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Reclaiming Feminine Confidence - Video 2 Body Image Wounding

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

Hello, this is Caroline and welcome to the 2nd video in my 3-part Reclaiming Feminine Confidence series.

In this video we're going to look at the remarkably sad facts surrounding women's sense of invisibility as we age. I'll also share a story what women are doing to change this and what you can do to overcome this for yourself.

In video #1 I shared why women over 50 can find ourselves losing confidence, and why the old stereotypes about older women losing our libidos is completely false ...

Let's dive into what we know is actually true for women as we age ...

If you've watched video #1, you know that I've designed this training specifically for women over 50 who want more for their life than a slow passage into old age ...

This training is for women who want to reclaim their vibrancy, confidence, and passion for life.

Whether you're looking for a relationship or simply want to re-ignite the fire of your own creative juices, I KNOW this is possible, and during this video series, I'm going to show you exactly how!

So to begin today, I want to share something personal with you ...

I LIVE a vibrant, juicy, passion-filled life. I've been living this way for the 20+ years that I've been a woman over fifty, and here's what I can tell you: *There's a growing number of us!*

Here in the western world at least, a small but growing number of women in our 50s, 60s, 70s and even 80s know the secrets of confidence and pleasure that are possible only during this very special time of life - and we're living it daily.

We've refused to accept the cultural stereotypes or social pressure to conform to an image of mature femininity that lacks vitality, creativity, or vibrant, sensual fire. There's simply no reason for any of us to buy into the myth that says we're running out of steam as we move away from the childbearing years.

The truth is actually the complete opposite!

I want you to know that there's a tremendous amount of delight available to you once you reclaim your confidence. And as I shared in the last video ... TRULY this has nothing at all to do with your age, your dress size or any of the physical attributes which superficial culture deems valuable.

The truth is that as we move into our mature years, many of us find we have more time and interest in focusing on our passions. I'm not talking about those "safety zones" which keep us hidden and out of sight.

Of course, grandchildren are a joy! And yes, we can love our pets or even our bridge club nights ... but there's something deeper, and when you give yourself permission to connect with it, you'll remember ...

When you "marry" your inner fire with your wisdom & experience, it's ATTRACTIVE!

When we, as mature, experienced women, reconnect with that deeply alive part of ourselves – the part that was awake and active in our youth – and then marry it with wisdom and self-knowledge that can only come from having lived a few decades ... it's possible to reawaken long-held dreams, and activate a level of energy we thought we'd lost during the years of career and family.

In a few moments, I'm going to share a story - one of many I could tell you! - which illustrates just how lively and wonderful life becomes when you reclaim your confidence and vitality as a mature woman.

But before we dive into that, it's important that you understand that you're not alone. So if a part of you feels like the best part of your life is over ... or that maybe you lost your youthful vigor before you could even appreciate it ... or that you gave the best years of your life to a spouse or kids or ageing parents ... then you've found yourself in the same shoes that many women find themselves in after 50.

Our culture defines women mostly by our looks. We're judged far more harshly by our appearance than men are, even when we are young! All you have to do is scan the magazine covers in the grocery store to see how we're expected to look: Young, taut and photo-shopped skinny!

The studies, body image, and becoming invisible

We know that this false ideal of beauty is doing severe damage to our girls. Anorexia and bulimia are rampant problems among female teens, and a recent study reported that by age 7, one in four kids has started dieting!

Another study - this one focused on body image among women over 50 - revealed that over 70% of the women surveyed reported that they were attempting to lose weight. 62% said their lives were being negatively affected by their body shape or weight, and almost 4 out of 5 women said their body shape or weight impacted their self-image.

These are just 2 examples of the rampant DIS-EASE we are dealing with related to feminine power, feminine ideals of beauty and feminine confidence. As I'm sure you can guess, there are many more.

The result of all this emphasis on youth and wafer-thinness is that many women begin to feel invisible as we age.

Tira Harpaz wrote a stingingly painful but accurate guest post in salon.com about women over 50 feeling invisible. In a nutshell she says that the impact of rampant ageism and sexism renders "women of a certain age" invisible.

See if you can relate to her description of invisibility:

She says: "It's the feeling you are no longer vital or important or noticeable to others ... It hits you in areas where you feel most vulnerable—a loss of attractiveness and sex appeal, the end of fertility, a glimpse of a slow, lingering decline."

Ouch!

My dear sisters, I'm here to tell you, it does not have to be this way. And the answer really comes from within you, NOT outside of you.

And this may be completely obvious. Yet until you have actual ways to replace all those negative external influencers – resources, guidance, support, and specific, self-love actions – knowledge isn't enough. You have to EMBODY this confidence.

Susanna's transformation

Now let me share a story with you that illustrates exactly what can happen when you cultivate and embody confidence as a woman over 50.

Susanna came to study with me because she was panicked about her body. She felt so much shame about her size and weight that the very thought of being naked or sexual with a man put her into a state of dread.

She had a new lover, but would only have sex with him in a dark room. This caused a block in her ability to deepen their relationship.

She felt stuck.

Once we began working together, I introduced her to the core of her self-confidence. I guided Susanna – with exercises and deepening practices – which allowed her to love and accept her SELF in a way she had never experienced before.

Through our work together – and her deep desire to fulfill her dreams of intimate, lasting love – she began to shift her perspective of herself.

Today, Susanna is far more assertive in her relationships overall.

She began taking beginner yoga classes and following a more nutritional diet that would support her better than the old habits around food that cause her to be more depressed. She took the initiative about the things we discussed. She WANTED change in her life, and that resulted in the outcome she was seeking. "I CAN" replaced "I CAN'T."

Susanna now has a man in her life who adores her! She accepts her body and even loves her nakedness in broad daylight! She has fun enjoying herself alone and doesn't even want a man around all the time. She realizes SHE is a gift for him rather than living in fear that he will meet someone younger or smaller than she will ever be.

All because she learned how to make her Confidence her biggest asset!

Susanna is but one example I can share with you. There are many more.

The point is that it is your birthright to receive love, pleasure, and emotional connection. Reclaiming your own inner confidence is the first step in this process. It opens the way for you to fully receive love, attention, and satisfaction from another.

Here's what's next ...

I'm very excited about the next video!

We're going to take a journey together. I'll be guiding you into a deeper connection with the core of YOU. This is a simple but powerful exercise that lets you begin releasing any negative feelings or emotions about yourself as a woman over 50, and begin welcoming in greater vibrancy, confidence, and passion for life!

I'll also be sharing what it takes to open to a deeper and more satisfying depth of happiness – the kind that attracts love and yet frees you from longing for it. So if you're relating to what I've been sharing, I know you're going to find my 3rd video very, very valuable.

So be sure to watch it next! I will see you soon!