the "doing." It is often discovered in the quiet moments and the nurturing of ourselves or others in the space we create in our lives for love to enter.

The folly of chasing after love is reflected in the story of the Zen student searching for enlightenment. He was so overzealous that he spent morning, noon, and night meditating and praying and seldom stopped to eat or sleep. His Zen teacher worried as he watched his student become weaker and more exhausted each day. Eventually, he sat down with him and expressed his concerns.

"Why do you not eat and get the rest your body and spirit deserve?" He asked.

"Because I seek enlightenment, and there is not a moment to waste."

The teacher placed his hands on the student's shoulder and replied, "What makes you rush ahead after enlightenment? Perhaps all your hurrying carries you away from what you seek. Maybe enlightenment is actually behind you, and all you need to do is stand still and let it catch up with you!"

This story reminds me that we can choose to judge ourselves or to love ourselves. When we are in judgment, we become carried away by the failures and heartbreaks of the past or transported forward into the idealistic fantasies of the future. We hurry backward and forward, desperately seeking the love that already rests patiently inside our own hearts, waiting to be discovered. In the moments that we

consciously transcend judgment, self-criticism, and self-doubt, we create the environment for compassion and love for ourselves as well as others.

The effects of experiencing genuine compassion reach far beyond our own lives. It can transform our world in ways we could never imagine. Rollo May once described compassion as being in a music shop and plugging a single string of one violin. Then, the exact string on all the other violins in the shop begins to resonate.

It is the willingness to receive and be received that is the most fulfilling and enduring of our shared moments. Through our willingness to participate in and to witness each other's growth, we become guardians of each other's souls, guides for each other's journeys. Then we can lead each other into the light as well as into the dark places- the abyss of old hurts, childhood wounds, and long-held fears, which must be illuminated and understood if we are to grow.

The poet Rainer Maria Rilke wrote, "For one human being to love another; this is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation." I often find that the degree to which I am able to accomplish this labor of love is proportional to the degree of importance that I give to it, that the expression of love is the highest priority and good that we can accomplish while we are here on earth.

Love is there- always. It lives as we live. This is the essence that gives breath to our bodies into our souls. This is the breath of God. It infuses each of us with life and purpose. It didn't endows us with the grace to give and receive the way our bodies breathe out and breathe in. In the end, the measure of our lives will be the sum total of the love that we have shared, of those selfless, loving moments that coalesce to define a life whose marrow and being is the expression of our birthright.



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Bibliography

Books targeted at both men and women:

Attached: The New Science of Adult Attachment and How It Can Help You Find—and Keep—Love, Amir Levine & Rachel Heller

In this groundbreaking book, psychiatrist and neuroscientist Amir Levine and psychologist Rachel S. F. Heller reveal how an understanding of attachment theory, the most advanced relationship science in existence today, can help us find and sustain love. This is one of the best books I have found to explain why certain people stay in damaging relationships and how to recognize the signs so you can break this negative cycle. It is a must-read for everyone in the dating world.

Co-Dependent No More, Melody Beatie

One of the best books on codependency spent three years on the New York Times bestseller list, *Co-Dependent No More*. It was the first to identify attitudes, feelings, and behaviors now recognized as hallmarks of codependency. Checklists, activities, and self-tests provide concrete tasks to help readers examine the nuances of codependency in their lives.

The Untethered Soul, Michael A Singer

Whether this is your first exploration of inner space or you've devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you. You'll discover what you can do to end the habitual thoughts and emotions that limit your consciousness. By tapping into traditions of meditation and mindfulness, author and spiritual teacher Michael A. Singer shows how the

development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization.

Why Men Are the Way They Are, Warren Farrell

This book was life-changing for me. Keep in mind that it is an older book that was written more than 30 years ago, but much of it is still relevant, and there is no other more current book to take its place. Farrell's groundbreaking research is the basis for the book, which most experts agree may be one of the most extraordinary, eye-opening books of our time. He writes from a man's perspective. If you've wondered why men find it hard to commit, why they provide solutions instead of empathy, why they can't just stop and ask directions, or why they spend so much time at work, this book is for you. Farrell addresses the other side of sexism, asking why women if they want equality, expect men to pick up the check at dinner. He explains the male experience of being a "success object" and why men make women into "sex objects" to lessen the pain of rejection. The reader learns what men talk about with the "guys" and why vulnerability is so difficult for men to express. Farrell initiates a dialog that will contribute to an understanding and maybe even a truce between the sexes.

The Four Agreements, Don Miguel Ruiz

The Four Agreements are: (1) Be impeccable with your word. (2) Don't take anything personally. (3) Don't make assumptions. (4) Always do your best.

The simple, straightforward wisdom in this book has made it a classic. These Four Agreements can be applied to every area of a person's life, especially dating.

I encourage my clients to choose one agreement a month to practice while going on dates. Learning not to take anything personally or make assumptions is a game changer.

The Mastery of Love, Don Miguel Ruiz

In the Mastery of Love, Don Miguel Ruiz illuminates the fear-based beliefs and assumptions that undermine love and lead to suffering and drama in our relationships. Using insightful stories to bring his message to life, Ruiz shows us

how to heal our emotional wounds, recover the freedom and joy that are our birthright, and restore the spirit of playfulness that is vital to loving relationships.

Romantic Relationships (Audio CD), Marianne Williamson

Marianne Williamson is an internationally known speaker and author of *A Course in Miracles*. With her blend of honesty and astonishing clarity, she can cut to the chase in a way few others can. In this 4-CD set, Williamson tells you nearly everything you will ever need to know to create a healthy, loving, lasting spiritual relationship.

Facing Love Addiction: Giving Yourself the Power to Change the Way You Love, Pia Mellody

Mellody outlines the toxic patterns played out by Love Addicts and the unresponsive Avoidance Addicts to whom they are painfully and repeatedly drawn. She shares personal experiences and real case histories. Mellody's step-by-step guidelines for change help us face painful realities, acknowledge and disengage from our addictive behaviors, and address underlying symptoms of codependence. The fresh perspective and clear methods in *Facing Love Addiction* work to comfort and motivate all those seeking to establish and maintain healthy, loving relationships.

He's Scared She's Scared, Steven Carter & Julia Sokol

A complete book written on how to overcome the fear of commitment. Using in-depth quizzes and dozens of startlingly honest interviews, the authors give straightforward advice on how to detect commitment phobia and move toward true intimacy.

The Gift of Fear, Gavin DeBecker

Through dozens of compelling examples from his own career, Gavin de Becker teaches us how to read the signs, using our most basic but often most discounted survival skill - our intuition. *The Gift of Fear* is a remarkable, unique combination of practical guidance on leading a safer life and profound insight into human behavior.

Handbook of the Heart, Richard Carlson & Benjamin Shield

A collection, including pieces by John Gray, Deepak Chopra, Nathaniel Branden, and Leo Buscaglia, attempts to provide insights into love, its purpose, its spiritual significance, and our enduring attempts at attaining it.

Master Your Emotions: A Practical Guide to Overcome Negativity And Better Manage Your Feelings, Thibaut Meurisse

Offers tips on understanding your emotions and controlling them. Instead of letting your negative emotions control your life, this guide encourages you to build positive instead of negative emotions and regain control of your life.

Books targeted at women:

Men Like Women Who Like Themselves, Steven Cater & Julia Sokol

Based on the simple but powerful notion that a lasting relationship means putting yourself first, and that true love can only spring from self-love, Men Like Women Who Like Themselves is a trove of relationship wisdom for today's woman.

Soul Dating to Soul Mating, Basha Kapan and Gail Prince

This is an older book that is only available (used) on Amazon. The authors introduce the reader to Seven Spiritual Wisdoms that are designed to help them become the person they were meant to be while helping them attract a divine soul or spiritual mate. This book is deeper, wiser, and more inspiring than most current dating books.

The Surrendered Single, Laura Doyle

The principles presented in The Surrendered Single are simple: When you try to control who asks you out and when a man will call, or if you try to corner him into a commitment, you drive him away. When you let him woo you instead, you enjoy the

pleasure of being pursued. You feel confident and feminine. Dating becomes fun again. Marriage follows. You stop going it alone. I wouldn't swallow this book hook, line, and sinker. I would take about 70% of it to heart. Some of it is a bit antiquated, like the idea that you can never initiate with a man.

If the Buddha Dated, Charlotte Kasl

Drawing from Christian, Buddhist, Sufi, and other spiritual traditions, *If the Buddha Dated* shows how to find a partner without losing yourself. Kasl, a practicing psychotherapist, workshop leader, and Reiki healer for twenty years, offers practical wisdom on using the path to love as a means of awakening. *If the Buddha Dated* teaches that when you stay loyal to your spiritual journey, you will bring curiosity, fascination, and a light heart to the dating process.

If I'm So Wonderful, Why am I still Single, Susan Page

This is by far my favorite dating book. This book offers an intelligent, practical, and engaging guide to singles looking to improve their romantic relationships — by getting to know their own past patterns and relationship needs. Guided at every step by Page's ten strategies for better self-knowledge, readers will find quizzes, case studies, and anecdotes from the author's decades of experience as a counselor to both couples and singles. Each aspect of the book is tailored to help readers figure out what they really want — and learn not to settle for less. Offering advice that's positive, compassionate, and effective, this book will help readers understand their own romantic motivations and find the partner they're looking for.

Men Who Can't Love, Steven Carter & Julia Sokol

A groundbreaking bestseller that first focused attention on commitment phobia. This definitive look at the dynamics of male-female communication gets to the heart of the all-too-common phenomenon: women who are ready and willing to commit and men who back off just as the relationship moves toward the next level. Every woman would benefit from reading this book!

Women Who Love Too Much, Robin Norwood

Are you a woman who loves too much? Do you find yourself repeatedly attracted to troubled, distant, moody men—while “nice guys” seem boring? This groundbreaking work will enable you to recognize the roots of your destructive patterns of relating and provide you with a step-by-step guide to a more rewarding way of living and loving.

Mr. Unavailable and the Fallback Girl, Natalie Lue & Lucy Price-Lewis

The definitive guide to understanding the relationship between emotionally unavailable men and the women who love them. From explaining how and why they blow hot and cold to where that promised future went, how you've ended up being a booty call, and why you've been together for a gazillion years but aren't going anywhere. But more importantly, how and why you're involved with them in the first place, all of the answers are here.

Books targeted at men:

Man Enough, Jason Baldoni

The effects of traditionally defined masculinity have become one of the most prevalent social issues of our time. In this engaging and provocative new book, beloved actor, director, and social activist Justin Baldoni reflects on his own struggles with masculinity. With insight and honesty, he explores a range of difficult, sometimes uncomfortable topics, including strength and vulnerability, relationships and marriage, body image, sex and sexuality, racial justice, gender equality, and fatherhood.

How to be a 3 Percent Man, Corey Wayne

This book teaches you the hidden secrets to completely understanding women. It covers both the dating world and long-term relationships. You will learn how to meet and date the type of woman you've always dreamed of. The best part is you can do this while remaining who you truly are inside. The book teaches you how to create sexual attraction in women & get women to chase & pursue you! It offers

step-by-step and easy-to-follow instructions. You will be able to meet women anytime, anyplace, & anywhere. . . Whether you are single & searching or already with your dream lady, this book has the secrets most men will never know about women.

Models, Mark Manson

Models is the first men's dating book ever written on seduction as a purely emotional process rather than a logical one, a process of connecting with women rather than impressing them, a process of self-expression rather than manipulation. It's the most mature and honest guide on how a man can attract women without faking behavior, lying, or emulating others. A game-changer.