

Why Do Some Relationships Flow with Passion
While Others
Enter Stormy Seas and Crash on The Rocks?



Why Do We Wait Until the Couple has Entered Stormy Seas Then Through Out a Life Rope?

The reason some relationships flow with passion, have happy families and do not enter into crises management is more luck than love.

We spend our lives getting an education that leads to a secure job and a lifestyle that comes with money, but very little time on what should be important, the health of our love life and family.

Studies and statistics show unhealthy relationships contribute to poor health; more than diabetes, and heart disease. In some cases, death.

Much of this is due to mental health issues. Which can lead to poor diet, lack of exercise, being overweight, alcohol and drug abuse.

A major contributor to teenage mental health problems, is family breakdown. When a couple goes through the pains of divorce there is a 10-20% increase that the children from this marriage, will have learning behaviour and mental health problems.

It is my opinion that we need more education and tools that focus on how to enter into a healthy heart connected relationship. This should include insights on how to co-create a passionate, happy family, and maintain the love relationship while the family expands together.

“Rather than through out a life rope once the couple/family enters into stormy waters and breaks up on the rocks, we need to launch relationships on a well-made craft, with the proper devices in place; prepared for the realities of a long-term voyage.” JAG

All relationships enter similar waters: calm lakes, exciting oceans, rushing rapids, swirling eddies and soft streams. If we do not respect these changes and prepare, they can show up as unmet expectations, Such as:

- What was expected when the couple moved in together?
- How long does a couple live together before getting married?
- What will having your first child be like?
- What is the expectation set around a changing landscape; jobs, health, finances?



- Unmet expectations often occur due to poor communication and or the couple's inability to express them. Many individuals do not identify their needs and expectation because they just don't know. As the saying goes "We don't know what we don't know" A another reason early education and guidance has become important in modern times.

The Inner Work



With additional guidance, insight and tools; each person can learn to maintain passion, love and happiness while the family expands. This increases the chance of a successful voyage.



Ask yourself, do you want your relationship to just Survive, or Thrive?

There is a robust course, that covers life in and out of the bedroom, developed by experts in Psychiatry, Relationship Wellness, Sexual Therapy and Social Sciences.

Below is a sample from Fearless Love™ and a few tips on how to keep a relationship passionate and happy, without END.

Habits That Support A Healthy Relationship

1. Be Interested NOT Judgemental

Be interested in your partner, values, beliefs, likes, needs, and how they complement or differ from your own. Relationships start with interest, and if caught up in the passion of infatuation, we may move forward overlooking whether or not this new lover is the right partner for a long-term relationship and journey.

We gloss over if their needs can co-exist with our own. As time goes on, our interest in a person can turn to judgement, we play the blame game and rather than turn to each other's strengths we blame what we perceive to be weakness.

There was a time when for better or worse truly meant just that, but now when the water gets ruff, we quickly look to abort ship. The phrase, "*The relationship will work if it was meant to be*", no longer applies, and quite frankly it was never true. To make things worse, we want a loving passionate relationship to continue, served up without effort. When the reality is, if we want a marriage to work, we have to be taught to look beyond assumptions.



Here Are a Few Questions to Consider.



- A. Does my partner have the same values and interest?
- B. Is my partner working on their own stuff, wounds, insecurities, subconscious blocks?



- C. Does my partner support me unconditionally, am I comfortable being vulnerable?
- D. Does love and desire relate to one another or is it a conflict?
- E. Does greater intimacy bring better sex?
- F. Can a relationship be perfectly secure and have adventure?
- G. If sex becomes a problem does this mean you no longer love?
- H. Are our sexual interests compatible?
- I. Could I be in a sexless marriage, if this was to happen?
- J. Am I in a relationship for security and children, or love, and Is there a difference?

Often when we get married, or make a long-term commitment to someone, we feel the deal is sealed.

The truth is relationships should be looked at as short term and never long, it is a journey that takes us from one port to the next. This will keep the couple tuned to the voyage and not the destination. On this voyage you never arrive. The more you understand the complexities of a couple in love, the many changes that occur between, let's live our life together and have children - to growing old together; the more you will enjoy the voyage.

2. **Communicate – Don't Judge**

It is surprising how quickly; seemingly deep understanding can turn into judgement.

To have a successful relationship the value of positive communication cannot be overstated. It's best to avoid judgement as not only our relationship suffers but it can lead to self-doubt and anxiety. In addition, it is healthy to avoid a fight or flight response to conflict, which creates distance, and deep wounds.

We grow up programmed, by books, TV and movies to believe in idyllic relationships. These fantasies become misleading and creates a lot of frustration for most couples.

There are studies that have concluded, it is better to over communicate than under communicate. Couples make sure they are always on the same page and nothing is left out.

On the other hand, you don't want to be discussing big issues all the time, so it is better to have date nights that are fun, and afternoon discussions once a month that are more about the business of the relationship. This way the voyage is kept away from the rocks, and everyone is well nourished along the way.



3. **Inquire – Don’t Infer:** To make an assumption based on your perception is an unhealthy trait and seen as mistrust.

We have all jumped to our own conclusion and have been wrong. This can be forgiven,

“You can’t live without forgiveness and you can’t forgive without love”

When this trait, triggered by jealousy, insecurity, or pride continues; it becomes a cancer.

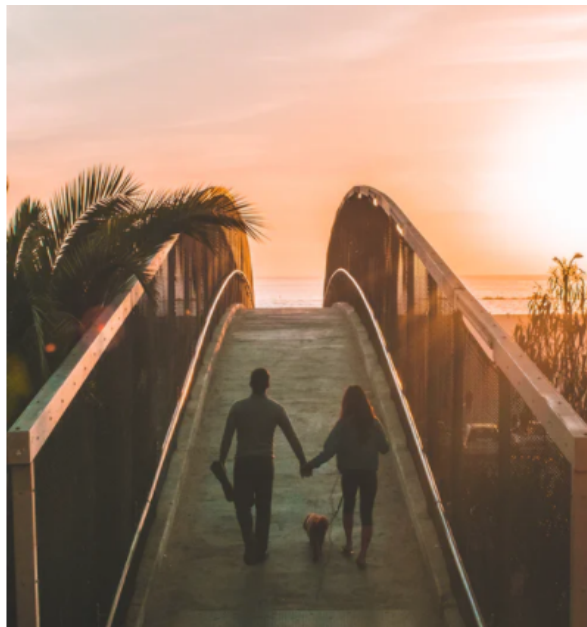
This brings us full circle to the value of positive communication.

People go where they feel welcomed but stay where they feel valued and truly loved.
Work together to keep the warmth, the passion, and intimacy alive in your relationship.

“Never stop courting your lover. It is better to pursue your lover while together than chase after them as they walk out the door”

JAG

Preparing for The Journey



Prior to going on your journey together it is wise to know, your shipmate’s language, where you want to go, and how you want to get there.



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A few things to think about:

- A. What is your partners love language?
- B. Can infatuation turn into love, and can passion exist without infatuation?
- C. Do you want certainty in your relationship?
- D. When should you discuss boundaries, and can these boundaries change?
- E. Who will manage the finances?
- F. Do you want children and how will they be raised?
- G. How about raising children in a blended family?
- H. Can you accept that your partner will not stay the same, and your relationship will keep evolving with some uncertainty?
- I. Can you be close with lots of space in-between?
- J. Can you support and give to each other without conditions?
- K. Does the couple understand the role of the heart, source energy, and the ego - and how they relate?



How Do You Stay In Alignment and on Course?



There is much to know and many tips that can help any relationship stay on course and away from the rocks, but this type of detail is best learned over time in a course like “FEARLESS LOVE™”

For those who have not taken this course, one of my favorite approaches to heart-connected communication is ME-YOU-US.

When you are out of alignment and off course, raise the **Me-You-Us** sail.

Me – You must love yourself first for a relationship to work. You need to stay in shape and protect space for personal growth, as this will enrich your life, and the relationship.

When in a conscious heart connected voyage, weather you are sailing through calm or rough waters, love remains safe; avoids breaking waves, while steering into personal and relationship growth.



YOU – Means your lover. - To ensure relationship growth and smooth sailing, it is equally important your lover has their personal space.

Happy couples mention, maintaining their individual identities is a key factor in the success of their relationship. Individuals who are life-long learners and maintain a strong sense of self, pursue their own goals - are healthier, more intimate, and happier than those that lean on each other.

US – This is the heart of the relationship; where the couple looks beyond themselves towards the health of the couple. You can nourish the “US” by holding your lover in your heart at all times.

- Ask yourself on the journey, how are the waters today?
- Am I pulling together or out of rhythm?
- When the high winds blow, are you moving closer together or further apart?

On the journey beneath the surface there should be positive intentions

Water in all cases provides us with life, yet it can become destructive.

While we respect the lakes and oceans we do not focus on the destructive nature of water, we focus on its intention, which is to provide us with life. It is during the rough seas the COUPLE must prevail. If we look for the positive intention in our partner, we can help ease a difficult situation. The couple must know that each individual wants the best for the other while protecting their own needs.

A strong sense of self and personal growth is attractive. It can be what brings couples together in the beginning. Sustaining personal growth and the heart of the couple, creates an on-going passionate healthy relationship.

At the same time, the couple needs to become the shared body, the shared heart, the shared connection, and the shared vision without losing desire.

Spoil Alert: What nurtures love does not always fuel desire.



Sex vs Intimacy



Sex can be fun, but sex with open unguarded intimacy goes deeper. Exposing vulnerability builds feelings of trust and safety, in and out of the bedroom.

Despite what some religions might say, sex is healthy, it is fun and brings you closer to your lover. Deciding when you want to have sex is a decision only the individual can make, and in a healthy relationship your lover always respects your decision. When pressure or guilt is applied trust is lost.

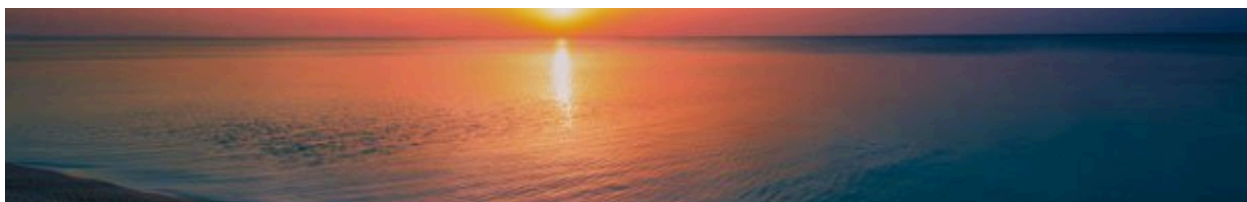
The more open and honest you are when making love, the more you reinforce trust and the closer the couple becomes. It is healthy to talk about your interests, be open to new experiences, and understand your lovers' current boundaries.

Uninhibited sex fuels endorphins and hormones which are released during intimate activities – and the butterflies brought about by romantic surprises are no exception.

Current studies show that the chemicals brought about by intimacy invariably relieves stress, fueling reward pathways in the brain, yielding those feelings of love, arousal, satisfaction, and joy.

These chemicals may be slightly different and work in different ways, which is why being intimate is very important; closeness, simple touches of affection, being verbal about your interest, are all important elements of a successful voyage.





The Journey is Complex and Invigorating

The journey of life and relationships can be complex, invigorating and at times very sad, but as long as we are learning and growing on the voyage, as long as the person you have a relationship with teaches you a little more about yourself and love, it will always be worth hoisting the sails.

Remember you are the Captain of you, and you will never have to go down with the ship if you stay connected to your heart and source.

“Healthy relationships make for happier families, more connected communities and dare I say a better world. The love we practice in our relationships carries on into the love we practice in our communities and with our fellow travelers on this planet.” JAG

If you are dating, thinking of getting married, recently married or divorced and looking to get back into the dating waters, we hope this article has provided insight into enhancing the health of your heart-connected relationship.






HEARTSUM LIVING - wishes to support people on their journey, and do what they can for the betterment of the person, the couple, the family, their community and the planet.

We endeavour to guide people to become the greatest version of themselves and when the time is right, enter into a healthy heart connected relationship. For some this will mean co-creating a passionate, happy family.

We are committed to providing insight on how to maintain the passion and love, avoid crises management, while the family expands together over the years, without END.

Avoiding the Divorce Trap



The author, James Gill, is the founder of Heartsum Living, and Co-Founder of Klick Health  Discover more about him and the company at www.heatsum.ca.



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