

TE-ERIKA PATTERSON

A black and white profile photograph of a woman with dark hair, looking down and to the right. The lighting is soft, highlighting her facial features. The background is dark and out of focus.

She WANTS

A LOVING FEMALE LED RELATIONSHIP

She Wants

**A Loving Female Led
Relationship**

Te-Erika Patterson

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She Wants

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First Edition

Acknowledgments

My most heartfelt appreciation goes out to the many women and men who have contributed their personal relationship stories and opinions which have influenced the development of the Loving FLR dynamic. I would also like to express appreciation for the volunteer editors from the Loving FLR Community who helped to shape this book: Gus, Don, Kate, Chris, Robert, Julie, Dale and Seymour.

Te-Erika

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Preface

Greetings and thank you for choosing to learn more about Loving Female Led Relationships. I am Te-Erika Patterson, a single Black Goddess enjoying life in Los Angeles. *She Wants* is the culmination of the lessons that I teach as a relationship coach helping couples develop Loving Female Led Relationships. Over the past 3 years I have explored the concepts of Femdom, Female Led Relationships (FLRs), dominance & submission, love, leadership and society's influence on gender roles on my blogs ConquerHim.Com and LovingFLR.Com.

I used to fantasize about being a dominatrix in my early 20's. I thought it might be a fascinating remedy for the disappointment I felt when relating with men in my personal life. I never felt cared for when engaging with men. I met many men and became involved with them yet I always felt like I was on my own. There was no one I could count on for anything and I often felt it was pointless to be in a relationship since I did not benefit from it. I wondered if being a dominatrix would finally help me to gain something when relating with men. Frankly, I may have wanted to control and punish men out of anger for never being cared for. Without knowing how to break into the dominatrix scene I brushed my desire aside and went on to explore my passion for social and family relationships as a graduate student in the Marriage/Family Counseling program.

Graduate school left me disenchanted so I moved on, hoping to one day figure out why the chance to meet and connect with someone as amazing as I am had eluded me. I involved myself in adventure after adventure until I found myself in Los Angeles and being introduced into the local Kink, Fetish and BDSM community. Through this community I met women and men who were actively

engaged in Femdom Dominance/submission (D/s) relationships as well as many more who were dabbling in the lifestyle for the purpose of enjoying their kinks and fetishes. This wasn't a game. Dominance/submission was a lifestyle for them and I wanted to learn all about it.

Through personal interviews I began to explore what makes a woman capable of dominating a man and what motivates a man to enjoy giving that type of control to a woman. Why would a man want to do anything and everything to please a woman? What were these women doing to demand so much obedience from men? As I reached out to men and women in the BDSM community for interviews in person and then online, I was astounded that so many would be open about their non-conforming relationships. I admired the genuine self-acceptance of those associated with the Kink/Fetish & BDSM community and I created a blog called ConquerHim.Com as a depository of my research and exploration.

I first invited women to share stories about their Femdom relationships on my blog since I had no experience in the area. After several months of accepting submissions from women and interacting and interviewing dozens of female dominants about how they interact with their partners, I began expressing my own opinion about the relationship style in writing on my blog ConquerHim.Com.

I quickly recognized that Femdom was more about roleplay while the term Female Led Relationship centered on real, committed relationships. As I shared my personal reactions and insights my audience grew and I was inundated with requests for more detailed information. I created a Female Led Relationship Coaching Program for Men to offer them support and direction for their intense desire for this type of relationship and to explore what held them back from creating the relationship they wanted. This was followed by a Female Led Relationship Coaching Program for Women which supported women by helping them to clarify what

they wanted from a Female Led Relationship. As my audience continued to expand I responded to their requests for more information by creating a YouTube channel and setting up reader surveys so that I could have a baseline for the personality preferences and ideals of the community I was developing. I used data from these surveys to present common attitudes, lifestyle preferences, analysis and insight about FLRs on my blog so that my audience could see that they were not alone in their desire to form and maintain FLRs.

After one interview with a self-proclaimed Domme whom I will call Donna (Chapter 3), my entire view on Female Led Relationships shifted. I decided to change directions and move away from being associated with the Kink & Fetish community as well as Femdom and Dominance/submission. I came to believe that these elements were not necessary to form healthy relationships where women benefit. I came to learn from Donna that women could have romantic relationships with men who adored them without having to be forceful, stern or do anything but be as amazing as they dared to be.

I changed the name of my blog from Conquer Him to Conquer Him (With Love) to reflect a focus on love instead of domination and kink. I then created a private social community (The Conquer Him Community) for people interested in what I chose to call Loving Female Led Relationships (Loving FLRs). Loving Female Led Relationships are relationships that aim to empower women by placing their happiness and progress as the priority in the relationship. Men choose to participate in these type of relationships because they are pleased to uplift and support the amazing women in their lives.

After establishing Loving FLRs as my main focus I created a new blog aimed to teach this relationship dynamic to people who were

not interested in the Kink, Fetish or BDSM that initially attracted readers to Conquer Him. I called this blog LovingFLR.Com. Loving FLR celebrates this relationship dynamic for its true foundation, a couple who are devoted to supporting and empowering each other. As I continued to determine the best practices for engaging in healthy relationships with men who were devoted to the empowerment of women I created an online school, the Conquer Him Academy so that people could take classes about Female Led Relationships at their leisure.

She Wants is a milestone in my development as a Loving Female Led Relationship Coach. This book teaches the dynamics that I have shared with students who have progressed through my FLR Leadership Coaching Program for Women. Some of these dynamics have never before been shared with the public including the Goddess Style archetypes, Authority Style archetypes and uninhibited tips for engaging with men.

It is my hope that this book will prompt women to raise their standards for their romantic relationships, elevate themselves to Goddess status and to allow Gentleman to express their true nature of service to women around the world.

Te-Erika

Introduction

S*he Wants* is comprised of 8 chapters of information, a Frequently Asked Questions section, a study guide and a glossary. The study guide offers chapter review questions and writing assignments. *She Wants* is the textbook for Loving FLR Coaching students who want to learn how to develop and sustain Loving Female Led Relationships with men who are capable, willing and eager to empower them.

Readers are highly encouraged to form their own study groups amongst friends and use this textbook and its study guide as a point of discussion and debate.

All of the personal stories and quotes shared in this book are authentic and were submitted by real women and men who are seeking or 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.

She Wants

1

To Take Her Rightful Place

What does *She Want*? She wants a romantic relationship that allows her to express her opinions and desires without apologizing for them. She wants a romantic relationship that is focused on her empowerment. She wants to be heard and to be loved in the same way that she gives love. She wants a partner who wants her to win. She wants to express her greatness without hindrance from antiquated customs dictated by society.

She wants a Loving Female Led Relationship.

She Wants is the culmination of years of studying women who are actively involved in romantic relationships where they are the head of their households. Their husbands and partners adore them. There is no competition because they both agree that she will always win. He wants her to win. He wants her to be great. She feels empowered by her relationship and walks out into the world as a dynamic and unstoppable force.

What do these women have that the average woman doesn't? These women are empowered by Loving Female Led Relationships (Loving FLRs). 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.

When most women are introduced to the concept of a Loving Female Led Relationship they often pause in confusion as they contemplate the idea that a woman could be the expressed head of the household. Other women realize that they have been leading their relationships all along. How can all women experience the type of relationship that applauds their leadership skills and wisdom? Are women in this society ready to take center stage, to attract and embrace the love a man who is completely devoted to their happiness?

Although it may take some effort and mental reconditioning, it is possible for women to step up and become the expressed leaders of their relationships and households. The benefits of this transition will shake our society at its core. We can trigger this transition by being open to admitting that we may have been wrong in our passive acceptance of social customs like taking a man's last name upon marriage, referring to the stories of our past as *history* and allowing man made religions to brainwash us into thinking that men were superior to women. We accept these practices because we are not taught to question custom, but we should. Social customs create milestones by which we measure our life success. But, social customs can also entrap us in a cycle of repetitive activities that serve no purpose and hinder our progress as a worldwide

community. We can begin by letting go of old notions of what is right and wrong. Why is the color *red* called by that name? It is so because we need to agree on a common definition in order to communicate with each other. This is an example of a social construct or social agreement. We determine facts by collectively agreeing to them as truths. If we can understand that what we consider as truth, such as the color *red* being *red*, are merely social agreements to believe and understand the same things then we can all decide to agree that there are certain social customs and habits that should be broken if we want to truly be free like *She*.

Look at her. Her life seems like magic. How does she do it? How does she always get what *She Wants*?

How Does a Woman Lead a Relationship?

When a woman leads the relationship she sets the pace for its progress. A couple's decision to place the woman as the leader of the relationship indicates that they both trust her judgment and believe that her wisdom concerning the progress of their affairs will help the relationship reach its peak.

A man who desires a Loving Female Led Relationship wants the woman he loves to be happy at all times and will do whatever is necessary to ensure her happiness. He honors her choices. He empowers her to create an amazing life by giving her everything she needs to achieve her dreams. A woman who desires a Loving Female Led Relationship recognizes and appreciates her own leadership abilities and wants to exercise them at home without obstruction.

When a woman leads a relationship she:

- Chooses the man she will date and determines how often they will spend time together.
- Decides when to become sexually active and how often.
- Shares her opinions on matters that concern them both without hesitation.
- Decides when or if they will become monogamous.
- Decides when or if they should get married.
- Expresses her expectations for the progress of their relationship.
- Sets the vision for the lifestyle she wants to enjoy with him.
- Expects and receives his unwavering support for her decisions.
- Advises him on important decisions that impact her.
- Holds him to high standards for his personal progress.
- Sets firm standards for their interactions with each other and with the world.

There are some women who wonder where their relationship will lead to. In a Loving Female Led Relationship *she decides*.

By taking the lead in the relationship the success of the relationship and the family is the woman's responsibility. This is no easy task but it will become less of a burden if she selects the right partner. She is wise, skilled and pragmatic. She will choose a partner who is an asset to her life. They will create a formidable team to tackle the many complex situations that life presents. The defining difference between a Loving Female Led Relationship and a more traditional relationship is that she will always make the final decision in matters that are important to her.

Women in successful Loving Female Led Relationships will develop a vision for the financial, spiritual and long-term health of the relationship. She will direct her partner and he will actively work

to help them achieve her vision. She is the captain and he is her first mate. She is the pilot and he is her navigator. She sets the destination and he takes them where they need to go.

The Average Woman in a Loving FLR

A woman who has never been exposed to the idea that she can take the lead in a relationship might believe that women in such relationships are atypical and unpleasant. She might assume she has nothing in common with the average woman in a Loving Female Led Relationship. Perhaps she is curious about what a woman in a Loving FLR is like. The average woman in a Loving Female Led Relationship could be found in any coffee shop, working at any retail store or playing with her toddlers on the playground. She can be recognized by the triumphant gleam in her eye.

In sharp contrast to the average woman in a traditional relationship whose face bears the frown of dejection because she has to fight her battles out in the world and then go home and do the same, a woman leading a Loving Female Led Relationship has an inner glow and confidence that is palpable. She walks out into the world feeling unstoppable because her partner consistently empowers her to do, be and have anything she wants. Because of his support she achieves goals that would take other women decades. Being empowered by her partner offers her the extra sense of security that she needs to take risks and get things done. This security is absent in more traditional relationships due to the weight of unexpressed desires, suspicion of hidden motives and covert battles for control.

In March 2016 I surveyed more than two dozen couples in Loving Female Led Relationships to gather information about their lifestyles.

The first thing I noticed is that 70% of women were younger than their partners. This demonstrates that men are willing to recognize and defer to wisdom in younger women and younger women have the fortitude and grace to step up to the plate and lead with confidence.

Nearly 65% of women in Loving FLRs were married to their partners. While the majority of couples in Loving FLRs were legally married, the rest were under no pressure to formalize their union.

More than 75% of women in Loving FLRs have been with their partners for more than 6 years. This could indicate that men who experience long term satisfaction in their marriages are men who place their partner's happiness first.

Nearly 50% of women in Loving FLRs were not aware of what a Loving FLR was when they met their partner. Typically men introduce the concept of a Loving FLR to women because men crave being connected with strong and capable women who hold them to high standards. Smart women who are introduced to the concept of a Loving FLR are amazed by it, learn as much as they can and take full advantage of this amazing gift.

A sizeable fraction of women were leaders in their previous relationships: 40%. Although unexpressed as a Loving FLR, many women who are now in Loving FLRs realized that they had taken the lead during most of their relationships.

More than 80% of women in a Loving FLR have male partners who are the primary breadwinner. This indicates that financial earning power and income are not required in order to lead a relationship. She may delegate the financial responsibility to him so that she can focus on setting the vision for the relationship and maintaining other aspects of their lifestyle. Although I have encountered women who were the primary breadwinners in their

families, it is not the most common situation and need not be the expectation unless they want it to be.

Only 5% of women in Loving FLRs do household chores. She typically leaves the dishes, the laundry, the cooking and the dusting to him.

More than 40% of women delegate responsibilities to their partner; she lets him know which responsibilities she expects him to address. In 29% of the couples I surveyed they both make important decisions together but he defers to her when it is important to her.

More than 70% of women in Loving Female Led Relationships were unsure about taking the lead when first introduced to the concept of an FLR, but that uncertainty did not stop their progress. These ladies blossomed into amazing, empowered women who now recognize and appreciate their ability to lead.

A Loving Female Led Relationship is NOT

The purpose of a Loving Female Led Relationship is to empower the woman so that she can expand her goals, ambitions, happiness and life satisfaction. He chooses to concentrate on her empowerment because it delights him to do so. He views her success and progress as an extension of his own.

Before I clearly defined the concept of a Loving Female Led Relationship there was an alternate definition of Female Led Relationships that had been widely proliferated. This definition runs counter to the Loving concept that I see as truly celebrating and empowering women. This alternate definition is based upon certain sexual-related practices (kinks) as a motivating factor. A kink is any

unconventional sexual practice, concept or fantasy that would be viewed as unacceptable by polite society. A person who describes themselves as kinky is openly admitting that their sexual practices and preferences are abnormal. Kinky people are often drawn to the practice of Femdom Female Led Relationships because they enjoy expressing their aversion to more normal relationships by operating under the principles of dominance and submission (D/s). In Femdom Female Led Relationships the woman is the controlling dominant authority in the relationship while the man is her submissive subordinate that she owns. She makes the decisions for him and she has the freedom to treat him as her property including being abusive or degrading to him, which he enjoys.

Although the concept of Loving Female Led Relationships was inspired by the amazing women I encountered as I studied the Femdom version of Female Led Relationships, I have separated the concept of Loving Female Led Relationship (Loving FLR) from the alternative definition of Femdom Female Led Relationships (FLR) primarily because I now understand that a woman should not have to control or force a man to gain his love and support.

The Loving Female Led Relationship is based on mutual agreement and love. A woman in a Loving Female Led Relationship does not own, degrade or believe she is superior to her partner. She loves and respects him for being a hero in her life. He is in turn empowered by her appreciation for his devotion.

There is absolutely nothing wrong with the kink-based FLRs. In fact, many couples who agree to engage in that lifestyle have found a deeper satisfaction than those in traditional relationships because the open acceptance of their kinks and intimate play sessions intensify their love and devotion to each other. Engaging in a mutually shared kink is akin to sharing your deepest secret with your best friend and having him or her love you more for it. This is why couples who engage in kink-based FLRs very rarely break up.

Bonding over mutually shared secrets create a sense of emotional safety that is very rarely duplicated.

Although a kink-based FLR can be a wonderful thing, during my studies I consistently found that the demand for kink was the defining factor for whether or not the male partner would honor and respect the woman. In some cases, he used her willingness to engage in his kinks as a bargaining chip. If she did not engage him in his kink, he would not listen to or respect her. This gave me the sense that this kink-based FLR was a male centered relationship disguised as a Female Led Relationship. I honestly believe that a man created the term Female Led Relationship to trick women into believing that they would benefit from it when in reality, the concept was centered on the man's kinky need to be controlled. I decided to reframe the term Female Led Relationship and refocus it where it should be: on the woman. If the man can set the conditions for offering respect to the woman, then he is the one actually leading the relationship, and it is not a Female Led Relationship.

After being disappointed by the motivations behind what I viewed as kink-based FLR, I decided to explore what this relationship could be if we removed the kink (and demands) and changed the focus to a mutual Loving agreement to honor her choices and empower her. Would men and women still be interested without the preeminent demands of kink and control?

After introducing this new love style that I decided to call a Loving Female Led Relationship, many readers of my blog contacted me to share that they had been participating in or were seeking this very concept but did not know what to call it.

This is how I was able to establish that there are two basic types of Female Led Relationships. While a *Loving Female Led*

Relationship focuses on empowering the woman, the kink-based Female Led Relationship focuses on controlling the man or more pointedly, meeting his need to be controlled. The kink-based Female Led Relationship is typically referred to as Femdom or Female Domination which is why I use these terms interchangeably. Femdom satisfies the male's need to be controlled. It has nothing to do with empowering the woman.

While Femdom may be the perfect choice for some couples and the fantasy of most men who seek a Female Led Relationship, I have not met a single woman outside of the BDSM community who has expressed a desire to engage in a relationship where she completely controls or diminishes the choices of her partner. I have, however, met plenty of women who have been intrigued by the concept of a Loving Female Led Relationship. In fact, the type of women who are interested in Loving Female Led Relationships want the opposite of a Femdom FLR. They want men they respect, men who contribute wisdom to the relationship and men who will appreciate being honored as well. Thankfully, there are men who desire the same.

In order to clarify what a woman in a Loving Female Led Relationship typically wants, we must define what she does not want.

A woman in a Loving Female Led Relationship does not want to be viewed as a dominatrix or dominant. She has a name and wants her partner to use it. She is not a Mistress. She is not playing a role. She wants a partner that she admires and respects. She does not want a man who cannot think for himself and requires that she make every decision for him. She is busy making her way in the world and she wants someone who will be an asset to her instead of an added burden.

She is not looking for blind submission from a man. A man who is weakly submissive places her opinions and desires above his own

because he craves the feeling of having an authority, not because he respects her opinions and desires. Instead of the love style being about the man's need for authority, a woman leading a Loving FLR wants a partner who honors her choices because he truly trusts that she is wise and capable, and he wants to show respect by his agreement when she makes a request or decision.

A Loving FLR is not about subjugation or degradation. Men who crave powerful women are excited by the thought of placing her on a pedestal and giving her what she wants, yet the average woman in a Loving FLR is not excited by a man who believes he is inferior. She wants a teammate, not a pimple she has to pop to keep under control.

She understands that the most important moments in their relationship will be outside of the bedroom and play room. When she has to choose where they will relocate to or when she has to decide whether their child will take prescribed medications or try a more natural holistic approach, she will need his respect and support without holding a whip in her hand.

When she is older and frail and can no longer tie him up or control his every move will he still love her? With a kink-based FLR there is no guarantee that he will be there for her when she can no longer service his kinks but engaging in a Loving FLR guarantees that his love for her is based on respect for who she is and not what she will do to him behind closed doors.

In one of the biggest twists in understanding the true definition of a Loving Female Led Relationship, the couple understands that the relationship is never about fulfilling a stereotypical role of what he thinks she should be in a Loving Female Led Relationship. It's not about him, but about her and what she wants to make the relationship into.

I have what seems to be the most ironic of situations in that I obey my wife's wishes that I lead in all things. If I try to do something for her, if she doesn't stop me, she at least outdoes me by serving me in a greater way in return. It is her wish that I lounge and relax while she does the housework, even though I've tried to help. I really don't get it...especially since I am submissive in many ways. She just won't have it. Serving me in all ways when I am at work or home from work makes her feel happy and complete as a wife, she says. All I can say is that I am amazingly blessed, but can't help but feel a bit guilty. ~ Dean

Being involved in a Loving FLR does not automatically dictate that the man must serve the woman. Being involved in a Loving FLR indicates that she decides which roles they will play in their relationship and he follows her lead. A Loving Female Led Relationship is about creating the lifestyle that *She Wants*.

The Difference Between Being Dominant and Powerful

A woman in a Loving Female Led Relationship may not be a dominant in the stereotypical BDSM sense of the word. A dominant in the BDSM sense is a person who achieves pleasure or satisfaction from having others follow their lead. They like to be in control and

often take control when involved in situations where they see the opportunity to do so.

A woman in a Loving Female Led Relationship may not align with these qualities at all. She does not necessarily have to seek out opportunities to take control because her role in the relationship is clearly defined. A powerful woman in a Loving Female Led Relationship does not have to take control; it is given to her.

There is a difference between domination and leadership. Domination is using force to overtake a situation. A powerful woman is trusted to make decisions; the reigns are easily handed to her. In a Loving Female Led Relationship her partner wants to give her complete power to have things her way. In fact, it makes him feel thrilled to do so.

If a man asks for a Loving Female Led Relationship yet requires being forced to comply with a woman's wishes he is faking it; he really wants a Femdom kinky FLR where the focus is on him and his demand to be controlled. When he intentionally places obstacles in her way so that she will have to force him to comply and she accepts this behavior she becomes his puppet. An intelligent woman does not have time for a man who will not empower her unless he is forced to. This type of man should be dismissed and ignored forever.

The main difference between being dominant and being powerful is the ability to be given control over a situation instead of having to demand it. She will not force him to love and respect her, she will allow it.

Why Would She Want an Unequal Partnership?

When I introduce the concept of Female Led Relationships to people who are involved in more traditional relationships the first thing they say is, "I want an equal relationship." This seems like the fair and proper way for a woman to engage with someone she cares about yet Loving Female Led Relationships are based around the ideals of progress and growth. This type of love style needs a dedicated leader to achieve that.

Consider that every established business has an expressed leader. A leader sets the vision for the success of the business, assesses the strengths and weaknesses of its team, activates creative solutions to issues that arise and makes the final call for decisions that impact the overall success of the business. Consensus decision making is never the best method for bringing critical matters under control. Every strong team needs a decisive leader.

Just because Loving FLRs dedicate leadership of the relationship to the woman this does not mean that men are the weaker sex. Loving FLRs are about two people being complementary and choosing the best leader. Not every woman will want to lead a relationship. Not every woman is capable of leading a relationship. Women who do have the skills and the desire should have the opportunity and be supported to do so by a man who wants to be her anchor.

Men thrive under the leadership of women. Men feel happier to serve, to please and to be approved by women. Men benefit from standing beside a woman of power because they get to learn from her, be challenged to grow by her and be pleased with themselves that they were chosen to complement greatness. The only men who would not prefer to be under the leadership of a woman are men who feel threatened by women because they are insecure. Smart people will always choose the best leader regardless of gender. A

man who chooses to be involved in a Loving FLR is saying that he has found a woman who is brilliant, wise and decisive and he is proud to follow her lead.

Mark's Loving FLR

I am a single father living in the Philadelphia area. I work in the corporate sphere and most of my enjoyment involves being a dad, going to games and doing things with my children. My girlfriend does NOT live with me at this time.

We were introduced to FLR after a breakup. As I was trying to understand why a seemingly great relationship was failing, I stumbled upon the concept of FLR. As soon as I read about it, it was obvious to me that we were perfect candidates. My girlfriend is naturally dominant. What I learned is that I was fighting her natural authority. FLR addressed this issue in a very clear manner. I was nervous sharing this with her as I thought she would see it as some weird 'kink'. Instead, she immediately embraced it and worked as hard as I did to draft our contract.

My girlfriend and I were together for over 10 years before we embraced a FLR. Since we have signed our agreement and accepted our roles in our relationship, things have never been better. The act of simply submitting to her authority has changed everything. We don't fight, we 'talk' about things and we follow our agreement. My girlfriend is empowered and loves being 'the boss'. She has told me many times it always frustrated her when I would argue over things, only to lose the argument. Now, there are no arguments. She dictates how she wants things done and that's how things are done. For me, I love that we don't argue over stupid things anymore.

The biggest benefit has been that we have developed a renewed respect for each other. She is impressed that her man would willingly give up a typical male role for the purpose of simply making her happy. She has said this many times. For me, I love that my woman is happy being the boss.

This might be a weird story but my girlfriend and I were out to dinner one night and the waitress was just over the top attractive. She caught me looking at her more than once but never said a word. When we got home she asked me to come in the bedroom. I assumed sex was imminent but instead she had me sit on the bed and proceeded to lecture me on my behavior at dinner. She expressed that it bothered her I would look at another woman when we have a contract that clearly states my life goal is her happiness. "Do you think it made me happy for you to look at the waitress?" she asked.

It really began to sink in how seriously she took all of this and that I was completely wrong in my actions. I genuinely felt bad for the way I behaved and my apology to her was probably the most sincere in our long relationship. And at that moment, I felt very proud to be in an FLR. The day I signed our agreement and decided to stop fighting her authority, everything got better. And to this day, it continues to be great.

Women Lead their Relationships by Default

Most women do not understand that they run their relationships by default. Anything that happens in a relationship is exactly what she wants. Why? If she did not want it she would not allow it.

The woman has the ultimate prize that drives men to attempt to move mountains and make great achievements in the world. A woman's pussy and her intellect are the most valuable resources on Earth. A woman who does not recognize that access to her pussy isn't a right is a woman who has given away her power. A woman

who does not trust her instincts or respect her own desires is a woman who has given away her power.

How else does a woman give away her power in a relationship?

- Deciding that she can do without certain treatment that is important to her
- Settling for a relationship that she knows is not empowering her
- Changing who she is to accommodate a man's desires
- Not establishing herself well enough to secure her own future before she becomes attached to a man
- Allowing treatment from a man that does not make her feel good

When a woman accepts mistreatment from a man she is teaching him that she wants more of the same. There is no such honor in being the dutiful wife who stands by her man no matter what he does. If he doesn't please her with his actions she must get rid of him. This life is too short to sit there and beg for a man's love. If she has to convince him to honor her choices then he does not deserve the privilege of sleeping next to her or walking beside her. If he does not honor her choices he needs to get the fuck out.

If he wants to enjoy the pleasure of her body and her wisdom then he must give her what she wants. Women who lead their relationships understand this concept without clarification. Women in Loving Female Led Relationships differ from women who traditionally 'run' their relationship only in the fact that the former is an expressed agreement between the couple and women in Loving FLRs typically treat their partners with respect and appreciation. There are millions of couples in Loving FLRs and do not even recognize it.

How do you recognize a couple in a Loving FLR?

- He seeks to please her without discretion.
- He caters to her needs as though she is a rare and delicate flower.
- He seeks her advice before making important decisions.
- He makes decisions with her happiness in mind.
- He has achieved greatness as a result of her grooming.
- She is radiant with confidence and self-assurance.
- She attempts and achieves goals that many women would never dream of.
- He always says Yes to her.
- He acts as her protector and she does the same for him.
- She speaks up when she is displeased no matter who is the source of the offense.
- Their children respect women and believe women can achieve anything.

Whether they admit it not, women always lead relationships. The direction is theirs to choose. If she doesn't like it she won't put up with it. If she puts up with it, that means she likes it. Isn't it sad to see what some women choose simply because they have not been made aware of their power? Isn't it wonderful to realize that more women are awakening to their power and raising their standards for their relationships which will in turn benefit men and the world?

FLRs Will Impact Society

The basic ingredient for a Loving Female Led Relationship is to honor a woman's choices.

- When she wants to be treated a certain way, he should honor that.
- When she wants chicken for dinner, he should honor that.

- When she wants to be left alone, he should honor that.
- When she wants to try a new career, he should honor and support that.
- When she is not interested in an idea that is presented to her, he should honor that.
- If she wants to try a new idea during intimate moments, the man she chooses should honor that.
- If she wants to delegate which decisions her partner makes on his own, he should honor that.
- If she wants to cuddle and be comforted, he should honor that.
- If she says NO or STOP, every man should honor that.

With a firm understanding that Loving Female Led Relationships are based on an agreement to honor the woman's choices, I believe this love style will become the remedy for quite a few social ills. Take into consideration that in the United Kingdom 1 in 5 women aged 16 - 59 has experienced some form of sexual violence since the age of 16 (*Rape Crisis, 2017*). At least 200 million girls and women alive today have been the victims of the barbaric ritual of female genital mutilation and nearly thirty percent of students in the United States are involved in bullying on a regular basis either as a victim, bully or both (*Elgot, 2016, Bullying statistics, 2017*). These are social problems that have plagued mankind for centuries due to the patriarchal makeup of society which dictates that a byproduct of manhood is the exhibition of dominance and ruling over women.

How will these social ills be impacted by the emergence of Loving Female Led Relationships? It's simple. Loving Female Led Relationships promote respect for a woman's choices. Men will be trained to listen to and revere women, honoring their choices every step of the way. When men are taught to respect women's choices

they will understand that they need to seek permission during their interactions with women. As Loving FLRs become more widely accepted, men will stop viewing women as objects that need to be dictated to, overtaken and enjoyed at their leisure. As a result crime rates against women will decrease, disrespectful laws aimed to control a woman's reproductive choices will be dismissed and men will be freed to enjoy their true nature of being in service to women.

Outdated social customs that dictate that men should decide what a woman can and cannot do with her body need to be addressed. Each year millions of women are brutally mutilated as a ritual because long ago a random man decided that women should not enjoy sex. This asinine cultural expectation is indicative of a dedicated quest to ensure that women view themselves as property of men, available only for their pleasure. If men and women were taught that women are not property and have full freedom to decide what happens to their bodies, disgusting rituals like female genital mutilation would be eradicated.

I believe school bullying may stem from young people trying to prove their dominance in order to appear more masculine to others. If young boys and men were given the freedom to embrace their natural desire to serve and honor women instead of being brainwashed into believing they are natural rulers then they would not have to prove their masculinity to anyone by trying to dominate or belittle them.

The empowering nature of Loving Female Led Relationships will encourage women to fulfill their greatest dreams instead of being expected to support the dreams of their partner. Women will be encouraged to place themselves first and create the type of lifestyle they truly want to enjoy. The ideal of growing up to become a wife and stand by a man will be abated. This world will experience remarkable advancement concerning all of our world issues

because for the first time *everyone* will be expected and empowered to contribute.

She Wants

2

To Awaken Her Inner Goddess

I hope to impart in women the awareness that they do not have to live according to society's expectations and social customs just because everyone around them is doing it. All women should learn that they can choose their truths for themselves. These are my truths. Decide for yourself if they align with who you are. Accept them if they feel right. Reject them if they do not.

I have come to believe that we are all experiencing this life by choice. We wanted to be here even on those days of frustration when we don't remember why. I believe we have chosen this life experience to enjoy the thrill of creating, the power of love and the excitement of adventures. We can create what we want by making the decision to do so. When we make a choice and we act on it, we are creating. Our lives are defined by the choices we make. We must learn to make our choices for ourselves.

Life is not a test. No one is keeping score. The results of our choices are neither permanently debilitating nor rewarding. We can now be relieved of the pressure that comes with each decision. Life is not a test therefore we cannot fail. We each have the ability to use our God Power. Our God power is our power of creation, our power of choice. When we purposely choose our beliefs, determine our own standards for our lives or decide to move forward with our goals without considering the opinion or influence of others we are expressing our God Power.

She who defines her life by choosing for herself regardless of what others will think is the Goddess of her life. She who allows another to decide the standards that she will live by is determining that someone else is the Goddess of her life. A woman who elects to participate in Loving Female Led Relationships is a Goddess; she has decided for herself to do what she wants.

A man who elects to define his life for himself and make his own choices regardless of the pressures of society is a God. The God is born through the Goddess. He is an extension and expression of her power. His power is activated when connected to her. Apart from her he is whole but connected to her he is infinite.

When she openly defines herself as a Goddess she is tapping into her own God Power and the power of every God. The God and the God Power are expressions of her essence. Connecting with them releases every mental limitation that once held her captive. Although a personal or romantic connection with a God is beneficial, she does not need a God to be a Goddess. He is born from her and she is Goddess, the Creator, with or without him. If she wants to awaken her inner Goddess, all she has to do is speak it aloud.

When making the decision to accept and exhibit her God Power, a woman takes ownership of herself. She belongs to no one. Therefore, no one can control or judge her life.

She speaks.

I am a Goddess. I make decisions for my own life. I create my own expectations and live by my own standards. My success or failure begins with my decision to label them as such. My God Power lives in my mind and my decisions. I am perfectly capable of being the Goddess I truly am. I am a Goddess.

Recognize Her Superpower

Florence Scovel Shinn wrote, "There is a place that you are to fill and no one else can fill, something you are to do, which no one else can do."

In the grand scheme of this existence each woman has a mission to choose to fulfill that only she can fulfill. The most difficult part about fulfilling this mission is believing that there is one. There is.

This isn't some type of mystical divine plan; this mission is her choice. She decides what she wants her mission in life to be and she does it. She does this by recognizing her superpower. Every woman has a superpower that she uses with minimal effort.

Her superpower could be her leadership ability. She will walk into a room, speak a few words and have everyone on board to reach a common goal. She can recognize the strengths of her colleagues and capitalize on them while minimizing their weaknesses. People want to listen to her because they know when she speaks there is wisdom behind her words.

Her superpower could be her style and grace. Her beauty lights up a room and people are blessed by her presence. She is poised and confident, assured and sweet natured. Without speaking a word the energy in the environment shifts and people gravitate toward her because the sparkle behind her smile comforts them.

Her superpower may be the way she raises her children. She is a devoted and deliberate mother who is conscientious about the messages she is delivering to her offspring so that they can go out and impact the world in a powerful way. She was born to be a mother and she knows it. She owns it. She takes pride in the way she organizes her home and the effort she puts into being a Supermom is her most treasured superpower.

Her superpower could even be reflected in the way she grooms her partner for success. She sets high standards for him. She pushes him to achieve more than he could ever dream. She may never wear the fancy titles that he has been awarded but she doesn't want to. Her satisfaction comes from the appreciation he shows her for being the driving force behind the magnificent man he has become.

Her superpower can be anything. Only she can recognize it and decide to nurture it. Her superpower may be a talent that is overlooked because it is not valued by our corporate minded society but its value is worth far more than a salary could compensate.

A Goddess who understands her superpower will apply it to her life to create a mission for herself. She will use her superpower to impact her life and the lives of others in whatever way she chooses. Locking into her superpower will aid her in walking amongst the Goddesses.

Walking Like a Goddess

When a woman recognizes her superpower and decides to unleash the fullness of it she becomes a Goddess. She shines so brightly that others are first stunned and then afraid. Initially they will try to dim her light by telling her to calm down, hold back or quiet down because others will feel inadequate in comparison. These attempts to quell her brilliance should be taken as a trigger to shine more brightly. She should do more. She should be more. She should step up and take her mission to a new level. When others see that she is unstoppable and unafraid of letting her light shine they will fall in line to emulate her and then they will be freed to allow their light to shine too.

There is nothing wrong with being beautiful. There is nothing wrong with being great. There is nothing wrong with standing tall and outshining everyone with dazzling intellect. Playing small to allow others to shine only sabotages the success of everyone involved. Walking like a Goddess means understanding the God Power within, accepting it and releasing the mask of humility that has been heralded by society as a virtue. She must never be humble. She must never speak softly to please others. She must make demands. She must set high standards. She must display her anger. She must set the world on fucking fire if necessary. This is why she chose to come into existence. She is alive to display her God Power on Earth.

Why buy a beautiful costume and hide it behind an overcoat? Drop the coat and shine.

A Goddess walking understands that there is no eternal judgment for her choices. There is no one keeping score. There is no

one to prove herself to. Making choices for herself regardless of the opinions of others is what defines her as a Goddess.

She must unleash her superpower. She must make the decision to be a Goddess. She must announce her decision to the world and dare anyone to refute her status. God Power is not a tool that is awarded; it is inherent in every woman. She must choose to release her God Power and become a Goddess. No one can crown her; she must crown herself.

She Can Not Lose

In order to crown herself as a Goddess she must understand that she will not and cannot lose. Since there is no one keeping score but the woman in the mirror, there is no one to determine the quality of the totality of her life. She is now freed from trying to please anyone but herself. It is time to be selfish. Why? Because she did not choose this life experience to be a servant in this world. She chose this life experience to expend her powers.

Consider all of the moments when she hesitated before making a decision because she wanted to get life 'right'. Consider all of the times she held herself back because of something she was taught was inappropriate to do. If it felt right to her and it didn't hurt anyone, why did she listen to others? She wanted to please them, to be approved by them. She wanted to be the good girl. She can still be the good girl as long as she redefines what being a good girl means.

Being a good girl does not mean being a servant and assistant in this world. No woman should be taught that her place is beside a man or at his feet. Her place is where she wants to be. Being a good girl does mean being good at everything she chooses to do. It doesn't mean being applauded by others for what she does. It doesn't even mean earning a million dollars for releasing her

superpowers. Being good at everything she chooses to do simply means feeling good about doing her best at it.

If she is not waiting for applause, awards or a million dollars then she can approve of herself. If she is the only one who can approve herself and there is no other judge, then she cannot lose because there is no such thing as losing unless she determines that she is a loser. Every decision that seemed wrong, every mistake that she thought she made has all pushed her to this very moment where she is making the decision to become a Goddess.

There were no wrong turns. There were no wrong decisions. There was never any reason for her to worry. All decisions lead to her brightest future. Today is the first day of that future.

It does not matter what she chooses to do or which superpower she chooses to exercise. She cannot lose because life is not a test. Even if it feels like she is losing she only has to remind herself that she cannot lose and everything is arranging itself for her benefit. No one holds the key to her brightest future. No one can block the gateway for achieving what she wants. Her choice is her power. This is the truth. She only has to step into it, declare that she is a Goddess who came into this life experience on purpose and keep walking.

Why Do You Want a Loving FLR?

I enjoy seeing her happy and having the chance to be who she was intended to be. It is an immense joy to me to be able to support her in this.

~ Randall

Become an Entrepreneur

The absolute best way a woman can learn how to awaken her inner Goddess is to create income on her own terms. Becoming self-sufficient is every woman's duty because it eliminates the feeling of desperation that sabotages her progress in life and especially in the development of a Loving Female Led Relationship.

Becoming an entrepreneur elicits a sense of purpose and pride that no other career path can. When a woman forms a plan to create income using her own skills and sees it through to fruition, her new path becomes the thunder behind the storm.

When 32-year-old Bethany joined the FLR Leadership Coaching Program for Women she explained that her husband had urged her to take the course to help improve their relationship. As he sought to create ways to empower her, he sent her on a spa day to be pampered and was delighted to see that she particularly enjoyed having her nails manicured and sculpted. Noticing her delight he offered to send her to a few lessons on nail care and she happily accepted. After she completed her course she was very proud of herself and he offered to take things a bit further. He found an office space for her very own nail salon, had it furnished to her liking and wished her the best.

Standing there in the middle of her own business she was taken aback a bit. Although her husband was very kind to her she still felt a bit insecure knowing that if he were to leave her she would have nothing. She felt that she could not truly be a Goddess because she felt dependent on him for her livelihood. She was gently reminded that he had empowered her to live a great life when he opened the business for her.

"Can you imagine having a good life without him?" I asked her.

"Before I couldn't, which made me feel weak," she said. "But now I know that no matter what happens I can take care of myself and my son with or without him."

Many women doubt that they can walk like a Goddess because they believe they need their partner. Their energy reflects this neediness and men distance themselves because of it. The only way that a woman can get rid of the feeling of neediness is to become self-sufficient by starting a business or creating a source of income that no one else can control or take away. This is how a Goddess knows she has power.

How to Start a Business

There is no sure fire way to ensure business success. The only thing all business owners have in common is the fact that they stopped thinking about being a business owner and got started. There is no need for fancy licenses, a perfect website or a building just yet. Start with these simple branding steps.

1. Decide what to offer. It should be something that will take away a burden from someone else.
2. Decide on a brand name. Choose a name for the business that includes the type of service in the title. If she wants to be a hair stylist use 'Jane Hair Stylist.' The service should be able to be searched easily.
3. Buy the domain name for that brand. The domain name is the website address.
4. Set up a website by using a free website service. Point the domain name to the free website address and mask the address so that only the purchased domain is displayed.

5. The website needs 3 important points of information: a photo, a description of services and contact information. Testimonials are a plus.
6. Register for social media accounts with the same brand name for future use.
7. Now that the business has an online presence it is considered legitimate. Give away 3 products or services in exchange for testimonials with photos. Post these on the website.
8. Research and find 10 strangers/businesses who would benefit from the services offered. Send them emails or deliver flyers to them directly.
9. Be consistent with looking for new clients or customers. Mention the business in every conversation so that people will begin to associate the business with the Goddess.
10. Deliver excellence every time. Over deliver. Repeat.

Once she has learned to activate her superpower, to walk like a Goddess, to operate under the belief that she cannot lose and she has created a source of income that cannot be controlled by anyone else she has awakened her inner Goddess. She is a Goddess.

Repeat 3 times to activate her.

I am a Goddess.

I am a Goddess

I am a Goddess.

This is my chosen truth.

She Wants

3

To Develop the Attitude of a Goddess

Besides walking like a Goddess and accessing her God Power, a woman in a Loving FLR is a woman all her own. She can be sweet, nasty or sweet and nasty when it pertains to her interactions with the people in her life. We can't place her in a box and determine that all Goddesses interact with others in the same way but we can attempt to describe some of the more formidable traits that make a Goddess' attitude unique.

Before we delve deeper into her psyche, there is one basic principle that every Goddess must understand if she is to truly enjoy a Loving Female Led Relationship:

A Goddess should never treat a man as though he is her ultimate prize in life.

She can love him. She can be supportive of his dreams and goals. She can show him appreciation for how amazing he has been

to her. But, she must draw the line at ever placing the love she has for him above the love she has for herself.

In my experience as a Loving FLR Leadership Coach, the single most common misconception women face while establishing a Loving FLR is believing they must strive to keep their partner happy. Women sought my support as they described feeling as though they were not living up to the expectations of their partners. They felt weak and frustrated. They wanted to know how to be better at earning his respect and admiration.

Yearning to earn a man's respect and admiration is the best way to get him to stop respecting her. His respect and admiration is given to the woman who does not need a damn thing from him, not even his love.

Women often ask about the secret to mentally captivating a man and my answer is always the same: learn to prosper without him and make sure he knows that. Understand that a man is neither the key nor the lock to a magnificent life. If anything he is a nice cool breeze; pleasant and satisfying but not essential. Under no circumstances should a woman prioritize the man's happiness and satisfaction above her own. Nor must she ever feel obligated or pressured to give a man anything she does not want to give.

She promises herself:

- She will not change her interests or preferences to match his.
- She will not change her hair or clothing to suit his tastes.
- She will not give him what he wants before he gives her what she wants.
- She will not give in to his demands.
- She will not give him the impression that she cannot live her life without him.

The woman who changes herself to attract or keep a man—thus violating her core values—will never truly be satisfied even if she does win her prize. She knows that she has tricked him into being with her, and she'll always fear that she will one day be exposed as a fraud, and that he will leave her.

When a woman exerts maximum effort into earning a man's love, the same man will exert minimal effort into the relationship. A man will never fully respect a woman who has changed herself to suit him. When he watches a woman compromise her own happiness to please him, he realizes that she does not love herself. He may decide to be in a long term relationship with her in order to use her body, and for other benefits, but he will always yearn for the woman who will satisfy his soul. A woman who will never settle for less than what she believes she deserves is the only type of woman he really wants.

Donna's Loving FLR

I was previously married for 7 years to an overbearing man. This relationship was not an FLR. When I exited that relationship I was very ready to be alone and unwilling to compromise myself into any relationship ever again.

We met through a neighbor. I hired him occasionally to help me with some labor on my ranchette and he began pursuing me romantically. At first I was not interested because I was adamant about not recreating my abusive marriage but eventually I allowed him to show me who he was and he was different. He catered to me in a way that I had not experienced before. Despite my appreciation I took time to remind him that he was under no obligation to stay with me and he was free to leave anytime. He refused.

Four years ago I moved from Oklahoma, where we met, to Michigan through a job transfer. I was focused on my career and progress and didn't give him a second thought as I packed up my things to leave. I did not invite him to come with me but he was depressed without me and followed me about a year later. We have been happily cohabiting since then.

I am older than my partner. I make more money than he does. I own the house we live in. I own the cars we drive. I am

willed. He seems to need me more than I need him. He would do anything I asked of him. I do not want to be married again and I have told him so. He does want to be married but accepts my wishes.

We have now been dating for 6 or 7 years and we are in a FLR but there are no rules and there are no punishments. My partner has never been in an FLR before ours and claims that he has always been the leader in his relationships. He says he does not know why he is the way he is with me but he can't help it. He likes doing things my way and I don't play any games or do anything special to get him to be that way.

She Only Allows What She Wants

Whether or not a woman is involved in a Loving FLR she still leads her relationship because she will only allow behavior that she wants. Yes, every woman is involved in a Female Led Relationship because by allowing certain behavior she is encouraging it. When a woman experiences abuse or mistreatment she is still leading the relationship because she is allowing it to continue. A woman who rejects mistreatment will leave the relationship at the first sign of it. She will not plead with a man to treat her better, nor will she listen to empty promises of more Loving behavior. She understands that men seek clues about the type of treatment she prefers by what she accepts from him. If she is willing to walk away from him after a

certain behavior, he knows not to do it again. If she wants love and support, she allows it. If she wants to be cared for, she lets down her guard and allows it. If she is distressed in any way during a relationship it is because she likes it. Her continued presence in a relationship represents her consent and her appreciation for the treatment he is offering.

She Can Be a Bitch

One of the more common assumptions about a Goddess in a Loving FLR is that she can be a bitch at times. People may describe a woman as a bitch if she speaks her mind when a situation does not meet her expectations. So in that sense, yes, a woman with the attitude of a Goddess is a bitch. She's an excellent bitch.

She is Willing to Be Alone

When a woman believes that she cannot prosper without a man by her side, she is actually indicating her longing to share her life with someone. In reality, most people desire intimate relationships and that is nothing to be ashamed of. Problems may arise when she compromises herself for the sake of having a relationship. A woman should never desire having 'a' relationship or being 'a' wife. When a woman desires something as important as a personal connection it should have a definite face and name attached to it for a specific reason. She should desire a relationship with Thomas, instead of just 'a' relationship. If 'a' relationship is all she wants she will accept garbage from men to fulfill the role she wants to play.

In order to become a Goddess in a Loving Female Led Relationship, she must first be willing to be alone. She must understand that life does not make promises, and there exists the very real possibility that she could be without a romantic partner for the rest of her life. She must arrive at a point where this possibility does not frighten her. When a woman is willing to be both happy and single, the entire chemistry of her being changes, igniting the spark of true self love. She will never compromise her happiness just to have a partner. The man she eventually chooses will know he is special and worthy of her love instead of being present to fill a void in her life. Here the magic of life really begins.

Although we have come into this life experience to create adventures and experience love, the concepts of marriage, monogamy and lifetime bonding with one person are socially constructed expectations. Marriage, monogamy and lifetime bonding are not required to live a complete life. Although she may seek a partner with whom she can share her life, sexuality, and personal development, she also knows she doesn't need a partner in order to live a magnificent life. She goes about having adventures, and men are attracted magnetically to her because they know she does not need them.

She Doesn't Change Herself to Please Anyone

She doesn't live by the rules her parents or society set for her. She won't cut her hair to fit in. She won't quiet her temper when she is upset. She has the freedom to get into trouble, make noise, act up and be kicked out.

She views this restrictive world as though it is merely a fantasy place—because it is. If we are all players of this game of life, equipped with the same God Power, then why follow the rules of fellow game players as though they are the game makers?

There is no one to whom she must prove herself. She recognizes that she adds value to the world just as she is. She never tries to earn a man's love or respect because she understands that he is not a prize to be earned.

She is Willing to Lose

If she can't have what she wants, she lets it go. She won't compromise her standards just to get a piece of the pie—she'll bake her own pie instead. There is always more than one to get what she wants and she knows that it is fun to try. She understands that nothing is important enough to cause her to lose her poise. Allowing someone else's actions to incite a visible reaction is evidence of that person's power over her. She always remains willing to walk away from situations that do not please her instead of being upset about it. She will never bow to ultimatums. She is able to transform any situation into one that benefits her, and thus she never really loses even when it looks like she has.

She doesn't have to be the best dressed woman in the room, because she knows she is not in competition with anyone but herself. She doesn't need the largest pool of admirers because she desires only the admiration of her family and that of the man who devotes himself to her.

Unless the situation has a tangible benefit she is not pressed to engage in it. She can step back and shrug her shoulders because she is already a winner.

She Likes to Choose

Whether it is food, sex, clothes or men, she always maintains her power of choice. She has the confidence to walk up to a man and ask him on a date. She finds it delightful when a man squirms because he is nervous around her. When she is ready for a sexual relationship, she's comfortable saying so, and she is the one to decide when or if they will be monogamous. She will say 'I love you' first without thinking twice about it.

She knows what she wants, and goes after it. She never feels rejected by a man because he won't accept her advances. She understands and truly believes that those with value will value her. Everyone else will be forgotten and they will most likely never forget *her*.

She Sets Standards for Her Interactions with Others

She may expect that men always open doors for her. She may expect that men ask for permission before touching her. She may expect that when someone speaks to her, they stand at least two feet away. She is not afraid to express or enforce her preferences for interacting with others because her personal comfort matters.

She doesn't remain passive, hoping that others will guess how to appropriately engage with her. If she experiences a negative interaction, she will tell the person how to do better. However, if she believes that the offender is someone she will probably never interact with again, she may not feel the need to correct the behavior. Correction is for people with whom she may want to interact often. In one way, correction is a form of endearment.

She Doesn't Ask for Permission

This is her world and she knows it. She would rather be stopped in the act than ask for advance permission. She feels no need to prove herself to others, nor does she wait for permission to do as she likes. She marches boldly forward, qualifying herself for the experiences she seeks in life.

Whether it is a title, a role, entrance into a certain social event or environment, if she believes she belongs somewhere, she will walk in boldly. She never asks for someone to give her permission to be great; she simply is. Without requiring anyone's approval she confidently approves herself.

She Allows Others to Help Her

She can be independent when necessary but if she doesn't have to be, then why not accept help? She understands that her gifts are best used when she is able to focus instead of trying to be a one-woman army. She delegates responsibilities according to the strengths of those around her, and she appreciates each of her helpers because her success is fueled by their assistance.

Rather than force others to assist her, she allows it. She understands that many people are natural helpers who actively seek someone to assist and follow. They benefit because she allows them to do what they do best: support. She gives them a task and a purpose, and they offer her the assistance she needs to be a truly great leader.

She Celebrates Her Beauty

Her definition of beautiful is entirely her own. She understands that her beauty and charm are important motivators for men and she uses them to gain favor without hesitation. She will dress in a manner that aids in gaining what she wants. She is not afraid to use her feminine sexuality to her benefit.

Her hair, wardrobe and personal style reflect the way she feels about herself. She needn't copy current fads, nor rage against the system by completely ignoring the trends of the day just to be rebellious. Rather, she adorns herself with clothing and accessories that accentuate her inner Goddess and she makes no apologies for it.

She Doesn't Have to Be a Superwoman

Although she knows herself to be a superwoman, she doesn't have to be one with her partner. She allows him to care for her and decrease her load to make her life easier. She allows him to treat her as a delicate flower. She is a Goddess. She doesn't have to fly to rescue everyone who cries out. She doesn't have to save the world unless she wants to. She doesn't have to rescue others from their choices. She doesn't have to save the day if she would rather relax. She understands that her version of a superwoman doesn't need to be on call 24/7 just to be able to wear the red cape.

She Doesn't Like to Be Told What to Do

When another person attempts to correct her behavior, she reacts as though they must have lost their mind. She happily expresses her God Power through deciding what is wrong and right for her life, and she is offended when someone insists that she do things their way.

She may be assuaged if the person offering the suggestion is someone she trusts and loves, but the general population is not entitled to offer their opinions of her actions. She rebels against others' instructions for how to get life right because she understands that she alone can determine if she is creating a righteous life. Right or wrong, she answers to no one.

She Knows Her Worth

There is no compromise for the Goddess. There is no meeting in the middle. She understands that when she is at the store buying an expensive purse she will not negotiate with the sales clerk. The value of what she wants has been set and she must pay the full price. When she sets the price for her time, attention, guidance and love, the man she has chosen must either pay it in full or go home empty-handed.

The moment she compromises her standards for a man, her value decreases in his eyes. He needs to know that his effort will earn a prize few men can attain. She will raise her standards and she will not compromise them to be with a man because he is not the prize. She knows her worth and will never compromise.

She Recognizes and Expresses What She Wants

A Goddess in a Loving Female Led Relationship is decisive. She knows what she wants and is audacious in asking for it. When a man in a Loving FLR presents options to her, he does so with a sense of pride, intending to accomplish her heart's desire. By abdicating the decision, she devalues his gift. For the sake of the success of the

relationship, she should do her part by making the decision. This allows him to do his part by carrying out her wishes.

There may be times where the decision presented to her is trivial. If she is ambivalent about it she may delegate the decision making. For those decisions that will impact her greatly, he presents her options and she is proud that he actively honors her choices.

She Enjoys Empowering and Guiding Others

A Goddess in a Loving Female Led Relationship recognizes that every other human walking this Earth is one choice away from using the same God Power that she does. Even when they are not actively honoring themselves she believes they should be respected just the same. At times she feels it is her duty to enlighten others about accessing their God Power and walking like a Goddess. With each person that she awakens she is strengthened. She especially enjoys helping the average woman to transition into a Goddess.

She truly believes in her right and responsibility to lead others for their best benefit. Instead of asking, she gently but firmly tells others what to do and how to do it. Because sharing wisdom and guidance comes naturally to her, she believes her guidance is a gift to everyone she meets.

She Enjoys Being Catered to By Men

When a man displays signs that he is ready to serve and cater to her, she doesn't view this as weakness. Rather, she appreciates his honesty and vulnerability. She values his attention to her needs. She allows him to care for her in every way he can, and creates new ways for him to express his love through service to her.

For example, she may allow him to take out the garbage, keep the car washed, give her a pedicure, and buy her favorite perfume. Not only will she allow such acts of love, she will request and expect them. For a man in a Loving Female Led Relationship, her requests are like angels singing from Heaven. His heart cannot stop beating for the woman who requires him to treat her like his Queen.

She Is Self-Aware and Accepting

She may not be identical to women on magazine covers, but she doesn't care; she understands that those pictures are marketing ploys to manipulate women into feeling ashamed of who they are, and to sell products.

She knows how to feel good about herself. If she once felt pressured to attain a certain weight, or be an expert at baking cookies, she releases that burden. She retires her feelings of insecurity because she understands that each individual Goddess is instrumental in advancing the progress of humanity. Two puzzle pieces that are exactly the same will not help complete the puzzle, and she is proud to be a unique puzzle piece.

She Believes She Can Do Anything

Although she understands that she must do the work, she also knows that the possibility of achieving any goal she sets is guaranteed in her mind. She can change the world or she can joyfully indulge in hedonistic pursuits. She accepts that the vision that appears in her mind is a blueprint for her future and she acts on it. She knows no limits, and she walks in this truth every single day.

Some women choose to fight injustice in the world, some choose to nurture and care for their families, and still others may spend every waking moment catering to their own adventurous fantasies. No woman is superior to another; each has an ideal vision for enjoying her life. Whatever path she chooses to create this vision, it is a perfect one as long as she exercises her God power and makes the decision for herself.

She Offers Repercussions for Unsatisfactory Behavior

As much as she loves to show appreciation to those who please her, she also understands the importance of repercussions for those who haven't met her expectations. Her chosen repercussions may vary according to the situation, but the message behind the correction remains the same: it is wise to follow her instructions.

This applies not only to her lover or partner, but also to those with whom she has consistent interactions. Her reasoning is simple: If she lives up to her word and offers excellence, she expects others to do the same.

She may step back from social invitations as a repercussion for a flaky friend. Perhaps she fires a client who isn't holding up their end of the agreement. She may even conjure up a more sinister punishment for those she believes have wronged her on purpose, just for fun.

People won't desert her during her wrath because they understand that she is fair and forgiving. She doesn't lash out haphazardly. She enjoys offering appreciation more than punishments but if she has to, she will.

She is Strong

What makes a woman strong? It has nothing to do with being rude or mean or reacting in a way that belittles others. Women who react harshly to others with little provocation are being defensive, not strong. Defensiveness demonstrates fear of being hurt. It means that she was once so badly hurt by someone that she expects others to do the same and she must guard herself by being extra rigid in her interactions so that it will not happen again. A defensive woman needs nurturing. She needs strength.

A woman is strong when she faces life's challenges and she keeps moving forward with enthusiasm and confidence. Strong women know that life is not a punishment. She doesn't consider hurtful interactions with others as personal attacks. She understands that people who are filled with love give love and those who are filled with rage express the same.

A strong woman understands that there is nothing that can hold her back from achieving her goals indefinitely. In the face of adversity, a strong woman recalculates her mission, changes direction and still manages to get to where she wants to be. Strength is not found in a tone of voice; strength is demonstrated through an unstoppable stride.

A Goddess in a Loving Female Led Relationship

- ♥ Makes decisions without considering the opinions of others
- ♥ Sets standards for her interactions with others and does not compromise them
- ♥ Only allows what she wants in her relationships
- ♥ Is free to be as brilliant as she can possibly be
- ♥ Is not a servant to men
- ♥ Does not ask for permission or wait to be chosen to express her greatness
- ♥ Understands that she alone is the ultimate judge of her life
- ♥ Never makes a man's happiness a priority over her own
- ♥ Appreciates that her life is a gift that she chose for herself
- ♥ Understands that she cannot fail because life is not a test

She Wants

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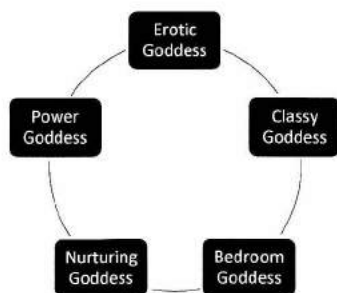
To Choose Her Power

She is now ready to express her God Power by deciding which type of Goddess she wants to be in a Loving Female Led Relationship. Since most women have never considered being the expressed leader in a relationship and having the complete support of their partner, she may have a difficult time expressing how she will offer guidance in her role as the leader.

I have developed the following archetypes to help women to identify their Loving Female Led Relationship Goddess Style as well as the type of authority they want to express in a Loving Female Led Relationship. Understanding the different kinds of Loving Female Led Relationship Goddess Styles and Loving Female Led Relationship Authority Styles will help women to express to their partners exactly what they want. Making a firm decision about the specific interactions and roles in a Loving Female Led Relationship will also help during the vetting process for single women looking for a partner.

There is no need to identify with just one Loving Female Led Relationship Goddess Style or Loving Female Led Relationship Authority Style, the options can overlap and are intended to evoke inspiration and clarity when defining what she wants from a 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.

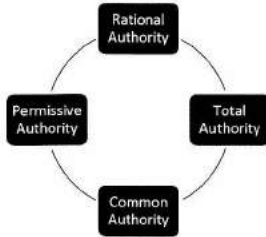
- She does not need to control anyone. In fact, she does not respect men who need instructions all of the time.
- She likes it when a man makes plans and decisions on his own. She appreciates being cared for by someone who knows what he wants and how to get it.
- But when the lights turn off, she transforms 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 type of FLR Goddess she identifies with helps her partner to understand how she wants to interact with him. She can match one FLR Goddess Style or be a mixture of all 6. 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 Goddess Style matches her personality, she must 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.

Now that she has chosen her Goddess Style and her Authority Style she is free to discuss them with her partner. He should ask questions as they discuss so that they both have a firm understanding of how she wants to define her leadership in her relationship. Once they both have an understanding, she is free to take the time to make more intimate decisions about designing her Loving Female Led Relationship.

If she is a Goddess who has yet to find a romantic connection, choosing her Goddess Style and Authority Style will help her in clarifying how she wants to interact with a potential partner. The next step for her is to learn how to recognize and engage with him.

She Wants

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To Inspire His Devotion

Now that she understands who she is and how she prefers to lead, many other questions arise. Where is he? How will she recognize him? How does she get things started once she meets him? What if she can't keep things going? What if he doesn't listen? How will she know if it's real?

Men desire Loving Female Led Relationships even more than women do. Powerful women are typically too busy being great to fantasize about leading men, while men crave the attention and guidance a powerful woman could add to their lives. Men naturally gravitate toward women who exhibit their God Power because it excites a man on a soul level to be so closely connected to the Goddess from which they came. Men need Loving Female Led Relationships. The Goddess he connects with through a Loving FLR offers him the impetus to be great. Men thrive and earn more, achieve more and feel more satisfied with life at the side of a Goddess.

Up until this point I have described the couple in a Loving Female Led Relationship as a 'Goddess and her partner'. This wonderful man who will stand beside a Goddess definitely deserves an honorable title. Who could be the perfect match for a Goddess?

A *Gentleman* would be the only match.

A Gentleman in a Loving Female Led Relationship

A Gentleman in a Loving Female Led Relationship is quite different from the average man. She will recognize a man who is a great candidate for a Loving Female Led Relationship because he will never feel the need to compete with her; he truly wants her to win.

There are other ways to recognize the type of man who would be perfect for a Loving Female Led Relationship:

- He is established.
- He has achieved so many of his goals that he is satisfied by watching her achieve.
- He is useful.
- He is skilled at handling problems.
- He says he likes a woman who knows what she wants.
- He wants her to take charge of the finances.
- He listens and takes direction well.
- He communicates with her in the way that she prefers.
- He is always polite, courteous and helpful.
- He talks about how having his special Lady improves his life.
- He defers to her to make decisions on important matters.
- He clearly puts her interests first.
- He offers compliments freely so that she will feel more confident.
- He will ask her what he can do to make her happier.

- He offers to do things for her on a consistent basis.
- He takes care of little menial chores with enthusiasm and care, out of love for her.
- He lets her know that it means a lot to take care of her.
- He listens to her talk about herself and the things she cares about without interrupting or talking about himself.
- He volunteers to do the housework and to be her personal assistant.
- He listens to everything that she says and follows through.
- He is afraid to lose her.
- He says YES to her every request.
- He asks for her opinion on small things.
- If she is in a bad mood he will try to change it.
- He encourages her to go out with girlfriends.
- He offers sexual pleasure and does not ask for it in return.
- He never offers excuses.
- He asks for her permission before he makes a decision.
- He will cook dinner and clean up afterwards without asking her to help.
- He discusses women's rights and describes himself as a feminist.
- Derives great pleasure when a woman is pleased with him.
- He loves bragging about the woman in his life, and is proud of their unique relationship.
- He is constantly improving himself so that he will appeal to his woman and her high standards.
- He is respectful of women in general and would never complain about or degrade any woman.

The Goddess and the Gentleman

The Goddess and the Gentleman are a team who work together to create an amazing lifestyle. Together they have no limits and

represent the best of each other's ambitions. The Goddess does not believe she is superior to the Gentleman. He complements her in the same way that a steering wheel complements a driver. She creates the vision for the relationship and he assists in paving the way. With him by her side she can aim higher. Being with him is easy. It feels good. She feels freer with him than with anyone else.

The agreement to operate in a Loving Female Led Relationship is voluntary and should be honored as a sign of respect between the couple. He recognizes that her wisdom is valuable and he wants to empower her to be the best Goddess she can be by honoring her choices without obstruction. She views his pledge of empowerment as the ultimate symbol of love, and she promises to lead their union with the highest of intentions for their progress.

Ann's Loving FLR

I always wondered why people pressure the man to be the leader of the relationship especially because of religion. What if the woman in the relationship is just better at leading? Why force it on the man if this is not something he does not have a desire to do? My husband made my happiness the top priority and he allows me to direct the relationship. It was about what I wanted and not about what he wanted for me.

I dominated the arguments. Most of the time he just sits and listens and doesn't really try to resist or argue with me. Not saying that he doesn't express his opinions, but he just has no desire to argue with me about anything.

Upon us first starting the relationship he always wanted to pamper me. It started with him never wanting me to "have to work". Of course if I am working because I want to he supports it, but he never wanted to place me in a position where I HAVE to work to make ends meet.

He also did not like to sit back while I did house work or things like that. He wanted me to be the one sitting back and relaxing while he does those things. Everything I ask him to do he would do it or tries his best to get done. He trusts me not to take advantage of him in a negative way, but he wanted me to use him to my advantage if that makes sense.

When it comes to our budget, he is the bread winner, but I am in charge of what we do with the money and I have done a great job so far. When we moved to Houston there was time when he had to get a car title loan and pawn a lot of our belongings, but now we have a good amount in savings. All our bills are paid on time and we have much left over to have some fun with. We have goals and ambitions.

He always looked for my approval on things and made sure I was happy. I have made all the major decisions in our relationship. I made the choice for us to move from a small east Texas city to Houston, Texas. I am making the decision for us to move to a smaller suburb outside of Houston when our lease is up where we live. We can still work in Houston and enjoy the exciting things that the city offers without all the clutter and complications of city life.

The things that he is in charge of, I put him in charge of those things. He does all the things willingly that I can't do like car and house maintenance. When we go out together he does the driving, because he is the better driver in this huge city. I let him lead on things publicly when I feel that it will cause people to respect us more. Like when we have went car shopping, he looks at the cars and talks to the salesmen and makes sure the car is in good running condition and that we are getting a fair deal, but when it comes to the paper work I come in and take charge. I have the brains and he has the brawn I guess.

When it comes to Spirituality he follows my lead and trusts me. We started out as Christians and I was a very important part of my church

and he supported me every step of the way. This is where it was first brought to my attention that men are supposed to rule the household and they are the spiritual leaders. But if you are better at doing that then the man, why is this something that would be forced? Why can't the better person just do it?

At the time I had even made a choice that we should be celibate and we were for about 7 months. When I started to become more enlightened and ended up leaving the church and started seeking answers on my own, he followed my lead on that as well and trusted me. I am someone who always wants the truth no matter what and I am honest and forthcoming with him and he admires that.

He wanted to be the source of my happiness. He wanted everyone to see how he takes care of me, how he provides for me and does everything for me without me lifting a finger.

This has not always been a perfect situation because I didn't respect him like I should because I felt he should be more dominant because that is what society tells us. I considered him to be "p***y whipped".

Not taking anything away from him, it is just that when you compare us, I am more the more responsible and organized one. I think he just noticed that in me and feels like I am better at leading the household than he would be, so why not let me do what I am already great at doing. I don't think it was anything intentional of me leading the household it's just the way it came to be when our personalities came together. Since discovering your website and reading the different stories I am starting to admire and respect him for who he is and what he is trying to give to me. It is really making our relationship better and I feel closer to him in this aspect.

What Are the Odds She Will Find Him?

She is a single woman seeking a Loving Female Led Relationship and this journey isn't easy. The moment that she decides that she

wants to be the leader in her relationship, her dating pool is reduced significantly because most men are not capable of engaging in a Loving Female Led Relationship. A strong woman must learn to accept the reality of this journey, one of the few journeys she will take that does not promise a reward. There are many expectations in life that reward consistent effort, unfortunately when it comes to interacting with another person who has free will to choose as they please, she must understand that even her best efforts may seem futile.

Most men are still trapped in their quest to dominate instead of embracing their natural desire to serve and empower women. Most men are not yet capable of empowering a woman because they have yet to learn how to empower themselves. Most men still rebel against powerful women even though they crave being led by them. In the minds of most men, being of service to a powerful woman is seen as something to be ashamed of when in reality they are rejecting a display of an invaluable strength in order to be approved by their peers.

Another issue that works against women meeting an amazing man for a Loving FLR is the idea of trying to tame a man or convince him to participate. She should be able to form a Loving FLR without even using the term FLR. Many women will feel as though they need to beg and plead with a man to honor their choices because a particular man is their number one choice. If a man is her number one choice and she feels he is not interested in a Loving FLR then he is not a good choice. She will choose a man who wants to give her what she wants. Women should not be afraid to wait for that.

It is highly likely that a woman who is a Goddess has been single for quite some time. After much soul searching she may discover that she has been searching for the wrong traits in men. Because

she is wise, resourceful, powerful and assertive, she has been looking for a perfect match. She has been looking for the mirror image of herself. This is where the issue begins. A Goddess may never find a man who is more amazing than she is. She is a Goddess; there is none greater than She. She must accept that her brilliance cannot be matched and it is okay to take a companion who complements her instead of shining beside her. She is the sun and she must appreciate him for being the moon.

Despite so many obstacles the reality is, every man can be a potential partner for a Loving FLR. As long as the woman sets her standards and requires him to follow them, and is willing to walk away if he doesn't, she has created a Loving FLR. The moment she compromises in order to keep him happy, the potential for establishing a Loving FLR has ended.

Where Will She Meet Him?

Nearly 50% of couples who took part in the FLR Couples survey in March 2016 met during a social activity that was not work related. In order to find a man capable of fully engaging in a Loving a Goddess must get out of the house and show herself to be that Goddess by demonstrating her confidence and power in many different activities and fields.

If she wants to be viewed as a leader it is important to place herself in a leadership position outside of her home. She should create or involve herself in a social group, sports team or business team that will allow her to expose her leadership skills to others. She should decide to make a difference on her campus, in her community and in the world. By igniting her ascension she will attract the interest and friendship necessary to develop a Loving FLR. A Goddess who seeks a Loving FLR will find her match when she learns to make a friend who already respects her as a leader.

Friendship First

When a Goddess introduces the concept of a Loving FLR to a person who already loves and respects her it will be easier for him to accept because he will trust and understand her intentions. When seeking a partner for a Loving Female Led Relationship she should always strive to make a friend first. One hundred percent of satisfied couples in Loving Female Relationships consider their partners as their best friend. Will he be her friend? Does he laugh at her jokes? Will he go to the hospital with her when she is sick? Will he listen to her as she changes her mind about a decision for the umpteenth time? Does he want to be there for the important moments in her life? Will he allow her to cry in front of him and still respect her? Does he offer knowledge and skills that make her life easier? Does being with him make her feel safe? These are the most important questions a Goddess should ask herself when considering a particular Gentleman.

A Love Letter to a Goddess

For My Beautiful Goddess,

Of all the things I've planned, I've never planned on loving anyone as much as I do you. Truly, I do. I'm so blessed to have such an amazingly intelligent, highly successful, wonderfully attractive woman to adore, worship, and provide for. There's so much I want to do for you, to show you how much you mean to me, and how happy you've made me. Finding such a gorgeous woman has made my life complete. And because of this, I want to show my appreciation in so many ways. You've brought out the best qualities in me, because the search is over, the mysteries

have been solved, and my life can move forward in such a positive and focused way.

Yes, I found someone to truly serve and love unconditionally, in intimacy and friendship, as you continue to shape and guide me with your wonderful qualities so I can become the best I can be for you. I want nothing more than to see you shine brightly in every part of your daily life, and you have my promise and dedication that I will always support your decisions and embrace your endeavors wherever and whenever I can.

I want you to realize that your happiness and freedoms are so important to me, and I never want to stand in your way or cause any hindrance. Let me help magnify your importance in the world, and be there whenever you need me. As much as I adore you and want you so much, I also understand how important your social circles are, as you spend your time as you wish with your friends and family, while I wait patiently for your return. Because your happiness and pleasures that you enjoy is so rewarding for me to see. Not only do you deserve my complete admiration, but you are so entitled to as much as you wish to have.

~Michael

Men are Nurturers Too

Men like this do exist, but most have to be freed to behave this way. Without being exposed to other Gentlemen or women who will hold men to these high standards, men will run wild, unaware that the discord they feel is rooted in their inability to connect with their inner nurturer.

Men want to nurture just as much as women do. We have chosen to experience life in this way because we want to create, have adventures and experience love. Nurturing is the purest expression of love. This consumer based society teaches men that they need to be conquerors instead of nurturers. The concept of

conquering is rooted in the quest for power. The quest for power is rooted in a feeling of lack and insecurity. The person who has a fervent desire for power is the one who feels powerless. The rest of us enjoy giving, sharing, creating and developing new ways to challenge ourselves. We don't crave power because we are power. We don't need to dominate others to prove it. Interestingly, we need to nurture, to encourage, to share in order to demonstrate power.

Challenges When Seeking a Gentleman

When a woman decides that she wants to have a Loving Female Led Relationship she will view every man differently from the way she viewed men in her past. Before she may have held physical attraction and personality as the major gauges for compatibility, but this new love style may prompt her to adopt new motivations, which may prove challenging until she finds the right man for her.

She dates to find someone to control.

A woman who is new to the concept of Loving Female Led Relationships will mistakenly believe that she should find a man who is easy to control. This is a hurtful tactic because when she does find a man who is easy to control he will become a burden to her since he has likely been searching for someone to control him so that he can relinquish the responsibilities from his life. A man who is yearning to be controlled will want the focus of the relationship to be on him, and his respect for her will decrease if she does not focus on his needs.

She dates to find someone to help her.

A woman seeking a Loving Female Led Relationship may do so because she feels she needs the support of a man. While having a man's undying support is valuable, a man can sense when a woman needs him rather than when a woman wants him. A woman who needs help may be a turn off for a Gentleman seeking a Loving Female Led Relationship. Her neediness may mean that he may not respect her because she cannot demonstrate the independence and confidence necessary to uphold the strength of a Goddess in a Loving FLR.

She dates because she is tired of being a doormat.

She may seek a Loving Female Led Relationship to help overcome an abusive past. She wants to take out her frustrations from her past on someone who has pledged not to respond aggressively. After being involved in several abusive relationships she may find it difficult to engage in a Loving Female Led Relationship because although intellectually she desires an attentive and caring man, she has been accustomed to experiencing abuse, neglect and rejection

. Her mental and emotional wiring will make it difficult for her to appreciate a Gentleman who focuses only on her needs. She may find him boring, until she recognizes his true worth to her.

Testing him to see if he can follow orders and pushing him to see how much he will take are both indicators that a woman has had a rocky past and needs intense nurturing. When a man respects and honors a woman she should simply accept it instead of attempting to gauge if he will break under pressure. A woman interested in establishing a Loving Female Led Relationship should seek a Gentleman who treats her with respect, appreciates her company and enjoys saying Yes to her.

Getting Started With a Loving Female Led Relationship

When approaching a first date, she must remember that the main objective is to have fun. The purpose of a Loving Female Led Relationship is not to find a servant because those can be hired. She must focus on making a friend, a partner to spend time with and grow with. She has to like the person, not merely what he can do for her. The relationship could shift due to uncontrollable circumstances; he may become physically unable to perform intense duties or be as helpful as he once was. At this point it will be their common interests and her love for him that maintains the relationship. If the relationship is based on his service to her instead of her appreciation and respect for him she will lose interest and dismiss him.

Should she ask him out on a date?

Absolutely.

A woman preparing for a Loving Female Led Relationship should be comfortable setting the pace for the relationship. Introducing herself to a man, inviting him out and choosing the place and time is one way that she can break out of her shell. There is nothing wrong with a woman being the initiator in a relationship. If she is wise she should trust her judgement and go after what she wants just like she would do in any other area of her life. If a man responds favorably to a woman who invites him out for a date then he is potentially open to allowing a woman to lead.

When a woman spots a man out jogging and she is attracted to him she should walk up to him and tell him.

She says: *Hi, I am Tonya. I find you to be attractive. What's your name?*

When a woman spends time with a man and she enjoys herself she should let him know.

She says: *I had a really good time with you. Let's meet again this Saturday.*

I came across FLRs on the internet. My reaction was OMG (although I'm not really religious) this is the way I want and need it. I admit that strong women intimidate me, yet I need a strong woman that I can look up to. Someone to give me guidance and someone whose life's burdens I could ease by basically doing the role of a supportive housewife. I keep a clean house and I enjoy cooking. Oh, and I wouldn't be a money drain on her.

The biggest benefit of an FLR is having the quality leadership of a strong woman. I will always defer to decision making. That doesn't mean that I wouldn't counter her ideas with different suggestions, but she'd make the final decision and I would comply. The biggest challenge so far is lack of confidence in finding her. ~ Larry

When a woman meets a man she is primarily establishing a friendship. There is no rush to establish ground rules or test him to see if he is willing to comply. A Gentleman is who he is organically. If he is a Loving person, he will express himself by being loving toward her. She only needs to be herself, sit back and take notice of the way he treats her.

If she enjoys the treatment then she should allow him to spend time with her again. If she does not enjoy the way he treats her at any time, she should not allow him to see her again.

A Gentleman wants to see a woman smile. He wants to make her want to see him again. He will never diminish her efforts or belittle her progress because he is looking for reasons to like her instead of judging her. He attempts to assess whether she would appreciate the gift of being with him.

Positive Interaction

ACTION: She expresses what she wants and how she feels.

REACTION: He listens and responds sincerely.

RESULT: Continue seeing him.

Goddess

I am attracted to you.

I want to leave now.

I don't like this food.

I really feel good when I am with you.

I like it when you touch me.

I don't like it when you joke that way.

I want to see you.

Gentleman

I feel the same way.

Ok. Let's get going.

What else can we get?

That's my goal and my pleasure.

I like the way you feel.

I'll be more mindful in the future.

I always want to see you.
Let's make a date.

Dismissive Interaction

ACTION: She expresses what she wants and how she feels.

REACTION: He dismisses her feelings and is disrespectful.

RESULT: Do not see him again.

Goddess

I am attracted to you.

I want to leave now.

I don't like this food.

I really feel good when I am with you.

I like it when you touch me.

I don't like it when you joke that way.

I want to see you.

Gentleman

Thanks. I work out.

I'm not ready.

Is it that serious?

Good thing you are with me, are you grateful?

Touching you is a reward.

Are you sensitive? What? You can't take a joke?

I will call you when I am free.

He is not a good candidate for a long term partner if he cannot take care to communicate tastefully. At no point should she feel judged, belittled or that her feelings have been dismissed. A woman who is not accustomed to being treated well will question her confidence when she feels hurt by him. She should never second guess herself. A Gentleman in a Loving Female Led Relationship aims to ensure that a woman feels safe emotionally and physically when she is with him. If she does not feel safe with him then he is not the one.

Her ability to quickly recognize that he is not a good match for her, and move on without hesitation, is a sign of woman who has transformed into a Goddess. She gets what she wants or she doesn't want anything. She holds high standards. If he is not capable of giving her what she expects, then she is settling for less. A Goddess in a Loving Female Led Relationship does not settle for less than what she wants which is why he adores her so much.

How to Introduce Him to a FLR

If a woman is dating her friend, as recommended, she should explain the concept of a Loving Female Led Relationship to him or perhaps read passages from this book together. Since he is her friend he will not feel threatened by the concept because he truly wants her to experience the best in life. After all, the basis of a Loving Female Led Relationship is honoring the woman's choices and there should be nothing threatening about that.

If a woman is dating a man who has yet to prove himself to be a friend she should spend time with him to consider whether she feels safe and happy with him and if he respects her choices by adhering to them. If he enjoys saying Yes to her then he is a great candidate for a Loving Female Led Relationship. As long as he honors her choices for the situations that matter most to her, according to

her chosen Authority Style, then she is already in a Loving Female Led Relationship and there is no need to label it as such formally unless she believes that by doing so it will add an extra element of fun and excitement to the relationship.

If a woman is ready for a Loving FLR then she needs to be able to express it openly. If she lacks the confidence to openly express that she wants a Loving FLR then she will lack the confidence it takes to maintain one in the long run. Alas, every woman must take baby steps toward becoming a Goddess. If she is not quite there yet there is an alternative way to introduce a Loving FLR to a man.

She should sit her partner down for a casual night together. When they are comfortable she should tell him that she is going to make a list of things he does to make her smile. She writes the list as he watches, listing them aloud for him. She thanks him for being amazing to her and offers him a kiss. Then she asks him if it is okay to play a game. When he agrees she should share with him that there are 3 other things she would like to add to the list of things he does to make her smile. She should ask him if he would agree to do those additional things for her. When he agrees, because he should always agree, she should tell him that she will keep score of how successful he is at maintaining the list. She should inform him that when she determines that he has done a good job, she will plan a special night for him. When she determines that he has not maintained the list he will go one week without (insert that thing he loves so much).

The items on her list should not be devastatingly difficult at first; she can ask for flowers before every date or bedtime stories being read to her. In case he does not meet his challenge she should start by withholding goodnight kisses for a week. This game allows

the couple to practice following her lead and allows the Gentleman to become excited by meeting her expectations.

If a woman is already married and she wants to introduce the concept of a Loving Female Led Relationship to her husband, who has not yet proven to be a Gentleman, she has a much more difficult task. She should first sit him down and communicate that she wants a Loving Female Led Relationship. If he cares about her happiness he will react positively to her request.

Let's take a look at this fictional conversation between Barbara and Charlie. They have been in a traditional relationship for 28 years and now she wants a change.

Barbara: *Charlie, I want a Loving Female Led Relationship.*

Charlie: *A what?*

Barbara: *A Loving Female Led Relationship, Charlie. I want you to let me lead this relationship.*

Charlie: *Aww. What the hell, Barbara? Is that what Oprah is pushing this week? Or Dr. Phil? Who keeps putting these ideas in your head? What's wrong with how things are now?*

Barbara: *I want a Loving Female Led Relationship because I am a Goddess.*

Charlie: *Sure you are, Barbara. What's for dinner?*

Barbara: *Don't you dare dismiss me, Charlie! For 28 years I have cared for you and these kids, cooked for you and stood by your side. The least you can do is hear me out.*

Charlie: *What is it? What's wrong with the way we are now?*

Barbara: *I want to make things a little more fun between us, that's all. Besides it isn't fun if not everyone is having fun.*

Charlie: *What kind of fun, Barbara?*

Barbara: *Well, when we agree to a Loving Female Led Relationship we can have fun together with me as the Goddess and you as my Gentleman.*

Charlie: *~dryly~ And what do I have to do, Barbara?*

Barbara: *Well, all you have to do is say Yes to everything I ask of you.*

Charlie: *Oh really? And what do I get?*

Barbara: *What do you get?! See! Do I ask you what do I get when I had to come pick you up from Ray's house when you drank too much last week? Do I ask you what do I get when I damn near tore my cooch apart having these kids? What do I get when I cook dinner, make your lunches, get the kids to school, clean the house and so on? What do you get? You get to see me be happy. Isn't that important to you, Charlie?*

Charlie: *Yes, darling. Yes, it's important.*

Barbara: *~smiling~ Good! I knew I married the right man! You are the perfect Gentleman for me! I knew it! We can talk about it more tonight before bed, ok?*

Charlie: *Yes, of course, darling. But um, what's for dinner, Babe?*

Barbara: *Whatever you want to make, honey! Right?*

Charlie: ~gulping~ Yes. Um. Barbara, are you sure I'm going to like this new Female Lady thing?

Barbara: Yes, Charlie. As long as you say Yes, I will say Yes. You got it? ~winks~

Charlie: Yes to...everything? Even that?

Barbara: Yes to all of that, honey. ~grinning~

Charlie: Dinner? No problem, darling. Yes. I say YES!

A Gentleman in a Loving Female Led Relationship wants to meet and exceed her standards. He craves meeting her needs. He loves to see her smile. He feels like a proper man when he is approved by her. Caring for her is his most important duty. When introduced to a Loving Female Led Relationship he accepts it as a fun challenge that will enhance the relationship.

Ways to Make Him Smile

When a Goddess meets a Gentleman and they find that they are a good match for each other, the energy they share is as intense and passionate as a love making session in front of a fireplace during a thunder storm. He wants to make her smile and she feels the same way. Even though her happiness is the priority in the relationship she still enjoys delighting him with his favorite treats and experiences. They pamper each other but his effort is usually more dedicated to her, because she understands that pleasing him means simply allowing him to please her.

She loves to make him smile by:

- Asking for foot rubs or back massages
- Giving him tasks to complete

- Asking for oral pleasure
- Making decisions for him
- Sending him naughty messages
- Teasing him sexually and denying him a release
- Inviting him to participate in her favorite activities
- Paying attention to his interests
- Showing him off to her friends
- Challenging him to be a better man
- Wearing sexy clothing and looking her best
- Asking him to model sexy clothing for her
- Telling him that he is being a good boy
- Rewarding him for good behavior with his favorite sexual activity
- Allowing him to cook and clean for her
- Allowing him to treat her like a Goddess

She Allows Him to Support Her

Women in this society are under the impression that in order to be considered strong and capable they must demonstrate that they don't need a man. Of course a Goddess doesn't *need* a man and she definitely doesn't need the *wrong* man. But, when she has the *right* man, his presence is definitely necessary because he makes her life easier.

She no longer has to behave as though she is happy doing everything by herself. There are certain things that a Goddess should not do unless she absolutely wants to.

- She doesn't take out the trash.
- She doesn't cook meals.
- She doesn't shop for household sundries.

- She doesn't do laundry.
- She doesn't maintain the car.
- She doesn't run her own errands.
- She doesn't give herself pedicures.

These are all things that a Gentleman does willingly if she requests them. He wants to do those things for her. He feels happy to do those things. When she denies him the opportunity to do those things for her, he feels as though she does not love him.

A single Goddess must do those things for herself but she must not associate doing them out of necessity with being a strong and successful woman. A strong and successful Goddess allows the Gentleman in her life to take care of her in order to free her up to flourish which is his role and purpose in life.

Rules of Engagement in a Loving Female Led Relationship

No man comes perfectly wrapped with a bow. How can he meet her expectations when he does not know them? As long as he has a willing heart to learn he can become a Gentleman in a Loving Female Led Relationship, according to her standards, needs and desires. Taking the lead in the relationship does not mean taking care of him, it means teaching him how he can empower her and allowing him to do it.

Groom him.

She teaches him how to love her by correcting him when he does not demonstrate love in the way that she appreciates. She pushes him to become the best version of himself. She demonstrates what an amazing and true love feels like.

She gives him tasks to complete to help him become accustomed to being of service to her. She asks him to make her dinner. She allows him to paint her toenails. She asks him to teach her about the things he is more knowledgeable about. She teaches him how to make love to her. As she engages with him she instructs him on how to be the perfect man for her.

Be kind and respectful.

A Gentleman who chooses to participate in a Loving Female Led Relationship does so because he respects the woman in his life. He cares for her because it makes him feel good to do so. She is not a warden. This is not a dominatrix session. This is a real man with real feelings who wants to empower a real woman who appreciates him. The single Gentleman's biggest fear is to lose the respect and attention of the Goddess he loves.

Express standards and expectations clearly.

She must express her expectations to him verbally so that he knows what she wants and how she feels. She should not expect him to guess. She should not be upset with him for not meeting her expectations if she has not made them known. Some women believe that a Gentleman should 'know what to do'. That is foolish. He will not 'know what to do' if she does not tell him specifically what she likes and desires.

She should offer specific instructions for what she wants.

Example:

I like it when you text me Good Morning and I want you to do it every day.

I don't like it when you come home late so be sure to be home by 7.

I am ready to get married. You can propose to me now.

Expressing what she wants is the main principle that guides a Loving FLR. Her most basic task in a Loving FLR is to lead by expressing what she wants.

Check up on him.

When she requests specific tasks from him she should always check to see if he performs them correctly to her standards. If she does not check up on him, or his progress, he will lose motivation to please her. He is motivated by her praise and acknowledgement of his efforts. He enjoys meeting her expectations and if she does not take care to notice he will stop putting in effort.

Push his limits.

A Gentleman enjoys being with a Goddess in a Loving Female Led Relationship because he knows she has high standards. The Gentleman has high standards for himself therefore he enjoys being challenged by her to achieve more. She does not push his limits in ways that hurt him emotionally or financially, but she does create intellectual or physical challenges for him that ultimately motivate him to become a better man.

She might challenge him to lose 20 pounds. She may ask him to take her on 2 vacations per year. She may require that he learn a new language and teach it to her. She may ask him to build her a new computer. She may challenge him to earn an extra \$20,000 per month. She may have fun with him by requiring that he ask permission before he can socialize with friends. He enjoys all instructions made by her because he enjoys her attention more than anything.

Offer repercussions.

If for some reason the Gentleman does not meet her expectations she must offer repercussions. These repercussions should be discussed in advance so that he can understand what will happen if he displeases her or disappoints her.

If she is new to dating him she can tell him he has a week of no contact. She will not allow him to see or speak to her for a week. Men need attention. The lack of attention is hurtful to a Gentleman who craves being by her side.

If there are too many repercussions, and he does not try harder to please her, she must reconsider the relationship. If he is slow to pick up on pleasing her, she will have to go through life repeating herself and being frustrated all of the time. Leading means teaching him how to please her. If she instructs him on how to please her and he does not do it then he does not want to. She should cut him off immediately. It is much better to be single than to be annoyed every day.

If a couple is married she may hesitate to divorce him because he has not met her expectations, but she won't let it slide either. She may tell him that he has to sleep on the couch, withhold sex, or restrict his budget for a specified amount of time. She has to determine which repercussions would demonstrate that she is displeased with him. She should never offer repercussions that feels like a punishment for herself. If he is a true Gentleman in a Loving Female Led Relationship, he will rarely experience those discomforts because he prides himself on pleasing her and exceeding her expectations.

If he does not care about the tactics she uses to demonstrate that she is not pleased because they do not bother him then she

cannot have a Loving FLR with him. A Gentleman in a Loving FLRs always cares when the woman he loves is disappointed or upset. If she is married to a man who does not care about her happiness she should leave him. If a man is not taking care to see that his wife is happy then the marriage is over and should be dissolved legally.

Offer Rewards.

If he is being an excellent partner and meeting all of her expectations then she should offer him rewards for his excellence. She has to know her partner in order to truly reward him because what pleases the typical man won't do. The Gentleman in a Loving Female Led Relationship is pleased by pleasing her - so she has to really investigate to find out what triggers his excitement outside of making her smile.

Typically every man has that sexual thing that they like that they are afraid to admit they like. She must find it, and do it for him every once in a while. If she does it regularly it won't be a reward. She can also delight him by being the aggressor sexually, focusing on his interests and supporting them or offering him a written note of appreciation. Naturally, in a true Loving FLR cooking for him or giving him a massage are treats he will not particularly enjoy, because he feels as though he should be offering them to her instead.

Understanding His Motivations

A Gentleman who seeks a Loving Female Led Relationship is a man who is motivated to serve and empower a Goddess. He doesn't want a regular woman who wants to cater to his needs and drool over him. He wants a woman who has high standards and will hold him to those standards. Recognizing his motivations will help the Goddess to groom him more efficiently. When she understands how he is rewarded by this lifestyle she can reward him properly and use his passionate desires to push him to new heights.

Is He a Submissive Man or a Gentleman?

Does this man identify as a submissive man or a Gentleman? This question needs to be clarified as early on as possible. As stated earlier, the term submissive is typically associated with the BDSM community. In this community a submissive person is a person who is emotionally and sexually thrilled by being led and/or controlled by a more dominant person. In the general sense a Gentleman is submissive to the Goddess he loves, but there is often a firm line drawn concerning the submissive man's expectations and those of a Gentleman in a Loving Female Led Relationship.

The term submissive has extremely negative connotations in popular society, especially among men. The majority of men who self-identify publicly or privately as submissive are taking the chance to be ridiculed in order to express their desire to be dominated. They crave a woman who will control, punish or degrade them. If they were not searching for a woman to treat them in a controlling or punitive manner, then they would identify as a nice guy or something along those lines.

Taking the risk to identify as submissive indicates a strong desire for a specific type of personal interaction. The majority of men who claim to be submissive want a Femdom relationship that focuses on controlling them. If a woman is not willing to be forceful and abusive, they want nothing to do with her. The submissive man's love is conditional upon her ability to perform domination for him. The moment she stops being controlling or demanding, his love is gone. A Goddess seeking a Loving FLR should never associate with a man who describes himself as submissive because he will demand that she control him or he will not respect her. In a Loving FLR love is given freely by both partners without demands.

A Gentleman in a Loving Female Led Relationship is primarily involved because of his high expectations for himself and his desire to exceed the expectations of the woman in his life. He is truly dedicated when it comes to deadlines and delivering on his promises. He feels emotionally satisfied when he is praised for his impeccable work ethic. He is not driven by the desire to be controlled; he is driven by his quest for excellence.

She's Married to a Masochist

When a Goddess meets a man who expresses that he wants a Female Led Relationship she should ask him which type of Female Led Relationship he desires and what he expects from it. Does he expect a Femdom relationship where the focus is on controlling him and punishing him? Does he want a Loving Female Led Relationship where the focus is on empowering the woman so that their family can prosper as a unit? If she is married to a man who expresses that he wants a relationship that has elements of control, punishment and S&M she must first seek to understand her partner.

Men who desire control, punishment and humiliation are submissive masochists. They are not awful people. They are very much aware of what triggers their emotional satisfaction and this is most often pain and rejection. A masochistic man craves being yelled at, rejected sexually and emotionally and sometimes being on the receiving end of corporal punishment or violence. Regardless of why they became this way, this is who they are right now and there may be very little anyone can do to change it. A woman can recognize a masochistic man because he will tell stories about being in long term relationships with abusive women. Even if he complains about the relationship, the truth is he loved it. No man is that much of a saint that he will remain in a relationship that offers him little satisfaction. If he is mentioning painful behavior from women, it is because he wants more. When we complain about situations that

we don't change, we are really bragging about the situation because we enjoy the emotional charge we get from discussing it.

These submissive masochists accept the part of themselves that love pain. This is why they self-identify as submissive masochists. They search earnestly for a sadistic (abusive) woman who will accept and respect this part of who they are as well. These men will participate in abusive relationships habitually. They will reject a relationship that does not offer them the emotional satisfaction they crave. In some cases, the emotional satisfaction only comes from abuse. If a woman does not offer the hurtful behavior he craves he will attempt to provoke it.

Being a masochist is a tough kink to admit to. Rather than admit that he craves drama, violence and pain, a masochistic man will simply try to push a woman's buttons by saying hurtful things or being disrespectful in order to incite a violent response. Then he will pretend as though he did nothing wrong and place the blame on her for reacting in an out of control way. Unless a woman agrees to be a part of an aggressive and emotionally tumultuous relationship, a man who purposely incites a woman to rage is abusing her.

A partner who openly admits to being a masochist should be treated with respect because so few men will admit it. He is inviting the woman he loves to interact with him in an unnatural and deprecating way without seeking to damage her emotionally. He wants her to understand that he needs to be hurt to feel loved and he does not want to hurt her in the process.

A Loving Female Led Relationship is described as Loving because there is typically little to no evidence of force and no evidence of sadism or masochism (abuse). Women who have partners who are masochists that desire control, rejection, pain and

punishment will sometimes feel the need to play a role to motivate them. These women may motivate the masochistic men they love by humiliating them publicly, never expressing satisfaction with their efforts and rejecting them sexually and emotionally. Treating a masochistic man in this manner will earn his respect and admiration, but it may not necessarily result in behavior that is pleasing to the woman because what is often viewed as a punishment is a reward in his mind.

From my personal interactions with Goddesses who desire Loving Female Led Relationships they find it difficult to participate in sadism because they enjoy expressing gentleness and love. Goddesses enjoy offering pleasure and having fun. Those who temporarily partner with submissive masochists live with a sense of sadness because they know they can never be as sadistic as he truly needs no matter how much they pretend. A submissive masochist is not a good match for a Goddess.

The women who are partnered with masochistic men should not feel overwhelmed by the emotional cravings of their masochistic partners. If they feel overwhelmed at any point they should talk to their partner about their feelings. Their partner may relent and withdraw his requests for a while but he will still crave the abuse and mistreatment and perhaps seek it outside of the home in secret.

A woman who is less rigid about the interactions she will have with her partner can learn to play a game that limits her sadistic role play. A satisfactory game that a Loving woman can play with a masochistic partner is to choose one area of her partner's life that she will consistently express dissatisfaction with. She will never let on that he has pleased her in this area regardless of how much effort he displays. She will always complain. She can change areas of his life (his fitness, his finances, his hobbies, his love making) whenever she grows bored of disparaging him in one area. This will satisfy his

need for rejection and she can go on to express her naturally Loving essence in the rest of her life.

If her limited sadistic play does not satisfy him and he continues to demand abuse and degradation in exchange for his support she should prepare to leave him. If she truly wants a Loving Female Led Relationship the relationship should be about what she wants and not about catering to his needs. A man who will not respect the woman in his life setting firm boundaries for situations she does not feel pleased with is not a good candidate for a partner. Women who are put under pressure to perform for a man never truly feel like Goddesses. They feel trapped and unhappy because they are being slaves to his demands. The only way these women will experience freedom is to leave the relationship alone completely. It is not a Loving Female Led Relationship if he sets expectations for her behavior and she follows them.

Dealing With Rejection from Men

When a woman decides that she wants a Loving Female Led Relationship she will assert herself more when she sees a man that she is attracted to. She may walk up to him and start a conversation, flirt with him first or ask him out on a date. Chances are equally likely that he will say Yes. If he does say Yes then she should work on creating a friendship with him and she should not focus on the service aspect of a Loving Female Led Relationship. This is not a job interview.

If the man she is interested in dismisses her advances she should never take it personally. He may be on his period. He may be just getting out of an abusive relationship and can't be bothered to be hurt again. He may be dumb. He may be gay. He may have run

out of contacts and can't see properly. He may be intimidated and recognize that if she is bold enough to approach him then she will be bold enough to demand high standards that he may not be capable or willing to meet.

It's not really rejection if a man chooses not to date a woman who is bold enough to approach him. A strong and powerful man who is a perfect fit for a Gentleman in a Loving Female Led Relationship will be magnetized toward a woman who is assertive and knows what she wants because that is exactly what he has been looking for. Men who do not recognize her power by the energy she emits should be disregarded as easily as the wrapper on a straw. She should never try to convince him of her worth. If he is not impressed by her assertiveness in approaching him then he is not the one. A man can never truly hurt a Goddess, he can only prove to her that he is not the one for her.

Women who are engaged in Loving Female Led Relationships with Gentlemen have partners who will never reject them for any reason. That is the basis of an agreement to be involved in a Loving Female Led Relationship; he honors her choices. He gives her the desires of her heart. If she wants to go on a date to a specific restaurant he takes her there. If she wants to stay in and cuddle he obliges. She chooses. He makes it happen. This is what this couple has agreed to.

When to Give Up on a Relationship

When a Goddess is attempting to engage in a Loving Female Led Relationship at times things may get a little sticky. At times she may feel like a Goddess when she is with him but other times she doesn't. When should she give up on the relationship?

If a Goddess is considering a man who will not support himself financially she should let him go. If a man is not resourceful enough to support himself without government assistance or handouts this means he is seeking a woman to take care of him. Never accept the interest of a man who depends on payouts from the government to survive.

If a man has not proven to be an asset to her life she should let him go. He is supposed to be useful. He is supposed to add something interesting and helpful to her life. If she can have the same quality of life without him then he is not adding anything. His presence should make a difference.

If she has major complaints about him she should let him go. A Goddess does not complain about a man because she uses her God Power to make choices for her life and if she chooses to stay with him then that is what she wants. If she wants him then she cannot complain. Complaining about men is for little girls who feel powerless.

If she is dating or married to a man who refuses to respect her choices and she sincerely wants a Loving Female Led Relationship she should seriously talk to him about her desires and ask him if he is willing to change. Honoring her choices is not difficult to do if he respects her. If he says that he cannot honor all of her choices that may mean that he believes he is wiser or superior to her intellectually. She has to determine if this is the true or if he is saying this because he needs to feel as though he is in control. If it is true that he is intellectually strong at making certain decisions then she should revisit her choice for Authority Styles to assess whether she can adjust her leadership style. If he is better equipped to make certain decisions then the wise thing would be to delegate that he should make those decisions.

If she believes that control is the major motivation behind his negative response to her request to engage in a Loving Female Led Relationship then she has to assess whether or not she will compromise her desires and stay with him for the indolent companionship or use this as her signal to move the hell on. Marriage does not have to be permanent; this is why we have divorce court.

She will never beg or plead. A Goddess does not beg. She will silently position herself to take a step ahead in life and when she is ready she will leave. A moment of hesitation about leaving a relationship is healthy and natural but the understanding that her choices should always be respected by her partner is not something to be compromised.

If she feels distressed or pressured by him to interact with him in a certain way she should leave him alone immediately. At no point should she stand in the mirror and ask herself why she is not getting this right. In a Loving FLR there is nothing to get right. She honors herself and her choices and he does the same. If he adds stress or pressure to her life she should leave him alone immediately. If she stays because she wants to work it out then she is admitting that she is willing to wait for him to decide to be respectful toward her and she is following his lead. He will not respect her if she does this.

If a man hits, pushes, punches, threatens or touches a Goddess in any way that does not please her she should stand up, walk away and leave him and everything else behind. She will rebuild her life again. Tolerating that behavior, even once, is signaling permission for him to continue doing it.

If he criticizes her weight, physical beauty or efforts as a leader she should let him go. If she knows for sure she is doing her best and feels good about herself he should never attempt to correct her or

guide her to a new standard. She sets the standards and he celebrates her standards. Anything else is cause for dismissal.

A Goddess in a Loving Female Led Relationship does not tolerate the word No. If a man cannot say Yes to every request from his Loving partner who understands his capabilities and respects them, then he is saying No to the relationship.

A man should never say No to the woman he loves. He should move mountains for her or at least attempt to. If he cannot say Yes he should at least say 'I will give it my best shot'. His effort should be evident. If he cannot achieve what she has requested he should offer a suitable substitution that will make her equally as happy. Her smile is his responsibility and he should be thrilled to give her a permanent one. If he thinks she is asking for too much she is merely asking the wrong man.

7 Ways Women Sabotage Loving Female Led Relationships

It is not as tough as it seems to engage in a Loving Female Led Relationship. He wants to please her. He's actually capable of pleasing her. She enjoys being pleased and leading the relationship by setting the pace for its progress. But, things can go down-hill very fast if she is guilty of any of the following:

Feeling sorry for him

When a Goddess seeks a Gentleman for a Loving Female Led Relationship she is looking for someone who is a complement to her. They are a match in spirit. He is not her subordinate, he is her

team mate. Often he is just as wise and capable of leadership as she is; he chooses to defer to her leadership because he enjoys empowering the Goddess in his life.

When a woman feels sorry for a man she has lowered her standards and chosen someone who is beneath her. She will also feel guilty because she knew she could do better than him. There are times when the income of a Goddess will exceed the income of the Gentleman in her life and that is an excellent thing. If she wants to support him financially or uplift him spiritually it should be because she is delighted to do it. If a man is poor in finances or spirit and she feels and he becomes a burden to her she should let him go immediately.

She is not obligated to carry him until he can improve; he should be prepared for her before he meets her. How can he empower her when he cannot take care of himself?

Feeling sorry for a man will cause him to disrespect and dishonor her because he knows that she has lowered her standards to be with him. If she has lowered her standards to be with him then she must not be as valuable as he once thought. Feeling sorry for a man diminishes the progress of the entire relationship because she won't hold him to high standards of progress.

Some women are natural nurturers and will feel inclined to push, challenge or encourage a man who has shared sob stories about his youth and his chances at life. He is making excuses for his

Why Do You Want a Loving FLR?

I need a Loving FLR because I am at heart a caring, serving, sensitive person, and I need a woman strong enough to accept and handle all my parts, and to channel my energies and passions into a worthwhile goal over the long term. I feel safer when I can trust my partner to know what she wants and what I need, and be willing to work toward those ends.

~ Jay

lack of achievement and if she falls for it, he will never respect her sincerely. A Gentleman knows there are no excuses for what he has failed to do in life and there is no one to blame but himself.

Alas, the all dutiful nurturer may try to convince him that he can do anything and everything she asks of him. She may hold him to the highest standards and he may surprise her by rising to the occasion. But, if he doesn't step up and meet her expectations after her emotional and financial investment in him she should get rid of him immediately like a bag of moldy bread. She must free him to become someone else's burden or he will drag her down with him. She is not obligated to hang in there for the long haul to see what he may become.

Or, if he is particularly useful in one area of her life, she can find another man who is capable of meeting her other needs and keep them both without hiding it or asking their permission. Her satisfaction matters most.

Not holding him accountable

If she expresses standards and expectations and there are no repercussions for when he does not meet them he will resent her leadership and eventually leave her. When she expresses that she wants something from him she has to be sure he does it. If he feels that she doesn't care he won't care either.

Showing fear of losing the relationship

If the man is not the prize in the relationship how can she lose if he walks away? She can't. But she will lose if she indicates in any way that she is afraid to lose him. This type of fear is worse than

being locked in a basement with a thousand skunks on the hottest day of summer. For a man, fear of losing him means she does not value herself. He cannot respect or value a leader who does not value herself.

If she truly fears losing the relationship she should create a plan of action for life after his death. Although this is an emotionally difficult exercise I have found that a woman who faces the fact that her relationship may not be permanent by visualizing a successful future without him will release the fear of losing him because she knows she will always be okay.

Giving him too many chances

There may be extenuating circumstances where a Goddess might choose a man who is a little on the slow side so she has to repeat herself a couple of times and offer a couple of rounds of repercussions before he gets it right. But, when she finds herself repeating instructions like a mantra this is an indication that he enjoys making her upset on purpose and watching her be angry.

There are men who purposely irritate women so that they can feel their wrath. These men are sadists and they gain satisfaction by disturbing others emotionally and physically. When a man consistently disappoints a Goddess, she will not build a life with him. If she does she is willingly choosing to be an abuse victim since he is intentionally irritating her because he enjoys the negative attention. If he needs too many chances, chances are he's the wrong man.

Allowing him to steer the relationship

When a Goddess makes a request the Gentleman in her life should say Yes, and make the necessary arrangements to take care of her wishes. When a Goddess wants to have sex, he should be

ready and willing. When a Goddess wants to move in together he should be happy and joyful. When a Goddess wants to go to the movies he should be glad to accompany her.

On no occasion does a Goddess make a request and change her mind after hearing his rebuttal. Unless he has insider knowledge that will tell him that her request will lead to physical or financial harm, he should say Yes to all requests that she makes of him. If he makes a request or suggestion and she does not agree then it is her prerogative as the Goddess to change the direction they were headed in. If he asks to go for drinks and she wants to go to dinner then he should comply with her wishes.

If the two agree that they want to engage in a relationship and he has stipulations or rules for her to follow, no matter how trite they seem, she will not follow them. If she abides by his rules in the beginning then he will offer more rules later. She is not with him to meet his standards or allow him to set the pace for the relationship; she is the one who should be doing the leading.

Offering him too many choices

Women are taught that showing love means being considerate of the desires of those we love. Thankfully we are not average women so we do not have to live by that rule. When a Goddess offers a Gentleman too many choices he becomes confused and frustrated. All he should want to do is make her wishes come true. He doesn't need to decide how to do that. He needs simple instructions for how to do that, and she should be willing to offer them.

Does he want to go to the museum or a movie? Would he like chicken or fish? Does he want to go to London or China? He doesn't

know. He doesn't really care. He simply wants what she wants. Never ask what he wants to do; tell him what he is doing.

Asking for things she cannot offer herself

A Goddess in a Loving FLR should be able to sustain herself financially and emotionally. She is not a Goddess if she cannot give herself everything she is asking of a man. Gentleman do enjoy offering the woman they love the world but in new relationships men fear that women are out to see what they can get from them and will discard them after they are done. I have personally advised men to avoid women who need help and financial assistance at the beginning of a relationship. A Gentleman comes into the life of a Goddess to complement her, not rescue her. A Gentleman seeks a Goddess who has already achieved amazing things on her own and will reach new heights with his support.

She does not have to match his income but she should not need it to sustain herself. If she asks for assistance that exceeds what she can offer to herself, at least at the beginning, he may not respect her leadership. Why would he follow a woman who needs him to survive? She cannot operate fully as a Goddess if she is in need and her attitude toward him will reflect insecurity.

Feeling as though she does not deserve it

Quite a few women in my Loving FLR Leadership Coaching program have expressed that they felt guilty about asking for more from a man who has already offered them so much. This type of guilt is self-imposed and unnecessary. He agrees to a Loving FLR because he wants to give her whatever she wants. Denying him the opportunity to do what makes him happy is akin to denying him love. Besides, what is he really doing that is so exemplary? He is paying bills. He is being thoughtful and kind. He is offering her the

family she always wanted. Yes, these things are great but it's not like he cured cancer. He is *supposed* to do those things.

Some women are so accustomed to mistreatment that they believe normal courtesy and respect from a man deserves a special reward. No, it does not. He is supposed to behave that way. We don't applaud a light switch for turning on the light. We expect that the switch will turn on the light because that is its function. Men are supposed to treat women well and be respectful. There is no need for a woman to be overly grateful to be treated well, leading her to feel guilty for accepting it. Being respected, cherished and loved by a man should be normal behavior.

Treating him as though he isn't a person

A Gentleman in a Loving Female Led Relationship is not a machine to turn on only when errands need to be attended to. He has feelings, hopes, fears and limitations. He will do his best to bring every dream to fruition and the Goddess must be mindful that he is attending to her needs voluntarily. He owes her nothing. He is not obligated to serve and empower her. His choice to participate in a Loving Female Led Relationship should be met with appreciation instead of entitlement.

He wants what she wants, but he still has personal desires of his own, little things that make him truly happy. If she will take the time to discover what they are and find a way to offer them to him occasionally out of the sincere joy of making him smile, he will be forever grateful and more devoted than ever imaginable.

He needs to be loved, hugged, cuddled, stroked, teased, recognized, paid attention to, encouraged and supported just as much as she does. He has his own preferences, interests and goals that should be respected. He is not an inanimate object or a servant;

he is the man who is devoting his life to her progress. He is her hero. A Loving Female Led Relationship is expressly devoted to empowering the woman and her empowerment enables her to be better equipped to support and care for him as well.

She Wants

6

To Design Her Loving FLR

When a Goddess and a Gentleman come together to discuss developing a Loving Female Led Relationship it is a time of excitement as they brainstorm the structure of their new union. There are several points to consider as they attempt to design instructions for their interactions during the most important moments of their lives.

This formula that they will develop will be unique to their union. Its details will depend upon the preferences of the Goddess as well as what the Gentleman feels he is capable of agreeing to. Their Loving Female Led Relationship is not a dictatorship, it is a partnership. She will set the standards and he can advise her of whether or not he feels he can live by them. If there is a request that he feels he absolutely cannot adhere to, he will tell her and together they can arrange an alternative or talk about why he is unable to deliver something she wants. She loves him and will only set

standards that he will be able to achieve because she wants him to succeed.

An office manager offers assignments to employees based on their skill set. She does not expect a graphic designer to know accounting. The ability to respect the personal strengths and limitations of her partner while continuing to push him to grow are traits that make an effective leader.

It is important that the couple measure their capabilities against their expectations early on. The Gentleman may have a fantasy in mind of what a Loving Female Led Relationship should be like. If he does not discuss these expectations with his Goddess he will be disappointed if she does not deliver his fantasy. In an effort to please her, the Gentleman may agree to all of her wishes and then later determine that he cannot comply. This is a method for failure. A Gentleman should always be honest about his capabilities. Once the Loving Female Led Relationship contract is set in place it cannot be rescinded until it expires. Any mishaps or unmet expectations that were previously agreed to will be met with repercussions.

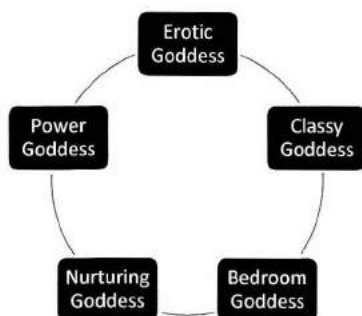
A couple that goes into developing their contract blindly and then abandons its terms will eventually abandon the Loving Female Led Relationship because they will have nothing to measure its success against. In order to keep the relationship active and fulfilling they must always honor the agreements they made when they negotiated their Loving Female Led Relationship contract.

Discussion

The Goddess and the Gentleman should write out their answers to these questions individually and then come together to discuss them. The more details added to this agreement, the less confusion there will be later. These questions are suggested guidelines for discussion. Additional areas of interest and conduct may be added.

How long will this agreement be in place?

What can he do if he has an issue with a guideline after the agreement is in place?

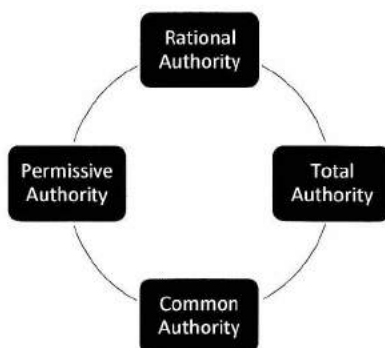


Which is her preferred Goddess Style?

What does he expect from her in her role as a Goddess?

What does being a Gentleman mean to him?

What does she expect from him in his role as a Gentleman?



Which is her preferred Authority Style?

Which Authority Style does he prefer for this relationship?

Establish Roles

Core Responsibilities

Delegate responsibilities according to the preferred Authority Style.

Household Maintenance

Which responsibilities will he have around the house? Which tasks does she want him to take care of?

Will he be responsible for paying the rent/mortgage?

Will his earnings go toward savings?

Who manages the finances?

Who is charge of budgeting?

Will he be charged with repairing things?

Will he be charged with mowing the lawn?

Will he be given an allowance?

Will she be given an allowance?

Are her earnings allocated for household expenses or does she keep them for herself?

Which major household purchases will be discussed before they are made?

If there are children involved, which responsibilities concerning the children are delegated to whom?

Daily Protocols

How can he be useful to her on a daily basis?

What experiences can he create to make her smile when she awakens?

What experiences can he create to make her smile during the day?

How often should he contact her during the day?

What experiences can he create to make her smile at the end of the day?

What can he do to make her feel special and loved on a daily basis?

Social & Romantic Expectations

How often should he plan dates for them?

How often will they vacation?

Who will plan the vacations?

How can he express his romantic devotion to her?

How can she express her love for him?

What can she do to reassure him of her commitment to the relationship?

Will there be a schedule or routine for spending time with friends and family?

How can this Loving FLR be expressed publicly in a way that demonstrates its benefits?

Will all, some or none of the terms of this Loving FLR be displayed publicly?

Sexual and Emotional Intimacy

What are her specific sexual needs or desires that have not been met? How can he meet them?

What are expectations concerning monogamy? Will he be expected to be monogamous? Will she have the freedom to date other men?

What are his kinks? How does she feel about engaging in his kinks?

What will be the set times to discuss feelings and the progress of the relationship?

Is there a need for birth control?

Grooming Him

What can he do to become the best version of himself?

What does he need to learn to become a more polished, distinguished Gentleman?

What can he do to make her proud to be with him?

How can he become a better life partner?

How will he influence men to become Gentlemen?

Who are his friends and influences and are they of benefit to him?

What are her visions for him and how can he connect and learn from people who embody that vision?

What are some of his personal areas of concern that have not been openly discussed?

Her Empowerment

What can he do to help her reach her long and short-term goals?

What can he teach her? What skills can he develop to assist her?

What can he do to make achieving her goals easier?

How he can help her become a more powerful woman?

How can he be useful to her?

Repercussions

What will be the repercussions for non-compliance?

How will she keep track of his progress and growth?

How and when will she let him know if he has not met her expectations?

Rewards

What will be his rewards for exceeding her expectations?

How and when will she let him know that he is being a perfect Gentleman?

Formally Establish the Agreement

When put in writing, the responses to these questions will create an agreement for a Loving Female Led Relationship. After careful consideration the Goddess will present this agreement to him during a special private uninterrupted time together, perhaps over dinner or wine.

During this momentous occasion the Goddess and the Gentleman will discuss each section of the agreement and make any negotiations or revisions. Once they are satisfied with the guidelines they have created, they will set an expiration date for the agreement that will allow them to sit down to revise the agreement

at a later time. Once this agreement has been signed the responsibilities are concrete and should not be adjusted or it will weaken the agreement and the relationship.

The formal establishment of this agreement is called a Devotional Ceremony. He pledges his devotion to place her happiness as the priority in his life. She pledges her devotion to lead the relationship with the best intentions for all. This Devotional Ceremony is often accompanied by a gift that symbolizes the newly formed union. Gifts like custom bracelets, anklets or necklaces with the FLR symbol or initials can be purchased on FLRStyle.Com.

These gifts are a visual symbol of a healthy Loving Female Led Relationship and can also serve as a form of non-verbal communication. If the Goddess removes the symbol at any time, it is an indication that she is not satisfied with her partner's progress and efforts. She will remove the symbol from his sight until his efforts have improved.

When a Goddess proudly displays the symbol of their Loving Female Led Relationship it is a reward for the Gentleman to know he is doing his job well and his efforts are appreciated.

SAMPLE AGREEMENT

Whereas the parties, GODDESS _____ and her GENTLEMAN _____, now formally establish a Loving Female Led Relationship.

The abovementioned parties have agreed that he will serve her in the terms outlined below. This agreement will be valid for 3 months from this date _____. Monthly evaluation meetings will be held on first Sundays of each month at which time GODDESS may choose to amend or omit portions of this agreement as appropriate. GODDESS may terminate or suspend this agreement at any time with or without cause.

Terms

GODDESS identifies as a CLASSY GODDESS who will govern with PERMISSIVE AUTHORITY.

GENTLEMAN will serve solely at the pleasure of GODDESS.

GODDESS and GENTLEMAN will jointly be responsible for budgetary and major financial decisions.

GODDESS will take responsibility for social activities, including movie choices, dinners etc. GENTLEMAN will have his opinions on such matters heard and considered.

GODDESS promises that she will:

Respect and protect the honor and well-being of her Gentleman and her family. Take responsibility for the emotional and financial progress of the family. Make wise decisions with the best of intentions for all involved. Convey her feelings and expectations clearly.

GENTLEMAN will do the following:

Greet his GODDESS every morning at her bedside and verbally affirm his desire to serve her that day. He will make sure she has anything she needs to drink by her bedside before leaving.

GENTLEMAN will move over to keep GODDESS's side of the bed warm when she gets up in the night (seasonally dependent) until her return.

Make sure her vitamins are out every day on the kitchen table for her.

Pay all of the household bills and insurance bills.

Set aside 20% of his income for retirement.

Text, email or call at least once per day to remind her that he is always thinking of her and her pleasure. He will search for articles/videos/stories that she may find interesting and forward them to her.

GENTLEMAN will subscribe to and read LovingFLR.Com blog posts and be ready to discuss. Other reading assignments may be added at any time.

Call GODDESS every weekday before leaving work to announce his departure for home.

Prepare dinner each evening after work and clean up after dinner.

Plan romantic dates twice per month.

Plan vacations twice per year.

Take the children to the park each Saturday morning so that GODDESS can sleep in.

Repercussions for rule infractions or bad attitude will be (but not limited to):

- Sleeping on the couch
- No sex
- Fine of \$1,000
- No attention

Rewards for excellent service and love will be (but not limited to):

- Oral pleasure upon request
- Black Out Nights once per month
- Accompany him to a work function or event

Signed:

(GODDESS)

(GENTLEMAN)

Date

Kelly's Loving FLR

I am a 47-year-old woman. I work full-time in a management position for a non-profit. I live with my almost 13-year-old daughter and am having a FLR with a man who is in the process of disengaging from a long marriage. I love going out for dinner and drinks, going to the movies and playing mini-golf, going for drives and sight-seeing, listening to music, and cooking/baking. I'm also very involved in my church.

Two years ago I "divorced" from the father of my child. I went online and started chatting with men and discovered that I was not the submissive woman I had thought I was, but that the relationship I was in put me in that position. I met a man who was everything I was looking for and vice-versa. We both realized that we fit the role of him being the submissive and me being the dominant, but that we didn't crave the punishment aspect of the relationship. So I began reading about BDSM relationships from the femdom side of things and then learned about FLR and that clicked for us.

We've incorporated the FLR idea with our femdom needs. He needs to please me in every way. He cherishes and worships me and needs to prove that he does. I seek the reassurance that he does in fact cherish me, so it keeps the cycle going. I need the affirmation and he needs to give it to me. I've also never been able to let someone pamper me - it always felt that I would become too vulnerable to "need" someone else.

In this relationship, we are dependent and admit we need each other and what the other gives us and it's become very safe (protective), loving, and open. We're completely honest with our feelings and desires and have no desire to hide anything from each other. The biggest challenge, and it's not really a challenge but an awareness, is to be sure we're doing what we honestly want to do. It's good to do these checks and we find that it's a win-win in many cases, and we're also honest saying that it scares us and we're not completely sure. We're going into the whole thing together, for US and if it doesn't make US stronger,

then we won't continue. We're often monitoring where we are and if it's where we want to be, as any relationship should.

When we go out together and he wants me to select what we eat and where we go and what we do, but also knowing that if I want him to make that decision or get his input, it's because it's what I want, so essentially, it is by my lead, I feel proud of what we have and it feels special.

In any relationship, if you think you're doing something that just feels wrong or even questioning if something feels right, it's probably not what you should be doing. Listen to yourself and allow yourself to say you do not want to do whatever that is you don't feel comfortable about. Your partner should accept that. If they don't, and won't, that's not the relationship you want to be in.

She Wants

7

To Become a Great Leader

Before we can lead others we must first become leaders of our own lives. This means we must strip away our need to please others and be approved by them. In a previous chapter I shared the concept of harnessing our God Power. Our God Power is our power of choice to define our lives for ourselves instead of allowing others to do it for us. When we purposely choose our beliefs, determine our own standards for our lives or decide to move forward with our goals we are expressing our God Power because our lives will be defined by the choices we make.

A woman becomes a Goddess when she exercises her God Power, her ability to choose for herself without considering the opinions of others. A man becomes a God when he exercises the same ability. Within the realm of a Loving Female Led Relationship both the Goddess and the Gentleman are asserting their God Power, going against what popular society dictates as right and normal and doing what is right for *them*.

The proliferation of this type of union is important for our society because all men and women need to see couples freely choosing the relationship style that is right for them. As the roles of females in leadership are exalted and we are able to taste the progress that this movement will spark we will be free to break away from blindly following the status quo and given the freedom to lead and define our own lives.

Must a Goddess Dominate Every Situation?

There are some women who recognize their potential to make an impact on the world at an early age but not every woman plans to be great in the eyes of society. There are those who are content with being admired by their children, family and partner while others feel the need to see their name in lights. Every woman has a right to her choice and each choice is equally respected. But, there is one trait that all great leaders, worldwide or homebound have in common; they believe they know what's best for others.

If she wants to be an effective leader of her relationship she must be confident in her ability to make wise decisions for those she cares for. Making choices for others comes naturally for the Goddess in a Female Led Relationship. She can predict the end result before the choice is made and advise her loved ones before they head down the wrong path. This type of wisdom is only earned through a lifetime of mistakes, failures and flops. The most seasoned Goddess has experienced the most setbacks in her life and she uses these life lessons to empower her partner and family.

Traveling through the fire makes a Goddess fearless enough to face any battle which is why she steps up to the plate automatically when a decision must be made. But, does this mean she has to dominate every situation?

No, she does not. A Goddess steps in to take care of situations only when it is necessary. She understands that although she is powerful, Loving and wise, her family needs the opportunity to express those same qualities as they grow and develop. Witnessing a woman of power has rubbed off on her partner and children and she is proud to watch as they exhibit wisdom and bravery in pursuit of their goals. She steps in to clean up the mess after a storm has passed and her family needs to be replenished. She steps in when their efforts have proven futile and they need an extra source of strength. She steps in when the boulder her loved ones are pushing against rolls back toward them. She removes it from their path and encourages them to keep going.

There are certain times when it is beneficial for a Goddess to take the role of a follower. When she meets another Goddess who is willing to empower her by teaching her skills that will enrich her life she will take a step back to listen and learn. A Goddess knows that all interactions can enrich her and she feels no need to brandish her wisdom or flaunt her power. She is a student of life, ever seeking, learning, gleaning wisdom from others so that she can go back to feed her family.

She Makes the Right Decision Every Time.

How can a Goddess be so strong and so confident when we all know no one is perfect? It's easy. She has mastered the art of losing and bouncing back. Watching her lift a glass of wine to her lips you would never believe that those same hands were once calloused from manual labor. Watching her smile seductively as she reapplies her lipstick you would never believe that those same lips cried out for help and no one answered. The Goddess did not become a Goddess because she was gifted with a perfect life; she became a

Goddess because she learned that perfection was not necessary for satisfaction.

Her life has been such a cycle of gains and losses that she can barely contain the memories. With age she has learned that nothing can be contained and she should respect the moments that present themselves, because good or bad, they will pass.

She has learned that making the right decision isn't as important as making the decision for herself. Regardless of what results from her choices, it won't have an everlasting effect; she can recharge, redirect and move on from anything. She makes the right decision when she makes the decision for herself. She baptizes each situation according to her emotional desires. If she wants to feel confident she deems the results of her life's choices to be a success. If she wants to feel sad, she decides that they are failures. When she is ready to move on to something new she makes a decision, any decision, and it turns out it is the right one because she said so.

She Leads Her Family With Grace.

A Goddess in a Loving Female Led Relationship may one day have children that she and her Gentleman will influence with their relationship. She will not hide the fact that she is involved in a Loving FLR because she is not ashamed of anything she does and there is nothing to be ashamed of. A couple in a Loving FLR who has children should demonstrate their Loving FLR openly. Remember that this is not the BDSM and fetish community, the basis of a Loving FLR is honoring the choices of a woman and all children should bear witness to this. Watching their father Lovingly care for their mother will teach them to respect her more. Watching their mother express Loving appreciation for how wonderfully their father shows love for her will teach them to respect him more. They will then grow to expect the same interaction in their relationships.

Children are positively influenced by witnessing a Loving FLR when the parents involved are happily engaging in the relationship. If she shows appreciation for his support and he shows that he is proud to be her support and to give her the keys to her dreams their children will believe the relationship love style is one to be proud of.

Alternately, if she is a brutal dominant force who disrespects him and dismisses his concerns and feelings in front of the children they will be negatively affected by witnessing the interactions. If he offers her the authority to make the final decisions in the relationship but does so begrudgingly as though he is powerless his sons may grow up to resent him. They may overcompensate for the perceived masculinity that they believe their father lacked or they will grow up to rail against women for watching their father be powerless in the presence of an overbearing woman.

A couple in a Loving FLR interacts with love. They are both proud to interact in their agreed upon roles. There is no powerlessness because the Loving FLR is a mutual agreement. He asks for her opinion and adheres to it, proudly reminding their children that he made a great decision by marrying a wise and strong woman. She asks for his support and relishes in it, reminding their children that she has the best life a woman could ask for because she has a husband who truly wants to see her happy and prosperous.

Anything that goes on in the bedroom stays in the bedroom and should not be showcased in front of the children or in public since kink and sex have nothing to do with sustaining a Loving Female Led Relationship. There is nothing the couple should be ashamed of, unless they are doing it wrong.

When a couple is in public a Loving FLR looks like a man who cherishes the woman in his life. He is the perfect Gentleman and an example for all men to see. She is respectful and graceful and reacts to his public displays of chivalry with pride and appreciation. She may become accustomed to his special treatment but she realizes that when they are in public women will be influenced by how they see him treat her. They may approach her and ask her how she manages to get a man to cater to her in that way. She will share with them that she does not have to force him because men naturally want to care for a woman in this way and they should *allow* the same.

The Fundamental Qualities of a Truly Admirable Woman

What makes people admire a woman? Can she lead a country, rescue a village or invent something amazing that saves lives? Maybe it's all in the way she flips her hair back and forth to a funky beat. If the gossip websites dictate it, a great woman is measured by the size of her fan base.

We can't deny that celebrity is an accurate measure of greatness although it does make us feel a little shallow to admit it. Being fair and honest, celebrities do have quite a few traits in common with the women who have earned their titles for making an impact on humanity. At the root of it all, whether she is a self-made entrepreneur or she decided to let the swing of her hips push her toward her goals, she achieved what she set out to achieve and for that alone she should be admired.

What other evidence can we find when we are in the presence of a truly admirable woman?

She isn't ashamed of anything she does.

If a Goddess knows that she alone defines the successes or failures in her life then who is she trying to impress? If she is self-sufficient and independent, then who can judge her for her actions? Why would their opinion matter anyway if she can still sustain herself without their approval? Although she may blush if the wind blows her dress up over her face exposing her goodies to the world, a Goddess in control of her life will never feel ashamed for the choices she makes because no one watching from the sidelines can ever stop her show.

She's beautiful every day.

Yes, we are taught that focusing on physical beauty is superficial but it doesn't matter, we all do it. From nearly plucking ourselves to death in the pursuit of soft, smooth skin to wearing those ridiculous contraptions called high heels, we torture ourselves just to feel beautiful. Then there is that woman who makes beauty seem effortless. Her eyebrows are always perfect. Her dresses are always pressed. She looks like she was raised to walk the red carpet.

As much as we want to hate her, we don't. We admire her. We wish we had that magic. We wish we had the time and the budget to pull ourselves together the way she does. For us, it's a wish and for her, it's a lifestyle.

She doesn't complain about life.

We all strive to never be the woman sitting in the corner sulking about life. You would never know she faced problems because she would never discuss them publicly. Even if she does mention that she is facing an issue, she is so light hearted about it; you would think that it was as pressing as changing a lightbulb.

We admire her because she seems to be in control of her life. She never complains because she knows everything will always be alright.

She's gifted.

She's smart and she knows it. She's talented and she shows it. We admire her because she has an ability that outshines nearly everyone's efforts and she is proud to showcase it. We watch her sit under the spotlight and get goosebumps in her presence. She's aware of her effect on us and it makes her smile. She's gifted and watching her give her gift is a gift to us.

She has a partner who adores her.

We want that. We want a romantic relationship with a partner who adores us and she has that. He is charming. He is sweet. He is thoughtful. Watching them interact is like watching our favorite romance comedy and it makes us want to hurl and smile at the same time. And yet, we admire her because she has achieved our dream.

She's not afraid to do things on her own.

While so many women wish for a rescuer, a Sugar Daddy or a partner to take all of the pressure away, there she is booking a flight to London for the summer. She packs her bags, says goodbye to her house sitter and heads to the airport to begin her next adventure. She does it all. She doesn't require a companion to enjoy her adventures and reach for her goals. She can start a business, create a new trend or give everything away and start over in life without a second thought.

How does she do it? She's learned how to lose gracefully and during the process she learned that losing isn't as bad as people made it out to be. Since then she can take the wildest journeys and

face her biggest fears because she knows she is strong enough to handle whatever the wind blows her way.

How Can She Become a Great Leader?

When the wind blows her a Gentleman who pledges his devotion to her she is wise enough to recognize that it is time to invest in someone other than herself. She makes a decision to be the best partner, wife and mother that she can and of course, she achieves her vision. How does she do it?

She listens to her intuition.

Intuition means to be taught from within. The voice she hears that speaks to her when she is silent is her intuition. She can tell it is her intuition because it offers gentle guidance in the form of a direct instruction. *Go left. Buy the dress. Turn off the light. Go back to school.* She will follow these instructions because they will always lead her to success.

The instructions offered by her intuition do not cause distress or fear. It never whispers hurtful thoughts or causes doubt. Her intuition offers that extra boost of inspiration that she needs to empower herself and her family. She trusts her intuition. She takes the time to sit still and listen for instructions. She follows its lead. Because she has accepted responsibility as a Goddess in a Loving Female Led Relationship she must maintain a clear and sober mind so that she can tune into her intuition. She does not partake in mind altering substances or habits that would hinder her from being an effective leader. She has pledged to lead and she will do so with integrity, guided by her connection to her intuition which adds to

the personal wisdom that she uses to guide the progress of her family.

She is concerned about others.

Regardless of the fanfare and celebration that leaders receive for being in the spotlight, true leaders are servants of the people who follow them. A Goddess will gain followers because they trust her to guide and care for them better than they would care for themselves. They want to be near her so that some of her magic will rub off on them and she takes special care to teach them one by one, advising, correcting and encouraging them, to empower them to achieve their dreams.

She truly does care. She will take the time to walk and talk with them. She will listen to their concerns and comfort them during their time of need. Their issues are her issues and she is an advocate for their well-being just as much as she is for her own.

She delegates responsibilities wisely.

It may stroke her ego to go against the norm and engage in a Loving Female Led Relationship. She may think that in order to do it 'right' she should have her partner take care of the house while she earns the income. She might believe that her 'role' in a Loving Female Led Relationship is to be a softer version of a man, but the truth is quite the opposite.

Her role in a Loving Female Led Relationship is to create the lifestyle she wants with the support of her partner. She has the authority to delegate responsibilities to the Gentleman in her life and she will do so based on skills instead of gender. If a certain responsibility isn't his strong suit then he should not be tasked to do it. If she enjoys cleaning and keeping her home beautiful, then that is what she should do. There are no predetermined roles for a Loving Female Led Relationship. She is wise enough to understand and

delegate responsibilities according to what each person can do to create a stronger team.

She creates a vision and pushes it forward.

When she looks into the eyes of her partner or her children she envisions amazing achievements for them. She is so excited by these visions that she plans out steps they can take to achieve them. Not only does she share her vision with the people she loves most, she also shares the steps she believes will get them there. There are no questions or asking for permission. She requires that they follow her plan and she pushes them into an amazing future.

She looks out for her own best interests.

There are times when caring for her family, setting goals and holding them accountable overtakes her life and she needs to take a break. Although she has a doting Gentleman to care for her, sometimes she can still become mentally exhausted. This is when she has to do what is best for her, despite whether others may agree.

If she needs to hire a housekeeper to help ease her load, she will do it. If she needs to tell her husband's relatives that it is time to move out of the basement, then she will do it. If she feels the need to escape into the arms of another lover then that is her choice. Whatever it is that she needs to replenish herself should be respected and supported by those who love her.

She sets standards for herself and those around her.

If she has agreed to set the vision for the family, create a plan of action to achieve it and hold everyone accountable, then those who will benefit from her wisdom and guidance should meet her

expectations with enthusiasm. If things are not done in the way that she deems acceptable she will not be happy and no one will rest properly until her requests are adhered to. There is no room for leniency with her dreams and certainly not with the dreams of others under her wing. They will achieve her vision or leave her home. There is no negotiating. She knows that if she does not set standards for others they will begin to compromise in every area of their lives.

She understands that every problem has a solution.

There is no problem that cannot be resolved. There is no issue that does not have a resolution. She may become irritated by life's complex circumstances if a unique situation presents itself but her wisdom has proven time and time again that everything always works out. She may feel emotional for a brief time but this is only because it's okay to be emotional sometimes. In the end, every problem has a solution. We are not involved in this life experience to be punished and hurt forever. All losses lead to greater adventures and behind every problem is a skill waiting to be developed.

She rewards herself and others.

She takes time to reward herself by offering herself the same kind of care that the Gentleman in her life would offer her. She also takes the time to reward those in her life for their excellence as well. She acknowledges that her role in a Loving Female Led Relationship isn't all about holding others to a higher standard and correcting them. She is known to have fun, plan trips and be silly too.

The reward for her hard work as the leader of her family is in watching their progress, but it may also be at the bottom of a double fudge chocolate cake.

She Wants

8

To Spice Up Her Sex Life

When she's a Goddess in a Loving Female Led Relationship, there is a perpetual smile on her face that is a definite indication that she's winning in more ways than one. Since the Loving Female Led Relationship is all about empowering and satisfying the woman it is only natural that her sex life improves as well.

Women generally believe that sex begins with initiation from a man and ends when he ejaculates. In a Loving Female Led Relationship the woman should enjoy Sexual Domination. Sexual Domination occurs when the woman defines when a sexual encounter begins, which sexual activities they enjoy, how long they enjoy them and when the sexual encounter is finished. A Goddess can enjoy hours of sensual pleasure completely focused on her arousal or offer pleasure to her Gentleman for as long as she pleases if that is what she enjoys. And guess what? Men love it when she does this.

She doesn't have to please him. She doesn't have to lay there until he finishes. She doesn't have to do anything that she doesn't want to do. She doesn't owe him an orgasm. She doesn't owe him a blow job. She doesn't need to participate in any sexual activity she is bored with. She is free to say 'I'm done' and go to sleep when she feels like it.

But what about his satisfaction? His satisfaction does not matter as much as hers. If she is the type of Goddess who enjoys pleasing her Gentleman because it arouses her to see him satisfied then by all means, she can milk him until he passes out. Otherwise, he is satisfied knowing that she is satisfied. If he can't be satisfied by watching her sleep following an intimate session where he did not get to 'finish' then he would not choose to be in a Loving Female Led Relationship.

E3 - EXPLORE, EXPRESS and ENJOY

Most women never have the opportunity to EXPLORE what it is that they want sexually because they are conditioned to believe that they have to learn tricks and perform to satisfy a man or they will lose him. The opposite is true; men should learn tricks and perform to satisfy the woman or they will be replaced. Until a woman knows herself sexually, she cannot truly enjoy sex with a man because she cannot instruct him on how to please her. He cannot meet her standards if she does not express them. If she sits there and takes whatever he offers her sexually then she will always have a feeling that something is missing.

What is it about sex that feels good to her? Does she like her nipples teased? Is the skin behind her knees sensitive? How does a French kiss on the bottom of her feet affect her body? Does she like her hair pulled? Which sexual fantasies turn her on the most? Does she become aroused by the idea of having multiple partners? Would

having a girlfriend be exciting to her? She needs to learn the answers to these questions and there are no wrong answers. He should accept and support any answer she creates because they are in a Loving Female Led Relationship and his job is to support her happiness.

If she doesn't know the answer to these questions she must discover them by planning an evening to find out. This special experience is called E3 (EXPLORE, EXPRESS, ENJOY). She can't have this experience with a random man. If she wants to truly explore her sexual options she should choose someone who respects her.

During this evening of exploration, as well as every moment of passion henceforth, she must always be honest about her sexual satisfaction. A Goddess will never pretend to be satisfied when she is not. A Goddess will never fake an orgasm to appease a man's ego. A Goddess will always be accepting of her carnal desires. During this lifetime she was given a body as a gift of expression and enjoyment. She will never deny herself the pleasure of sexual gratification.

To experience the fullness of a Loving Female Led Relationship she needs to explore her sexual desires by planning a night where she gives herself permission to ignore his sexual needs. He doesn't get to orgasm. His penis is not to be considered at all. The focus is on her body, its curves and nooks.

She is the Goddess and he is her body's servant for the evening. She will invite him to worship her body. He will begin by washing her body during a shower or a bath. He cleans and exfoliates her body with care, drying her off afterward while playing her favorite music softly in the background. He will massage her favorite lotions and oils into her skin and offer her favorite drink as refreshment. He

should also have prepared a bowl of freshly cut fruits for her enjoyment.

After she is satiated by the soothing massage and attention to every inch of her body, he will kneel before her and ask permission to taste her fruits. She will grant him permission and so begins their love making process.

She will be tempted to be swept away in pleasure but this evening is designated for feedback. If she wants to teach her Gentleman how to please her sexually she must EXPRESS her feelings verbally. When he begins by tasting her he will continue until she tells him otherwise. If she wants him to slow down or speed up, she must say it aloud. When she is satisfied and she wants him to move on, she must say it aloud. She should allow him to explore his desires and also direct him to do those things that she has not dared to try.

His hands, tongue and eyes will travel the length of her body in a search of 20 ways to arouse the Goddess in his life. Until he finds 20 sexual positions or actions (20 Keys) that she loves he has failed at properly making love to her and she should let him know. His job is to please her and if he cannot do that then she can begin accepting applications from others.

Once he has successfully discovered the 20 Keys he is armed with an arsenal of pleasure for her satisfaction and no other man will ever compare. She is free to enjoy him, requesting attention to her body at any time. She can even schedule time for foot massages, back rubs or oral pleasure. The Gentleman loves to see her smile and being tasked to satisfy her sexually is one of his greatest treats.

The Kinky Gentleman

When a man expresses a desire for a Loving Female Led Relationship he is tapping into his divine nature that was created to serve and empower a woman. Being connected with his God Power and expressing his true desires aligns with other desires that may cause a Goddess to raise her eyebrows a bit. A Gentleman who desires a Loving Female Led Relationship is more often than not, extremely kinky. Why is he so kinky? Think about it, if he is open to exploring and expressing his true desire to serve a woman then he is more likely to express his true desires in other areas of his life, including sex.

A kinky person is a person who admits that they have sexual cravings that fall outside of the realm of normalcy according to popular society. They desire sexual activities that the general public would label as perverted or weird. An open minded person is an open minded person all the way around and a Gentleman who is open enough to embrace his desire to be led by a woman will share the truth of his kinks as well.

When a man shares his deepest kinks with the Goddess in his life he is expressing his trust and devotion to her. The interest that he shares could cause him to be fired from his job, ostracized by his family or ridiculed by all of his friends. No man will offer a woman the truth of who he is unless he feels emotionally safe with her. His transparency should be celebrated and respected because when he reveals his biggest kink he is asking for unconditional love and acceptance. Whether his kink is sniffing arm pits, watching videos of cheating wives or being blind folded and left in the closet, if it doesn't harm him or anyone else the kink should be respected.

When a Goddess accepts the kinks that her partner yearns for she is now more powerful than ever before. She alone understands him and can give him what he craves. When she decides to partake in his kinks, even if it is sporadically, no woman could ever replace her because not every woman can deliver a man's deepest wishes in sincerity and respect.

A Goddess in a Loving Female Led Relationship should take the time to find out what her Gentleman's kinks are. There are several ways to do this. She can ask him outright if he has any kinks that he wants to share. She can invite him to send her a written letter sharing his biggest sexual fantasies. She can also ask him to send her links to images or videos that depict his deepest fantasies. She can ask him to send one per week to see where his imagination goes. Once she understands his sexual kink she can offer that to him on her own terms of course when he has done an outstanding job of pleasing her.

No Tolerance for Foolishness

Sharing this intimate time with him should be a pleasure for her because she loves him. She is never obligated to engage in his kinks but doing so, even if it is on the rare occasion, will deepen their bond. Because she is willing to return a man's unconditional love by embracing his secrets and Loving all of him she must be mindful of the men who will approach her with foolishness concerning sex.

At no point should she engage with a man who:

- Does not ask for consent before touching her in a sexual way
- Does not care if she is sexually satisfied
- Introduces himself to her and immediately asks her if she likes (insert sexual activity)

- Pressures her to perform his kinks
- Tells her that being in a Loving Female Led Relationship means she must dominate him or control him sexually
- Buys her sex related gifts that she has not given him permission to buy
- Requests that she send him sexual photos or sends her sexual photos without her consent
- Attempts to teach her how to dominate him sexually
- Does not stop touching her when she says to stop
- Gives her any ultimatums at all

When a Gentleman expresses interest in a woman he does not ask her what she can do for him, he asks her what he can do for her. Any other treatment is foolishness and he needs to be released.

Games We Play

If he has proven to be a Gentleman then it's time to have some fun with him. When a Goddess decides to trust a Gentleman to respect and support her she experiences the most freeing feeling in the world. There are so many ways a Goddess can entice a Gentleman to crave her presence and I am going to share some of the most fun games to play.

T&D- Tease & Denial

Men will never admit it but they love to be teased. That is why so many men frequent strip clubs. They know they can't have the women there but they get a sense of satisfaction by looking and

thinking about it. A Goddess can enjoy arousing the Gentleman in her life and driving him to the brink of madness because it's so much fun and he loves it with every skipped beat of his heart.

The point of the Tease & Denial game is for the Goddess to get him to think about sex and keep him on the edge waiting for it to happen but not giving it to him until she's ready. It shows she has the power to make him squirm and beg and a Gentleman in a Loving Female Led Relationship loves that the Goddess in his life wields that power. He is attracted to powerful women and he wants her to know that she is all powerful when it comes to him.

She plays the Tease & Denial game by sending him naughty messages and photos throughout the day to pique his arousal. These photos do not have to be of her, she knows what he likes and she is hitting the button on the head each time his phone chimes with a message from her. The messages depict the fantasies that he has shared with her, the secret ones that no one is supposed to know about. By the time his workday is over he is speeding home to see her and she greets him with a cool drink and a request- foot rub please. That's all. Goodnight.

When she says No she means it and he had better respect it. He will because he loves her and he knows this is just a game. How long will she hold out? How long will she back into his crotch while she's wiping up a spill and walk away? How long will she massage him to the brink of an explosion and then kiss it goodnight? She makes him wait. She makes him guess. No other woman can drive him crazy in this way and he can't get enough. Men need to be teased and told No in order to show them who is the source of their pleasure. A Gentleman will respect her and wait. The reward, whenever it may come, will be one amazing, mind blowing night of passion.

XXO – Orgasm Control

A Gentleman in a Loving Female Led Relationship enjoys pleasing a Goddess by taking care of tasks for her. A Gentleman who is prime for a Loving Female Led Relationship is a man who likes to surpass expectations given to him and he will do well when he is given a list of expectations that he should meet each week. She demonstrates that she loves him by offering him a special incentive for completing his tasks with excellence.

When she offers him a weekly task list she also shows him an XXO Calendar. This calendar is just for him. She will mark the calendar with an O on the date when the weekly tasks should have been completed. The O stands for orgasm. This is the date when he can have an orgasm. Until this date he may enjoy sexual pleasure but he cannot ejaculate.

After the weekly tasks are done she should check to be sure that he did them properly. If he did them properly, he gets to enjoy the O. If he has made even the slightest mistake or missed one of his obligations, the O is marked over with an X and the date for the O is pushed back for another week.

Until he offers her perfection in his tasks, the O dates will be crossed out and pushed back at her discretion. She may give him 2 more days, a week or an additional month. It depends on how she feels. She does not suffer during this time because she can still enjoy him sexually at her leisure but he does not get to orgasm without her permission. If this relationship is really a Loving Female Led Relationship then he has commissioned her to lead and he will respect her decision.

This game will ensure that his devotion and behavior is always on point. Men need to have their orgasms restricted. Having their

orgasms restricted makes them feel more devoted to the Goddess. A man who is under orgasm restriction understands that she is the ultimate source of his pleasure and it connects him to her in a way that no high fashion model or busty babysitter could ever break.

Black Out- His Kink Night

When the Goddess is feeling an extra dose of love for her Gentleman she will offer him a Black Out. A Black Out is a night dedicated to his kinks and his satisfaction. He has been a good partner and he has been waiting patiently for it without asking or pressuring her. She remembers. She understands. She surprises him with his favorite treat. She knows that this night of taking the focus off of her will delight him and reward him for being so good to her.

Whether it's an evening modeling lingerie for him, a restricted tickle session or a night where he does nothing but place his face in her bosom for hours, she knows what he really likes and she makes sure that she is the only one who gives it to him, when she feels like it of course.

Heat- Challenge

The Heat Challenge is the most fun game a couple in a Loving Female Led Relationship can play because the relationship love style is geared toward him being challenged to help make all of her dreams come true. When a couple engages in the Heat Challenge the Goddess will create tasks for the Gentleman to complete with a time limit. After he completes the task, she will issue a new task, even more challenging than the next. Each week (or at her

discretion) she will turn up the heat asking him to do more outrageous or challenging things.

She may ask him to:

- Spend only 27 minutes with his friends at Happy Hour
- Get a tattoo of her name on his chest
- Go to work without wearing underwear
- Use an entire paycheck to buy her a gift
- Jog to work
- Host a brunch for her friends and serve them wearing nothing but an apron
- Go to the store and pick up a coffee without wearing his dentures
- Sing the solo at church
- Give her 3 orgasms before he can have one

The more she challenges him, the more purposeful he feels about life. He thrives on rising to the occasion and the Heat Challenge is an ever evolving declaration of love that he will not grow tired of because Gentlemen crave attention.

She Wants

9

Frequently Asked Questions

These are real questions from real women with concerns about developing their Loving Female Led Relationships.

BEING NEEDY

Q - In an FLR, since the woman is supposed to voice her needs, what is the difference between making her voice known versus sounding too needy and demanding?

A - When a woman voices her needs or makes a request she should never feel needy. The feeling needy vibe is her own lack of confidence relationship. When she turns on a lamp she doesn't feel needy when flipping the switch; she expects that the light will come on. It is the same with men. When she asks for something she should feel confident that it will be done. The needy feeling is her

lack of confidence in the love her partner has for her. She trusts that she can flip the light switch but she is afraid it will not turn on at her command.

PUBLIC FLRs

Q - What's your advice on discussing LOVING FLR relationships publicly or keeping that aspect of the coupling quiet to all?

A – The issue isn't really displaying a LOVING FLR publicly, it's more an issue of the display of disrespect. A LOVING FLR is a relationship where the Gentleman honors the choices of the Goddess he loves. There is nothing disrespectful about that. If she wants something done a certain way, he ensures that it happens. In the public eye, this is more of a hero than a servant. If, on the other hand, she is degrading toward him in her quest to demonstrate her LOVING FLR then that would be embarrassing for him in public. If he has not agreed to public humiliation then she should not dishonor him in that way. A LOVING FLR is about her leading the relationship but not at the expense of hurting him. He chooses to be in the relationship. He should be treated with respect.

RELUCTANT MEN

Q - If the man appears to be reluctant, but claims this is the love style he has been searching for whose responsibility is it to take it to the next level?

A – If a man requests a LOVING FLR he has a specific idea of what he wants to happen. He has an imagination filled with ideas of the role a woman should play in his life. He is reluctant because he does not want to compromise on the fantasy in his mind and he may

not feel as though the particular woman in question can meet his needs. He is waiting to see if she will take control instead of waiting for him to give her control.

WHAT TO DO IN A LOVING FLR

Q - I don't know what to DO on a daily basis in a Female Led Relationship.

A – Express how you feel. Ask for what you want. Expect agreement. Accept nothing less.

UNEASY IN A LOVING FLR

Q - He wants me to do things I am not comfortable doing.

A – Tell him that you are not comfortable doing those things. If he respects you he will not ask them of you again. Always tell him how you feel. Expressing your feelings is the most important part of a LOVING FLR. If he doesn't know how you feel, he can't support your choices.

TIME FOR SEX

Q – When is the best time to introduce sex into a relationship?

A – When he has proven that he is useful on more than one occasion.

BEING A MISTRESS

Q - I don't know how to be a Mistress.

A – Then don't be one. Men came up with this fantasy of being dominated by a Mistress and they force these bullshit expectations on you. Tell him you are not a Mistress, you are a woman and you want some wine. Tell him to leave you alone. You are not supposed to be his fantasy; he is supposed to be yours.

BEDROOM FUN

Q - How can we make our sex life more exciting?

A – Make a list of the things you are afraid of or against sexually and do them.

HUMILIATION REQUEST

Q - He wants me to humiliate him but I don't know how to do that or if I want to.

A – Try it. Take a tube of red lipstick and write the letter B on his forehead. Make him wear it all day. Whenever you see him, laugh and call him a BITCH. See if it makes you laugh even a little bit. If you do this and you don't like it, then tell him he's weird and you're not doing that again.

SUBMISSIVE MEN

Q - How do I recognize a submissive man versus a Gentleman?

A – A submissive man is always online placing ads looking for a dominant woman or begging women to let him touch their feet. A submissive man likes to ask for a Female Led Relationship and then tell her how she should lead. He won't be happy if you adore him just as much as he adores you. He always says, 'Yes, Ma'am'.

A Gentleman will attempt to be your friend. He won't bring up sex until you mention it first. He doesn't demand anything. He wants nothing from you but your time, attention and a smile.

PRESSURED

Q - I feel pressured to make his fantasies come true.

A – Then tell him you won't. Say No to him. He will still respect you and love you. If he does not then he is trying to control you.

NO LEADERSHIP

Q - I don't feel like a leader right now.

A – Maybe you aren't. Leaders make choices for others. If that is not what you are into or good at, don't force it. A Goddess can be happy leading herself.

GUILT TRIP

Q - I feel guilty when he does all of the work around the house.

A – Did you feel guilty when you carried your child for 10 months all by yourself? Does he feel guilty when he orgasms? If you both agreed to it, then this is his part in empowering you. You were not made to carry the load alone. He's supposed to do it. Let him do it. It's ok.

MEAN BITCH

Q - I don't want to be a bitch and be mean to him but I feel like that is what I am supposed to be.

A – If you play are playing a role in a LOVING FLR then it's not a LOVING FLR. A LOVING FLR is about you being your most authentic self and him supporting that. It's not about bossing him around and being mean to him. It's about being who you are and him celebrating you for that.

MAKE HIM LOVE ME

Q - I'm single and I don't know how to make a man love me for a Loving FLR.

A – You can't make a man love you. It's his choice to do that. Try truly not caring one way or the other if he likes you or not. That will change the way he interacts with you.

PRESSURE TO PUNISH

Q - He keeps pressuring me to punish him more.

A - Tell him to go find someone else to do it and he better not give her any of his money or he can go live with her. A man should not pressure you to do anything. That is not love. He doesn't love you if he does not honor your choices and your limits.

PRETEND LOVING FLR

Q - I feel like we're just pretending to be in a Female Led Relationship.

A- That's because you are looking at it like a role play instead of a lifestyle. Does he say Yes when you make a request? Does he honor your choices? Does he support you and make you feel good about who you are? If he does those things then you are in a LOVING FLR. There is no need for any fancy titles or rituals. You are doing just fine.

KIDS ARE WATCHING

Q - My children watch me and their father engage in a LOVING FLR. My daughter gets it but my sons think negatively of how I lead their father. What is going wrong?

A- It is great that you allow your children to witness your LOVING FLR but the issue can only be the way you lead your LOVING FLR or the way your husband reacts to your leadership. If you are

leading your husband by dismissing his opinions and being rude or mean to him then of course your sons are going to think that their father is in a bad relationship. You don't have to lead a LOVING FLR with an iron fist, cursing and shouting and throwing your weight around to get your way. You are a Goddess. You simply make a request and it happens. There does not have to be so much force involved. He wants you to have your way; he is not fighting you. You can relax and show him a bit more gentleness when you interact with him.

Your husband's reaction to your leadership is also the reason why your sons have a negative response to your LOVING FLR. If your husband is reacting sadly or meekly to your boisterous requests then he is teaching your sons that they should allow a woman to bowl them over. When you show him a little more consideration and kindness and love and he demonstrates to your sons that he enjoys making sure you have your way and giving you the things you like instead of sulking about it then they will grow to take pride in empowering women too. He has to be proud to give you your way. You have to feel delighted and thankful that he empowers and supports you. Any other demonstration in front of your children will lead to them being destructive in their own relationships.

MALE BASHING

Q – Why do people think LOVING FLR is about male bashing?

A- Some people believe that LOVING FLRs are about male bashing because they don't equate being nurturing and supportive with strength. We have to break this social agreement that typically feminine behaviors like nurturing and being supportive indicate inferiority. Women who nurture others are not inferior. Men who possess the same strengths are not inferior either.

KINKY BLUES

Q - How do I get him to stop being so kinky and make love to me?

A – Tell him.

SLIPPERY LOVING FLR

A - We've started a LOVING FLR many times but we can't seem to make it stick.

Q – That's because you are not holding him accountable. A LOVING FLR is about honoring your choices. If he is offering rebuttals when you make decisions and you change your mind then he will learn that you don't mean what you say. If you ask for something and he brings something else and you accept it he has learned that you don't mean what you say. Say what you want and accept nothing less. That is how you make a LOVING FLR stick.

TASKED OUT

Q - I don't know how to create ways for him to please me.

A – Make a list of things that need to be done around the house. Then make a list of things that need to be done to the car. Then make a list of things your sick neighbor needs. Then make a list of ways he should improve himself. Then make a list of recipes he should cook for you. Then make a list of the vacation spots you haven't visited yet that he should take you to. If there is something

that needs to be taken care of he should do it. This list should last for years.

MOTIVATION TO SERVE

Q - He says he needs more motivation to serve me.

A – Tell him his motivation will be a hard, dry penis until he can change his attitude.

DOMINATE THE SEX

Q - How do I become sexually dominant?

A – When you have sex only think of your pleasure and not his. Do not allow him to release himself when you are done using him for your pleasure. All of that whips and chains and stuff is just his fantasy and you don't have to live up to it.

FEAR OF LOSING HIM

Q - I'm afraid I will lose him if I don't do this correctly.

A – You will lose him if you have that attitude. The fear of losing a relationship is the opposite of how a woman in a LOVING FLR interacts with a man. If you are really afraid of losing him, the only way to get over that fear is to dump him. You will then see that life isn't so bad without him and you will be a different woman if you ever give him another chance. You will be the woman you never thought you could be.

BUSINESS IDEAS

Q - I have a business idea, can you give me feedback on how to develop it?

A – When you participate in the LOVING FLR Leadership Coaching Program we can talk about whatever you want.

INSECURE IN THE WORLD

Q - I feel powerful inside my home, but when I go out into the world I feel insecure.

A – That's because you are going out into the world asking for permission for what you want. You believe that someone outside of yourself has the power to offer you your dreams or hold you back from them. When you stop asking for permission or help from others and forge your own way, creating your dream for yourself you will stop feeling insecure.

SHAKY GODDESS

Q - I don't feel like a Goddess. How can I change that?

A – Go out and take a big risk. Lose. Try again. Recognize that no loss ever leaves you empty handed. Lose your fear of losing. That is the best way.

PUPPET MASTERS

Q – I am a teenager and my peers treat me like a puppet. I am beautiful. I have my own business. Still no boys like me. I want to be strong! I want to be respected!

A – This is my best advice for teens. Go get an IUD as soon as possible. Decide that you will not date anyone seriously until you have grown your business so much that you don't have to work for anyone else full-time. Stop needing other people to like you. When you need them to like and respect you they can feel that and it makes them think you are weak. Whether they like you or not, you can still become the woman of your dreams. Focus on the prize; financial independence and self-sufficiency. Remember, those with value will value you. The rest of the world- FUCK THEM.

NOTICE ME

Q - Is it possible to get submissive men to notice us instead of looking for them?

A – Submissive men crave women who don't need them. Become a woman like that.

SURPRISE GODDESS

Q - What do you do if a man asks you out without realizing you are a Goddess?

A – He will find out by the way you handle yourself during the date.

FRIENDS SAY WHAT

Q- What should I do if my friends say I should let him be the boss?

A – If you are considering what your friends say then you are not ready to be in a LOVING FLR.

GUESSING GAME

Q - What if I am attracted to someone and I don't know whether he's dominant or submissive?

A – It doesn't matter. Make a friend first. If he is not the one for you he may have a cute cousin that has been looking for a woman just like you.

INTIMIDATE EVERYONE

Q - What if men find me intimidating? What if people in general find me intimidating?

A- You may want to work out or run to release some of the pressure you've built up. Being a Goddess isn't about being mean to everyone and acting tough. It simply means making choices for yourself and standing up for what you want, never accepting less. You can do those things with a smile and a wink.

SLUTTY SUBMISSIVE

Q - Thank you for all your efforts in striving to influence the world with female leadership. I find myself drawn to the concept of LOVING FLR over and over. I can see the wisdom in this dynamic. However I am struggling when it comes to fitting in my submissive needs. It makes me wonder if LOVING FLR is not for me.

A little history: I grew up sexually abused by my father and I feel that has affected my inter-relationship needs. To put it plainly, I sometimes want to be my significant other's "little slut".

My EX and I took turns in a power exchange. He was Loving, giving me full body massages, candle light dinners and oral on demand, would cook and do chores for me around the house but then asked for rules and punishment. It was hard for me to be consistent. Often he acted out seeking for me to subdue him. Pegging was something intimate we shared and that I quite enjoyed when it happened out of mutual exploration and caring expression. But I am not an aggressive person, and his manipulation to trigger me to punish him by anal sex became very exhausting. Now I think he was seeking a Femdom relationship. But I didn't know much about that then.

Now I am with a different man that upholds me as a priority. He supports me financially, cooks, cleans and drives for me. Sexually he is a giving lover, respecting when I am not in the mood. But I have asked him to occasionally spank me and sometimes slap me or tie me up. He does not find it within himself to do that.

I love him but I feel something is missing. I have asked him how he feels about opening the relationship up to share me with another man. He says that the day I cheat on him is the day he needs to move on. Inside I feel that he would actually stick by my side but I am still conflicted in my morals because I never thought that I would consider something like this.

I can't seem to find a balance. Is it possible to have the best of both worlds?

A – Yes, a LOVING FLR is about expressing your needs and desires and having the support of your partner to achieve them. There is no need to figure out if you are in a LOVING FLR; you are if you say you are. Talk to your partner and tell him what you want and need and tell him that you love him and you don't want to hurt him. Tell him that you are going to do what you want to do and you want his support. If he feels he cannot give you what you want then you will satisfy that urge elsewhere and he should not worry because you do love him.

It's perfectly fine to desire sexual submission. You can be a submissive slut if you want to be. A LOVING FLR is not about dominating anyone or controlling everything. It is truly about the woman's choices being supported by the Gentleman in her life. You have made your choice. That's what you want. Hopefully, that's what you have. Be yourself. You're good enough. Good luck.

USING HIM

Q- If I allow a man to focus on me and be supportive of me, won't he think I am using him?

A – You are using him. But he wants to be used. A man in a LOVING FLR is offering himself as a tool for you to achieve your goals. That is why he is in this relationship. Please respect his choice to be your tool and show appreciation for him.

WEAK MEN

Q – Should I consider a Gentleman who caters to me as weak?

A – No. They are strong enough to express their desire to support a powerful woman. I don't see weakness in that. Only a man of power can stand next to a force greater than he and not be blown away.

BIG PROBLEM IN LOVING FLRs

Q- What is the biggest problem that you recognize in women seeking LOVING FLRs? How can this be fixed?

A – The men who call themselves submissive are demanding that the women become their fantasy dominant. The women resent this behavior and feel pressured and upset by it. From the many, many women I have met this cannot be fixed unless the women completely shun men who describe themselves as submissive.

Submissive men are looking to be controlled. They want the focus of the relationship placed completely on their need to be controlled. The majority of women don't have the time or interest for servicing their needs. This is why there are so many men reading Femdom websites, paying Dommies to punish them and watching Femdom porn. The majority of women who connect with me through email, the surveys I create, the interviews I do or the coaching program I run have no interest in controlling a man, not in the way the men who write to me describe. Sometimes I feel like there is no way the two groups can meet in the middle. It is a perfect mismatch.

Submissive men write to me and say they fear they won't be respected by women if they give too much, yet they yearn for a

woman who takes complete control. Women typically show respect for their partners by giving them the freedom of choice. If submissive men want their freedom of choice to be taken away then they will not be respected. How is this supposed to work? My only suggestion for a woman seeking a FLR is to stay away from men who label themselves submissive or charge them for the service of controlling and dominating them.

PANTY BOY

Q - Since I am the leader does he have to wear panties?

A- Only if it turns you on to think of him wearing them. The concept of gender based clothing is trite. If you have an attachment to the social definitions behind clothing and it excites you to adhere to those definitions then have as much fun as you want.

MONEY BAGS

Q- Does the woman automatically control the money?

A – If she chooses to do so.

SUPERIOR LADIES

Q - Are women superior to men in LOVING FLRs?

A – No, but men in LOVING FLRs believe it's fun to pretend that they are. Gender has nothing to do with intellectual superiority or

the ability to lead. In a LOVING FLR the woman happens to be wise, capable of leading and she wants to lead. If she didn't have the desire to lead a man, there would be no LOVING FLR. If he didn't have the desire to empower her in a LOVING FLR, there would be no LOVING FLR. They both exchange their power through the daily commitment to continue to operate under the LOVING FLR love style. They are equally important.

HE DISAGREES

Q - What happens when the man disagrees with my decisions?

A – Did he mention that the result of your decision may lead you or your family to harm? Will the result of your decision place you in danger? If these are not the case and he still disagrees with your decisions then he does not trust your wisdom. He believes he is more intelligent than you are. He does not particularly desire a LOVING FLR.

RECOGNIZING A SINCERE GENTLEMAN

Q - How can a man convince me he really wants a LOVING FLR? I don't want his worship or his money. I want sincerity.

A – Look for him to try to be your fantasy instead of demanding that you be his. Look for a Gentleman who wants to empower you instead of a submissive man who wants to be controlled by you. A Gentleman that is right for you will want to learn about you. He will want to understand who you are and how he can make your life together better. He will push you to be greater and remind you of the Goddess you are. He will be flexible, understanding that your wants and desires could change and he respects that. He doesn't

want to place you in a box, demanding that you perform for him or that he perform worship for you. He wants to be the one person in the world who makes you feel completely free to be whoever you want to be.

She Warts

10

Study Guide

Chapter 1

Review Questions

1. What is a Loving Female Led Relationship?
2. How have social customs damaged our progress as a society?
3. When a woman leads a relationship what is her primary focus?
4. Who decides when a couple can enter into a Loving FLR?
5. In a Loving FLR does a woman choose which man she will date?
Why is this important?
6. What is the responsibility of the woman in a Loving FLR?
7. What is the defining factor between a more traditional relationship and a Loving FLR?
8. How can you tell a woman in a Loving FLR from an average woman just by looking at her?
9. Do women need to earn more income than a man to participate in a Loving FLR? Why or why not?
10. What motivates the man in a Kink-Inspired Female Led Relationship?
11. Describe the difference between Femdom and A Loving FLR.
12. Does a woman in a Loving FLR consider herself to be a Mistress or Domme?

13. What are 3 things that are NOT appropriate in a Loving FLR?
14. What is the difference between being dominant and being powerful?
15. What does it mean when a man requires force to comply with a woman's wishes in a Loving FLR?
16. Why does every team need a strong leader?
17. Are men the weaker sex?
18. How do men thrive under the leadership of women?
19. If a man wants to enjoy the pleasure of a woman's time and her body, what must he do?
20. How will Loving FLRs impact society?

Perspective & Analysis Writing Prompt

1. List at least 3 social customs from any culture that were not mentioned in this chapter and were likely created to benefit men and detract from the progress of women. For each social custom discuss the steps needed to overturn these social customs and share what would happen as a result.

Chapter 2

Review Questions

1. What does the author list as the 3 reasons people choose to be a part of this life experience?
2. If we choose to believe that life is not a test, how will it impact our lives?
3. How do we create what we want in life?
4. What is God Power and how do we use it?
5. When does a man become a God?
6. When does a woman become a Goddess?
7. How does a woman recognize her superpower?
8. Should a Goddess be humble? Why or why not?
9. Who is the ultimate judge of a Goddess?
10. What is the best way for a woman to awaken her inner Goddess?
11. Why is it important for a woman to display her beauty boldly?
12. What does being a good girl really mean?

Perspective & Analysis Writing Prompt

How can you choose to walk like a Goddess in this world? What can you do today to transform your life into one that impacts everyone you meet? How will expanding your superpower impact your life and others?

Chapter 3

Review Questions

1. What is the one basic principle a Goddess should never violate?
2. How can a woman mentally captivate a man?
3. What does a man think of a woman who has changed herself to please him?
4. The author believes that every woman leads her relationship. Why does she believe this to be true?
5. How does a woman earn a reputation as a bitch? Is this a good or a bad thing?
6. What happens when a woman is willing to be alone?
7. Why must a woman be willing to lose?
8. When should a woman spend time correcting the behavior of someone else?
9. How does allowing others to help her benefit them?
10. Why is it useful for a Goddess to enhance her beauty?
11. When does a Goddess play the role of Superwoman?
12. What are the worst ways a woman can demonstrate that she is strong?

Perspective & Analysis Writing Prompt

Of all the listed traits of a Goddess in a Loving FLR, share two that you are well known for and offer examples of your personality exhibiting these traits. Also share two of the listed traits that you would like to develop and offer examples of how you can work on doing this.

Chapter 4

Review Questions

1. How will selecting a Loving FLR Goddess Style and Authority Style help a woman attempting to establish a formal Loving FLR?
2. How is a POWER Goddess different from a CLASSY Goddess? Do they have any similarities?
3. How is a NURTURING Goddess different from an EROTIC Goddess? Do they have any similarities?
4. How is TOTAL Authority different from RATIONAL Authority?
6. How is COMMON Authority different from PERMISSIVE Authority?

Perspective & Analysis Writing Prompt

Which Loving FLR Goddess Style most represents your personality? Why did you choose this style? Which Loving FLR Authority Style suits you best? Why does this suit you? Which Loving FLR Goddess Style is the opposite of who you are? Why? Which Loving FLR Authority Style would not be a good match for your personality? Why?

Chapter 5

Review Questions

1. Why do men desire Loving FLRs more than women do?
2. Is the Goddess superior to a Gentleman? Why or why not?
3. Why should a Gentleman not be compared to a man who identifies as submissive?
4. Why is it a challenge for a man to participate in a Loving FLR?
5. What is the best way for a woman to be viewed as a leader by a man?
6. What percentage of couples in Loving FLRs consider their partners to be their best friend?
7. How does a Gentleman feel about competition in a Loving FLR?
8. What does it demonstrate when a man fervently seeks power in a relationship?
9. Why does a woman with an abusive past have a unique challenge when seeking a Loving FLR?
10. What is the main objective when a woman goes on a first date with a man?
11. Why should a woman ask a man out on a date?

12. What happens when a woman tolerates disrespectful behavior from a man?
13. If a man is disrespectful to a woman ONE TIME how should she respond to him?
14. How can you tell when a woman has transformed into a Goddess while dating a man?
15. How can a woman tell if a man deserves a second date?
16. What promise did Barbara make to Charlie to explain the benefit of being in a Loving FLR? Was this appropriate?
17. What happens when a Goddess meets the right man?
18. Why does a Goddess give a Gentleman tasks to complete?
19. What happens when a woman believes a man should 'know what to do'?
20. How is a Gentleman different from a submissive man?
21. Why is a Loving Female Led Relationship described as Loving?
22. How can a woman who is married to a masochist satisfy him without compromising too much of her Loving personality?
22. When is it okay for a Gentleman in a Loving FLR to reject a Goddess?
23. What are the five main reasons why a woman should end a relationship with a man?
24. How should a woman treat the Gentleman in her life?

Perspective & Analysis Writing Prompt

List all of the ways a woman can sabotage a Loving FLR. Describe which you believe are the 3 most important ways, why these 3 are most important and how a woman can ensure that she does not do them.

Chapter 6

Review Questions

1. Why is it important for a Goddess and a Gentleman to thoroughly discuss and create a written agreement for the Loving FLR?
2. If a Gentleman feels that he is not capable of delivering a request she has made how should he respond to her?
3. What are the top 4 areas that couples need to clarify to best establish their Loving FLR?
4. Why is a visual symbol of a Loving FLR important to establish the legitimacy of the relationship?

Perspective & Analysis Writing Prompt

After reading the chapter and reviewing the sample agreement, complete your own version of the agreement in writing. Offer as many concrete details as you can. If you want to take 3 vacations per year, indicate which months these vacations should take place. If you want to go out on dates each month, indicate which days you want these dates to be planned. If there are certain responsibilities that you never want to deal with, delegate those responsibilities to him. Never be afraid to ask for what you really want. You can never ask for too much from the right man.

Chapter 7

Review Questions

1. How can women become leaders of their own lives?
2. What will happen once people recognize and respect the role of female leaders in society?
3. What is one trait that all leaders have in common?
4. Why does making choices for others come naturally to a Goddess?
5. When does a Goddess step in and take over a situation?
6. Why does a Goddess take the time to stop, listen and learn from others?
7. What is more important than making the right decision? Why?
8. Why isn't a Goddess ashamed of the choices she makes?
9. Why does a Goddess hesitate to complain about life?
10. How can a Goddess tell when her intuition is speaking to her?

Perspective & Analysis Writing Prompt

What is a specific vision that you have for your relationship and family that you have yet to set standards or require action for? Describe this vision and outline which responsibilities you will delegate to yourself and others to push this vision into reality.

Chapter 8

Review Questions

1. How is the sexual experience different in a Loving FLR?
2. Is it okay for a woman to enjoy pleasing a man sexually in a Loving FLR?
3. What does a woman owe a man during sex?
4. What should a woman say when she is satisfied after sex?
5. How can a woman learn how to instruct her partner during sex?
6. Are there any desires or fantasies that a woman should keep hidden from her partner? Why or why not?
7. Why is a Gentleman in a Loving FLR likely to be kinky?
8. When will a Gentleman share his most secret kinks with a woman?
9. Why should a woman accept and respect the kinks of her partner?
10. There are several taboo actions concerning sex that a man should never do. Which 3 are most important?
11. What is the point of Tease & Denial?

12. Which game will motivate a man to complete his tasks with excellence?
13. Why should men have their orgasms restricted?
14. How can a woman be diligent in ensuring that she is always sexually satisfied?

Perspective & Analysis Writing Prompt

Make a list of 10 Heat Challenge tasks you could present to your partner. These challenges should be specific to his personality and will challenge him personally and drive him crazy (in a good way). Take a moment to share how he will react to each of the challenges and why it will be fun to present them to him.

Appendix

Bullying statistics [Fact sheet]. Retrieved from <http://www.bullyingstatistics.org/content/school-bullying-statistics.html> (2017)

Elgot, J. (2016, February 5) FGM: number of victims found to be 70 million higher than thought [news article] Retrieved from <https://www.theguardian.com/society/2016/feb/05/research-finds-200m-victims-female-genital-mutilation-alive-today>

Rape Crisis England & Wales headline statistics 2015-16. (2017) Rape Crisis England & Wales 2017 [Statistics] Retrieved from <https://rapecrisis.org.uk/statistics.php>

GLOSSARY

20 Keys

They 20 Keys are 20 sexual positions or actions that a Gentleman in a Loving Female Led Relationship has discovered and uses to ensure that the Goddess in his life is sexually satisfied.

BDSM

BDSM is an acronym for Bondage / Discipline / SadoMasochism. BDSM encompasses a plethora of sexually motivated activities including bondage, discipline, dominance and submission (D/s), sadomasochism, and other dynamics that stimulate interplay between groups and couples.

Bedroom Goddess

A Bedroom Goddess is a Goddess Style within a Loving Female Led Relationship. When communicating with her partner concerning how she wants to express her leadership she may choose to refer to herself as a Bedroom Goddess, a woman who does not wish to control a man's life choices. She respects men who are capable and willing to make their own choices while she is free to follow his lead if she pleases. However, during intimate sexual moments, she must be the aggressor, demanding that sexual experiences be exactly what she wants and how she wants it. She only wants authority in the bedroom.

Classy Goddess

A Classy Goddess is a Goddess Style within a Loving Female Led Relationship. When communicating with her partner concerning how she wants to express her leadership she may choose to refer to herself as a Classy Goddess, a naturally poised woman who does not feel the need to raise her voice or make forceful demands of her partner. She believes her partner should accommodate her for the pleasure of seeing her happy because that is what she deserves. She would never tolerate a man who makes demands of her. Her directives are always soft and controlled, polite, yet firm. She appreciates a partner who is devoted to excellence in pleasing her.

Common Authority

Common Authority is an Authority Style option within a Loving Female Led Relationship. When delegating responsibilities for making decisions in a Loving FLR a woman may choose to exercise Common Authority, shifting authority to her partner when the decision relates to his personal life or progress. When operating under Common Authority, he may act independently when 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.

Dainty Goddess

A Dainty Goddess is a Goddess Style within a Loving Female Led Relationship. When communicating with her partner concerning how she wants to express her leadership she may choose to refer to herself as a Dainty Goddess, a woman who 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. She uses her beauty and femininity to harness her authority.

Devotion

A couple establishing a Loving Female Led Relationship will affirm their devotion to each other. This devotion is the promise to engage in a Loving Female Led Relationship and is often marked by a devotion ceremony and exchange of symbolic gifts.

Dominant

A Dominant is a person who experiences emotional and/or sexual satisfaction by being the person who offers instructions, guidelines and rules in a Femdom or D/s relationship.

Dominatrix

A Dominatrix is a woman who is paid to take on the dominant role during BDSM activities. She interacts with submissive partners, often controlling, punishing or emotionally, verbally and physically abusing them at their request. Women who are not paid to portray a dominant role in the BDSM community typically do not refer to themselves as Dominatrices.

E3 - EXPLORE, EXPRESS, ENJOY

E3 is a sexual experience dedicated to exploring the woman's sexual pleasure. During this experience she will allow the Gentleman to worship and explore her body with his hands, tongue and toys. She will offer feedback on each sensation he offers her to let him know if it causes pleasure. She will enjoy each pleasurable

experience for as long as she wishes and then instruct him to move on to a new sexual sensation when she is satisfied.

Erotic Goddess

An Erotic Goddess is a Goddess Style within a Loving Female Led Relationship. When communicating with her partner concerning how she wants to express her leadership she may choose to refer to herself as an Erotic Goddess, a woman who 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 enjoys engaging with a man who is led by his sexual cravings. She uses her sexual energy to wield her authority.

Female Genital Mutilation (FGM)

Female Genital Mutilation is a social custom made popular in Africa, Asia, the Middle East and other parts of the world where the rights of women are limited. During the surgical ritual the female's genitalia is partially or completely removed to reduce or eliminate her ability to experience pleasure during sex.

Femdom Female Led Relationship/Kink-Based Female Led Relationship/D/s

In a Femdom Female Led Relationship/Kink-Based Female Led Relationship the woman is the controlling dominant authority in the relationship while the man is her submissive subordinate. She makes the decisions for him and she has the freedom to treat him as her property. His duties are to follow her instructions and please her in all ways. In a Femdom Female Led Relationship the focus is on controlling and dominating the man.

Fetish

A fetish is a strong sexual arousal in connection with a particular object or activity. Some people become intensely aroused sexually

when in the presence of the object or activity. Without the presence of their fetish their sexual arousal does not reach its peak.

God

A God is a man who expresses his God Power consistently. He is an extension of the power of a Goddess. When connected to her he is infinite.

God Power

God Power is the force behind a person's ability to purposely choose beliefs, determine her own standards for her life or decide to move forward with her goals without considering the opinions or influence of others.

Goddess

A Goddess is a woman who purposely expresses her God Power. She is the Creator of all. She is the expressed leader in a Loving Female Led Relationship.

Kink/Kinky

A kink is any unconventional sexual practice, concept or fantasy that would be viewed as unacceptable by polite society. A person who describes themselves as kinky is openly admitting that their sexual practices and preferences are abnormal.

Love Style

A Love Style is a general term for the way a couple chooses to express and experience love in their relationship. Love Styles include

monogamy, homosexuality, polyamory, polygamy, D/s, etc. The list of Love Styles is expansive and cannot be contained.

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.

Loving Female Led Relationship Agreement

A Loving Female Led Relationship Agreement is a written list of responsibilities and expectations that a couple agrees to adhere to during their interactions. This Agreement will formally establish a Loving FLR by offering firm guidelines for resolving issues that will arise and strictly outlining what is expected from both parties.

Mistress

A Mistress is a female dominant who operates as dominant in lifestyle as opposed to as a professional. She experiences pleasure or satisfaction from having a submissive person follow her lead within the context of a D/s relationship. She will require that a submissive partner follow any instructions she offers them and she will offer punishments for disobedience if her instructions are not followed. The relationship between a Mistress and her submissive is not required to be sexual, heterosexual or monogamous.

Nurturing Goddess

A Nurturing Goddess is a Goddess Style within a Loving Female Led Relationship. When communicating with her partner concerning how she wants to express her leadership she may choose to refer to herself as a Nurturing Goddess, 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.

Orgasm Restriction

Orgasm restriction is a game that couples play which helps the man to focus more on his goals. The woman will limit a man's orgasms by requiring that he ask permission to ejaculate. She will not always say Yes to his request. She will reward his achievements and good behavior with an orgasm.

Orgasm restriction also secures the man's passion for the woman he loves. He understands that she controls his ultimate pleasure and he becomes more devoted to her. She can still enjoy intercourse with him and restrict his ability to orgasm.

Permissive Authority

Permissive Authority is an Authority Style option within a Loving Female Led Relationship. When delegating responsibilities for making decisions in a Loving FLR a woman may choose to exercise Permissive Authority, withholding all authority to make decisions from her partner. When operating under Permissive Authority, the

woman's authority is optional. She makes decisions when she feels like it. She also decides which decisions he should make on his own.

Power Goddess

A Power Goddess is a Goddess Style within a Loving Female Led Relationship. When communicating with her partner concerning how she wants to express her leadership she may choose to refer to herself as a Power Goddess, a woman who does not trust anyone's judgment above her own. She wants to have the final say in all matters because she knows she is right. She wants a partner who is thrilled to be compliant with her wishes. She uses her confidence in her intellect and power to wield her authority.

Rational Authority

Rational Authority is an Authority Style option within a Loving Female Led Relationship. When delegating responsibilities for making decisions in a Loving FLR a woman may choose to exercise Rational Authority, shifting authority to her partner when it makes sense. When operating under Rational Authority, whomever has the most knowledge of a situation or issue should make the decision.

Social Customs

Social customs are habits, rituals and lifestyle expectations that were created by social groups. These social customs are often heralded as milestones by which people measure their life success.

Sexual Domination

Sexual Domination happens when a woman controls the sexual experience with a man. She initiates the sexual experience, she decides which activities will take, she decides how long they will take place and she decides when they will end. His pleasure is not a factor during the sexual experience unless it pleases her.

Submissive

A Submissive is a person who experiences emotional and/or sexual satisfaction by being the person who follows instructions and adheres to guidelines and rules in a Femdom or D/s relationship.

Total Authority

Total Authority is an Authority Style option within a Loving Female Led Relationship. When delegating responsibilities for making decisions in a Loving FLR a woman may choose to exercise Total Authority, withholding all authority to make decisions from her partner. When operating under 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.

Unequal Partnership

An Unequal Partnership describes the dynamic that reinforces a Loving Female Led Relationship. It is based on the premise that one person in the relationship has more authority to make decisions than another. In a Loving Female Led Relationship the person with more authority is always the woman.



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She WANTS

A LOVING FEMALE LED RELATIONSHIP

SHE WANTS a **Loving Female Led Relationship** challenges every woman to raise her standards and create her ideal life with a man who is devoted to her happiness. SHE WANTS serves as a guide for the woman who believes she deserves more from romantic relationships and life in general. She will be guided to understand what a Loving Female Led Relationship is, what it is not, how to prepare for this empowering love style and how to maintain it once it has been established. She will be awakened and introduced to her inner Goddess. She will come to understand why she was destined to lead. She will learn why it is important to choose an established Gentleman who yearns for a connection with a powerful woman. We are ushering in a new era; the birth of a Female Led Society. Let us all step into line by openly embracing feminine leadership in our relationships and families.

SHE WANTS teaches:

- The basic ingredient for all Loving FLRs
- How Loving FLRs will impact our society
- How she can become a Goddess and access her superpower
- How to establish and structure a Loving FLR
- What she can do to mentally captivate men
- How to introduce a Loving FLR to a new partner
- Why the entire family should bear witness to a Loving FLR
- The best way to sabotage a Loving FLR
- How to become a progressive leader
- Sex games that will drive him crazy
- How to groom a man to become a perfect Gentleman



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