



Caroline Muir

Author & Tantra Educator in Private Practice



Reclaiming Feminine Confidence - Video 1 Your Eternal Flame

***A Complimentary Video Series for Women Over 50 Ready to Re-Ignite
Their Vibrancy, Passion for Life and Magnetic Attraction***

Hello, my name is Caroline Muir and I'm delighted you're here!

For more than 30 years, I've been working with women to help them reignite their passion for being alive, their ability to attract love, and their faith in the possibility of a deep, fulfilling relationship.

It's my greatest desire to support women of all ages, particularly those who may be feeling as if they are past their prime, women who may feel they're on a downward spiral of aging, or those who fear they'll be alone for the rest of their lives.

I'm here to assure you – such a fate is neither required nor inevitable!

In this 3-part video series, I'll be sharing some of the secrets known by women in their 50s, 60s and 70s who are living vibrant, alive, and confident lives. These women are feeling really good about themselves, their bodies ... and their love lives!

And just to clarify: I'm not talking about gracefully aging super-models! These are women of every shape, size, and color, living luscious, juicy, turned-on lives.

This training is for you if you are feeling:

- unattractive or insecure about how you look as your body matures.
- like you've lost hope of finding a lasting and meaningful relationship...
- as though you're undesirable to men... or to yourself.
- like maybe it's too late for you...

If you've been feeling lonely in the bedroom but find the thought of dating as an older woman seems awkward or even scary ... then this is for you.

If you're feeling like maybe it's too late to fall in love again, to have romance, to enjoy passion or deep physical intimacy again ... then this is for you.

And if you long for a companion, a lover, and intimate life mate ... this is definitely for you!

After working with thousands of women, here's what I know...

I've created this series to share what I've learned after working with thousands of women. As a woman in her 70s myself, I want to give you the information you *really* need in order to feel fully engaged with life and capable of attracting what you desire.

This Feminine Confidence training is particularly important right now because for too long now, women have preferred to remain silent and safe. ... This is NOT a formula for fulfillment!

Today, it's okay to say goodbye to the old ways that no longer serve you.

You need to move with assuredness into life and love. It's up to you to feel as though you can lead the way toward greater connection and vibrancy in your life.

You CAN do this!

What it requires is that you know yourself more than ever before. And if you're interested in dating, let's face it, the dating environment has changed beyond all recognition. For those of us who may be starting over, it can seem quite daunting and overwhelming.

It can push us into questioning our desirability and attractiveness and have a huge impact on our self-esteem.

There is a combination of fact and myth that says somehow as we age, we lose our libidos. That somehow menopause and the years leading up to it puts a stop to our desire for physical satisfaction, and that we are just as happy with the companionship of our cats and grandchildren as we are with a man!

Well, after working with so many women over 50, I'm here to tell you that our cats age too, our grandchildren grow up and move away, and we are still left with desire for companionship, intimacy, and pleasure!!

The issue of invisibility as we age

Here's the 1st thing I want you to know about self-confidence for women over 50: Many of us have a fear of being seen.

Since we often feel we can no longer count on our bodies and our sexuality to capture the attention of a man we're interested in ... or even gain some of the benefits society offers pretty young things ... we start to hide.

This may look like:

- wearing frumpy or baggy clothing ...
- avoiding contact with men who attract our interest, for fear of being rejected or worse ... mocked somehow ...
- dismissing ourselves with “over-the-hill” language in an effort to make sure others don’t feel uncomfortable in our presence

In other words: hiding that juicy, alive, sensually energetic part of us, in favor of a “safe” stereotype like over-the-hill mom or granny.

Unfortunately, this kind of hiding or self-diminishment will only serve to reduce your self-confidence further!

What’s available for you when you reclaim your Confidence:

Here’s the truth: As you awaken to your true feminine CONFIDENCE you’ll enjoy two wonderful things ...

1. First of all, you access your own, authentic desires.
2. More importantly, you gain the means to fulfill these desires!

As a woman 50 or older, you carry great wisdom. And that’s attractive!!

You must learn to trust what you KNOW so you can breathe energy into all areas of your life – including your confidence as a mature, wise, and desirable woman.

This goes beyond the old paradigm of waiting patiently to attract someone.

By actively living in the power of your self-love and self-confidence, your path to fulfillment will be clear and open. From there, you can choose and claim whatever or whomever you desire.

If you’re wondering ...

If you’re wondering right now if it’s even possible to feel differently about yourself ...

If you’re feeling as if you simply cannot muster a level of passion for life that you desire or the level of confidence that could attract a relationship ...

I want to assure you that within you right now, there is a Volume Control on self-confidence. And no matter what your volume is set on right now, it IS possible to turn that dial to the level YOU desire.

A level of self-confidence that truly can Re-Ignite your Vibrancy, your Passion for Life and your Magnetic Attraction.

Now this has nothing whatever to do with your age, your history, your body shape, or your dress size! It really has to do with gaining the INFORMATION you need in order to RECONNECT with the core of your feminine self.

You can think of this core of your feminine self as a kind of eternal flame ...
a spark that is your life force and which never ages.

In our culture, we've dismissed the value of this inner flame ... this ALIVENESS. Sure, we give permission for young people and aging men to claim their vitality ... yet women of a certain age have somehow been relegated to the granny corner.

But as more and more of us reject the limits of this kind of feminine maturity, what we've discovered is that by reconnecting with our inner flame - our true feminine core - we regain self-confidence!

We free ourselves from hiding, we free ourselves from 'not enough-ness' ... and we are able to walk away from an unwanted future that's void of passion.

Now here's what's next ...

In video 2 I'll be sharing some studies that reveal the devastating effect society's pressure to be young and skinny is having on women's confidence ...

I'll also let you know what women over 50 are doing to turn those stereotypes on their head, proving that life after 50 can be some of the most inspired, creative, vibrant years of your life!

This is not just another "how to be happy" lesson. This is about reawakening the deep truth within you so that you can live with the vitality, passion, and CONFIDENCE you've earned!

I will teach you where that is and how to do it! I promise you that.