



**THE**  
**CONSCIOUS**  
**WOMAN'S**  
**GUIDE**

**TO FINDING**  
**LOVE AT ANY AGE**

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# INTRODUCTION

Love isn't about luck or waiting for the stars to align. It's about energy, intention, and self-awareness. If you've been frustrated with dating, feeling stuck in patterns that no longer serve you, or wondering why the love you desire hasn't found its way to you, this guide is here to transform your approach.

The secret lies in aligning your mind, body, and spirit to become a magnet for the love you desire. That's where **Sex Magic** comes in. This practice is about harnessing your sexual energy, not just for pleasure but as a powerful force for manifestation and transformation. Love is an energetic frequency, and when you match that vibration, you draw it into your life.

Here's how to release what's holding you back, step into your radiance, and invite love into your life at any age.

# What Kind of Single Woman Are You?

Before finding love, it's essential to understand the energy you're bringing into your dating life. Identifying your patterns is the first step toward shifting them.

## WHAT'S THE POINT

If you've given up on romance, convinced that love is no longer an option for you, this mindset creates an energetic block. When you believe love isn't possible, your energy reflects that, and you close yourself off to opportunities. This archetype is often rooted in past disappointments and the fear of being let down again. Awareness is the first step to opening your heart once more.

## DESPERATELY SEEKING MR. RIGHT

Are you saying yes to every date or constantly hunting for "the one"? This approach often leads to burnout and disconnection from your own desires. Love isn't something to chase—it's something you align with. When you pause and focus on your inner alignment, love comes toward you, rather than you constantly running after it.

## MUST BE 6 FT. TALL

If you've created a rigid checklist of demands, you may unintentionally be closing yourself off to people who could truly make your heart sing. Love often doesn't fit into a pre-determined mold. Consider whether your requirements are reflections of your values—or barriers built from fear.

## **I'LL LEAVE YOU BEFORE YOU LEAVE ME.**

Past traumas and baggage from past relationships can lead to self- and relationship-sabotage. If you're constantly protecting yourself from being hurt again, ending the relationship before they do, or getting the "ick" again and again, you might not be fully open to the love you desire. Sometimes healing is necessary to end the sabotage cycle. But vulnerability is the gateway to connection. Practice opening little by little. And remember, love can't come to a closed heart.

## **IT'S TOO LATE FOR ME**

Middle-aged or older women may feel like love has passed them by, but love doesn't have an expiration date. It's never too late to align with the frequency of love. In fact, mature love can be deeper, more authentic, and more fulfilling than anything you've experienced before.

## **HOOKUPS AND NO CALLBACKS**

If you find yourself having dates that turn into one night stands rather than a meaningful connection, it's time to reassess what you truly want and how you're expressing your boundaries. Your worth is not determined by how quickly you are willing to engage sexually. In fact, your sexuality is a profound gift only those who are deserving should receive. Holding your sexuality sacred cultivates magnetism.

## **I'LL BE WHATEVER YOU NEED ME TO BE.**

Losing yourself in relationships or taking on your partner's interests just to keep them happy may lead to short-term connection, but ultimately leaves you feeling unseen. Authentic love begins with being your true self. Let your uniqueness shine. It's what will draw in someone truly aligned.

## **BROKENHEARTED**

After losing a spouse or experiencing profound heartbreak, dating again can feel overwhelming. But love isn't about replacing what was lost. It's about creating space for something new. Honor the love you had and know that you can hold your grief and still be open to new joy.

## **I CAN'T SETTLE DOWN**

If you're always looking for something more or feel a persistent sense of emptiness, it may be time to examine what's driving your restlessness. True fulfillment starts within. Find your center, and relationships will become a complement, not a distraction.

### **TYPE A**

Treating dating like a game to be won or a goal to be achieved may lead to short-term satisfaction but prevents you from experiencing the depth and vulnerability that real love requires. Love isn't a checklist—it's a journey of surrender and soul.

# Releasing the Past

You can't attract the love you desire while holding onto the pain and limiting beliefs of your past. Releasing old patterns, toxic relationships, and harmful messaging is critical to opening yourself to love.

## **LETTING GO OF LIMITING BELIEFS:**

Many women carry damaging societal messages about love and sexuality, beliefs like "love is hard work," "older women aren't sexy," or "men don't want to commit." These aren't just outdated ideas, they're energetic blockages. If you walk into a date already bracing for disappointment, that energy leads the way. Start by identifying the beliefs you inherited or internalized that no longer serve you. Then rewrite them. "Love is joyful." "My age makes me more radiant and magnetic." "Emotionally available partners are everywhere." Turn old stories into affirmations of your worth, beauty, and readiness. Say them out loud. Write them on your mirror. Let them rewire your brain and reshape your love field.

## **HEALING FAMILY PROGRAMMING:**

Some of the deepest blocks to love don't come from exes or pop culture, they come from our families. Messages like "you're too much," "you're hard to love," or "you have to earn affection" may have been spoken outright or absorbed through actions and dynamics. These early imprints often replay in adult relationships, showing up as self-sabotage, fear of intimacy, or chronic overgiving. Start noticing when your inner child is running the show. What does she need to feel safe, seen, and loved? Begin tending to her with tenderness. Write letters to her. Speak to her kindly. Choose partners who honor her, not retraumatize her. This is the soul work of reparenting, and it opens the heart in powerful ways.

## **BECOMING EMOTIONALLY INTELLIGENT:**

Love without emotional intelligence is like trying to sail a ship without a compass. Emotional intelligence is your ability to recognize, name, and manage your feelings, especially when triggered. It means noticing when you're activated and pausing before reacting. It means understanding the roots of your emotional patterns, whether that's anxious attachment, avoidant distancing, or a tendency to collapse into self-blame. The more fluent you become in your own emotional landscape, the more clearly you can choose a partner who aligns with your highest self rather than one who fits an old trauma bond. Healing doesn't mean you'll never get triggered; it means you'll know what to do when you are.

## **ENDING TOXIC RELATIONSHIPS:**

Sometimes, it's not your ex who's keeping you stuck, it's your ongoing connection to people who diminish your light. Maybe it's a parent who constantly criticizes you, a friend who drains your energy, or a partner who keeps you small. Letting go of toxic relationships is not an act of cruelty, it's an act of self-respect. Begin to identify which relationships feel contractive instead of expansive. Do they support your growth, or guilt you for evolving? Do you leave them feeling more connected to yourself or more confused and depleted? Releasing these ties doesn't have to be dramatic, but it does have to be intentional. Bless and release what no longer resonates with the version of you who is calling in epic love.

# Recognizing the Stories that Don't Serve

The story you tell yourself about love shapes your reality. Rewriting that story is essential for creating the love you desire.

## **STOP BELIEVING THE STORIES YOU'VE ADOPTED FROM OTHERS.**

Whether it is family, society, or past partners, the stories you've been told about who you are and what you deserve in love aren't necessarily true. Maybe you were told you're "too much" or "too picky," or that you should just "settle down already." Perhaps you absorbed messages like "you're hard to love," "you're too independent," or "all the good ones are taken." These narratives are not your truth. They are someone else's projection. You get to decide your truth now. You are the author of your love story, and it begins by rewriting the script. Ask yourself whose voice it is and whether you want to carry this belief into your next chapter. Choose to tell a story where you are worthy, radiant, and already enough, because you are.

## **UNDERSTAND YOUR GIFTS AND SHADOWS.**

Every strength you have comes with a shadow. Your compassion may sometimes lead you to overextend. Your independence might make it harder to receive. Being assertive can protect your heart but may also build walls. This is not about shaming your shadow. It is about understanding it. Wholeness is found in holding both light and dark with love. When you know your patterns; what drives you, what scares you, what pulls you into old dynamics, you gain choice. You stop unconsciously reenacting the past and start creating from the present. Shadow work is not about fixing yourself. It is about seeing yourself clearly and loving yourself more, not less, because of it.

## **UNCOVER YOUR TREASURE CHEST.**

Deep inside you is a collection of truths, desires, values, and dreams—your inner treasure chest. When was the last time you opened it? What do you truly believe about yourself? What do you want in a partner beyond the superficial checklist? Do you want deep conversation, shared values, a travel companion, a co-creator of your dreams? Write it down. Be specific. Now explore ways to enrich your life on your own terms. Take that art class, plan the solo trip, sign up for something that lights you up. These treasures—your passions, your self-worth, your sense of joy—become your vibrational signature. You don't need someone to complete you. You're already whole. Love is about complementing each other, not filling a void.

## **MAKE SPACE FOR NEW PATTERNS.**

When you begin to recognize your worth, everything around you begins to shift. You stop entertaining people who don't honor your time or energy. You stop chasing unavailable partners or shrinking to make someone else feel more comfortable. Self-love becomes your new baseline, and from that place, only aligned connections can reach you. This is where the magic begins, not because you've changed who you are, but because you've finally claimed all of who you are. New patterns take root when you act in alignment with your truth over and over again. The more you choose yourself, the more your outer world begins to reflect that choice. You make space not just for love, but for the right kind of love.

# Finding Your Authentic Sexual Desires

Your sexual energy is your creative force. When you connect with it, you unlock not only pleasure but also confidence, self-awareness, and magnetism.

## **GET IN TOUCH WITH YOUR BODY.**

Your body is not a problem to be fixed. It is a sacred vessel for pleasure, intuition, and life force. Learning to love and accept your body exactly as it is can be one of the most healing practices on your journey to intimacy. This is not about achieving a certain look or size—it's about inhabiting your body with presence and reverence. Practices like mindful self-pleasure, dance, breathwork, or even simply placing your hand on your heart or womb and breathing deeply can help you drop into yourself. Wearing beautiful lingerie or soft, sensual fabrics, even if no one else sees, reminds your body that it is worthy of adornment and attention. Pleasure is not a reward. It is your birthright. Start treating it as such.

## **STOP PERFORMING SEXUALITY.**

So many of us learned early on to treat sex like a performance—to focus on how we look, whether we're "doing it right," or if we're pleasing our partner. But true sexual connection does not live in performance. It lives in presence. When you shift your focus from being watched to being felt, something miraculous happens. You return to yourself. You begin to notice your breath, your heartbeat, your sensations. You stop outsourcing your turn-on and begin reclaiming it as your own. This is the sacred work of sexual sovereignty. Your sexuality is not a role you play. It is a language your body speaks when you let it. When you stop performing and start listening, you create space for authentic, soul-level connection.

## **DISCOVER HIDDEN DESIRES.**

Desire is one of the most powerful forces you possess. And yet, so many women are disconnected from what they truly want. Exploring fantasies, curiosities, kinks, or even taboo longings is not shameful—it is a way of getting to know yourself more deeply. Your desires are not random. They are clues. They point to what brings you alive, what heals you, and what helps you feel most like yourself. You do not have to act on every fantasy to honor it. You simply have to get curious. Ask yourself what you long for in the bedroom and beyond. Journal about it, share it with a trusted partner, or bring it into your self-pleasure practice. Curiosity is your compass. Follow it with gentleness and courage. Where it leads is almost always closer to your truth.

# The Gift of Heartbreak

Heartbreak is one of life's greatest teachers. Instead of running from the pain, lean into it and ask:

Heartbreak is one of life's greatest teachers. Instead of running from the pain, lean into it and reflect with radical honesty and compassion. These three questions can transform your loss into powerful growth:

## **WHAT DID THIS RELATIONSHIP TEACH ME ABOUT MYSELF?**

Every relationship is a mirror. Even the painful ones show us something valuable; where we've grown, where we've compromised too much, or where our deepest needs are not being met. Maybe you learned that you tend to ignore red flags because you want to believe in someone's potential. Or perhaps you realized you're stronger than you thought, capable of loving deeply and surviving loss. Look at the patterns. Were you always caretaking? Did you speak your truth? Did you stay too long out of fear or attachment? This isn't about blame, it's about seeing yourself clearly so you can love more wisely moving forward.

## **HOW DID THIS EXPERIENCE PREPARE ME FOR THE LOVE I DESIRE?**

Even the worst heartbreak can be a steppingstone toward something more aligned. Maybe this relationship showed you what you absolutely won't tolerate again, or it helped you get clear about your core values in partnership. Perhaps it cracked you open in a way that made you more emotionally available, more awake, more committed to never abandoning yourself again. The relationship may not have lasted, but the lessons will, and they've shaped you into someone who is even more ready to receive the love you truly want.

## WHAT PARTS OF MYSELF NEED HEALING SO I CAN SHOW UP FULLY IN MY NEXT RELATIONSHIP?

Unprocessed pain has a sneaky way of showing up as defensiveness, distrust, or detachment. If you want a conscious, connected relationship, you have to bring your whole self to it; your heart, your body, your voice, your truth. Ask yourself: Are there places where I still feel guarded? Do I need to rebuild trust in myself? Am I afraid to be seen or fear being abandoned? These are the tender places that need your attention and care. Healing them doesn't mean being "perfect" it means being present and committed to doing the work, even when it's uncomfortable. Pain can be alchemized into wisdom, making you stronger and more ready for true love. Healing doesn't mean erasing the past—it means integrating it.

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# Dating with a Plan

Love requires intention and alignment.

## **SET RELATIONSHIP GOALS.**

What does love truly look like for you at this point in your life? Is it a life partner to share your days with, a romantic companion for adventure and growth, or someone who expands your soul in unexpected ways? Getting honest about your desires allows you to move through the dating world with clarity instead of confusion. Clarity creates confidence. It lets the universe—and potential partners—know exactly what you are calling in. This is not about rigidly scripting your future. It's about tuning in to your heart's frequency and declaring your truth. You deserve to name your desires out loud.

## **DEFINE YOUR DEAL-BREAKERS.**

Boundaries are not walls. They are the healthy edges that keep your soul safe. Knowing your non-negotiables in love is one of the most empowering steps you can take. Maybe you need emotional availability, spiritual alignment, or shared life goals. Maybe there are certain behaviors or lifestyles you know are not a fit for you. Write them down. Be clear. And then practice upholding those standards with grace and compassion. Keep the list short and realistic, focusing on what deeply matters. When you hold your standards with conviction, you send a signal to the world that your heart is sacred ground. Boundaries are a form of self-care.

## MANIFEST OPPORTUNITIES FOR LOVE.

When you align your energy with your desire for love, you become magnetic. Sex Magic is one powerful way to do this. It's not just about sexuality. It's about harnessing your life force energy to activate your intentions. Through practices like visualization, sacred self-pleasure, intention-setting rituals, and conscious embodiment, you begin to live as if your desire is already on its way. You shift from hoping to knowing. And in that energy of trust, love flows more easily toward you. Manifestation isn't about control. It's about co-creation. When you live in alignment with your truth, love becomes inevitable.

# Dating Secrets

Once you've done the inner work, it's time to take practical steps to put yourself out there and attract love in a way that feels aligned and authentic.

## **WRITE AN IRRESISTIBLE ONLINE DATING PROFILE.**

Your profile is not your résumé. It's your energetic invitation. Instead of listing demands or rattling off achievements, focus on your values, passions, quirks, and what lights you up. Are you someone who lights candles every night for dinner? Do you laugh at your own jokes or cry during dog food commercials? Include it. When you show up as your full self, the people who resonate with your frequency will naturally be drawn to you. Be sincere, not strategic. Let your personality shine through and the right matches will recognize you by your energy.

## **TURN ON YOUR "PORCH LIGHT."**

Think about the warm glow of a home that welcomes you in. That's what your energy should radiate. In everyday moments like walking through the grocery store, ordering coffee, or taking a yoga class, carry yourself with grounded openness. Smile from your heart, make eye contact, walk like you know you belong. These small shifts in body language and energy make a huge difference. They communicate confidence and receptivity without a single word. People feel what you emit. Let your light say, "I'm open to connection."

## **LEARN THE ART OF FLIRTING.**

Flirting is not manipulation. It's mindfulness. It's the art of being fully present and alive to the moment. When you flirt with life, you flirt with possibility. This might look like playfully teasing, giving a genuine compliment, or simply making someone feel seen. It's less about seduction and more about soulful curiosity. What's interesting about this person? What can I appreciate about them right now? Let flirting be an extension of your joy, not a performance. Connection thrives in playfulness.

## **MASTER FIRST-DATE CONVERSATIONS.**

First dates are not auditions. They're opportunities to explore compatibility, chemistry, and resonance. Instead of trying to impress, focus on being curious. Ask open-ended questions that invite depth. What lights you up? What are you passionate about these days? Share small pieces of your story too. Vulnerability invites vulnerability. And remember, you're not just being evaluated. You're evaluating too. Approach the conversation like you're interviewing the universe for a co-star in your love story.

## **BUILD CONFIDENCE BEFORE A DATE.**

Confidence doesn't mean having zero nerves. It means you trust yourself enough to show up anyway. Before a date, ground your energy. Take a few deep breaths. Place your hand on your heart. Repeat a mantra like "I am enough." Visualize the evening going well, not in a forced or controlling way but as an energetic preview of connection. Wear something that makes you feel powerful and beautiful. Your presence is your power and your nervousness is just excitement in disguise. Meet it with grace.

## **NAVIGATE DIFFICULT CONVERSATIONS.**

Real intimacy requires real talk. If topics like STDs, past relationships, or personal boundaries come up, face them with honesty and compassion. The right partner will appreciate your courage and respect your clarity. You are not too much for someone who is emotionally mature. These conversations, when held with integrity, deepen connection and build trust. Don't wait for the perfect moment. Create a safe moment. Honesty is an act of love.

## **NAVIGATE DIFFICULT CONVERSATIONS.**

Dating in the modern world can come with its fair share of ghosting, breadcrumbing, or letdowns. But none of those things define your worth. Reframe rejection as redirection. Each “no” gets you closer to a truer “yes.” Allow yourself to feel the sting but don’t make it mean anything about your value. Reflect, recalibrate, and re-enter the field wiser and more aligned. Love is a journey, not a transaction. Trust that every step is guiding you toward what your soul truly desires.

# Transformational Exercises for Self-Discovery and Magnetism

Love begins with how you treat yourself, so incorporating powerful rituals and exercises into your life can help you cultivate a deeper relationship with yourself, align your energy, and open the door to love.

## **YONI EGG CEREMONY.**

A sacred practice to reconnect with your body and awaken your feminine energy. Using a yoni egg with intention invites presence, healing, and self-love into your womb space. It strengthens pelvic floor muscles, enhances sensitivity, and connects you with your creative center. You can choose a kind of egg that speaks to your desires (rose quartz for heart opening, clear quartz for increasing energy, obsidian for grounding and protection, etc.). Take time before the practice to set an intention. Slowly massage the vulva to stimulate the area and warm the egg to body temperature. Take a few deep breaths and slowly insert the egg, large-end first making sure the string is easily accessible. Once the egg is fully inside and sitting at a comfortable depth, your body will work to keep it in place. This isn't about performance or productivity—it's about sacred embodiment.

## **ANGER RELEASE RITUAL.**

Unprocessed anger often clogs our emotional channels and dims our magnetism. Use safe and empowering methods to release resentment or rage tied to past relationships. Try beating a bunch of pillows with a bat, screaming out the window on the freeway, breaking old plates in a safe space, dancing it out, or writing a no-holds-barred letter you never send. Follow it with deep breathing and/or a bath to soothe your nervous system. When you release anger intentionally, you create room for more joy, clarity, and emotional freedom.

## **PELVIC FLOOR THERAPY.**

So much of our trauma and disconnection from pleasure lives in the pelvis. Pelvic floor therapy can help you restore a strong and loving relationship with this sacred part of your body. Working with a trained professional or practicing guided breathwork and gentle exercises can support healing from trauma, birth, or disuse. Your root is your foundation. When it is clear, strong, and supported, your entire energetic system can rise more powerfully.

## **TRANSFORM YOUR BEDROOM.**

Your bedroom should feel like a love letter to your future relationship. Clear clutter that represents the past. Add sensual textures like silk or velvet, warm lighting, and imagery that evokes love and connection. Place symbols of love and beauty where you'll see them often—rose quartz, paired candles, fresh flowers, a photo of yourself beaming with joy. Make your bed with care. Let your room hold the vibration of the love you are calling in. Your environment mirrors your intentions.

## **EARTHING OR NATURE CONNECTION.**

There is nothing more grounding than the Earth itself. Spend time barefoot in nature—on grass, sand, soil, or stone. Let your body recalibrate to its natural rhythm by slowing down, breathing fresh air, and receiving the Earth's magnetic energy. Let the wind cleanse your thoughts and the sun kiss your skin. Nature reminds you of your belonging and restores your vitality. Let the Earth hold you when you feel uncertain or disconnected.

## **MASTURBATION MEDITATION.**

This practice blends self-pleasure with focused intention. Before beginning, get clear on what you are calling in. Visualize it in detail. As you begin to stimulate yourself, stay present in your body. Breathe deeply, keeping your desire in your mind and heart. When you reach climax, release your intention into the universe with gratitude and trust. Your pleasure is powerful—it is a prayer, an energetic offering, and a magnetic force of manifestation.

## **CREATE AN ALTAR FOR LOVE.**

Designate a space in your home as a sacred altar to honor your journey and intentions. Fill it with objects that symbolize love, sensuality, and divine connection—crystals, candles, photographs, poems, feathers, sacred oils, or anything meaningful to you. Visit your altar often. Speak your affirmations, leave notes of intention, or sit quietly in reflection. An altar becomes a physical anchor for your energy and a daily reminder that you are co-creating your love story.

## **SOLO TRAVEL OR GIRLFRIEND GETAWAYS.**

Stepping away from routine and into a new space can shift your perspective and recharge your spirit. Whether it's a weekend away alone or an adventure with girlfriends, allow this time to be about exploration and self-discovery. Reflect on what brings you alive. Try something that scares you a little. Travel opens your heart, deepens your self-trust, and reminds you that you are never too old or too late to fall in love—with yourself and with life.

## **ENERGY CLEARING WITH SAGE.**

Your physical space holds emotional residue. Smudging your home or body with sage or palo santo is a powerful way to release stagnant or old energy. As you do it, speak aloud your intention to clear out what no longer serves and invite in what you desire. Open windows. Let the air shift. Let the smoke carry away the old. When you clear your space, you signal to the universe that you're ready to receive something new.

# The Conscious Woman's Path to Love

Love isn't about luck or settling, it's about doing the inner work, aligning your energy, and stepping into the world as your most authentic, radiant self. The practices in Sex Magic are designed to help you connect with your body, release what no longer serves you, and harness your sexual energy to magnetize the love you desire.

Whether you're redefining what love means after heartbreak, seeking connection later in life, or ready to embrace your sensuality fully, the tools and rituals in this guide can transform your relationship with yourself and open the door to love.

Your next step? Start with **Sex Magic**.  
Pre-order your copy today and learn how  
to align your mind, body, and spirit to  
create a love-filled, magnetic life.

Visit

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