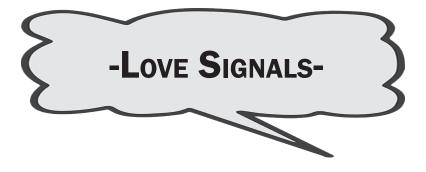


Discover the Power Of Femininity and Skyrocket Attraction



Gillian Maddigan Interview With Nadine Piat



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Gillian Maddigan Interview

(Nadine:) Hi everybody! It's Nadine Piat here from healthyyouhealthylove.com and today it's certainly a great pleasure for me to be introducing my next guest. My next guest is Gillian Maddigan... Gillian is a Psychosomatic Therapist and has over 17 years experience, bringing transformation and awareness to individuals and also corporate groups. She is an expert in identifying areas to enhance, nurture and restructure, allowing you to move forward on a more positive path of experience in the area of love and relationships and basically any area on your life. Gillian has many strings to her bow; she is as I mentioned is a Psychosomatic Therapist and Trainer, she's a Hypnotherapist, an NLP Practitioner, and she is from the Identity Center in Australia. She works with clients across the globe as well so she's really different and very forward in her way and her approach when it comes to therapy and coaching and so forth. Today we're going to be talking about a specific topic and before I mention that, I'm going to introduce her to you. So welcome Gillian to the Love Room.



It's a pleasure to be here.

Nadine:

Well it's a pleasure to have you. So we are going to be talking about masculinity and femininity and today's topic really is about what are you advertising in love and relationships? As a female and as a male, what are you putting out there when you're connecting, when you're dating or trying to attract the opposite mate? So before we talk about that though, I'd love to hear a little bit more about you, your history and how you got in to what you do?

Gillian:

I got into what I do about 19 years ago due to some relationship challenges that happened, I moved and I came to live down on the Gold Coast with my dad who happens to be Hermann Muller and he's the developer and creator of psychosomatic therapy and is based here on the Gold Coast Australia, although he teaches worldwide. Working with him and creating his manuals really stimulated my understanding of people, so I then went on to become a teacher and a trainer of psychosomatic therapists and incorporated it in my business.

Nadine: So what is psychosomatic therapy and for those of the people listening, I've actually done some of my training. I started my training with Gillian to add another string to my bow and it's fascinating information. So what is it like, so people understand what we're talking about?

- Gillian: Psychosomatics is of the psyche, of the mind and soma of the body. So connecting how your mind and your body actually create who you are. So right from the bone structure, to the tissue, and the skin that develops over that bone structure, it creates a story. So the bones are the aspects of who you are as you grow up as a child and into adulthood. And then how you interact with your world is how you flesh out that bone structure. It's almost like a home. Your skin and your muscles are your furnishings. So how you interact with your world, you create that tissue on the outside.
- Nadine: Well there are certain things like the skin and how our body is formed and the tissue and skin on our arms, and where we have extra padding in our faces and things like that. Isn't that how it is?
- Gillian:) That's exactly right. So when you look someone in the face, you're actually looking at their whole body. The whole body is represented in the face, so you don't even have to take someone's clothes off to know what's going on, which is a bonus sometimes. *[Laughs]*
- Nadine: Nadine: Absolutely. Well for those of you listening, if you ever get to know Gillian and she would look at you and there's no hiding because she can see what she needs to know by just looking at you. So it's quite incredible and it's quite powerful actually when it comes to attraction and understanding your mate as well as your partner.



Very, very true because what actually happens is most of the information that we read from someone is not the actual words. It's how you hold yourself, how your tissues are formed, how you interact with someone... On a level - your clothing, your makeup, how you stand means something. So your information is actually getting transported without you saying a word.

(Nadine:)

So if we're talking about masculinity and femininity, are some women more masculine more than they are feminine and I suppose it's the same question I could ask for men. Are some men more feminine than they are masculine?



Definitely. When I have a look at a face, I divide the face down the center. So the feminine side is that left side and the masculine side is the right side. So the masculine, analytical; the feminine, creative. Now if you've got lots of horizontal lines, it blocks the energy that flows between all your organs, your structure and you end up with these masculine blocks on your feminine side. So when someone is looking at you, they can see this really strong blocked feminine and this soft masculine, which can be a little bit confusing if you're trying to show someone that you're a big strong man and you're really coming across as this soft, delicate man. So blocking your emotions can actually make you less masculine rather than more feminine.

[Nadine:]

Okay so I was actually speaking to a client yesterday and I was thinking of you and he has a side of his face that was of interest to me. He's very much a giver, the giving type and he's very much been this in his relationship with his wife. He's been more of a "carer-type" role and he has a lot of stuff that's happened in his life that's got him to be in that type of role. His face though on the feminine side is higher.

Gillian: When something is higher, that can be two things. One is it can be structural. So it can actually come from the bone level and understanding in childhood that creates that, or it can be muscular tension where the muscle is actually pulling it up like this. You can be quite hard on your own self, rather than being hard on other people. You tend to whip yourself into a frenzy because you are not good enough and that could be some programming that has actually come from childhood into adulthood.

Nadine: Yes, because the masculine side of his mouth was down and his feminine side was up.

(Gillian:)

So he may smile things off too. So, "Yeah, it's okay." Even though underneath, he's not feeling so good about it at all.

- Nadine: Yes, so I was thinking I need Gillian here for this one. Okay so then what are some physical signs that you might be more one way or the other? We did speak a little about the sides of the face - so what are some things to look out for, for the people listening to this to work out whether they're more masculine or feminine in their ways based on some of their facial structures?
- Gillian: Okay so at the bone level, you could have a very strong jaw line, a bit like mine where it's very wide at the bottom and not very long at the top. It's quite a masculine physical kind of face. It doesn't have that feminine or that intuitive length to it. So then you also have, what type of tissue is on the surface? Is it soft and juicy or is it really sharp and hard? So the bone is almost exposed because the bone is more the analyzing at that old level when you were growing up.
- Nadine: All right, so a person listening to this that has a stronger jaw, more of a square is someone potentially a bit more masculine in their thinking?

Gillian: Yes.

Nadine:

And then the tissue then will determine whether they are more feminine or masculine?

Gillian:

The tissue will tell you how they do things. So they could actually have a really square jaw and very strong looking but when you touch their face, it could be quite soft and delicate. So they like to come across as strong but they're really not that strong. They're quite soft and delicate underneath.



If a person's got a strong jaw and also strong in the face where there's not that delicate soft tissue, and they are a little bit more sort of structured tougher in their face, in a sense, less juicy tissue wise and that would indicate that they tend to be a little bit more...



...earthy and strong and overbearing kind of - in their physical.



Are there any other features for the face that are really strong indicators whether someone is more masculine or in their feminine?

Gillian: When you see a more delicate feature, they are more refined so they're looking for deep, fine detail and fine aspects in life. They're normally quite delicate in nature, unless they look sharp. If they're sharp, they tend to be sharp in nature as well. So the words that we use to describe people are actually describing that person. If you have a look at someone and you see those little sharp eyes, yes they're measuring their world. They're trying to define it, getting a sharper view. Whereas when you see someone with big huge eyes, they have this big heart and they really want to bring everything in. They want to have that openness in their life; same with those juicy lips. When you get those juicy lips, that's right.



Can everyone see my juicy lips? [Laughs]

(Gillian:)

When you're looking at juicy lips – when you have a look at a face, this is the mind, there is the arms, this is the heart, this is the torso with the solo plexus centre, this is your fun park here and your legs come down here like this. So all those lovely ladies that go out there, that aren't single and they've got their fun park all decorated up like a neon sign, be careful what you advertise as you tend to attract exactly what you're advertising.



And that's the whole thing, what are we advertising? The ladies that are listening to this, some of them are single, some are dating, some women are in a relationship and I suppose the question is we have this masculinity and femininity and so many people at the moment are very big about talking about women connecting more to their femininity, and different relationships work for different reasons. Sometimes the man is more feminine so they're more attracted to a more masculine kind of woman and vise versa. Although I think in this society, the women have been pushing a lot harder over the years to do so many more things and a lot of women seem to have hardened up. Do you agree with that?

Gillian: Oh definitely, definitely. Because their job role has actually expanded and they still only have the same amount of energy, they've had to be tough in areas that they may not have been tough in before, and they have softened up too much in other areas because they want to get ahead. So sometimes in their relationships and at home they become tough and yet at work, they're very soft and easily manipulated by the sensitivity. And then there's that role reversal where at work they're soft and overdoing it and at home they have become hard, and restricted, and confined.

Guys go through the same aspects. They're really tough at work and then when they come home, they're easily manipulated by the family situation. So there is that 2-way aspect that may be happening in different people's lives because we've changed so much in the last 25 years, 30 years.

- Nadine: So then what does that mean for a relationship when people are wanting to improve their relationships and wanting to connect more? Are there things that you could just do with your body and the way you stand, and the way you – I mean that can help with the relationship.
- Gillian: Definitely. So when I look at someone, I look at every aspect of their body. Which part of them is away from their centre? If so, are they sticking their neck out so far that they've become disengaged from their emotions? Are they so blocked here in the past that they don't see a future [head back almost behind the chest]? Or are they so struck down that they cannot actually pull themselves out?

Nadine:) You can use me as an example even. When I first met Gillian, I mean I had a little bit of work to do, not too much right?



That's right. Very, very true.

Nadine: One of the things that I want to do is that I would put myself forward and even in my interviews previous to this one, I was always leaning forward into the camera, and I've had to learnt to pull back because I was too far forward all the time. So how can you break that down?

Gillian:

Nadine:

Well when your chin is forward like this, you're almost saying, "Come on give it to me here. Come on, bring it on. Bring it on, I can take anything." The only challenge is that when you're so far away from who you are, you don't know what you can take. I mean you tend to over extend yourself but also you lose sight of your own path. So as you bring your chin back to you, it makes you slow down because your mind is not in control anymore. You have to come home to whoever is living here which just happens to be you. And when you start feeling what you're feeling, you have to slow down because there's so much tissue to experience your world.

Well you know when they talk about body language and dating and they say that when you're on a date, if you're leaning forward, maybe not your whole chin ahead, but if you're sitting a little bit forward it means that you're engaging and you're showing someone that you're interested. If you sit back too much, the opposite of that, suggests you're not actually connecting. You're kind of like sitting in observation potentially and not really there. So for somebody who - this is all about what you're presenting and what you're advertising, for a woman who's listening to this who is wanting to meet somebody and wanting a real relationship, they're wanting to attract a man that wants love and connection – or vice versa. we're talking to a man who wants to meet a woman who wants to have real love and connection, is there something or a certain way that is more effective when it comes to connecting?

(Gillian:)

Okay, each person has a particular aspect that they would like in someone else. So if you want that in someone else, you need to actually know what it feels like to have it, because if you don't know how to feel it, then how are you going to recognize it when it's in front of you? When you're going out there, you want someone who's engaging and open and wants to have a relationship; guess what? You need to recognize what engaging and open is, because if you're wanting engaging and open and you're sitting like this, it doesn't matter how open and engaging that person's going to be, you're not open to receiving it.

- Nadine: But then again for someone who is putting themselves out there, if you're doing that too much, then you're almost too available, you're almost – not that you're needy but it does have that potential that you're trying to jump on somebody a little bit. Is that kind of how it works?
- Gillian: *[Laughs]* That can be overwhelming for people because in actual fact, you're away from your center so you're overwhelming someone else's space. You're really encroaching on their space. You're not allowing them to meet you. So if you're sitting and you're sitting quite nice and calmly within your own self and you feel what you feel, then that is actually quite open. You don't have to be sitting there with everything wide open to be open. You could have your ankles crossed, you could have your hands sitting quite comfortably on your lap, you're still open because you're balanced within yourself. So it's just sitting within your own space and engaging the person, because if you're too in their space, they've got no space to express themselves.

Nadine: That's right and people do feel encroached upon really on an energetic and also in literal sense, so it works both ways. Also for the women out there that don't put themselves forward, so they are the ones that are more reserved, fearful of being rejected, maybe they don't feel like they're good enough or whatever their story is- so what can they do to feel or to give their message that they're a great girl, they're interested in meeting somebody and that they're at least approachable?

Gillian:) Three things. Firstly, practice being approachable at work, with your family. Just sitting with yourself in front of a mirror, it's really a cool thing to do but just sit there and just go, "Would I go anywhere near her?" Would she be interesting enough for me to go near her? So if I adjust myself fractionally, is that going to make a difference? If I tilt my head, will that be a little bit more approachable? Instead of being like this, can I just relax my hands?"

It may just be one thing that you change but you need to be able to practice that before you go out there because if you don't practice it, you go back to your automatic, "This is my comfort zone. It doesn't matter how ineffective it is for the activity that you want to do, this is my comfort zone, this is where I feel safe." So by practicing how it feels... opening or relaxed, by practicing it first then that becomes the new pattern and when you do go out there, then that is your new pattern.



So changing subtle things. Just dropping your hands, standing a bit taller, maybe being more heart open, pulling your head back if you need to maybe.



Just so you can see yourself.



Or put yourself forward a little bit.



Well when you put yourself forward, go from the hips. Don't go like this, remember that can be overwhelming. So move forward just fractionally from the hips but not from the upper body because it will just crunch up your solo plexus and make breathing hard and then anxiety rises. So staying sitting up nice and tall and just moving forward through the hips. It's really amazing how all those old department exercises that were of our mother's age are very, very helpful; very helpful.



There was a merit in those classes.



There were, definitely.



And I suppose in a way it's not that we're not being taught anymore, that was kind of normal back in my day when I was a little younger. Maybe I'm just out of the loop because I don't have teenage children or young girls, I suppose that that's something that both men and women probably need a little bit of help with. I don't know, there's just the basic stuff that we can do that does make a difference on how we're received and perceived.

Gillian:) That's correct because when you uplift yourself, you're actually giving yourself space to be expressive. As soon as you crumple down or you switch part of you off, then there is less of you to express or to be recognized or to just have pleasure in your life.

ζNadine:

More pleasure.

(Gillian:)

Woohoo! Pleasure is wonderful.

- Nadine:) I talk a lot about pain and pleasure. You go with pleasure or pain.
- (Gillian:) Well one can lead to the other.
- (Nadine:) Of course that is true, Gillian.
- (Gillian:) Either way. You got to have both to have that experience.
- Nadine: And there's sweet pain too. *[Laughs]* But anyway, when it comes to femininity, can a woman be too feminine?
- Gillian: Oh definitely. You can be too feminine, disengaged in reality. You can be disengaged from actually getting things done so that can be off-putting for some people. I normally get people to write down what is your list of things that you want in a relationship. Then I go how many of these things on this list do you already have? So a lot of people - there's two groups of people, they want what they don't have or they want what they already got because they recognize it. So you get the opposites attract or you get the same attract.

Some people really function well in relationships because they are opposite to each other. They drive each other. They are the fire and the water, so they help each other grow. Then you have the people that are fairly similar so they use their communality to actually live in a very successful relationship. So looking at your list and go, okay this is what I don't have and this is what I'd like in my relationship but at what cost? So what can I trade, what can I compromise? A lot of my clientele are between 45 and 55 when it comes to relationships. They're in that yucky period where they've thought about leaving home and they've forgotten how to date their partner.



Or they're simply doing other things that have taken their focus and now it's... up to them.



That's right. They don't know whether they want to be there anymore.

- Nadine:
 - So first thing I do, I go, "What attracted you to your partner in the first place?" They'd say, "Oh yeah we did this..." So what did you wear, what was your physicality? Remember those things that were successful, they're in a different environment, bring them into now.



Back into the present, yeah.

Gillian:

That's right. So what makes you feel sexy? What makes you feel feminine? If you've got quite a feminine husband, what makes you feel strong and determined? So going back to the past but bringing it into the present. It should evolve into that area.

So how you wear your hair, how you hold yourself, what you put on your body.



What you put on your body, yes. Maybe we can talk about that for a moment, in a minute.



So all those things are sending messages to people before you've opened your mouth.

- Nadine) Okay so women who want to meet a great guy and they want to give the message that they are available potentially and that they are after something serious, they're not just interested in picking up some guy for the night, are there specific things that women can do? – I mean obviously there's lipstick and all those things you can do and yes the lips can give more of a sensual, sexual energy, maybe marry that with some body language; are there any sort of tips that you can give for those women?
- Gillian: If you're looking for a relationship, don't range in a pack. It's very scary for guys. Go with one other or two other people. When you dress, make sure that you're real.

Nadine: Meaning?

- Gillian: Nothing worse than having too much fashionable assistance, for when they come and see you in your natural state, it could be a bit of a shock and that includes makeup and clothing.
- [Nadine:]
 - Yes, not too much false advertising!
- Gillian: I did have a client whose husband she'd been married to for 14 years has never seen her without makeup, ever.
- [Nadine:] What? 14 years!
- Gillian: Even when she was having her babies. Never seen her without makeup.
- Nadine: And was it because she really just wasn't a physically – I mean in her mind she didn't think she was physically attractive or she was lacking so much self-worth and that insecure that it wouldn't have mattered how beautiful she was naturally, she just didn't feel good within herself without makeup?



It was a learned pattern. She learned it from her mother and then it became an insecurity. So she'd never seen her mother without makeup, she thought that was normal so it became normal for her. And he had asked her, when do you take your makeup off and he would wake up and she would have her new face on for the day. *[Laughs]* Imagine how much managing that would have taken, how much control she would have had to have.

Exhausting.

Gillian:

Nadine:

Very much so. So anything that you advertise when you go out, you need to be able to maintain in a relationship, so if you're going out there and you look like this supermodel, are you going to maintain that supermodel look for the rest of your life? Why is this supermodel look so important to you and I'm not saying the supermodel look as in looking good and feeling good and all that. I'm talking about having your hair done and having your makeup. They need to see you in your natural state at some time.

Nadine: But I think there are also the kind of guys that would assume that girl or woman would be high-maintenance. I had two occasions when I was with male friends at the time and one particular time, this really cute blonde girl walked passed and he was single and I said to him – I actually bring this up in one of my programs... anyway, I said, "She's really gorgeous." And the first thing he said, "Well she's cute but she's just hard work." And I said, "Well how do you know?" He said, "Look at her hair, look at her makeup, look at the way she's dressed. She doesn't know how to relax and I find that overwhelming. I'm not attracted to a woman who goes to such lengths to try and look a certain way. I just don't find it attractive."

Gillian: Exactly. Exactly right because it takes time to do that and it's the same as – I'm a lifesaver on the beach and these amazing bodies that come down to the beach and they say or some of the girls say, "Oh he's gorgeous!" And I'd go, "Well to have a body like that, he would be spending five days in the gym. Are you willing to have some man in your life that spends five days in the gym and eats his meals really special and all that type of thing?" Nadine: Yeah, all that control.



Yeah it's good to look at but are you willing to live with that?

- Nadine: It's true actually I mean I've dated men before that are super fit and they are obsessed with the gym. They have to go and at no cost – well generally speaking, I'm not saying never, but it's like an addiction and they don't feel right without going to the gym for two hours every night after work or whatever it is.
- Gillian: And that works with girls too. They must have their hair done or they must have this or they must have that for them to function in a natural state in their world. So you need to decide what you are willing to compromise with to have what you want.
- Nadine: And that just comes down to, if you feel that you have to do that then I would probably be saying as you would be to start working on loving you, liking you, being comfortable with you so you don't have to be at that level because it does translate into other areas of the relationship. If you're so pedantic about all these things that are superficial, then as that male friend of mine said, "She'd just be hard work." Not on just how she looks like but on other emotional things. Now he may not have been accurate, however I believe there's some truth in that for sure.
- Gillian: And that's the message he got. She may not be, but that's the message he got. So that's really what you need to look at. What is that advertising? And you know the trendy tattoos at the moment? Oh yeah they look gorgeous and I go, "Yeah how many thousand dollars do you think is on that person?" So if tattooing is their addiction or their passion, how many thousands of dollars are they spending on their passion? Just to have a sleeve, will it cost them a thousand dollars? It's just a known colored sleeve. What is it that's attracting you and are you willing for the consequences of that attraction. What's the trade off? Compromise and trade off is the base line of all relationships. You cannot just be you in a relationship.

Nadine: That's right. There's always things – I mean for the women and men in the world who are just too fuzzy; too fuzzy for love. I remember I did a TV segment on that and it's a tricky topic actually because what is too fuzzy? What's realistic, what's unrealistic, what's not? I've had times in my life when I've had to ask myself the same question. So yeah, there are tradeoffs and I think it's really important for people to be really clear.

Now when it comes to men and women looking for a partner, what are some advertising that men do that are a good indicator that they are either not a good guy for you potentially, or potentially a good partner for you?

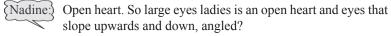
Gillian: Okay, that will come down to your needs again. So if you like grooming, do they smell nice, do they look good, it could be an important aspect of your life so that could be the door that opens. If they're sloppy, you'll probably find they're sloppy at home, so those little aspects in a relationship. You just got to be careful with manners and things like that because sometimes they are just a bit of a ruse. It's the little things. When you look at a face, do they have that strong, dependable, functional area which is the physical – it's in the lower area of their face. Are they capable of doing things? Of if they have a little, tiny, pointy chin and they're sensitive and easily manipulated by their own sensitivity but they have this amazing mind that they could be great planners or designers or creators. What is the tradeoff? If they got too square a face, they may be immovable but you may need someone who is immovable; someone who is going to hold the line all the way down. So what are your needs? What are you looking for? Are you looking for stability or are you looking for a nice easy-going person; someone with a curvy face? Are you looking for someone who likes intellectual challenges; you want to look for a large forehead. There are lots of different aspects to look for.



What is a face for a man who is very gentle and kind and considerate? What are those kind of features?



You'd normally find that their skin is quite soft and delicate and the tissue needs to be soft and manageable. If it's hard, that tends to relate to how they relate to the world; hard, sharp, strong. But if it's manageable, so it's very active and it moves as they're talking and you notice this flexibility, then yes they could be strong but there's also that soft flexibility as well. Large eyes because you want an open heart.



- Gillian: If it's like this, they tend to look down on themselves, so their self-esteem can be quite challenging and they may stick to their standards that are really high.
- Nadine: And even the women who are listening who have eyes that do slope upwards it's highly likely that you're quite tough on yourself. Does that also mean that they are tough on other people?



Well your standards are high so when your standards are high, then your expectations of others are generally too.

Nadine: Okay, so...



Nadine:) Eyebrows, yeah.

- Gillian:) If they go straight across, they tend to be "my way, or the highway," black and white. But if there are curves in it, they have more flexibility; they could push their mind out of the way of their heart. If they're pointy, they're really good in editing and critiquing work, but also can be a challenge internally because they can become their own inner critique.
- Nadine: I suppose it's that sense of your strengths can also be your weakness, I suppose. Like that ability to be fine and to see things in incredible detail but you also see a lot of other things with incredible detail and that can actually work against you.

- Gillian: That's right. So it's where your focus is, what are you focusing on? Is it internally in yourself, externally outside of you? What is your focus? So you may have tool or a talent within yourself, but it could also be your downfall if your focus is incorrect.
- Nadine:) Yup. Are there any things to avoid if you're looking for certain men? If you're with a man, are there any features that you just would say to them, "You know what, watch out for that because that is a very strong indicator that this man isn't emotionally able to connect with you." Is there anything like that that you can suggest?
- Gillian: Yes sure. Your tissue is a reflection of your expression, okay? So if the bone is really close to the surface of the skin, that means there is not much tissue to engage. There's not that nice, springy expression so they tend to be quite hard and tough and overly sensitive because all their programming which is in the bones is right next to the surface. They don't have that time to reflect before they express.
- Nadine:
 - So in a way one of the biggest things that I'm hearing through talking with you today is that tissue. I know there's a lot of other things but the tissue is such an easy thing to see really.



Definitely.



And it is a big indicator of a lot of what I'm talking about here.



Because what we say in psychosomatics is, "Your issues are in your tissues." *[Laughs]* So if you got hard, rubbery tissue, things tend to bounce off and you don't really engage. If you've got nice, delicate tissue that reflects and relaxes and responds, that means that you have the ability to engage. If there's no tissue at all, you're exposed so your inner world is right on the surface, so there's no time for you to stop and act. You tend to react. Nadine:) So for the women that are a little more fuller-figured...

- Gillian: Yes, like me.
- Nadine: Yes. It doesn't necessarily mean that just because you're bigger and you carry more body fat, it doesn't necessarily I mean obviously there's a reason why people are a little bit bigger because there's also some emotional stuff sometimes going on, but it doesn't always mean that their tissue is soft though, does it? No, it can be firm.
- Gillian: That's right and it can be different all over your body. So in some areas it can be really hard and resistant. In some areas it can be soft and delicate; almost like a babies skin and tissue in other areas, it can be really dry. Each area in your body reflects an energy center or a chakra, so that energy is telling you something about who you are. So if you're dry in a particular area, it may be that you're dehydrated and worn-out energetically in that area.
- Nadine: And so for the women who are a little slighter, they're more of a slighter frame, what does that necessarily sort of say about them?
- Gillian: They're quick and fast, they're quite reactive so their speech tends to be a little bit faster or a lot faster. When your head's up, it's really fast and when you come home, it slows down if you notice.
- Nadine:
- I do know. I sound like I have a different accent when I speak slower.
- (Gillian:)

That's right, you do. You roll things.



I do, but when I speak quickly, I sound more Australian and less educated. [Laughs]

[Laughs] Gillian



See I'm not using my brain wisely when I'm forward but when I pull back...



That's right because you're in fifth gear. You're just busy to where you're going. You're not actually engaged in who you are or where you're going.



I'm in head mode, not heart mode. And this program is all about the heart connection stuff so it's really important that as I'm talking to Gillian now and for you ladies listening to this about the heart connection. One of my things is getting out of my head and into my heart and one of the ways that I can do it with thank you to Gillian for teaching me this is that I can actually move my body slightly and move back, bring my head into myself and I'm just naturally more heartfelt. It's such a simple thing to do.

There's a couple more things that Gillian taught me, the way I stand as well, my hips a little bit and it really is hugely different. So I'm constantly aware of it and when I'm around people, when I'm engaging in social environments, there is a significant change in the way I feel and the way I relate to people and it's wonderful. It really is for me it's been such little changes which can actually create such huge and astronomical change. It's amazing the simplest things can just do wondrous things!

Gillian:

Yeah and in actual fact you're pretty close to balance, it's only there are slight adjustments that need to be made and when there's only slight adjustments, then yes the information is quite big. But when there's quite a few adjustments, it may take a longer period of time for you to see that change actually happen or feel it within yourself, but you'll notice other people reacting differently around you. You tend to attract different types of people into your life because of those changes that you make. So your physiology, your physical story becomes different and other people are attracted to that different story.



Well before we wrap it up which we will in a moment, I just want to ask you one thing about the "CEO - leader type" woman. As we mentioned before women are becoming more and more that leader, a bit tougher in the work place where they can be anyway and for those women, there's a lot of information out there about how to soften, how to be more feminine. We did talk a little bit already about this but is there anything else that you're like to add for those kinds of women who are tougher and also do tend to bring it home, tend to be very direct and kind of bark orders at their partner. Not only verbally doing things different but even just on a physical, psychosomatic level, is there anything that these women can do to be more in their feminine, to be more gentle and to be more attractive to their partner?

(Gillian:)

Well in actual fact, it's the little postural changes that you can make that makes a difference, because if you see a lot of these CEO ladies, they tend to be chin lifted and dress to absolutely smash you. The heels are huge so they tend to disengage from reality. The outfits they wear are quite uniform and conforming. So if you want to actually express something different, come down to earth a little bit more. Be more accessible. Be the woman – be the one who is open to many different things but stay within yourself and make those choices, but be open to accepting some of the information that's out there. Because really what women have done it's "my way or the highway" kind of attitude when they get into those jobs because they have had to fight so hard to get there. But once you're there, you can make a difference by being the women that you are. Not the killer not the black widow kind of woman, but the gentle one who has understanding but also has her own particular standards within herself.

So when you come home, if someone asks to cook for you, allow them. If it's not really your way, that's okay. It's no biggie. Next time you can do it your way.

Nadine: Exactly. Not having to have everything exactly how you want it to be to be happy. Yeah I think that is a thing – not everyone suffers from this of course. Some people would just be happy to have a meal cooked for them but being so particular about having things a certain way and not just being grateful for the things that are lovely in your life and that are there for you rather than it being perfect versus being just happy – being happy with it versus being perfect.



What it comes down to is, is it important? Is it really important to you or is it just something that's a two or three on the scale? Does everything have to be a 10?



That is right because it's not possible to get a 10 all the time.



No, that's why we have other numbers. [Laughs]



Yeah. Some sevens and some eights are just fine as well on the scale.



Five is okay. Five's safe. [Laughs]



Okay so before we wrap it up, is there anything that you'd like to share as a giveaway or more as a last token kind of thought to encapsulate how psychosomatic therapy encapsulates with everything else that you do? How it can really make a difference for women and for men in relating and dating?

Gillian: Well understanding yourself and what you want. That's the first thing. Otherwise you're jumping into a pond that you have no idea what exists in there and whether you want anything out of it in the first place. So understanding what you want, why you want it and how you want it, because then you will actually see it out there. If you could identify what you desire out there, then you're looking. It's like someone saying, "Oh I heard this new name 'Sharaine' or something like that." Now who's heard Sharaine, but then you'd hear it everywhere. That's exactly right. Or you've never seen this color car and all of a sudden this color car turns up all over the place.



I do want to ask you, I just thought actually about something as you were talking then. I did think of one thing I haven't asked you that I think is really great. Some women out there seem to attract guys that just want one thing; is there something that women are doing or what do they advertise in these women that is not working for them? Because they're wanting something serious so once again they're not being necessarily what they want, you did say that but what other or are there certain things – obviously you said lipstick. I mean I know that some women just do wear the short outfits and the full-on high heels and all that kind of stuff. So is there anything that you – well a sure thing is that this is why you may be attracting this kind of guy more than the other type or whatever it is?



Okay are you advertising that you're a party girl? Party girls don't *want* relationships, they want to party?

Nadine:

Or maybe they do want a relationship but they're not coming across like they do.

Gillian: No, they're coming across as the party girl. The "good timer." The "Wherever we go, I'll be fine." Not the, "I'll sit back and watch and wait for the right person that will be out there." So you're acting the party girl so that's what everybody invites you to parties for, to be the party girl. They don't invite you to the relationship parties. They invite you to the fun ones, the exotic ones. So then you have the girl who always attracts the "mama boys." They want to be mothered.

> So have a look at yourself. Do you do everything for everyone? Are you the "motherer?" If you're happy with that, that's okay but that's what you will attract. Guys who want to be sons rather than partners.

{Nadine:}

Well that's interesting because I did a survey recently and out of the survey, I asked do men like being mothered and most of them said a little bit is fine, but not too much. They don't like it and the majority just said just a little bit and then that's enough. So if a woman is trying to get her value and her worth, or to be perceived as of value based on doing everything, cooking all the time, cleaning up after him or reminding him to do everything; mothering, mothering, mothering. Men actually end up balking and not liking it; a lot of men. I mean there are some men that may still love it but they're not necessarily maybe the kind of man that really is going to be the kind of man you want for a long term relationship.



Who really wants to sleep with their mother? [Laughs]



No one.



That's right, so that's what it really comes down to. Do you want to sleep with your mother?



And mothers tend to be critiquing, correcting their sons all the time. So if you're the woman going, "Sweetie, don't forget your keys." Or, "Sweetie, don't forget your lunch in the fridge." Or, "Sweetie, don't forget whatever it is or your jacket, you might be cold later." I mean we're talking to 30 plus or sometimes late twenties, but 30, 40 plus men.



Or 50. [Laughs]



50, 60. If he doesn't know how to take a jacket – Okay I know that you want to say it but if he doesn't know to take a jacket because the temperature drops at 9 pm and he's going to be freezing, well do you always want to be the person thinking for him all the time? When you think for somebody else, they don't learn to think for themselves.



And you don't take yourself into account anymore and you lose yourself.



Yeah and you end up going crazy when you don't need to. Just let them work it out.



They will.



And if they don't, they'll be cold and have the flu next week.



Or alone. [Laughs]



Yeah, oops! All righty. So Gillian it's been wonderful to have you. I love this information! It's so interesting and it is in

some ways it's simple. I mean I've done your training and there's a bit to know. Although there are people listening to this who want to get to know more about this and would like some specific help, they can absolutely contact you at www. identitycentre.com.au That's Gillian Maddigan at www. identitycentre.com.au

{Gillian:}	Thank you very much.
[Nadine:]	Thank you so much!
(Gillian:)	It's been an absolute pleasure.
Nadine:	I might get you on again with another topic.
{Gillian:}	Yeah, sure!
Nadine:	All right thank you so much and thank you

Nadine: All right, thank you so much and thank you ladies for being part of the program. Catch you next time.