

Episode One - Healing to Attract High-Value Men

Hey, love. Welcome to Christian ish. This is the podcast for women who have Bibles but lack boundaries. My name is Keshia Rice. I am a dating coach and hypnotherapist, and I thought to end 2024, we were going to do something different by giving you something that very few women have heard before. So a little while ago I did a special training called Heart and it was all about how to attract a high value man. Now this training was done for a very small niche group and I recently got permission to share it more widely. And I think that as we end this year, it would be great to give you a chance to listen to this training, uh, hear all of the things that it requires to attract a man who truly loves you, cherishes you, and takes care of you. I hope that by listening to these trainings, and it is five days because each day spells out one of the letters in heart. Um, I hope that by listening to these, this will help you make your love list, um, as you end this year, so that you can prepare to attract the love that you want to have in the new year. So we are going to end this year with five days of this heart training, and these are going out the week of Christmas. Um, Christian ish will not be airing for the last week of 2024 because I will be on vacation, but I will see you guys in 2025. So enjoy the training. Love you so much.

Let me know if this sounds familiar. You are an ambitious woman who has done most of the things on the Alpha Woman checklist. You know, so you have your family, you have great friends, you enjoy your social life, and you've gotten the degree, you have a great career, you're climbing up the ladder, or maybe you've started a business and you're rocking that, but there's just one box on that list that is still unchecked and that is a love. And you're not just looking for a boyfriend or just any partner who you can cuddle up with at night. You are looking for a true purpose partner. You are looking for someone who can help you, you know, ascend higher into the purpose that you feel has been placed into your life. You are looking for someone who is supportive, who sees your ambition and isn't intimidated by it, who sees your ambition and is motivated to do even more.

You're looking for someone who respects the work that you put into the relationship and that you give, and someone who wants to reciprocate that by cherishing you and protecting you and providing for you. If that is you, you are in the right place because in the next few videos we are gonna talk all about how to attract a high value man. So if this is your first time watching me, my name is Keisha Rice. I am a dating coach for ambitious Women of Faith. So I help these women learn how to attract high value, purpose-driven partners and how to do that without compromising their values, their identity, or their sanity. And a lot of the women that I help have been in toxic relationships before, so I help women learn how to overcome those pasts and how to finally ditch dusty men once and for all.

So again, over the next five videos, we are gonna talk all about how to ditch the dusty and attract high volume in, and we're gonna do that through the heart method. So HEART is an acronym that I created for you, and it stands for Healing Expectations, rules and Tenacity. So in this first video, we are gonna talk all about that h healing. Now, before I get into that, I wanna be very clear on what it is that I mean by a high value partner, because I'm not just talking about someone who is like wealthy or rich, however you define rich. And I have no shade against women who do teach men <laugh>, women who do teach other women how to attract, you know, wealthy men. There's a whole movement for that. It's called hyper gamy if you wanna look

that up. But when I talk about high value men, I'm not talking just about money because yes, it is fundamentally important that the man that you marry is financially stable.

That is a foundation of relationship because if you plan on getting married, then you're looking at possibly having children. Even if you don't have children, you're looking at maybe living in a house or just maintaining your bills. You are a high achieving woman. So you live a certain type of lifestyle and you want someone who can keep up with that. So yes, financial stability is important. Also, when you're married, you know, finances get commingled. So if someone's financial life is a mess, you're gonna get dragged into that. But this goes beyond the money. When I say a high value partner, I am talking about someone who truly cherishes you. Um, I use the word cherished a lot. In fact, it's the name of my private coaching program, the Cherish Method. And when I say cherished, I mean someone who wants to be a provider, not just again, financially, but someone who is an emotional provider, someone that you can truly rest in, someone that you can be comfortable being vulnerable with, someone who makes you feel safe.

I am talking about someone who is comfortable with leading in a relationship and not forcing you to be the mother or the nag, not forcing you to make all the decisions, because let's face it, you make 50 million decisions in your career every single day. You don't wanna come home to that. And I am talking about someone who values your values. So the two of you share similar beliefs. This is why all of the women that I work with are spiritual. Um, faith is a very important part of my life, and I work with women who, for them, faith is an important part of theirs. So of course they want partners who also believe the same thing. So again, we're talking today about the H in heart. So that's healing. Now, when it comes to healing, I'm talking about healing from all relationships. I tell my private clients all the time that all relationships are related.

If you show me a woman who is struggling to find that purpose partner, who is, you know, still working through relationships, possibly still a lot of toxic relationships, dating the same type of man, but with a different face each time, then that woman likely also has issues in her family relationships or with her friends or with her coworkers. And you know, these issues are usually manifested into things like difficulties with setting boundaries or difficulties with trusting, um, difficulties with learning how to communicate properly and to tell people what your needs and your wants are. So it's important that you learn how to heal, um, for several reasons. One of those reasons is that going back to that idea of looking for money, when you are not healed, you look for the wrong kinds of value.

So a woman who is dealing with low self-esteem issues, or if you are the type of woman where you felt like you've always had to perform in order to please others, then you could have these tendencies to make status more important than it needs to be in a relationship. 'cause again, financially stable is important, but when you get to the point where that's the only thing that you're chasing, you're only chasing wealth and not looking at the other aspects of the man. Or if you're only chasing title. Um, I am a preacher starter. So growing up in church, I saw so many women chase after ministers, whether they were married or not, and coming from a family full of ministers, because look, it's not just my dad who's a preacher, my brother is. Um, I have aunts and uncles who are pastors. My great-grandparents were in ministry, so I know for a fact that most ministers are not rich.

So it wasn't, you know, a money thing, but it was a status thing. You know, there were so many women who wanted to be the first lady of the church, and they would stop at nothing to get to that point. So if you're chasing wealth, if you're chasing status, if the status that you're chasing is simply marriage, simply having the ring, then what will happen is if you haven't properly healed from your past relationships, you find yourself chasing these types of values rather than the values that you should be chasing, which is healthy, sustainable love in which you feel safe, in which you feel comfortable, and in which you feel like you are in an environment that supports your growth. You know, you also end up overgiving your value when you aren't healed old. So I see this so often, and this is something that I personally struggled with as well, to be honest, is that I would get into relationships where I constantly thought that I had to do all of these things to be worthy of the man.

So, you know, letting a guy borrow money or feeling like I had to cook, or had to clean or had to agree with all the things that he said, or had to dumb myself down so that he didn't feel as intimidated, you know, because I did not recognize my worth, because there were a lot of self-esteem issues that I hadn't personally healed from. I was constantly overgiving. So of course, men were taking advantage of that. Um, you know, you can talk about, you know, blaming other people for their faults. And don't get me wrong, some of the men that I dated in my past were seriously toxic. But at the end of the day, if the common denominator is you, then you can't worry about what other people are doing is focusing on your own healing. That becomes vitally important.

And you know, if you aren't healed from past relationships, whether those be with past boyfriends or with your parents or with siblings, then you find yourself in these positions of creating things that look like love but aren't necessarily love. So you end up in codependent situations, or you, as I mentioned before, it changes you, you know, your love and kindness and heart for status, but not for a person's real presence. And also, you know, if you have not healed from your past relationships, desperate energy repels. So one of the things I get asked very often is, why is it that men approach me, but the type of men who approach me aren't high quality men? And it's in the energy that you give off. Because if you are giving off an energy that is desperate and that someone can take advantage of, then, then men who want to take advantage of you are gonna be attracted to that. A man who is healthy and who is healed does not want to be in that situation, so that energy repels him.

So it is important that you learn to let go of these past relationships and not try to fix them in another person. Hurt people will always hurt people. So if you haven't healed, you'll go into relationships where you end up bleeding on people who never cut you. You will end up hurting people who want to help you. So even when you do find a high value partner, you'll end up sabotaging that relationship. And also people who are unhealed tend to settle, because if you aren't clear on the fact that you are worthy of healthy love, then you will take what you can get. I was just watching a video from a young woman recently who was talking about how she never could have imagined that she would be in the healthy loving marriage that she's in right now because she grew up in a family environment that was so toxic that she used to pray to God.

You know, I just want a man who doesn't do drugs, and who has a steady job, you know, love. Those types of things are the bare minimum. And when you are in an environment where you've been hurt a lot or where you're surrounded by low expectations, or you're surrounded by people

who also haven't healed, then you start to normalize that dysfunction. So it is so important that before you go out into the dating role, have healed yourself. Because if you are unhealed, you will give out desperate energy that repels those high value men and attracts the dusty, the ones who are gonna take advantage of you. If you are not healed, you will chase the wrong types of value and the wrong types of love in a relationship. And if you are not healed, then you are more primed to settle. So how is it that you heal from these relationships?

The first step is awareness. So if you never taken a quiz on what your attachment style is, I highly recommend that you do that. Um, that will give you a lot of great insight into the way that you bonded with your parents and how that affects your relationships. Now, um, there are four types of attachment styles and they have so much insight into how we behave and also into who we attract. Um, also I want you to consider some journaling prompts for you right now. So how are you like your parents? So when it comes to loving, when it comes to the way that you treat others, what qualities in yourself remind you of your parents? Also, another question, what did you need from your parents growing up that you feel that you did not receive? How do you find yourself looking for those traits in relationships now, relationships now, and also look at your past relationships, make a list of your past boyfriends.

What patterns do you see in the types of men that you've dated and attracted? What do they have in common and what patterns did you see in how you behaved in those relationships? You know, a huge thing that I had to heal from was money. I grew up in a family where I grew up in a two-parent home. My parents have been married for nearly four decades now. So <laugh>, you know, we were stable in that sense, but my parents worked very hard because they both grew up lower class and they wanted their kids to have better. So because they worked very long hours, you know, my dad came home and he would always just be so tired. He had worked really, really long days and, you know, we would always get into these discussions where as a little child, you know, I was six, seven years old, I didn't know any better.

I would go to him and I'd ask him to play with me, and he would just be like, I'm so tired. I, I can't right now. I just, I just wanna lie down. Um, and then he would see that I was upset and he would make it up to me by buying a doll or something like that. So there's not necessarily anything wrong with that, but when that happens as a child and you start to see that as a replacement for quality time as an adult, I ended up in relationships where if a man tried to provide for me, if he tried to take care of a bill for me, if he tried to give me gifts, I constantly saw it as he was trying to buy me. And it took a lot of therapy and coaching myself to heal from those things, because when I met my husband and he did the same thing, he constantly bought me flowers, you know, he gave me gifts.

Um, he cooks for me fairly often. If I hadn't have healed from those things before I met my husband, I would've pushed him away because again, I saw that as being bought and not as genuine affection, which is what it is. So understand those patterns and how you act in the relationship as well, not just, um, how your partners have acted in the past after you have that awareness. So you've done the attachment styles, you've looked at how your parents have treated you, how you reacted to that, how you sought the needs that you didn't get as a child. Then I want you to create a circle of support. You may already have this, you may already have friends, family members, people in your community, people in your church or synagogue or

musk who are very supportive of you and your growth. But make sure that you cultivate a support circle and ask for accountability.

Make it known that you are working on healing yourself, that you are working on putting yourself out there and attracting that healthy love and seek accountability. Seek people who will be honest with you and you will be straight with you and who will make sure that you're putting yourself out there. Whether you're going to events in person or you're doing online dating. Seek people who will check in on you and what you're doing to further your self development. Seek people who will constantly encourage you and not gossip about you, and also not talk down your mission. You know, one of the hardest things that I see a lot of women struggle with is that they get on this journey to heal from toxic relationships. And they're still friends with women who are seeing things like all men or dogs, and all men are trash. You cannot allow your brain to be fed with talk like that.

So make sure your circle is supportive. And the final thing is to get further support. So if you are really serious about healing from your relationships, it is a process and it takes time. And one of the ways to get there a little bit faster and to go a little bit further is to have professional support, whether that is a dating coach like me, or whether that is a therapist, because coaches and therapists do different things. So make sure you get clear on that difference and make sure that you also interview who, whoever you wanna work with, have a call with a therapist or have a call with a coach and make sure it's a personality fit, because this is personal work. Um, I don't care how many certifications or degrees someone has, this is personal work, and you wanna make sure that you vibe with them well.

So get that support. Ultimately, it is my belief, that everyone should have therapy and coaching. Um, I've been to therapy several times over the course of the past few years. I currently have coaches. I will always have that type of support in my life. And if you're not quite ready for that step yet, get serious about your personal development through books, through podcasts, through following, you know, coaches and therapists who talk about healthy love and healthy relationships on social media. So again, this is the H in heart. We are talking all about healing from relationships. So in the next video I'm gonna talk about the e expectations. In the meantime, make sure that you follow me on Instagram. I'm at Keshia Rice, that's K-E-S-H-I-A-R-I-C-E. And I will talk to you soon. Bye.

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