

VENUS CODES

Love

Session 6:

Foundation Setting

*Using Love
to manipulate*

Manipulation as a way to get what you want

Women are not used to directly asking for what we want, because for centuries it wasn't appropriate to do so. So instead, we became masters of manipulation. With the right clothes, perfume, dance and look we could seduce to get what we wanted.

And while this can be a beautiful aspect of the feminine, our inability to directly ask for what we want has left us crippled for today, modern world.

A lot of our manipulation is very subtle and unconscious. It's so deeply engrained in us, we don't even realize we are doing it.

Love is one common way for women to manipulate to get what they want. We often use "love" as a tactic. We hope that by loving someone, we will get our needs met.

If it is given with agenda, then it's not honest giving.

Which needs are you trying to get met by “loving” someone?

Do you ever find yourself bitter or disappointed after giving/doing something for someone else? Do you ever feel the exchange is uneven? Do you over-give?

Write below situations when you felt that to be true:

*Balancing giving
& receiving*

There needs to be balance in everything, and that is true for giving and receiving.

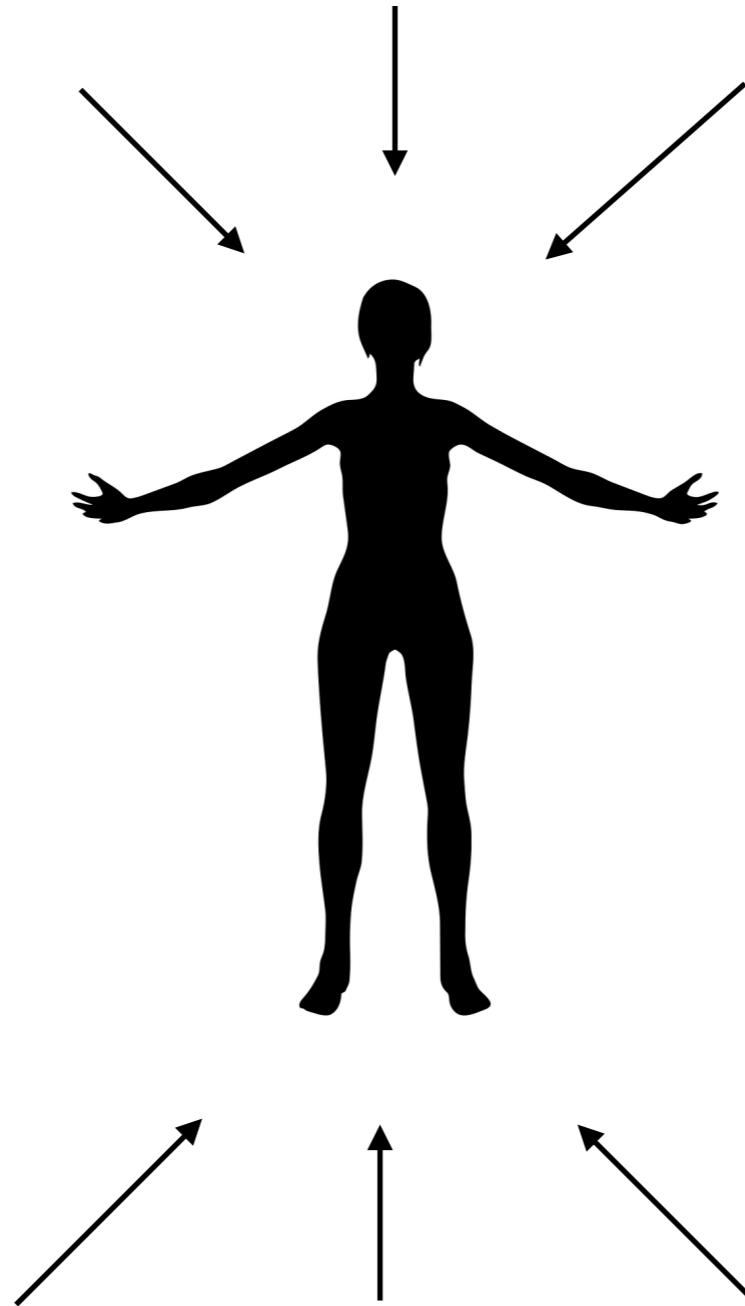
If you receive too much, you will feel fake, undeserving. If you give too much you will feel used.

Pay attention to how much you give and receive on a daily basis and actively try to balance the two.

You can also do a QiGong breath practice to balance your Earth/Sky energies (Feminine/Masculine, Receiving/Giving)

Another practice is working with the breath: on the exhale imagine you are sharing your love with others, on the inhale imagine you are pulling the love from the world.

Cosmic energy (Masculine)



Telluric energy (Feminine)

Where do you feel off balance, in giving or receiving? In what situations could you bring more balance?

*How lovable
are you?*

List 3 things you love/ adore about yourself:

List 3 ways how you've grown thanks to yourself:

List 3 promises you want to make to yourself:

In what way do you make yourself unlovable?

How do you push love away?



What could you change to make yourself more love-able?

'How to Love me' manual

Help people love you.

This is about understand yourself: your needs, your triggers, your turn ons and turn offs.

And about communicating them so you can set others for success (and be fully met!)

- 5 love language:

<https://www.5lovelanguages.com/quizzes/>

- Attachment styles:

<https://attachment.personaldevelopmentschool.com/>

Thank you