

*The Science – Art – Magic of*  
*Romance and BRomance*

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**Basu-Raj's Balanced Romance**

Rekindling The Flame That Lights Up Your Entire Life

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“Romance is not a luxury — it is the oxygen of a life fully lived. When we lose it, we don’t just lose connection with another person. We lose connection with ourselves.” — Dr. BasuRaj Vastrad

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## The Great Romance Recession

Something extraordinary is happening across the world — and it’s not being talked about enough.

Couples who once couldn’t keep their hands off each other now sit across restaurant tables scrolling through their phones. Entrepreneurs who built empires fueled by passion now run on caffeine and cortisol alone. Health professionals who heal others have forgotten how to nurture the most important relationship of all — the one with their partner, and the one with themselves.

Welcome to what I call **The Great Romance Recession**.

It’s not that people have stopped wanting romance. It’s that they’ve stopped *practicing* it. They’ve outsourced their emotional lives to algorithms, reduced intimacy to a checklist, and confused productivity with presence.

But here’s what I know as a physician, philosopher, and someone who has spent decades studying the architecture of human flourishing — **Romance is not a nice-to-have, it is a clinical, psychological, and spiritual necessity.**

And that’s why I created **BRomance — Basu-Raj’s Balanced Romance** — a framework, a philosophy, and a living practice that restores romance to its rightful place: at the very center of a Prime Life.

## What is BRomance?

### The Balanced Romance Philosophy

Let me be clear from the outset — **BRomance is NOT just about romantic relationships.** It is about cultivating a *romantic orientation to life itself* — a way of seeing, being, and relating that infuses every dimension of your existence with beauty, wonder, passion, and intentional connection.

BRomance stands for **Basu-Raj's Balanced Romance**, and it operates across three interconnected domains:

- 1. Romance with Self** — The foundation of all other romance. This is the practice of falling in love with your own journey, your own growth, your own becoming. Without self-romance, every external relationship becomes a desperate search for what's missing within.
- 2. Romance with Others** — The art and science of deep, intentional, soulful connection with your partner, your family, your friends, your colleagues.
- 3. Romance with Life** — The magic dimension. This is about cultivating awe, wonder, gratitude, and a sense of sacred adventure in your relationship with existence itself.

## The Science — Why Romance Is Medicine

As a physician, I don't make claims I can't back up. And the science on romance, connection, and relational wellbeing is staggering.

### The Biology of Connection

When we experience genuine romantic connection — whether with a partner, with ourselves, or with life — our bodies respond in measurable, clinically significant ways. Oxytocin floods our system, reducing cortisol and inflammation. Vagal tone improves, enhancing our capacity for emotional regulation and resilience. Telomere length — a biomarker of cellular ageing — is positively influenced by strong relational bonds.

In other words, **romance doesn't just feel good, it is good for you.** At the cellular level. At the hormonal level. At the level of your very DNA.

### The Psychology of Presence

Research consistently demonstrates that the quality of our closest relationships is the single strongest predictor of both mental health and life satisfaction — outperforming income, career success, and even physical health in its impact on wellbeing.

But here's the nuance most people miss: it's not the *existence* of relationships that matters. It's the **quality of presence** within them. A couple who shares ten minutes of genuine, undistracted eye contact will report higher relationship satisfaction than a couple who spends an entire weekend together while mentally elsewhere.

### The Neuroscience of Appreciation

Gratitude rewires the brain. When we consistently practice appreciation for our partner, our brains neural pathways literally restructure them to notice more of what's good, beautiful, and loveable. This isn't wishful thinking — it's neuroplasticity in action.

BRomance interrupts the pattern of criticism and contempt with deliberate, daily practices of appreciation.

## The Art — Crafting a Romantic Life by Design

If the science tells us why romance matters, the art tells us how to create it. And make no mistake — romance is a creative act. It requires imagination, courage, vulnerability, and a willingness to be beautifully, unapologetically human.

### The 7-Dimension Connection

In my **7-Dimension Prime Health Framework**, romance doesn't live in just one dimension — it flows through all seven:

- **Physical** — Touch, proximity, shared movement, the electricity of physical presence
- **Mental** — Intellectual stimulation, curiosity about your partner's inner world, the romance of ideas
- **Spiritual** — Shared meaning-making, mutual reverence, the sacred within the ordinary
- **Emotional** — Vulnerability, empathy, the courage to be truly seen
- **Financial** — Generosity, shared vision, abundance as a love language
- **Relational** — Deepening bonds, resolving conflict, choosing each other daily
- **Social** — How your love radiates outward and enriches your community

When romance is present in all seven dimensions, it becomes **anti-fragile**. It doesn't just survive stress — it grows stronger through it.

### The Art of Intentional Rituals

**Routine** is what you do out of habit, often unconsciously.

**Ritual** is what you do with *intention, presence, and meaning*. Even the simplest act — making coffee, saying goodnight — becomes sacred when performed with awareness.

# The Magic — Where Intention Meets Manifestation

## The Power of Romantic Intention

Every morning, before you check your phone, before you review your to-do list — you have a choice. You can set a **Romantic Intention**. This isn't about planning a date night. It's about deciding, at the level of your being, how you want to *show up* in your relationships today.

*"Today, I choose to see my partner through the eyes of first love."*

*"Today, I will find three things about my life that fill me with genuine wonder."*

*"Today, I will be so present in my conversations that the other person feels like the only person in the world."*

## Meditation as a Romantic Practice

BRomance reimagines meditation as a **relational practice** — something you can do with your partner, for your relationship, and as an act of love.

- **Synchronized Breathing** — Sit facing each other. Close your eyes. Begin to breathe together. Within minutes, your nervous systems synchronize. Stress dissolves. Presence deepens.
- **Heart-Centered Visualization** — Place your hand on your partner's heart. Visualize a warm, golden light flowing between you. Hold this image for five minutes.
- **Gratitude Meditation** — Sit quietly together. Each person mentally reviews three specific things they appreciate about the other. Then share them aloud.

## Manifesting Your Romantic Vision

This is where BRomance connects to my broader philosophy of **Being, Doing, Living, Loving, Leveraging — and Loveraging**.

**LOVERAGING** is the art of leveraging love as a creative, transformative force.

1. Get crystal clear on what your ideal romantic life looks and feels like — across all three domains (self, others, life)
2. Write it down as if it's already true — present tense, emotionally vivid, sensory-rich
3. Read it daily — preferably together with your partner
4. Act from it — make decisions today that align with that future vision
5. Celebrate progress — notice and honor every step, no matter how small

# The BRomance Practical Toolkit

## 1. The Daily Romance Ritual (10 Minutes)

### Morning (5 minutes)

- Set your Romantic Intention for the day (1 minute)
- Share three specific things you appreciate about your partner (3 minutes)
- Synchronized breathing together (1 minute)

### Evening (5 minutes)

- Share the highlight of your day and listen to theirs with full presence (3 minutes)
- One moment of genuine, unhurried physical connection — a long embrace, holding hands, forehead touch (1 minute)
- Say something you're grateful for about your day together (1 minute)

## 2. The Appreciation Accelerator

- **The Morning Coffee Ritual** — Over your first coffee or tea, share three things you love about your partner. Make it specific. Make it surprising. Make it real.
- **The Sticky Note Strategy** — Leave handwritten notes in unexpected places — the bathroom mirror, their laptop, inside a shoe.
- **The Gratitude Letter** — Once a month, write a letter to your partner expressing everything you appreciate about them. Read it aloud together.
- **The Appreciation Journal** — Maintain a personal or shared journal recording daily moments of gratitude related to your relationship.

## 3. The Communication Renaissance

### Active Listening Practice

Partner A speaks for three uninterrupted minutes about something that matters to them. Partner B listens without planning a response. When A finishes, B reflects back what they heard — not the words, but the *feeling* beneath the words. Then switch.

### The “I Feel” Framework

Replace accusations with revelations. Instead of “You never listen to me,” try “I feel unseen when I’m talking and you’re looking at your phone.”

### The Weekly Connection Talk

Once a week, sit down for thirty minutes with no agenda except to ask: “How are we doing? What do you need? What can I do differently? What’s been beautiful this week?”

### Non-Verbal Connection Exercises

- **Eye Gazing** — Sit facing each other. Look into each other's left eye (The "receiving" eye). Hold the gaze for three to five minutes.
- **The Three-Part Touch** — When greeting your partner, touch hands, then embrace, then hold the embrace for six seconds (The oxytocin threshold).

## 4. Mindfulness in Relationship

- **The Phone-Free Hour** — Every evening, one hour of zero screens. Not as punishment, but as gift.
- **Mindful Meals** — At least one meal per week, eat together in full presence.
- **The Pause Practice** — Before responding in a heated moment, take three breaths and ask: "What does love require of me right now?"

## 5. Visualization and Manifestation Exercises

- **The Shared Vision Board** — Create a visual representation of your ideal relationship together.
- **The Future Letter** — Write a letter from your future self-describing your thriving romantic life five years from now.
- **The Daily "As-If" Practice** — For five minutes each day, act as if your relationship is already everything you want it to be.

## BRomance Programs and Offerings

### BRomance Retreats

Immersive multi-day experiences in inspiring locations where couples and individuals learn the full BRomance methodology — from the science of connection to the magic of manifestation.

### BRomance Workshops and Playshops

Half-day and full-day interactive sessions. Workshops focus on skill-building. Playshops add creative joy — laughter, movement, spontaneity. Because romance should be fun, not homework.

### The BRomance Program

A structured 8-week or 12-week journey guiding participants through the full BRomance framework. Includes weekly sessions, daily practices, partner exercises, journaling prompts, and community support.

### BRomance for Professionals

- **For Health Professionals** — Model and teach relational wellbeing to patients while nurturing your own partnerships
- **For Corporate Executives and HNWI's** — Prevent success from cannibalizing your most important relationship; leverage romantic thriving as fuel for professional excellence
- **For Entrepreneurs** — The MITABITS philosophy extended to personal life: building wealth and relational richness simultaneously

## The Invitation — Your Romance Renaissance Begins Now

You don't need a retreat or a workshop to begin. You need a *decision*.

The decision that romance matters. The decision that your relationship — with your partner, with yourself, with life — deserves the same energy, creativity, and commitment you give to your career.

Start tonight. Share three things you appreciate about the person you love. Put down your phone. Look into their eyes. Breathe together.

That's not a technique. That's a revolution.

Because when you rekindle romance, you don't just save a relationship. You **upgrade a life**.

And that's what I do. I not only correct parts, systems — I also help to upgrade lives and lifestyles.

**Welcome to BRomance. Welcome to your Prime Life.**

## Recommended Resources

- “The 5 Love Languages” by Gary Chapman — Essential Reading for Understanding How Your Partner Receives Love
  - Headspace — Guided Meditations Including Relationship-Focused Practices
  - [The Gottman Institute](#) — World-Renowned Relationship Research and Workshops
  - [Prime Quality of Life](#) — BRomance Programs, Retreats, and The Full Prime Ecosystem
  - [Free eBook](#) — Download Your Complimentary Guide
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## Related Reading

- *The 7 Romance and BRomance Languages*
- *The Power of Purpose-Driven Living: Discovering Your True Why*
- *The Resilience Factor: How to Rise Stronger from Life's Challenges*
- *The Innovation Mindset: Thinking Beyond Boundaries*
- *The Mindfulness Advantage: Presence as Your Superpower*
- *The Empowerment Revolution: Owning Your Choices, Owning Your Life*
- *Prime Physical Health: 10 Habits of Highly Effective Health Pros*
- *Prime Mental Health: Managing Stress in High-Pressure Professions*
- *Prime Spiritual Health: Finding Purpose in Your Health Career*
- *Prime Emotional Health: Emotional Intelligence for Health Leaders*
- *Prime Financial Health: Financial Wellness for Health Professionals*
- *Prime Relational Health: Building Stronger Patient Relationships*
- *Prime Social Health: Networking Strategies for Health Pros*
- *Prime Physical Health: Building Your Multi - Billion-Dollar Body*
- *Prime Mental Health: The Millionaire Mindset Under Pressure*
- *Prime Spiritual Health: Purpose-Driven Profit*
- *Prime Emotional Health: Emotional Mastery for Entrepreneurial Excellence*
- *Prime Financial Health: From Startup to Scale-Up Wealth*
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## About Dr. BasuRaj Vastrad

Dr. BasuRaj Vastrad is the Founder and CEO of **Prime Quality of Life**, a Physician-Philosopher, former Orthopaedic Hand and Micro-Surgery Consultant, Author, and International Speaker dedicated to helping individuals unlock their fullest potential and live a truly **Prime Life**.

Through decades of experience in coaching, consulting, and mentoring, he has guided individuals worldwide to design lives of **health, happiness, wealth, fulfillment, and purpose**. His uniquely integrated approach blends practical strategies, personal insight, and holistic development to help people create meaningful transformation in both personal and professional life.

Dr. BasuRaj is the creator of the **Prime Quality of Life Framework**, a holistic philosophy centered on purposeful living, resilience, mindfulness, innovation, empowerment, growth, fulfillment, and legacy.

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## Prime Quality of Life Philosophy

“Love What You Do and Do What You Love”

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## Learn More

**Contact Us** at [info@primequalityoflife.com](mailto:info@primequalityoflife.com) – for any updates, feedback, comments, or questions.

Explore more insights on health, purpose, and elevated living at **Prime Life Magazine**.

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