



The bold unapologetic statement you can make with a man that leaves his mind blown, makes you unforgettable and a highly desirable magical woman

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BRAND NEW ON MY ACADEMY!



HEAL TWIN FLAME LOVE BLOCKS

MEDITATION

ALPHA BINAURAL BEATS | 639HZ

NICOLE GAYLE

I created a meditation for those on the twin flame journey and it's now available on my academy.

In this sacred meditation, you will heal the triggers, wounds, fears, and pain associated with the twin flame journey and the runner/chaser dynamic so that you can unleash your sacred love blueprint for greater healing and transformation.

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This meditation is encoded with a sacred frequency that you can listen to while you work or drive. As you allow yourself to listen on a regular basis, it will help to heal the blocks in your energy and subconscious mind that has been stopping you from living in your deepest joy and highest vibration.

Get the full audio meditation including handouts, instructions and a full video version here:

<https://academy.nicolegayle.com/course/heal-twin-flame-love-blocks-meditation/>

Our essence as women is like a stunning jewel that is highly prized and should be adored, yet so often women live out their lives with men in a lower version of themselves.

In a lot of ways, many women have lost their spiritual power with men and live from a wounded space of fear, hurt, pain, anxiety, disappointment, hopelessness and lack as it relates to intimacy and love.

THEY ARE ALWAYS AFRAID

On a conscious or subconscious level, they are afraid of what he thinks, afraid of not being liked, afraid he's pulling away, not having a commitment, losing him, pushing him away, being abandoned, fearing he will leave for someone else, fearing not being chosen, cherished, loved, sought after and pursued.

If you live from a fear-based reality – you are not living in the awareness that YOU have the power and you always had it.

You just need to come into a higher conscious awareness about how truly powerful you are and live from your holy diva fiya!

This statement you will learn is a way to translate this power you have within, without apology, without a need for validation, without having to spend hours explaining yourself, without a need for approval.

When you fill up ALL of the space with men , you will see how your relationship with men change.

The magical statement has many facets to it, it carries the power of you elevating yourself from trying to give to men or get from them just so you can be loved - to living in your world of absolute certainty, inner authority within you, without needing anything from anyone to validate you.

And YES – it carries an element of being so DIVA that all men should know that if he gets even an ounce of your energy or time, it's because he's lucky to have it.

Here's the statement: "You are very lucky I am in your life, very..."

Here's what NOT to do after you make this statement:

- **Don't explain yourself**
- **Don't validate yourself**
- **Don't get caught up sitting on the phone all day long messaging him.**

If he asks why you said that, and you feel you absolutely must, you can reply: "Because it's true" – then change the subject or say you gotta go.

Here's how the exchange can go:

You: You are very lucky I am in your life, very...

Him: What makes you say that?

You: Because it's true 😊

Him: But why did you say it though?

There are three things you can do after his last question:

- A. Don't reply until next day and when you do change the subject
- B. Don't reply for a few hours and change the subject
- C. Reply after a few minutes and say: Got a bit busy so gotta run 😊

For A & B – You can still say, “Hey there, got a bit busy” then change the subject.

Here's when NEVER to use the statement:

1. If you've been emotionally reactive towards him or had an emotional outburst.
2. If you've been too needy, pushy, controlling etc.
3. If you've had an argument with him or still in conflict on some level.
4. If you're not living as a highly desirable woman regularly investing in yourself with your life being about you and not all about him.
5. If you're trying to convince him to commit to you instead of LIVING like the QUEEN and knowing you are worthy of commitment.
6. If you're trying to get back at him.
7. If he hasn't been in your life for any significant amount of time and have had shared experience with you – example, less than a month.

To Your Diva Fiya,

Nicole