



The Art of Flirting is the practice of being a lighthearted fun version of yourself and spreading the love.

The main thing is to slow down, have fun, let go and loosen up. Also, use the power hour in the morning to make yourself feel good. The primary key is to prepare to succeed! There are three types of Flirting:

- 1 Being friendly to everyone from the barista to the baby in the pram and connecting with people warmly-creating service and love.
- 2 Getting closer and warmer to individuals by asking the right questions slowing down your words, and softening your tone.
- 3 Deciding you want to create an erotic connection and communicate that you fancy someone and you would like to get to know them more intimately- sensual and sexual Flirting (all with consent and with a sense of fun).

For Couples

If you are in a couple and you want to set the fire alight again, then start to visualise sexy scenes in your mind; prepare to feel sexy and buy great underwear. You could use the 3-minute game to e.g. give a 3-minute massage to your partner. When you meet your partner, talk in a soothing, slow voice and invite them into some touch or dance with you. For inspiration visit BettyMartin.org.

Flirting Steps

This would also be about recognising the different dances and what you need to get yourself in the mood to connect. Many people do not realise that they have to send the right signals to get the right answer. Check out what signals are you sending. If you always get "friend-zoned" are you only sending friend vibes. Are you in touch with your sensual/sexual self? Are you ready and available for love?

LOOK SMILE CONNECT

SLOW DOWN BREATHE RELAX LOOK A BIT MORE

SAY HELLO

COMPLIMENT, LISTEN AND DEEPEN THE CHAT

IF THE ATMOSPHERE FEELS RIGHT TOUCH YOUR HAIR

TOUCH THEIR ARM (ALWAYS CHECK FOR CONSENT-QUITE CUTE TO ASK IF YOU CAN, AND THEN FEEL IN IF THIS FEELS OK AND THEY LOOK GENUINELY COMFORTABLE)

BE READY TO TAKE THIS DEEPER (ASK THEM OUT ON A DATE ETC)

Flirting Practises

BEING FRIENDLY

LOOKING FOR FOUR SECONDS OR MORE

THE THREE LOOK TEASE

BRINGING OUT YOUR ANIMAL MAGIC
(MOVING LIKE YOUR FAVOURITE
ANIMAL TO BRING A CERTAIN FRISSON
TO THE ATMOSPHERE)

TELL YOURSELF: "I AM IRRESISTIBLE"

THREE TIMES AND SEE WHAT THAT

DOES

PRACTICE SOME LINES

PRACTICE YOUR FLIRTING

"I just had to come and say hello to you there is something amazing about you"

"is there anyone in your life who would mind me flirting with you?"

Compliment on what they are wearing or doing.

Ask about recipes in supermarkets or art in a gallery.

YOUR SENSUAL SELF

1 Allowing sensuality is essential to becoming a happy authentic person. So, whatever delights your senses is important to engage with.

2 Flirting is the path towards connecting and relating and learning that we are all connected. Flirting is service When we smile, turn towards and say hello we open up an appreciative warmth in the world.

3 Opening the doorways to your sensuality is personal and political. Your freedom is deeply connected to how much you allow pleasure into your life.

4 Tuning into smell, sight, sound, touch and hearing opens new worlds to you and to others.

5 When you are turned on to you, you light everyone up around you.



6 When you feel juicy and sexy you exude a fresh aliveness that is infectious. It is your duty to deliver daily pleasure to you so that you feel alive.

7 The path to sensuality is the path of radicalising you. As you embrace smells, tastes, touch, movement, dance you become alive, free and empowered. When you are in touch with your body's wisdom, you have endless choices in the world. A person who knows their body is an actively magnificent and powerful being.

8 A person who is a conscious and practised flirt is learning the mastery of relationships and their environment. They know how to be loving and delightful and to be enticing. They create a waterfall of deliciousness for themselves and for others.

GET CHARISMA-READY

1 People who get 'asked out' are the ones who are sending the signals - the ones who are looking, connecting, smiling and saying "hello"! Being attractive is not the deciding factor.

2 If you fill your pot in the morning with juicyness you will come alive (meditating, dancing, moving, making a gratitude list)

And you can simmer this energy through the day.



3 Relax your body by centring: soften your belly, your tongue your eyeballs, relax your knees. Take care to relax and straighten your spine. Open your heart by imaging something that makes your happy in the centre of your chest and sparkle energy out from this place. (from Paul Linden).

4 Relax yourself by taking time to make yourself feel good and look good.

5 Attune to your own body by breathing slowly and noticing the sensations in your body. When you are near someone you wish to chat to, allow yourself to relax and tune into the right moment to speak. You can breathe and feel into this.

6 Saying "hello" or complimenting people on what they are wearing or what they are doing are easy ways to connect.

7 Being honest and uulnerable is very charming e.g. "I just had to say hello to you as I was so drawn to you." Or "Is there anyone who would mind me chatting to you?"

8 Practice saying "I'm irresistible" during the day it really helps.

9 Practice congratulating people on having lovely relationships (when we wish well for others we are becoming open for such loveliness to come to us), it softens you.

10 Practice the art of the tease with your eyes and words and playfulness.



Flirting Books

Flirt Coach

Peta Heskell

Flirtology

Jean Smith

Your Blueprint For Pleasure
Jaiya

The Art of Seduction

Robert Greene

The Art of Receiving and Giving: The Wheel of Consent

Dr. Betty Martin, with Robyn Dalzen





Styles of Flirting

by www.missjaiya.com

22X2

Sensual

Needs sensuality like smells, food, occasions, sights to get into the mood

Kinky

Playing with sub and dom, kinky senses-teasing is important

Sexual

more direct wants sexting, genital intercourse, wants to know sexual content of what might happen

Energetic

Needs a lot of space, tantalising, teasing and wooing into submission

Shapeshifter

Likes to play with all the styles

For specialised, professional relationship advice, visit:

<u>www.catemackenzie.com</u>