

The Lover's Path



Why It Feels Like The Right Man For You Doesn't Exist

And how to uncover the hidden pattern
keeping love elusive - so you can finally
receive it.

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Hi, Leigha here...

For well over a decade, I've been teaching women how to recognize a healthy man so they can finally experience the kind of love they knew was possible. Even though the women who find me are powerful, ambitious, self-aware, and intuitive - and they know what to look for - they still get hooked on men who could never be what they need. There is always a gap between what they deeply want and who they keep finding themselves drawn to.

On a logical level, most women know how to recognize the actions of a healthy man. If you're reading this, you have most likely been doing inner work for years and have invested in multiple programs about attraction and feminine energy. What I came to realize, though, is that even the most self-aware, emotionally intelligent women - the ones who understand how to stay magnetic and not slip into behaviors that push a man away - still find themselves drawn to the wrong men. This isn't a mindset issue or about needing more healing. The real issue is that their nervous system is still tuned to unavailable men.

Their attraction unconsciously pulls them toward fantasy and hope instead of reality - toward Surfers (wounded feminine) and Seducers (wounded masculine) instead of Sailors (healthy masculine).

Your nervous system tunes you into fantasy (potential) and hope (which keeps you holding on in case potential becomes real) because that's what's familiar - not what's healthy.

If uncertainty, disappointment, emotional unavailability, not being truly seen, walking on egg shells, having to "read the room," or having to anticipate someone else's anger was what you grew up around, your body learned that predictable tension was safer than real love, tenderness and connection - simply because this kind of love is *unfamiliar*.

Or maybe you grew up in a seemingly calm, happy home where no one fought and everything seemed "fine." Most likely one parent led while the other followed, and there was an unspoken hierarchy to be maintained. So you might have internalized that safety comes from how well you can "go with the flow."

This pattern is often reinforced in modern teachings about masculine and feminine energy. *I see this playing out all of the time.* While it brings awareness to your personal energy and patterns (which is a good thing!), I've seen too many women unconsciously using those teachings to manage or compensate for a man who can never be the type of man they truly desire.

So even though your mind says you want a healthy man, your body feels “chemistry” and “connection” with the ones who aren't capable of being a healthy relationship partner - and it feels “nothing” with men who can because that kind of steadiness and peace without *managing* is unfamiliar.

When something is unfamiliar to the body, it reads it as “unsafe,” or it doesn't register it at all, or it reads it as slightly threatening. This is why no amount of inner work, information, or healing has “manifested” the right man - your body is still wired to feel chemistry with what's familiar, not what's healthy.

This is why women completely dismiss the Sailor (the healthy man). It's not because he doesn't exist (*many of my clients have met their Sailor*). It's because when your nervous system is unfamiliar with safe, healthy love, the right man doesn't feel right - or he's completely invisible.

You've probably noticed that manifesting a parking spot, a free coffee, a concert ticket, or a “little opportunity” can feel effortless. It's because your nervous system doesn't see those things as threatening.

These small things don't carry very much energetic charge so they don't activate your nervous system. There's no fear of losing them, no attachment, no history of pain and disappointment, there's no part of you on high alert - so the nervous system doesn't get activated. Your body stays open and relaxed, so they arrive “out of the blue” with seemingly no effort.

However, when it comes to what you deeply desire - whether it's love, business success, financial abundance, optimum health, etc. - everything changes. The more you desire something, the more it activates your nervous system. Your deepest desires touch your deepest fears.

The very thing you want most is usually what is the most unfamiliar to your nervous system - which means it also feels like the biggest threat to your sense safety. So instead of being open and relaxed enough to receive it, your body braces and protects you from it because it doesn't feel safe.

This is where the Lover comes in. She teaches the body that true safety lives in being relaxed and open.

Every woman has three nervous system archetypes within her: the Little Girl, the Lioness, and the Lover.

The Little Girl - gets pulled out of the body toward fantasy and hope.

The Lioness - braces against disappointment and anticipates what could go wrong.

The Lover - the part of you that's grounded, safe, and receptive is the one who can actually receive what you've been asking for all along.

The Little Girl and Lioness are states of contraction, while the Lover is a state of expansion.

It's your deepest desires that activate your nervous system, and that's why the Little Girl or the Lioness takes over, trying to protect you from what feels unfamiliar. And that's when it feels like there's an invisible wall between you and what you want most.

This wall distorts your perception. It keeps you inside a narrow tunnel where what feels familiar feels "right" and what's new feels threatening. When you're not aware of the tunnel, you don't realize it's deciding what you're allowed to see.

You might notice this in other areas of your life that don't hold the same energetic charge. It's when you have a business idea that feels exciting, but you start talking yourself out of it. It's when money finally starts flowing in, and then somehow, your expenses go up the exact same amount. It's when you start a new habit of working out, eating healthy, or working on something and something suddenly pulls you off track.

That's the tunnel doing its thing. It pulls you back in and toward what's familiar the moment you start expanding beyond it. These moments are thresholds...you can literally feel the expansion and almost immediate contraction (the instinct to pull back) as soon as you begin moving in that direction and gaining momentum. The stronger the desire, the more energetic charge it carries, the more it activates the nervous system, the more convincing the tunnel feels. Especially if pain was connected to that desire in the past.

In dating, this “expansion to contraction” looks like the Little Girl getting pulled toward what’s familiar (hello - emotional unavailability!) and the Lioness bracing against what’s different (deciding that healthy men are not attractive, boring, too easy, or there’s “no spark”). These patterns run deep and live in your wiring which is why they are so innate. They’re born from the tunnel itself, the distortion of safety that makes the wrong man seem attractive.

In dating, the Lover does something entirely different. She moves beyond the tunnel of distortion by breathing, being present, grounding into herself, and staying calm and open. She stays open long enough for the unfamiliar sensations of safety and ease to begin to feel natural.

From this place, she can actually see the healthy man (the one who’s calm, consistent, and emotionally available) and her body begins to feel attraction where in the past she might have felt nothing. That’s when the invisible wall dissolves and she truly opens herself up to receive.

The more comfortable a woman is in the Lover’s frequency, dating and dating apps start to feel completely different. When the Lover is in charge of your choices, you don’t have to force yourself to do the “right” strategy. The next right actions reveal themselves through alignment. (Think of the Lover’s path as alive and breathing, it’s never empty.) What once felt difficult to do, now feels easy.

The right men stand out without effort. Men (and life) start to reflect your stability and openness. Relationships deepen because you’re available for them and you’re not managing situations or shrinking to keep yourself safe - you’re just being. This is where the right dating strategy naturally reveals itself and leads to more expansion because it’s no longer strategy - it’s the way you live your life.

Beyond The Tunnel Of Distortion

There's a step-by-step path through the tunnel of distortion - a path that allows you to see men and life clearly. Once you understand what's actually happening in your body, you can stop the push-pull pattern between expansion and contraction whenever you're trying to move beyond what's familiar. That's where the Lover's Path begins - the four steps that recalibrate your nervous system to feel safe receiving what you've always known was meant for you but has always felt elusive.

Step 1. Presence - brings you back to yourself. (It interrupts the autopilot patterns of survival.)

Step 2. Anchoring - grounds you into your body and shows your nervous system that you're safe. (Safety is a sensation in your body and anchoring allows you to deepen into the felt sense of safety in your body.)

Step 3. Holding the field - creates coherence in and around your body so you can stay open long enough for what you want to finally arrive. (Coherence is when your energy, emotions, and your body work together instead of against one another.)

Step 4. Receiving - (staying open) this is where safety and expansion grow so you can hold more.

Most women stop at steps one and two. They learn to be present and grounded...but they never stay open long enough because they get caught in the "expansion - contraction" loop so they're not able to create coherence or truly receive.

That's why everything feels like it makes sense in theory but doesn't actually translate to your real life. You understand it on a logical level but it hasn't become your lived truth. It's not embodied - and that's where the real work begins.

Every time you catch yourself toggling between the Little Girl and the Lioness (in the loop of expansion and contraction) - shift back into the Lover. When you do this you're not only increasing your self-awareness and making better choices - you're retraining your nervous system that it's safe to receive.

This is why understanding the archetypes is so important. This is where the Lover lives...inside the moments when you instinctively want to contract, shut down or brace and instead you stay open, you expand - and this is when you finally receive what's been waiting for you all along. (*This is embodied coherence.*)

Until you understand how the archetypes are running your choices, healthy love will feel just out of reach.

The Archetypes In Action

The archetypes show you which part of you is running the show every moment of your life, and they give you the awareness you need to shift back into the Lover. Here's how each archetype moves through your body and influences how you experience love (and life).

Many ambitious, successful women default to the Little Girl archetype when it comes to men. The Little Girl doesn't live in the present moment in her body, she floats outside and above it, in the world of potential.

Potential is addicting and intoxicating because it's safe. She can work on him, she can work on herself and the relationship. Living in the space between what is and what could be, she can stay hopeful, busy and in control, it's all the things she's really good at. Eventually she'll collapse under the weight of holding it all together by herself - the fantasy of what could be, her own hope, the actual relationship, and her own dysregulation.

Collapsing happens when the fantasy is no longer enough to sustain her. While collapsing is another form of "protection" from more disappointment - it also keeps you in the loop of leaving the body, hoping, searching, analyzing, manifesting, and working on yourself. You never get to integrate the lesson - *the lesson is to never leave your body*.

You want to start becoming aware of the exact moment you begin to get pulled into fantasy (out of your body). It doesn't just happen with men - pay attention to how you feel when marketing speaks to the fantasy, or when you feel a sense of urgency to take action due to fear of missing out. The same nervous system pattern is running: fantasy, hope, control, collapse. This is about your own body trying to feel safe in the unknown. Practice making decisions from a place of peace and calmness so you can eliminate the inevitable collapse.

The Little Girl (Wounded Feminine):

- Stays above the body, ungrounded. Lives in fantasy, hope and overwhelm (collapsing).
- Experiences high highs and low lows.
- Gives the wrong men too many chances - mistakes chemistry for connection (gets pulled out of her body by fantasy and future thinking).
- Hopes he'll change if she can just show him enough love/be more in her feminine energy.
- Is terrified of letting a potentially good man go - so she lowers her standards.

When the Lioness archetype is running the show, she doesn't give any man a real chance. She pushes away men who could be good for her because fear of the unknown disguises itself as protection and vigilance. She lives outside (ahead) of the body by "bracing" and staying "a step ahead." Always anticipating what could go wrong, trying to avoid disappointment and being blindsided. This constant tension keeps her closed off and unavailable for the very things she desires most.

So even when a healthy man is standing right in front of her, because she's not present and grounded in the body (either in Little Girl or Lioness), she can't feel him as "the one." She must learn to stay in the Lover to receive her desires and not accidentally block them.

The Lioness (Wounded Masculine):

- Stays ahead of the body bracing and anticipating what could go wrong before it ever does.
- Doesn't give any man a real chance (but thinks she is).
- Amplifies the imperfections in men to justify pushing them away.
- Chooses men who aren't on her level because it feels safer to be in control.
- Underneath, the Little Girl is still secretly running the show - afraid of being hurt, but the Lioness braces for disappointment and overrides that fear with control.

The Lover (Integrated/Embodied Feminine):

- Grounded, open, and anchored fully in her body. (This is where intuition and discernment come from.)
- Knows and feels the difference between a healthy, imperfect man and a man who's not capable of meeting her.
- Doesn't turn in (collapse) on herself and ask, "Am I the problem? Is it me?" when a man isn't showing up as a healthy man, or life is challenging.
- Holds her own magnetic field long enough for the right man and opportunities to reach her.
- Trusts when something feels off - even if she can't put her finger on it.
- Instantly feels turned off by an unhealthy behaviors or anything that pulls her out of her body.
- Lets her desires come to her, rather than collapsing or overriding the body.

Understanding these archetypes reveals the pattern behind every choice you've ever made in love (and life) - and it shows you the way back to the Lover.

The Little Girl and Lioness keep you in patterns that keep your deepest desires just out of reach. Only the Lover opens you up to receive the life you were meant to live.

Once you're consistently in the Lover frequency, your nervous system stops pulling you toward what's familiar (men who are unavailable, situations that drain you) and starts letting you recognize what's actually safe and aligned. This is when love stops feeling elusive, you stop overriding red flags, and you stop hoping someone will change. Instead, you simply feel the difference in your body between a man who's capable and ready and man who isn't - and you trust yourself enough to act on it.

Journaling Prompt

Which archetype is most familiar to you? Can you recognize your most prominent "expansion - contraction" pattern when it comes to dating and relationships? (Ex. You start online dating only to quickly get off again.) What about money? What about business and career? Who's consistently running the show? Are you bracing? Are you stuck in overwhelm? It's normal to toggle between these two in the areas that matter most to you. Now you know why.

Start tuning in every day and become aware of how the Little Girl and Lioness tries to take over. Becoming aware brings you back to presence. Anchoring grounds you into yourself. Holding the field keeps you open long enough for your desires to reach you. This is when life begins to respond to your embodied coherence - your new, elevated, yet grounded frequency. This is the Lover's Path.

Now that you can see how the feminine “nervous system” archetypes have been influencing your choices when it comes to love, the real work begins: learning how to live from the Lover.

Learning about the 3 feminine archetypes isn’t enough. You need to see yourself in them. You need to feel what it’s like when the Little Girl takes over and wants to pull you out of the body, or when the Lioness is in control and assumes all men are incapable, and then experience what happens when you shift back into the Lover. The good news is that life gives you these opportunities every day.

And it’s not just about the feminine archetypes. There are 3 masculine archetypes that you’ll encounter out in the world, and you’ll see exactly how each one activates you or soothes your nervous system. And this is where everything becomes crystal clear.

This is the work I guide you through inside my course *Legendary Love*. It’s the most direct path to recognizing and receiving the man who was meant for you.

Love, Leigha

If you’re ready to bring this from awareness into embodiment, you can purchase the **Legendary Love Course for 50% off with the code LOVER50** at checkout.

This is your invitation to fast track your love life by learning how to recognize a healthy man in three dates or less - while staying anchored in your Lover frequency. Many of my clients have met their match in a surprisingly short amount of time because when a woman remembers that safety lives in her body, she becomes the strongest frequency in the room.

LEARN MORE ABOUT LEGENDARY LOVE HERE