



MICHELE WILLMOTT

## Feminine Communication Masterclass

### Notes to support Live Training

(this pdf includes all topics covered in training plus extra information)

**Let's Start from the Ideal** (which is obviously not possible 24/7 but something to aim for)

When possible, we want to be in our most magnetic self in our love life (bearing in mind that life happens and we can and will be faced with all sorts of difficult situations).

Our magnetic self is us in our full power, feeling good for no reason other than to feel good. This is us in our healthy feminine being state supported by our own healthy masculine within. Radical acceptance and permission for all parts of ourselves.

Of course it's important to ensure we are not just 'being' because then we are generally waiting around for our partner to change or one to turn up. We need to take action too, which is what this training will be focusing on in the main i.e. the communication side of things.

However, I cannot emphasise enough how important it is for us to work on our triggers to the point we are able to come back to our most alive, euphoric, expansive, joyful, happy self as much as we can.....because at the end of the day we get more of who we are being. You get what you are being energetically. Put in a simple way, either you are magnetising/pulling what you want towards you, you are in neutral (good place to be) or pushing it away.

The magnetic state I describe is the territory of our **Power archetypes**.

**The Lovers (this is where everything changes).**

**The Muse (feminine)** – decides that she is worthy of her own desires and decides that she will value what is important to her. She is willing to become the subject of her own desire and gives up the **Prostitute shadow's need to be an object of desire** (the adrenaline that comes with the 'hit' of drama, co-dependency) & source her happiness, love and self-worth outside of herself. If the prostitute is not willing to give up her addictions nothing will change.

**The Lover (masculine)** – He says yes to his feminine. He is inspired by her ability to choose herself. He is willing to support her on and devote himself to meeting her in her needs and desires. He is present and in his body as is the Muse.

**The Sovereigns:**

**King and Queen – are both rule makers** (these are my rules for me and how I want to live). They commit to their own standards and to bringing the Divine Child's dream into being, even though they don't necessarily know how yet, they trust that they will be given the information. They take full responsibility for their well-being on all levels and counteract **the narcissism, entitlement, procrastination and lack of responsibility of the Child Shadow**.

**The Warriors:**



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**The Inner Mother** – is unconditionally loving towards all parts of ourselves. She supports us when we are struggling and does not allow us to abandon ourselves and our dream. She allows us to feel all of our feelings.

**The Warrior** – is the action taker. He acts on the Magicians intuition. He has strong discipline on a mental level and works against the **victim hood and bullying of the victim/bully shadows**.

### **Magicians:**

The **masculine Magician** holds the wonder, awe and joy of the Divine Child in us, and he provides us with our intuition. **Our feminine Wise Woman** has a deep connection with our innate wisdom and ability to sense whether something is for us (she is willing to go into the chaos of our triggers and emotions).

Our Magicians can see the real truth of the matter (and thus create matter) because they know that there is always another perspective and as a result there are always infinite possibilities for us to create transformation. Together they help us step into the unknown and get excited about being in this space. They work together to counteract **the Saboteur shadow**. Our Saboteur relies on our rational mind, which is not so rational when it comes to creating connection and intimacy. It only sees a limited version of the truth.

We are very much in our body when we are in our Power Archetypes and this helps us access our more powerful mind that can see possibilities beyond which the Saboteur is willing or able to see.

### **Why taking a stand for your own healthy communication will help you...**

**1) improve the quality of connection and intimacy in your relationship.**

**2) gain clarity about whether you are in a relationship with a man who can meet you in the way you want to be met.**

Women can feel the 'gap' (on an energetic level) between themselves and their men. They know something is missing and they are right. Men are being conditioned to be passive in their energy. They may take action but they do not really see that they are not being in integrity with who they really want to be in their love lives (and often in other areas of their life). Ask a man if he feels powerful, alive, fulfilled and truly loved for who he is and many men will not be able to answer in the affirmative. Being out of integrity and being passive creates disconnection in their relationship because women get upset and frustrated by the lack of energetic safety men are bringing to the relationship. They often feel let down and then start nagging, subtly controlling and micromanaging their partners.

Men don't question the status quo because it is in their favour. Women do and they quite rightly want more. Unfortunately we don't question the fact that we have internalised the status quo voice within ourselves (the Saboteur who only sees a one-dimensional form of truth).

We, as women, are playing a massive part in our relationship dynamics, far more than we realise.

Greater responsibility in language is required and in relation to working with our triggers in a way that takes us back to the open, expansive, aliveness, joy I mentioned earlier.



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Women often tend to initiate conversations, but it tends to come from lack and blame or pointing out what partner is not doing, how they could do it better or why we should just do it ourselves as it is easier!

### **Situations that are red flags:**

1. Abusive behaviour – sexually, verbally, physically.
2. A major clash in values e.g. I don't want to be with someone who drinks a lot or who doesn't consider their health or to be with someone who is numbing himself with pornography....something significant would have to be done about this e.g. they get support, for me to stay.

If a man is a decent man and you love him then he has more capacity to meet you then you will likely be giving him credit for.

### **An example (of mine) - how to speak with more responsibility:**

My husband didn't add breakdown insurance to our car insurance, and I was due to drive a 3 hour trip on my own. He said he would call the insurance agency but I knew he hadn't. Rather than saying 'I'm anxious because I know you haven't taken out the extra insurance and I am annoyed that you haven't followed through on your word.' I said, 'I feel anxious because I don't want to be stuck on the side of a motorway stranded as a woman on her own'.

I could have taken the action myself but that would have been to miss the point. My husband had said he would do it and this is the integrity piece (for all of us). If we commit to something...do it or at least have a conversation about why we haven't or are unable to. Speaking to him in this way encouraged him to take the required action rather than staying stuck in looking at it through his own lens of 'I'll deal with it if it happens', forgetting I was driving the car. His lack of action was likely due to his own shadows around money and paying the extra amount (Prostitute...it's not worth it and Child laziness....I'll do it later).

### **Client Example**

Female Client - 'We were watching tv and there was a man and woman getting divorced and I could see my husband was triggered but he didn't say anything. Why didn't he share that with me, he just stuffed it down inside of him?'

Me - ...'and what happened to you when you saw him doing that?'

Client - 'I was frustrated that he didn't speak to me!'

Me - 'did you speak to him about what was happening to you?'

Client - 'No I didn't'.

From a place of full responsibility this could have sounded like:

'When we were watching tv I noticed that you seemed to get really uncomfortable about the couple getting divorced. I can see now that I was getting frustrated that you didn't speak to me, especially since our sessions with Michele are about being more transparent with each other. I then hung onto



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some anger because I often feel I have to always be the one to initiate a conversation about what is really going on. But I can see that I wasn't willing to speak up in that moment, so I have to ask myself why am I holding you to a different standard? If I had spoken up, we probably could have had the conversation I wanted. I'm curious how you see any of this or what did happen to you when you were watching the programme?

**Examples of how he might have responded (see what you feel in your body when you read these examples):**

- i) Him - yes I did feel uncomfortable it brought up some fear in me as I don't want that happening to us. But I didn't feel the need to say that at the time as far as I'm concerned we are doing the work and we are going to be ok.

OR

- ii) Yes I was uncomfortable because I feel anxious about us and whether we will make it.

Now this is where it gets interesting....often **when a man starts expressing how he is feeling a woman doesn't like it** because energetically she feels unsafe. She often worries he has a mental health problem and she is going to have to look after him or that she is not going to be met. It's fine for a man to say how he feels but we have to be prepared to allow him to feel like that without trying to fix him or tell him what he should be doing. It's often better if he speaks with transparency about how he sees something or what he was thinking/feeling at the time.

**Standards** – We need to ask ourselves are we showing up in a way that represents who we really want to be? Are we holding them to unfair standards when we are not meeting them? Are we being someone who is transparent and vulnerable and someone who takes responsibility, someone who doesn't speak with accusation, hide behind opinion all the time?

**When to speak up and when to hold back:**

Preferably when your shadow (your survival-based selves who are rooted in fear and who essentially sabotage without realising it) is not leading you into attack, criticism, blame, control, manipulation. Having said this, this is going to happen because sometimes shadow is very ingrained and if we haven't done the healing work around those triggers it is easy to become reactive. This is ok as long as you put it right afterwards.

**This is how you navigate arguments.**

**It doesn't matter if you have an argument, just make sure you come back and make a repair afterwards by taking full responsibility in your language for what was going on for you.**

Ideally you would speak up when you are calm and have worked out in your mind what was really going on. I.e. what were your fears / concerns, especially about the future, even if they sound illogical? And then go back and speak from this place.

### **The Communication Framework**

**This is designed to help you get your needs and desires met** (as long as they are clean desires and not manipulative...this is not an excuse to get your partner doing everything you want) **and for him to step up and be the man he wants to be (to feel his power and aliveness) for himself and for you.**



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**The challenge for you is** that it is scary to go against the way you are used to speaking and open yourself up to possible rejection (don't forget you are likely already feeling rejected at times).

**The challenge for him is** that he will have to face his own discomfort and have to do things he would probably not have bothered doing.

**There is a different challenge for each of you, so it is not a case of it being unfair because you generally have to start the conversation.**

### **When to use the framework:**

When you have been triggered (preferably when you have calmed down) by him in some way or even by your own mind telling you stories.

### **What to Say:**

You: May I share a feeling?

Him: Yes of course (hopefully). If he says can you give me 30 minutes or can we do it after dinner then that is fine, but he does need to follow through. If he doesn't follow through use the framework.

You: Example.....I am feeling (add one word feeling) sad, angry, anxious about xyz because my mind is saying (what is your mind saying?) and I would really appreciate / I would love to.....

If you feel scared even bringing up the subject say exactly this, you can say whatever is going on for you.

If necessary add...I want to be in a relationship where we can (take the stand for the relationship you would like to create).....

Now depending on what you are saying and the topic he then has an opportunity to step up and offer reassurance and to take action when he hasn't followed through or to just come up with his own unique action based response.

### **Why use the 'may I share a feeling':**

- i) Out of respect for him and his time
- ii) To honour our own healthy self-expression and create the best environment to be heard.
- iii) To let him know what's coming & give him an opportunity to meet you in his own way.

Then speak from transparency, vulnerability, your standards, your values, your desires for yourself and the relationship – all come into this. **Try not to be attached to any particular outcome** coming at any particular time.

It does depend on the situation.

We have to be prepared to cry in the moment, because it can be scary to speak up in this way. We fear rejection. Sometimes I speak my anxiety and tears will come because I fear being too much. And many women feel this, they think they are taking too long, they are too much, they are too emotional.



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However, **when you speak with responsibility and transparency it helps to create energetic space in the relationship. He starts to feel safer to come to you.** He is far less likely to feel attacked if he can hear you processing out loud and is more inclined to want to help you solve or fix the issue.

### **Example:**

If you feel he is not wanting to spend time with you, or he is numbing on t.v . He appears distant, withdrawn, you are wanting him to engage with you. **If you are feeling triggered inside watch and observe your shadow if you can, let it play out inside of you.** It's not comfortable.

Personally, I remind myself who I am (someone who can ignite change in me to change the energy of the situation) and remind myself that I have the power to change the dynamic and how I feel. I breathe, get into my body, get present, find my internal happy point (I know this through working on my triggers) and I know what this feels like and how to get there.

This has incredible power because time after time I witness my husband respond to me in a positive way without me saying or doing anything when I shift my state.

Or if the feeling is strong, I would work through the trigger, on a thought and feeling level. My husband will generally pick up on the fact that I've got something going on emotionally and ask me 'what's happening?' or 'tell me how you are feeling? Or 'you seem angry is that what's going on?'

### **You could express yourself and say what's going on.....**

'may I share a feeling.....I am feeling sad'.

Him: why is that?

'I would love to spend some time with you right now and I'm telling myself you don't want to because it seems like you are numbing yourself on your phone and that to be honest scares me because when I know that when we numb ourselves we aren't available emotionally in our relationship. I know that I'm not perfect on this one either. I really I would just like to spend some time with you at some point whenever you are free.

### **What if he dismisses you?**

**He responds with defensiveness** e.g. 'I just need to switch off after spending all day with people talking and I need you to give me some space' – fair enough in some ways but he hasn't really validated your feelings or heard you. There's an attempt to justify in his language and that never helps create connection.

So, some ideal responses would be:

1. Sorry you are feeling xyz, let's do xyz now
2. Validation and empathy - I can see why when you see me on my phone and think to yourself 'he's numbing himself', you feel scared because you are concerned about numbing leading to a lack of emotional connection. I imagine that it also makes you feel frustrated with me is that how you feel? All I can say is that I do need to switch off and I will come back to you, but if I don't for any reason, please tell me how you are feeling again. I don't want to be someone who numbs himself either.



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3. He provides a solution – “if you can give me 30 minutes when I’m back from work and then we can cook together or go for a walk or have a chat. Then I’ll be more available.”

**If he says something like ‘well don’t feel anxious or you don’t need to...’**

**Or**

**‘Yes, you are an anxious person and I wish you wouldn’t go on about things’**

**These are obviously not healthy responses as you are being shut down.**

**This is a time to take a stand for relating to feelings in a healthy way.**

For example: ‘look I am feeling anxious and my feelings are valid. When you say ‘I don’t need to feel like that’ I know maybe you are trying to help but actually it doesn’t. It’s important for me to feel heard and honour my feelings in the moment. Yes, ideally I wouldn’t feel anxious and I am responsible for what I do with my anxiety but I notice that if I’m anxious in that situation I actually start getting resentful and then I put my barriers up towards you and that’s not helpful for us. I want it to be okay for me to express how I’m feeling and I will endeavour to do it with responsibility like I am right now.

If they don’t want to talk (they may be uncomfortable with your transparency at first) that’s okay but don’t give up speaking in this way.

If a man is totally not willing to hear you and he keeps dismissing you or denying you your feelings then you have to start questioning whether you want to be with him.

**The card in your back pocket as a last resort is ‘Please don’t dismiss my feelings’**

**This is the litmus paper test...**can he handle you expressing yourself in this way? At first, he might not as it will be alien to him. He will have to face himself and his discomfort. Very importantly here if he doesn’t have this information regarding how to respond or the fact that this is an opportunity for him to step up and be the man he wants to be for himself and you, then I recommend sharing things with him (**ask him: I would love to share some of what I have been learning, would you be open to hearing it?**)

**This is where you can share things with him:**

**What you can share:**

- What you are learning. The Communication Framework....e.g ‘I would love to try this out with you it’s seems like a good way to stop me being controlling and for me to feel more heard by you’.
- How important it is to recognise feelings to stay in good mental and emotional health and that most people brush everything under the carpet (and this affects children and their mental health).
- Men and women – neither feel safe to be real or open because feelings are given such a bad wrap in society and we are taught they are wrong, we should fear them or that there is something wrong with us for feeling them. All ‘negative’ feelings are an opportunity to get to



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a place of inner happiness and joy if we are willing to let ourselves feel them properly and give ourselves permission.

- Discuss the fact that you will be speaking from this place for yourself because you value honouring your emotional expression and you want to be open and real rather than pretending that you have got it all together all the time— this will prepare him for what's coming.

### **Conversations that are passion killers**

**When couples get caught up in the 'this happened, that didn't happen',** who said what type of rationale (Saboteur archetype) – it's a passion killer because feelings are being left out of the equation and feelings help create connection.

The Saboteur is avoidant of intimacy and discomfort and would rather be right.

Opinion is fine and it can be interesting and engaging but not if it comes at the cost of being open, honest and transparent.

### **Questions sent in by participants:**

- 1) **How to pinpoint my needs and ask for what I want? I don't know what my needs are and how to find out what my needs are.**

**I think we all have a need to feel energetically safe with a man** – this involves being able to express ourselves in a healthy way and to be heard. We want to feel supported in all areas of life with what we want to do. We want to feel desired, loved and to be considered. Do these things resonate? **What's important to you (your values)**

To lead a healthy lifestyle with someone who has similar values? To be able to share and explore ideas dreams etc.

Notice the mind trying to work out the answer. This is the Saboteur usually saying that there is a 'right' answer. The saboteur triggers the child who says 'I don't know who I am'. Whereas the Sovereigns say 'I choose to commit to knowing who I am (even if I'm not sure right now). I trust that I will know and that I will sense what I need in the moment as each moment arises (Magicians). If I make mistakes that's okay because I will always learn something.

- 2) Partner received an invitation out to lunch at a restaurant with a friend of his father's and his parents. He called home to my boys to ask them what they were doing. No mention of invitation. He told them that he was out with his daughter and would be home later. He then went out to lunch with this person and his parents and his daughter, and when I got home, I learned that my kids had been left home alone to look after themselves all day. **I got upset that he hadn't called me (this is the important piece....yes, you had a right to know for probably various reasons....why were you upset he didn't call...what did this represent to you, what was the story in your mind....if he doesn't do that then he is someone who what? And you likely don't want to be in a relationship with someone who doesn't seem to care about doing XYZ. There would be a need here to have a conversation about what you need to happen when your children are going to be left if there hasn't been already.**





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I felt like he had privileged his daughter and didn't care about mine (yes looks like that i.e. here's the truth in it from where you are looking). Doesn't necessarily mean he doesn't care about them does it? I would want to know why he didn't want to take them, what was the real reason? Why does he have to treat them equally all the time....just because you do...is this something that has been discussed or assumed)?

- i) **How do I communicate boundaries without sounding like a mother or a victim or a child?**  
Generally, if we have healthy communication, we don't need to assert a boundary as such. We can absolutely say if something makes us feel uncomfortable. The victim wants to assert boundaries all the time because has weak internal ones. The Warriors are able to be adaptable and flexible in the moment according to each situation.
- ii) **What happens if you do not feel an issue has been resolved but they are unwilling to discuss it further?**  
You say how you feel about the fact that it is not being discussed any further and what is happening to you as a result...what thoughts and feelings you are having about the fact it is not being discussed. Any anxiety fear this brings up. You take a stand for healthy emotional expression and communication from yourself.
- iii) **What do you say when you don't exactly know how you want the situation resolved but you want them to at least DO something rather than just ignoring it again and hoping it will go away? YOU SAY THAT** I just want to see that they care enough to DO something rather than paying lip service to 'finding a solution' and then never doing anything. Is it realistic to want action when you haven't been specific about what the action is?  
**This feels like a test for him, it feels a bit manipulative in energy. If you can't see a solution, is it fair to think he should be able to? Maybe you can work it out together if you are telling him the truth about what you are thinking and feeling?**

As I mentioned at the beginning the key to all of this is taking care of our inner state of being. This is where and how we create more energetic space for ourselves to receive more of what we want. This is the space that calls in our magician's intuition and gets our warrior to take action.

**For this to happen we must deal with our triggers. Half the time women are ignoring their need to get more intimate with themselves and be able to get their deeper needs by just managing themselves. This is how we create more intimacy and connection with another person.**

If you are dealing with your triggers properly it will unleash or activate excitement, relief, happiness even euphoria. This helps give you momentum to take action. **You being happy for no other reason other than to be happy is hugely powerful.** Of course, it's not possible all the time but that doesn't matter. In between the down times if you keep coming back to the place in you where you are self-sourcing your own happiness, you will start to see things transform. This is the biggest problem I see: women not transmuting or alchemising their negative feelings and the thoughts that go with them into higher states of vibration.



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This is where your transformation lies along with taking the action that is aligned with who you really want to be, rather than who your shadows are telling you you are (a limited being).