

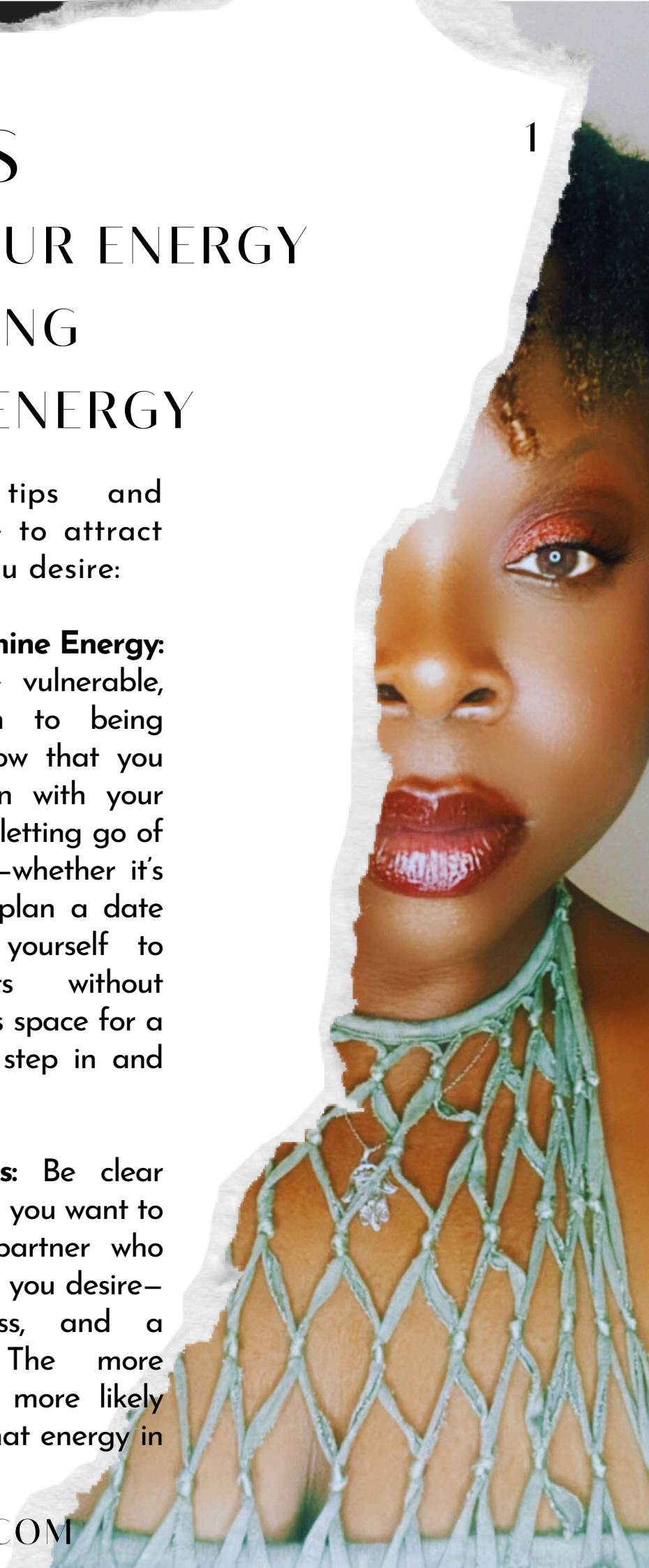
# RO'S TIPS

1

## SHIFTING YOUR ENERGY & MANIFESTING MASCULINE ENERGY

Below, are some tips and techniques you can use to attract the masculine energy you desire:

- **Embrace Your Feminine Energy:** Allow yourself to be vulnerable, receptive, and open to being pursued. (sidebar: know that you can trust that person with your vulnerability) Practice letting go of control in small ways—whether it's letting someone else plan a date or simply allowing yourself to receive compliments without deflecting. This creates space for a masculine partner to step in and take the lead.
- **Set Clear Intentions:** Be clear about the type of man you want to attract. Visualize a partner who embodies the qualities you desire—strength, assertiveness, and a protective nature. The more specific you are, the more likely you are to manifest that energy in your life.



- **Create Boundaries:** If you find yourself with someone who expects you to take on the chaser role, don't be afraid to step back and assert your boundaries. Let them know what you're looking for and see if they rise to the occasion. If not, it might be a sign that they're not the right match for you.
- **Practice Self-Love and Confidence:** The more confident and comfortable you are in your own skin, the more you'll attract a partner who is equally confident and secure. Invest in yourself, pursue your passions, and cultivate an aura of self-assurance.
- **Surround Yourself with Masculine Energy:** Spend time in environments where strong, masculine energy is present. This could be in professional settings, through friendships, or even by engaging in activities that promote masculine traits like discipline, strength, and leadership.





## Final Thoughts

The dating world can be a tricky place, but remember, you have the power to attract the energy you desire. By becoming more attuned to your own energy and setting clear intentions, you'll be better equipped to find the kind of man who complements your feminine nature.

Remember, you deserve a partner who meets you where you are, and still have the capacity to grow with you—someone who isn't afraid to step into their masculinity while allowing you to flourish in your femininity.

I hope this advice resonates with you and helps guide you toward the relationship you seek. I look forward to learning more about you when we talk.

Warm regards,

Coach Ro

[WWW.IAMNITARO.COM](http://WWW.IAMNITARO.COM)

