How to Live A Radiant & Courageous Life

By
Dr Lara Fernandez & Johnny Fernandez

www.johnnyandlara.com
# Table of Contents

Note from the Authors .................................................. 2  
Chapter 1: What is the Feminine Essence? ....................... 3  
Chapter 2: What is the Masculine Essence? ..................... 4  
Chapter 3: Feminine vs Masculine Essence Imbalance ...... 5  
Chapter 4: Debunking “Femininity” Myths ...................... 6  
Chapter 5: What it Means To Live a Radiant & Courageous Life .......................................................... 8  
Chapter 6: 5 Keys To Living Life as a Radiant & Courageous Woman ......................................................... 9  
Your Next Steps ................................................................ 12
Note from the authors: Dr. Lara & Johnny Fernandez

Over the past 10 years, we helped THOUSANDS of women on the path toward attracting the life and man of their dreams.

Even though these women were from different parts of the world, there was ONE common thread that linked them together: Their Feminine and Masculine Essence was out of balance.

Now, you may be thinking, “what is the Feminine Essence?” and “what does it matter if it’s ‘out of balance’?”

All fair questions. The feminine essence helps you to experience deeper self-love, stronger romantic relationships and better relationships with friends, family, and co-workers.

If you don't tap into your femininity, you not only unconsciously block love from entering your life, but you also make your relationships more stressful, your work or business doesn't flow, and life might even start to feel overwhelming and frustrating.

In other words, tapping into your Feminine Essence is the key to gaining control over your personal and professional life.

That’s exactly why we wrote this eBook - to help you get the results you want in your life. We'll walk you through the difference between the Feminine & Masculine essence, then we will debunk the common myths of “femininity”. You will then discover what it truly means to live a radiant & courageous life. And finally, you will uncover easy tools and techniques to tap into the Feminine Essence.

The time has come to shift into alignment with your feminine essence so you can finally step into your dream life.

Ready? Let's get started!

For your better life,

Johnny - Lara
Chapter 1: What is the Feminine Essence?

Both men and women have masculine and feminine energy within their spirit. The characteristics and qualities of both sexes are present in all people. We live in a world of duality (black and white, cold and hot, hard and soft, North and South) and it is up to us to balance the two poles to make ourselves whole.

When someone (this could be a male or female) is primarily in their feminine essence, their characteristics include: intuitive, connective, relational, cooperative, receiving, emotional, collaborative, flexible, magnetic and journey oriented.

So what does that really look like in practice?

Well, a feminine woman is gentle yet firmly rooted in her own power. She is aware of her emotions but she doesn't let them overwhelm or control her.

Although the feminine woman knows she is not perfect, she doesn't doubt herself too much. She chooses to love herself anyway. She does not rely on the outside world for approval because her sense of security and strength come from within.

The feminine qualities include the ability to give love, nurturing and bring RADIANCE to life, which attracts people into their hearts.

For far too long, we have been led to believe the feminine essence represents weakness or cattiness. These are detrimental myths that we will go into further detail about in chapter 4. But for now, understand that the feminine essence embodies strength and NOT weakness.

Right now, there is a major shift in the world. And it is a shift toward the feminine essence. Both men and women are crying out for more nurturing balance in their lives, because the old masculine-dominated “drive and strive” attitude is no longer working. You’ll learn more about the Masculine Essence in Chapter 2.

The world needs YOU. It’s time to call in the feminine essence and to honor it. Make a daily ritual for yourself of nurturing your feminine essence. Because this is where your true power lies. Your feminine power.
Chapter 2: What is the Masculine Essence?

Let’s start describing the masculine essence by first explaining what it is NOT. It is not belching, beer chugging, shooting guns, or any other so-called “macho” behavior.

When someone (male or female) is primarily in their masculine essence, some of the ways they behave include: aggressive, decisive, providing, logical, leading, direct or protective, competitive, planning, strong, controlling, and vision-oriented.

So what does the Masculine essence look like?

The Masculine Essence is geared toward “doing”, rather than the feminine essence which is more geared toward “being”. In other words, the Masculine is action-oriented. The Masculine feels a powerful pull toward solving problems and “fixing” things. They value freedom, independence, and achievement. They are hard-wired for performance.

Now if you’re thinking, “well, I also value freedom and independence and achievement. Does that mean I am masculine?”

Remember, both the feminine and masculine essence exist within us all. And both are needed if we want to lead successful and fulfilled lives. The key is to learn how and when to tap into our feminine and masculine essence so that we can create the results we want in our lives.

Why do we, as women, need the Masculine essence?

Well, we do not live in a bubble of women-only. Men exist in the real world and BOTH the masculine and feminine energy are needed to enjoy happy and healthy relationships with co-workers, employees, bosses, and romantic interests.

We also need the Masculine Essence to create a vision worth striving for. We have to “DO” in order to create results in our lives. If we were to stay too much in our feminine, we would spend too much time “being” and not enough “doing”. But the opposite is also true: if we spend too much of our time “doing” and not enough “being”, we fail to nurture ourselves and wind up burnt out and overwhelmed. That is one of the symptoms of a Feminine vs Masculine Imbalance. Which brings us to our next chapter where we will go more in depth about what a Feminine vs Masculine imbalance might look like in your life.
Chapter 3: Feminine vs Masculine Essence Imbalance

As we mentioned in the previous chapter, the Masculine Essence is all about “doing,” while the feminine essence speaks to “being.” The key is to understand when each serves us and to be able to identify if we’re out of balance and how to get back in alignment.

In some situations, you might be leaning toward the masculine essence. While in others, you might be leaning more toward the feminine essence. The key is to understand when and how to tap into either your feminine or masculine essence.

Here are some clues that you might be leaning too much into your masculine essence:

1) Do you feel exhausted and overwhelmed? Is this making you feel a bit resentful of all your responsibilities?
2) Do you ever feel like you don’t need anyone else in your life?
3) Do others seem to shy away from you because perhaps you’re “coming on too strong”?
5) Does having time when you’re not working a “to do” list make you feel lazy or like you’re not enough?

However, if you’re spending too much time on the opposite pole, you might feel a lack of direction in your life. You might have goals or aspirations that you rarely achieve. You might also feel like it is very difficult for you to make a decision or express your truth.

In striving to connect with your feminine, you may have moved into passivity and become overly compliant. In the process of “being,” you may find you never complete goals, accomplish your dreams, or speak your truths. The true Feminine Essence isn’t passive, it is radiant and courageous. And it is in learning how to tap into your Radiance and Courage where you create the life of your dreams. You master a beautiful dance where you know when to “do” and when to just breathe and “be”.
You've been lied to until now.

You see, we've been led to believe that “being feminine” means wearing flowy dresses, batting our eyelashes and speaking softly. But we all know that it simply does NOT work in the real world when you’re a professional and a woman of substance.

In fact, if you Google “Femininity”, you'll see evidence of a common femininity myth:

Femininity is not about wearing makeup or high heels. And it isn’t about getting manicures or pedicures either (although they can be a great form of self-care).

This is what being Feminine is really about: Femininity is about exuding radiance. It's about being attractive (not in a “she's so pretty” way) to quality people and situations. It's about having inner self-love, strength, and COURAGE.

The more a woman becomes RADIANT, the more ATTRACTIVE she becomes. But contrary to popular belief, radiance does not depend on physical features, makeup, flowy skirts or high heels. Radiance is the beauty which shines from a woman's happiness. It’s the shine of her love. You’ll learn more about living a radiant life in the next chapter.
But first, let’s move on to another common myth....

...the Feminine Essence is “weak”.

This could not be further from the truth. The feminine essence is in fact about inner self-love, strength, and COURAGE. If you haven’t experienced this very much in your life, that’s okay, that just means there’s more to learn and new practices to learn how to incorporate into your life.

So from this moment forward, we want you to forget everything you ever learned about “being feminine.” Because the time has come for you to discover what it really means to be a Radiant & Courageous Feminine woman. And that’s exactly what you’ll learn in the next chapter.
Chapter 5: What it Means To Live a Radiant & Courageous Life

As evolved professional women who dream of “having it all”, we understand that we must let our femininity radiate so we can create the results we desire in our outer reality. But because we haven’t yet discovered our feminine power or perhaps we simply don’t know how to attain it - we stay stuck in a perpetual cycle of failed relationships, unfulfilled potential, and on the brink of burnout.

Women who exude the feminine essence regularly practice the 5 habits of Radiant & Courageous Women. These habits help her to consistently cultivate clear inner sight and outer strategic action at work, with friends, and with family. They help her to tap into her inner wisdom each and every time she faces conflict or stress. Plus they help her to heal the pain from unawakened men who hurt her.

And perhaps most importantly, they help her find the optimal harmony between her feminine and masculine energy so she can get the results she wants and deserves.

Want to live a Radiant & Courageous Life but haven’t grabbed your checklist yet?

Get your FREE copy of the “5 Habits of Radiant & Courageous Women” here now

When you start living a Radiant & Courageous life, you will:

- Learn how to create and stick to healthy boundaries in relationships, at work, and with family and friends.
- Increase your sense of self-worth through investing in yourself, enhancing your self-care and feeling unafraid to speak your truth.
- Know exactly what to say when someone tries to guilt you into doing something that only adds to your overwhelm and makes you feel stressed out.
- Break free from feelings of overwhelm and burnout and have the tools to easily free yourself should overwhelm return.
- Feel more ready and prepared to launch confidently and effortlessly into the next exciting chapter of your life!

There are 5 Keys to living life as a radiant & courageous woman. You will learn about these 5 keys in the next chapter. So keep reading if you want to learn how to begin to go from stressed-out and frazzled, to becoming the BEST, most POSITIVE, and most ATTRACTIVE version of yourself...
Chapter 6: 5 Keys To Living Life as a Radiant & Courageous Woman

You’re reading this right now because you’re ready for a change and you have a sneaking suspicion that you can get better results through leveraging your feminine essence.

There are tens of thousands of women around the world reading this page right now. They are also ready to experience deeper relationships, greater self-love, more courage and simply enjoy life more. You’re in good company.

Here are the 5 Keys to living life as a Radiant & Courageous woman:

Key #1 – Access your Feminine Courage

Did you know certain people, cultures or religions might have shaped and affected the way you present yourself to the world?

These invisible forces also shape the filter in which you see “femininity” through, which may have caused your radiance and courage to be diminished over the years.

Some of these forces might unknowingly be acting like quicksand for your energy. When you spot and eliminate these energy evaporators, your inner radiance and courage will begin to shine naturally.

You might be wondering, “Why is courage is so important?”

Good question.

Have you ever heard of the book, “The Top 5 Regrets of The Dying”?

It was written by a hospice/palliative care nurse who recorded the most common regrets of patients and compiled them in the renowned book. You might be surprised to learn that 2 of the top 5 regrets that people had on their deathbeds were centered around not having enough courage to live with authenticity and go for the lives they truly wanted to live.

You may also be limited by other people’s expectations of you. These limiting expectations might be stopping you from stepping into your true power and living an authentic life in your Truth.
Key #2 - Access your Feminine Radiance

Until now, you might have felt lost in a haze with men - in relationships, at work and at home. Hours (years?) have been wasted trying to “figure men out” and overanalyze bad dates, failed relationships, and painful confrontations.

Until you break free from the destructive power of anger and resentment, your inner radiance will be dulled. As Gandhi says, “Holding on to anger is like drinking poison and expecting the other person to die.”

Radiance is what makes you ATTRACTIVE to high-quality men, effortlessly (no uncomfortable heels required). When you become your most radiant self, not only do you attract quality men into your life, but you also attract quality situations.

Key #3 - Evolve out of unhealthy patterns of compromise, control and caretaking

Many women in relationships fall into unhealthy patterns of over-compromising, or an obsessive need for control or caretaking.

When you can’t get in touch with, or don’t express, your true needs in a relationship and you consistently put yourself second, you send out the message that you have lesser value. This lowers your self-esteem and blocks true reciprocal love from entering your life.

It’s time to stop obsessing about others by developing powerful insight, inner strength and self-loving resilience.

You must learn empowering “win-win” ways you can nurture and give to others. This process starts by learning how to define your boundaries and stick to them in ALL of your relationships. Because when you treat yourself well, others reciprocate.

Key #4 - Free yourself from the pressures and pitfalls of always being the “good girl”

Have you ever felt limited by your ‘good girl’ image? Ever wish you could break free from other people’s expectations of you?

Unfortunately, there are many people who fall into this trap and never live the lives they truly want to live. In fact, the #1 regret of the dying is, “I wish I’d had the courage to live a life true to myself, not the life others expected of me.”
Imagine how liberating it would be to finally do what YOU really want to do – regardless of what anyone thinks.

When you learn how to speak with authority, you can be your own best advocate and get the results you want in the real world.

**Key #5 - Living the Feminine Radiance Life**

Living the Feminine Radiance life does not mean you never get off-track. This is about having accountability, the tools and the system in place to gently get you back on the wagon when you fall off. (Yes, there will be times where you will fall off - but that’s okay).

**Your Next Steps...**

Do you feel like you might need support in following through on these 5 indispensable keys to Feminine Radiance & Courage?

What if there was a simple, effective, “inner process” you could use to finally bring out your inner radiance, so you can fully embody the passionate, radiant, alluring feminine goddess you've always been deep inside?

I believe exactly that does exist, and I've written a letter to tell you about it.

I used this “inner process” for myself to reconnect my feminine heart and begin, over time, living my life as a confident, loving, passionate woman.

My promise to you is simple. In my letter, you will discover how to activate the secret of radiance, the ultimate feminine quality that brings color to your life, courage to your soul and prince charming to your side, so you can finally fill that missing piece in your life and become the woman you know yourself to be.

Click here to discover how to activate your inner feminine goddess:

http://www.radianceandcourage.com/pre

**Radiance & Courage,**

Johnny - Lara