



Bridget's Raw Notes on Flirting

Flirting is fun and spiritually effective.

- She is at her highest power because she is in the rhythm of the divine feminine and radiance.
- Suddenly everything looks perfect- most of the time we are focusing on what's wrong- SWITCH focus to what's right.
- Life is a game - no winners or losers - how much you choose to be turned on by life- radiant magnetic power.
- Not sitting on the side lines of life- being fully engaged - commit to being fully connected to life.

Tips on Men

- You are fulfilling one of a guy's most natural needs, which is to feel significant.
- Guys are desperate to impress you.
- Because he gets turned on by seeing you impressed.
- Of course, if a guy is genuinely NOT impressive, that's fine, you don't have to pursue him.
- But even with that guy you should strive to make him feel good, because he may have friends who you do want to get to know better.
- This is why we have to learn to flirt with anyone, because every social interaction has the potential to lead us to someone or something incredible.
- Their biggest fear is rejection - give him protection against this if you are interested, smile and give eye contact.
- Give just enough and then allow him to CHASE.

Story about Argentine Tango

They are hunters and like the chase. What happens if they catch something within the first 10 mins- go onto the next- no challenge- don't be too easy and don't play super hard to get either- strike a balance.

What is Flirting

- The essence of great flirting is fun. It's creating a world of excitement, intrigue and fun that a guy wants to spend time in.

I am going to break down flirting and make it simple.

Rate your flirting skills from 1-10

- Debunk 4 common myths about flirting - do you notice yourself in any of these?
- What is flirting? And do you even notice when you're doing it? Many people think flirting is just talking with a guy they like: But it's not. That's just talking.
- Many people think flirting is just being REALLY SUPER NICE to a guy and giggling a lot and agreeing with everything he says: But it's not. That's just being an admirer.
- Many people think flirting is outright propositioning a guy, using cliché sexual innuendoes and cheesy come-ons they've picked up from a movie: It's not. That's just being too obvious and weird.
- Flirting is not a power game.

Flirting pledge- to never say this one thing.

Please do not say this - it's as interesting as boiled chicken.

Any guesses?

What do you do for a job?

What is Flirting?

- The essence of great flirting is fun. It's creating a world of excitement, intrigue and fun that a guy wants to spend time in.
- You don't need to possess special tricks to do this.
- Flirting is a learnable skill, and you can learn how to get noticed, be charming, make a guy laugh, and make a guy feel special in one conversation.
- To learn a skill, you need to practice.
- This is why the best flirts are able to charm everyone (even other women).

- Practice all the time don't just save it for the guy you are attracted to.

NO OUTCOME: You're not flirting because you want something from the guy, but rather because you love being able to play, express yourself and be who you are. When you re-frame flirting in this way you aren't really taking any risks. You have nothing to lose! You are a human being and want to express yourself and have fun. The better he feels around you, the more he wants to be around you. Simple as that!

- What stories do you tell yourself around flirting?
- What identity have you built that protects you from being vulnerable and authentic. Authenticity is your soul's truth and voice.
- Do you need to reframe flirting? Write it down now.

These 3 Skill Sets Will Turn You into a Superb Flirt

Skill 1 - Be in the moment

- **IN THE MOMENT.** If you ever want to be a great flirt, you must learn to give your full attention to the guy you are talking to.
- See, here's the big secret: It doesn't actually matter one jot if you're shy, because most guys won't even notice. The only thing a guy thinks when you speak to him is: "A girl is speaking to me, this is great!"
- Even if you sound a little shy, he'll just see that as you being coy or feminine and gentle. The only thing that matters is that he feels your full attention. And the only way to give him your full attention is to be completely present and in the moment.
- Then you will know what to say- something in environment.
- LA story looking over shoulder
- There is no outcome.
- Learn to re-frame flirting this way, and you'll never get lost in nerves or self-defeating negative talk again. Remember, you are not trying to win. You are trying to create delight for yourself and others around you.

Skill 2 - Use your greatest weapons - smile and laugh. Let me just avoid all the clichés and say this: Smiling is really important. Really, REALLY important.

- People often overlook the power of the smile because, along with the advice to make more eye contact, it's probably the most frequently given piece of advice for improving your social skills. But here's the thing: Just because something is obvious, does not mean everyone does it.
- And the reason it is repeated so often is because it has been repeatedly proven to make so much difference!
- A broad smile, along with making eye contact has been found in every psychological study to make a guy much more likely to approach a woman.

- Gives him rejection protection.
- What makes this great is that it gives you a way to flirt and get a guy's attention when you're not even talking to him.
- It's also important to smile to give a guy encouragement during conversation to show him that you're enjoying his company.
- And when you laugh, make sure you look directly in his eyes so that he feels connected to you.
- Being sexy is way more about being fun than it is about being cool.
- And the best way to be fun is to seem like you're having fun.
- When a guy wants to introduce a girl to his friends, it's usually because he thinks she's going to bring life to the party and bring a great energy.
- Guys are big kids. They love attention and they want to see that they are pleasing you.
- So, show him that you enjoy having him around! Be the girl that a guy describes as fun and someone who is always in a great mood, and he'll always want you around.
- And finally... Here's the bottom line. You are a woman. That in itself already makes you interesting and sexy to a man.
- He'll only remember the things you did (e.g. when you told him he had a cute smile, that way you smelled when you leaned in close, that touch on his arm that he wished you would do again, the way your eyes locked onto his...).
- Flirting isn't about being easy
- Or being overly seductive
- Or giving everything away immediately
- It's just about giving him your best so that he wants to keep pursuing you (if you are interested).

Skill 3 - Use 'lightness of touch' to drive him crazy. There's no way around it. If you're not comfortable with touching, you're not comfortable with flirting.

- Touch does not always mean sexual touch.
- Touch is just a way of establishing a quick connection with a guy.
- If you groan and don't want to touch, all you have to do is lean into a guy a bit closer when you want to listen.
- Or lightly touch the top of his arm when you make a point,

- Or slightly touch his back when you move next to him at the bar. And believe me, guys are so grateful to be touched by a woman at all that they won't care how strange you feel about doing it!
- Touching adds the crucial element of femininity to your interactions, and it makes a guy feel like a man around you. Make it a game with yourself (because flirting always has to feel fun!):
- Next time you're at a social event, see if you can introduce yourself to a guy and touch him two times before you finish your conversation.
- (Start with a handshake, and end by touching his arm as you say, "It was so great to meet you.")

The deeper practice here is to keep your heart and mind open - to not switch it on and off. If you want to create and maintain a high frequency it requires learning to keep your heart open to life. To create fun and to not take yourself or life too seriously- this is a great manifesting tool!