



## Become Passion *Dr. Cheryl's Passionate Connection Newsletter*

April, 2007

Welcome to a new edition of Dr. Cheryl's Passionate Connection Newsletter, delivered to those on our list quarterly.

Thank you to all our dedicated participants who made our sold-out Victoria Awakened Lover workshop a resounding success in March! The Compassionate Ventures team looks forward to our upcoming 3-day workshop in Vancouver later this month - act now to book your seat at a special rate!

Read below for Dr. Cheryl's passion tips, Question and Answer and this month's Marriage Myth. Enjoy and till next time... keep the passion alive!

**"Love is friendship set on fire" - Jeremy Taylor**

### *Dr. Cheryl's Passion Tips*



There are proven tools and strategies that strengthen a relationship and cultivate sustainable Passion. Are you willing to spend a little bit of time for a lot of romantic return?

Touch more. Rub each others feet while watching television; sit beside each other with thighs touching while eating breakfast; cultivate the fine art of kissing; shower together; sleep naked.

*The Three A's exercise:*

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Last Chance to join Dr. Cheryl in Vancouver!

We have secured a larger room to allow for a few additional spaces for the upcoming 3-day

#### [Awakened Lover Intensive](#)

Relationship Workshop April 27-30 in Vancouver, B.C.

Register by e-mail: [info@becomepassion.com](mailto:info@becomepassion.com) before April 21 and save! You'll pay only \$450 per person for this comprehensive program designed to offer long-lasting benefits in a weekend.

What previous participants say about this program...

*"Her passion will ignite everyone, even the spouse for who passion has faded."*

Take five minutes, once a day, to offer your:

- **Appreciation** (e.g., Thank you for the lovely dinner; or Today I thought about how lucky I am that you are a great dad to our son)
- **Apology** (I'm sorry I had to work late and I look forward to spending more time together this weekend; Hey, I want to acknowledge that I was crabby earlier)
- **Affection** (This can be Verbal or Physical; Compliments, loving words, hugs, stroking, making love...)



### Question & Answer

**Q:** Dear Dr. Cheryl, Are some women simply incapable of Orgasm? - Signed, Frigid

**A:** Dear No you are not Frigid, While approximately 15% of women report never having an orgasm and another 15% report very rare orgasms, it is physiologically possible for any woman to have an orgasm. Usually, difficulties stem from a combination of psychological factors such as anxiety, guilt, or the fear of letting go and a lack of knowledge of the appropriate type of stimulation needed to lead to orgasm.

**"Speech is conveniently located midway between thought and action, where it often substitutes for both"**

- John Andrew Holmes \_\_\_\_\_

### Marriage Myths

Now, most of us are aware that marriage, and passion, are in trouble...the divorce rate is climbing; second marriages are even less successful than first marriages, so clearly we are not learning from our mistakes...what are we doing wrong?

Well, according to psychologist and sex therapist Dr. Cheryl Fraser, who is dubbed "The Passion Coach" for her ability to help couples and singles find lifelong Passion and Play, one of the problems is that we buy into Marriage Myths. "These are the relationship equivalent of alligators in the sewers" says Dr. Cheryl. "Many of us carry around unchallenged beliefs about what is normal or expected in a love affair... but these Myths are not true, and they are causing a lot of trouble."

**MYTH #1 - Never go to bed mad**

*This myth is a killer.*

*"Dr. Cheryl teaches us how to open our hearts, bodies and minds, and appreciate how we can best experience our partners as loving beings. With practical experiences that really work. And with enormous fun and compassion. Anyone with a beating heart should run for a weekend with Dr. Cheryl. Who wouldn't benefit from her dynamite medicine?"*

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**"Spirit and flesh have never been separate**

**They keep apart just to flirt."**

- Deepak Chopra, *The Kama Sutra*

THE INTENT behind it is good; learn to drop conflict and re-connect, and then go to bed as friends.

THE PROBLEM is that relationship arguments usually flare up when one or both people are tired, emotional, and irrational. THEN this myth is invoked as a golden rule, and instead of "going to bed mad" , a couple stays up until 2, 3, or 4 am, arguing and crying and getting into far more love trouble as they attempt to resolve something that a good nights sleep would have taken care of.

Better to say "we are not rational enough to fix this now, let's re-address it tomorrow" and then go to bed a little mad, and get a good sleep! And yes, I even encourage people to sleep separately if they are in a bad state, with the commitment that whoever wakes up first will go crawl in with the other for a morning cuddle to re-connect.

Why? Because it really is true, everything looks better in the morning...and as friends, over breakfast, you can resolve the issue that would have kept you up all night going around in circles!

For more information on Compassionate Venture Inc. and Dr. Cheryl's relationship workshops and special events, check out our website: [www.BecomePassion.com](http://www.BecomePassion.com)

With sustained Passion - till next time... *Dr. Cheryl and the Compassionate Ventures team*