A close-up, profile view of a woman's face, looking upwards and to the right. She has dark, expressive eyes with long, dark eyelashes, and her lips are painted a vibrant, glossy red. Her skin is a warm, natural tone. The background is a plain, light color.

HOW TO LOVE
A
*Powerful
Woman*

THE GENTLEMAN'S GUIDE
TO LOVING FEMALE LED
RELATIONSHIPS

TE-ERIKA PATTERSON

HOW TO LOVE

A

Powerful Woman

The Gentleman's Guide to Loving
Female Led Relationships

Te-Erika Patterson

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How to Love a Powerful Woman

The Gentleman's Guide to Loving Female Led Relationships

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First Edition

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My most heartfelt appreciation is extended to the Loving FLR Community and the Powerful Women who have passed through the Loving FLR Leadership Coaching Program. You all have allowed me to represent you, to encourage you, to speak strength into you and to merge your dreams of supporting the intentional leadership of women with my own. A special thanks goes to Steve, Justin and Brandy for inspiring a new vision for love in the workplace and for sharing so much of your devotion to the support of female leadership that you have proven beyond a doubt that this relationship style is real.

Te-Erika

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INTRODUCTION

Greetings and thank you for choosing to learn more about how to love women through this exceptional relationship style called Loving Female Led Relationships (Loving FLRs). I am Te-Erika Patterson, a single Black Goddess enjoying life in Los Angeles. *How to Love a Powerful Woman* was written as the official guidelines for men who want to establish Loving Female Led Relationships with Powerful Women. I also published *She Wants: A Loving Female Led Relationship* in 2017. *She Wants* is the companion guidebook to *How to Love a Powerful Woman*.

How to Love a Powerful Woman encapsulates the most important lessons that I have created and presented to men following three years of coaching men on how to become better supporters of women through Loving Female Led Relationships.

As a Loving FLR Relationship Coach and blogger who has coached, interviewed, surveyed and reviewed personal essays from hundreds of men who eagerly desire a relationship where the woman is the leader, I have noticed that there are consistent motivations, personality traits, concerns and desires among them. These men are primarily motivated by their desire to be of service to a woman by following specific guidelines that she has created for their relationship. These men find pleasure in being useful and completing tasks for the woman they love. These men value the structure created by firm rules that are enforced by authoritative yet loving women. Men appreciate the clarity in Loving FLRs. They pride themselves on complying with a woman's wishes and being a useful companion.

The concept of a Loving Female Led Relationship was based on a relationship style that I discovered while studying within the BDSM community in Los Angeles. For years I had fantasized about being a dominatrix and after stumbling into the BDSM community I figured that I would learn from the women who had achieved this goal. I attended munches, meetings, socials and play parties where I met with women who labeled themselves as dominant and men and women who labeled themselves as submissive. I was able to ask questions and observe them up close. I learned quickly that a woman who described herself as a dominatrix offered domination to men in exchange for money. Women who were leaders in their personal relationships did not refer to themselves as dominatrixes.

While involved in this fascinating investigation, I found an online community called Fetlife and I joined several groups to ask questions about a term I had discovered called Female Domination (Femdom). Femdom seemed to be the pathway for establishing relationships where strong women coupled with men who would do anything for them.

I created a blog called Conquer Him (ConquerHim.Com) that explored the complexities of Femdom. I interviewed women who described themselves as dominant and accepted submissions from men and women who were in Femdom relationships and shared this information on Conquer Him. I soon discovered that most women who were involved in Femdom relationships with men were doing so because the men requested it. These men had a fantasy, a craving, to be forced to follow rules or face swift and degrading repercussions. Although women in Femdom relationships reported that they were happy, when I asked them to describe what it was like to be in a Femdom relationship the conversation always steered toward actions they took to control, tease and punish the men. They never described how they benefited from the relationship. I began to feel

uneasy at this point. I had established myself as a blogger and default representative of Femdom and I knew that I did not want to represent a relationship style where the focus was on pleasing the man through satisfying his need to be dominated and controlled.

I also noticed that my readers and followers, who were almost exclusively men, would contact me about specific topics that made me uncomfortable. They wrote about sexual fantasies, sexual control, their love for being abused, degraded and rituals that I found to be unsettling. Although I was unnerved, I had already begun facilitating a coaching program for men and women around the topic of Femdom so I continued to explore the concept until it led me to the term Female Led Relationships (FLRs).

Female Led Relationships seemed to be the softer version of Femdom. Women in these relationships spoke mainly of the methods they used to dominate and control men yet, they also spoke of the men being in service to them to make their lives easier. When interviewing women in Female Led Relationships they revealed more about their everyday interactions versus the Femdom women who explained their relationship as though it was 100% about dominating men.

I interviewed dozens of couples over the phone, through Skype, through surveys and email interviews. When I met a woman, who I will call Donna, the story she shared with me led to a shift in everything that I taught and represented.

Donna was a woman who described herself as a Domme and was involved in a Female Led Relationship. Unlike all of the other women I had interviewed, Donna claimed that she offered no rules or punishments to her partner and she did not forcefully control their relationship. Still, her partner was devoted to pleasing her and following her lead in all ways. I

noticed a difference in Donna's attitude concerning her partner. She loved him, but she had goals of her own that she was in the process of pursuing with or without him. He was an important part of her life but, she didn't put in any major effort to keep him there. When she received a job offer in another state, she made the decision to move without considering if he would be upset or if the relationship would end because of it. Her life revolved around her progress and she would not stall her progress for a man. A year later, he followed her to the new state because he could not be happy without her. I learned that a woman who makes herself the priority in her life earns the respect of men without having to focus on dominating or controlling them. I learned that a woman can experience love and devotion from a man without having to force him to do it.

After analyzing Donna's story, I wondered why this relationship style was called a Female Led Relationship when the focus was centered on meeting the man's need to be dominated. It then dawned on me that the woman should be the center of a Female Led Relationship. Pleasing her should be the priority instead of catering to a man's need to be controlled.

Although women in Female Led Relationships were technically dominating the men, most of them were doing it to please the men. If these women had chosen to design a relationship on their own, it would not center on fulfilling a man's need to be controlled and dominated. I declared that Female Led Relationships and Femdom Relationships do not benefit women at all.

This is when I created the term **Loving** Female Led Relationship (Loving FLR). I had never heard this term used before I began writing about it on my blog, Conquer Him. Recognizing that I needed to provide guidance for a new relationship style that actually benefited women and did not

focus on kink or BDSM activities, I created a new blog called Loving FLR (LovingFLR.Com) to offer this new way of thinking about Female Led Relationships. I wanted women to understand how Donna led her relationship and received devotion from her partner by simply focusing on herself instead of catering to his needs. I determined that a Loving Female Led Relationship would be a Female Led Relationship that focused on supporting and honoring the woman's choices. A Loving FLR would not require any kind of humiliation, degradation or kink. A Loving FLR would promote the idea that women can and should be the head of their households and men should be their willing supporters and cheerleaders.

As I explained this new vision in writing on Conquer Him, my mostly male audience of readers began to express their annoyance that my focus was shifting away from punishing and controlling men, but other readers expressed delight that I was now presenting a sustainable relationship style that would not scare women. My audience joined me in my new journey as I said goodbye to Conquer Him and moved my talents to LovingFLR.Com to advocate for and celebrate relationships where men eagerly empowered women through serving them without requiring that their kinks be met.

Thankfully, all of the disgusting sexual comments and emails disappeared after shifting away from kink and Femdom to LovingFLR.Com. My audience changed yet my readership continued to increase. This proved there are men who want nothing more than to see the smile on the face of the woman they love. These men are motivated by their desire to serve and be useful to a woman. These men place the happiness of the woman they love as the priority in their lives. These men

seek out and enjoy Loving Female Led Relationships and they are not required or forced to do so.

How to Love a Powerful Woman offers encouragement for men who dream of loving a Powerful Woman. It also addresses the many issues men will face as they prepare to engage in a Loving FLR like redirecting their masculinity and aggression, how to initiate a Loving FLR with a woman who is hesitant and how to ensure that a woman is satisfied sexually.

How to Love a Powerful Woman is comprised of 8 chapters of information and a Frequently Asked Questions section. Men are encouraged to read *How to Love a Powerful Woman* thoroughly and refer to it often to maintain satisfying relationships with women they adore. Women will also be inspired by reading *How to Love a Powerful Woman* and are encouraged to purchase it for themselves and offer it as gifts to the men they love.

Men who desire Loving FLRs without kink or BDSM will come to consider this book as their Bible for their relationship. Men and women who want successful relationships where the women are happy, satisfied, adored and even worshipped will appreciate this comprehensive guide.

All of the personal stories shared in this book are authentic and were submitted by real women and men who are involved in Loving FLRs. Names have been changed to protect their privacy, where necessary.

To join our community of highly intelligent men and women please subscribe to **LovingFLR.Com**.

Te-Erika

CHAPTER 1

The Beauty of Loving a Powerful Woman

All women are not created equally. There are women who will spend their entire lives seeking validation and acceptance from others, yearning to fit in and live their lives according to society's expectations. And then there are the world's most treasured resources- *Powerful Women*.

To love a Powerful Woman is to stand face to face with a woman who is remarkable beyond measure. It is likely that she is more intelligent than you are, more attractive than you are and she outshines you in every way. You're okay with that. In fact, the idea of loving a woman like this delights you.

You were born to stand beside a Powerful Woman. You were created to illuminate her with your strength. You were chosen to be the force behind the enforcer. You are the source that revitalizes her energy. Every great and powerful statue must sit on a firm foundation or it will topple. When you decide to love a Powerful Woman, you become that foundation.

Thank you.

Thank you for being emotionally strong enough to place her desires above your own. Thank you for going through the process of preparing yourself to be capable of loving a Powerful Woman. Most men cannot step into the role that you have chosen for your life. Most men would fumble under the pressure because they don't have the strength.

But that's not who you are.

You are a man who has created the highest standards for your life. Not content with good enough, you have always felt that you deserved the best. You understand that having the best and maintaining the best comes at a price; a price you will happily pay because you can afford it. You deserve every benefit and thrilling challenge that comes with loving a Powerful Woman, and you will experience them.

You are in for the time of your life when you partner with a Powerful Woman who respects and cherishes you. Having a Powerful Woman to talk to at the end of the day about how you are feeling and how your day went will enhance your life greatly. Having a Powerful Woman to push you to do what you have to do even when you feel discouraged will ensure your progress. Having a Powerful Woman to share the little pleasures in life with make your life feel like magic. Sharing your emotions with a Powerful Woman will relieve you of the pressure to live up to society's expectations of masculinity. Men are taught that they have to be tough and hard, but with a Powerful Woman you can be softer, romantic and nurturing, which are all natural desires for men. You were created to love women. You were not created to conquer women. A partnership with a Powerful Woman ensures that you become the man you were meant to be, a loving supporter of greatness.

This is not just a dream. This is a reality for many men just like you. These men have set their standards high and have hit the jackpot by being loved by a Powerful Woman.

Why Do You Want to Love a Powerful Woman?

Each man can describe why he can only feel attraction for Powerful Women yet there are a few common factors found among men who desire a connection with these fascinating women. Most men love Powerful Women because they are naturally inclined to do so. It's as simple as a biological attraction, really. Which type of woman does your body react to? When you imagine your life with a woman, do you imagine a woman who is meek and soft and caters to your every need or do you imagine that you are the one who is catering to her needs and ensuring her daily satisfaction?

A man wants to stand next to a Powerful Woman because he prides himself on being of service to her. There is no greater feeling than when he is able to make her happy. He has high standards for himself. He is a man of precision. Taking on a challenge from a Powerful Woman and completing it efficiently makes him feel like a Real Man. He demonstrates his strength by accomplishing the tasks that she sets for him. He relishes in the fact that standing beside her means that he is a man of excellence since she accepts nothing less. He always wants to see her win. He becomes hurt when she is disappointed with him and strives to always be the best companion. He feels like Superman when she says, *"You did a great job, honey. I appreciate you."*

How Do You Recognize a Powerful Woman?

It is easy to spot a Powerful Woman in a crowd because she is the one who is not scanning the room to see who is paying attention to her. She is typically surrounded by other women and men who admire her and seek her attention and advice. You can feel her power. You can sense her presence. You will feel overwhelmed with emotion when you are near a Powerful Woman; this is your first sign of attraction.

A Powerful Woman is autonomous. She appreciates your presence but doesn't require it and she will be sure to let you know that. She sets goals for herself without considering the opinions or influence of others. She has no interest in being approved by society. She purposely chooses her beliefs, determines her own standards for her life and moves forward with her goals without asking for permission. She doesn't wait for anyone's approval to make choices. She is not following a path set by anyone but herself. When people refer to her as powerful, she believes what they recognize is plain common sense. She understands that we are all equal players in this game of life and there is no reason to place emphasis on the opinions of any other player above her own- so she doesn't.

A Powerful Woman is capable of supporting herself. She is not looking for a Sugar Daddy or a man to come in and rescue her. She does not require that a man earn more income than she does but if he does, she is proud of him. She takes care of herself emotionally and physically because she cares about her own well-being. She won't be involved in the drug or bar scene because she understands that being a leader means making decisions in the best interest of everyone around her and she cannot do that unless she is of sober mind.

She is open to love. She may have had a few bad experiences in the past but she recognizes that they weren't punishments, bad luck or permanently debilitating. Those negative experiences with other inadequate men helped her to better define what she does want from a relationship and she believes she can have it.

It is very likely that you will find a Powerful Woman in a leadership position at work or in her community. She enjoys creating programs, groups or initiating activities and she is often the organizer of events among her friends and peers.

People trust her because she makes wise decisions that are not self-centered. She doesn't have to be self-centered because those around her are eager to focus on her needs which frees her to care for them as well.

When you make a request that makes her uncomfortable, a Powerful Woman is not afraid to say No. She isn't afraid to lose you. She's isn't afraid to lose in life- period. She understands that life is a series of wins and losses and none of those experiences define her. She understands that she can never lose permanently and she would rather lose temporarily than to be unhappy because her happiness is important to her.

A Powerful Woman respects men who are easy-going and eager to please. You will never find her with an aggressive or abusive man because she has no interest in fighting to earn a man's respect. She wants the easy life and she wants it with a man who wants to make her life easier. She will tell you exactly what she wants without hesitation and if you do not give it to her, she will let you know that she is not satisfied. She won't compromise her desires to keep you around because it is very likely that anything she asks you for, she can give to herself.

The Difference Between a Powerful Woman and an Average Woman

All women can lead their relationship by telling you what they want, but only Powerful Women will enforce it. This makes all the difference between an average woman and a Powerful Woman. An average woman can request that her partner bring chocolate ice cream for desert. If her partner brings her strawberry ice cream because there was no

chocolate ice cream at the store, she will accept it. If a Powerful Woman wants chocolate ice cream and her partner brings back strawberry ice cream, he will just have to take his simple ass back to the store and stop playing childish games because he got her order wrong and that is unacceptable. A man who is with an average woman would pull some shit like that but a man who has a Powerful Woman knows better.

A Powerful Woman takes the lead in relationships by openly expressing what she wants and how she feels without waiting for him to do it first. Average women will wait for you to notice them and approach them. They will parade themselves in front of you like a peacock, hoping that you will see them and do the work of introducing yourself. If a Powerful Woman doesn't approach you, it means that she didn't notice you or she is not interested in you physically. A Powerful Woman would not pass up the chance to display her feminine powers by making a man blush after she has expressed interest in him.

An average woman will compromise what she wants for the sake of others quite often. She believes the lie that men have taught her that she should be self-sacrificing, humble and quiet about issues that concern her. The average woman is protective of the leadership of men because she needs it and their approval to feel good about herself. Even when she is proven wrong, she will never admit it. A Powerful Woman can be wrong, admit it and learn from her mistake while an average woman must be right in the eyes of others or she will feel that she has lost her worth.

An average woman needs guidance when making most of the decisions for her life. She will consult friends, family, advisors or even the internet to ensure that she is making the correct decision. A Powerful Woman understands that all of her decisions are correct as long as she exercises the authority to make them for herself. She will often be found not only

making decisions independently but also making decisions for others.

How Do You Attract a Powerful Woman?

Do you think you can attract a Powerful Woman by telling her that you are submissive? No. That won't work. All women are warned to run as fast as they can if they meet a man who describes himself as submissive. A submissive man demands that a woman focus on fulfilling his need to be controlled. This is not what a Powerful Woman needs. A submissive man is a distraction to a Powerful Woman because she will spend her time focusing on fulfilling his need to be controlled rather than offering her energy and talents to improve the lives of those around her. She should not carry the burden of being with a submissive man.

'When women who are naturally inclined to lead, partner with men who are naturally inclined to support, their inherent strengths are perfectly aligned to achieve their life goals.'

A Powerful Woman has the responsibility of guiding her relationship and imparting wisdom into the lives of those who have come to trust her. She needs a partner who uses his energy to promote her so that she can offer more to her family and the world.

Do you think you can attract a Powerful Woman by buying her things? Guess again. She can buy things for herself. What about allowing her to control you? A Powerful Woman does not want to control you, she wants you to control yourself. She wants you to be a self-disciplined and conscientious admirer. What about allowing her to yell at you or bowing to her demands? You're not in alignment with being with a Powerful Woman yet. A Powerful Woman does not need those things. She wants to love you.

So how do you attract a Powerful Woman?

By demonstrating that you are Powerful too.

You need to demonstrate that you are powerful because she respects her own strength and she wants to respect the same strength in you. A Powerful Woman wants a man who is an asset, not one who needs to be led. She needs to trust that you are capable of being by her side as a companion and co leader.

How Do You Demonstrate That You Are Powerful?

- By offering wisdom and insight when she is making a decision.
- By being yourself and offering your true opinions and ideas so that she can learn from you as well.
- By being useful to her.
- By being her protector at all times.
- By taking initiative to take care of her needs when possible.
- By being a man of your word and never back tracking on promises.

Now that you know how to attract a Powerful Woman, what do you when you meet one? Walk confidently up to her, introduce yourself and tell her that you think she is amazing. Ask her for a date. She will respect that. Instead of trying to

prove your willingness to cater to her, prove your ability to be useful to her ideas and goals.

How do you keep a Powerful Woman interested? Always be a man of your word so that she will come to rely on your word and rely on you. This one action will set you apart from the hordes of selfish men that she has known and will know. This one promise will get you further than any other smooth talking, muscle man will ever get. You want to prove your reliability to a Powerful Woman because one day you hope to secure her love. By securing her love and keeping her close, you can then have the relationship you have always wanted.

You Want a Loving Female Led Relationship

You can't be bothered with women who try to scam you out of free drinks at the bar or a woman who needs help with simple life maintenance. A woman who offers to rub your feet for you and do your laundry will make you lose respect for her. You are not looking for a servant; you *are* a servant. You don't want a woman who will compromise her needs in order to keep you. You want a woman who will make firm decisions and has achieved great things on her own. You want a Powerful Woman because you want a Loving Female Led Relationship (Loving FLR).

A Loving Female Led Relationship is a committed, Loving union in which the woman's happiness, satisfaction and progress are the primary focus in the relationship. She sets specific expectations and standards for the relationship and her partner will do whatever it takes to ensure her happiness. He honors her choices. He ensures that she has everything she needs to create a wonderful life for their family. Couples involved in Loving Female Led Relationships have openly

agreed that she is the leader in the relationship and he is content in his role as supporter.

He is intensely attracted to her Power. He empowers her to lead their relationship and their household. He trusts her to make the final decisions. He supports her in every way, enabling her to use her intelligence, wit and charm to bring peace, progress and harmony to their union and to the world.

Couples in Loving Female Led Relationships work together as a team with honor and respect for each other. He is her hero and helpmate. She values his support and demonstrates her love with kindness and affection. The couple engages with each other in this dynamic willingly and with loving kindness because he trusts her judgment and she enjoys expressing her feminine power. When women who are naturally inclined to lead, partner with men who are naturally inclined to support, their inherent strengths are perfectly aligned to achieve their life goals.

Men want a relationship that rewards the individual strengths of each partner. Men want structure and direction in a relationship so that they know exactly how to please a woman. Men yearn to eagerly serve women and they cannot force themselves to play a role in a relationship that makes them miserable, even if society approves. They want a Loving Female Led Relationship and they are man enough to defy society's demands and get what they really want out of life.

A Loving Female Led Relationship is Not About:

- A woman's ability to control a man
- A woman's superiority over a man
- A woman's sexual dominance of a man
- A one-sided relationship where the man's needs are ignored

A Loving Female Led Relationship is Loving

A Loving FLR exemplifies the purest form of love between two people. There is no competition in a Loving FLR; he has pledged that he will allow her to win. When she wins, she becomes more loving toward him because she appreciates that there will never be a battle at home. This allows her to be refreshed from the harshness of the world. A man in a Loving Female Led Relationship willingly supports the leadership of his partner.

A woman in a Loving FLR does not forcefully engage with her partner as though he is inferior. She will not embarrass, humiliate, degrade or belittle her partner. She will never allow others to treat him unfairly. She will not take his love and support for granted. She has earned his trust and support by being dependable and creating a safe environment where he has grown to respect her decisions and wisdom. He makes decisions that will empower her while she makes decisions that will empower them both.

A Loving FLR connects two people who respect that their roles are different, but necessary, to achieve a common goal.

Play Your Part in Advancing Society

Your commitment to your Loving FLR is your opportunity to play an active role in the advancement of the human race. For far too many centuries our world has experienced disruption of progress due to ineffective leadership tactics based on greed and the need for power and control. Our current transition towards a Female Led Society will create a new balance that will allow both men and women to operate within their highest capabilities. This new direction will create a new order that will rejuvenate the value and solidify the foundation of our global society. The deeper the commitment you make in support of the Powerful Woman in

your life, the more you contribute to the collective energy this world needs to create balance and harmony.

We should all be grateful that we are living in this era. We are able to witness and influence the dawn of a new beginning. We are moving into the era of a Female Led Society and how we choose to engage with women can help usher it in more quickly. When men choose to participate in a Loving Female Led Relationship they are encouraging the leadership of women. Women will come to understand and accept their power and they will walk with confidence out into the world to express their leadership, causing a collective shift in humankind. We need amazing men like you to inspire women to take charge and express the fullness of their capabilities in the home and in the world. Once women become accustomed to having their natural leadership abilities respected and encouraged, our society will experience unprecedented advances in technology, business, healthcare, agriculture and mental health.

When women are encouraged to stand beside men in the great race for social advancement, there is no stopping the rapid ascension of humanity. Play your part in advancing society by being devoted to being a Gentleman empowering a woman in a Loving Female Led Relationship.

CHAPTER 2

Your Relationship Is Your Religion

You were created to partner with a Powerful Woman. You were gifted with every ability to ensure that her dreams come true. Your participation in a Loving Female Led Relationship serves a higher purpose than the mere satisfaction of sexual and emotional needs. Your Loving Female Led Relationship is divine. Your Loving Female Led Relationship is your religion.

IN DEVOTION

Partnering with a Powerful Woman indicates your desire to be **IN DEVOTION** to your Loving Female Led Relationship. Being **IN DEVOTION** to a Powerful Woman signifies that you are pledging to follow her lead and live out your life for the sole purpose of empowering her happiness. Being **IN DEVOTION** means complete surrender to her choices. For a Powerful Woman, being **IN DEVOTION** indicates that she is pledging her devotion to guiding the relationship with honor for the highest good of all involved.

Your Goddess

When you are dating a Powerful Woman you should address her by her name. Once you are **IN DEVOTION** to a Powerful Woman she becomes your Goddess. You must revere her as a Goddess, honor her regularly and respect her decisions and wisdom as divine. She exists as a gift to your life experience, to love you, guide you and keep you in right standing with the world. Her words and desires are holy. She is your life bread. Her kisses are your holy water. Partake of them as often as possible.

You are called to worship her. Spend time adoring her. Worship with words, reminding her of how special she is to you. Worship in song by singing love tunes when she is near. Worship in thought by constantly thinking of ways you can please her. She is your partner. She is your friend. Her love is the greatest gift you will ever receive. Her love is divine. Soak in all her glory.

Being a Gentleman

A man in a Loving FLR is a Gentleman. The term reminds him of his promise to always be gentle with women. As a Gentleman in a Loving FLR you are mandated to service of your Goddess.

Pledge

*I am a Gentleman **IN DEVOTION** to my Goddess in a Loving Female Led Relationship. I pledge my life to honor, protect and support her. I will be useful to her. I will ensure her emotional and physical safety. I will make her proud at all times. I will respect the love she offers to me. I will honor her choices and keep my word. She will win as long as she is by my side.*

The Three Tenets of a Loving Female Led Relationship

A Gentleman in a Loving FLR has three main objectives:

Please her | Protect her | Promote her

Pleasing your Goddess comes with specific instructions. The prefix 'PL' of Please indicates multiple. The root word 'Ease' indicates keeping her at ease. You are required to keep her at ease in multiple ways. You can create multiple ways to keep her at ease by focusing on her pleasure and peace of mind. Ask yourself- *How can I provide pleasure and peace to her day?*

Protecting your Goddess is an important demonstration of your love for her. You will protect your Goddess from physical harm. You will also protect her mental health and well-being. You will protect her emotions by not being double minded and honoring your word. Keep yourself healthy and do not expose her to unhealthy habits and environments. If she complains that others are being disruptive to her peace of mind in any way, make a plan to remove the stressors or remove her from the situation immediately. Do not allow turmoil to linger in her life. Protect her from financial devastation. You are charged with protecting her from discord and dissatisfaction.

Promoting your Goddess is your daily objective. Promote her by always speaking well of her to others, reminding her of her vision and taking action to help her achieve it. Be an advocate for your Goddess. Take action toward her goals as though they are your own.

Expression of Being IN DEVOTION

Men- Kiss her right hand on the ring finger to greet her and honor her. Always hold doors open for her as though she is walking into heaven. Offer a kiss and say *I Love You* whenever you depart.

Women- Kiss his forehead between the eyes to express appreciation for his support. Always speak well of him and honor him publicly. Offer a kiss and say *I Love You* whenever you depart.

Daily Devotion

Create a ritual for daily devotion to your Goddess. Choose one action you can take to demonstrate your devotion for each portion of the day- morning, noon and night.

HEAR	TASTE	TOUCH	SERVE
Ask about her day.	Make coffee for her.	Massage her feet.	Have lunch delivered to her.
Offer a sincere compliment.	Prepare a meal for her.	Brush her hair.	Order car service for her.
Read to her.	Prepare a glass of wine for her.	Lotion her body after her shower.	Refresh her sundries.

Weekly Devotion Conference

Couples **IN DEVOTION** to a Loving Female Led Relationship should arrange a weekly conference to discuss the progress of their relationship. Couples should discuss emotional issues, goals and any outside issues that may impact the relationship. Couples must work together to resolve issues by listening, affirming emotions, proposing plans and creating solutions.

Your Bible

How to Love a Powerful Woman is your instruction guide and Bible for sustaining a Loving Female Led Relationship. Refer to the stories, examples and guidance as necessary to resolve issues that may arise and encourage peace in your relationship.

Days of Celebration

March 21st is established as **International Devotion Day** in Tribute to Female Leadership (Loving FLR Day). On this day, from sunrise to sunset, those involved in or in support of Loving Female Led Relationships are encouraged to offer appreciation to the Powerful Women in their lives in word and deed.

When celebrating the **International Devotion Day** on March 21st, you are asked to share your celebration with at least one other person by wishing them a **Happy Devotion Day**.

When they ask you about your celebration you can say...

"I am devoted to supporting Loving Female Led Relationships."

"I am devoted to supporting the empowerment of female leadership."

If they ask for further details you can share your story with them or send them to LovingFLR.Com.

If every person in our community introduces one person to Loving FLRs on **International Devotion Day**, the movement to advance the leadership of women will grow exponentially.

All men and women in support of Loving Female Led Relationships should celebrate **International Devotion Day** by:

- Wearing variations of BOLD GOLD colors and accessories to demonstrate your support of Loving FLRs
- Gifting single white roses to women you appreciate as friends and Powerful Women
- Contacting the amazing women in your life to tell them how much they mean to you
- Offering a donation of goods to a cause that empowers women
- Offering a sunflower to the Goddess in your life

Symbolic Meanings of Devotion Day Celebrations

Wearing **BOLD GOLD** colors and accessories is an international symbol of your support of Powerful Women and Loving FLRs.

Single white roses given to women you appreciate symbolizes your recognition of their power and contribution to your life.

Contacting the amazing women in your life to tell them how much they mean to you is a powerful way to advance the plight of women's progress as it is aligned with offering prayers for their advancement.

Offering a donation of goods to a cause that empowers women indicates your active support of advancing the progress of women. While organizing or shopping for your donation of goods you are expending physical and emotional energy that creates the progress women need to succeed.

Offering a sunflower to the Goddess in your life represents your devotion to her happiness. A sunflower is bold, brash

and uncompromising; the same traits that a Goddess in a Loving FLR should possess.

Birthdays

Couples should always celebrate their birthdays together in meaningful ways because the day you were born was a gift to you and each other.

Devotion Timetable

Couples should measure the success of their Loving FLR by counting the time they have been **IN DEVOTION** to each other. Whether you have been **IN DEVOTION** for six weeks or six years, honor this time period by keeping track of it as the anniversary of the day your life was enriched by love.

Official Song of Loving Female Led Relationships



Shining Star by **The Manhattans**

Primary Focus

Once you become **IN DEVOTION** to your Goddess and your Loving Female Led Relationship, the relationship becomes your religion. The successful maintenance of the relationship is the marker by which you gauge your success in life.

Are you fulfilled in your role as a Gentleman? Is your Goddess fulfilled in her role as a leader? What creates happiness between you? Which situations diminish your happiness? Reveal and resolve all issues together, placing faith in your union and commitment to being **IN DEVOTION** above all else. Cherish the time you have with your partner. Relish in the quiet moments of satisfaction. The thing about the good old days is, you don't realize that you are in them until they are over.

Resolving Conflicting Emotions

Remember always that being **IN DEVOTION** is a promise to your Goddess and to yourself to uphold the three tenets of the Loving Female Led Relationship. The emotions you feel as a result of life experiences are based on your desire to experience those emotions. We hold the power to determine our perspective of events. We choose the way we feel about our circumstances. We choose our emotions based on the thoughts we think consistently. Thinking a thought consistently evokes a particular emotion. Since we are able to choose our thoughts we may also choose our emotions. If you do not want to prolong the feeling of a particular emotion brought on by a certain event, you should choose a new perspective of that event that elicits a more pleasant emotion. Who determines what is good or bad? We do. Choose wisely.

Many of our feelings are subconsciously generated because we become emotionally restless when we go too long without experiencing the full range of emotions. The natural desire to experience the full range of emotions is the reason why we go on adventures, play games, take risks and become fully engrossed in movies and entertainment. We want to feel every emotion. We want to enjoy the fullness of our humanity. Within the context of being **IN DEVOTION** to a Loving Female Led Relationship we must not allow our natural human desire to experience the full range of emotions to deter us from our commitment to our Loving Female Led Relationship. It is an emotion. It will pass. Remain committed and **IN DEVOTION** to your Goddess and your Loving FLR.

Resolving Conflicts

Although there should be few disagreements when a couple is **IN DEVOTION**, a Gentleman should always apologize first if ill feelings surface. His apology neutralizes the situation. He should then ask what he can do to make the situation better.

If a Gentleman is unsure about whether or not his Goddess will approve of a situation or decision he has to make, he should ask her first to avoid all conflicts in the end.

Patience in Partnership

We embrace this life without the burden of perfection. Our inability to be perfect enriches us by helping us to grow and to relate to each other as a result of witnessing our own growth. As much as we have witnessed our own maturation from one phase of life to the next, we must offer the same patience to our partners as they grow. At every stage in life we are doing the absolute best that we can. There should be no demand or expectation of perfection from our partners. What we should require is consistent effort. Gentle encouragement during growth is essential to promote progress. Be kind to one another.

Children and Loving Female Led Relationships

Exposing children to Loving Female Led Relationships will benefit their futures. Young women will benefit by witnessing their mother being treated with loving respect and support. They will view women as strong and powerful. They will come to expect the same treatment from everyone they encounter and they will accept nothing less. Young men will benefit by witnessing their mother being treated with loving respect and support and they will, in turn, look for the same in women they partner with. They will also offer the same to the women they love.

Young women will grow into Powerful Women who are free from the bitterness created by being abused and neglected by men. Young men will come to associate manliness with honoring women and supporting their goals. The more children are exposed to Loving Female Led Relationships the less we will have to rescue them, discipline them and correct

them as they interact within their own relationships. Loving Female Led Relationships are the ideal model of behavior for interpersonal interactions because they exhibit a mutual exchange of respect, support and guidance.

Respect for Our Bodies

Our bodies are the transportation for the energy force that defines us and allows us to experience the fullness of life. As such we should take special care to maintain healthy bodies. Encourage each other to make healthy choices. Refrain from excessive eating, alcohol and drug use. A Goddess must maintain a sober mind to make deliberately wise choices for her relationship and family. A Gentleman must support her healthy choices by following suit and refraining from abusing unhealthy habits.

Our sexual exchanges are a healthy way to express appreciation for each other. Be certain to honor your partner's energy by offering sexual exchanges often, with consent. Find creative ways to explore her body. Learn how to please her sensually. Offer an abundance of affection. Your touch heals and soothes her body and mind. Do not withhold physical touch and love making from each other because it is the best way to express appreciation for the love you share.

Appreciate the changes that our bodies undergo as we experience the gift of aging. The body is a capsule, a shell. It does not define who we are, it simply encases who we are. We are who we are when our eyes are closed in complete darkness. Since we recognize the essence of our being, we should not be quick to judge ourselves and others for the natural transformations of our physical bodies. This body is a gift.

Loving FLRs in Public

Engaging in Loving FLRs publicly is the perfect way to inspire others to honor the women in their lives. Create a reason for

women to smile by treating your Goddess with the utmost respect in public. Demonstrate chivalry, kindness and honor by treating your Goddess like royalty. Allow her to treat you in the same manner and share the love of Loving FLRs with everyone.

CHAPTER 3

Becoming a Gentleman in a Loving FLR

Doesn't it feel good to embrace your natural desire to love and be loved by a Powerful Woman? There is no reason to fight against your inherent nature. You have the ability to support a Powerful Woman because you are stronger than most men. You do not need admiration or assistance from a woman because you are fulfilled enough emotionally and mentally to be able to offer those wonderful gifts to someone else.

When you devote yourself to serve and support a Powerful Woman with your whole heart, it gives you a sense of purpose. You want a loving and stable relationship where there are few disagreements because your roles and responsibilities are clearly defined. You like knowing what is expected of you. You get to fulfill your fantasy of catering to, adoring and worshipping the Goddess in your life. You love it when she gives you an assignment or task because you enjoy the attention and approval of a woman who has high standards. Pleasing her makes you feel special. Meeting and exceeding her standards *does* make you special. You are a very special man. You are a Gentleman.

When you willingly partner with a Powerful Woman in a Loving Female Led Relationship you should refer to yourself as a Gentleman. Wearing this label is a reminder that you should always be gentle with women. Being gentle with women means caring for a woman as though she is a delicate flower.

A Gentleman will always:

- Speak softly with love to a Powerful Woman
- Protect a Powerful Woman from harm
- Express admiration for a Powerful Woman verbally
- Create an environment of positive energy for a Powerful Woman
- Express gratitude for a Powerful Woman
- Listen to and respect the wishes of a Powerful Woman
- Make sure that a Powerful Woman is satisfied first
- Honor the choices of a Powerful Woman
- Honor his promises to a Powerful Woman

Faulty Motivations for Engaging in a Loving FLR

When you are engaging in a Loving FLR with a Powerful Woman, the benefits are plentiful. You never have to guess what a Powerful Woman is thinking because she will tell you directly and without pause. You enjoy the attention and approval of a Powerful Woman who cares for you. You get to celebrate her successes and relish in the fact that you are a part of making them happen. You also get to walk proudly beside her knowing that of all the smart decisions she makes for her life, being with you is one of them.

With so many benefits of being with a Powerful Woman, you will want to try your best to sustain a successful relationship and you should start by examining your motivations. Some men have misguided motivations that will sabotage the

success of the relationship without much effort. A Loving FLR is successful when you are completely fulfilled by your service and support of a Powerful Woman. In return she will honor you, love you and express appreciation for your support. If you require the woman you love must fulfill a *specific* need and she agrees, then your service and love is conditional upon *her service to you*. If she expresses that she has no desire to fulfill your specific need, then you will be unmotivated to support her. If your support is conditional upon her service to you, then you cannot create a true Loving Female Led Relationship because this relationship is centered around being of service to *her* and meeting her needs, not yours.

You cannot have an authentic Loving FLR if:

- You need to have your kinks fulfilled.
- You can't support yourself financially.
- You want to be controlled, punished or humiliated by a Powerful Woman.
- You don't want to have to think for yourself.
- You need a woman to control you sexually.

There is a chance that she may be able to meet your need for a short time period, but what if she cannot continue doing it? If you require that she control you sexually but she comes to a point in her life that she doesn't want to do that, will you still be motivated to support and serve her? If you require that she interacts forcefully with you and her body becomes so frail that she can no longer do that, will you walk away? If you are motivated by anything other than watching her smile in satisfaction then you are not a good match for a Loving FLR.

What are the right reasons for wanting to be involved with a Powerful Woman? There are many. The most convincing motivator is the fact that it truly makes you happy when the woman you love is satisfied.

Your pride as a Gentleman in a Loving Female Led Relationship is directly tied to your ability to ensure the happiness of the Powerful Woman that you love. A Gentleman always gauges his success in life by the continuity of the smile of the Powerful Woman in his life. You will know that you are doing a great job of being a Gentleman by the way she interacts with the world.

'The only
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necessary to
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man can reach
her.'

A happy Powerful Woman will walk proudly in the world, boldly affirming herself, going after her goals without hesitation and creating positive energy for others. Women who are unhappy are defensive, afraid to go after their goals and they consistently create drama and trauma for everyone they interact with. It is your duty to watch for signs that the Powerful Woman you love is unhappy. The way you treat her will be reflected in how she treats others so ensure that she interacts confidently and positively with the world.

Are you capable of honoring her choices?

When you place the needs of a Powerful Woman first, you will honor her choices. Honoring a woman's choices is the basic ingredient for all Loving Female Led Relationships. How do

you honor a woman's choices? When she asks for something, you deliver it without contesting her. If she wants to go out for dinner, you take her out to dinner. If she wants to watch a certain movie, you watch the movie she wants. If she wants to go on vacation twice a year, you make sure that she can do that. When she says she wants to be alone, you need to leave her alone. When she says she is ready to be married, you marry her. If she says she never wants to be married, you never bring up the subject again.

Your needs do matter, and she should take care to make sure you are happy too, but, your job is to place her needs before yours. When it comes to a decision that has to be made and she wants one thing and you want another, she wins automatically.

Are you truly open to being loved?

Some men claim they are ready for a Loving Female Led Relationship with a Powerful Woman when they aren't truly ready to experience love. When a man is ready to love a woman he demonstrates this by creating the time and space for her in his life. He does not immerse himself in issues from his past failed relationships. He also chooses to demonstrate love to all women as often as he can.

When a man is single he tends to fill his life up with activities, goals and commitments to his career and friends. When a Gentleman decides that he is ready for a real relationship he creates the space for a relationship in his life by eliminating some of those commitments, reducing the amount of time he works and scaling back on promises to others so that he can focus on the Powerful Woman who has presented herself. A Gentleman should never tell a Powerful Woman that he will fit her into his schedule; his schedule should already have room for her in it.

Every relationship from our past molds how we interact with people in our present, yet a Gentleman who is ready and open to love understands that every woman is different and history does not have to repeat itself. A Gentleman who is ready for love is also opening himself up to being disappointed and he is okay with that. In the same manner that he managed to move on from his prior relationship and continue to laugh, dance and create loving memories, he understands that even if things go sour with the new love in his life, he will continue on and prosper again. He understands that every woman is not meant to stay in his life forever; sometimes a woman will make a cameo in his life as a special treat. The right woman will want to stay around and it won't be a battle or a headache to keep her.

A Gentleman who is open to love expresses a loving attitude towards all women instead of only towards women he is attracted to. A Gentleman is a gentle and loving man toward all women because he understands that the loving energy he puts out into the world will be returned to him. He also recognizes that every woman he meets could be the gateway to the love of his life. A sincere recommendation from a woman he has befriended could be the introduction he has been waiting for.

A Gentleman in our Loving FLR Community met his wife in this way. A mutual friend of theirs recognized that he was a Gentleman and she was a Powerful Woman and she thought they would be great together. It turns out that her hunch was correct. Imagine what he would have missed out on had he been rude or dismissive of their mutual friend because she wasn't his type.

Handling Conflict Like a Gentleman

As a Gentleman in a Loving Female Led Relationship you should never become aggressive with a Powerful Woman or cause her harm in any way. There is never a good reason to

vent your frustration towards a Powerful Woman aggressively or try to prove that you are right and she is wrong. The only time it is necessary to put her in her place is when you are placing her on a pedestal so that no other man can reach her.

In the case of a conflict where you believe that she has made a decision that will not benefit her or your relationship, you may offer a gentle suggestion along with an alternative solution. Never attempt to correct a Powerful Woman if you do not have an alternative solution. Doing so places an added burden on her because you are essentially saying- *Your decision isn't good enough. Try again!*

No woman wants to hear that from a man. As a Gentleman you are supposed to be helpful. When offering a gentle suggestion you may begin by saying, *"You know that I love you and want the best for you. I think that (insert alternative option) might be a better choice. Would you consider it?"*

A Powerful Woman will always respect and consider suggestions made by the Gentleman in her life. Even when you speak up and offer an alternative choice, she may not change her opinion or path and you should accept and respect that. You must understand that she is wise enough to decide what is best for her and even if you do not understand her decision, she is making it for a reason and you should support her.

At some point in the relationship you may feel as though you cannot do enough to make her happy because she continuously corrects you again and again. You may even feel that she is being petty for correcting you for simple things which you do not feel are that big of a deal. There is a simple remedy to this situation. If you feel that you can't get anything right-*try harder.*

When the Powerful Woman in your life is embroiled in a conflict with someone else, it is best to let her handle it unless you can offer a solution that will resolve the issue more efficiently. If you cannot offer a resolution to the issue, be mindful to create a less stressful environment for her at home. Take care of the details of minor tasks for her, offer her a foot rub or brush her hair for her to show that you care while she fights this battle. Let her know you are on her side.

If you are confronted with conflict with a woman who is not the Powerful Woman in your life, always let her win. Never argue with women over parking spaces. Never haggle over prices with female street vendors. There is no honor in defeating a woman. Any repercussions you may face for allowing a woman to win can be overcome. There should never be a battle with a woman when your duty as a Gentleman is to empower all women.

Prepare to Be an Asset for a Powerful Woman

You may believe you are ready for a Loving FLR with a Powerful Woman, but are you sure you have created a lifestyle and mentality to offer her your absolute best?

Are you emotionally ready?

Are you capable of sustaining yourself emotionally without a partner? How do you know if you are capable of sustaining yourself emotionally? You will know that you are capable of sustaining yourself emotionally when you have created a great life for yourself without a partner. Do you have good relationships with friends or family members? Do you enjoy vacations, nights out on the town or sports? If you are generally happy with your life and satisfied with your progress this means that you are capable of sustaining yourself emotionally. A man who is unhappy with his own life and feels that he needs a partner to be happy will not make a good partner for a Powerful Woman because he will be too needy and demanding of her time and attention.

Are you financially ready?

Are you capable of sustaining yourself financially without a partner? If you are not yet financially secure, hard-working and able to support yourself without a partner then you may become a liability to a Powerful Woman. Most Powerful Women have the ability to support themselves financially and are not concerned with how much income a Gentleman earns yet one of the responsibilities of being a strong support for a Powerful Woman is adding the extras to her life so that she can live a life of ease.

Being capable of financially supporting yourself and the Powerful Woman in your life is also important because if she encounters a sudden misfortune and can no longer support herself financially you should be able to pick up the slack to become financially secure you will need to learn how to earn enough income to take care of yourself and your partner. It is best to create multiple streams of income to ensure that if one stream of income is limited for any reason, you still have an additional source of income that will sustain your lifestyle.

Multiple streams of income can be created in a variety of ways. If you have a full-time job, you may offer your services as a consultant to others who are just beginning to build their careers in your industry. You may also look into purchasing

You need consent to move forward with any idea or goal that involves a woman. If she says NO, don't touch her. If she says NO, that is the end of the discussion.

real estate properties that will generate steady income from renting them out or provide a financial windfall if you ever decide to sell the property.

‘Being a YES
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Another way to create additional streams of income is to learn a trade that you can do with your hands as a service to others. Trades like being a barber, printing T-shirts and selling them at events or being a bartender are all valuable skills that will allow you the security of knowing that you can earn income at any stage in life.

Even if you only work one day a week or month using this new skill, you can always increase your hours if necessary.

Do you understand that NO means NO?

When you make a request of a Powerful Woman and she says NO, you must respect her choice. Pressuring a woman to do what you want her to do indicates that you do not respect her leadership and you think that you are smarter than she is. She won’t feel safe with you. She will not put up with you for long. **You need consent to move forward with any idea or goal that involves a woman.** If she says NO, don’t touch her. If she says NO, that is the end of the discussion.

A Powerful Woman shouldn’t have to argue with you when she says NO. She knows how to say YES when she wants to. Pressuring her to go along with what you want is an insult to her intelligence and leadership. A Powerful Woman doesn’t need to be dominated. She thrives on being respected and supported for her decisions. In your presence there should never be a battle. Don’t **RAPE** a woman emotionally by

insisting that she change her desires or emotional reaction to align with what you want. She will let you go and it will be a relief for her to watch you leave. There is no value in being with a man who does not respect when a woman says NO. She can't love you if you don't respect her boundaries.

Do you demonstrate respect for all women?

A Gentleman must understand that his treatment of every woman he encounters will be a model for other men and he should always behave in a manner that elicits admiration. Showing respect for the Powerful Woman in your life means nothing if you are rude or disrespectful to other women along your path. The random women you encounter on a day to day basis should view each interaction with you as a relief from the interactions they have with average men. All women should walk away from an interaction with you with a smile on their faces.

You should never disrespect a woman or treat her harshly, regardless of how she chooses to interact with you. Any woman who is intentionally disrespectful, rude or spiteful is actually expressing the pain of a burden that she cannot find relief from. As a Gentleman it is your duty to recognize the malicious behavior as a cry for help and offer the woman kind words to help relieve some of the pressure she feels. It is never your duty to become the object of an abusive woman's wrath, but, you should offer words of encouragement in the midst of the turmoil that she creates and then excuse yourself from the interaction as soon as possible.

If a woman is aggressive towards you, create a quit exit. Before you walk away please say: *I'm sorry that you feel this way. I hope things work out for you.*

Are you an overachiever?

A Gentleman who wants to become an asset to a Powerful Woman should be an overachiever. Your job is to exceed the expectations of the Powerful Woman you love which will increase the power she is able to express in the world. If you are a slacker, lazy or perform poorly at tasks, you are not a good fit for a Powerful Woman. Connecting with a Powerful Woman does not indicate that you will have less work to do, it means that you will work more to enlarge her power. Remember that you are the source that reenergizes her power. You cannot be the source if you need external motivation to achieve goals.

Do you gain satisfaction from seeing your partner satisfied?

A Gentleman in a Loving FLR feels pleasure and intense satisfaction from seeing his partner satisfied. Some men feel like a *Real Man* when they offer women money. Some men feel like a *Real Man* when they date younger women. A Gentleman in a Loving FLR feels like a *Real Man* when he is able to offer the woman he loves the lifestyle she wants and deserves.

Are you capable of saying YES to requests made by a Powerful Woman?

The strength of a man is measured by his ability to empower the women in his life. A Gentleman who is capable of saying YES to requests made by a Powerful Woman will secure his value and place in her life in a way that is irreplaceable. Can you say YES to all requests? If not, what skills are you missing? If being with a Powerful Woman is a part of your life plan then you need to develop the skills to empower her.

Understand that a truly wise, Powerful Woman will never make a request of you that she believes you are incapable of achieving. A Powerful Woman may challenge you so that you can realize your potential but she will never strive to

challenge your competency or degrade you in any way by making unreasonable requests. Most men must say NO to requests because they lack the mental capacity to complete them.

A Powerful Woman has the ability to take care of most things on her own so when she does decide to make a request of you, it means that she truly wants your assistance. Saying YES to her request and honoring your word with effort will be the fuel that will help her to achieve more than she ever imagined for herself. Wouldn't it be wonderful to watch her soar above her own expectations? You can experience this for yourself when you decide that you will always say YES to her requests. In this case, being a YES Man isn't a sign of weakness. It is a label that should be worn with honor.

Are you capable of following directions?

When a Powerful Woman gives you direction, it is not meant as a suggestion that you can alter at will. Any woman who intentionally shares instructions with you is offering you the opportunity to give her exactly what she wants and that opportunity should be appreciated.

One of the key principles of establishing a Loving Female Led Relationship is the Gentleman's decision to honor a woman's choices. When a Powerful Woman makes a choice and expresses it to you explicitly, it is because she wants you to complete the task exactly as she requested it. She doesn't want it done how you think it should be done or how your friend told you to do it, but exactly as she requested it to meet her satisfaction. If for some reason you believe that you have a better idea, you can do it your way IN ADDITION to doing it the way she asked you to do it. If she wants her coffee with a special cream and you want her to try a new cream you saw at the grocery store, you should bring her two

cups of coffee, one the way she likes it and the other with your suggestion. Never forego her specific instructions because you have a better idea. When a Powerful Woman asks for something specific, satisfy that request because most women can't articulate their needs. A Powerful Woman who can articulate what she wants is a treasure.

Are you selective with women?

Although you are a Gentleman who will willingly follow the lead of the Powerful Woman in your life, this does not mean you will automatically be of service to everyone. The gift of your support and love should be reserved for a woman you trust and has proven that she is a capable leader of her own life and yours. Although you should honor all women, demonstrating this strength in character will prove to the woman you love that your devotion to her is not motivated

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by your desire to devote yourself to anyone in a skirt. She will understand that your devotion to her is special and she will respect it.

Are you ready to be a role model for others?

Becoming a Gentleman in a Loving FLR positions you to be a model for other men and for women. When men see how you interact with

and support your Goddess they will be challenged to raise their standards for the treatment of the women they are with. When women have the opportunity to witness how happy and fulfilled your Goddess is, you will become a model for how they will want to be treated as well. You have to be ready for this responsibility. You have to understand that as a Gentleman in a Loving FLR you are undertaking the highest

position among men because you are being self-less and empowering to a woman who is poised to impact her community and possibly the world.

Can you maintain your individuality?

As a Gentleman in a Loving Female Led Relationship you must remember that your unique traits, preferences and ideas are the reason why a Powerful Woman chose you as her partner. You are not required to become a Powerful Woman's robot or pet. You aren't her shadow; you are her partner. Don't lose yourself in your support of her. She needs you to maintain your individuality because your intellect, skills and experiences are valuable influences for her.

Maintain your individuality by continuing to learn more about the topics that interest you, doing activities that you find exciting with or without her presence and enjoying the friends and family that appreciate you. The lessons that you learn from being exposed to people other than the woman you love will enrich her life. She may be the center of your world but there is still an entire world out there for you to enjoy and explore. Each of your dreams are important. You don't have to give up your dreams for hers.

Can you behave like a Gentleman?

Don't be a weak man. A weak man is the opposite of a Gentleman. A Gentleman does not:

- Send pictures of his private parts to a woman unless she requests them
- Touch a woman sexually without her consent
- Express derogatory remarks about women publicly
- Insult, harass, degrade or intentionally hurt his partner
- Ignore his responsibility to his children

- Hit women
- Complain
- Compare himself to other men
- Compare the woman he loves to other women
- Compete with a woman
- Do things to make the woman he loves jealous
- Express doubt about her ability to make decisions or complete a goal
- Lie to impress others or get out of trouble
- Fear or sabotage his partner's success
- Depend on others to take care of him
- Make excuses for mediocre effort
- Act like a victim
- Seek validation and assurance from others outside of the relationship
- Try to impress people outside of the relationship
- Expect sex in exchange for his support
- Speak aggressively to women
- Brag about his achievements
- Become angry easily
- Display arrogance, bully others or try to control a woman
- Become needy and clingy or require attention 24/7
- Avoid eye contact
- Blame others for his shortcomings
- Go to others for help standing up for himself
- Forget to follow through with what he promises
- Pressure a woman to do what he wants her to do
- Need a woman to control his behavior
- Ignore phone calls and text messages from the woman he loves
- Allow any man to mistreat a woman in his presence

Do you understand how important you are?

If you can confidently say that you are not a weak man, you are valuable beyond measure. The gift of love and support that you are offering to a Powerful Woman should not be taken for granted. Although you may feel as though it is your pleasure to serve, there are not many men who can participate in a Loving FLR with sincerity. The average man is not capable of offering this type of excellence. Because of this you should understand and respect the gift you are giving to a Powerful Woman. If you love her properly and serve her eagerly, your presence cannot be replaced.

Most women would not dare to dream of the type of relationship that you are offering to a Powerful Woman. It is not within the scope of their imagination or their expectations. Most women would not know what to do with a man who openly expresses that he wants to offer her the world and anything else she wants along with it. You are valuable. Because of this, you need to respect yourself. Your gift cannot be given to just any woman; you must be sure that she deserves it and she will appreciate it.

If a woman does not respect you for cherishing her then she is not the one for you. If she does not show appreciation and say *Thank You* for honoring your word and supporting her, then she is not your type. If a woman takes you for granted, ignores your emotional needs, doesn't honor her commitments to you or behaves as though she is superior to you and she is entitled to your support, you must walk away immediately.

When you participate in a Loving FLR you are not giving a woman control, you are empowering her. This means that you are equipping her with all of the tools and advantages that she will need to achieve the vision she has for her life.

You provide her with the coffee she needs to wake up and go about her day. You offer the sweet text messages and attention she enjoys to remind her that she is loved. You ensure that the car she drives is in working order and safe for her to use. You ensure that she has a beautiful home that she loves coming back to. You provide the orgasms she needs to sleep peacefully at night. You provide the safety net that she can use to take risks for her dreams. You are a giver. This does not mean that she should strip you of your identity, self-worth or all of your possessions.

A good woman, a Powerful Woman, respects the power behind your service and support of her. Just as you would feel horribly sick if you believed that she was disappointed in you, it should make her feel uncomfortable to know that you don't feel loved and safe with her. The reason this relationship style is called a Loving Female Led Relationship is because it is based on mutual love for each other. Yes, she sets the vision for the relationship and you are there to support it, but, if you don't feel that she cares for you as a person, you are disrespecting the gift of your love.

No woman is superior to you. You are just as powerful as she is, otherwise you could not empower her. Together you create an amazing team and you should always strive to love each other as passionately as you can. You should feel safe with her. She is the leader and her happiness is the focus of the relationship but, as much as you cater to her and allow her to have her way, never forget that she cannot have a Loving Female Led Relationship without you.

CHAPTER 4

Winning the Battle with Your Ego

When a boy daydreams about becoming a man, what exactly does he envision? We can safely assume that the average male has crafted his idea of what a man should be from interactions with his father and other male figures in his life, traits dictated by religion or even society's depiction of men on television, in films and through advertising. Those who seek outside influences to determine how they will interact in this world do so to their detriment. When men do not understand that they have the authority to determine the manner in which they will interact with others in this world, they will fight against their natural inclinations in an attempt to imitate an ideal image they see in other men who in turn have copied the behaviors, desires and mannerisms from those men who came before them. This leads to a cycle of repetitive behaviors that deny authenticity.

Redirecting Masculinity

All men are not capable of leading and some men simply do not want to. Most men are not Alpha males and I guarantee that if a man has to declare aloud that he is an Alpha male, he's lying. The majority of men would prefer to play a

supportive role in relationships with women but they won't allow themselves to do so because they are afraid they will feel inadequate about their manhood. If a man chooses to follow the leadership of a Powerful Woman, does this threaten his manhood?

First, let's define the term manhood. Manhood is the achievement of a male's successful transition from childhood to adulthood. With this transition comes certain

'A man does not have to diminish his ego in order to establish a relationship with a Powerful Woman, he should magnify it.'

expectations of the development of qualities traditionally associated with men, such as courage, strength, and sexual potency. Ideal behaviors associated with manhood are being forceful, aggressive, authoritative, macho, heroic, brave, strong, fearless and virile. A man can express his manhood (in terms of being heroic, brave, strong, fearless and virile) while still supporting the leadership of the woman he trusts and loves. A man may also be macho, forceful, aggressive and authoritative as long as he remembers to relieve himself of these traits when he interacts with the woman he loves. A Loving FLR does not strip a man of his manhood, it allows him to relieve himself of the burden of

prescribed masculinity while in the arms of a Powerful Woman.

A Powerful Woman does not desire a man who is forceful, aggressive or macho when interacting with her. Men only act this way to validate themselves or protect themselves. There

is no reason for protection in the arms of a Loving FLR. Under the guidance and love of a Powerful Woman, a man can fully relax into his natural role of servant and supporter without fear of judgment or a surprise attack. When a man wants to embrace his natural aggression and leadership abilities, he can channel it through sports, becoming a champion for causes that empower women and the underprivileged, making progress in his career and protecting the safety and happiness of the Powerful Woman in his life.

If a man's desire to lead others or interact aggressively is missing, is he still a man? Of course he is still a man. A man should strive for authenticity instead of exerting his perceived idea of masculinity. Gauging strengths, accepting shortcomings and seeking to express genuine desires and personality traits are the primary goal for an authentic Gentleman preparing for a Loving Female Led Relationship with a Powerful Woman.

A man becomes a *Real Man* when he can be honest with himself about how he wants to live, love and express himself, regardless of how society dictates he should do it. When a man expresses traits that are not typically associated with masculinity these are not indicators of weakness, they are indicative of being authentic.

We must strive to defeat the social conditioning of prescribed gender roles, especially those that depict traditionally feminine traits as weaknesses. A masculine man can be a stay at home Dad. A masculine man can be a nurse. A masculine man can enjoy affection. A masculine man can be a house husband who supports his business-minded wife. A masculine man can spend his entire life nurturing children. Being a nurturer, being supportive and having no desire to control or conquer are not indicators of weakness; they are

indicators of strength based on self-fulfillment and a proclivity for a peaceful existence.

Winning the Battle with Your Ego

Many Gentlemen who desire relationships with Powerful Women believe that they have to subdue their ego in order to properly support a woman. An ego is a person's sense of self-esteem or self-importance. Having an ego is not a bad thing. Every person should be aware that they are important and valuable in this world. Those who attempt to convince you not to recognize your own importance and value are trying to divert your attention away from your greatness so that you can focus on serving them. No great person has ever reduced their importance. Greatness understands and accepts its existence. A man does not have to diminish his ego in order to establish a relationship with a Powerful Woman, he should magnify it.

Men believe that their egos keep them from fully focusing on a woman's needs in a relationship but this is untrue. It is not a man's ego that prohibits him from focusing on a woman's needs in a relationship, it is a man's need for constant validation and recognition that keeps him from fully focusing on a woman's needs in a relationship. Men do need to experience recognition and validation from their partners. If a man is not properly recognized and validated by the woman who has promised to love and honor him, he will act out and focus more on himself in order to get the attention he craves. The over inflation of the ego, exhibited by men who brag about their achievements, flaunt their assets and behave aggressively with women, can only be harnessed by the love and attention of a Powerful Woman.

Wanting recognition and validation from your partner is not an ego issue, it is a natural part of being alive. We all want to feel that we exist and are important to the ones we love. There is no reason to strive to overcome your ego. You must

embrace your ego and use it as a tool to strengthen the support you will offer to a Powerful Woman. A man who is aware of his ego understands his value in a Powerful Woman's life and this becomes an important motivator for his support.

A Powerful Woman's role as a leader of a relationship is to understand her partner's emotional needs and fulfill them so that he can continue to prosper and support her. In essence, she is charged with fueling his ego so that he does not need to focus on it himself. If a Powerful Woman does not fuel the ego of her partner by recognizing his value and importance, he will lose his focus and his support of her will suffer.

The battle with your ego should not be a battle at all. You believe that you have to reduce your importance but you should never do that. Your ego recognizes your importance and your partner must do the same. If your partner does not recognize your importance in ways that offer you satisfaction then you will begin to focus too much on yourself in an effort to self-validate and this builds resentment toward her. She must understand the importance of nurturing your ego so that you do not have to focus on doing it yourself.

A Gentleman must communicate to the woman you love that you value recognition for your efforts and validation for your presence. When you openly communicate your emotional needs, she can take care of them and you will be free to take care of hers. Communicate to the woman you love that you need recognition, verbal appreciation and praise for your support. Ask her to take care of offering you the motivation that you need to be happy to fulfill her needs. You will never need to stroke your own ego or seek validation from others if she is doing her job of caring for you emotionally. If you are not being cared for emotionally, you have to SPEAK UP.

How to Use Your Ego

Your sense of self-importance and self-esteem are valuable motivators within a Loving Female Led Relationship. You are important therefore your partner needs you in her life to assist with her progress. You are smart therefore your partner needs you to take some of the tasks off of her plate so that she is free to lead you without hindrance. You are so important that your support of your partner is what fuels her greatness. Use your ego every day to exceed her expectations and become her hero. Use your ego, your sense of importance and self-esteem, as a motivator every day to elevate her in ways that are important to her. Let no man exceed your efforts to enlarge her ego and expand her ability to grow.

CHAPTER 5

Initiating a Loving Female Led Relationship

If you believe that you are ready for a Loving FLR you must be certain not to move too fast. The gift of a Loving FLR isn't one to be offered without establishing trust in the woman who has your attention. Giving the gift of a Loving FLR to the wrong person will result in emotional damage and heartbreak. Before you initiate a Loving FLR with a woman be sure that you are ready.

The Gentleman's Checklist for Initiating a Loving FLR

- I am financially capable of supporting myself and treating my partner to memorable experiences.
- I am emotionally available.
- I am willing to listen to and meet the needs of a woman.
- My schedule is flexible and I have the time and energy to invest in a relationship.
- I am careful to respect a woman's personal space.
- I do not require that a woman fulfill any of my needs with the exception of affection and appreciation for my support.

- I can happily lead my own life yet I still appreciate the guidance, attention and presence of a Powerful Woman.
- I am a Gentleman. I am chivalrous. I believe in being gentle with women.
- I have met a woman and formed a true friendship with her.

Choosing the Right Woman

If you can agree with all of the above statements then you are ready for a Loving FLR. You can establish a Loving FLR with any woman, provided she is willing to tell you what she wants from a relationship and then express sincere appreciation when you offer her those things. But, you don't want just any woman, you want the right woman. Some women will say they want a good man but they don't really mean it. Watch for these warning signs that the woman you are interested in is not a good match for a Loving FLR.

She is not ready for a Loving FLR if:

- She is not capable of supporting herself financially.
- She does not honor her commitments to you.
- She does not express appreciation when you do nice things for her.
- She has a combative personality.
- She intentionally harms other people.
- She has a negative outlook on life.
- She does not pursue her goals consistently.
- She has never held a leadership position in any way.
- She needs to be rescued.
- She asks for things she cannot give to herself.
- She does not develop or maintain healthy relationships with others.

- She believes she is superior to men and does not respect them.
- She paints herself as a victim in most scenarios.
- She drinks or does drugs excessively.

If you encounter a woman who exhibits any of these traits, she may not be a good fit for you or anyone else. You may not be able to change her with your love because she has to make the shift herself.

Now that we have an understanding of what a toxic choice for a Loving FLR looks like, we can learn about what a positive choice for a partner is.

She is an Excellent Match for a Loving FLR

A woman who is an excellent match for a Loving FLR confidently makes decisions for herself and others. She makes decisions that are fair even if the results of the decisions do not benefit her personally. When she makes a major decision she does so objectively with the best interests of all people involved. She wants to win as a team and those she leads, respect and trust her because of this.

A woman who respects you and shows it is a good candidate for a Loving FLR. She demonstrates respect by honoring her commitments to you, advising

‘Being an advocate for the woman you love means taking action toward her goals as though they are your own.’

you on matters that are important to you and showing appreciation for your support in ways that you value.

She is a great match for a Loving FLR if she has achieved most of her own goals. You two can create new goals together but a woman who has created a great resume for herself without the assistance of a man will continue to build out her life dreams. When a woman has proven that she can lead herself properly, a man can trust her to lead him too.

She doesn't hesitate to correct inappropriate behavior and when doing so, she believes she is being helpful. A woman who is a great match for a Loving FLR truly believes that with her guidance every situation she engages in will improve. You will find her correcting strangers on the street, peers or even people who appear to have more authority than she does. If someone is being inappropriate she will say something about it. To her, correction is love.

If she is willing to be patient and make the effort to offer guidance to the man she loves, she is a good fit for a Loving FLR. A woman who is easily dismissive of men and lacks the desire to teach a man how she wants to be pleased will not last long in a Loving FLR. A woman must be willing to put in the effort to guide and correct a man's actions so that he can support her.

She loves herself and has great relationships with others. A Gentleman cannot enjoy a Loving FLR with a woman who is not loving towards others and herself. If she has low self-esteem or constantly berates others, she will not be a good candidate to grow a team with. Her negative energy will envelop everything she touches and failure will follow her. She needs to be kind to herself. She needs to give herself permission to make mistakes and fail every once in a while. She needs to not take herself so seriously so that she will be able to roll with the punches of life and bounce back.

A Loving FLR is based on the woman expressing her wishes and the man being willing to support them. If a woman is hesitant to share her desires and disappointments within a relationship she cannot guide the relationship and the relationship will fail. A woman who is a good fit for a Loving FLR will easily and quickly share her likes and dislikes without fear.

The most important trait you should look for in a woman who is a potential candidate for a Loving FLR is whether or not she actually likes being with you. Does she smile when she sees you? A woman who likes you will make time for you, tell you that she appreciates you and integrate you into her life. She will introduce you to her friends and family, make plans with you and keep those plans. She will show you love and affection. She will share details of her daily life with you and ask for your opinions on situations that she encounters. She will enjoy touching you, holding you and being intimate with you. A woman who enjoys being emotionally intimate with you and is open to love will tell you that she likes being with you. A woman has to like you and want to be with you for this relationship style to work.

How to Introduce a Loving FLR Without Scaring Her

When you are certain that you are ready for a Loving FLR and you believe you have found a Powerful Woman who would benefit from and appreciate your support, you can introduce her to a Loving Female Led Relationship according to your motivation for the relationship. Yes, your vision for the relationship comes into play at this point. Once you introduce the idea of a Loving FLR she will decide where to take it from there.

Tip #1- Introduce the concept without pressuring her to do things your way. Tell her that you would like to be more of a

Gentleman to her. Ask her how she would like you to do this. After she responds, do exactly what she asks of you without trying to influence her to act out your vision for a Loving FLR.

Tip #2- Understand that this concept may frighten her. Most women are accustomed to the idea of men being leaders in the relationship and it makes them feel less vulnerable if the man asks for what he wants first. Asking a woman to become involved in a Loving FLR may frighten her because it goes against everything she has ever learned about relationships. Instead of asking her specifically for a Loving FLR, simply ask her how you can please her and do those things she asks.

Tip #3- Show Don't Tell. Instead of getting on your knees and pledging your life to her, show her the benefits of being a leader by asking her what she wants when it is time to make a decision. When she responds, give her what she wants. Do this over and over again until she is comfortable knowing that you will honor her wishes. This exercise alone will establish a Loving FLR.

Determine why you want a Loving FLR. If one of these motivators appeals to you, you can then use the suggested action to introduce a Loving FLR.

Your Motivation: You Want Her to Be More Confident.

You want to help her express her power. You believe she is more amazing and powerful than she believes she is. You believe in her ability to lead a little more than she does. You want her to see herself the way you do. You want her to become the Goddess she truly is. The best gift you can give her is to enroll her in **Loving FLR's Women's Leadership Coaching Program** so that she can be coached by a phenomenal leader and meet other women who have had the same support.

When introducing the concept of a Loving FLR to the woman you love, explain to her that you want her to lead your

relationship. Share with her that leading the relationship means that you will trust her decisions because you believe she is smart. Back up your claims by asking for her input before you make a decision and then praising her decision making skills.

Say:

"You're a smart woman, what do you think of this?"

"Excellent! I knew you would be the perfect person to help me decide."

When she sees that you value her opinion she will stand taller and become more confident. Find ways to brag about her intelligence to others when she is there to witness it. Defer to her on decisions, especially in public, and follow her lead. Gently suggest that she take a leadership position in a community group or online. Show confidence in her abilities by offering your support as her assistant.

A Gentleman in a Loving FLR is an advocate for the woman he loves. Being an advocate for the woman you love means taking action toward her goals as though they are your own. To completely satisfy the woman you love you have to be an ardent advocate for her.

If you want her to become more confident SHOW MORE CONFIDENCE IN HER!

Your Motivation: You Want to Become a Better Man

You want her to challenge you more and to raise her standards when it comes to engaging with you. Introduce the idea of a Loving FLR when having an intimate night on the couch or lounging in bed. Ask her if you can make a list of things that you do that makes her feel loved. Try to list out at least six things. Then ask her if there are things about you

that she thinks you could improve upon. Try to list at least three things.

After making the list tell her that you want to make a wager for fun. Make a wager that you can keep up with everything on her list, continuing to do the things she likes and improving on the things she is unhappy with. Ask her what she wants if you cannot maintain the list. Tell her that you will make weekly checks and ask her about your progress.

If you have kept up with all of the tasks then you get (insert your desire). If there comes a time when you cannot maintain her list then you lose the game and you will have to (insert her desire or challenge). If you have trouble coming up with exciting ideas for wagers then create a list of outrageous terms.

IF SHE WINS: Take her on a vacation of her choice. Give her an entire paycheck for her to spend shopping. No oral sex (FOR YOU) for a month. No social outings (FOR YOU) for a month. Get a tattoo of her name on your body, etc.

IF YOU WIN: She should give you a sexy dance wearing lingerie. She takes out the garbage for a month. She gives you a foot massage every day for a week. Ask for that kinky thing you like.

Tell her that you will place the list in her bedside drawer for safekeeping and if she wants to add anything to the list all she has to do is write it down and tell you that she has updated the list.

Your Motivation: You Want to Spice Things Up

If you are motivated by the idea of spicing up your relationship with a Loving FLR, you can turn it into a game of challenge. Ask her what she would do if she was the Goddess of the Universe? If she doesn't answer or she laughs then tell her that you want to play the Control Challenge with her for

fun. Tell her that you want her to challenge you by showing complete control over you. Tell her that she can give you one rule or challenge and that you must complete. If she has no idea what to challenge you to do, ask her if she wants you to do 100 pushups or walk outside in your underwear. She may laugh at this point but press the issue a little to see what she comes up with. Whatever she says to do, you must do it.

After a week goes by, tell her that you like her challenge and you want her to challenge you again. If she says she doesn't know what to ask you to do, then make suggestions like: deliver flowers to her job every day this week, cook dinner every day for a week, or go to work without wearing underwear. If you have a fun loving woman in your life, she will enjoy this game.

Each week encourage her to think of helpful things you can do around the house and fun challenges to make you a better man like: going a week without eating meat or going for a half hour walk before work. Be warned- the zanier she is, the more outrageous her suggestions will be. She may ask you to shower with women's body wash, or ask you to shave your armpits. The objective of this game is to get her in the mindset of telling you what to do and having confidence that you will comply.

'Tell her that
all she has to
do is tell you
what she
expects from
you to make
her feel loved
and secure
and you will
do it.'

Once she has a taste of this kind of power, your relationship will be filled with fireworks.

Your Motivation: She Doesn't Seem Happy

If you are motivated to form a Loving FLR because you have no clue how to improve your relationship and she is not the type to communicate her disapproval openly then you may want to try the direct approach. Tell her directly that you want to care for her. Tell her that you want to ensure that she is happy but you need to know what will make her happy. Many women will stall at this point because no man has ever asked such a thing. Women are so used to placing others before themselves that they have never given thought to what would make them happy. They assume that focusing on their happiness is selfish and unbecoming of a woman.

Tell her that her happiness is important to you and you want to improve your relationship because you feel that you are not doing enough. Tell her that all she has to do is tell you what she expects from you to make her feel loved and secure and you will do it. If she hesitates, don't be afraid. Do not pressure her to take the lead, give her the lead by asking her what she wants and when she gives an answer, follow her lead.

Introducing a Loving FLR to a Long Distance Love

It would be great to live in a world where we meet the love of our lives next door, but with advancements in technology we now have an entire world to explore options to fall head over heels in love. When you meet a woman on a trip overseas or online and you admire her strength and beauty you may have the inclination to create a Loving FLR with her despite the fact that you are not going to see each other every day. A long distance Loving FLR is the exact same as a regular long distance romantic relationship except you may have more frustration because you won't be able to offer her support in person the way that you would if you were near.

That's okay. You can still engage in a Long Distance Loving FLR by being sure to take the pressure off of the relationship. Respect your need to be physically together and appreciate the interesting benefits of being apart. You live in completely different environments so you can offer each other the experience of living in a completely new place virtually by taking your long distance love on guided tours of the streets, shops and attractions.

You don't have to stay cooped up in the house on the webcam crying about how you wish you could see each other every day. Go out. Make new friends. Be sure to have new experiences so that you can come home and share those experiences with your long distance love. Enrich yourself. Go on dates with other people just to have – *It happened to me* – stories to share. Don't limit your love to pain over the distance. There should be no pain if you are truly friends and you want the best for each other. The best is never an aching heart. The best is never longing and waiting. You don't have to experience those emotions at all if you both decide that you are a part of each other's lives and not the sole reason for living.

Be a friend. Friends don't break up because of a missed phone call or text. Friends don't throw a fit because of cancelled plans. Friends love each other for no reason or any reason they can think of. Love each other like that. Get together as often as you can and as for the rest, choose to be happy about the progress you are currently making in life and share that happiness with your partner. You are where you are for a reason. You are preparing for what comes next. Don't rush the process. Build. Grow.

As for the other stuff, the Loving FLR stuff, the service you want to offer that makes you so happy, you can still

experience that. To satisfy your need to offer service to a woman, create simple ways you can assist her in her goals and do them. Offer to study with her for her exams. Create the flyers that she needs to market her new business. Send love notes. Write her a song. Ask her how you can make her smile and do those things. Create rituals for interacting with her on a daily basis like tagging her in memes first thing in the morning, texting her silly pictures throughout the day and you both relaxing with a glass of wine at the end of the day over the phone. As long as you connect daily, you're still together. This is the digital age. Digital love is real.

When a woman leads the relationship she must tell you what she wants. It's never about how many tasks you can

‘Women must learn how to allow a man to care for them. In fact, women must learn that it is a man’s duty to care for them.’

complete, although I know that gets your juices flowing. If she is happy to share her life with you, even digitally, then you should be happy that you are doing a good job as a Gentleman in a Loving FLR.

Introducing a Loving FLR When She Is Hesitant

You may find that you love a woman who is not interested in being the leader of the relationship. Women who have taken the **Loving FLR Women’s Leadership Coaching Program** have expressed several reasons why they were hesitant to lead. The most common reason

women are hesitant to take the lead in a relationship is the fact that they view Loving FLRs as an added burden. When men introduce this relationship style, women feel as though they now have more responsibility added to their lives. A

Loving FLR offers the antithesis of being burdened; a woman in a Loving FLR is cared for. Caring for a woman is the common factor in the way all true Loving FLRs operate, yet some men fail to present Loving FLRs in this way.

Other factors may contribute to a woman's rejection of a Loving FLR. Besides the fact that society has conditioned her to believe that any man who exhibits nurturing traits is weak, some women are so independent that they cannot imagine allowing someone else to take care of them. They were taught that being a strong woman meant that it is a woman's job to take care of herself and no one else should do it. She will feel guilty when someone caters to her. She will hesitate to accept favors and special treatment from men because she has been taught that she must not take up too much space in the world. These subconscious judgements work against the natural order of our existence. Men do not want to dominate women, they want to serve them and support them. Women do not want to reject being nurtured by men so that they will be considered independent and strong, they want to be loved by them.

A woman who does not allow a man to care for her does so out of fear that she too, will be viewed as weak or dependent. Both men and women are relentlessly dodging perceived weakness. In this case weakness is encapsulated as offering nurturing love and accepting nurturing love from someone else.

Evading the very gift that we first received upon entering this life is destructive to our well-being. We were nurtured as infants because we needed it. We still need it. As parents we naturally nurture our children because it is fulfilling to do so. We are still fulfilled by doing so. Once again, our projection of what we believe society wants from us is impairing our

ability to enjoy our lives. We must stop trying to please others and fit in. We must be brave enough to be our authentic selves and to allow our fulfillment through enjoying loving nurturing. Women must learn how to allow a man to care for them. In fact, women must learn that it is a man's duty to care for them.

If a woman says she believes it is the man's duty to be the head of the household because **she believes in the Bible or other religious texts that mandate that women should never exercise authority over a man**, respect her decision. A woman can appoint you to be the head of the household and still hold you accountable for how it should be done. You can then earnestly ask her, *"If you want me to take the lead, how should I do it?"*

Ask her to tell you how she wants you to interact with her as the head of the household. What are your responsibilities? Find out what she wants exactly, make a list and then do those things. She is still leading the relationship by expressing what she wants.

If she says that she wants an equal partnership then ask her what that looks like to her. Which decisions does she want to be responsible for and which ones should you be responsible for? Now that she has expressed what she wants, you now have direction for how to deliver it.

You don't have to press the issue again, just pay attention to her. Take note of her responses to your actions. When she responds with a sincere smile, do those things more. When she responds negatively, do not do those things again. A Loving FLR does not have to be formally recognized. The basis of a Loving FLR is to honor a woman's choices. If she says she does not want a Loving FLR then don't mention it again. Be guided by her reactions to the treatment you offer her. When she has a happy face, keep up the pace.

Initiating a Loving FLR with an Abuse Survivor

A woman who was in an abusive relationship can engage in a Loving FLR but it may take a while for her to allow a man to care for her because she has grown accustomed to being defensive in the presence of men. A man who wants to love an abuse survivor should take note that she may have developed an unacknowledged appetite for abusive behavior because it was the only representation of love in her life.

If you have genuine love for this woman and you believe that your love can help her heal, you may be right. I once met a man who shared that he was raised in an abusive household. After his parents broke up it took a long time for his mother to entertain the idea of dating a man again and when she did, she appeared to be broken. She wouldn't allow him to love her. She became infuriated over simple things. She was extremely defensive. She automatically assumed everything he did was an attack against her. His mom's boyfriend hung in there despite her reflex attacks. He loved her through the pain she was feeling without returning her anger or becoming aggressive. Eventually she relaxed and returned his love in a healthy way.

You may be able to offer the same kind of healing through a Loving FLR but you will have to remember not to be aggressive with her at any time. Allow her time and space to trust you and remind her that she will never have to go through an abusive situation again. If she does not heal as fast as you want her to, be patient with her. Her battle is not with you. Her battle is with her past. She is angry with herself for not being able to stop the abuse in the past. She is strong. She can overcome it and learn to appreciate your love, if she wants to.

If you want to love an abuse survivor in a healthy and genuine manner, there is a chance that she may not ever value your love. If over time you feel that you cannot make her happy and her defensiveness is causing you to feel badly about your ability to create a happy relationship, you need to get out of that relationship. If you have been patient and kind to her and she still has not shifted her response to your effort and love, she may never learn to. It is okay to walk away. You should not stay in a relationship that hurts you for a prolonged period of time. You want a Loving FLR. You don't need a battle.

Understanding the Leadership Style of Your Goddess

Introducing the concept of Loving FLRs is not an easy task because it is contrary to contemporary social expectations. Despite this truth, the fact remains that Loving FLRs are extremely beneficial to women. If a concept is beneficial it should be introduced whether society agrees or not. We make the change we want to see in the world and your support of Loving FLRs encourages that change. Don't give up.

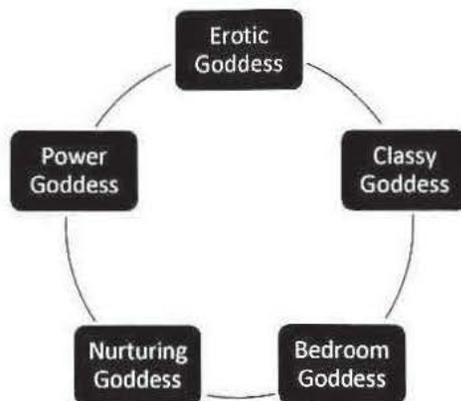
A great way to encourage the shift toward acceptance of Loving FLRs is to understand that all women want different things from a relationship. Your vision for a Loving FLR may not align with what the Powerful Woman in your life actually wants and if you are sincere in wanting a Loving FLR, you will need to accept that.

When introducing a Powerful Woman to the concept of a Loving FLR, explain to her that this relationship style is not a burden because it was designed to offer her relief by clarifying exactly what she wants from your relationship and tailoring the daily functions of the relationship to match her individual personality.

There are different expressions of leadership that all women can choose from to help you both understand how she

prefers to lead. When a Powerful Woman becomes your Goddess, she can choose from these Goddess Styles and Authority Styles to create her ideal relationship.

Loving Female Led Relationship Goddess Styles



She is a CLASSY GODDESS.

- She is a quiet woman who does not like to yell, scream, punish or force compliance.
- She likes her wants being met for the pure pleasure of having them met. She is not into humiliation, degradation or sadism.
- Her directives are always soft, controlled and polite, yet firm.
- She wants a partner whose objective is to serve with excellence. He would not be a masochist (a person who enjoys pain and punishment).
- He worships her as a Goddess just because he respects her and derives pleasure from worshipping her in all ways.

She is a POWER GODDESS.

- She is the wisest person she knows, and she naturally takes charge of all situations.
- She does not trust anyone's judgment above her own, and it makes her ill to follow someone else's lead because she knows she can do it better.
- She wants to have the final say in all matters because it makes her feel empowered.
- She wants a partner who is thrilled to be compliant. He wants detailed instructions and protocols.
- He wants to serve her as his Goddess because he believes she is superior. He understands her opinion will always be better than his, so he waits for her to offer advice or permission before he makes any decision.

She is a DAINTY GODDESS.

- She enjoys being pampered and showered with gifts. She believes her body should be worshiped daily with soothing massages and compliments.
- She does not need to be in control of every decision, but it makes her feel good when the option is given to her.
- She enjoys stimulating conversation with her lover, and she regards him as her equal. She enjoys teasing him and denying his sexual pleasures just for the joy of watching him beg and squirm.
- She wants a partner who is charming and wise. He will be an asset to her life, assisting her in all of her affairs and worships her like a Goddess.
- He knows how to take the lead but also enjoys giving her the reigns both inside the bedroom and outside. He will comply with her wishes

solely because he loves her. He enjoys seeing the gleam of mischief in her eye when she tells him no.

She is an EROTIC GODDESS.

- When she meets a man she is interested in, she automatically imagines herself tying him up and trying other kinky sexual activities with him, whether he wants to or not.
- She uses her sexual energy to her advantage, withholding his pleasures to keep him begging to please her. Withholding his pleasure is a game that she loves to play.
- She wants a man who is led by his sexual cravings. He loves it when she takes control, and he is always on his best behavior.
- He tries to earn his way into her heart and panties with good behavior and compliance. She likes watching him cook for her and pleasuring her while squirming and yearning for his own release that will not happen until she feels like it.

She is a NURTURING GODDESS.

- She is a naturally nurturing woman who wants to bring out the best in the man she is with.
- She enjoys instructing him, guiding him in his affairs and preparing him for the tasks he has to undertake in the world. She is devoted to his progress. She may dominate him sexually, but most often she just wants to make love. Everything she does with him is guided by her passion for him.

- She wants a man who is a bit of a slow learner. He presents himself as a man with potential and is eager to be groomed.
- He loves it when she corrects him and complies immediately. He hangs on to her every word. She is the force that makes the sun rise, at least in his eyes. She is the answer for everything. Without her, he would be lost.

She is a BEDROOM GODDESS.

- She does not need to control anyone. In fact, she does not respect men who need instructions all of the time.
- She likes it when a man makes plans and decisions on his own. She appreciates being cared for by someone who knows what he wants and how to get it.
- But when the lights turn off, she transforms into a tigress. She is never afraid to say how she wants it and for how long. She feasts on men sexually, pushing their limits often. When the sun rises, and the bedroom door opens, she is a lamb again.
- She wants a man who is submissive sexually. He enjoys when she demands sex her way, but in his regular life he does not need or desire guidance.
- He will adore her forever because he respects the fact that she will never settle for anything less than amazing sex with him. He loves a sexual tigress and will show his appreciation every chance he gets by taking excellent care of her and holding her hand through life.

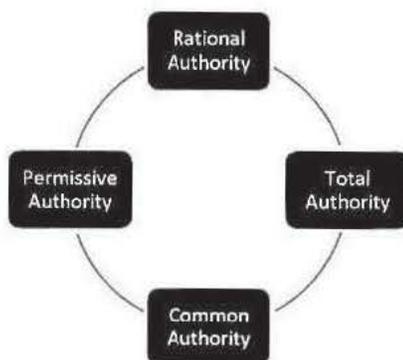
When a couple decides to enter into a Loving Female Led Relationship, they both agree that she should design the relationship in a way that suits her. Deciding which Loving

FLR Goddess Style she identifies with helps her partner to understand how she wants to interact with him. She can match one Loving FLR Goddess Style or she could be a mixture of all six. After reading through the list of archetypes, she should be relieved to understand that there is not one way to lead and the choice is entirely up to her to decide what she wants.

Now that she has determined which Loving FLR Goddess Style matches her personality, she can now decide how much authority she desires to have in her relationship.

There are 4 types of Authority Styles that a woman can use to clarify how she wants to express her leadership in a Loving Female Led Relationship.

Loving Female Led Relationship Authority Styles



Total Authority

- The woman has the final decision in all matters.
- Her partner must seek her permission in all aspects of his life and in all function of the relationship before making a decision.

Permissive Authority

- The woman's authority is optional, at her delegation.
- She decides which decisions he should make on his own.

Rational Authority

- The authority to make independent decisions is shifted when it makes sense.
- Whoever has the most knowledge of a situation or issue should make the decision.
- Her satisfaction is still the primary focus of the relationship, but she does not feel the need to have control over every decision he makes.

Common Authority

- He can act independently in making most major decisions for himself.
- She has the authority over common, everyday life decisions like which movie to watch, which food to buy, decorating, shopping, socializing, etc.

Be careful that you do not overwhelm her with choices or the concept of Loving FLRs will seem to be too much of a burden and added responsibility for her. All you really want to do is serve and support her and none of this information is absolutely needed to form a Loving FLR. All you need to do to form a Loving FLR is to honor her choices, please her, protect her and promote her. I know that you want a formal acknowledgment of your Loving FLR because it will make you feel more like a prince protecting his Queen, but it is not necessary to force the issue. You have been equipped with every understanding, all you have to do now is play your part.

CHAPTER 6

How to Empower a Powerful Woman

A Powerful Woman gains her strength from recognizing that she can empower herself. She doesn't necessarily need a partner and she knows this; her life would still progress consistently without one. She also recognizes that having the support of a devoted Gentleman will help her reach her ideal lifestyle much more easily. Your job is to empower the Powerful Woman in your life by following these guidelines.

Actively Encourage Her to Go After Her Dreams

When the Powerful Woman in your life has a vision for herself, whether it is a business goal, education goal or body type, you should always agree that she is capable of attaining it. Actively work to set her up for success. Take action to show that you believe in her by supporting her path to her goal. Sign her up for the fitness class she needs to become more healthy, offer her the down payment that she needs on the new office space for her new business, register her for the **Loving FLR Women's Leadership Coaching Program** so that she can learn how to become a more impactful leader.

Verbal encouragement is great but to truly empower a woman, it takes action on your part to show her that you stand behind her dreams. Her success is your responsibility. When she expresses a goal or a wish, DO something to get things started for her.

‘Sex begins
when she
initiates it or
accepts
your
request and
ends when
she is
satisfied
completely.’

Listen Carefully

When a Powerful Woman speaks, you should always listen carefully. When a woman feels heard, she feels loved. The words she speaks are a melody that replenishes your ego. Since most women do not have the courage to ask for what they want and most men do not have the capability to deliver what is asked of them by a woman, the mere fact that she has made a request of you indicates that she believes you have the ability to deliver.

It is an honor to be the subject of a request from a Powerful Woman because it demonstrates her belief in your power. When a Powerful Woman speaks, listen carefully.

Glean from her requests so that you too will become as wise as she is.

Focus on Meeting Her Needs Everyday

Your daily duty is to meet the needs of the Powerful Woman in your life. If she has not set specific tasks for you, ask her how you can help make her day better. Anticipate her needs and take care of them before she has to ask. If there is a problem that she does not have time or energy to correct, take care of it for her. If you know that she will be running late, have dinner prepared for her. Count your achievements

daily. Do at least three things that meet her needs every single day.

Do What She Asks With Eagerness and Enthusiasm

If you are choosing to be a part of a Loving Female Led Relationship, please do so wholeheartedly. When she makes a request of you, consider it an honor to serve and assist. Pouting, completing tasks half-heartedly or offering negative energy will cause her to withdraw emotionally and ultimately physically from the relationship. When you are sincerely excited to meet her requests, she will be excited to offer more requests and honor you with the love and appreciation you crave.

Allow Her to Lead the Way She Wants

There is no standard method for leading a Loving Female Led Relationship. The best way to be a supportive Gentleman is to encourage the Powerful Woman in your life to lead the way she wants to. If she is not a controlling and harsh woman, do not attempt to urge her to be that way. If she wants to cater to you and be sensual and sweet, accept this form of love as her leadership. If she wants to make decisions by asking for your input, honor this request. She is not in your life to be your fantasy. You are in her life to be hers.

Fulfill Her Sexual Needs First

A sexually satisfied woman is a happy woman and your service to her includes satisfying her sexual needs. Even if she does not request a sexual treat, you should still offer it. She needs sexual pleasure and comfort to function. She needs hugs and tenderness to feel alive. Attend to these needs as often as you would attend to the habit of bathing or checking the mail. *"Would you like an orgasm today?"* is a great question to ask.

To ensure that her sexual needs are taken care of be certain to remove the thought of your sexual needs from the equation. Most women believe that sex begins when the man initiates it and ends when he ejaculates. In a Loving Female Led Relationship with a Powerful Woman sex begins when she initiates it or accepts your request and ends when she is satisfied completely. Under no circumstances should you ever ejaculate before she is satisfied sexually and expresses her satisfaction verbally. If you ever attain your sexual satisfaction before her and cannot completely satisfy her afterwards, you are offering her a free pass to seek pleasure elsewhere.

Take Initiative

The best way to empower a woman is to take initiative to meet and exceed her needs. Initiative is the ability to assess and initiate objectives independently. Most men need to be asked over and over again to complete tasks and pay attention. Demonstrate that you are a true Gentleman in a Loving Female Led Relationship by taking initiative to empower her.

- Do things she has previously asked you to do for her.
- Do things she has previously asked you to do for yourself.
- Pay attention to her daily routines and determine if there is a task that you can offer her relief from. Complete the task.
- Recall conversations you have had in the past. Was there anything she mentioned that she wanted to do, take care of or learn more about? Start the process for her.
- Think about the major goals that she has expressed. Can you make those goals happen? Make a plan to get it started and take the first step.

- What have you done in the past to make her smile? Do it again.
- Is there a problem that she has been working on resolving? Help her resolve it.

Learn Her Love Style

How does the Powerful Woman in your life like to experience love? Do words of appreciation make her feel loved? Does giving her gifts make her feel loved? Does she appreciate it most when you do things for her like running errands and cooking for her? Does she like to be touched and caressed? Ask her how you can communicate that you love her without verbally expressing it. Listen to her response and do it every single day.

Be Patient

It is very likely that the Powerful Woman in your life is not a patient person. Perfectionists and overachievers always assume that others should have the same stamina, work ethic and standards as they do. They won't understand mediocrity and they will become impatient quite easily. To balance this impatience, your duty is to take initiative to exceed her expectations so that she does not have to become upset by slow moving effort.

'Your
objective is to
always say
YES to her
requests...'

You must also learn to be patient *for* her. Ease her mind when you see that she is about to erupt by reminding her that everyone isn't as amazing and intelligent as she is and she should consider that before she becomes upset.

Agree With Her Vision

You have decided to engage with a Powerful Woman because you crave the company and presence of greatness. With this comes the responsibility of following her lead by agreeing with her vision. The world will not always embrace or support her vision and the decisions that she makes will be tough but necessary. She needs your support and agreement. If she is truly an intelligent and Powerful Woman she will never create a goal that will harm you or your family.

Say No Respectfully

Your objective is to always say YES to her requests but there are certain instances where you will have to say No and she will respect that. If she makes a request that disagrees with your core values, causing you to feel badly about who you are, it is perfectly acceptable to say No. When you must say No to a request, counter your denial with a sincere explanation for why this request will hurt you and always offer an alternative to help her see that you don't want to say No completely.

Request: She asks you to shave your head.

Reply: *Shaving my head will make me lose confidence and I want to be a right standing man when I am with you. Perhaps I can remove my mustache instead.*

Request: She asks you to sleep with another man.

Reply: *My body will absolutely reject the idea of sleeping with another man. Perhaps we can spend time watching X rated videos together to discover other ways to excite you sexually.*

Encourage Her to be Free with You

When a woman feels free to be her most authentic self in the presence of a man she feels empowered. The Powerful Woman in your life may not be extremely feminine, she may not want children or she may request that you dominate her

sexually. As long as she is happy with her choices and preferences, you should be too. Encourage her to explore, experiment and express herself openly. If she cries during Disney films, rub her back. If she wants to drink beer, buy her a 6 pack. If she feels the need to date someone else while still in a relationship with you, trust her and respect it. If she decides not to follow a religion, explore new spiritual practices with her. Let her know that she is free to call you whenever she wants. Let her know that she is free to trust you with her secrets. Let her know that she is free to express herself at any time and you won't judge or belittle her. Teach her that you won't criticize her or shame her for situations that did not end well.

When a man allows a woman to truly feel free, he makes himself irreplaceable. He will never have to wonder if she will tire of him when he is the only person on Earth who knows and accepts her for who she really is.

Allow Her to Show Weakness

When a woman cries, becomes frustrated or says that she does not know how to handle a situation, it is not a sign of weakness, it is a sign that she trusts you. Powerful Women have so many people looking up to them that they feel they can never show signs of being a human. As the Gentleman in her life, you are her comfort zone, her refuge and her shield. Allow her the time and space to have a breakdown, a tantrum or show her emotions. She is created in greatness yet, she is still human. She needs you to understand this, respect it, and offer comfort.

Share Your Secrets

When a man feels comfortable and safe with a woman he feels free to allow her to get to know him on a level that no one else will. It empowers a Powerful Woman to learn about

your secret desires, fantasies and issues that most people in your life do not know. When you share intimate secrets and desires with your partner, you are offering her the chance to walk in power because she understands that no one else knows you the way she does. Give her the opportunity to know who you really are so that when she tells you that she loves you, you won't doubt her.

If by chance you mention something that she finds offensive or repulsive, you should accept that she does not want to hear more about that part of your life and never mention it to her again. If acceptance of that issue or desire is really that important to you, you should find a new partner. Powerful Woman should never be forced to accept anything that makes them feel uncomfortable and neither should you if the situation were reversed.

Ensure that She Feels Safe, Secure and Loved

I asked 60 women what they want men to do to ensure they feel safe, secure and loved. These were the most passionate responses.

1. When I say something is important, don't negate it.
2. Show me how much you appreciate me instead of telling me every once in a while.
3. Recognize my hard work and appreciate all I do. You don't know how far that recognition can go!
4. Be honest about where you are in your life.
5. Be more romantic, with snuggling and cuddling.
6. Express more in compliments than complaints.
7. Listen...not to solve a problem, but to listen...then apply what you heard. I'm sure if all men would repeat verbatim what was said and apply it....relationships would last so much longer.
8. Remember that whatever I complain about points to what makes me feel loved.

9. Remember the little things....when I returned home on Valentine's Day I had a card on the counter. You grabbed a piece of paper from the printer, a pink highlighter, drew a heart and will you be my Valentine. The little stuff lets me know you really love me.
10. Care more about me than your job.
11. Help around the house and with the kids without having to be asked. You should know laundry needs to be done if there's laundry in the hamper. You should know the dishes need to be done if there's dishes left in the sink. You should help with the kids rather than making me do all the work with the kids all the time. It should be more of a partnership. You shouldn't have to be asked to help make a home.
12. Release the stereotypes you learned from other men. For example: men are stronger than women, that all women want to be taken care of or "saved", stereotypes that harm women (women are frail, princesses, obsessed with marriage and dating), that women prefer love over respect (as if one had to choose), that women need to submit to their partners when it boils down to it, that all women are needy and emotional. That caring = needy.
13. Really support me. This means doing all the house chores and going to work. There are many women who do it, why can't you do it too? I'm building a new business and I compete with men who have wives taking care of everything for them. For other women it would give her a better chance to climb the corporate ladder.
14. Agree to take parental leave so that my career is not ruined because of a child.
15. Be proud and supportive of my career.

16. Don't buy me what you want me to have, but rather what I value.
17. Love me when I'm at my most fragile/vulnerable instead of retreating into the shed when I need you most.
18. Respect my feelings. I'm pretty sensitive. Spend more time with me.
19. Affirm the things that I do that are a big part of who I am.
20. Communication. I want to share intimate, deep, emotional conversations. Don't put a wall up.
21. You need to create new ways to say I love you. You need to make time and take time to show love. You need to make love to me outside of the bedroom before you climb into bed. You need to understand that you're not the only one that wants a nut. You need to understand the art of a loving touch. You need to be there in the family to show your son how a man should be and how he should treat a lady and to show your daughter how she should be treated.
22. Protect me.

CHAPTER 7

Engaging Powerful Women at Work

Gentlemen who love and adore women will find that they naturally gravitate toward Powerful Women in the workplace. A Workplace Female Led Relationship (Workplace FLR) will allow men to find satisfaction in supporting a woman in a platonic, professional relationship. There are many Powerful Women in the world who would appreciate the support of a man like you and it is remarkable that you are able to demonstrate your support of women with no strings attached.

Creating a Workplace FLR with a Powerful Woman will be very similar to a romantic Loving FLR with one exception; there is no sexual interaction. In the absence of sexual or romantic exchanges, many men will find that emotional, personal and psychological connections are just as powerful and fulfilling. The primary motivator behind being in a Loving FLR is being of service to a woman. A Workplace FLR satisfies a man's need to offer service by supporting a Powerful Woman's professional goals. Empowering a Powerful Woman at work satisfies this need equally.

When men engage in Workplace FLRs, the dynamic of the entire business will shift. Men will eagerly support their female colleagues and women will in turn feel safe, uplifted and appreciated. True alliances will be formed with both genders working toward the same goals, improving morale and boosting profit and productivity.

The New Rules for Engaging Women at Work

In an effort to encourage workplace harmony and ease the transition of company cultures into this new era of empowerment for women, these standards for interactions among women and men should be accepted and adhered to in the workplace.

Touching Women in the Workplace

Handshakes, congratulatory hugs, hi fives, fist bumps, gentle nudges and unintentional touches are permitted. If a woman has fallen down, you are permitted to help her to stand up. If a woman requires medical attention, you are permitted to offer her aid.

Outside of these circumstances, do not deliberately touch any part of a woman's body while in the workplace even if she appears to be open to it.

Flirting in the Workplace

Flirting may consist of offering non sexual compliments, recommending a woman for a leadership role, offering to ease a woman's workload by doing assignments for her, smiling at her without cause, arranging lunch for her, preparing her coffee and offering her small gifts to make her smile. Women should also use these guidelines for flirting.

After expressing interest by taking any of the above actions, the male employee should wait until the receiving party offers encouragement to continue. If the receiving party frowns, throws away the gifts, ignores the attention or says STOP, the employee should stop the attention immediately,

respect the receiving party for offering a clear response and continue to work together respectfully.

Dating in the Workplace

Men should not initiate first dates with women in the workplace. Initiating first dates is the woman's responsibility, if she desires. If a man is attracted to a woman he may flirt with her in accordance with the new flirting guidelines. Couples who have mutually agreed to form a dating relationship while working together should document their agreement in writing for their department's employee files. Couples who are dating should never display lingering public displays of affection while at work. Employees who are dating should not work together in roles that are subordinate and superior. Any employee found to be dating or romantically involved with a subordinate or superior must be transferred to a different department or schedule.

Giving Compliments to Women in the Workplace

A man may compliment a woman's work ethic, talents, achievements and leadership and general appearance as often as he wishes to do so. If a man finds a woman attractive, he should follow the guidelines for flirting in the workplace. A man should never make comments about a woman's body parts or make sexual suggestions under the guise of a compliment. Commenting on any part of a woman's body or making sexual suggestions when she has not invited you to touch those body parts is disrespectful.

Joking with Women in the Workplace

Jokes that center around pop culture, politics, life or lifestyles are permitted. Off collar jokes or defamatory jokes made in the presence of a woman are permitted if the woman laughs at them. If a woman does not laugh at an off collar joke, never make these types of jokes around her again.

Looking at Women in the Workplace

Looking at a woman directly in the eye as she is speaking demonstrates respect for her. Lingering glances at a woman's body or overtly staring at a woman is not permitted.

Admiring Women in the Workplace

Admiration may be expressed in the same ways that flirting is expressed in the workplace.

Conflict with Women in the Workplace

If there is a personal conflict with a woman in the workplace, a man must keep a written record of all exchanges including the date, time and location that the conflict occurred. If there is a professional conflict with a woman in the workplace such as insubordination, failure to complete assigned tasks or poor performance, a supervisor or department head must be informed to mediate the situation. Do not attempt to resolve the issue alone.

Performance Reviews for Women in the Workplace

Men who hold supervisory positions in relation to women can and should offer fair performance reviews that can be backed up with factual evidence in writing. Men should always be honest about the woman's progress and capabilities and treat them as they would any other employee. Women should not be held to a different standard than men when evaluating performance.

Promoting Women in the Workplace

Candidacy for promotions in the workplace should be based on documented achievements and leadership ability. Men should not offer promotions based on gender, fear of retaliation for not promoting a woman, sexual attraction or favors. Neither women nor men may suggest or initiate trading sexual favors in exchange for promotions. Violators of this policy will result in immediate dismissal.

Discrimination Against Women in the Workplace

Women may not be discriminated against in the workplace due to gender, disability, sexual orientation, race or perceived ability.

Gender Bias in the Workplace

Both women and men may be assigned tasks according to their skillset. There will be no assignments issued based on gender. For example, men may organize office social gatherings and women may lead financial risk teams. The best person with the best skillset for the assignment should lead the team. Within work environments where there is an element of physical labor, the woman should be asked if she is capable of completing physically demanding tasks. If she believes she is capable of completing the task, she may be assigned the task without question.

Sexual Harassment Against Women in the Workplace

Men are not permitted to touch a woman, suggest that he should touch her or hint that he wants to touch her in the workplace. Men may not aggressively seek the attention of a woman in the workplace. Women must adhere to the same standards.

Collaborating With Women in the Workplace

Men should communicate with women in the workplace with the spirit of the team's progress in mind, trusting that each team member is fully capable of doing their part to achieve the end goal. Making direct requests, responding with clear instructions and expressing high expectations should be standard. Speaking to women with aggressive or disrespectful tones or explaining tasks to women as though they lack the capacity to comprehend instructions is prohibited. No sexual or aggressive verbal or non-verbal contact with women is permitted. Men are not permitted to

speak or interrupt when a woman is speaking. Men are charged with being the protectors of the women they work with.

Working with Women Leaders in the Workplace

Men who work under female leadership should support her leadership by completing tasks on time, gently offering suggestions for improvement on projects, taking initiative to complete minor work-related tasks, actively listening when she is speaking, supporting her ideas, accepting her decisions as final and being a reliable source of wisdom.

Now that **The New Rules for Engaging Women at Work** have been introduced, you should be clear about which behaviors are acceptable and unacceptable when engaging women in the workplace. With the understanding and acceptance of **The New Rules** you are free to choose to support the Powerful Women in your workplace with love, sincerity and eagerness, free from fear of repercussions for overstepping boundaries with women. Implementation of **The New Rules** in businesses also provides comfort to women who appreciate that men have been made well aware of how to respect and support them.

A Loving Workplace FLR

Brandy and Justin work together as colleagues in an office along with more than 100 employees. They do seminars in and out of the office, around, and out of the state. They have to travel together for business trips, stay at the same hotel, eat at the same restaurants and typically follow the same schedule. There are no improprieties or unprofessional conduct. Brandy is happily married and Justin is fulfilled by diligently supporting the women, especially Brandy, because he believes they are smart, articulate, interesting and generally nurturing. He wants them to take the lead and make use of his intelligence and desire to support them.

Brandy and Justin are involved in a Loving Workplace FLR. Their relationship should not be confused with a romantic affair although they both admit that they love each other. Yet, this type of love is different; this love is based on a mutual appreciation for the unique traits that are embodied by these complementary personalities. Brandy appreciates Justin's work ethic and his love for empowering women while Justin will never grow tired of watching in awe as Brandy's intentional leadership style propels their team to success.

Supporting Brandy

When Brandy joined the team, it blew my mind. She was very confident, and at 5'10" and trim, she is very powerful. I'm not sure why, but I am weak around most women, and helplessly weak around one like this, who wears



form-fitting short dresses or outfits, and is tall, powerful and smart. It seemed to only take her a couple of months to become proficient in what it took me nearly a year to achieve. Perhaps that is because I was constantly sharing with her, upon request. Oh, did I mention she has long thick blonde hair? I melted when our female supervisor brought her to each of our cubicles to introduce her.

Over a few weeks, she asked me to her cubicle several times to pick my brain about work-related matters. With each visit I fell more under her powerful spell. There's just something about being in her presence that warms me, like some sort of euphoria. Perhaps that's not so much because she is tall and pretty, as much as it is she is a little flirty while being friendly and approachable. Because I feel weak around women in general, and tall pretty women in particular, I

quickly fell into getting her coffee and other favors. She taught me her precise coffee preferences saying one day, *“If you plan to serve me like this, I might as well teach you to please me while you’re doing it.”*

My heart pounded, and I couldn’t touch the floor for days. I started coming to work early every day to make her coffee as specified, and I made sure the inventory of creamers and condiments was adequate and according to her preferences.

Brandy always arrives 30 minutes early so I must be there an hour early, and her fresh-ground coffee is always fresh and waiting for her. I do this with joy and serving this wonderful woman breathed new air into my work day. I actually looked forward to getting up early and coming to work each day—the first time in several years.

I believe part of my weakness around women and desire to serve and please them is that I recognize that on average, they are smarter, better communicators and more articulate, better leaders and managers, better decision-makers and problem-solvers. They are more pleasant (in many ways) and interesting to be around. There is a resultant intimidation factor, which combined with Brandy’s friendliness and openness, combined with her comfort level in my enjoying her beauty, makes me weak and euphoric in her presence.

Now that I know her, I don’t look at her at all as a sex object. I just see a beautiful special person. I think my love for her is routed in respect and confidence. The more I know her the more confident I am in her. I automatically respect women, but Brandy earns respect. A friend has your back. If you’re a man near Brandy, you know she’s the boss. She’s in control but she always has my back.

It's the love of her respect for me that makes me offer my devotion to her. But I also admire and adore her for who she is in my life. Even if she was not a smoking-hot young woman, if she was a Gramma, I would still eagerly serve her. I may not be one step from collapsing on the floor like I am with the real Brandy but I would serve her as if she couldn't tell the difference.

I know Brandy is happily married. Sure, I love the warm feelings flowing over me because she is comfortable in her body and clothes. But the ONE thing that earns my devotion is... She CARES. She cares about me as a person. She cares about me as a man. She cares about my career success. She cares about my happiness. She looks down on no one. I don't know how she understands she is superior to me and should be served, and yet communicates in every way that I am special and to be loved and cared for. I'm just a man - I don't understand those things. I just know she cares, and that she's genuine.

Recently, she was in a car wreck and missed several days of work. I and the others raided her inbox to keep her afloat, but when she came back, there remained some things she didn't feel like doing her first day back. After calling me to her cubicle, I learned another way I could serve/please her, as she requested I take the few remaining pieces of work to my desk to have them completed by the next morning, which meant I would be working late. I was happy to accommodate and emptied her inbox for her.

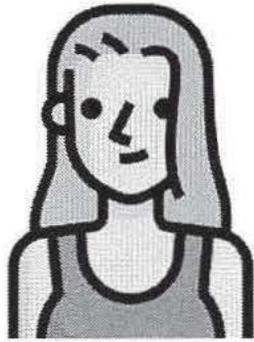
Some time ago, she was joined by another female co-worker in availing herself of my service. So I actually serve two women. They are very powerful and can ask me to make their lives more enjoyable in the office anytime they want. They

show me and Evan, another male co-worker, love, respect, and appreciation. My life in the office is greatly enriched by the presence of these two friendly, pleasant, cheerful, and pretty women. I think that's what I like. Making them happy and successful, and doing the extra work makes me feel successful myself. I feel so much more fulfilled at work with them at my side and being able to please them and make their lives easier. They are women and women are special to me.

During Brandy's recovery from the car accident, she somehow contracted the flu as well, so was out for two weeks. Aside from my concern for her, my life was empty and purposeless. My workload was drudgery, and everything I did was difficult. Our female supervisor called me to her office, in fact, and queried as to my despondency and drop in morale at work. I had no excuses or reasons. As I left her office, she smiled at me and said, "Just hang in there few more days and Brandy will be back—your life will be better." Then she winked at me. Sure enough, upon Brandy's return, life sprang back to normal. My morale was back, productivity up, looked forward coming to work again.

I know it's not supposed to be appropriate to love a co-worker, and I don't in the inappropriate way, but I love her, and the other women I get to serve. They also love and support me. Our office morale is happy and productive. And it's all Brandy's doing—something that is obviously not lost on our female supervisor.

Brandy's Leadership of Men at Work



I have discovered a tendency in my co-workers Justin and Evan to honor, serve and please me. Over time, I have learned to accept their service and even expand ways they can be of assistance. The simple tasks they perform are: 1) Coffee, 2) Cubicle Organization, and 3) work tasks. Each

morning they take turns to arrive early enough to favor me with coffee made and mixed to my specifications with creamers they provide. They are also responsible for cleaning my coffee mug, cleaning the coffee machine and keeping the coffee area in my large cubicle clean and neatly-organized. I have spent some time evaluating why this pleases them (it certainly pleases me) and why they like humbly serving me when they are “equal” professionals. It clearly isn’t a matter of hierarchy. I believe it is honor and respect for me as a woman. Why me? There are at least a hundred other women in the division.

I like men and appreciate men. They are not a sub-species in the human race. They have gifts and abilities, and the basic skills and wiring, given the proper training, to have positive and enjoyable relationships with women. My appreciation for them as professionals, and as men, illuminates them from a woman they like, and it increases their adoration and devotion. I have worked at making them feel comfortable exploring their tendencies to serve. Allowing them comfortably into my space without any overtly-sexual nuances is one small thing. Respecting them—their ideas and opinions—is another. But all of this is lost unless one thing is true—competence. They have to respect the work we do. In my section, since articulation and communication, and

relational skills are important, we as women generally outperform the men, and they know it. But technically, we have to perform at or above their level as well. Since we are generally smarter and better-educated, this too is not a problem. The men look up to us professionally, which creates a non-sexual adherence to our leadership.

I am friendly and approachable. I am confident and independent. Justin and Evan, and other men in the office even though they are in lower positions, are comfortable in my presence. They believe that I as a woman am superior to them in important ways, but that elevation originates in them—it's not something that I originate or insist on. They are comfortable with my superior female traits, and have never felt belittled or degraded in any way in our interactions. The sections in our division have to work together, and those of us in the same section have to collaborate a lot to assist each other in effectively serving our clientele. I don't see how it serves female leadership to put men down, keep them in their place, or make them less than they are. Justin and Evan love me, adore me, and serve me faithfully in great part because I value them, respect them, and yes, love and appreciate them.

We are women. It is also important to be attractive. Men are simple. They can't help responding to attractive women unless we turn them off. Most women are attractive to one degree or another. Hygiene, fitness, and a good personality are all important. We do what we can with what we've been given, and it normally works, all things being equal. Friendliness, kindness, sympathy, grace, respect, appreciation are all personality traits that if you possess, hone, and practice, you will become more beautiful to others—especially men.

Men seem to be afraid of women lately. There is no way to develop a healthy work environment if men are afraid of women. Allowing them to do small favors without fear of reprisal makes them want to do more favors. I encourage men to treat me as special. When they offer a favor, I gladly accept it, love and appreciate them for it, and as things progress hint for more to see how they respond.

Over time, I have increased the ways they can serve me. I mentioned cubicle organization earlier. Coat rack, shoe rack, desk top, in/out boxes—it has grown to a sizeable list. I am a neat person, so there isn't a lot of organizing for them. If I were a disorganized person, they would still gladly do all these things, but in my case it is a minor need they have responded to, and I appreciate coming in each morning to a VERY clean and organized work space. Another way the men serve me is work tasks. Sometimes we get behind—our small team. So we help each other out. Gender makes no difference in the helpfulness that is extended to each other. However, there are certain types of work tasks that are less enjoyable than others. If I'm not in the mood, or have saved an undesirable task for last, I can, and do, call on one of the men to complete it for me. Again, they are pleased to make my life more enjoyable. Isn't the purpose of a man to honor women and make life more pleasant for us?

Brandy's Tips for Enjoying a Workplace FLR

Women...

Don't tempt men sexually

I want men to enjoy my feminine looks, and my feminine traits. I am comfortable inviting them into my presence to enjoy feminine beauty and feminine power yet there is a line I try not to cross. I want them to be warmed in my presence, but I do not wish to stir up sexual desires that I cannot morally satisfy. There's a fine line between flirtation, and seduction. Flirtation can be friendly and help a man be comfortable around you, and motivate him to please you and serve you. Seduction is an act of defrauding him morally which is counterproductive.

Establish Your Boundaries

Make sure you know where your boundaries are—in relationship, in flirtation and a man's response, in looks and in touching. Develop and rehearse effective, non-threatening and non-alienating ways of communicating and enforcing those boundaries. Men have to know what we will allow and what we won't, but in the process they have to feel safe around us.

Treat men with respect at all times

Yes, they may amuse us and we may joke about it in the ladies' room. We want them to adhere to our leadership and treat us special, but they need to know we respect them personally and professionally, and that we love and appreciate them as co-workers. We wouldn't want an all-female workplace because men do offer value to our team.

Men...

Correct Your Negative Habits

Practice cleanliness, good hygiene, and dress tastefully. Pay attention to queues and compliments from women and learn what they like and don't like about your appearance, and conform *generally* to their preferences. Don't dress for the job you have. Dress for the job you want.

Identify your negative male habits and traits and correct them. Women don't like men who are gross. Use female relatives or close friends to help you figure this out if you are challenged in this area.

Appreciate but Don't Objectify

Appreciate the strengths that women possess: looks, skills, decision-making and problem-solving. Offer compliments where you can. Don't gawk at our legs or bodies in any way that's uninvited. Learn that we have the right to dress attractively, but it's not done so you can stare inappropriately.

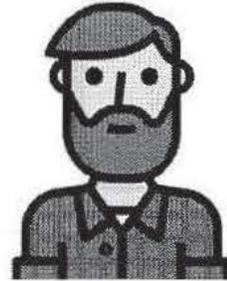
We can create a comfortable workplace while respecting the distinct traits of each gender. We can experience both genders doing quality work each other respects. We can gain value from both genders enjoying collaborating with each other. Creating a flourishing workplace requires that women appreciate, respect, and welcome men. Men should be allowed to bask in the presence of women in the workplace without being afraid or belittled. Women have to learn to allow men to be comfortable with us while honoring our abilities and respecting the very qualities that makes us attractive to them.

CHAPTER 8

Real Stories from Real Men in Loving FLRs

Craig: My Wife's Leadership Helped Me Get Back on Track

I am 48 and my wife is 46. We have three kids and we live on the west coast of Florida. I am a licensed lawyer and my wife is in the insurance industry. For fun, we mostly attend our kids sporting events, however, we do enjoy a fun vacation and good meals.



Our Loving FLR kind of developed over time and later we formally discussed it to figure out how it would work for our marriage. My wife says that she was always the one making the decisions, she just allowed me to believe I participated in the decision making process. After our 3rd child (when I was 38), the stress of being the decision maker became too much for me. The stress of pretending to be a happy Alpha was too much and I had a breakdown. We started with small steps to take the pressure and stress of leadership off of me. She started making small decisions about the family and that led to taking over the finances. I grew more comfortable in allowing myself to not *pretend* to be in control. There were

challenges. I would lash out verbally when stressed or when I believed I wasn't viewed as the *man of the house*.

My wife would sit me down and talk me off the cliff. I would be embarrassed when friends would learn that I was on an allowance or had rules. I learned how to accept my new role in our relationship. We started giving me rules to help me control my childish behavior. For example, we adopted the rule that I was not allowed to talk when she was speaking, even if I was speaking first. I would always interrupt conversations. In my head (because of my ADD), if I didn't interrupt, then I would forget my thought and not be able to participate in the conversation. But, in reality, I used the interruptions to control the direction of the conversation. My wife, would strictly enforce the rule and it has truly helped in our communications. I learned to listen.

I can now accept my wife as the leader of our family and embrace my supporting role. I am more comfortable in the supportive role. I do not like challenging authority. I like rules. I like the comfort of boundaries, expectations and being held accountable.

When my wife took over the finances, things started to turn around immediately, I have adult ADD and lacked impulse control. I was a true consumer. To control my spending, I no longer have control of my debit card or credit cards. I have no direct access to our checking accounts. Any checks that I sign have to be counter-signed by my wife. We were in financial ruin because of my lack of impulse control. If I would go out with co-workers, I would always want to please everyone, so I would pick up the tab when we could not afford it so financial stability is a huge benefit.

My wife helped me get my professional career back on track too. Before my breakdown, I was a partner at a prestigious law firm. However, when the pressure of me pretending to be an Alpha was wearing me down, it started to show at

work. I would freeze up out of fear of making a wrong decision. I lacked the confidence that I needed to do my job. I would suffer from paralysis by analysis. I was an emotional mess. I had to take a temporary leave of absence that turned into me resigning. I was out of work for about a year and becoming more and more depressed professionally, but I was so happy to be free of the leadership role.

My wife took the initiative and met with one of our long-time friends that is a solo practitioner and was looking to expand her law office. My wife explained to our friend what happened and how I was ready to start working again within the context of my limitations. I accepted a position as her paralegal. In reality, I would still practice law and get to challenge myself mentally, but to the outside world, I was a paralegal and not a lawyer. At first, it was awkward. My new boss did not know how to treat me. Fortunately, her office manager, my direct supervisor, did not have that same problem. I was on-boarded as a paralegal. The office manager explained all the office processes and my administrative duties. I don't make the ultimate decisions. I must defer to my bosses and take their direction and instructions. I even get the clients coffee and run errands. Professionally, I am happier than I have ever been. Without my wife taking the initiative to explain everything to our friend, and not worrying about appearances or embarrassment, who knows when or if I would have gone back to work. My wife's strength and leadership allowed her to help get me back on track.

Carey: We Have a Casual Loving FLR

I am 40 years old and my wife is 36. We have been married for five years, we live in Southern California and we have a 3-year-old son. I was introduced to Loving FLR by my wife after we were married. She said we needed some help because



we could not seem to agree on the way our household should be managed. After we saw a counselor, things got better and then they got worse. I was busy running my business and she was trying to get hers started and I guess I wasn't being supportive enough for her so she started complaining a lot.

One day she showed me a website about Loving FLRs. I thought it was crazy, but the way she explained it, I would agree to listen to her and not fight her on the things that were important to her. I am a fair man so I agreed to it and that is when things became interesting.

At first she asked for one date night a week and I agreed. Then she wanted to talk about who should calculate our finances and who should clean the house and which days. She wanted to organize our whole life like a chart. I was a bit disturbed by this because I am okay with focusing more on my business while she takes care of everything else. But like I said, I am a fair man so I listened to her. I want her to be happy and she wasn't really asking for anything that was difficult to deliver. She asked me to make dinner once per week. She asked me to put aside savings to invest in her business. All easy tasks. It wasn't hard at all.

I had never seen her approach me with so many ideas before. My wife is beautiful and I think I took that for granted, not knowing how smart she is. She's really smart. I started paying more attention to her and being easy-going when she asked for attention and time and I'll tell you, she has been all over me. She is very thankful all of the time. She says she feels

lucky and grateful. She never talked about me like that before. All I had to do was give her what she wanted, which isn't much at all. It's been nearly a year of living in our Loving FLR and it doesn't seem like some of the stories I read where the men are afraid of the women or the women are controlling the man. She doesn't control me. She asks for what she wants and I give it to her. We have a casual Loving FLR.

She is responsible and fair and takes great care of our son. Why wouldn't I place her first? It makes sense. I'm proud of my wife. We don't fight anymore. She's happy. People see her and ask her all of the time why she is glowing. I have a part in that and that makes me feel proud too. It's not about being a wimp. This is about making a happy life and family. I'm glad she stood up for us and asked for a change. She's my angel.

James: All Along I Wanted to Follow Her Lead



I am a 51-year-old attorney living in Lubbock Texas. My wife and I have been together for 26 years. We have a terrific family with very accomplished kids who have been the center of our efforts for a long time.

Throughout our marriage we've had problems, almost all of them caused by me. I was unaware of my own internal structure, I guess you'd say, and always I was rebelling against who I was deep inside. Finally I came to realized that my wife, whose professional accomplishments far exceed mine, was a better leader, a better organizer, a better caretaker and infinitely more qualified to make our household decisions. It was an intellectual discovery at first, but then, when I decided that she was best qualified for these

things, I realized that all along I had wanted to follow her lead. I wanted to hand her the authority to make all of the decisions. I did not want to fight about things, so I just sat down with her and did it. I surrendered to her the right to rule the house, essentially, and it was such a relief, I can't express it. All of the frustrations I had over our marriage ended in a minute, and I realized what a treasure she is.

I came to explore the concepts of Loving FLRs after my surrender to my wife because I wanted some kind of procedure or structure by which we could both explore our new relationship, and something that others had done before successfully. It has given me the tools to communicate to her how much I love her, that my devotion to her authority is not a kink or even sexual, but a recognition of both her excellence and my own innate devotion to her leadership. I am a man who is happiest when being told what to do.

The biggest benefit has been a renewal of the romance we originally felt when we first met. She's a brand new person to me, empowered and strong and admirable, and I have goals now and a fundamental honesty in our relationship that makes everything easy.

Once I was at a meeting with my coworkers and afterward we were hanging around. One of the guys suggested that we go and get a drink, and I said I would need to call my wife and get permission. Everyone seemed to get a laugh out of it, because the wife who rules the house is sort of a cliché in Texas, where the expression *"If mama ain't happy ain't nobody happy"* comes from. When they saw that I wasn't joking, one of the guys started sort of mocking me. One of my friends, a lady who is actually my boss and knows the nature of my relationship, came to my defense quickly, and said, *"Do you know who his wife is?"* She is an executive officer in an important and well-known corporation. *"If you had a wife like her, I promise that you would honor her*

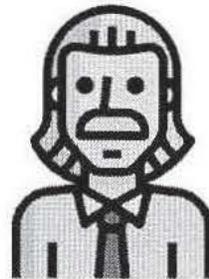
wishes.” It was amazing to have my boss come to my defense like that, although I might have said the same thing if she hadn’t.

We are still developing our Loving FLR. I believe that once my wife fully accepts my surrender of power, it will give her the confidence to lead. Right now she is reluctant, but open minded. I think she will be perfect for a Loving FLR because she is in charge of a multimillion dollar budget, has hundreds of employees and dozens of direct reports, and is used to making command decisions.

I found out about FLRs by exploring the internet, basically. In relationships I am submissive and very vulnerable with those I trust, but not really into kink or BDSM or cuckoldry or any of that. Most of the things on the web about submissive men relate to sexual stuff, not submission to authority. The submission to authority stuff relates to religion and is almost always about the woman submitting, which would not fit us at all. In reviewing these things I found sites that had a minimum of kink/sex talk. For me, my devotion is not sexual (at least not totally), it’s psychological. It’s about giving her the reins and getting in the traces so I can pull the wagon where she believes it should go. It’s about trusting in her greater wisdom, authority and experience, and being an obedient cheerleader and supporter.

I Would Be an Alpha Male But...

My name is Kinsey. I am a counselor and I am in a Loving FLR with my wife, Diane. She continues to amaze me after more than 20 years together, but we didn’t start out in this way, our road to happiness took time. Before I was a



counselor I worked in entertainment on the business side of

things. My life was a fast one, filled with meetings and artists and women who wanted me to help them make a connection. I loved my life until I met my wife, then things just changed.

Meeting her completely changed the way I view the world. I used to think that life was all about making money and achieving status and she's so simple, all she wants is to love and be loved. We created a life together. I downsized my lifestyle a lot because I wanted to spend more time with her. We discussed it and she said that I should consider doing what would make me happy versus doing what would make others happy. I thought about it for a while and decided to go back to school for yet another Master's degree. Within three years I was cozy in a 9 to 5 job where I could go home at night and spend time with her.

I would be an Alpha male but, my wife is more important. I don't have to be macho or arrogant or pressure people into deals they don't really understand. I get to be the real me. I get to go to work and help people sort through their feelings about life. I get to come home and place my head in her lap and listen to her talk about her day. She cooks for us. She cleans for us. She wants to. She loves catering to me. I do the same for her when she allows it. I have transformed my life because of her and I don't regret a single decision. You might say I worship at the feet of Diane.

Steve: I Love the Challenge of Continually Pleasing My Wife

My name is Steve. I dedicated myself to my wife before she was my wife many years ago. From the very beginning, my Goddess wife liked to lead. We met at college and she pursued me first through a friend at her sorority who told me she wanted to attend the set up dance with me.



When I looked across the room at the girl she said wanted to go with me, I was awestruck. She was the same girl I had attempted to say hello to a couple times prior but she had remained aloof without responding. Apparently she was shy - which I don't see today in terms of her telling me what she wants. I was attracted to her.

She is 5'7" brunette with a nice body that she keeps quite fit with regular trips to the fitness center. She clearly has a spell over me and did early on. She can get me to do whatever she asks whenever she wants it. Early on she would be decisive in where we were going, or what she wanted to see at the movie theater for example. She is a year older than me, a first born and felt natural as the leader. Meanwhile I was the youngest of the four siblings in my family and I felt comfortable and better being led.

The more I have encouraged her by pleasing her or eagerly doing what she wants, the further she has taken our Loving FLR. My empowerment of her has helped her confidence immensely. She benefits by having me do many things for her daily. I now handle most of the housework probably 80-90%. Also, I pamper her with many things done for her now without her having to ask.

I do love the challenge of continually pleasing her. There were many ways that I believe I fueled our Loving FLR and my Goddess over time became more and more comfortable as the leader of our household. As I had mentioned earlier, even at the very beginning of our relationship, my wife was a leader and really enjoyed having a plan for her life and what she wanted. I was fortunate to find someone who had a lot of the same values as I did. She gave me reason to trust her completely even in those first 12-18 months of our dating relationship.

When I suggested as high of a budget as I felt I could afford for her engagement ring, she still selected/decided on a ring that was under the budget I had given her. The message from these experiences we had for other men and women thinking about a Loving FLR is that if the trust in how she leads in the first 12 months of the relationship reflects values that both generally are comfortable living, the better chance that the Loving FLR will flourish and grow.

As we got engaged, and then married, she continued to have her Plan. She communicated well to me what was in her Plan and she always had a timeline with it. If she wanted me to handle the details, she would tell me. Often she likes me to do the research on a purchase, provide options summarized for her, and then she will decide which option she wants, but she will tell me to execute it. Her parameters guide me. I save her time each day which enables her more time to do what she wants and reduces her stress. Also, she feels fully empowered to plan what she wants and when she wants to do it.

My wife has set the vision throughout our marriage as to how she wanted our life to be. As I mentioned early on in our story, she essentially knew what she wanted (or thought she knew) in many areas of her life and she set the structure as the leader early on. The good news was that many of the plans she had, I was aligned.

Some examples include:

- 1). Where we would live when we first were married
- 2). Whether she would work full time pursuing her career
- 3). How many children we would have and when she would attempt to get pregnant
- 4). How the household would be run

- 5). What our circle of friends socially would be
- 6). Where we would go for vacations and holidays
- 7). Which projects she would like done around the house, how they will be done and when

My Goddess wanted our life together be one of living humbly, she wanted us to have children and raise them with good values and a Christian upbringing, she wanted us to live frugally so that we always had a nest egg for a rainy day, and she wanted us to pursue our interests outside of work and raising children. Having some balance was something she has stressed and I completely agree with her.

My wife was the one who really initiated the Loving FLR but she never came out and said, "I want us to have a Loving Female Led Relationship." Rather, her actions made it clear that she preferred to lead, and in our case, control in many ways. She recognized early that I was crazy about her, and as she began to see me continue to please her, it became more clear and natural for us to grow in our roles.

I will say there have been times particularly early in our marriage where I tried to act stubborn and once went against her wishes when I went out with the guys from high school who were not good influences on me. My Goddess knew this and she corrected me very strongly and quickly when I came home that night and in the days that followed. I knew she was right and apologized for days. I never have gone against her will since that day in 1994.

Our life together has grown and yes, we have achieved her vision. However, in life there are always challenges along the way. How you handle those challenges together can either help solidify your Loving FLR or it can damage it and cause

speed bumps in reaching your destination. For us, fortunately, our challenges, like one of our son's struggles in school with ADHD or my father's battle with Alzheimer's and his passing in 2013, we have worked on together.

Now that two of our three children are of college age and don't live in our house she has even more flexibility and can make plans and does without having to even let me know. If her plans are conflicting with my daughter's activities or needs, she knows she can delegate to me.

Just this weekend, my daughter was sick with a cold/cough and sinus flu. After my wife sent me out on Friday night to pick up dinner for her and my daughter, she then sent me to the pharmacy to get some cold/cough congestion meds for our daughter. As I entered the house with exactly what she asked, she thanked me. Then, her empowerment shined even more. She looked me in the eye and with a smirk of confidence said, "I really don't want to miss my workout class in the morning, so I need you to wake her at 7:20 am and take her to the walk-in hours at the physician's office that opens at 8 am. You may need to wait a while but I want her tested for strep throat and bronchitis and the flu." It wasn't a question but a confident statement that I would be taking her. I quickly and obediently responded, "Yes, my love. Of course."

As I flash forward in our marriage today, here are just a sample of the ways I enjoy pleasing her:

- 1). Every morning I fetch her coffee exactly how she likes it and deliver it to her in bed.
- 2). I always keep her purse replenished with cash since she does not like to bother with ATMs.

- 3). Whenever she is leaving to go somewhere, I warm her car up, move any of the kids' cars parked on the drive, so she can just go
- 4). When she arrives home from shopping, I am right there to help unload and put away the groceries. If she bought clothes, I carry them to her room and hang or put her clothes away for her.
- 5). With laundry, she likes to run the washer and dryer, but my job is to bring the dirty clothes to the laundry room, fold clean laundry in the dryer (without her having to ask), then put everything away.
- 6). I vacuum the house weekly.
- 7). I mop the first floor hardwood floors.
- 8). I complete dishes after every meal, run dishwasher and restock daily.
- 9). I handle our investments and report results/status to her regularly. She does not have an interest in investing so I handle them because I have a financial background.
- 10). She does like to cook, but she likes me to help in the kitchen.
- 11). I take the garbage out daily.
- 12). I set the table for meals.
- 13). I pour the drinks for each meal.
- 14). I handle all car maintenance /repairs at dealership/auto repair.
- 15). She pays the bills (most are on automatic charge) so it's mainly recording and balancing the checkbook. Any

problems with payment or disputes with charges, she hands to me.

16). I always offer to open the car door for her and get her in first. Sometimes she will tell me, "Just get in." This means she doesn't want the car door opened for her - depends on her mood.

17). I always hold the door open for her when we go into a store, restaurant, etc.

18). I always ask that she order first at a restaurant.

19). I give her daily foot massages - both on her bed where I take her feet on my lap and give deep tissue massage on her heel, ankles, and inner foot.

20). When she decides she wants to watch TV, she likes to control the remote and we have our standard positions. She likes her feet rubbed while we watch. She does allow me to watch sports part of the time depending on her mood.

21). On the weekends I get the mail for her at our mailbox and bring it to her.

22). I prepare her water or Gatorade iced bottle for the health/fitness center so it's ready.

By doing many of these things for her, it frees up time and reduces stress for her. This enables her to go to the fitness center more days per week, allows her time to go to the mall and shop more often, and provides time for her to go out for coffee or lunch with her girlfriends regularly. I am the kind of man that truly loves his wife and children and I consider myself someone who thrives on making others happy. For me, a smile or a stress free face can make my day.

She praises and frequently thanks me. While I don't expect to be thanked for every single task, she knows I love pleasing her. A smile, a thanks for being thoughtful or attentive, or

even a *"You are a nice husband,"* is all I need. While she doesn't really have to ask me to do many of these things, she does recognize that her praise of me is important to me.

Also, the other thing I know about Goddess is that she is not patient. So if I am in the middle of a daily chore but she needs something that moment, I have learned to stop what I am doing and address her immediate need first. This recognition in a Loving FLR is important because it demonstrates that I am putting her needs first. She appreciates my responsiveness and I appreciate her recognition.

While I listed more than 20 ways I make her life easier, there are many more ways. Taking the time to really listen and follow through on something she communicates she wants is a good way to show her how special she is to you. Admittedly, I and many men, are not great listeners but I have really focused on this for the past few years because Goddess would correct me if I missed a detail.

For example, if our daughter needed to be picked up from basketball practice at 6:15 and it is at a specific door or location at the high school, an active listener will hear all of this, repeat it back, and bring their wife comfort by saying, "I will be there to pick her up at the xxx door at 6:15pm". By my Goddess hearing this, she relaxes and can go to the fitness center for her yoga class knowing that I will pick our daughter up. Thus, my listening and taking the task away from her directly benefits her and allows her to go to yoga worry free.

I will say that over time her expectations of what I will get done and how responsively I will meet her needs has grown. This has been good for me as it has made me more efficient with my time. It also has improved our relationship further. I feel closer to her when she relies on me to make her life easier. As far as her demanding things from me, my Goddess

does demand things, but to me, I don't see it as a demand or an order. I view it as a way of guiding me to be the best husband and man I can be to her. If she did not communicate what she wants, then I might prioritize something that I know must be done, but from her perspective, her immediate demand is the highest priority.

One example happened last night. I was in the kitchen finishing the dishes and had just one more large cooking pot to clean/soak in hot soapy water. My wife called out in a loving way, *"I could use a nice foot massage right about now."* Understanding her demand, I realized a foot massage was more important at that moment than finishing the cooking pot. I quickly responded, *"Yes, of course."* I left the kitchen and joined her in the family room on the end of the couch. We spent the next 1.5 hours binge watching a new series on TV and I provided a deep tissue massage on her feet, ankles, and legs. So, maybe it could be viewed as a demand but it brought us closer both physically and emotionally for close to two hours.

Does she correct me when I am not aligned with what she wants? I guess the good news is that this does not happen too often. I cannot remember the last time I told her, "No, I won't do that or No, I don't think that is needed." Occasionally, she will ask my opinion of how or what I think we should do when making a decision. If she disagrees with my opinion, she will quickly correct me and explain why my idea is not sound. Other times when she is confident as the household leader, she will just tell me what her decision is without further explanation. I know at that point that her decision or feedback is final and I carry out her wishes without further discussion.

She does not need to correct me very often as probably 95% of the time we are fully aligned and I understand what she wants. She is not shy about telling me what she wants and

where her need falls in her list of priorities. Some of this alignment occurs over time and some of it is natural. If everything requires a lot of oversight and discussion as to why your wife or girlfriend wants something, then likely the couple may not carry the same values or objectives. In our case, most everything she wants, I also want done or I completely understand.

There is however, one area where I used to not align with my Goddess. The topic is around getting rid of things in the house. My Goddess is very much into only keeping things that she believes are being used or will be used in the near term. Deep down I know she is right but at times I will look at something and think, "I may need that in the future or one of our kids may want that when they move out after college."

For most of the time, she makes me feel good by periodically praising me for being her nice and attentive husband. However, if she is in a mood where she wishes to clean out a room and get rid of things she does not feel need to be kept, I now know not to get in the way or resist her wishes.

One day she decided that we would clean out the garage. Admittedly, I became a little nervous at that point. Since I perform most of the yard work, I knew what yard tools we used. I also perform all the snow removal including the shovels for the places that the snow blower cannot reach. So, Goddess's first demand was, *"To start, I want you to find one shovel that you don't need, and place it in the garbage can."* She could see me quietly hesitate. I then nervously said, *"Well, I think we may need all of these shovels."* After hearing my suggestion, she looked at me quite sternly and repeated herself, *"Find one shovel and place it in the garbage can, NOW."*

At this point, I knew she was set in her mind that we were going to get rid of some yard tools, and arguing with Goddess would be a futile exercise. I slowly walked to the middle, picked up the shovel that was the oldest and probably used the least, and carried it with my head down and placed it in the garbage can. While Goddess had clearly demonstrated that she was the leader and that her decisions in the household were always upheld, she was not happy yet. She called me over to her and seeing my negative body language said quite loudly, *"I don't expect my husband to be pouting and carrying on like a child because he does not get his way. Rather, I expect you to help me with positive energy and show me eagerness when something is to be thrown out, DO YOU UNDERSTAND?"*

Unfortunately, she had said all of that loudly as three ladies out on a morning walk passed our home. Timing was a bit embarrassing but I quickly responded, *"Yes, I am sorry and I fully understand."* I am not sure how much the ladies heard but I am pretty sure they heard most of it as they seemed to smile and two of them even looked over for a few seconds. For the rest of the morning I decisively took items to the garbage can as she called out what needed to be thrown out and displayed eagerness - the alignment I know she was looking for.

Later that night as I sat and massaged her feet, she said, *"You were really good today and I know it is hard for you to part with things. You showed a lot of maturity by not only carrying out my wishes but doing it with a positive and eager attitude."*

I felt really good after she said this and realized the things I was wanting to hold on to were not even close to the value of pleasing my wife. Ever since then, I always demonstrate eagerness and positive enthusiasm whenever she has a "clean out" project. It has become a bit of humor for us now

and she will tease me a bit and say, "*Are you ready for our next clean out project.*" I smile and simply say, "*Yes, my Love.*"

Regarding my connection with my wife and Goddess, I am her rock who is always there for her. There were times in my career when I traveled internationally for work and I felt I was not always there for her. Now, I am working primarily in a US based company and I can and have been there for her. I feel many men will and can benefit from a Loving FLR. It clearly brings out the best in you and can really bring a deep bond between you and your wife or girlfriend.

While some may think in society that a man is weaker in a Loving FLR, I actually think it is the opposite. It makes you stronger and challenges you to be the very best man you can be. I benefit from our Loving FLR by continually learning. I can apply many of the concepts to other parts of my life. The Loving FLR does require discipline and day in and day out effort. Men who are seeking a Loving FLR only for their own benefit or desires need to take a step back. What a man can really benefit from is that deep connection and bond you build with your wife or girlfriend. It should not be about how things will go in the bedroom. To me, while our passion in the bedroom has improved as a result of our Loving FLR, it is only part of the benefits that both the man and woman will experience.

Over time, my wife has become more and more confident in her role as our household leader and I have taken my role as her fully supportive husband. The steps we have taken to reach this point have been around both of us really understanding each other and what makes us happy. For example, my wife knows that I am a people pleaser and that asking me to do something for her makes me feel special. She

also knows I have a love for the sport of tennis, so she will allow me to play weekly. The steps have been gradual to get there but now there is complete clarity that we live in a Loving FLR. I am blessed to have found a lady like my Goddess who has shown me how to love and care for her and our children every day.

Raising our children in a Loving FLR has been fine. I do not see or notice any negative impacts on their personalities. My Goddess's relationship with the kids has been strong. However, she is better than me at being a parent first and a friend second to our children. As a people pleaser, I struggled earlier in our child rearing years with being too nice. My wife has corrected me and trained me on this and while I am still not perfect, I am much better than I was 5-7 years ago.

For the most part, we live day to day like any other suburban couple with teenage and college age children. Our lives are very busy both at home and the office, at least for me. Goddess works part time and her position at the moment has become more routine. Most people might not recognize that we are in a Loving FLR until they get to know us at a deeper level.

My advice to men seeking a loving FLR is to focus on the day to day journey and be patient and understanding of your girlfriend or wife. The more you show your love towards her and how much you care, the more your wife and girlfriend will become confident in leading your household. In most successful Loving FLRs, I would project that it takes more than two years to really mature and grow.

The best part is there is always room to further exceed her expectations every day. This type of challenge keeps our relationship fresh and exciting. I am still obsessed with my wife after more than 25 years of marriage.

FREQUENTLY ASKED QUESTIONS

Q: How do I make a long distance Loving FLR work?

A: Treat her as a friend who lives far away. Do you place undue pressure on a long distance friendship? No. You enjoy them as much as you can, you support them in the best ways you know how to and you don't pressure them for time and attention. You are really concerned about fulfilling your need to offer service and you can satisfy this need by creating daily devotional routines that express your attention and usefulness to her. The most important thing to remember is, don't pressure yourself about it. Enjoy the friendship.

Q: Must a woman dominate a man to have a Loving FLR?

A: A woman who dominates a man controls him forcefully without his consent. A woman in a Loving FLR leads the relationship with the full support of her willing partner. A woman who has to dominate a man is not involved in a Loving FLR.

Q: Is this real?

A: Is a Loving FLR real? Yes. I understand why you wonder about this. A man who doesn't believe that a man should place a woman's needs before his needs feels this way because at some point he was hurt and he promised himself that he would never be vulnerable again. Initially when he attempted to offer love to a woman, he loved her with his heart and soul, forgetting about himself and focusing on her pleasure. When that woman disappointed him, he decided to be more guarded so that he would never be hurt again. Operating in a relationship while being defensive will not create a loving relationship.

A Loving FLR is real because there are men who are willing to be vulnerable and love a woman in the most pure manner. Yes, there are men who love women who have authoritative personalities. Yes, there are women who love men who cater to them and follow their lead. Yes, all of this can be achieved in real life. I have personally interviewed many couples who enjoy healthy relationships in this relationship style.

Q: What kind of man would allow a woman to lead?

A: A man who is aroused and excited by being compliant with a woman's wishes will enjoy the leadership of a woman in a Loving FLR. A man who respects a woman's wisdom will enjoy being in a Loving FLR. These men are typically in high powered positions of authority. These men are perceived as overachievers. These men are perfectionists. These men are sometimes people pleasers. These men have a profound love for women and believe women are superior in most ways. These men don't want to *allow* a woman to lead, they crave being under the romantic leadership of a Powerful Woman.

Q: Where do I find a woman who wants a Loving FLR?

A: You can create a Loving FLR with any woman. All you have to do is ask her what she wants from the relationship and what she expects from you. When she gives you her answers, you follow her lead and there you have it; you have created your Loving FLR. As long as she is loving towards you, enjoy yourself.

If you want to create a Loving FLR with a Powerful Woman you can join the **Loving FLR Matchmaking Service** by visiting FLRStyle.Com and I will personally match you with Powerful Women who want a Loving FLR.

Q: Can dominant men be a good fit for a Loving FLR?

A: Yes. Men who are typically dominant in society and in the workplace make perfect partners in Loving FLRs because in their home life they can take off their leadership role and relax into the loving leadership of the woman they love. This replenishes them from their work duties and offers them the chance to be nurturing and compliant as they serve her with the type of admiration they usually receive.

Q: Are women supposed to dominate men sexually in Loving FLRs?

A: Women can have anything they want in a Loving FLR, provided they tell their partners what they want and enforce it. Men should never dictate to the woman how the relationship should be set up. If a woman wants to be the sexual aggressor, then she will do it on her own. If she doesn't then leave her alone. She is not *supposed* to do anything but be herself. You are *supposed* to support her choices.

Q: Does a woman have to punish a man if he is not willing to meet her needs in a Loving FLR?

A: A woman should never have to punish a man if she is in a Loving FLR. If a woman finds that she has to correct a man too many times and he is incapable of giving her what she needs to be happy, she should consider this a sign that she should find a new partner.

A woman should be patient with her partner as she teaches him how to please her but if she feels she has to punish him for non-compliance, she has stepped into a territory that is no longer loving. A man should be self-contained. It should hurt him more than it hurts her when he is unable to comply with her wishes. Seeing the disappointment on his partner's face should be punishment enough.

If sensing her disappointment is not enough to make him do better, he is most likely a submissive man who demands to be controlled. She should stay away from him.

Q: Is there something intoxicating about Loving FLRs because ever since I looked into this I have been obsessed by it?

A: Men should be and are typically obsessed with women because men were created to serve and cherish women. If there were no obligations to work or maintain careers or compete with other men, men who love women would spend the entire day wrapped in the arms of a woman, loving her and being loved by her. You are just more in tune with your natural desire than most men would admit.

Q: How do men benefit from being in a Loving FLR?

A: Men want Loving FLRs because they like being servants to women. They feel happiest when they are doing things for a woman, completing tasks for her and following her specific instructions. Men feel proud when they have the approval of a woman and demonstrate the ability to make a woman happy.

Q: Why are women afraid of or uninterested in Loving FLRs?

A: All women are different but most women that I have encountered are uninterested in Loving FLRs because the men present it to them as though they being a leader indicates that they have to make all of the decisions for the relationship by themselves. Women don't want or need extra burdens in their lives. Some women were taught that they should not accept help from men because it makes them appear weak. Some women have no clue what they would even ask for if a man asked them what he could do to make them happy. Some women google the term Female Led Relationship and find porn and Femdom sites and falsely believe that they have to be a whip-wielding dominatrix to

be in a Loving FLR. Some women do not understand that allowing your partner to care for you is the basic expression of a Loving FLR.

Q: What is a man's number one goal in a Loving FLR?

A: The number one goal of every man in a Loving FLR is to honor a woman's choices.

Q: What is the difference between when a woman controls a relationship versus when she leads it?

A: When a woman controls a relationship she determines what the man will do, how he will do it and when it will be done without his input. When a woman leads a relationship she develops a vision for the relationship, shares it with her partner and they develop a plan to achieve it together.

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LovingFLR.Com

Loving FLR is the gateway to joining the Loving FLR Community. Subscribers will be notified by email when new courses are added to our online school, when coaching programs will be offered and when new blog posts have been posted.

FLRStyle.Com

FLR Style is our Online Boutique for Loving Female Led Relationship Lifestyle & Fashion items like custom jewelry, t-shirts, hats and household items for men and women. It also offers access to online classes like the **Loving FLR Leadership Coaching Program**, **Loving FLR 101**, **Becoming an Anchor in a Female Led Relationship** and our **Loving FLR Interview Series**.

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How to Love a Powerful Woman is the Gentleman's Guide to Loving Female Led Relationships (Loving FLRs). Gentlemen will experience personal enlightenment as they learn to magnify their natural desire for a Loving FLR. **How to Love a Powerful Woman** prepares men for loving relationships that are built on clarity, structure and service to women. **How to Love a Powerful Woman** is the Gentleman's Bible for maintaining a successful, Loving Female Led Relationship with a woman who expresses loving authority.

How To Love a Powerful Woman teaches men how to:

- Recognize a Powerful Woman
- Prepare to be an asset for a Powerful Woman
- Overcome their battle with their ego
- Initiate a Loving FLR
- Empower Powerful Women at Work
- Redefine masculinity



Te-Erika Patterson is a Relationship Coach and Matchmaker in Los Angeles. She is the founder of LovingFLR.Com and its sister site FemaleLedSociety.Org. Learn more about her work at Te-Erika.Com.

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