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Keeping the Flame Alive in Long-Term Relationships

Long-term relationships have so much to offer. The security and comfort are great. But far too often these are accompanied by the loss of that initial burning passion. The flame cools and life gets just a bit boring. Magazines are quick to offer suggestions to fan the flame, but meeting him at the door in a negligee only works so many times: maybe because sex is only part of the issue.

In this workshop we'll look at a variety of ways to add new coals to the fire, including not only sexual turn-ons, but also more intimate endeavors to turn up the heat. We'll look at how the spiritual element builds the passion, and we'll explore how to bring it all together in ways that only you can create for yourself.

Bring an open mind and your own ideas about what makes you hot on all the deepest levels of your relationships.

1. Poll the class for any particular questions they bring with them.
2. Falling into patterns.
 - a. Helps us meet our daily requirements.
 - b. Give a sense of security.
 - c. Keeps life comfortable.
 - d. Can lead to boredom.
 - e. A break in a pattern can cause a disconnect, i.e., life events disrupts the normal pattern on love-making.
3. Staying connected.
 - a. Recognize that we are all changing all the time. We need to stay connected to know who this person is that we are in relationship with. Without this connection, we wake up one day and wonder where this stranger came from and why you ever started this path together.
 - b. Making time to talk.
 - i. Who are you? How do you define yourself?
 - ii. What touches you? Movies, events, trauma, etc.



- c. Spiritual connection
 - i. What do you believe?
 - ii. How have your beliefs changed?
 - iii. What causes your beliefs to change?
 - d. Connection exercises
 - i. Eye gazing
 - ii. Hand on heart
 - iii. Yab yum
4. Understanding and using gender differences.
- a. Men are about sex. Women are about love/romance.
 - i. Leave him sexy messages, i.e., I have a hot idea for us in bed tonight.
 - ii. Leave her a romantic message, i.e., I saw a robin on the way to work today, and it reminded me of the picnic where we first met.
 - b. Men tend to be more procedural. Women tend to be more artistic.
 - c. Men tend to have laser focus. Women tend to see everything.
 - d. Talk about how each of you see gender differences and how they apply to you as individuals.
 - i. Example: He is very focused and sees what he expects to see. You can hide something from him by moving it two foot from where he expects it to be.
 - ii. Instead of getting so frustrated when you don't get what's happening with each other, ask the other how they perceive the situation.
 - e. Sharing helps you explore both your differences and your similarities creating a deeper understanding of each other.
5. Fanning the flames of sexuality
- a. Revive what sex was like when you were dating...before life got in the way.
 - b. Share your deepest fantasies.
 - c. Introduce variety with role play.
 - d. Perform for each other.
 - i. Dance
 - ii. Exercise
 - iii. Erotic clothing
 - iv. Masturbation



- e. Play with toys.
 - i. Njoy and other "marital aids"
 - ii. Be creative. Discover your own toys.
 - iii. Enjoy the process of finding or creating toys to share together.
- f. Explore positions
 - i. Liberator cushions and other positioning toys
 - ii. Pillows and props
 - iii. Exercise balls
- g. Spontaneity vs planning
 - i. Get swept away in the moment. Be kids again.
 - ii. Plan special times together and hold them as sacred.
 - iii. Plan little surprises. The negligee at the door isn't a bad idea as long as it's not the only trick in your bag.
- h. Read the corny columns in magazines like Cosmo.
 - i. Can be a source on interesting ideas you may not have thought of.
 - ii. Make a good source of amusing, erotic discussions.
- i. Don't forget to laugh and make it fun.
- 6. Take stock of where you are.
 - a. Take time to consciously remember why you fell in love in the first place. Revive those feelings. Let yourself fall in love all over again. This is especially important during times of stress or aggravation.
 - b. Sit down together and talk about changes in the relationship.
 - i. What is better than ever before?
 - ii. Where have you lost some spark?
 - iii. What isn't working?
 - c. What changes would the two of you like to make together to improve the relationship?
 - i. Do you need to make things more about the two of you?
 - ii. Might a more open relationship spark things up a bit...in a good way?
 - iii. Focus on what each of you wants. Take time to delve deeply into your deepest needs and wants and find a way to manifest them within you relationship.

Above all, love, laugh, and enjoy each other.