

Have You lost that Loving Feeling ?

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Have You lost that Loving Feeling ?

By Janett Colon

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Have you lost that loving feeling?

Men need to be desired and women need to be loved...
You need more love into your Life.

Do you want a more passionate and loving relationship?
Do you want more happiness and love in your life?
Do you want a satisfying love life?
Do you want more vibrant you?

If you have ever asked yourself any of these questions you need an approach to finding and achieving greater love, joy and well being in your life.

How do you develop all the qualities that love generates to make your life happier and healthier?
Loving means caring for the well being of us and others, sharing the good times and the challenging times, sharing what is on our minds and hearts.

How do you have more LOVE?

How do you experience yourself being loved more?

How do you love others more?

There is a way. You can have more loving, caring, sharing, and affection, better relationships, more fun and more bliss.

Why not take charge of your life and practice the things you know will bring more of the "good life"?

Deep inside of you there are powers that if discovered and used would allow you to achieve all that you ever dreamed or imagined you could become.

When two people decide to be together, it is because they are hoping that this person will be able to fulfill their every need. They want to feel safe and secure, loved and desired, romanced and respected.

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We all have these qualities, but sometimes we just tend to take things for granted and lose appreciation for what really matters. (Sharing love!) Lets get focused and back on track ... Spark that fire, enhance romance, and spice it up.

For sure you will be delighted...Dot be the man without love or the women seeking love...

Go For it! You can do it! You're the Best!

Do yourself a favor and start now ... Love is a beautiful thing ...We all need to be desired, loved and need attention.

Follow these simple steps and soon you will see the light ..

10 Fast Steps to Re-igniting the flames of LOVE *

1. Be spontaneous with your partner it is a way to help your relationship flourish. Being spontaneous with your partner can enrich and strengthen your intimate moments ...try something that you have been wanting to do.
2. Talk, listen and laugh together become best friends. You will soon start creating a bond of intimacy. Be sincere open and honest. Communicate about love, sex and the relationship.
3. Send Love Notes, Post them everywhere, tell them how gorgeous, handsome, Beautiful, sexy, how much you love them, be creative be specific...
4. Compliment each other lovingly in public and in privacy, show affection for each other ...
5. Show them how much you really care by being responsive, caring and loving whole heartedly. Do the little things that say I love you and care for you.
6. Respect each other whole heartedly, partners who treat each other with kind and respect know that it is essential for having a deep connections and loving relationship..
7. Be a good partner ---regularly get them something you know they will like and enjoy ..
8. Don't let negative or annoying comments bother you , discuss the negativity when you are both calm.
9. Take responsibility for your own growth, appearance and health..
10. Communicating without fear is absolutely essential to building the deepest kind of friendship and intimate partner .. Love is a Beautiful thing ! Let's share it ...

www.a-gift-of-love.com

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Janett Colon, Believes that people can discover true happiness and meaningful lives, through sharing and Experiencing true intimacy with our inner selves and with the ones we love. Offering articles & tips and Free newsletter to improve romance, and better our lives. Webmaster/owner of www.a-gift-of-love.com

Are You Addicted To Your Activities?

By Margaret Paul, Ph.D.

Activities – such as sports, creative projects, reading, work, TV, meditation – can be a wonderful way to relax, express yourself, or connect to yourself. Or they can be an addiction. How can you know the difference?

Angie would surf the channels whenever she felt stressed or alone.

Karen would lose herself in a book when things felt overwhelming.

Keith would retreat and meditate when his wife wanted to talk.

Patty's work schedule left her little time at home.

Carl spent more time in the garage fixing things than with his family.

Patrick's love of running was interfering with his family time.

Whether or not an activity is an addiction depends upon your INTENT.

When the intent of an activity is to avoid the pain of aloneness and loneliness, it is an addiction.

When the intent of an activity is to avoid the pain of rejection or the fear of domination, it is an addiction.

When the intent of an activity is to put off doing something you don't really want to do but need to do, it is an addiction.

Whenever an activity is used as a way to avoid something – painful feelings, difficult or boring tasks – it becomes an addiction. It's really no different than using substances such alcohol, drugs, or food to avoid painful feelings or challenging tasks. The problem with using addictions to avoid painful feelings is that the feelings don't actually go away. They are just numbed for the moment but are silently eroding one's sense of self. We can get away with it only for so long before it shows up in some way – illness, divorce, depression, and so on. And avoiding tasks means that the tasks pile up, eventually causing the very stress we want to avoid. Our society is filled with ways to avoid. Yet it is avoidance that leads to the very feelings we are striving to avoid!

When the intent of an activity is to take loving care of yourself by providing yourself with fun, creativity

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and expression, relaxation, personal growth, spiritual growth, physical health and well-being, then it is a loving action rather than an addiction. It all depends on your INTENT.

Next time you want to participate in your favorite activity, you might want to notice your intent. Do you want to relax and watch TV or are you avoiding some difficult feeling or task? Do you find yourself

scheduling more work than you can really handle to avoid dealing with aloneness, loneliness, or conflict with a mate, or are you really loving your work and feeling fulfilled by it? Are you exercising to support your health or to avoid feelings?

Once you become aware of using an activity to avoid, here's what you can do about it:

Welcome the feeling you are trying so hard to avoid. Pay attention to the feeling – fear, loneliness, aloneness, agitation, boredom, anxiety.

Make a decision to learn what YOU might be doing to cause this feeling rather than continuing to avoid it.

Explore what you might be doing to cause this feeling. How are you not taking care of yourself that is causing your painful feeling? Are you procrastinating, judging yourself, or not standing up for yourself in conflict? How are you avoiding responsibility for your own well-being? Are you allowing yourself to be a victim, waiting for someone else to make you feel better?

Once you understand what you are doing to cause your distress, then you need to ask "What would be the loving action for myself?" You are asking this question of your highest self, or of your spiritual guidance if you are connected with a source of guidance. If you open to learning about what is loving, ideas will pop into your mind.

Now you need to take the loving action on your own behalf – complete a task, stand up for yourself and speak your truth with someone, and so on.

Re-evaluate how you are feeling. Are you feeling more peaceful and more powerful? You will feel more peaceful if you have taken the loving action. If you are not feeling better, don't just turn back to your addictions. Look for another loving action until you find what really makes you feel safe on a deep level, not just the temporary pacification of an addiction.

You will find your addictions fading away as you learn to take loving care of yourself.

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have To Give Up Me To Be Loved By You?" She is the co-creator of the powerful Inner Bonding healing process. Learn Inner Bonding now! Visit her web site for a FREE Inner Bonding course:

or

. Phone sessions available.

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Are You Addicted To Your Activities?
Your Children Are On Their Own Soul's Journey
Unconditional Love
Healing Food Addiction
Addiction to Clutter

Stretch Assistant Software
Baby's First Year –What Parent Needs To Know
How to keep up the SPICE in your Love Life.
30–Day Low Carb Diet 'Ketosis Plan'
Smoothies for Athletes



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